

C MPASS

The Official Magazine of Sun City Lincoln Hills

April 2017

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On the cover

Spring is here at last evidenced by this
 Hoverfly seeking pollen on a local flower.
 Phil Robertson, nature photographer

March Board of Directors Meeting Highlights

Design Guidelines, Compliance Committee, Lincoln PACE Race

Marcia VanWagner, Vice President, SCLH Board of Directors



The Board of Directors met on March 23 with 32 residents in attendance. Once the usual requirements of every Board meeting were completed, we then turned to the more “meaty” elements of the agenda.

Design Guidelines Revision. The Board adopted Resolution 2017.05, approving the revised Design Guidelines, effective April 10, 2017. While the Design Guidelines were revised at the request of owners, landscape contractors, and the Board, the ARC held two workshops to elicit resident input. Those suggestions were not only heard, but actually incorporated into the approved document. For example, Section 2.1.4 discusses patio furniture. The final version addresses concerns owners had regarding private space and ARC approval. Another example is deleting the requirement for ARC approval of solar landscape lighting (Section 2.13) when following the guidelines. The Design Guidelines are available on the Resident website, and in the Community Living Room in Orchard Creek Lodge.

Compliance Committee Expansion. The Board approved expanding the Compliance Committee to 11 members to support the increasing workload of the Committee. The Committee has received 372 new complaints, so they do plan to be busy!

Lincoln PACE Race. The Board approved the Lincoln PACE Race in Lincoln Hills on Saturday, May 6. Tony Johnson, a fellow resident and event organizer, presented the details. The participants will be identified as guests, and will be on trails that are part of our common area. Mr. Johnson assured the Board that this race will be produced with the same attention to detail as inviting 1000 people to our Summer Concerts.

Lava Rock. Two members asked the Board to direct the ARC to allow the use of lava rock in rear yards. Lava rock has been addressed by past ARCs and past Boards, and is not permitted. The motion to refer the request to the ARC for another look did not pass. The two owners then asked the Board to directly approve the use of lava rock. No motion was made by the Board, thus ending the discussion. While this was an unsatisfactory ending for all parties, the Board followed parliamentary procedure, as required by our Governing Documents. The Board is open to listening to new arguments for lava rock in the rear yards.

There you are, highlights of the March Board meeting. We invite you to attend our next Board meeting on April 27 in the Presentation Hall (KS) at 9:00 AM.

Auto and Golf Car Drivers and Bike Riders

Come to a complete stop at all STOP signs; Provide time for people to safely cross at crosswalks and intersections.

Pedestrians: Look both ways and cross as quickly and safely as possible. Thank you for your attention.



Membership Desk Closed, Saturday, May 6

The Membership Desk will be closed on Saturday, May 6 to accommodate the exciting same day Lincoln PACE Race event.

If you need membership related assistance, please plan to stop by Monday through Friday, 8:30 AM to 5:00 PM, or call 625-4000.

Easter Sunday Hours

Orchard Creek Lodge: 8:00 AM-2:00 PM
Activities Desks: 8:00 AM-1:30 PM
Meridians: Brunch Event Only (Reservations Required)

WellFit: 7:00 AM-2:00 PM
Kilaga Springs Café: Closed

Connections

Coming Soon to Lincoln Hills!

New software, websites, membership procedures

Jeannine Balcombe, Senior Director of Lifestyle and Communications



Beginning June 1, Association staff will begin using new software that integrates all of our Association and business entities into one operating system, including our websites. This is *great* news, made possible by new technology and finding a company that finally developed software to support the intricacies of a large homeowners association like ours.

With the new system, you will need to obtain a new Member Identification Card to access facilities and make purchases. The direct benefits will include improved sales and service time and location. The system will also house a brand-new website, complete with many of the features we removed with the latest rendition, including classified ads. The website will be easy to use for searching and locating information, videos, and photos. Best of all, only one login password will be needed to access the website and make online purchases, plus you will be able to reset your own passwords.

Because no software could do all the things we asked for until now, we have used old technology for 17 years. The new software is part of the Capital Asset expenditures reserved for and approved by the 2016 Board of Directors and will not impact your homeowner dues in any way.

The new system does not support biometric finger vein technology, which proved to be unreliable. Therefore, your membership card will be required when making purchases or using the facilities. You will be provided a standard card, as well as a smaller key card that can fit on your key chain. Using the Membership App, Membership barcodes stored in your digital device can also be used in place of your card.

Upon launching the system in early June, there will be two membership stations set up in the administration area at Orchard Creek Lodge to obtain your new
Please see "Connections" on page 9

Calendar of Events

April 15-May 31

Date	Event	Page #
04/15	Grand Kids Event: Spring Egg Hunt	56*
04/17	Astronomy: Black Holes Explained Series	29
04/17	Genealogy: Naturalization—Rules & Records	34
04/18	Painters: Watercolor artist	38
04/18	Vaudeville Troupe: Show auditions	42
04/18	Performance: The Body Guard	69*
04/19	Forum: Advances in Ophthalmology	13, 104
04/19	Mixed Media: Art Journals	36
04/20	Book Discussion: 1776	30
04/20	Veterans: Speaker, Project/combat human trafficking	42
04/20	Coffee with the Mayor	48
04/20	Concert: Two of Us, Tribute to Lennon McCartney	55*
04/21	Tour: San Joaquin Asparagus Festival	64
04/22	Feats of Clay—Lincoln Clay Day	48
04/22-23	Garden: Annual Amateur Rose Show	34, 48
04/24	Healthy Eating: Salads As Community Builder	35
04/24	Document Destruction	48
04/25	Vaudeville Troupe: Show auditions	42
04/26	Alzheimer's/Dementia: Speaker, Alzheimer's Aid Soc.	29
04/27	Eye Contact: "Talking Books Program"	33
04/27	Garden: Video "Flower Gardens" with Audrey Hepburn	34
04/27	Fashion: Spring Fashion Show Luncheon	56
04/27	Sports: Giants vs. L.A. Dodgers	64
04/28	Music Group sponsored Open Mic Night	37, 48
04/29	Lincoln Wine Fest	48
04/29	KS at the Movies: Arrival	48
04/29	Tour: Scottish Games & Festival	64
04/30	Performance: Men Are From Mars, Women/Venus	69*
04/30-05/02	Chorus: "Broadway Blast"	32, 55
05/01	Antiques: Victorian Trade Cards/Advertising Thimbles	29
05/01	KS at the Movies: Arrival	48
05/02	Eye Contact: "Your Eyes and Diabetes"	33
05/03	Astronomy: Speaker "In Search of Dark Matter"	29
05/04	Investors' Study: Speaker, Blackrock Investments	35
05/04	Big Day of Giving	48
05/07	Tour: Lodi Street Faire	64
05/09	Forum: Stand Up Placer, Inc.	104
05/09-10	Overnight: Sonoma Valley Gardens and Parks	66
05/10	Computer: PC—Windows 10 Creative Update	32
05/12	Computer: PC Clinic—Review of Office 365	32
05/12	Outdoor Presentation: Spontaneous Shakespeare	56
05/13	Annual Parking Lot Sale	48, 55
05/13	Tour: Performing Animal Welfare Society Open House	64
05/15	Forum: Inca Trail Presentation	104
05/17	Mixed Media: Demonstration, printmaking ideas	36
05/17	Sports: Giants vs. L.A. Dodgers	64*, 69*
05/18	Book Discussion: <i>The Sun Also Rises</i>	30
05/18	Concert: Dixieland Jazz "River City Swingers"	55
05/18	Museum: Asian Art Museum, San Francisco	59
05/20	KS Classic Movies on Saturday: Enchanted	49
05/20-21	Painters: Arts and Craft Tour	38, 49
05/22	Museum: California Academy/Sciences San Francisco	59
05/23	Performance: Phantom of the Opera	69*
05/24	Lincoln Hills Certified Farmers Market Opening Day	49
05/25	Concert: Cornet Chop Suey	55
05/26	Computer: PC—Ask the Tech	32
05/27	Converting Thirsty Lawns to Beautiful Beds	49
05/31	Casino: Cache Creek Casino	59
05/31	Forum: Managing Your Blood Sugar Naturally	104

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

Upcoming Association-Related Meetings: Date, Time, Place

April 15-May 31

CCRC/Communications & Community Rel. Cmte. ...	Tuesday, April 18, 9:30 AM
Golf Cart Registration.....	Thursday, April 20, May 4 & 18, 9:00 AM, OC Lodge
Finance Committee Meeting.....	Thursday, April 20, 9:00 AM
ARC/Architectural Review Committee.....	Monday, April 24, 9:00 AM
Listening Post.....	Tuesday, April 25, 11:00 AM
Board of Directors Meeting.....	Thursday, April 27, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, April 27, 10:30 AM
Board of Directors Executive Session.....	Thursday, April 27, 11:00 AM
CCOC/Clubs & Community Organizations.....	Tuesday, May 2, 9:30 AM
Compliance Committee Meeting.....	Wednesday, May 3, 10:30 AM
Properties Committee Meeting.....	Thursday, May 4, 9:00 AM
Elections Committee.....	Friday, May 5, 10:00 AM
ARC/Architectural Review Committee.....	Monday, May 8, 9:00 AM
Finance Committee Meeting.....	Thursday, May 18, 9:00 AM
ARC/Architectural Review Committee.....	Monday, May 22, 9:00 AM
Listening Post.....	Tuesday, May 23, 11:00 AM
Board of Directors Meeting.....	Thursday, May 25, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, May 25, 10:30 AM
Board of Directors Executive Session.....	Thursday, May 25, 11:00 AM
New Resident Orientation.....	Wednesday, May 31, 1:00 PM

Meetings in OC unless noted otherwise.



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From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association

Spring has come to Lincoln Hills, and I think everyone is ready for a change in the weather. It's nice to be able to enjoy the outdoors after so much rain this year. While the rain is much appreciated, it's time for us to enjoy our gardening, barbecuing, and other leisure activities.



Speaking of changes, after 17 years the Association is changing its operating software, and we expect to complete the initial installation sometime around the first week of June. As we get closer to inaugurating the new system, we will provide updates on anything that may impact our residents. The biggest change is that we will have a system that enables us to manipulate data and information in a manner that better serves our residents and guests. Stay tuned!

The use of drones has popped up recently, and we will be asking for assistance from our residents in developing a policy that addresses the use of drones within the community. This is one of those things that was not anticipated 18 years ago when

the community was started, but there are real issues in regards to privacy and peaceful enjoyment of one's home that need to be addressed as we move forward.

The grazing herd is onsite, and will be here through the middle of May. I am proud of the fact that we were the first community in the area to utilize sheep as a method to control thatch in the open spaces. Since we started, Rocklin, Roseville, Catta Verdera, and the city of Lincoln have started their own grazing programs. This is one of the best programs we have developed, and has been something that residents have looked forward to for over eight years now.

Communications is a topic that is always relevant, and is an area that we have tried to improve for the last three years. One of the challenges is how to use our tools to better serve our residents. One idea that a resident provided was to be more descriptive on e-News in content relating to committee meetings, and to provide a direct link to the agenda for meetings. Great idea, and one that we have implemented.

I hope you have a Happy Easter, and are able to enjoy it with your families in our beautiful community.

Employee of the Month Award

Danielle Lawlor, Fitness Instructor

Our March "Employee of the Month" Award is Danielle Lawlor. In July of 2016, Danielle joined the WellFit Team as a Fitness Instructor. Here are just a few quotes shared by our staff:

"Danielle not only changes lives, but she is an amazing team player and is always there to help with subbing needs." "I have asked her several times to sub last minute and she has always made it work so we do not have to cancel the class!" She has a way of making everyone feel comfortable and she is making incredible progress helping two clients who have had strokes! "We have received so many comments from the residents acknowledging that she is the best water instructor!"

Thank you Danielle, for your dedication, and hard work to our residents and WellFit Department. We are grateful to have an employee with your fitness expertise, who has helped change the health and fitness of so many of our residents.

Danielle surrounded by appreciative team members, from left—Jeannette Mortensen, Danielle, Nancy Gabriele and Deborah McIlvain



The Listening Post

The March Listening Post

Chris O'Keefe, Executive Director
SCLH Community Association

Executive Director, Chris O'Keefe holds a monthly Listening Post in the OC Lodge to hear your concerns and comments and to respond with factual information. On occasion, Chris will invite staff members to participate as well. Residents are welcome to attend the Listening Post and join in the discussion. For those unable to attend these sessions, this column will briefly review the major discussion points.

Communications were at the heart of the discussions at the March Listening Post. The challenges are easy to identify, but the solutions are elusive at times.

How do we reach residents who don't use computers, and don't pick up the COMPASS? How large is that group? How do we make better use of the tools that we do have?

A couple of thoughts that came from the discussion is that we need to be more descriptive in our notices regarding committee meetings. The other idea was to provide Association updates in the quarterly dues mailing.

These are actions that we will initiate immediately. I believe that as we continue this discussion, other helpful ideas will come forth. This is exactly what Listening Post was developed for. I encourage you to attend. The next Listening Post will be held on April 25 at 11:00 AM in the Solarium (OC).

If you would like further informations, please contact Chris at 625-4060 or Chris.Keefe@schca.com

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The Community Association is not a form of Representative Government

Marcia VanWagner, Vice President, Board of Directors

Some of you have asked me and other Directors why we don't have a community vote on issues that generate a lot of interest to our residents. It's not that we don't value your position, opinion, or belief, but the real reason is that the Community Association is a California nonprofit corporation, not a representative



democracy. The Directors who serve on the Community Association do not represent individual owners, residents, lots or villages. The sole purpose of the Board of Directors is to direct the business of the Association through the Governing Documents. Legally, the Directors are viewed as fiduciaries for the Association, that is,

the Directors must exercise due care and undivided loyalty for the interests of the corporation. Let's look at the two duties associated with being a fiduciary.

A fiduciary duty is a duty to act for the benefit of someone else. A Director is ethically bound to act in the Association's best interest. There are two functions of the fiduciary duty: a Duty of Care and a Duty of Loyalty.

The Duty of Care is the obligation to exercise due diligence which is simply the responsibility to investigate all aspects of an issue before making a decision. This is an individual Director's responsibility. Each Director does his/her own due diligence and acts or votes accordingly.

We sometimes hear you say, "The Board meetings seem so quiet. No one discusses an issue at the meeting. You must be meeting somewhere else before the real meeting." This is the reason: the Directors are exercising their Duty of Care.

The Duty of Loyalty is the requirement to act in the best interests of the Association. In other words, the Directors make their decisions in view of what's best for the community as a whole, not for a particular individual, group, or their own interests. In exercising these duties, a Director uses his/her best business judgment.

The Board of Directors takes their fiduciary duty seriously. They volunteer their time, their energy, and their expertise. And they do it without compensation. See you at the next Board meeting!

Activities News & Happenings

Will April Showers Bring May Flowers?

And some spectacular shows?

Lavina Samoy, Lifestyle Manager

Two spectacular Jazz bands headline the month of May! The phenomenal Sacramento Youth Band "River City Swingers" will wow the audience with their take on New Orleans Jazz on May 18 in the Ballroom (page 55). These talented middle- and high-school musicians will make you feel like you're in the French Quarter during the concert. On May 25, The Cornet Chop Suey, known for their high-energy and soul-moving renditions of jazz classics, takes a detour to our stage before they hit the Sacramento Music Festival (page 55).

The much anticipated Summer Amphitheater Concert Series is now on sale! Buy the complete nine-concert series line-up and receive a 10%+ discount on the full package plus a commemorative cup that gives a discount on alcoholic drinks for all concerts. The package goes

on sale April 17-May 31 only, so get them while you can (page 52). June 2 opens with Rock Baby Rock: a 50's, 60's Rock & Roll Concert featuring Lance Lipinsky and The Lovers. Direct from Chicago, the show will get the party going with songs from Jerry Lee Lewis, Chuck Berry, Buddy Holly and more (pages 52 & 56). Original Legendary Country Music Star, Lacy J. Dalton, follows on June 16 with her award-winning originals and classic country music, perfect for a date night under the stars (pages 52 & 56). AbbaCadaBrah brings back The Ultimate ABBA Tribute on June 30 and there will be a lot of dancing going on (page 52 & 56)! See complete line-up and guidelines on pages 52 & 53.

We also have a number of outstanding shows for you in the upcoming months. Our bus is headed to San Francisco on June 21 for A Night with Janis Joplin (page

60), Roman Holiday on June 10 (page 63) and for the 2015 Tony Award winner The Curious Incident of the Dog in the Night-Time (page 63). Tickets to selected Music Circus productions are also on sale (page 63). California history enthusiasts will have an enriching experience with our three-day Native American and Old West Tour, July 23-25, which will visit interesting and quaint places in Northern Nevada and Truckee (page 66).



Support our farmers and local vendors and have fun during our Farmers Market Opening Celebration on May 24 (page 49).

Start a new hobby and stay active! Try out the classes we offer starting on page 69. Class evaluations are ongoing and student feedback is always welcome. Contact Betty Maxie (betty.maxie@sclhca.com) for any comments, suggestions or questions regarding Activities classes.

2017 SUMMER AMPHITHEATER CONCERT Series




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Announcing a New Resident Article Feature Recognize a volunteer!

The COMPASS seeks to recognize Lincoln Hills residents who are contributing extraordinary time and/or talents for the benefit of others. Email a short, 200-word-or-less article about the individual or group you want to recognize for their volunteer contributions.

In your article, include the following:

- your name as author
- the name of the volunteer
- very brief information about the volunteer
- a description of what they do and their impact on others

- think of your description as a “story” to inspire others, rather than a “report”
- attach a photo of the volunteer, preferably “in action”

Email your article in Word format to Jeannine.Balcombe@sclhca.com.

Submitted articles that are acceptable will be edited for COMPASS publication and returned to you for final approval.

We look forward making this a regular feature. Thank you for your contributions!



WellFit News

Get In... Get Fit!

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

No More Crunches! When you do conventional ab exercises, your stomach muscles feel sore, which fools you into thinking that you're working your abs. After weeks of doing your ab routine, your belly looks just as bloated and soft as it did before. All that time and pain for nothing!

bend too much, and they do very little to actually help you get a flat, tight stomach.

The key to getting sculpted abs is to burn off that stubborn layer of belly fat that's hiding them. Make sure to read next month's article on the best abdominal exercises.

“...we are offering special pricing and a new class starting April 17... called Mix Functional Movement... This class is 45 minutes long and will include cardio, strength and stretch. It will give you a little bit of everything and allow you to experience different formats...”

Get to know your classes at WellFit: Are you a new resi-

dent or have you not come into the Fitness Centers in a long time? Well, now is your time, we are offering special pricing and a new class starting Monday, April 17 at 12:45 PM called Mix Functional Movement at the Kilaga Springs Fitness Center. This class is 45 minutes long and will include cardio, strength, and stretch. It will give a little bit of everything and allow you to experience different formats and give you the confidence to attend other punch pass classes.

See our ad on page 54 for more information on special pricing for punch passes and new classes.

Committee Openings

There are ongoing openings to the seven standing committees of the Board of Directors; a committee with openings is shown below. 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 at Activities Desks, or from the Association Resident Form folder in the Document Library on the resident website. Questions? Please email the committee chair, address on page 106.

- ARC/Architectural Review Committee
- CCRC/Communications and Community Relations Committee
- Elections Committee

Connections

Continued from page 3

card, and we will offer membership registration in both the OC and KS WellFit Centers for two weeks to accommodate early risers and those who do not regularly go to the main Lodge. To comply with the Housing for Older Persons Act of 1995 (HOPA) and the new Civil Code section 4041, we will confirm resident contact information, age, and owner/rental status.

In conjunction with Neighborhood Watch, residents will be asked to advise your Mailbox Captain if you are interested in having the Association come to your home to provide mobile registration. Depending on need, we will develop a plan to try to accommodate those who need assistance.

We will provide registration details and options via eNews, the website, posters, and the COMPASS. Please tune into all of our communication tools for the latest updates.

We are excited about the opportunities to enhance our service to you through this new all-in-one software and look forward to hearing positive reviews from you. See you in the Lodge!

Well Fit Classes: pages 90-103 • Class Grids: pages 101-103

SIERRA MOUNTAIN GETAWAY

Beautiful three bedroom, two bath house near Pioneer, in Mace Meadows Golf Community only two hours from Lincoln. Home is located 15 miles east of Jackson Rancheria near Gold and Wine Country. Suitable for one or two couples looking for peace and quiet with deer grazing on the fairways and lovely mountain views. For more information and availability, call—

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New from Meridians!

A House Recipe for you every month

Kristy Woodin, Director of Food & Beverage

www.facebook.com/MeridiansRestaurant www.twitter.com/Meridians_SCLH

I would like to feature a recipe from our kitchen for you to take away each month so you can enjoy the same flavors at home. Look at the end of my article each month for yummy seasonal recipes!

Tuesday Dance Night is hopping at Meridians for residents, family, and friends. Starting this month by popular demand, Steve Evans and his band will play the first and third Tuesdays of every month, with DJ Tom playing all other Tuesdays. See you there!

Cinco de Mayo is around the corner. With live mariachi and a wonderful buffet for both lunch and dinner, you won't need to go to Mexico! This event sells out quickly, so call Meridians (625-4040) to make your reservations now.

Mother's Day is just a month away, and as you all know, it also sells out fast. Moms even get complimentary champagne! Let us do the work for you while you relax with kids, grandkids, friends, and loved ones. Call Meridians to make reservations.

~ Please see our ad on page 108. ~

Change in Monthly Financials

Mike Creasy, Finance Committee Chair



For those residents interested in our monthly Financial Reports, you will notice a change in format.

The Association began using new accounting software in February, which formats the accounting functions a bit differently from our old, outdated software. The new software takes advantage of improved technology and facilitates accounting functions into a smoother flow of information requiring less "hands on" work.

However, the face page of the Financials is still created by hand by our Director of Finance, Bruce Baldwin, in order to summarize on one page the essential data for the month, and that will remain the same. The more detailed information like the Balance Sheet and Department Operations cash flow statements will look a bit different, and it may take a second look to see how the information is being displayed. Hopefully the changeover will be a smooth transition, but reality teaches us that such change is rarely without its challenges, so please bear with financial staff as they work to make the monthly financials user friendly.

Recipe of the Month

Chef's Apple Cider Vinaigrette Dressing

(Used on our Chicken Apple Salad)

- 8 cups Apple Cider
- ¼ cup Shallots
- ¼ cup Honey
- ¼ cup Whole Spicy Mustard
- ½ cup Apple Cider Vinegar
- 2 cups Canola Oil

Place the cider in a pan on stove top on medium heat and bring to a low boil.

Cook over low to medium heat approximately two hours (yes, it does take a while!) Stir about every 20 minutes.

As the cider begins to get close to desired level of reduction, the bubbles will get smaller and the boil will look somewhat "foamy."

Remove cider from stove and let cool slightly. Cider should be thick—almost like corn syrup or molasses.

Pour the cider into a blender and add the rest of the ingredients *except* for the oil. Blend on low while slowly adding the oil as it blends.

Pour into covered container of your choice. Makes approximately a half gallon.

February 2017 was a pretty good month for all departments with most at or close to budget. Catering had an outstanding month with revenue at \$37,117 better than budget. Total Association activity through February is \$96,650 better than budget. At month end, Operations cash totaled \$1,289,943 excluding the loan from Reserves, and the Reserve account has total cash of \$7.7 Million or 73% funded.

We have a new system of automatic withdrawal (ACH) for your quarterly assessment payments and a new sign-up form is required in order to continue or begin. Please email accounting@sclhca.com to request a sign-up form or pick one up at the OC front desk.

The next committee meeting is Thursday, April 20 at 9:00 AM in the Heights and Gables Room. Mark your calendars and keep an eye out for the agenda. See you there?

Preliminary Statement of Operations YTD February 2017

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$1,371,458	\$1,364,612	\$6,845	\$8,297,274
Administration (Expense)	(303,618)	(334,813)	31,196	(1,859,690)
The Spa at Kilaga Springs	417	(462)	879	8,085
Fitness	(78,111)	(90,708)	12,597	(538,400)
Activities	(116,674)	(135,462)	18,788	(530,150)
Rec. Center / Maintenance	(783,203)	(813,705)	30,502	(5,304,840)
Food & Beverage	(78,294)	(74,137)	(4,158)	(87,895)
Capital Asset	12,667	12,666	1	(76,000)
Net Revenues (Expense)	\$24,641	(\$72,009)	\$96,650	(\$91,616)
CEF	67,566	-	67,566	-

The Spa at Kilaga Springs

Spa Transformations: New Look, New Staff, New Treatments!

Trudy Smith, Manager, The Spa at Kilaga Springs
www.facebook.com/SpaAtKilagaSprings www.twitter.com/KilagaSpa



Greetings from the Spa! If you have been to the Spa recently you have witnessed a transformation and beautification. We have added retail space and are repurposing areas in the Spa for better functionality and flow. We have new robes and slippers and the Nail Spa has some new additions. If you haven't been to the Spa lately, we miss you and encourage you to come in for a tour and treat yourself!

Our mission is to take care of you from the moment you arrive until the moment you leave. Our team is committed to your health and wellness in your time here with us. The Spa Concierge (renamed from Monitors) creates your experience with your first contact via phone, then upon arrival you will change into a luxurious robe and slippers and await your journey.

In our beautiful Nail Spa, our nail technician team provides a sanitary and relaxing environment for everything from maintenance to pure bliss. You will see some new faces in our massage team. Maricela, Josephine, and Kayla are our talented and experienced new massage therapists—please try their therapeutic touch. Jannifer, who has joined the skin care team, has a post graduate education from the International Dermal Institute, and additionally, she is certified in Oncology Esthetics.

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This month we are featuring two new offerings:

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- **Indian Head Massage**
 This add-on service is an ancient Ayurvedic treatment for modern day problems. For 5000 years, head massage has been part of India's rich culture. Now it's making its way to the West. The intent of this massage is not only to ward off stress but to also stimulate the body to heal itself.
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Common Questions

Michael Hughes, Architectural Review Committee Chair

For those who do not know me, I recently became Chair of the Architectural Review Committee (ARC). As a somewhat recent resident of Lincoln Hills, I do like the lifestyle we have here and enjoy volunteering on the committee. The committee has allowed me to meet a lot of wonderful people.

I would like to start this month's article with some of the frequently asked questions the ARC receives.

One that we hear a lot is "Where do I find a contractor?" Not having lived in the valley for many years and upon moving here and wanting to give my rear yard a new design, I didn't know where to go for a contractor. I found talking with neighbors is a good way to

help gather information. Sometimes in driving around I would see something I liked and would stop and ask a resident who did their work. They were always proud of their projects and were happy to help. Other good sources include going to our local nurseries and referring to the advertisers in the COMPASS. Also, the Community Standards Department has a list of contractors who have done work here in Lincoln Hills, for your reference only. *The Association cannot recommend contractors.*

Another question we hear is "Do I need to submit an application for every exterior improvement?" The answer is yes, with certain exceptions in Section 2 of the Design Guidelines that list items that do not need to be submitted for ARC approval. If Owners have questions,

you should first seek clarification from the ARC before proceeding with the improvement. A good example of an improvement not requiring ARC approval that I recently had installed on my home was a window sunscreen. The Design Guideline stated: "Window sunscreen material in a color compatible with the home's main body color may be installed if the frame of the screen is compatible with the exterior color of the window frame. As long as the guidelines are met and the sunscreens are of high quality and professionally installed, a sunscreen need not be submitted for approval. Clear aluminum (silver colored) screen material is *prohibited.*"

Future articles will continue to provide answers to frequently asked questions. If you have questions you would like answered in these articles, please submit them to the ARC. If you need a quick response, contact us at arc@sclhca.com.

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The Road to Aging Well

Sight for Sore Eyes

Shirley Schultz, Health Reporter

Good vision is one of the greatest blessings an individual can have. If you have not yet noticed some changes in your vision, you are a rare person in this active adult community. Many eye conditions can threaten eyesight and many others arise as nuisances to deal with. We can discuss only a few of them here, but you have a golden opportunity to hear about the latest research and treatments from a team from U.C. Davis Eye Center, at the Community Forum on April 19, "Advances in Ophthalmology" (see page 104).

Cataracts are cloudy areas that develop in the lens of the eye such that light cannot easily get through. You cannot see well and may notice glare or a halo around lights at night. Cataracts usually develop slowly without pain, redness, or tears.

Glaucoma is caused by too much pressure inside the eye such that it may damage the optic nerve and destroy your vision. Glaucoma is the second leading cause of blindness in the U.S. There are different forms of glaucoma, and most

"The best defense against vision problems is **preventive eye care**. To that end, an eye exam is recommended every year for those over 50 or with known risk factors... And don't miss the upcoming Community Forum "

people have no early symptoms or pain. Hence, the importance of regular eye exams to detect it early.

Macular Degeneration, the leading cause of vision loss, affects more than ten million Americans. It stems from deterioration of the central portion of the retina called the macula, the back layer of the eye that records what we see and sends images to the brain via the optic nerve.

The macula focuses our central vision so that we can read, drive a car, recognize faces and colors, and see objects in detail. There are two basic types of macular degeneration, "dry" or "wet," and it develops in stages: early, intermediate, and late. Because the loss of central vision is life-changing, this is a condition that one would like to prevent or at least diagnose early.



The best defense against vision problems is **preventive eye care**. To that end, an eye exam is recommended every year for those over 50 or with known risk factors. Know your family history of eye problems. Eat a nutritious diet rich in omega fatty acids and leafy green vegetables. Wear eye protection when doing activities that could cause trauma. Keep your weight, blood pressure, blood sugar, and cholesterol within healthy limits. If you smoke, stop! And don't miss the upcoming Community Forum.



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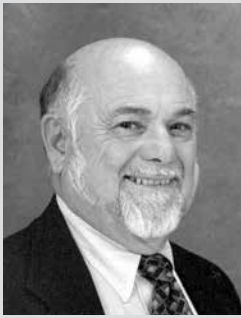
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Lifelong Learning in Lincoln Hills Clubs Keeping Up with Those %#!@ Computers!

Doug Brown, Resident Editor

Our twenty-first-century dictionaries are expanding at warp speed. Think about it. Ordinary conversations are peppered with mystifying words and phrases: *smart phones, Wi-Fi, online, tablets, websites, Facebook, Twitter, email, apps, streaming...* Say what? In our meager attempts to take a small step forward, our surrounding cyber-world seems to have already taken giant leaps!



How can we gently and expertly be guided through our maze of computational challenges, fears, and inhibitions?

Two computer clubs with the same mission: We're fortunate in Lincoln Hills to have not just one, but *two* computer clubs. The rationale is that PC-based, Windows, and Android devices operate on a completely different system from Apple products (like Macs, iPads, and iPhones)—so different that some of us have a hard time “switching” from one operating system to another! And so different that *two* clubs with the same mission now effectively deliver information, tutorials, presentations, and lab sessions in *two separate sets* of instructional opportunities.

As we continue our series of articles on lifelong learning in the clubs, let's take a look in Part 1 at the Lincoln Hills Computer Club (LHCC), which specializes in PC-based devices, operating systems, and apps. We'll then turn in Part 2 to the Lincoln Hills Apple Users Group.

Lincoln Hills Computer Club

In the Lincoln Hills Computer Club (LHCC), opportunities abound for learning: monthly general meetings featuring PowerPoint presentations on timely topics; Friday follow-up clinics; a social hour for informal conversation; and even informative field trips. Their mission? Essentially to help you remove inhibitions and fears and experience the joy of using these marvelous devices!

Must you be a computer wizard to join? “Absolutely not,” said club President Karl Schoenstein, whose walk of life was as a fireman. “I had to use a computer in my work with the Fire Department, but I wouldn't call myself a ‘techie’ at all.”



Residents get tutored in a Computer Lab session



Residents pack the Presentation Hall (KS) for a monthly Computer Club meeting

On the other hand, club officers Bob Ringo, Terry Rooney, and Rita Wronkiewicz—well known to SCLH residents as presenters and instructors in our Activities Department—spent a lifetime in computer and software development. “When I majored in computer science in college,” Rita recalled, “it took a warehouse-sized room to house a computer!”

Terry described other lifelong learning opportunities in the Computer Club: a Windows 10 Forum to help users to maximize its potential; a monthly walk-in troubleshooting computer lab; and monthly “ask the tech” sessions for members to get answers to specific questions. All this for a nominal club membership fee! For more information, check out their website at www.sclhcc.org

Lincoln Hills Apple Users Group

We continue now with the second of our two computer clubs, the Lincoln Hills Apple Users Group (LHAUG), equally dedicated to the mission of lifelong learning in Lincoln Hills clubs. The Apple Users Group, whose mission of educating and informing residents focuses on Apple devices, which run on an entirely different operating system—used by iPhones, iPads, and iMacs, among others. Here too, lifelong learning and a welcoming approach live up to their motto, “We take care of all things Apple.”



Andy Petro helps a resident with iPhone systems

LHAUG provides instruction, videos, seminars, and more to their grateful members. Apple guru Andy Petro's warm, approachable personality belies
Please see “Those %#!@ Computers” on page 17

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Continued from page 15

decades of program and development experience working on Minuteman missile guidance systems and satellite software. With a smile, he extols LHAUG's "family spirit... and helping people lose their fear and intimidation."



Harlan Felt, with Sharon Worman looking on, helps resident synchronize iPhone and laptop

Indeed, those educational opportunities are myriad: monthly open lab problem-solving sessions; presentations on timely topics, new devices, and the latest apps; seminars on topics like online health care management; and a problem-solving "hotline" for members. And, as current president Vicki White and founding member Ken Silverman both emphasize, "We're an all-volunteer organization dedicated to helping residents maximize their use of these crazy, wonderful devices."

Club VP Helen Rains, a clinical social worker before moving here, admits to "knowing enough to help residents solve problems in our labs and workshops, but I keep learning new things every day." Again, residents with zero computer knowledge are welcome to join LHAUG. For information, visit www.lhaug.org



Ken Spencer helps a resident with iPhone systems

So... the next time you feel a nagging frustration over these devices that you both love and hate, or if you just want to open some new vistas, check out our very own computer clubs!

Orienteering

Be Bowled Over...

Spring Valley Trail

Dee Hynes, Roving Reporter

The Northern Coast Ranges, a section of the California Coast Ranges, paint the horizon as long roller coaster mounds. On clear days, you may see the ranges from the Spring Valley Trail's first bench, which presents a sweeping western valley view.

As you stroll the trail, you'll see a narrow, curving stream to your left. One might imagine ages ago, a giant's child had claimed this site as his play area and while wiggling a spoon, he carved out this meandering waterway.

As you near Spring Valley Parkway, look to your right at the detail of the rock wall. Look closely—each rock has a unique surface pattern and many have muted hues of gray and orange, marking their individuality.

The uphill return to the trailhead is not for the faint of heart. The ten-minute roundtrip walk may be more adventurous than anticipated.

www.sclhresidents.com

Should you wish to rest while walking uphill, take the fork in the trail. This leads into a large depression in the open space where you'll find a second bench and a narrative sign with information on J. Whitney Parker and his Spring Valley Ranch.

There is a magnificent perspective here that's not visible from the main trail. Suddenly, your senses are alive, and you feel yourself absorbed within an earthen bowl.

Some may let their imagination take hold. Within this dramatic setting, visualize a whimsical musical festival. Picture residents filling the bowl while awaiting a concert featuring a giant organ, whose pipes reach for the cumulus clouds above. As powerful notes begin, they reverberate off the sides of the bowl, entertaining the audience.

While we won't actually reach imaginary musical heights, reality is equally appealing. One must experience this trail to be "bowled over."



Trail entry with a vast western valley view; park trail head at Rossi and Eagles Peak

Trailhead directions from OC: Right on Del Webb, left on Spring Valley Pkwy, right on the second Longspur Loop and left on Eagles Peak. Park at the Personal Park at Rossi and Eagles Peak.

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Gardening
Good for the soul and the community

Al Roten, Roving Reporter

Digging in the dirt (after extracting rocks), adding soil amendment, planting new growing things, and hooking up water emitters is a satisfying endeavor. Even when our hands get dirty and rough and our backs ache, the resulting beautification makes us feel good. Lincoln Hills has a Garden Group of about 150 members who love their gardens and reach out in many ways to share this love with the community.



I recently met Lorraine Immel, spokesperson for the Garden Group. She was happy to share information, photos, and work with photographer Phil Robertson to record some of the great things being accomplished by the group. The Immel front yard is a beautiful example of what can be done to create a warm, inviting street view for all to enjoy. This yard reflects the love of nature and sets a high standard for others in the community.

As we talked about the rigors of garden work as we grow older, Lorraine pointed out that creating and maintaining Bonsai is a rigorous, but less physically demanding pastime, with great satisfaction for a person's artistic skills. These miniature trees and arrangements can be kept alive and growing for a lifetime in their small display pots.

The Garden Group reaches out to make a positive difference, not only to Lincoln Hills, but to other venues in Lincoln. For example, on F Street, behind the Carnegie Library, is the site dedicated to the Boy Scouts of Lincoln. The group donated \$500 and arranged for donation of soil amendments and fertilizer to plant trees and shrubs to beautify the area. Also, the group helped to establish, and continues to work in the Tofft Memorial Garden on E Street. Produce from this effort supplies fresh edibles to South Placer Food Bank, the Salt Mine, and others. Volunteer work is also carried out with local schools and the library.

The Garden Group's annual plant sale was held in March. Field trips are scheduled throughout the year. There will be a Rose Show on April 22-23 (OC), Bonsai Show, May 20-21(OC), and Flower Show, May 25-26 (KS).

Lorraine shared an old Greek proverb which exemplifies the spirit of gardening "A society grows great when old men plant trees whose shade they know they shall never sit in." What a wonderful motto this is for an active senior community. Learn more, contact the Garden Group at www.lhgardengroup.org.



Photos, clockwise from top right: Garden Club at Bonsai Show; a beautiful backyard; Scout Hall, downtown; Scout Hall Garden by Library; Tofft Community Garden; Lorraine Immel's backyard in the rain; Lorraine's front yard; Lorraine in her garden; her cat; Lorraine's large bonsai; and her hedge





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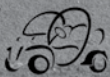


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Roamings: An Offbeat Guide to Interesting Places

Spring into Death Valley

Richard Pearl, Roving Reporter

Death Valley? Don't they call that place *Death Valley* for a reason?

Well, yes, if you try to traverse it by wagon train during the summer without adequate water. But Death Valley in the late fall, winter, or spring... that's another whole issue and well worth the trip! Penny and I spent the Christmas-New Year's week there a few years ago and loved every moment. Granted, there are no beaches but the weather from November through April is typically mild

with lots of sunshine, and that sure beats the Sacramento Valley fog, gloom, and frequent rain. Plan on a minimum five-day excursion—two travelling and three sightseeing.

As you read this April *COMPASS*, spring in Death Valley is a photographer's paradise. The Lincoln Hills Photography Club just returned from a six-day trip there and the pictures on this page are from that outing.

They were a little early for the full range of spring wildflowers, but April can be outstanding for the visuals.

There are three ways to get to Death Valley, all taking between eight to nine hours: (1) Sacramento Valley, (2) Highway 395, or (3) Nevada. Check MapQuest or other routing programs for details. For the springtime, and certainly in the winter, use the Sacramento Valley route. Sans snow, go route 395 east of the Sierras.

There aren't many places to stay in the Park, so book early. The most upscale lodging is the Furnace Creek Ranch and Inn (including an 18-hole golf course and an airport); less opulent are



hotels in Stovepipe Wells and Panamint Springs. If you have an RV, there are three very nice campgrounds (some don't have hookups).

Death Valley is the largest national park in the continental USA, the size of the state of New Jersey, so some trip planning is required. The best excursions are the Devils Golf Course, Badwater Basin, Artist's Drive, Zabriskie Point, Twenty Mule Team Canyon, Dante's View, Mesquite Flat Sand Dunes, Ubehebe Crater, and The Racetrack. Also, try the Amargosa Opera House—Death Valley Junction—for a really fun excursion. Unfortunately, Scotty's Castle is closed until 2019 due to flood damage.

Death Valley offers many ways to see the park from overnight hiking trips in the mountains or desert to scenic drives through incredible "slot canyons" in your own car. There's something for every person, whatever their ambulatory capabilities are.

Safe travels.



Photos, clockwise from upper right: A. Adler, Pow Wow on the Sand; Truman Holzclaw, Cracked Mud Death Valley; Charlie Schuman, Amargosa Opera House; Craig Ferguson, Dante's View Sunset; Bill Kress, Darwin Falls



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Neighborhood Watch

Protection from Crimes Against Seniors
Assisting our neighbors and friends

Patricia Evans, Neighborhood Watch Reporter



The Neighborhood Watch and Lincoln Hills Community Forum explained that crimes against seniors include physical, psychological, and financial abuse, according to Shannon Quigley and Laura Mitchell from the District Attorney's Office and Karen Bone of Adult Protective Services (APS). If you feel concerned for a friend, neighbor, or yourself, do not hesitate to call APS. Your inquiry is confidential. Quigley and Mitchell can be reached at 543-8000, and Bone at 888-886-5401.

The most common senior abuse is financial, usually perpetrated by a family member, loved one, or trusted caretaker. It can include theft, embezzlement, forgery, fraud, or identity theft. Misusing credit cards, checks, or ATMs are common. In extreme cases a bank account can be drained or an elder's house sold without permission. They suggest using a separate bank account for someone who has access to your checks or credit.

Psychological abuse includes demeaning remarks, deliberately injecting fear, or deprivation of care. This mental anguish is often subtle and difficult to observe.

Malnutrition and stealing an elder's medication are included in physical abuse, along with neglect, battery, and sexual assault. Seniors are often embarrassed to reveal that they are a victim.

Scammers favor seniors because we believe in "saving for a rainy day." Quigley and Mitchell encourage sharing our telephone and email scam experiences to spread awareness in the community.

They suggest protecting yourself from identity theft by ordering a credit report every four months from one of the three nationwide credit reporting agencies at www.annualcreditreport.com or 1-877-322-8228. You may be charged if you order from other sources.



Two Neighborhood Watch faithful volunteers, Martha Yanger and Frank Watson

Jamee Horner explained services provided by Seniors First, 800-878-9222, including transportation, meals, visiting shut-ins, and home safety.

Please turn to page 37 for information on traveling with your up-to-date medical information.

Neighborhood Watch Contacts

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



Lifestyle photographers Jim Cormier and Klara Kleman captured lots of fun card and tile game players at the 'It's the Lifestyle' event





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Club News

Alzheimer's/Dementia

Caregivers Support

Caregiving is an art form with many shapes. Some caregivers have "the touch," and thankfully many of them are professionals we can turn to for guidance and assistance. But most are simply looking for ways to make the situation more manageable, to gain vicarious experience from each other as well as having some professional guidance.



Sheryl Ashby, CEO of the Alzheimer's Aid Society of Northern California, is our April 26 speaker

Professional input comes this month on April 26, 1:00 PM, from Sheryl Ashby, CEO of the Alzheimer's Aid Society of Northern California. She'll be talking about "Alzheimer's from the Perspective of the Person Afflicted with Dementia." It's hard to imagine sometimes what could cause the behaviors we witness. It's logical to us (as the disease is not) that knowing our patient's perception of events and circumstances could help us be more effective in allaying their fears, and making their lives as well as ours less stressful. We meet on the fourth Wednesday, Multipurpose Room (OC).

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

Amateur Radio

Hello to everyone who stopped by the "It's the Lifestyle" table to learn about our Amateur Radio Group. As we explained, our group is an emergency communications organization for Lincoln Hills and the city of Lincoln. We are available if there is a natural disaster or terrorist attack. Our repeater frequency is 443.225 MHz, with a PL of 167. Should cell towers or community communications infrastructure be destroyed, we have radio equipment with antennas and batteries to handle



Members Claire Schloenvogt and Jim Darby at It's the Lifestyle event

emergencies. If you are interested in amateur radio, come by any Monday night at 6:30 PM to the South Gate Entrance to check us out. We enjoyed answering your questions at "It's the Lifestyle" and hope you will follow up and join our organization. We are looking forward to seeing you again. If you are an amateur radio operator, we would like to know your call sign for emergency contacts.

Contacts: *Jim Darby 408-8599; Clare Schloenvogt 253-9155*
Website: *www.lharg.us*



Antiques Appreciation

At our April 3 meeting, we signed up for our Spring Social "April in Paris" to be held on April 28. Ann Remyer, Social Director, has planned delicious French-themed cuisine, great fun and door prizes for us to enjoy!

Mary Boyer, a collector of child sewing machines made in eight different countries presented our April program. She brought 45 examples, sharing their history, together with sewing-related items created during the time the machines were made from 1885 to 1950.

Carol Gebel of Rocklin will speak at our May 1 program about her collections of Victorian trade cards and advertising thimbles. She will also share part of her quilt collection, focusing on pre-Civil War showing favorite quilt styles of the period before 1860.

We meet on the first Monday of each month at 10:00 AM in the Heights and Gables Rooms of the OC Ballroom. We'd love to have you join us!

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



Astronomy

Monday, April 17, the Cosmology Interest Group (CIG) continues the

DVD series "Black Holes Explained", by U.C Berkeley professor Alex Filippenko. Lectures will be Lecture 10 "Stephen Hawking and Black Hole Evaporation" and Lecture 11 "Black Holes and the Holographic Universe" in the Fine Arts Room (OC) at 6:45 PM.

Thursday, April 27, the Telescope Interest Group (TIG) will have a Star Party at a site in Lincoln near the Casino at the invitation of Associated Modelers of Sacramento. Details will be finalized at our March meeting. Contact Bob Collins at bobpcoll@community.net (253-9890) for more information.



Aaron Manalaysay will present "In Search of Dark Matter" on May 3

Wednesday, May 3, General meeting, 6:45 PM in the P-Hall (KS). Presentation "In Search of Dark Matter" presented by Aaron Manalaysay of UC Davis, Assistant Project Manager on the Large Underground Xenon (LUX) experiment, Cosmology's Standard Big Bang Model requires that 80% of the matter in the universe must be Dark Matter.

Contacts: *Morey Lewis 408-4469, eunmor@pobox.com; Cindy Van Buren 253-7865, rvbcvb@att.net*
Website: *www.lhag.org*



Ballroom Dance

Club dancers shared a lovely Sunday afternoon April 2 at the Ballroom (OC), dancing stylish waltzes, rumbas, tangos, cha chas, and fox trots, all in traditional ballroom style. We welcomed ballroom dancers from the Sun City Roseville Ballroom Club to join us for the event. Members socialized over Ice Cream Sundaes made to order from three flavors of ice cream and many different toppings, along with coffee and tea. In keeping with the "spring" theme, our next event will be a "Springtime in Paris" dance on Saturday, May 6, 5:00-9:00 PM, a potluck event at Multipurpose Room (KS).

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



Dub & Marie Holland;
Mark Katsen and Renee Dvorak

Membership, only \$7/year, is open to SCLH residents, sponsored guests, couples and singles. Lessons are every Tuesday in KS: Beginners from 2:00-3:00 PM and Advanced from 4:00-5:00 PM. Open dance hour is 3:00-4:00 PM. Lessons will move from the Fox Trot in April to the Cha Cha in May taught by Sal & Ruth Algeri.

Contacts: Sal Algeri 408-4752;
Olivia Eckert 740-6972



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center, five/
seven games
Dan Oden,
left, Bem
Bainbridge,
right;



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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 May 10 and June 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 Buca di Beppo, Tuesday, April 18. Meet in front of Orchard Creek Lodge at 11:15 AM to carpool or meet us at the restaurant about 11:40 AM. For more information or to put a Memoriam in the COMPASS, contact Joan.

Contact: Joan Logue,
joanlogue@sbcglobal.net



Bird

This year's record rainfall has brought wonderful benefits to our area, but it has also flooded many of the wetlands that we visit in early spring. One such place is the Davis Wetlands. We have rescheduled this day trip for Friday, April 21. The outing offers an opportunity to visit the Davis Burrowing Owl Preserve and to see the many waterfowl that inhabit this wetland.

On May 5, we head to the Spenceville Wildlife Area, which is just north of Lincoln. During our drive through the area in 2015 and 2016 we saw over 45 species of birds which included Yellow-breasted



Our March Meeting featured a very informative talk by Joe Steer from the Lincoln Waste Water Treatment Plant. The facility's ponds attract waterfowl such as the Lesser Scaup; Buffleheads; and White-fronted Geese

Chad, a Lazuli Bunting, Bullock's Orioles, and nesting Osprey.

Our next meeting will be on Monday, May 8. This will be an excellent chance to catch up on the local bird sightings and other club news. So join us at the P-Hall (KS) at 1:30 PM.

Contact: John Garfein 666-2364,
johndgarfein@gmail.com
Website: www.lhbirders.org



Bocce Ball, Mad Hatters

The Mad Hatters will switch to their summer start time of 8:00 AM beginning Thursday May 4. Paul will bring coffee and donuts as inducement to show up early.

Confusion persists among new residents and old about where the Bocce Balls are. If you do not have your own Bocce Balls, you are free to use the Association Bocce sets. The Association Bocce Balls are stored in the Bocce Locker which is the locked stone structure between the front and back courts. To get the key to the Bocce Locker you need to take your SCLH ID card to the OC Fitness Center desk and ask for a Bocce key. They will take your card and have you sign out a key. When you have finished playing and return the balls to the locker you return the key to the Fitness Center.

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



Book

On April 20, we will discuss 1776, by David McCullough. Two-time Pulitzer Prize winner McCullough follows George Washington and his men through losses and retreats, offering a fresh look at the beginning of the American Revolution.

Schedule, remainder of 2017:

- May 18, *The Sun Also Rises*, by Ernest Hemingway
- June 15, *A Man Called Ove*, by Fredrik Backman
- July 20, *The Virginian*, by Owen Wister
- August 17, *Liar, Temptress, Soldier, Spy: Four Women Undercover in the Civil War*, by Karen Abbott
- September 21, *Big Little Lies*, by Liane Moriarty

- October 19, *Alexander Hamilton*, by Ron Chernow
- November 16, *The Rosie Project*, by Graeme Simsion
- December 21, Holiday Luncheon

We meet on the third Thursday of the month, 1:00 PM, Multipurpose Room (OC) for discussions. Newcomers are welcome.

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

Many of us women have drawers and closets full of scarves, yet we struggle looping them around our necks in any fashionable style. Some of us give up and shove them underneath our jackets. Others, however, manage to pull off the perfect look with a single twist or knot. At our last meeting, we were fortunate to have two “scarf artists,” members Kathy Woodward and Cindy Redhair, demonstrate different ways to tie them. Kathy brought soft knit ones she’d designed when undergoing chemotherapy, and Cindy showed ways to work with scarves such as the popular infinity scarf. We had a good time, sharing laughs while we mastered a few old tricks and tried new ideas.

May’s meeting is the “Officer’s Luncheon.” For reservations, call Val Singer, 645-8553.



Members shared their stories at the March meeting’s “Meet and Greet”

Don’t forget, May is the annual “Relay for Life,” and we will be there. To participate, register on-line.

Bosom Buddies meets the second Thursday of the month, 1:00 PM at OC.

Contacts: Marianne Smith 408-1818;

Val Singer 645-8553

Website: www.sclhresidents.com



Bridge, Duplicate

Two local opportunities to win silver, red, and gold Master Points are available in May. The Carmichael Spring Sectional held May 6 through 7 in the La Sierra Community Center, Carmichael, for Silver Points. The annual California Capital Regional held May 29 through June 4 in the Sacramento Double Tree Hotel for red and gold 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 in any of the open games, call Lynne White (253 9882). For a partner in the Wednesday or Saturday limited games, call Sheila Ross (434 6165) or Lynne White (253 9882).

Contact: Jim Collart 995-7233

Website: www.bridgewebs.com/lincolnhills



Bridge, Partners

Call for early sign-up, or just show up with your partner in the Sierra Room (KS). You play if we have even pairs up to 28. We must be seated by 5:45 PM, including stand-bys, and we must finish by 8:30 PM. Winners: February 23—First: Nancy Griffin/Lynda Sader; second: Jyoti/Viren Sitwala; third: Harry Collings/Frank Kamienski; fourth: Kay/Ben Newton with the high round of 2170.

March 2—First: Kay/Ben Newton with the high round of 1590; second: Carolyn/Bob Calmes; third: Jodi Deeley/Jaylene Gerdes; fourth: Johann/Paul Kiesel.

March 9—First: Edith Kesting/Erica Wolf with the high round of 2150; second: Ann Leitze/Judy Olson; third: Nancy Turrini/Lydia King; fourth: Peg Larkin/Kent Persell.

March 16—First: Pat/ Frank Kamienski with the high round of 2290; second: Anne Kiley/Judy Olson; third: Kay/Ben Newton; fourth: Jyoti/Viren Sitwala.

Contacts: First & Third Thursdays:

Kay & Ben Newton 408-1819;

Second & Fourth Thursdays: Dolores

Marchand 408-0147; Carol Mayeur 408-4022

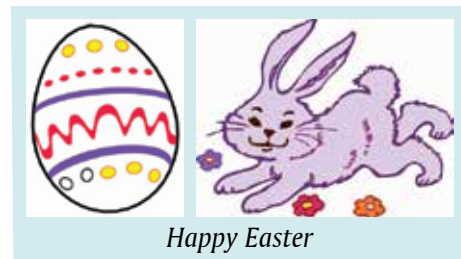


Bridge, Social

Join us on Fridays for Singles’ Rotation Bridge in the Sierra Room (KS). Arrive 12:30 PM.

February and March Winners—First Place: Nancy Griffin, Linda Scott, Jim Monnin and Pat Fraas. Second Place: Donna Moore, Ralph Madsen (twice!) and Marge Phillips. Third Place: Lee Willson, Marilyn Cheatham, Jyoti Sitwala and Bob Moore. Fourth: John Butler, Judy Olson, Bob Fawcett and Katherine Markham.

For reservations in April contact Chet Winton at 408-8708, cwinton@sbcglobal.net or Linda Scott at 253-9893, Lcscottaz@gmail.com. For reservations in May and June contact Lynda Sader at (858) 204-2427, lyndaglee01@gmail.com or Pat Mullins at (408) 202-1865, pam7nt@gmail.com.



Happy Easter

The Free Bridge Refresher Class will continue using the book, *Bridge for Everyone* by D.W. Crisfield, Wednesdays, 10:00 AM to 12:00 PM in the Card Room (OC). New class will start in June.

President, Lynda Sader, can be reached at (858) 204-2427, lyndaglee01@gmail.com.

Contact: Jodi Deeley 208-4086,

jodideeley2@gmail.com



Bunco

In March, the dice were flying with several buncos in the first couple of rounds. The competition was on, three players in the running with two buncos each, then there were three buncos. The race was on! Anne pulled ahead with five buncos. A double roll off occurred in the end to win the most losses prize. The traveling bear was also a popular item down to the bitter end. There is never a dull moment with bunco play!

The Bunco Group plays the third Thursday of the month in the Card Room (OC). Bunco is a non-membership group with a

\$5 'pay to play' fee. Play starts promptly at 9:00 AM. Please consider joining us for a morning of laughter, fun and friendship!

March Winners: Most Buncos Anne Johnson; Most Wins Lee Bravo; Most Losses Kathy Sasabuchi; Traveler Carolyn Hughes.

Next Bunco is Thursday, April 20.

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



Ceramic Arts

We have been busy with kiln shelf cleaning, storage cabinet improvement, locker inventory and more. In the next few weeks, we will schedule a cleaning effort with help from the janitorial team.

We are pleased to welcome several new members and have also had residents visiting on Friday afternoons.

Mark your calendar for the next round of ceramic arts in the OC Lobby—May and June—it will be the latest creations from our talented artists.

The earthenware group would like you to know that their ceramic discipline is well suited for folks with limited hand strength or eyesight. One of their most noted artists is legally blind! Come see her beautiful work in May.

CAG workshops, OC, Saturdays, 9:00 AM-3:00 PM, Sundays 12:00-4:00 PM. KS workshops Mondays, 1:00-4:00 PM, Earthenware, Sundays, 1:00-4:00 PM, Spanish Oils. Open studio available to all residents: OC Fridays 12:00-4:00 PM; KS Sundays 1:00-4:00 PM. Check bulletin boards and studio windows for changes/closures.

Contacts: **Mary Clark 502-1527; OC Pottery Gabriele Dawson 209-3683, Diane Mayer; KS Earthenware Marty Berntsen 408-2110; KS Spanish Oils Margot Bruestle 434-9575 Website: www.sclhresidents.com**



Chorus

"Broadway Blast" is here! That's our spring concert on April 30 and May 1-2, featuring show-stopping Broadway selections plus memorable movie melodies.

"That's Entertainment," our opener, comes from a 1953 Hollywood musical but sets the stage for our Broadway theme. We'll close with the source of our concert title, a rousing medley comprising "Lullaby of Broadway," "Forty-Second Street,"



Promoting the chorus and concert at "It's the Lifestyle."

"They're Playing My Song," "If My Friends Could See Me Now," and "Everything's Coming Up Roses."

In between we'll sing you classics like "The Impossible Dream" from "Man of La Mancha," "Send in the Clowns" from "A Little Night Music," and "Try to Remember" from "The Fantasticks." "Les Miserables" contributes three gems: "I Dreamed a Dream," "On My Own," and "Suddenly." Two others, "One" and "What I Did for Love," come from "A Chorus Line."

There's plenty more, so don't wait: see page 55 for concert details and get your tickets now!

Contacts: **Suzanne Rosevold 587-3035, suzannechorus@gmail.com Bill Sveglini 899-8383, sveglini@gmail.com Website: www.lincolnhillschorus.org**

Computer



Apple User Group

Breaking News: Please *do not* install iOS 10.3 (soon to be released). This release of iOS is for iPhones, iPads, and iPod Touch.



Andy Petro Judging at STEM Expo

Version 10.3 introduces several significant changes that require special attention before installation. Once our support staff has had a chance to review the update, we will provide instructions.

One of our esteemed volunteer presenters, Andy Petro, always challenges his audiences to "learn two new things" from every information seminar. It is very easy to do, since each session provides an abundance of information on so many Apple topics, particularly in the use of Apps on Macs and Devices. And, if you cannot be present at the live meeting, the Video Tab in the Group Website, lhaug.org, provides access to virtually all of the previous presentations. Use this asset to look for the "two new things" or just to refresh your memory.

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



PC

Main Meeting: May 10, 6:30 PM—Windows 10 Built-in Apps will be demonstrated, including their "Creative Update" enhancements. The Mail App combined with the People App have become good tools for managing email accounts. The Calendar App can be set up so that it syncs calendars on all your devices. The Photo App can be used to edit and manage your pictures similarly to Photo Gallery and Picasa. The Groove Music App is a great alternative to Itunes for managing your music library. We'll try out 3D drawing with the new Paint3D App and talk to Cortana, who has enhancements that make it easier to get help. P-Hall (KS).



Rita Wronkiewicz will demonstrate Windows 10 Built-in Apps on May 10

Clinic: May 12, 3:30 PM—Review of Office 365 plus discuss alternatives to Microsoft Office Suites. P-Hall (KS).

Ask the Tech: May 26, 10:00 AM Informal Q & A session for any and all technical questions. Multipurpose Room (OC).

Contact: Karl Schoenstein, sclhcc@gmail.com
 Website: www.sclhcc.org



Country Couples

Thanks for stopping by the Country Couples booth at the *It's the Lifestyle* event and saying *Howdy*. We are proud of our club and enjoy telling others about the fun we have dancing. We have many long-time loyal members, but each year we love getting to know the new couples who give us a try. Even though our membership drive has come to an end, it's never too late to join and take advantage



Irene & Ivan Hesson; greeting guest at Country Couples table at "It's the Lifestyle" event



of the benefits in discounted dance tickets. However, you do not have to be a member of the club to take the lessons offered on Monday nights. Great friendships are included with every membership at no additional charge.

The theme of our next dance is *Senior Prom* and will be hosted by Jim & Jeannie Keener at Sun City Roseville's Sierra Pines Clubhouse on April 23 from 5:00-9:00 PM.
Contacts: Marsha Brigleb 434-5460, Laura Wermuth 253-7092

Cribbage

We welcome you to 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 February were Tom Eaton, week one, Jack Poshepmy, week two, Brian Yates, week three, and *It's the Lifestyle* event, week four. New players are always welcome!

Contacts: Larry O'Donnell 406-672-6493;

Ken VonDeylen 599-6530.

Contacts: Larry O'Donnell 406-672-6493;

Ken VonDeyler 599-6530.



Cyclists

Several cyclist-related activities are going on during May. There is May is Bike Month. The Cycling Group has a team which you can join and record your daily mileages on the May is Bike Month website. In past years we have been one of the top teams in miles cycled during May. Also there is the Tweeners 100 mile mostly flat ride for any club member. Is doing a 100 mile ride on your "Bucket List"? If so, now is the time to do it. On May 6 there is the annual Tour de Lincoln which has a variety of ride distances available. Volunteers are always needed to help with different aspects of the Tour. Lastly, about 30 cyclist members will be cycling, hiking and wine tasting as we travel the Central California coast from Paso Robles to Santa Barbara. Get out on your bike and enjoy our environment.

Contact: Steve Valeriote 408-5506,

lhcyclist.com

Website: www.LHcyclist.com

Eye Contact

Living Skills Meeting, Multimedia Room (OC), Thursday, April 27, 10:30 AM-12:00 PM. "Talking Books Program—Reading with Your Ears or Fingers." Talking books are sent free through the US Mail. Other programs include: BARD (Braille & Audio Reading Download) for computers and Newspaper Articles read over the phone. In addition, we will discuss the services offered by the Lincoln Library for those losing their vision such as large print books, books on CDs, etc.

General Meeting, Fine Arts Room (OC), Tuesday, May 2, 2:00-3:30 PM. Doctor Kristie Trang, our guest speaker, is an optometrist at Blue Oaks Eye Care in Ros-

eville and will talk about "Your Eyes and Diabetes." Diabetics have eye problems due to increased blood sugar levels, which cause the eye's lens to swell up. The specific eye problems that arise in diabetics include glaucoma, cataracts and diabetic retinopathy. The presentation will include question and answer time.

Contact: Cathy McGriff 408-0169,

cathy.mcgriff@yahoo.com



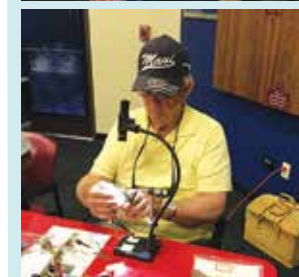
Fishing

The rivers are still running high, the reservoirs are filled to the brim. We hope the fish will be healthier so the fishing will get better. It's raining today and predicted for a few more days. Exciting times for all of us and the hope is that all this water will clear out the many blocked waterways that have kept the fish away.

Our latest speaker, JD Richey, predicted that the game fish will become more abundant in the months to come.

Our members are now planning fish-outs to various waterways, join them—some have already been fishing. Good luck folks!

Learn how to fish! We have many members willing to show you the way.



At the Fly Show dinner; tying one on; what a brute



The Fishing Club normally meets on the second Monday of the month at 7:00 PM at KS, to discuss the latest news in fishing. There is no meeting in May. To join, contact Jim Kerbey, jmalcom2@aol.com.
Contact: Henry Sandigo (415) 716-0666, hsandigo@icloud.com



Garden

For the Community's enjoyment, take time to smell the roses and appreciate their beauty at *The Annual Amateur Rose Show*, OC, April 22-23 (Saturday, 10:00 AM, through Sunday, 3:00 PM). The judged competition is for members only. Registration is between 9:00-10:00 AM on Saturday. Cash prizes will be awarded in each category and there will be a prize for "Best of Show."



Rose Show; Gardens of the World; Bonsai Group—third Thursday, KS, 1:00 PM

April 27—General Meeting, P-Hall, (KS), 2:00-3:30 PM. We regret to say there will be no Home Garden Tour this year. Due to the confusion with the Compliance changes, we were unable to procure homes for showing. In lieu of that, we will show a video of "Flower Gardens" from Gardens of the World with Audrey Hepburn—featuring an English natural garden in Somerset,

Monet's Garden, Japanese Rock Gardens and others. Brown Bag Sales, Garden Q&A's before the meeting, and door prize drawings will be included.

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



Genealogy

On April 17 at 6:30 PM, Barbara Leak will discuss Naturalization: Rules & Records. Declarations of intent, final papers, repatriations, what are these records? Rules for becoming a U.S. citizen have changed, and the records created by this process vary. Learn about the laws and see examples of the documents created by those who became Americans. Barbara has traced her roots across the US and across the sea to England, Germany and Denmark. She demonstrates a practical approach to research, blended with humor in her presentation style



On April 17 at 6:30 PM, Barbara Leak will discuss Naturalization: Rules & Records

We will meet at 6:30 in the P-Hall (KS) with a social (and wonderful goodies to eat) to follow across the hall after the meeting. Members should arrive a few minutes early to sign in and get your drawing ticket for the door prizes which are software for Roots Magic and Legacy.

The May 15 meeting's presenter will be Marian Kile—Understanding the US Census Records.

Contact: Maureen Sausen 543-8594; Arlene Rond 408-3641.
Website: lincolnhillsgenealogy.com



Golf, Ladies

Ladies XVIII

It is not the Ides of March, but March 16 which was a record-setting day for our ladies. During a stableford tourney, a number of gals chalked up the stats, beginning with Dee Arts, acing hole 16 on the Hills,

our first hole-in-one this season. Then, Valerie Green eagled hole four. Further, there were also 13 birdies, two by Lani Dodd, and a half dozen chip-ins. Wow, a day to remember.



Dee Arts records first hole-in-one this season

The tourney results in Flight One, showed Botelho with 44 points, outscoring Warren by two. In Flight Two, Bedford (first) racked up 45 points and Arts followed with 42. Dong led Flight Three with 44, and McElroy trailed by three. In Flight Four, Pinnell totaled 41, topping a tie between Kramer and Morgan at 40. Finally, Rushing had 41 points to win over Perry's 37. Sandra Braa earned the CTP, just over two feet from the cup. Congrats all.

Contact: Donna Sosko 434-5527
Website: lhlxviii.com

Lincsters

The first General Meeting for 2017 was held in the OC Ballroom on March 22. Captain Sharon McMillan introduced her board and chairs, and presented each with a team pin. Following Sharon's introduction, each chair spoke about their job, and presented star volunteer pins to their team members. The following events were discussed: Bring a Friend Tournament to be held May 24, and chaired by Barbara Parsons and Ruth Pennington; the Club Championship to be held August 16 and 23, and chaired by Pat Dangerfield; the Breast Cancer Tournament to be held October 25, and chaired by Jan Varin. A discussion on ways to improve the pace of play was held. New team wear was ordered March 31. The meeting ended with a drawing for prizes, including free rounds of golf, lessons from the pro, and golf jewelry. The afternoon golf was cancelled due to another rainy day.

Contact: Pat Shafer, gdskd70@aol.com
Website: lincsters.com



Golf, Men's

May 1 and 2 will be the Club Championship Tournament. This two-day event will start on the Hills Course, then day two on the Orchard. There will be a Just For Fun game on the second day for those looking to play, also flighted and with Golf Shop credit for the winners. All events will be Stroke or Metal play.



The 18th green of the Hills Course

Players had fun in the recent Two Man Scramble. Gross winning teams were: Rich Henrikson/Ed Lazarek; Darrell Rinde/Tom Horan; John Griggs/Jack Drinkard; Ron Balderston/Les Hanson; John Vass/Dave Evans. Net winners were: Mark Hamilton/Brian Wanzer; Vance Sharp/Paul Fellner; Rich Miller/Bill Zeek; John Milbauer/Roger Cummings; Robert Mcgrath/Carl Zierman.

Contacts: Gene Andrews, eandgolf@sbcglobal.net; Tom Traxel, tom.traxel@sbcglobal.net
Website: www.lhmgc.org



Mandarin Orange Gathering; Mandarin Orange Lecture; Community Soup Gathering

ings in P-Hall (KS) on the fourth Monday at 2:00 PM, guests welcome.

Contact: Don R. Rickgauer 253-3984, sclh13HealthyEating@gmail.com
Website: HealthyEatingClub.wildapricot.org



Healthy Eating

The Healthy Eating Club website continues to add new sources of healthy eating information to complement our main mission, which is to help our members learn more about the joy and the importance of healthy eating. The Sugar Challenge that several club members are currently engaged in to learn about reducing the craving for sweetness in our foods continues to delight those that stick with the basics of the plan. Our Soup As Community Builder initiative that was active in February-March enabled us to share healthy homemade soups.

At our April 24 meeting we'll hear from members about healthy eating issues they're currently dealing with, we'll discuss the new Salads As Community Builder initiative and we'll view a short video on healthy food preparation by the Culinary Institute of America

Our club has its monthly General Meet-

Hiking & Walking



Welcome to spring! Spring hikes are taking place now and our hike schedules from April through August are in place. We have been getting out seeing the wildflowers our wet weather has created. Join us; you will be guaranteed a fabulous day.

The Walking Group schedules four walks per month, or one walk each week on Wednesdays. Some months have a fifth week and the group leader, Debbie Schryver, will let you know where that fifth week hike will be. The walks are about three miles, traversing Lincoln Hills trails. It is suggested that you have the ability to walk this distance at a moderate (not strolling) pace to keep up with the group. Don't think you can do it or recovering from an injury? We now have a "slower paced" Walking Group. For details on our hikes or walks, check the website below.



Deer Creek Tribute Trail; on the Hiking Trail; Deer Creek flowing with recent rain

Contact: Hiking—Phil Huntingdale 408-1747, smccoubrey@sbcglobal.net;
Walking—Debbie Schryver 666-1741, dshumhaven@earthlink.net
Website: www.lincolnhillshikers.org

Investors' Study



Join us on Thursday, May 4, at 2:30 PM in P-Hall (KS) to hear our guest speaker, Heather Apperson. Heather is a financial advisor with Blackrock Investments



Carl Gronau and speaker, John Tousley; a chance to speak with the speaker



in San Francisco. This will be her first time meeting the Investors' Study Group and I'm sure we'll be eager to hear her views. Russ Abbott will continue to bring us up to the present moment with the Playbook and his insights and observations. Our table at the It's the Lifestyle event received a lot of attention either because of what the group represents or because we had really good candy. Thank you to the table volunteers at the Lifestyle event. John Noon, 645-5600.

The Active Investors subgroup meets on the second Monday of the month, 3:00-5:00 PM in the Multimedia Room (OC). Norm Quattrin, 645-4675.

Contact: John Noon 645-5600



Lavender Friends

The Lavender Friends Club is a social organization serving the Lesbian, Gay, Bisexual and Transgender Community and those in friendship in Sun City Lincoln Hills.

Dog Walkers and Friends gather on Saturdays at 9:00 AM, followed by coffee at the Kilaga Springs Café, or just come join us for coffee at 10:00 AM. Call or check website for dog walk meeting place.

Movie Day is now on the third Monday of the month, with Happy Hour afterwards, or just join us for Happy Hour. Call or check website for movie times and Happy Hour location.

Breakfast at Thunder Valley is the first Wednesday in the month, 9:30 AM. Bring your Thunder Valley card to get the Senior Day discount.

Activities: Greater Placer PFLAG meets on the second Monday of the Month from 7:00 to 9:00 PM at Sutter Auburn Faith Hospital, 11815 Education Street, Auburn, CA, Conference Room A, next to the cafeteria.

Contacts: Sheila 408-2802; Carol 295-0610

Website: www.lavenderfriends.com

Lincoln Hills

Line Dance

Join us on April 23 for our first dance party of the year in the OC Ballroom. We will dance from 1:00 to 4:00 PM. There will be all levels and styles of dance so whether you are in an intro class or line dance III you will be able to enjoy the day. The steering committee was able to visit all classes with the information about or-



Steering Committee Cheryl Ramm, Marlene Woodbury, JoAnn Faria and Ginger Fullerton at the It's the Lifestyle event

dering your line dance shirts to wear to social dances and classes. Hope you have taken the opportunity to order one. There are several social dances coming up. One is held on the third Friday of each month at VFW Hall in Roseville at 7:00 PM. Another features Michael Barr and Michele Burton on April 30 at Hagan Community Center in Rancho Cordova, 1:30 to 4:30 PM. Watch this space for more dates.

Contact: JoAnn Faria 434-6813

joannfaria@sbcglobal.net



Mah Jongg, Chinese

Greetings! Please join us on Monday mornings in the Card Room (OC). Play starts at 9:00 AM, with arrival time being 10 minutes before 9:00 AM. Play continues until 12:00 PM. Spring is a great time of year to join others in a friendly game of Chinese Mah Jongg.

Chinese Mah Jongg is a game of strategy and, sometimes, luck. We provide the tiles, score sheets and companionship. (No money is involved.) It is not difficult to learn especially when we teach you! You can master the basics in three hours. If you are curious about learning this game, please join us. If you already know how to play or it has been a long time since you played, we welcome your attendance.

If you have any questions, please call Bruce or Marsha.

Contacts: Bruce Castle 846-1500;

Marsha Ross 253-9551



Mah Jongg, National

"Mah Jongg, an ancient game from China that you play using tiles, gained popularity in the United States in the 1920's. This game of intelligence requires concentration. Mah Jongg is a dif-

ficult game to learn and master, but once you do, your ability to excel in the game is limitless." This quote sums up the fun and excitement of the game.

Why not join us every Tuesday in the Card Room (OC) from 12:30 to 4:00 PM? If you don't know how to play, please contact Fran Rivera at 434-7061. Fran offers free lessons in her home and you would need to call her to find out when you may start. During the summer months she is away but you can call her and put your name on her list and she will call you when she returns. So why wait, call her now before summer and you may speak with her!

Contacts: Patti Kingston 587-3056;

Elsa Paszek 253-9709; Fran Rivera 434-7061



Mixed Media

Our featured guest for our April 19 club meeting, starting at 1:30 PM, will be Kerry Dahlin. Kerry currently teaches Art Journaling at our very own Orchard Creek Lodge and Sierra College as well. Kerry's art journaling work, using various forms of media, has received acclaimed reviews. Also, Kerry's Art Journals have been featured in prestigious Art magazines. We look forward to her visit.

Our club provides a friendly, fun environment for creative expression by using various methods of media, textures, papers, photos and so much more. Occasionally we have "hands on" demonstrations and presentations on the latest techniques in mixed media art world.

We are happy to announce that at our May 17, 2:00-3:00 PM, meeting in the Ceramics Room (OC), Noel Sandino, painter and printmaker will demonstrate some printmaking ideas without the use of the



Last month we toured the home of acclaimed artist Ms. Maija Peeples. It was an honor to be her guests

printing press. Using Akua soy-based ink, Noel will show an alternative way to work without any solvents and fumes. Noel will demonstrate how she prints a monotype which is usually referred to as the “painterly” print and also a drypoint technique. These techniques can be combined with other media with beautiful results. Noel loves to push printmaking to the limits. Read more about Noel on her webpage noelsandino.artspan.com.

Contacts: Frima Stewart 253-7659,
frimastewart@gmail.com;
Patricia Branham 408-5057,
pbranham56@aol.com



Motorcycle

RoadRunners

March 11 signaled the start of the 2017 riding season. Eighteen riders, led by Road Captain Dan Harlander, enjoyed a scenic ride to Clearlake. The weather was perfect and everyone had a great lunch at the Blue Wing restaurant in the town of Upper Lake. On April 8, Road Captain John Milbauer led the club on a tour of the California Delta. See the May issue of the *COMPASS* for ride details.

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



A few of our 32 members: Jan Stephens, Linda Kuruhara, Vicki Bohan, Frima Stewart, Patricia Branham, Rhonda Campbell, Nancy Griffin

PM, Multimedia Room (OC). The next meeting will be on April 27. Guests are always welcome!

“Ride Safe—Ride With Friends.”

Contact: Manny Perez 253-9121,
manwil412@wavecable.com



Movie Lovers

The Movie Lovers Group meets the second Thursday of each month from 6:30-8:30 PM in the Multipurpose Room (OC). Next meeting: May 11. Our members review and discuss movies selected by the group at the previous month’s meeting. Discussion facilitation is shared by individual members and always leads to stimulating conversations and insights.



Marilyn Monroe, Mark Wahlberg; Club members introducing Movie Lovers at It's the Lifestyle; movies reviewed by the group

Among the movies selected in the past include: “La La Land;” “Manchester-By-The-Sea;” “Lion;” “Arrival;” “Hacksaw Ridge;” “Sully;” etc. All residents are welcome. Come and enjoy the conversation and shared experiences with other movie lovers.

Contact: Cliff Roe (408) 205-8765

Music

The next Music Group Open Mic is April 28, 6:00 to 8:00 PM, P-Hall (KS). Musician sign-ups start at 5:30 PM. Attendees do not need to play or sing, many are surprised at the great quality of performances by residents of our community. Come and check it out.

Our monthly Music Group meeting is April 26 from 6:30-8:30 PM, Fine Arts Room (OC). It is an opportunity to connect with fellow SCLH musicians.

The Performance Skills Workshop will be on April 17, 9:00-12:00 AM, P-Hall (KS). A special program for Music Group members only: A (first time) drum workshop on April 21, 1:00 to 4:00 PM, P-Hall (KS).

The SCLH Ukulele Jam meets Wednesday, 1:00 to 3:00 PM, OC, and is open to SCLH residents. Contact Ron Peck, 409-0463.

Contacts: Don Smith,
donsmith6704@frontier.com;
Steve Beede, sjbeede@att.net
Website: LincolnHillsMusicGroup.org



Needle Arts

Threads of Friendship

The Spring Luncheon will be held on May 16 at the OC Ballroom, featuring the many Opportunity Baskets similar to those won through drawings last year. There are three menu choices. The cost is \$20, members and \$23, non-members. The registration forms are available in a flyer box at OC, or on the website, www.sclhna.com.



Opportunity Baskets

There are still openings for the Needle Arts Retreat at Mercy Auburn, May 1-5, and it is open to all forms of Needle Arts. The deadline is April 25. For more information on signing up, contact Kris Volker, kmvolker@gmail.com, 543-9668.

There are 11 breakout groups for different needle work, such as crochet, knitting, quilting, etc. For meeting times

and contact information, download the Breakout/Calendar pages on the website, www.sclhna.com.

Contact: Jean Storms 408-1515,
jslres@pacbell.net
Website: www.sclhna.com



Neighborhood Watch

Travel light, but whether your trip is five miles or 5,000 miles, it's important to have your medical emergency information with you. This information is on your Vial of Life and your Personal Medication Record forms. Keep copies in your billfold, your car, and your home refrigerator. Did you know that medical technicians are instructed to find your Vial of Life form on the top shelf of the refrigerator?

These two forms are now on our website, www.SCLHWatch.org. Click on the form located in the Documents column and follow the instructions. Our web specialist, Larry Whitaker, has provided links to the Vial of Life form and the Personal Medication Records cards.

Do not complete these forms online. They need to be downloaded to your computer for regular revisions. Make a note at the beginning of each month to bring this information up-to-date. Your life could depend upon it!

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



Painters

Check out the OC Lobby! The Painters Club is proud to present a show for the month of April. We have a beautiful variety of styles and media and most of the work is for sale from the artists. Another opportunity to see work by your friends and neighbors will be the May 20-21 Art and Craft Tour. Watch for the posters and ads for the Tour for details.

Our March meeting was an entertaining and informative demo by Philippe Gandiol, who painted a cityscape in oils while explaining basic concepts like perspective, space relations, and color harmony. He used a variety of tools to apply paint—brushes, pallet knives, rollers and rags—

which all gave effective results.

On April 18, 2:00-4:00 PM, Fine Arts Room (OC), we will switch to a watercolor artist from Auburn, Juan Pena (<http://penawatercolor.blogspot.com>), well-known for his beautiful art and his teach-



Presenter Philippe Gandiol with one of his paintings

ings. We look forward to hearing from him.

Contact: Joan Musillani 712-4393,
joanmusillani@gmail.com
Website: <http://lhpainters.org/index.html>



Paper Arts

Our April meeting featured the group's annual "Demo Day." This popular event was a chance to look at some new techniques, as well as get innovative ideas for our rubber stamping and paper crafting projects.

Thank you to Ron Darville, one of our members known for his unique designs produced on the computer. Ron led our March project, a carousel horse greeting card.

Thanks to all attendees who stopped by our table at the "It's the Lifestyle" expo



Ann Johnson, Donna Brow and Judy Bond at "It's the Lifestyle"; Ron Darville shows March's project

in February. We got many nice comments about the cards and other items, as well as the overall diversity presented in our paper arts display.

We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS). If you are interested and have some paper crafting experience, contact us.

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) 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

Death Valley, revered for its haunting beauty, is the hottest, driest and lowest of our National Parks. It is a land of contrasts offering endless opportunities for determined photographers. Recently, 29 of the Photography Club's most adventurous embarked on a week-long field trip to this enchanted land. To experience Death Valley through their eyes, follow the 'Activities' link on the Photography Club website: www.lhphotoclub.com. The Photography Club pursues every opportunity to exhibit the photos the members worked so lovingly to capture.

In this vein, portraiture accomplished by the club photographers will be exhibited in the Needle Arts Display Case in the Orchard Creek Lodge from May 10 to June 12. Each posed or candid shot will attempt to reveal something appealing, artistically provocative or intriguing about the subject.

Another display is ongoing at Simple Pleasure in Lincoln. The current theme of 'Anything Goes' will rotate to 'Old Things' on April 24.



Photo by Debra Raach; photo by Charlie Schuman



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



salsa; Cherie Lyle—the winner of the paddle giveaway

Novice Tournament players Ralph Moretti, Sam Megason, Joseph Markus, Don Negus, Doug Ridgway; John Kirkwood whipping up a test batch of

April 11-14. In the March Novice Tournament, Ralph Moretti edged Sam Megason for first. Joseph Markus, Don Negus and Doug Ridgway also competed.

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



Pickleball

In pickleball, John Kirkwood knows to stay out of the off-limits area of the court known as the “kitchen.” But these days he’s happily in his home “kitchen” testing recipes.

John is cooking up the Pickleball Club’s entry in the salsa contest held in conjunction with the Lincoln Pace Race May 6.

At the It’s the Lifestyle event, new resident Cherie Lyle won the paddle giveaway. Learning to play was on her “to-do list” ever since moving here.

Want to join us, but haven’t played before? The Club offers a free introduction most Wednesdays at 1:00 PM. No paddles or reservations needed. There is a welcome to pickleball class on the fourth Saturdays from 11:00 AM to 1:00 PM. Details on our website.

The Club Championships were set for



Players

“Love, Loss and What I Wore” is the Players next project for your entertainment. This will be a June production written by Nora and Delia Ephron based on the 1995 book of the same name by Ilene Beckerman.

The narrator weaves her life story, among other tales, and each turning point is associated with what she wore. The story is filled with poignant memories along with dash of humor, definitely a crowd pleaser.



June Show

Auditions were held on March 20 and 21, selection of the actors to be announced. If you missed the auditions and

would like to be a part of this production, we would love to have you. There are many positions to be filled: stage staff, prop management, costumes and set design. The play will be held in the P-Hall (KS) on June 8,9,10 at 7:00 PM and June 11 at 2:00 PM. All tickets will be \$13.

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

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

Effective this year, all poker players will be seated as long as they arrive by 12:45 PM (Monday and Friday) or 4:45 PM (Tuesdays). The new seating arrangement will eliminate people not being able to play because tables are full. The new plan ensures play so come on down and join the fun.

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

Contacts: Lynne Barsky 253-3730; Arnold Baker 434-5412



RV

Seven rigs attended the rally in San Diego. During the week we enjoyed a brewery tour where we learned all about the process for making world-class IPA. We went on a boat tour of the San Diego harbor. The narrator knew all the details about the military ships and planes that surround the harbor and pointed out the best places for happy hour on shore. Two couples enjoyed golf and several of the men spent an afternoon metal detecting. We had a potluck one evening and concluded the week with a lovely dinner out.

The It’s the Lifestyle event was a great success with the possibility of adding several new members to our club.

The club meets the second Thursday of each month at 4:30 PM at KS, with a



We learned all about San Diego Harbor on our cruise; we toured and tasted at a brewery

business meeting followed by shared appetizers. Visitors with an interest in RVing are always welcome!

Contact: Marlowe Skar 434-7799

Website: www.lhrvg.com



SCHOOLS

Spring has sprung! Before we know it, plans for end-of-school events and graduations will be taking place.

There are many projects that will need the help of our volunteers. Teachers and volunteers alike agree that the SCHOOLS helpers make a huge difference in the classroom for the students. Volunteers report a stimulating, fulfilling and rewarding school year. Why not make a commitment to join the enthusiastic volunteers by contacting one of the leaders at the end of this article to find out more about the program and how you can become part of it? An educational background is not required and your schedule will be flexible to meet your lifestyle.

Volunteers, don't forget that we have been invited to tour and experience a hayride at the Lincoln High School Farm on Friday May 5 from 12:30 to 2:30 PM. Mark your calendars for this special treat!

Written by Patti Kingston.

Contacts: Crystal Elledge (Elementary)

543-8617, ceelledge@sbcglobal.net;

Irma Mendez (High School),

jmeidm@aol.com;



SCOOP

On Tuesday, April 4, we had a very interesting presentation from Wag Hotels about Pet First Aid and CPR Training at our regular monthly meeting. We also learned about choking, snake bites and heat stroke. All of this information helps us take better care of our dogs.

Our next SCOOP meeting on Tuesday, June 6, 11:00 AM to 12:30 PM, will feature Crystal Pierson from Fashion FoPaws who will speak about dog nutrition. Crystal has observed health issues dogs have due to the food they eat. Crystal is the owner of Fashion FoPaws in downtown Lincoln. We have begun monthly dog walks on the first Tuesday of every month. Our first walk was very successful and our members have decided to continue them monthly. We will meet at different locations each month.

On Wednesday, May 17, 12:00-2:00 PM, will be our People and Pooches Potluck at the Sports Pavilion. Join SCOOP so that you are kept informed about this and other events. Also, go to our website for updates and additional events.

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

Once again, we invite anyone interested in trying out Scrabble to join us on any Monday afternoon at 1:00 PM in the Card Room (OC).

All of the materials are provided. No reservations are needed. You can play one, two, or more games. Friendly assistance provided. Newcomers are always very welcome!

Come join us and experience the fun of Scrabble!

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Singles

April Showers in Lincoln Hills?

On April 20 at 4:30 PM we have our Dining Out Event at Lucille's in Roseville. Call Darline for reservations. On April 27 at 6:00 PM our monthly social is *Minute To Win It* in the Ballroom (OC). Sarah has come up with simple fun games to play and try to win!

May Flowers are blooming: And the

Singles are out again on May 4 at 4:00 PM for Cocktail Time at the Yard House in Roseville. On May 7 at 4:00 PM Birthday Celebration in Sport Bar (OC). Free drinks for all singles having a birthday in May. On May 9 at 4:30 PM we hold our Activities Meeting in the Ceramics Room (OC). On May 11 at 6:00 PM in the Ballroom (OC) we have our Business Meeting/Election of Officers, followed by Learn Poker. On May 13 at 9:00 AM we have our Second Saturday Breakfast in the Sports Bar (OC).

Aren't a member yet? Please join for \$15 and have fun.

Contact: Kathy Shaddox 209-3307



Ski

In March, 33 Club members played on the slopes, our condos, and the downtown of Park City, Utah. Mother Nature provided us with alternating new snow and warm spring-like days. Note the happy faces in our pictures!

And, skiing is likely to continue into May at some of our local resorts, for the longest ski season in several years. In fact,



The Park City Gang; Ric & Ken lovin' the snow; a beautiful snowshoe day

our April 20 end-of-season potluck party is being unofficially called our mid-season party. The party will be at Bill & Lillie Smith's home, starting at 5:00 PM.

Also in March at our general membership meeting, international ski sensation, our own Mike Connolly, presented an excellent review of European skiing, complete with reviews of resorts, lodging, transportation and costs.

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



Coyotes 80s

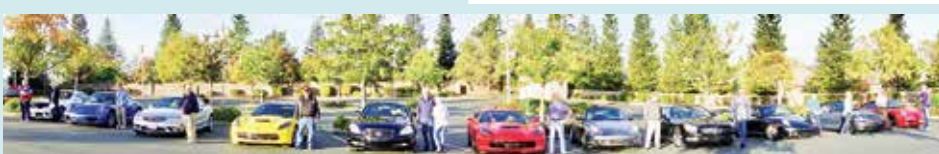
Contact: Bob Hunter, bluespritzer@yahoo.com
Website: LHSSL.net



Sports Car

In March, the sun came out and the LHSCG hit the road. The month started with a trip to Lockeford for some excellent sausages. We then headed to Jackson for lunch. The hills were a brilliant, emerald green, just in time for St. Patrick's Day. Mid month was busy as we took our first Third Thursday Run locally. Later 71 members "Put on the Green" with a St. Patrick's Dinner at Cattlemen's in Rocklin for our first Social Event of the year. Tables were decorated with leprechauns and shamrocks and we had time to mix and mingle before we sat down to enjoy our dinners.

Members are busy planning other trips



Lining Up In Lockeford for spicy sausages; Bob & Chris Beasley, Ron & Elly Goleno, Suzanne Schmidt and Tony Mason at St. Patrick's Social ; ready to hit the road



Softball

Lincoln Hills Senior Softball started their summer season this past Monday. Eleven teams were fielded that play five games every Monday and Wednesday. Come out and watch and cheer your favorite team.

Senior softball gave its yearly contribution of \$500 to Lincoln Hills High girls fast pitch for the purchase of much needed equipment..

In addition, Senior Softball, every year gives four \$1,000 scholarships to student athletes with excellent grades and who volunteer in the community.

Not signed up but want to play? Start by downloading an Application from our website. Softball is a great way to make new friends and have lots of fun.

Coyotes

Coyote tournament softball is underway. For 2017 there will be five different aged teams competing regionally.

The Coyote 80s kicked off the season by playing their first tournament ever in Manteca's Big League Dreams Park on March 9 and 10. Playing in Fenway Park and Tiger Stadium, the team went 3-1 and came away with second place. Their only loss, which was to the eventual winner, was by one run in extra innings. Great team hitting and defense led by Charlie Bryant (.917 ba, 1.417 slg, one hr), Ron Morin (13 rbi, 1.333 slg, 2 hr). Great defensive plays by all the 80s infielders and also Charlie Bryant, Dave Alley, and Frank Pulino made great plays in the outfield. The team's next tournament is April 29/30 in Lodi.

and we are all anxious to put our tops down as the weather warms up. If you are not currently a member and you own a sports car and want to enjoy your car with other enthusiasts contact Tom (below).

Contact: Tom Breckon 434-6989,
Tom.Breckon@sbcglobal.net
Website: Lhsportscars.com



Sun City Squares

Sun City Squares celebrated St. Patrick's Day with a fun party of Green and lots of delicious dishes for lunch. Our newer dancers are progressing very nicely in their square dance skills and enjoying it more each week.

If you have an interest in Square Dancing, Come join the fun at KS!

- * Monday 1:15 to 2:30 PM Newer Level Dancing
- * Monday 2:30 to 3:30 PM Plus Level Dancing, Round Dancing Between Tips
- * Monday 3:30 to 4:00 PM Advanced Level Dancing
- * Thursday 1:00 PM to 3:00 PM Advanced Level Dancing

If you would like to join our New Dancer Classes, please call Jean.

Contact: Jean Grupp 408-1868,
jean@grupphomes.com



Table Tennis

Wow! Did we have a party March 19 ! Our Lincoln Table Tennis Club hosted the Roseville Table Tennis Club. Our potluck provided a nice spread of foods brought by our club members. We had 75 plus people playing ping pong at seven tables. Most games were to 11 points. At game's end, four left and four new players took over. Play was fast... stalled a bit in the beginning but moved well soon after. Two players from Roseville, Kathy & Henry Koong are accomplished harmonica players and have invited those of us interested to join them in Roseville for their Jamboree... a very classy event with

a world class player joining them. Email akeywarren@att.net for more information. Join us for one of play times: Tuesday 6-9 PM, Friday 8-11 AM or Sunday 12-5 PM at Kilaga Lodge.

Contact: Warren Akey 408-1658, akeywarren@att.net



Tap Company

Here we are in the middle of April—hope everyone got their taxes done and didn't have to pay too much. Make sure you don't eat too many goodies the Easter Bunny leaves for you tomorrow or you won't be able to tap next week, not to mention bathing suit season is just around the corner.

Don't forget to mark your calendars for Friday, June 23 for the Tap Company luncheon being held in OC Ballroom. We will be electing new Board members at the luncheon so be thinking about taking a turn leading this wonderful group of tappers. More information will be available through your class reps.

Normally we would just be recovering from our spring show, but as you all know unfortunate circumstances kept us from having a show this year. However we are already working on our 2018 show and it promises to be a huge hit. We hope everyone will participate in the next show in some way. Even if you don't perform, you can assist in many other ways.

The new Choreography Class has been a huge success and I hope everyone gets a chance to enroll in this very fun class. Enjoy the remainder of spring and we'll see you on the dance floor.

Contacts: Natalie Grossner 209-3804,

Natalie_g@msn.com

Jennifer Lauchner

543-2858, jenniferlauchner@yahoo.com

are putting together a great menu. These tournaments are always very competitive and fun to watch.

Helen Barott is captaining the SATA Women's 7.5 Doubles. They had their first and second hard fought matches already. These matches will be played every Friday through May 31.

If you are new to tennis or an experienced player, the ball machine will be set up every Saturday in April to enhance our drop-in program. It will be run by certified LHTG members. Come by and get a workout.

Join Team Tennis for the Pace Race. Contact Pam Flaherty for information (below).

Contacts: Pam Flaherty, pamflaherty@gmail.com

Barbara Davis, barb7dick@att.net



Vaudeville

Mark your calendars. The Vaudeville Show is July 7 & 8 this year with two shows each day. We are looking for talent. It doesn't matter if you like to tell jokes, if you like to sing, dance or just want to be part of the tech crew. If you have a



Lincoln Hwy Trio; Thriller Zombies; Ellie Hoekenga

talent, we want you...

Our auditions are right around the corner on Tuesday, April 18 from 6:30 to 8:30 PM and Tuesday, April 25 from 6:00 to 8:00 PM. Both auditions are at the P-Hall (KS). Just call our Director, Yvonne (information below), for an audition appointment.

In the previous column are some pictures from last year's show. Lincoln Highway Trio with their rendition of Shake Rattle and Roll, Ellie Hoekenga with her comedy purse routine and our Vaudeville Zombies doing Michael Jackson's Thriller. So as you can see, there is something for everyone.

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



Veterans

According to the FBI, human trafficking is the second biggest criminal activity in the world. Only drug trafficking is larger. As part of a \$150 billion industry, there are an estimated 20 million people enslaved globally. Polaris, a Washington-based non-profit dedicated to fighting human trafficking, reports that Sacramento is a hotbed for sex trafficking in the United States.

Everyone is invited to attend an open meeting at 1:00 PM on April 20 in the OC Ballroom to hear Bob Dearing, our featured speaker. Bob is a leader in Rotary, who is forming a group to create a sustainable large-scale project in the Sacramento region to combat human trafficking.

Contact: Rhonda George (907) 242-3161

Website: www.lhwatervolleyball.com



Water Volleyball

Even with our busy spring days, we always find time and energy for water volleyball! Now finished with the rankings for Level Five and Level Six, the Steering Committee announced the new Competitive Play rosters. Congratulations to the players moving up and thank you to all involved in the process.

March 1 started a new Level Four, introduction to competitive play. The Steering Committee approved this great new place where advanced recreation members will train and prepare for the ranking process. We appreciate Level Six members provid-



Tennis

Sporting the Green Tournament was our second successful tournament of 2017. We are not stopping there. Dave Mateer, Tournament Director had our Men's doubles tournament set April 10 and our Women's doubles tournament set April 12. Spring LITT goes from April 5 to May 17. Social Directors, Polly Smith and Pam Geernaert



Saturday open play 2 nets; Valerie great job; Gene setting ball

ing guidance to participants in this new level.

On April 4 William Jessup University Men's Volleyball team played against our top players. It's fun to come out and support the teams. Mel coordinates these activities.

Sign up now for the May 7 Potluck to be held 5:00-8:00 PM at the Sports Pavilion and enjoy the evening.

Contact: Rhonda George (907) 242-3161
Website: www.lhwatervolleyball.com



Woodcarvers

Woodcarvers Club has grown recently with the addition of a number of new members. Some have never carved and others may have had a background in woodworking. All are welcome and in the case of new members, their first project is a comfort bird. Another new project along the same idea as the comfort bird in a comfort hippo. This is a bit more challenging than the comfort bird but would be ideal to give to kids at a children's hospital



Comfort Hippo woodcarving

Other members are working on projects that include walking sticks, boats, birds, cowboy caricatures, small caricatures of people and flowers carved in relief.

Woodcarvers Club members have a large library of carving books, magazines and DVD's for plans and ideas. We have carving tools that you can use.

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

Contact: Dick Skelton 626-0895



Writers

The Writers Group enjoyed meeting several prospective members at the It's the Lifestyle event last month—hope to see you all soon!

A recent new member, Robert Loomis, introduces himself—"After growing up in Oklahoma, Robert Loomis joined the US Navy in 1953. He served as an aircraft carrier fighter pilot and served on the staffs of four admirals and one US Army General. Commander Loomis retired from the Navy in 1981 and went to work in Silicon Valley for National Semiconductor, heading the computing center that provided computing support for the company worldwide. Retiring again in 1996, Bob remained in Sunnyvale until moving to Sun City Lincoln Hills in 2005. Being a moderately experienced writer from his days as a staff officer, he has delighted in telling stories to his grandchildren and now writes down those stories from his past to share with his friends."



Writers Group new member, Robert Loomis

Do you have stories? Join us!

Contacts: Geoff Young,
gwyong01@wavecable.com;
Freddie Dempster, fredeedee@gmail.com;
Susan Gust, srg2266@gmail.com

book! It is about a husband who dies on the way to asking his wife for a divorce and is reincarnated into a white shaggy dog. The wife adopts the dog and you read about the lives of both people. Very funny and poignant! This is a hardbound novel.

Contacts: Sandy Melnick (408-1035) for donations, Pam Combes (503-613-4185) for investment materials, and Nina Mazzo (408-7620) for the Community Living Room (OC).

Library News

Sandy Melnick, Library Volunteer

Just a reminder that we have the *New*

York Times best seller list on the back of the couch at the Kilaga Springs Library. Also on that ledge we have books that were made into movies and staff picks for you to take

home. On that same ledge, there are pamphlets from various organizations. Take a look.

Please do not take more than three books by any one author. We are finding that many popular authors' books are depleted. Everyone wants to find books they are looking for and are discouraged when the shelves are bare. Also, please return your books in a timely manner—three weeks or less.

I just finished reading *Emily & Einstein* by Linda Francis Lee. What a wonderful

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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.

Big History Club

A new Big History Club presents the fascinating story of humanity, how we got to where we are today and where we might be going. Part world history, part science, it starts with the Big Bang and brings us billions of years forward to today. Check out the free Big History Project online website: www.bighistoryproject.com. The next two meetings will be April 22 and May 13 at 1:30 PM in the P-Hall (KS). Contacts: Ranny Eckstrom, ranny44@yahoo.com, 708-0165, or Joan Podesto, joanpodesto@hotmail.com, (925) 408-6562.

Bocce for Fun

Spring bocce drop-in fun with neighbors and friends every Friday at 6:00 PM at the Bocce Courts during April, May and June. Draw names for teams. More info: Brenda, 705-1070 or brenda@spencerbrenda.com.

Cloggers

You are invited to Sacramento for the Northern California Cloggers Association's Annual Convention on April 21 and 22, at the Crowne Plaza Hotel, 5321 Date Ave., Sacramento 95841. You will enjoy exciting workshops and demonstrations, music and dance! More info on this event: nccaa-inc.com. More info on clogging: Natalie Grossner, 209-3804.

Glaucoma Support Group

Glaucoma—a leading cause of blindness in the world, can be a challenging diagnosis. If you have glaucoma and would like to hear of ways to manage your chronic disease, please join us at the Glaucoma Support Group meeting on May 10 at 4:00 PM in the Multimedia Room (OC). More info: Bonnie Dale, 543-2133 or Bjdale@aol.com.

Golf, Adaptive Golf Clinics

Adaptive Golf is a free monthly clinic held on the SCLH driving range for SCLH residents with disabilities plus wounded and injured veterans from the Greater Lincoln area! Dealing with injuries, limited mobility, prosthetics, wheelchairs, walkers? If you thought you could never play golf again, sign up now for the next Adaptive Golf Clinic, get back on the links. These life-enhancing Clinics are designed to increase physical activity, social opportunities, and outdoor experiences on SCLH's golf course. Conducted by golf pros, therapists and volunteers, working together to help you discover the restorative/therapeutic value of the game, so you can overcome your individual disability and enjoy golf. Each clinic addresses your specific disability. One recovering stroke participant advises, "Don't just sit around doing nothing!" Sign up now for the next clinic, 10:00-11:00 AM, Wednesday, April 19. To register or for more info: Paul Apfel, 408-1308, paulapfel@gmail.com, or Rich Uebele, 408-1290, cuebele32@gmail.com.

Innovations Club

We meet to explore the impact of today's technology on our lives. Investigated areas

are determined by member's interests. We explore what is available today, trends and their potential impact in five and ten years. We communicate our "best guess" regarding changes in various areas to the community through scenarios describing the effect on daily life. Health care, independent living, communications, security, technology, transportation are potential areas for investigation. Our next meeting will be May 10, 7:00-8:00 PM, Multipurpose Room (OC). More info: Ray Dunaway, 794-0002

LH Italian Club (LHIC)

Our Italian cultural heritage will be covered in the fourth of our Regions of Italy series: "All things Puglia/Basilicata," on April 22 at KS. Summer is coming, just perfect for Barbecue and Bocce. How do ribs and chicken sound? Yummm! The bocce will include both lessons and a tournament, so come join the fun: May 21 at the Sports Pavilion. This year's Annual Membership Appreciation event is to be held in June; stay tuned for details. If you are of Italian heritage, and are interested in any of our activities, check the Club's website at www.lhitalianclub.org for more information.

LH Republican Club

Einar Maisch, General Manager of the Placer County Water Agency will speak on water issues in Placer County, including the impact of the heavy rain and snow we have had this winter. Following his talk, he will take questions from the members. The meeting will be held Wednesday, April 19, from 6:00-8:00 PM (speaker at 6:30 PM) at KS. We will have a social "hour" with light refreshments from 6:00-6:30 PM. Please plan on attending and bring a friend to learn about our current water situation and plans for the future. Contact: Bob Alaimo, rjalaimo@att.net.

Lincoln Caregiver's Support Group

The Lincoln Caregiver's Support Group is here for *you!* This group is facilitated by Joni Trykar who has been a nurse and worked with persons with dementia for over 25 years. Brenda Cathey is co-facilitator and has been in the senior

Continued on page 48



Bingo in the Ballroom

Tuesday, April 25 • Ballroom (OC)

Doors open at 12:30 PM • Bingo Games begin at 1:00 PM

The Lincoln Hills Foundation brings Bingo to the OC Ballroom on Tuesday, April 25. Doors open at 12:30 PM; games begin at 1:00 PM and end about 3:00 PM. Enjoy a pregame lunch special in Meridians.

Cost: \$20 for 12 games. Daubers: \$1.50 each. Prizes include drawing prizes;

winnings up to \$100 per game and \$250 for final blackout game. No alcohol permitted. Cold bottled water available; \$1.

For groups of seven or more, call Klara to reserve a table: 408-4496

Visit our website for a coupon for free pop-ups: www.LincolnHillsFoundation.org.

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Continued from page 45

industry for over 17 years. “A caregiver is anyone who is caring for someone else whether it is spouse, friend or family.” If you would like to join us, we meet at the Twelve Bridges Lincoln Library from 9:00-11:00 AM on the third Thursday of each month. Please come in the back employees’ entrance. More info: Brenda Cathey, 253-7537.

Lincoln Democratic Club

We meet on Thursday, April 20, at 6:30 PM in the Placer Room (KS); a brief business meeting starts at 6:45 PM, followed by the program. The evening’s topic will be Power to the People—working with Indivisible and other organizations to promote our principles and ideals. Roza Calderon will speak on behalf of the Indivisible CD4 group and other speakers

will address how to coordinate efforts to make our voices heard. More info: club website, www.democraticclublincolnca.org or Al Witten at lincolndems@gmail.com.

Lincoln Multiple Sclerosis Group

All interested are invited to join the Lincoln Multiple Sclerosis Group at the May General Meeting. Usually, we have a

~ Community Perks ~

Feats of Clay—Lincoln Clay Day

Saturday, April 22 — Free

10:00 AM-2:00 PM, Beermann Plaza, 640 5th Street, Lincoln. Celebrate the Earth as Art on Earth Day! Clay Artists, demonstrations, Teams of Clay, Rotary sponsored Kid’s Camp Clay, Lincoln Archives Museum Displays, Gladding McBean historical exhibit in City Hall Rotunda Gallery and “GMcB through the Artist’s Eye” at the Art League Gallery. Sign up for the Art League Newsletter or become a Member and receive special offers. Reception: April 22, 5:00-6:30 PM, Art League Gallery, 580 Sixth Street, Lincoln. www.all4art.net.



Annual Amateur Rose Show

Saturday and Sunday, April 22-23 — Free

OC Lodge. Saturday, 10:00 AM, through Sunday, 3:00 PM. The rose show is a judged competition open to all Garden Group Members. Registration is between 9:00-10:00 AM on Saturday. Cash prizes will be awarded in each category and there will be a prize for “Best of Show.” The community is invited to come and see the beautiful flowers.



Coffee with the Mayor

Thursday, April 20 — Free

8:00 AM, Community Living Room (KS). Please join Peter Gilbert, SCLH resident and mayor for the city of Lincoln, at his monthly Coffee meetings. Pick up a free cup of coffee from the Kilaga Springs Café prior to the meeting. The Coffee is an informal setting to provide residents an opportunity to ask questions and hear about what is going on within the city of Lincoln. Guests with the Mayor will be Jean Cross from Art League Lincoln and Peggy Schechter from Lincoln Theatre Company.



Document Destruction

Monday, April 24

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 okay, but no plastics or cardboard. \$10 cash or check per average file box payable to SCLHCA. Just look for the big Shred-It truck in the parking lot!



Music Group Sponsored “Open Mic Night”

Friday, April 28 — Free

6:00 to 8:30 PM. P-Hall (KS). Performance sign-ups begin at 5:30 PM. For SCLH performing musicians and audience. Singers must be accompanied by a musician. No karaoke.



Lincoln Wine Fest

Saturday, April 29

1:00 PM. Would you like to sample wines from award winning wineries all within a two block radius while you enjoy finger food and unique shops? There will be a free shuttle bus running from Orchard Creek Lodge to Beermann Plaza from 12:30 to 5:00 PM every half hour. No parking worries. Go to www.lincolnwinefest.org to get your tickets, \$35 in advance.



Now Two Showings! KS at the Movies: Arrival

Saturday, April 29—6:00 PM — Free

Monday, May 1—1:30 PM — Free

P-Hall (KS). Rated PG-13 for brief strong language, 116 minutes. Drama/Mystery/Sci-Fi. Starring Amy Adams, Jeremy Renner, and Forest Whitaker. When 12 mysterious spacecraft appear around the world, linguistic professor Louise Banks is tasked with interpreting the language of the apparent alien visitors. Nominated for eight Academy Awards.



Lincoln Hills Foundation—Big Day of Giving

Thursday, May 4

This is your opportunity to make a difference for those in our community facing life changing challenges. Visit the Foundation website www.lincolnhillsfoundation.org for more details on the Big Day of Giving.



Annual Parking Lot Sale

Saturday, May 13

7:30 AM-12:00 PM. Fitness Parking Lot (OC). Shop early for the best choices! Enjoy an early morning romp checking out unique items at



Speaker or DVD and check-in with each other: Tuesday, May 2, 1:00 PM at KS. Contact: Marilyn Sharp, 837-4464.

Lincoln Parkinson's Group

The Lincoln Parkinson's Group is privileged to have Dr. Erica Byrd, a Sutter Neurologist, come speak at their April 18 meeting. The meeting starts promptly at 10:00 AM and goes until 11:30 AM. Monsma Quinn will

also be there to facilitate a discussion on Deep Brain Stimulation for Parkinson's Patients. We meet at Granite Springs Church, 1170 E. Joiner Parkway. May's meeting will feature Debbie Errnisse from Davis who specializes in balance issues and nutrition. More info: Brenda Cathey, 253-7537.



Lincoln Police Department Volunteer Program

The Lincoln Police Department is recruiting for its LPD Volunteer Program. The program is open to Lincoln residents who are 21 years old or older. This ongoing recruiting effort is for those individuals who would like to volunteer either as Front Office Staff (informational, meet and greet) or Patrol (vehicle patrol,



Continued on page 50

bargain prices at our annual Parking Lot Sale. You'll never know what treasures and fun things you can discover at the sale. We'll also have doughnuts and coffee available! Interested in being a vendor? Read details under Entertainment Section, page 55.

KS Classic Movies on Saturday: Enchanted

Saturday, May 20 — Free  
1:30 PM, P-Hall (KS). Rated PG, 107 minutes. Romance/Comedy/Family. Starring Amy Adams, Patrick Dempsey, James Marsden, Idina Menzel. A young maiden in a land called Andalasia, who is prepared to be wed, is sent away to New York City by an evil queen, where she falls in love with a divorce lawyer.



Annual Arts and Craft Tour

Saturday and Sunday, May 20-21 — Free  
11:00 AM-4:00 PM. Dozens of artists throughout SCLH will exhibit and sell their work from their homes to the public. Wonderful handmade crafts and fine art in various media—fine art painting, ceramics, jewelry, photography, glass, fiber art, turned wood, watercolors and more will be for sale. Starting in May, free Tour Maps may be picked up from both Lodges. Maps will also be available from all artist studios during actual tour hours. Tour presented by the Painters Club.

Lincoln Hills Certified Farmers Market Opening Day

Wednesday, May 24 — Free  
Join the community as we kick off our weekly Farmers Market on May 24 with lots of fun activities! Get your bodies going early in the morning with a free Zumba class and a Line Dance demonstration led by professional instructors. Our Guitar for Fun class students and instructor will be there to entertain you with their music. Check out our Activities Workshop Booth with project samples and an art demo from our Sip & Paint class instructor Unni Stevens. Together with Local Certified Farmers selling fresh fruits and vegetables plus local vendors with unique non-perishable items, make sure you are part of our Opening Day! Weather permitting; the Farmers Market will be **open every Wednesday until November** at the Fitness Parking Lot from 8:00 AM to 12:00 PM. If you are interested to be a vendor for handmade and hobby-related items, please contact Shelvie Smith at 625-4021 or shelvie.smith@sclhca.com to reserve your space.


Converting Thirsty Lawns to Beautiful Beds


Saturday, May 27 — Free  
9:30 AM-12:30 PM, KS. In cooperation with the city of Lincoln, we will be hosting a **free** three-hour workshop for home gardeners. This workshop will be led by working landscape professionals from EcoLandscape California, who will provide detailed demonstrations of various topics. Residents will learn:

- a variety of methods to effectively remove turf (lawn);
- how to plan an efficient irrigation system;
- how to convert traditional sprinklers to low-volume drip irrigation;
- how to improve soil health for healthier plants by using compost and mulch; and
- how to select, group, and space climate-appropriate plants for a beautiful sustainable landscape.

Attendees will also learn about online and in-person resources for more information on sustainable landscapes. Registration is required. More info: www.ecolandscape.org or 434-2450.

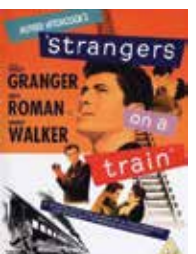
Now Two Showings! KS at the Movies: Hidden Figures

Saturday, June 3—6:00 PM — Free 
Monday, June 5—1:30 PM — Free

P-Hall (KS). Rated PG for some language, 127 minutes, Drama/Biography/History. Starring Taraji P. Henson, Octavia Spencer, Jenelle Monae, Kevin Costner and Jim Parsons. The story of a team of African-American women mathematicians who served a vital role in NASA during the early years of the US space program. 

KS Classic Movies on Saturday: Strangers on a Train

Saturday, June 17 — Free 

1:30 PM, P-Hall (KS). Rated PG, 101 minutes, Crime/Film-Noir/Thriller. Starring Farley Granger, Robert Walker, Ruth Roman, Leo G. Carroll, and Patricia Hitchcock. A psychotic socialite confronts a pro tennis star with a theory on how two complete strangers can get away with murder—a theory that he plans to implement. Directed by Alfred Hitchcock. 

Continued from page 49

“eyes and ears” in the community). Qualified individuals will receive training on all aspects of Police Volunteer work. More info: Roy Osborne, 645-4081.

Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Club in Roseville (781-2323). 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, double and/or singles. Ladies are welcome. See you on the court! Contact: Armando Mayorga, 408-4711 or amoon38@sbcglobal.net.

Shalom Social Group

Our annual ice cream social in February was a big success. Attendees included nine new members! Upcoming events include a Men's Club breakfast featuring a presentation by an FBI agent, and the Women Together luncheon at the Crocker Art Museum following a docent-guided tour of the current exhibit. We have also scheduled a hike to Hidden Falls. Our next general membership meeting on March 27 will present a movie, “The Forgotten Refugees,” on the Palestinian refugee crisis. All are welcome at our events. More info: Vida Morrison, Membership Chair, 984-1043.

Shooting Group

Weather permitting we meet on Tuesdays for Trap and on Thursdays for Skeet at Coon Creek Trap and Skeet at 5393 Waltz Road, just minutes from Lincoln. Occasionally other shotgun sports are enjoyed. We have no fees but each shooter must pay for their own clay targets. More info about shotgun shooting sports: John Kightlinger, 408-3928 or johnnpat@sbcglobal.net. The rifle and pistol activities occur on Tuesdays at the Lincoln Rifle Club at 150 Lincoln Boulevard. More info about rifle or pistol shooting: Jim Trifilo, at 434-6341 or trifilo@sbcglobal.net. Come out and have fun!

In Memoriam

Joyce Bauer

A San Francisco native, Joyce attended Lincoln High School and San Jose State where she was a member of the Chi Omega Sorority. She married Tom in 1967 and they would be celebrating 50 years of marriage on April 9. Joyce worked for Pacific Bell Telephone for many years before becoming a travel agent. She just retired from the travel business. They raised their two boys in Cupertino and Saratoga. Joyce loved golfing with the Linksters, her wine and dine group, aerobic classes, playing cards, helping with Neighborhood Watch and more. Joyce is dearly missed by Tom, her sons, two grandchildren, her sister, nieces and many friends.

Linda Crescio

Linda was born and raised in Chicago, Illinois, but spent the last 40 years in the Sacramento area. She worked full time as a bookkeeper in Rancho Cordova. After retiring she moved here where she enjoyed pilates, fitness classes, bunco and friends at various gatherings. She also was an avid reader. Linda attended St. Joseph's Catholic Church in Lincoln. She is survived

by her three daughters, two sons-in-law, and seven grandchildren.

Edsel C. French

A pioneer in Lincoln Hills, Edsel moved here in 1999 right after losing his wife, Barbara, of 50 years. He eventually became active in the Singles Group where he met and married Maxine. Edsel grew up in New York and graduated from Syracuse University with a degree in Engineering. He enjoyed a long career with the Bell Telephone System. He served in the U. S. Navy during the final months of WWII. Ed is survived by his wife of 12 years, Maxine, and his loving and supportive family: three children, one brother, and four grandchildren.

David Ramm

Dave was born in Seattle but lived in California most of his life. He graduated from Hayward High School and Santa Clara University where he had a four-year basketball scholarship. He taught school for 36 years in Livermore and coached basketball, track, tennis and flag football. For three years he was president of the Livermore Education Association. An avid

motorcyclist, he toured cross-country with Georgia on the back of his Harley. His passion was senior softball where he played and managed teams. In 2016 his team won the league championship. He leaves his wife of 55 years, Georgia, two daughters and one grandson and numerous friends.

Harry Ramsden

Residents for 12 years, Harry and Gail were married for 54 years. Harry was born in Freeport, New York. He served eight years in the U. S. Air Force including combat duty in Vietnam. After the War, he became a car salesman and eventually owned a Lincoln Mercury car dealership in Maine. After moving to California he started a new career in the leather industry. Retirement found him doing a lot of fishing and he was a member of the Fishing Club. He also loved the Pickleball Club, playing daily until he became ill. The club members helped keep him active as long as possible. He is especially missed by his dear wife, Gail, two daughters, four grandchildren and two great-grandchildren.

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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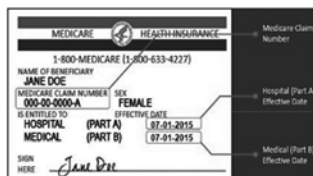
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The biggest event of the year is about to unfold! This year's Summer Amphitheater Concert Series (SACS) is bigger and better with *nine* shows to keep you, your friends and family singing, dancing and having a blast. From rock n' roll, to pop, country, doo-wop, and R & B, our chosen bands from near and far are guaranteed to make this another memorable summer. Enjoy fresh "off the grill" sandwiches and fully stocked bars when doors open at 6:00 PM for 7:30 PM concerts.

Tickets go on sale April 17. Buy our series package with tickets to all nine concerts and receive \$20 off the full package price, plus a commemorative cup that will give you drink discounts from the Amphitheater bars. **Limited SACS packages will be available until May 14 only.** Please read Amphitheater Guidelines on the next page for an enhanced experience. See ticket price for individual shows below.

Summer Concert Series Package — 5017-4P — \$168

Rock Baby Rock: A 50s & 60s Rock & Roll Concert with Lance Lipinsky & the Lovers

Friday, June 2 — 5017-4A

Starring the original Chicago cast member Lance Lipinsky of the Tony award winning *Million Dollar Quartet*, the concert celebrates the 1950s & 60s birth of the rock & roll era of Buddy Holly, Jerry Lee Lewis, Chuck Berry & more! Preserving the original authentic sound of the era, combined with high energy showmanship, Lance explores the melting pot of styles that created pop music's most innovative sounds. With Jerry Lee Lewis piano rhythms and Presley inspired swagger in his own persona, Lance and his band, *The Lovers*, create show-stopping live entertainment that will have the audience on their feet! Lance was recently featured in the new HBO series "Vinyl" directed by Mick Jagger and Martin Scorsese. General admission \$23.



Legendary Country Music Star Lacy J. Dalton and the Dalton Gang in Concert

Friday, June 16 — 5017-4B

Recently inducted into the Country Music Hall of Fame as one of the all-time great country performers, we are proud to present Lacy J. Dalton. With her worldwide hit song, "Black Coffee" and signature song, "16th Avenue," which is the Anthem for Nashville songwriters and was voted one of Country's Top 100 Songs Ever by Billboard Magazine. Lacy will enchant you with her soulful delivery, power and heart. Voted Best New Female Artist by the Academy of Country Music in 1979, she brought home numerous Grammy nominations and three prestigious Bay Area Music Awards for Best Country-Folk Recording. She has appeared with the likes of Neil Young, the Grateful Dead and Grace Slick, and Jefferson Airplane. Enjoy original songs from her many hit records "Hard Times," "Crazy Blue Eyes," and more classic country tunes. General admission \$21.



Abacadabra The Ultimate ABBA Tribute

Friday, June 30 — 5017-4C

Dust off the leisure suits and shine up those platform shoes! Be transported back to a simpler time when music was fun, inspiring and uplifting... and disco was King! With the new resurgence of the '70s, portrayed in part by the hugely popular musical production and movie blockbuster "Mamma Mia!," the music of ABBA is finding its way back into the hearts of those who lived it then and taking over the hearts of those who are experiencing it for the first time now. Dance to songs like "S.O.S.," "Super Trooper," and "Dancing Queen" and rekindle those feelings of first loves with "Fernando," and "Chiquitita" recreated with such precision in music and outfit, you'll swear you were listening to the originals themselves. General admission \$24.



Mick Adams & The Stones Tribute to the Rolling Stones

Friday, July 14 — 5017-4D

Called the world's most authentic tribute to the Rolling Stones, Mick Adams & The Stones has been selected and performed for AXS TV's *The World's Greatest Tribute Bands*, as the world's greatest Rolling Stones Tribute Band. Rising above all others in the most demanding role the tribute world has to offer, Mick and the rest of the band offer an electrifying performance with Adam's iconic Jagger moves, looks, costume and voice. Rock on with Stones' hits like "You Can't Always Get What You Want," "(I Can't Get No) Satisfaction," "Jumping Jack Flash," "Ruby Tuesday," "The Last Time," and more. They are the perfect band to pay tribute to the Stones 50+ years of hits! General admission \$20.



The Everly Brothers Experience Featuring The Zmed Brothers

Friday, July 28 — 5017-4E

Due to enormous resident request, we bring back *The Everly Brothers Experience*, this time in the Amphitheater, to give you the chance to dance to the music. The Zmed brothers, Zachary and Dylan, bring a genuine and youthful Everly Brothers experience, as well as the genetic intimacy so ever-present in the harmonies created by Don and Phil Everly. When the guitar became electric, the Everly Brothers bridged the gap between Country and Rock 'n Roll with countless hits and classics like "Wake Up Little Susie," "All I Have to Do is Dream," "Bird Dog," "Bye Bye Love," and much more. The Zmed Brothers have perfected the blend of two-part harmony that made the Everly Brothers memorable for three decades, and continues to influence artists around the world. General admission \$22.



Chicago The Tribute Friday, August 11 — 5017-4F

In 1967, seven musicians had a dream to create a new sound by combining Rock 'n Roll with a tight horn section. The result was... *Chicago!* Chicago...the Tribute recreates that great sound with powerful horns, rich vocals, and a rockin' rhythm section. This group of talented musicians takes great pride in performing these hit songs. Whether you are a fan of Chicago from the rockin' 60s and 70s, or the power ballads from later years, you'll love Chicago The Tribute. Expect to hear an incredible string of hits like "Saturday in the Park," "Beginnings," "If You Leave Me Now," "25 or 6 to 4," and more covers of Chicago's 20 Top 10 hits and 15 platinum albums. General admission \$19.



Catch A Wave, The Beach Boys Show Friday, September 8 — 5017-4H

Remember the fun you had last time Catch A Wave was here? Well, get ready for more! Fun, sun and surf set the backdrop for this re-creation of the 1960's Beach Boys with Catch A Wave's vocal harmonies! Sporting authentic detail just as you remember, this act recreates the 1960s Beach Boys right down to the white instruments, blue and white stripe shirts, and wavy hair evoking that unique California harmonic surf-pop sound so recognizable around the world. Don't miss this show that is currently headlining Disneyland, Disney Cruise Lines, and theaters across the United States. General Admission \$20.



Top Shelf's Motown Magic Musical Revue Friday, August 25 — 5017-4G

San Francisco Bay Area's cornerstone entertainment company, Top Shelf, presents a hit-filled musical journey through their memorable collection of soul and Motown classics. It's a classy, toe-tapping, finger-snapping show that features the songs of The Temptations, the Four Tops, Smokey Robinson, Stevie Wonder, Diana Ross and more. The concert will blend retro cool with contemporary sounds to bring the ultimate celebration of some of the greatest vocal hits of all time. So snap your fingers, tap your feet, get out of those seats and have a great time! General admission \$19.



The Elvis Songbook with Jim Anderson & The Rebels Friday, September 22 — 5017-4I

Jim Anderson & The Rebels perform throughout the West Coast to rave reviews and sell-out crowds. From "Heartbreak Hotel" to "Jailhouse Rock," the show will keep the legend living on and remind fans that Elvis was, still is, and will always be, the *King!* Lifelong Elvis Presley fans have touted that Jim and The Rebels perform "The most authentic tribute to Elvis Presley and his music to date!" Not an impersonator act, this crowd-pleasing show will take you through Elvis music eras of the 50s, 60s and 70s complete with hip swiveling, body gyrating, and leg wiggling. Experience a tribute to the man and his music. General admission \$20.



2017 Summer Amphitheater Concert Series Guidelines

Admission: Doors open at 6:00 PM. 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 Orchard Creek Activities desk in advance. E-Ticket or receipt required for redemption. **Lost tickets/wristbands will not be replaced.**

ADA: Designated paved area is located in the Amphitheater's center top tier. Patrons with wheelchairs have priority access.

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 maximum 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 at left of stage. Unused blanket space may be used for general seating after the opening song.

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. **No refunds or exchanges will be issued** (includes situations of unexpected "Acts of God," "Force Majeure," local authority related, or any other unforeseen situations that prevent the event from safely being held).

Ticket Pricing: Located in individual articles in Entertainment section. All sales are final. No refunds or exchanges. No child pricing.



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Deborah Meyer
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Entertainment

—Club Performance—

LH Community Chorus Presents Broadway Blast



Sunday, April 30 • 2:00 PM — 5530-03A

Monday, May 1 • 7:00 PM — 5530-03B

Tuesday, May 2 • 7:00 PM — 5530-03C



Tap your feet, snap your fingers! The LH Community Chorus will be singing favorite Broadway and Hollywood songs such as, “What I Did for Love,” “Can’t Take My Eyes Off of You,” “Hernando’s Hideaway,” and many others. The chorus will be accompanied by a pianist, drummer, and bass player to add to your listening enjoyment. We appreciate your support and look forward to seeing you at the concerts. Ballroom (OC) Premium Reserved Section Seating, \$18, General admission, \$13.

The Lincoln Hills Players Club presents “Love, Loss and What I Wore”

Thursday, June 8

7:00 PM show — 5508-04A

Friday, June 9

7:00 PM show — 5508-04B

Saturday, June 10

7:00 PM show — 5508-04C

Sunday, June 11

2:00 PM show — 5508-04D



Love, Loss,
and
What I Wore

The Lincoln Hills Players return to kick off your summer with the funny and engaging “Love, Loss and What I Wore,” written by Nora and Delia Ephron. Their award-winning play will delightfully entertain you in a performance that poignantly links life, love, clothes closets, high heels, purses, and more! Five actresses portray the often hilarious tribulations and family dynamics of simply getting through life (and men) amidst overwhelming challenges. Don’t worry, guys, you’re gonna love it – yes, even battles of the bra and misbehaving prom dresses—when you realize that, “Come to think of it, I *do* only have just 20% of our closet space!” The show returns to its sellout Kilaga Springs venue of last summer’s “Play It Again, Sam,” where every seat guarantees that intimate feeling of being drawn into the unfolding drama. Seats are limited and will sell fast! P-Hall (KS). **Reserved Seating, \$13.**

Community Event

Annual Parking Lot Sale

Saturday, May 13 — 5513-03

With only one date in 2017, don’t miss your chance to participate in the Annual Parking Lot Sale; either to shop or sell! The event brings a lot of buyers from the community and neighboring cit-

ies. Sale is from 7:30 AM-12:00 PM at the Fitness Center Parking Lot (OC). Residents who want to sell are limited to two spaces per household. A six-foot table and two chairs will be provided per space. The event will be advertised in local newspapers and online. Spaces go fast, reserve yours now! Vendors must abide by the guidelines received during registration. **Resident booth, \$28 per space. Limited spaces available for home or local businesses, \$50.** Registration is limited to in-person at the Activities Desk.



—Concerts—

Two of Us

An Acoustic Tribute to Lennon-McCartney



Thursday, April 20 — **Sold Out**

Save \$1 off \$4 or more at Kilaga Springs Café on show night. Concert 7:00 PM. P-Hall (KS).

Dixieland Jazz Concert

The Sacramento Youth Band “River City Swingers”



Thursday, May 18 — 5518-03

River City Swingers will take you back in time to the roaring 20’s and beyond with their take on New Orleans Jazz. Our two combos, Sactown Stompers and Tower Bridge Trad will wow you with their musicianship, stage presence, and age. Each group is made up of middle and high school students, but don’t let their age fool you! Close your eyes and listen to songs like “Struttin’ with Some BBQ,” “Everybody Loves My Baby,” “St. Louis Blues,” “Five Foot Two,” “Charleston,” “Do You Know What It Means to Miss New Orleans,” and many more! You will feel like you are sitting at a club in the French Quarter or walking down Bourbon Street! Concert 7:00 PM. P-Hall (KS). **Reserved Seating, \$15.**



Cornet Chop Suey

Thursday, May 25 — 5525-03



The Cornet Chop Suey Jazz Band has enjoyed a meteoric rise in popularity since its arrival on the jazz scene in 2001. The band’s unique front line with Brian Casserly on trumpet, Tom Tucker on cornet, Jerry Epperson on reeds and Brett Stamps on trombone is driven by a powerful rhythm section consisting of Paul Reid on piano, Jay Hungerford on bass and John Gillick on drums. Best known for a wide variety of styles, Cornet Chop Suey applies its own exciting style to traditional jazz, swing, blues and “big production” numbers. Every performance by Cornet Chop Suey is a high-energy presentation and is always a memorable experience for the audience. Concert



Continued on page 56

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

7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$22. General admission, \$19.**

Summer Concert Series
Rock Baby Rock: A 50s & 60s Rock & Roll Concert
with Lance Lipinsky & The Lovers
Friday, June 2 — 5017-4A

Starring original Chicago cast member Lance Lipinsky of the Tony award winning *Million Dollar Quartet*, the concert celebrates the 1950s & 60s birth of the rock & roll era of Buddy Holly, Jerry Lee Lewis, Chuck Berry & more! Preserving the original authentic sound of the era, combined with high energy showmanship, Lance explores the melting pot of styles that created pop music's most innovative sounds. With Jerry Lee Lewis piano rhythms and Presley inspired swagger in his own persona, Lance and his band, *The Lovers*, create show-stopping live entertainment that will have the audience on their feet! Lance was recently featured in the new HBO series "Vinyl" directed by Mick Jagger and Martin Scorsese. General admission \$23.



Summer Concert Series
Legendary Country Music Star
Lacy J. Dalton and the Dalton Gang
Friday, June 16 — 5017-4B

Recently inducted into the Country Music Hall of Fame as one of the all-time great country performers, we are proud to present Lacy J. Dalton. With her worldwide hit song, "Black Coffee" and signature song, "16th Avenue," which is the Anthem for Nashville songwriters and was voted one of Country's Top 100 Songs Ever by Billboard Magazine. Lacy will enchant you with her soulful delivery, power and heart. Voted Best New Female Artist by the Academy of Country Music in 1979, she brought home numerous Grammy nominations and three prestigious Bay Area Music Awards for Best Country-Folk Recording. She has appeared with the likes of Neil Young, the Grateful Dead and Grace Slick, and Jefferson Airplane. Enjoy original songs from her many hit records "Hard Times," "Crazy Blue Eyes," and more classic country tunes. General admission \$21.



Summer Concert Series
Abacadabra
The Ultimate ABBA Tribute
Friday, June 30 — 5017-4C

Dust off the leisure suits and shine up those platform shoes! Be transported back to a simpler time when gas was under \$1 per gallon... when music was fun, inspiring and uplifting... and disco was King! With the new resurgence of the '70s,



portrayed in part by the hugely popular musical production and movie blockbuster "Mamma Mia!," the music of ABBA is finding its way back into the hearts of those who lived it then and taking over the hearts of those who are experiencing it for the first time now. Dance to songs like "S.O.S.," "Super Trooper," and "Dancing Queen" and rekindle those feelings of first loves with "Fernando," and "Chiquitita" recreated with such precision in music and outfit, you'll swear you were listening to the originals themselves. General admission \$24.

—Grandkids Event—

Spring Egg Hunt
Saturday, April 15 — Sold Out

Toddlers' hunt begins sharply at 10:30 AM. Wristbands required to participate in the festivities. Wristband for online buyers available for pick up starting at 10:00 AM on Saturday, April 15. Event hours: 10:00 AM to 12:00 PM. *Event may be cancelled due to rain.*

—Fashion Event—

"Destinations"
Spring Fashion Show Luncheon
Thursday, April 27 — 5527-02



Destinations unknown! Whether playing pickleball in our community or cruising to Alaska, we will showcase beautiful collections to whisk you away on your adventures in style. Spring is a great time to check out the latest trends to help you plan for those upcoming trips. Casual wear, social, sport, and semi-formal outfits will be presented by local boutique shop Marilyn's Fashionations as well as established fashion stores Chico's and Lucy. Watch your friends and neighbors model on the runway with their spring and summer collections plus outfits from our very own Lifestyle Retail. Chef Ian has prepared a delicious luncheon plus dessert to celebrate the occasion. (Check the Activities Desks for the complete menu and entrée options to choose from.) Mimosas will be available for individual purchase. If buying a table with friends and neighbors, please provide a complete list of guests at your table and their food choice upon registration. Doors open at 11:00 AM. Lunch served at 11:30 AM. Show 12:30 PM. Ballroom (OC). General admission, \$33. Even if you do not attend the show, come and shop from unique vendors displaying the latest accessories and fashion items in the Pre-Function Area, 10:30 AM-2:30 PM.



—Special Outdoor Presentation—

Spontaneous Shakespeare
A Presentation by Synergy Theater
Friday, May 12 — 5512-03



Mayhem, mirth and merriment abound with Spontaneous Shakespeare, a completely improvised two-act play in the style of William Shakespeare! Chock full of bawdy humor, mistaken

Continued on page 59



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identities, outrageous disguises, star-crossed lovers, mischievous spirits, wily servants, exciting sword fights, hysterical wordplay, and more “these” and “thous” than you can shake a cudgel at, this hysterical improvised comedy is made up



on the spot and all based on your suggestions. Thou wilt not believe it's improvised. Synergy Theater from Danville will present a fun evening in the style of Shakespeare in the beautiful Amphitheater. Show starts at 5:30 PM. **Reserved Seating: \$22. General Admission: \$18.** *In case of inclement weather, the show will be moved inside to the Ballroom where comparable seating will be available.*

Day Trips & Extended Travel



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

Day Trips

—Casino/Races—

Cache Creek Casino Wednesday, May 31 — 170917-03



We're returning by popular request to Cache Creek Casino just outside of the Woodland/Esparto area in Yolo County. Wednesday is Military Appreciation Day so make sure you bring along an accepted form of Military, guard, reserve, dependant, veteran, retired veteran or retired veteran dependant IDs to obtain an additional \$20 in bonus play! Lots of slots and table games to choose from! Receive \$10 in gaming credits or \$20 match play and \$5 food credit. Spend four hours at the casino. Food credit available at all restaurants except buffet. Buffet closed on Wednesdays. Leave OC at 9:30 AM, return ~ 4:30 PM. \$26.

Off to the Races—Golden Gate Fields Thursday, June 15 — 170017-04

Enjoy the heart-pounding intensity of live horse racing at Golden Gate Fields in Berkeley. Relax in the climate-controlled comfort and luxury of the Turf Club with an elaborate buffet while watching the races. Races go rain or shine. Dress code: Collared shirts and dress slacks are preferred for men while women may wear dresses or dress pants. No denim, sweat pants, t-shirts, wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: complimentary racing program, admission, sumptuous buffet lunch served from 11:30 AM-3:00 PM Leave OC at 10:00 AM, return ~ 7:00 PM. \$81.



Reno Silver Legacy Thursday, June 22 — 170817-04

Snow should be melted, so by popular request we're heading to Reno to visit the Silver Legacy Hotel & Casino for the day. Get \$10 cash back and \$3 food credit. Try your luck at the slots or check out the Reno arts district. Six-hour stay. Leave OC 8:00 AM, return ~ 6:30 PM. \$36.



—Museum—

Asian Art Museum—San Francisco Tomb Treasures: New Discoveries from China's Han Dynasty

Thursday, May 18 — 176617-03



One of the most powerful civilizations of the ancient world, China's Han dynasty achieved profound cultural and artistic influence, technological advancements and military might. Two thousand years later, discoveries of royal tombs allow us to glimpse these extraordinary accomplishments firsthand. Emulating their grand palaces, Han royals built lavishly furnished tombs so that, in the afterlife, no need would go unmet. Daily utensils, kitchen vessels, royal symbols, weaponry and even toiletries were all accounted for. And the nobility spared no expense in anticipation of an afterlife to surpass this world. On view for the first time in the U.S., 160 rare selections from recent excavations—including a jade coffin, rare bronze bells, elaborate crafts and much more—share the extravagance, artistry and elegance of Han royal clans. The Asian Art Museum is the only venue for this exhibition. Also enjoy the special limited time exhibit of Saints and Kings: Arts, Culture and Legacy of the Sikhs. View the permanent exhibits of one of the most comprehensive collections of Asian Art in the world. Includes admission, lunch on your own in museum café or bring your own. Depart 8:00 AM, return ~ 6:15 PM. \$63.



California Academy of Sciences Golden Gate Park, San Francisco Monday, May 22 — 178017-03

Join your Lincoln Hills Astronomy Club on a trek to the California Academy of Sciences in Golden Gate Park. You'll enjoy a docent presentation while you partake of an included lunch in a private dining area. It's as if the Academy brings the whole universe under one roof—an aquarium, a planetarium, a natural history museum and more! The 412,000 square foot structure is not only physically impressive, but it just may be the greenest museum on the planet, with a two-and-a-half acre Living Roof, an expansive solar canopy, an extensive



Continued on page 60

water reclamation system, and walls insulated with recycled blue jeans. Your admission includes access to all museum and aquarium exhibits, including the rainforest, planetarium, and living roof. This popular Bay Area attraction includes a wide range of daily programs and activities, including dive shows, penguin feedings, swamp talks and more. Some highlights of the museum include the deepest coral reef exhibit in the world, climb into the canopy of the four-story tropical rainforest, a towering T-Rex skeleton, a colony of African penguins, and a new exhibit on earthquakes, these are just a few of the many exciting venues, exhibits and animals found within the Academy. Lunch choices: *Asian Chicken Salad, Sirloin Steak Sandwich, Fish Tacos or Grilled and Roasted Vegetable Plate, includes Iced Tea or Coffee.* Trip open to all residents; limited to 48. Rest stop on return. Leave OC at 8:30 AM, ~ return 8:30 PM. \$106.

—Performances—

A Night with Janis Joplin— Geary Theater, San Francisco Wednesday, June 21 — 183017-04




Like a comet that burns far too brightly to last, Janis Joplin exploded onto the music scene in 1967 and, almost overnight, became the queen of rock 'n' roll. The unmistakable voice, laced with raw emotion and Southern Comfort, made her a must-see headliner from Monterey to Woodstock. Share an afternoon with the woman and her influences in the hit Broadway musical, *A Night with Janis Joplin*. Fueled by such unforgettable songs as "Me and Bobby McGee," "Piece of My Heart," "Mercedes Benz," "Cry Baby," and "Summertime," a remarkable cast, and breakout performances, *A Night with Janis Joplin* is a musical journey celebrating Janis and her biggest musical influences—icons like Aretha Franklin, Etta James, Odetta, Nina Simone, and Bessie Smith, who inspired one of rock 'n' roll's greatest legends. This is the perfect way to celebrate the 50th Anniversary of San Francisco's Summer of Love. Matinee performance, dinner on your own in Union Square after the show. Bring your own lunch to eat en route to the theater. Mezzanine seating, theater has elevators. Leave OC 10:45 AM, return ~ 9:45 PM. \$98.

Cooking with the Calamari Sisters! 24th Street Theater, Sacramento Thursday, July 6 — 181217-04



Magia Italiano! Hilarity, failed dishes, and food fights during this live "broadcast" of a public access cable cooking show hosted by two larger-than-life Italian sisters, Delphine and Carmela Calamari. The sisters sing and dance to such beloved Italian favorites as "Volare," "Come On A My House," "That's Amore," "Mambo Italiano," and more as they try to make it through their final broadcast together in one piece. We scored up front orchestra seating at the 24th Street Theater in Sacramento for a nice afternoon matinee. Leave OC 12:45 PM, return ~ 4:45 PM. \$72.

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.
- **Assisted Listening Device (ALD):** To align audience sound expectations for shows, Entertainment articles will include ALD symbols when show has ALD compatibility. Due to show requirements and/or performer sound set up, not all shows will have ALD compatibility. ALD is available for check out from the Activities Desk using a valid ID, first come, first served. ALD 
- **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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Roman Holiday
Golden Gate Theater, San Francisco
Saturday, June 10 — 180417-02

A runaway princess. A dashing reporter. A Roman holiday neither one will ever forget. Based on the classic Academy Award-winning film and featuring such unforgettable Cole Porter songs as “Night and Day,” “Ev’ry Time We Say Goodbye,” and “Easy to Love,” Roman Holiday comes to San Francisco in the pre-Broadway premiere of the musical sure to steal your heart. In the midst of a whirlwind tour of European capitals, a young princess yearns to experience life—to explore the world beyond diplomatic dinners and Royal balls. Enter an American reporter, who almost overnight goes from covering the royal family to covering up her great escape. And in the span of 24 unforgettable hours, they discover the magic of Rome, the promise of love, and a secret they will share forever. Matinee performance, dinner on your own at Union Square after the show. Bring your own lunch to eat en route to the theater. Leave OC 10:45 AM, return ~ 9:45 PM. \$129.



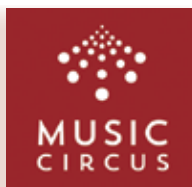
The Curious Incident of the Dog in the Night-Time
Golden Gate Theater, San Francisco
Saturday, July 22 — 180817-03

Winner of the 2015 Tony Award for Best New Play, the acclaimed National Theatre production of *The Curious Incident of the Dog in the Night-Time* is now on its first North American tour. Two-time Tony Award winner Marianne Elliott (*War Horse*) directs this “dazzling, pulse-pounding and remarkable” adaptation by Tony and Olivier Award winner Simon Stephens that brings Mark Haddon’s internationally best-selling novel to thrilling life. Fifteen-year-old Christopher has an extraordinary brain; he is exceptionally intelligent but ill-equipped to interpret everyday life. When he falls under suspicion for killing his neighbor’s dog, he sets out to identify the true culprit, which leads to an earth-shattering discovery and a journey that will change his life forever. Called “one of the most fully immersive shows ever to wallop Broadway” by *The New York Times*, *The Curious Incident of the Dog in the Night-Time* is a record-breaking theatrical phenomenon that simply must not be missed. Matinee performance, dinner on your own at Union Square after the show. Bring your own lunch to eat en route to the theater. Leave OC 10:45 AM, return ~ 9:45 PM. \$123.



2017 Music Circus

Due to declining interest for several shows last season, we are doing a limited subscription to this year’s Music Circus Season. We’ve chosen three exciting shows that we believe will be of interest to you. These Broadway musicals are performed in a



“Theatre in the Round” at the air-conditioned Wells Fargo Pavilion in Sacramento. All shows start 7:30 PM. You will have time to purchase food and beverage prior to the show. Leave OC at 6:15 PM, return ~ 11:00 PM. \$98 each show.

On The Town
Wednesday, July 12 — 181817-3A

Three sailors on a 24-hour shore leave in New York City find three high-spirited women in an unforgettable adventure. The soaring score by Leonard Bernstein features “Lonely Town” and “New York, New York.”



9 to 5
Thursday, July 27 — 181817-3B

A hilarious story of friendship and revenge in the office place, based on the hit 1980 movies, featuring the Tony Award-nominated score by Dolly Parton including the Grammy Winning title song.



Damn Yankees
Tuesday, August 8 — 181817-3C

A devilishly clever multi-Tony Award winning Best Musical that any baseball fan will appreciate. Megafan Joe Boyd trades his soul to lead his beloved Washington Senators to victory over the New York Yankees, only to realize the true worth of the life he left behind.



—Sports—

River Cats vs. Fresno Grizzlies
Thursday, June 8 — 186517-04

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? Enjoy a cool evening next to the river at beautiful Raley Field in West Sacramento. Senate Box seating. Depart OC at 5:45 PM, ~ return 11:30 PM. \$49.



San Francisco Giants

See your San Francisco Giants in the comfort of club level seats! Club level seats are wider and have more leg room with extra comforts like tables and chairs in the food areas with flat-screen TVs, access to the memorabilia displays, shorter food and restroom waits. Take a nice carpeted walk over to McCovey Cove if you would like to check out the rest of the stadium. Enjoy easy elevator access. (Bus drops off on third base side where seats are located.) Portions of club level are protected from the elements and allow fans to watch the game while standing behind sheltered glass partitions in climate-controlled areas. Residents love the view! *No cans, glass bottles, alcohol, or hard-sided coolers allowed inside ballpark. Wear layers for SF weather and a cap for sun protection. Specific rules for the stadium will be with your receipt.* Seats



Continued on page 64

located in Club Section 230. All games depart OC 8:45 AM, return ~ 8:00 PM. There will be a rest stop on the way home. All game start times are 12:45 PM. See individual games below for price.

- **Giants vs. Los Angeles Dodgers**
Thursday, April 27 — 186017-1A
\$154.
- **Giants vs. Los Angeles Dodgers**
Wednesday, May 17 — 186017-1B — Sold Out!
\$154.
- **Giants vs. Kansas City Royals**
Wednesday, June 14 — 186017-1C
\$154.
- **Giants vs. Cleveland Indians**
Wednesday, July 19 — 186017-1D
\$154.
- **Giants vs. World Series Champion Chicago Cubs**
Wednesday, August 9 — 186017-1E
\$192.

—Tours/Leisure—

San Joaquin Asparagus Festival

Friday, April 21 — 172117-02

Visit the biggest Asparagus Festival in the West! The San Joaquin Asparagus Festival



offers everything from food to fun. Enjoy asparagus alley, live entertainment, Health & Wellness Fair, countless vendors, craft beer and wine pavilion, and so much more! Enjoy many types of dishes including deep fried asparagus, asparagus ice cream, asparagus lumpia, asparagus chicken bowl, asparagus corn dogs, asparagus nachos, bacon wrapped asparagus and more! The event is now held at the San Joaquin County Fairgrounds in Stockton with indoor and outdoor venues and plenty of seating areas. We'll arrive at opening of event and stay for four hours. Leave OC at 8:30 AM, return 4:00 PM. \$37 (includes admission, food and drink on your own),

Scottish Games & Festival

Saturday, April 29 — 171917-02

Want a fun day of adventure, music, competitions, and a flavor of things Scottish? Experience a taste of Scottish culture



without having to travel thousands of miles. Join us on a trip to the Scottish Games Festival at the Yolo County Fairgrounds in Woodland. Enjoy competitions related to Scottish culture; athletics, highland dance, piping and drumming, and activities that include country dance, fiddling and harps, historical area, Scottish animals, take part in a Scottish Whisky seminar and tasting, view the march of the clans, and more! There is something

Scottish for everyone, including the food, and you don't have to be Scottish to have fun. Indoor and outdoor venues. Leave OC at 10:15 AM, return ~ 4:45 PM. \$38 (includes admission, food and drink on your own).

Lodi Street Faire

Sunday, May 7 — 172817-02

Due to many requests, we're going back to the Lodi Street Faire! This event attracts vendors from throughout California and takes up a 10-square block area of downtown Lodi. More than 600 vendors participate in this biannual event, selling antiques, arts & crafts and commercial items. While shopping, visitors can satisfy their appetite with their choice from 25 food vendors offering everything from hamburgers, to hot dogs, sausages, to pizza. Mexican, Chinese and Filipino dishes are also available for those craving a more international fare. And, no faire is complete without sweet treats and cold drinks. You'll have four hours to spend to shop, lunch (on your own) and explore downtown Lodi. Leave OC at 8:00 AM, return ~ 3:00 PM. \$29.



Performing Animal Welfare Society Open House

Saturday, May 13 — 177517-03

Join us on a very special visit to the Performing Animal Welfare Animal Sanctuary (PAWS) in San Andreas gold country. At PAWS sanctuaries, rescued animals live in peaceful and natural habitats, free from fear, chains, and harsh confinement. They are at complete liberty to act out natural behaviors in the comfort of their individually designed enclosures. PAWS animals are not bred, traded, sold, rented or forced to perform in any way. Groups get to arrive one hour before the general public for this special open house. Our tour bus will take us through the ARK 2000 facility to visit the bear, lion, tiger, leopard and elephant habitats. Once you exit the bus, you will be walking on grass, dirt, gravel, and some paved surfaces, *so please wear comfortable shoes*. PAWS staff and volunteers will be on hand to tell you about the animals and answer questions. A gift shop area will be available for some souvenirs during the tour. Box lunch from Meridians included to allow you more time with the animals. Boxed lunch includes choice of *Turkey or Roast Beef Sandwich or Vegetarian Wrap*. Comes with fruit, bottled water and dessert. Trip size is limited to 33 people. **Be aware, since trip is same day as Parking Lot Sale, trip will load and depart from Kilaga Springs Lodge.** Leave KS 7:45 AM, return ~ 4:30 PM. \$87.



San Francisco for the Day

Tuesday, June 27 — 179917-04

Enjoy a lovely day trip to the city by the bay and don't worry about traffic, the bridge, parking, etc. Relax and let our comfortable coach take you to the heart of San Francisco (Union Square) for a day to do as you



Continued on page 66

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wish. Includes a 10% off Macy's Certificate. If you're shopping, we have made arrangements with the bus company to meet you at 2:15 PM at the side of the Westin St. Francis Hotel (Post & Powell) to load all the packages from your morning excursions so you can do more shopping. June is usually much cooler in San Francisco, so it's a great opportunity to get away from the valley heat! Lunch on your own. Rest stop on way home. Leave OC at 8:30 AM, return ~ 8:00 PM. \$44

South Fork American River Rapids Rafting

Tuesday, July 11 — 189017-04

The South Fork of the American River has become the most popular rafting adventure in the Western US on its 20-mile course through California's historic Gold Country. Located in California's El Dorado County, the American River flows through a beautiful gorge in a wilderness setting. No experience is necessary to enjoy the adventure of rafting on the world-class American River. If you have the stamina and strength to paddle for an extended period of time, and are active, athletic and can swim, this trip is well-suited for you. Difficulty of rivers are rated class one to six and this trip will be on class two and three-plus rapids. This trip concludes at Folsom Lake where our bus will meet us with your towels so you can dry off! A boxed lunch from Meridians is included to eat prior to the trip. Boxed lunch includes choice of *Turkey or Roast Beef Sandwich or Vegetarian Wrap*. Comes with fruit, bottled water and cookie. Choose lunch at time of registration. Signed liability release and waivers required to be submitted to the Activities Desk a minimum of 10 days prior to trip. This is a high-impact trip, it is not recommended for those with back issues. Consult with your doctor about any concerns you may have. Pick-up guidelines and rafting itinerary at Activities Desks. Leave OC at 11:00 AM, return ~ 6:30 PM. \$160.



USS Potomac — Bridges of the Bay Cruise

Thursday, August 3 — 194517-04

The "Floating White House" Franklin Delano Roosevelt's presidential yacht has been refurbished and has quite a history, from FDR to Elvis and a front for drug smugglers. It is now docked near Jack London Square at the Oakland Pier. We will be taking a special narrated three-hour "Bridges of the Bay" cruise to the Golden Gate, Richmond/San Rafael and Bay Bridges with their unique history, construction and points of interest. Box lunch included (choose onboard). Leave OC at 7:30 AM, return ~ 4:00 PM. \$125.



—Overnight/Extended Travel—

Overnight! Sonoma Valley Gardens and Parks

Tuesday, May 9-Wednesday, May 10 — 197417-02

Join us on an overnight trip to the Sonoma Valley for a special

spring gardens and parks tour! We'll be visiting the new location of Sunset Gardens at Cornerstone Sonoma. Enjoy a docent-led tour at Quarryhill Botanical Gardens, one of the pre-eminent Asian botanical gardens globally that features one of the largest collections of documented wild collected Asian plants in the world. We'll finish our trip at Jack London State Historic Park for a docent led "Beauty Ranch" tour and museum visit. We'll be staying at the Best Western Sonoma Valley Inn just a short block off the main plaza offering the Valley of the Moon Certified Farmer's Market that includes live music and a variety of local vendors. **Trip Inclusions:**

- Cornerstone Sonoma—Sunset Gardens and Marketplace visit. Box lunch choices: *Meridians Box Lunch: Turkey, Roast Beef or Vegetarian wrap with fruit, chips, cookie and a bottle of water.*
- Docent led tour and free-time at Quarryhill Botanical Gardens
- Terrain can be uneven and has several low- to mid-grade hills. A golf cart is available for accessibility. Please advise in advance if needed due to limited availability.
- Free time at downtown Sonoma plus dinner on your own
- Overnight stay at Best Western Sonoma Valley Inn with hot breakfast buffet
- Luggage handling and gratuities for bus driver
- Docent led tour and free-time at Jack London State Historical Park. Box lunch choices from Basque Boulangerie: *Organic Green Salad with Roasted Chicken & Champagne Vinaigrette, Prosciutto & Brie on a baby baguette, Basque Club Sandwich of Turkey, Bacon and Avocado with organic greens and tomato on wheat. Roasted Seasonal Veggie on sliced sourdough. Includes Fruit Salad, Cookie and bottle of water.*

Be prepared to give your meal choices when you register. Complete menu descriptions for both lunches available at Activities Desks or from our website. Please advise of any dietary issues during registration. **A signed liability waiver is required for each participant.** \$291 per person double occupancy, \$398 single. Depart Tuesday, May 9, 8:00 AM, return Wednesday, May 10, ~ 5:30 PM. **Trip is a go! Still some room left to join us!**

Two Night Stay!

Native American and Old West Tour

Sunday, July 23-Tuesday, July 25 — 197217-04

Join Katrina, your Trip Coordinator, to learn about Native American and Old West history on this tour of Northern Nevada and Truckee. Learn about the history of Nevada's original inhabitants, starting at the Pyramid Lake Paiute Reservation with our Native American step-on guides who will regale us with traditional stories, a tribal dance, a stop at the Wild Horse Range and more! We'll also tour Stewart Indian School in Carson City that

Continued on page 69



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was opened in 1890 as state-sanctioned boarding school, designed to assimilate young Native Americans. Enjoy an included Basque Family Style lunch at JT Basque in Gardnerville. A local historian will lead an Old West tour covering the Basque influence on the area, the Minden and Gardnerville rivalry and the significance of the Dangberg Home Ranch, the very first ranch in Nevada. Visit Nevada's oldest permanent settlement, Genoa, which served as the prime trail to California. This charming city is home to Nevada's Oldest Thirst Parlor, the Genoa Bar, which boasts of good drinks and ghost stories. On our trip back home, we'll be stopping in Truckee for a docent led tour of the Old Jail Museum and downtown plus some free time on your own to explore its rich history. **Trip Inclusions:**

- Boxed Lunch from Meridian's for Pyramid Lake Visit Choice of: *Turkey & Provolone on Wheat, Roast Beef & Swiss on Wheat, or Vegetable Wrap. Includes fresh fruit, cookie, chips and water.*
- Two-night stay at Peppermill Reno in the Peppermill Tower
- Sunday Night Special Dinner Buffet
- \$10 food credit
- Lunch at JT Basque Restaurant: *Served family style and includes Sirloin Steak, Grilled Chicken & Peppers, Soup, Green Salad, Veg-*



ables, and French Fries. Iced Tea or Coffee and Ice Cream for dessert.

- Step-on guides for both days
- Tours of Pyramid Lake Paiute Tribe Museum and Visitors Center, Stewart Indian School, Dangberg Home Ranch and Truckee Old Jail Museum and town history.

Be prepared to give your box lunch choice when you register. Please advise of any dietary issues during registration. Included meals: two lunches and one dinner with food credit towards breakfast. Be aware some parts of the trip will be at altitudes up to 5,000 ft. elevation.

Trip itinerary outline is available at the Activities Desk. Leave OC at 8:00 AM, July 23 return July 25 ~ 3:00 PM. *A signed liability waiver is required for each participant.* \$354 per person double occupancy. \$452 single.

Sold Out Trips

Trip • Date • Departure Time

- **The Bodyguard**
Tuesday, April 18 • 6:45 PM — 1793-06D
- **Men are from Mars, Women are from Venus**
Sunday, April 30 • 10:45 AM — 185017-12
- **SF Giants vs. LA Dodgers**
Wednesday, May 17 • 8:45 AM — 186017-1B
- **Phantom of the Opera**
Tuesday, May 23 • 6:45 PM — 1793-06E & EE
- **Hamilton**
Wednesday, June 7 • 10:45 AM — 180017-01
- **Sequoia and Kings Canyon National Parks**
Sunday, June 11 • 9:00 AM — 196217-03

Activities Department Classes



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

Classes

Vacation Drop-In

In response to students' request, a number of classes are now 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 Barry Jamison and LH Students Opens Friday, May 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 Barry Jamison and community art students. Focus is on Pastels and Oils. Pieces



Continued on page 71



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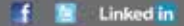


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will remain on display until July 20 and can be viewed anytime an art class is in session.

—Drawing—

Beginner Drawing

Thursdays, May 4-25 — 132217-04

6:00-8:00 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 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 with one-on-one instruction. Supply list available at Activities Desks and online.



Mixed Media

Art Journaling

Tuesdays, May 9 & 23 — 143117-04

9:00 AM-12:00 PM (OC). \$45 (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.



—Oils, Pastels & Acrylics—

Paint Your Vision in Oils or Acrylics

Wednesdays, May 3-31

9:00-11:30 AM Class — 113117-04

Or 1:30-4:00 PM Class — 113217-04

AM and PM sessions are not interchangeable. (OC). \$65 (five sessions). Instructor: Marilyn Rose. Maybe you have always wanted to try oil or acrylic painting, or perhaps you haven't painted in years. Or you paint already and want some congenial company and tips to improve. All of these are great reasons to stop by the Fine Arts Room at Orchard Creek any Wednesday morning or afternoon and see what this fun and informative class is all about! 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. Take a look at her work on <https://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.

Painting Pastels or Oils with Barry

Mondays, May 1-29 — 105117-04

9:00-11:30 AM (OC). \$52 (four sessions; no class May 15). Instructor: Barry Jamison. Let out your creative soul and have fun doing it! Learn pastelling and oil painting with Barry Jamison. Start to finish, beginners through advanced, Barry will guide you through an enjoyable process of creating attention-getting works. About the Instructor: Barry is an award-winning artist, most recently a first place in the 2016 Plein Air Competition in Shelter Cove CA held in September. He has vast experience with over 50 years of painting explorations in various media. Barry owns a studio in Folsom (follow him on Facebook at Sutter Street Pastels), and his paintings are sought by collectors and clients worldwide. He has over 15 years experience teaching and encouraging artistic expression to many ages. Supply list available at Activities Desks, online, or on instructor's website, www.pastelpainter.com.



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

Sip and Paint “Paint Your Pet”

Friday, April 28 — 122217-03

5:00-8:00 PM (OC). \$55. Instructors: Unni & Jakob Stevens. Paint your pet (or an animal you love) in this custom Sip N' Paint class! Learn to bring your own favorite animal to life on canvas while sipping good wine and snacking on hors d'oeuvres. Instructors will be available to guide you and help you learn new techniques, tips and tricks as you create your furry (or scaly, or feathered) masterpiece. By the end of class, you will have a finished painting ready to hang. All materials are included and will be set up for you prior to arrival. Canvases will be under-painted, and you may choose to have the image of your pet traced in pencil for you prior to class. Just email the instructor at unni@unniart.com a picture of your pet at least one week in advance if you would like your animal already traced onto your canvas, ready to paint. You may also text it to 626-2144, or bring a photo to the Activity Desk when you sign up for the class. Price of admission includes a glass of wine, a selection of cheeses, crackers and fruit, with extra wine available on a pay-as-you-order basis. *About the Instructors:* Unni



Continued on page 73

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work has been in several curated shows in Northern California. Uni will be joined by her artist son Jakob.

Sip and Paint “Sailing” Friday, May 26 — 122117-04

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. More info: www.unniart.com. Watch Unni perform an art demonstration during the Farmers Market Opening on May 24.



—Watercolor—

Beginning Watercolor Painting Thursdays, May 4-25 — 131117-04

1:00-4:00 PM (OC). \$60 (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.



Ceramics

—Pottery—

Beginning/Intermediate Ceramics Tuesdays, May 2-30 — 212117-04

1:00-4:00 PM (KS). \$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, May 2-30 — 212217-04

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: Beginner/ Intermediate and Advanced Thursdays, May 4-25 — 221117-04

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 and techniques are given to introduce 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.



Crafts

—Card Making—

Intro to Card Making 101—Level One Mondays, May 8-22 — 317117-04

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 Two—Intermediate Tuesdays, May 9-23 — 317217-04

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

Continued on page 74

Macken. **Prerequisite:** Completion of at least three-to-four sessions of Intro to Card Making 101-Level One, 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 Three—Intermediate/Advanced

Wednesdays, May 10-24 — 317317-04

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. **Prerequisite:** This class will build on your skills from Level Two, while introducing you to some new and different card making and paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided.



Card Making Level Four—Advanced

Fridays, May 12-26 — 317417-04

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 One through Three, 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.

—Craft Corner—

New! Make and Take Wood Signs

Monday, April 24 — 302017-03

9:00-11:00 AM (KS). \$26. Instructor: Jennifer Forsyth. If you've been looking for a sign, this is the class for you! Each participant will create a 4"x 24" wood sign using vinyl lettering and acrylic paint. No special artistic talent required! This is a quick, fun and easy way to explore a unique art medium. Participants will choose their sign phrase and paint color at the class. 50+ different phrases and different colors to choose from! Jennifer Forsyth, The Sign Gal, will provide all of the necessary materials at the class along with easy instruction to complete your sign. Step into spring learning something *new!* Questions? Contact Jennifer at (707) 372-2519.



Dance

—Belly Dancing—

Beginning Basic Belly Dance

Thursdays, May 4-25 — 420117-04

6:30-7:30 PM (KS). \$32 (four sessions). Instructor: Ann Woods. Learning the art of belly dance is not only fun, but a great way to remember who we are as women. Working on posture, core and technique. Belly dance is a Full body workout that tones muscles as you slowly get your lovely figure back in shape. The rhythms of middle eastern musicians are the best part of all. Anna Woods performed for 15 yrs on stage Washington DC Chicago, Los Angeles, and Harrah's Tahoe. Belly dance belts will be available for use. Leggings, yoga pants, or long skirts will all work.

—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, May 2-23 — 332117-04

10:00-11:00 AM (KS). \$28 (four sessions). Instructor: Janice Hanzel. 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. Join us for fun class.



Easy-to-Intermediate Clogging

Tuesdays, May 2-23 — 332217-04

11:00 AM-12:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We'll also learn new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate. Good for beyond beginners. Check with the instructor before signing up for this class.

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

Intermediate Plus Clogging

Tuesdays, May 2-23 — 332317-04

12:00-1:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval. Students are strongly encouraged to take 11:00 AM class. Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned in addition to learning new steps at a

Continued on page 77

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little faster pace. Some dances taught will be created for specific events. This class will move a bit faster in the new year and really get into more Intermediate level dances.

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

—Country Western Dancing—

Country Couples Western Dance

Beginner Level One & Two

Mondays, May 1-22 — 344217-04

7:00-8:00 PM (KS). \$24 (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, May 1-22 — 344417-04

6:00-7:00 PM (KS). \$24 (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 this month will be "Another Song and Horseshoe."



Country Line Dancing

Fridays, May 5-26 — 346117-04

3:00-4:00 PM (KS). \$18 (three sessions; no class May 19). Instructor: Jim & Jeanie 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—

Beginning Dance for Life

Thursdays, May 4-25 — 353517-04

5:00-6:30 PM, (OC). \$50 (four sessions). Instructor: Dolly Schumacher. You've always wanted to try it! Master teacher, Dolly Schumacher James will gently guide you through a variety of dance styles. No memorization required, no experience needed, just a willingness to try. Each week will be something new and fun. Whether it's Jazz, Soft Shoe, Musical Theater, Country, Folk, Lyrical or Comedic, you'll get a great workout and learn basics of various dance styles. Dance will strengthen your core, help with balance, stretch and lengthen your muscles, increase memory and co-ordination. Have fun with your neighbors and friends while learning the basics of dance movement. You'll leave class smiling!

Dance for Life Intermediate

Fridays, May 5-26 — 354717-04

2:15-3:45 PM OC. \$50 (four sessions). Instructor: Dolly Schumacher. "Dance For Life"—The perfect class for students interested in learning the many different styles of dance. Every week is something new and innovative, to challenge the mind, strengthen the body, develop and improve rhythm, coordination and balance. Dance is the ultimate body conditioner and beyond that... it's *fun*!! From Modern Jazz, Contemporary, Musical Theater, Comedic, Lyrical, Folk, Country Western & Character—these dance styles will be taught in a friendly, non-competitive way by Master Teacher Dolly Schumacher James. This class is for intermediate students. Class size is limited, so register early. *Not open to new students.*

—Hula—

Hula Basics

Thursdays, May 4-25 — 390117-04

12:00-1:00 PM (KS). \$32 (four sessions). Instructor: Pam Akina. Learn and practice basic hand and foot motions which are foundational to hula. Highly recommended for new students of hula and also beneficial for experienced dancers. Essential hula terms, cultural and historical information are also taught. This class may be taken alone or in conjunction with regular Hula class. Please contact Pam prior to first class: Pamahoa@hulapono.com or 521-0474.



Hula Intermediate

Thursdays, May 4-25 — 390217-04

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.

Vacation drop-in: HULA — \$14 per session.

—Jazz—

Jazz Class for the Beginner

Thursdays, May 4-25 — 353017-04

11:00 AM-12:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. This class will leave your mind, body, and spirit 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 Performance**Tuesdays, May 2-30 — 353117-04**

1:00-2:00 PM (KS). \$40 (five sessions). Instructor: Melanie Greenwood. Not open to new students. At this time this class is a closed performance class. Must have instructor approval. Class is geared toward stage performances throughout the year.

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, May 1-June 26 — 360017-04**
4:00-5:00 PM (KS). \$48 (eight sessions; no class May 29).
Instructor: Audrey Fish; May 22, substitute Ginger Fullerton.
- **Thursdays, May 4-June 29 — 370017-04**
9:00-10:00 AM (KS). \$54 (nine sessions).
Instructor: Yvonne Krause-Schenck.

Line Dance I—Beginner

Prerequisite: Not for newbies, students that have completed the Intro level and have mastered basic line dance steps, movements and dances. Beginner dances may have more turns and combinations of steps connected together, sometimes to faster music. Beginner dances will be taught, at the teacher's discretion.

- **Mondays, May 1-29 — 370117-04**
9:00-10:00 AM (KS). \$30 (five sessions).
Instructor: Yvonne Krause-Schenck.
- **Thursdays, May 4-25 — 360117-04**
2:30-3:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish; May 25, substitute Ginger Fullerton.
- **Tuesdays, May 2-30 — 380117-04**
9:00-10:00 AM (KS). \$30 (five sessions).
Instructor: Sandy Gardetto

Line Dance II—High Beginner/Improver Class

Prerequisite: This level is a great way to help experienced beginners improve on their skills to learn slightly more complex dances. Dances will range from High Beginner to Improver dances, with students developing movements and steps that are beyond the basic beginner level. Various rhythms and tempos will also be taught reflecting different timing and styling. High beginner/Improver dances will be taught, at the teacher discretion.

- **Mondays, May 1-29 — 360217-04**
5:00-6:00 PM (KS). \$24 (four sessions; no class May 29).
Instructor: Audrey Fish; May 22, substitute Sheridan Brown
- **Wednesdays, May 3-31 — 380217-04**
9:00-10:00 AM (KS). \$30 (five sessions).
Instructor: Sandy Gardetto
- **Thursdays, May 4-25 — 370417-04**
10:00-11:00 AM (KS). \$24 (four sessions).
Instructor: Yvonne Krause-Schenck

Easy Intermediate Class

Prerequisite: The dances taught in this class will be more involved than High Beginner/Improver and a lot easier than Intermediate/Advanced. Great music with less challenging dances. Easy Intermediate will have steps from the previous class descriptions and more, with easy tags and restarts. Easy Intermediate dances will be taught, at the teacher discretion.

- **Wednesdays, May 3-31 — 380317-04**
10:00-11:00 AM (KS). \$30 (five sessions).
Instructor: Sandy Gardetto

Intermediate/Advanced Class

Dances will be taught at a faster pace to usually a smaller group of dancers who are eager to push the boundaries and challenge themselves, learning newly choreographed dances that are voted popular on the world line dance surveys. If you have a good foundation and are comfortable with easy intermediate dances, you will be able to master these dances. Come and join this enthusiastic group and see how much fun you can have! Dances in this class will be taught at the teacher's discretion.

- **Thursdays, May 4-25 — 360317-04**
3:30-4:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish; May 25, substitute Barry Mackintosh

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 is an excellent line dance instructor, with over 15 years of experience. She has been trained in all disciplines of dance since she was 8 years old. To encourage people to sign-up for her classes, she has simplified her Beginner Class (LD I) as well as her High Beginner/Improver Class (LDII). She also is offering an Easy Intermediate Class for those who want easier dances with great music. Come join Sandy for a lot of dancing, laughter and



Continued on page 81

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most of all fun. Join Sandy and her class during the Farmers Market Opening on May 24.

- **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.



Beginning Tap

Thursdays, May 4-25 — 410117-04

10:00-11:00 AM (KS). \$32 (four 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.

New Class! Tap Choreography Fun Class

Mondays, May 1-29 — 410417-04

11:00 AM-12:00 PM (KS). \$40 (five sessions). Instructor: Alyson Meador. **Class open to new students.** Learn a routine just for fun! This class is designed to teach tap dancers how to learn and retain choreography. Have fun bonding with teammates as you work through the challenges of learning a routine. This class is ideal for people who love the challenge of learning a routine but do not want to perform on stage. Class will run in segments of 10 to 12 weeks, depending on the routine, with a fresh start every new segment. New students may start in the middle of a segment. Open to all skill levels.

Technique Classes

- **Mondays, May 1-29 — 410517-04**
10:00-11:00 AM (KS). \$40 (five sessions).
- **Tuesdays, May 2-30 — 410217-04**
10:00-11:00 AM (KS). \$40 (five sessions).

- **Thursdays, May 4-25 — 410817-04**
11:00 AM-12:00 PM. (KS) \$32. (four sessions).

Glass Art

Fused Glass and Stained Glass Workshop

Monday, May 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 on the day of the workshop.

Fused Glass Jewelry

Monday, May 22 — 495117-04

9:00 AM-12:00 PM (KS). \$25. Supply fee: \$10 payable to instructor. Instructors: Jim Fernandez and



Danielle Echeverria. Learn how to make fused glass jewelry with the focus on Dichroic glass. Beginners & experienced artists are welcome. The fused glass class is designed to teach the fundamentals of Dichroic glass jewelry designing. We will go over designs, finishing schedules and cold working techniques. The \$10 supply fee provides enough compatible glass and dichroic glass to create about four to five pieces of jewelry.

Stained Glass

Mondays, May 1-22 — 494117-04

1:00-4:00 PM (KS). \$44 (four sessions). 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

—Beading—

“Two Two Much” Necklace/Bracelet

Tuesdays, May 2 & 16 — 513617-03

9:00 AM-12:00 PM (KS). \$20 (two sessions). Instructor: Cathie Szabo. For fans of “two-fers” perhaps. Two colors of seed beads, the option of two sizes of seed beads, two choices of type (necklace or bracelet), two (at least) ways to show



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off the two colors—it's all “two two” much! Beginners that can handle smaller beads can handle this project; advanced beaders can dive into their stashes for a new way to use those beads! Photo shows just two possibilities of how two colors can come together—check the display in OC for a full view. Be sure you get the proper materials list when you register for the class—check for the correct photo and class number.

Money Matters

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

These Money Matters classes are offered through the WellFit Department; registration available at Activities/WellFit Departments or online.

How Many Advisors do you Need? How to Find Them?

Tuesday, April 18 — 877520-02

1:00-3:00 PM, Gables and Oaks (OC). \$35. Instructor Denise Ash. Do you have a financial adviser? How many do you have? How many do you need? A financial adviser is anyone you would go to for advice regarding major financial decisions, whether it be a realtor for buying or selling a property, an insurance agent for home insurance, an estate planning attorney to draft your trust, and the list goes on. Most people have more advisers than they realize. This class will discuss types of advisers you may need, how to find one you are comfortable working with, what questions you should be asking when choosing an adviser, and how to make sure they are legitimate. Register at Activities/WellFit Desks or online.

The Economics behind the Trump Policies

Tuesday, April 25 — 871000-04

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. The new administration is starting to develop its economic policies—which ones might work, won't work, or have little chance of getting done this year? More importantly, how will they affect you, your pocketbook, and/or investments? Come learn from this timely and informative meeting to prepare you financially for the new President. Register at Activities/WellFit Desks or online.

The Political and Financial Direction of the United States

Tuesday May 23 — 871000-05

10:30 AM-12:00 PM, P-Hall (KS) \$5. Instructor: Russ Abbott. Change can be good, but worrisome at the same time. Politically and financially the US is changing, both domestically and abroad. While many of these changes are needed and timely, many could come with costs. Whether it be tariffs, taxes, or world order, our futures might look vastly different than before. Come learn how these changes might affect you and your loved ones.

Financial Planning Basics

Tuesday, June 27 — 871000-06

10:30 AM-12:00 PM, P-Hall (KS) \$5. Instructor: Russ Abbott. Just because one is retired doesn't mean they stop financial planning. When a retiree is drawing from their portfolio, financial things like budgeting, insurance and estate planning, and risk analysis should be ongoing and reviewed often. How long will my funds last, how much should I be spending, and who can I trust should be ongoing questions. Come learn how to make financial planning a daily part of your life.



Movies

Four Films by Steven Spielberg

Wednesdays, April 19- May 10 — 521417-03

1:00-4:00 PM (KS). \$30 (four sessions). Instructor: Ray Ashton. Steven Spielberg invented the Summer Blockbuster and we will spend four weeks discovering four of these great films. First up is a film that almost never got made. the original “Jaws.” Two years later he introduced us to a new way of seeing UFOs with “Close Encounters of the Third Kind.” In our third film we journey back to those serial thrillers of our childhood with “Raiders of the Lost Ark.” In our fourth film Mr. Spielberg shows new and exciting film technology, “Jurassic Park.” We will discuss Mr. Spielberg's personal journey as he becomes one of the great filmmakers of all time. Each class will include discussion and a complete showing of the film.



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 1B — Continuing Beginner Level

Mondays, May 1-29 — 535717-04

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, May 3-31 — 535217-04

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

Continued on page 84

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, May 4-25 — 535317-04

8:00-10:00 AM (OC). \$44 (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.



Guitar 4 — Advanced

Thursdays, May 4-25 — 535417-04

10:00 AM-12:00 PM (OC). \$44 (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, May 2-30 — 536217-04

1:00-2:00 PM (KS). \$44 (five sessions). Instructor: Darrell Effinger. No prior music knowledge is necessary for these classes; a good singing voice is not a prerequisite! Emphasis is 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, not emphasized. Information on how to choose and purchase a guitar for personal use, beginner through advanced, will be available. Guitar aides such as capos and tuners will be discussed at first meeting. Learn, sing, enjoy, have fun, 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. Questions: Call Darrell at 989-8532.



**Folk Guitar for Fun Folks 102
Intermediate Class**

Tuesdays, May 2-30 — 536317-04

2:00-3:00 PM (KS). \$44 (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 student feels comfortable they have met this prerequisite and their fingers can withstand the pain! The more, the merrier! Questions: Call Darrell at 989-8532.

—Voice—

Singer Vocal Boot Camp Continuation

Fridays, May 5-26 — 537217-04

10:30 AM-12:30 PM (KS). \$44 (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.



Personal Improvement

Two-day class! AARP Driver Safety Training

Wednesday & Thursday, May 10 & 11 — 481017-04

9:00 AM-1:00 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.



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The following Personal Improvement classes are offered through the WellFit Department; registration is available at the Activities/WellFit Departments or online.

Back by Popular Demand! Brain Gain Part III
Mondays, May 1-22 — 877300-05

1:00-3:00 PM, Fine Arts (OC); \$45. Instructor: Dr. Alice Jacobs. Continue the fun, with challenging brain exercises facilitated in a non-competitive environment. Come “use it or lose it,” explore the myths and realities of memory function, and learn valuable information that can help your brain and memory function properly. Completion of Brain Gain Part I and Part II are recommended, but not mandatory. Repeaters welcome.



Getting Your Stuff Together: Organizing Your Estate
Tuesday & Wednesday, May 23 & 24 — 863000-3A

10:00 AM-1:00 PM, Oaks & Gables (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.



New! Lavender Basics — Growing and Using
Thursday, June 8 — 861000-LV

10:00 AM-12:00 PM, Fine Arts (OC). \$25. Instructor: Renee Charleston. Lavender is one of the most popular and long lasting fragrances in the world. It is an easy to grow plant in our area with a wide variety of sizes, colors, shapes and blooming habits. In addition to its wonderful fragrance, it can also be used medicinally, in aromatherapy, in household products and for culinary use. Renee Charleston has been a lavender farmer in Colfax for over ten years. She will be sharing her experience in growing lavender, choosing varieties, and using lavender in a variety of ways.



Sewing

—Certification—

Bernina Serger Certification
Monday, May 8 — 591117-04

1:00-2:00 PM (OC). \$15. Instructor: Sylvia Feldman. All supplies

provided except, bring scissors and tweezers. Class limit three.

Bernina Sewing Machine Certification
Monday, May 8 — 592117-04

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, May 8 — 593117-04

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—

Finishing Your Quilt
Fridays, May 19 & June 2 — 596617-03

1:00-4:00 PM (OC). \$60 (two sessions). Instructor: Betty Kisbey. **Prerequisite: Must have taken a beginning quilting class and have a quilt top that is not larger than 50” x 50”.** You have made a quilt top so let’s put it all together and get the quilting and binding done so you have a finished quilt. Bring a small quilt top (not larger than 50”x50”) that is ready to be quilted, batting, backing, and binding material to class and learn how to do basic machine quilting and binding. Discussion will be on preparation of quilt top for quilting, measuring for the backing and batting, types of batting, basic machine quilting techniques, and the procedure for binding the quilt. The student will be expected to complete some of the various activities as homework.

Technology

—PC—

Tips and Tricks for Beginning PC Users
Wednesday, April 26 — 282117-03

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. The beginning computer user is often frustrated when it comes to cutting and pasting, using the scroll bar, downloading files, creating folders, right clicking, and much more. These are all essential Windows techniques that everyone assumes you know, but you don’t. Computer tips and tricks can fill a book, but this class is a review of all those things my family, friends, and fellow club members over the years did not know. Taking advantage of the tips and tricks you learn in this class will make using your computer more pleasurable and much less maddening. Please bring a flash drive.



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More Tips and Tricks for Beginning PC Users**Friday April 28 — 282217-03**

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. **Prerequisites:** Basic computer skills. In this class you will learn over 50 additional PC tips and tricks that weren't covered in the first session of "Tips & Tricks for Beginning PC Users." You need not have attended the first class to benefit from the new tips and tricks you will learn in this class. They will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive.

**Amazon Echo Dot****Tuesday, May 9 — 286317-04**

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. The Amazon Echo Dot functions as a source of entertainment, a personal assistant, and a smart home controller. It sells for only \$50. The Dot can play your favorite music, answer your questions, and control your smart home devices by responding to your voice commands. In this class, you will learn how simple it is to set up the Dot plus new "tricks" that make the device more fun to use. Whether you are thinking about buying a Dot or you already own one and want to use it more effectively, this class is for you.

**Backing Up Your PC****Wednesday, May 17 — 292117-04**

9:30 AM -12:00 PM (OC). \$35. Instructor: Rita Wronkiewicz. Do you have irreplaceable data (e.g., financial data, photos, important documents, music, etc.) on your PC? Are you backing it up regularly? Did you confirm that your backups correctly saved your data? If you do have data that is important to you and you answer "no" to the other questions, then this is the course for you. This class will review the backup options built into Windows 7 and 10 - showing you how to set it up correctly and confirm that it's working. It will also explore two Cloud options that are available: One Drive and Google Drive. Bring flash drive or backup drive if available.

**Organizing Your Windows Information Files & Folders****Friday, May 19 — 283117-04**

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

—Smart Phones and Tablets/Mac—**Introduction to Android Smart Phones****Monday, April 24 — 256217-03**

1:00-4:00 PM (OC). \$40. Instructor: Len Carniato. If you just bought an Android SmartPhone from Verizon, AT&T, TMobile, etc., you could be feeling a little confused, or maybe you just need some help mastering the fundamentals. In this *basic* seminar you will learn that Android SmartPhones are actually pretty easy to use and you will probably be able to master yours very quickly. On our large screen display you will learn how to navigate screens, manage calls, store contacts, send and receive text messages, use email, the internet, take and share photos, get driving directions, install useful and fun apps, 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. This is the class for beginners

**—Social Media—****Facebook 101****Saturdays, May 13 & 27 — 272117-04**

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. There are 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.

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WellFit

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Register for these classes online or at the Fitness Centers Starting April 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.

- **Wednesday, May 17 — 700100-OA**
2:00-3:00 PM, Fitness Floor (OC)
- **Wednesday, May 24 — 700100-OB**
2:00-3:00 PM, Fitness Floor (OC)
- **Wednesday, April 19 — 700100-KB**
1:00-2:00 PM, Fitness Floor (KS)
- **Wednesday, May 11 — 700100-K1**
3:00-4:00 PM, Fitness Floor (KS)
- **Wednesday, May 17 — 700100-K2**
2:00-3:00 PM, Fitness Floor (KS)

Dance Classes

A variety of dance classes are offered through the Activities Classes starting on page 74. From beginner, intermediate, to advanced skill level; dance classes provide great exercise. 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.

New! Arthritis/Walk with Ease L1/L2

Tuesdays, May 2-23 — 801100-5A

Wednesdays, May 3-24 — 801100-5B

Thursdays, May 4-25 — 801100-5C

Fridays, May 5-26 — 801100-5D

Wednesday & Friday 12:00-1:00 PM, Aerobics Room (OC). Tuesday & Thursday 11:00 AM-12:00 PM, Aerobics Room (OC). Tuesday, Wednesday, Thursday and Friday \$35 (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. The class will walk on the indoor track as an



option. 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, explore the trails and find companionship." Linda Hunter is a certified Arthritis Foundation instructor with many years of experience.

Pre-Enrollment Assessment Healthy Living with Exercise Continuous Dates — 881000-05

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 1 — 878000-05 Mondays and Wednesdays, May 1-24

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 punch pass class. Note: Class requires completion of Healthy Living Assessment.



Events

Activities happening around Sun City Lincoln Hills designed to keep you in touch with the larger community outside our Fitness Centers.

Lincoln PACE Race 10k/5k/Fun Run at SCLH Saturday, May 6, 7:30 AM-1:00 PM Walk, Run or Just Have Fun!

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Tracy Poston Shows
Attorney at Law
McGeorge School of Law J.D., 1994
Member, Trusts & Estates Section,
California State Bar



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Lessons

Programs that provide learning the mental and physical

Nordic Pole Walking

Monday & Wednesday, May 1 & 3 — 750000-05

9:00-10:30 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.



Pro Tennis Lessons

Sundays, April 23-May 28

Beginner 8:00-8:50 AM — 790700-02

Intermediate 9:00-9:50 AM — 790600-02

Advanced 10:00-10:50 AM — 790500-02

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.



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.

Mindfulness 101

Wednesdays, May 3-24 — 820000-03

4:00-5:00 PM, Aerobics Room (OC). \$60 (four classes). Instructor: Michelle Jamieson. Just as exercising our muscles strengthens our body, training the mind makes it more resilient, improves focus and attention, and assists in working with emotions to maneuver

more easily through life. Studies have proven numerous benefits of “Mindfulness,” including reduced stress and anxiety, greater self-awareness, increased calm and relaxation, improved sleep, and the development of pain management skills. Come and learn what Mindfulness is and discover ways to introduce it into your life! Michelle Jamieson leads Mindfulness-Based Stress Reduction (MBSR) and other mindfulness programs for adults, teens, and children. Prior to joining the Integrative Medicine Team at Sutter Health, Michelle led MBSR and wellness programs at the Mayo Clinic. Register at Activities/WellFit Desks or online.

Tai Chi Qigong L1

Tuesdays, May 2-30 — 730100-05

Saturdays, May 13-27 — 730100-5A

Saturdays 11:00 AM-12:00 PM, Aerobics Room (OC). \$22.50 (three sessions; no class May 6). 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, May 2-30 — 730300-5A

Saturdays, May 13-27 — 730300-05

Saturday, 10:00-11:00 AM, Aerobics Room (OC). \$22.50 (three sessions; no class May 6). 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.

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New! Five Weeks to Wellness**Tuesdays, May 2-30 — 864000-5G**

1:00-2:30 PM, Multipurpose Room (OC). \$149 (five sessions). Instructor Audrey Gould. This five-week Nutrition and Wellness program offers insight and guidance answering the most common health concerns that have been asked by Lincoln Hills residents. These topics include nutrition as it relates to gut health, bone health, heart health, hormones, energy, and detoxification. This series **provides a high-level overview** of several health topics that will empower you with the information and enable you to improve your health and energy. During these workshops, we will discuss both foundational nutrition and preventative wellness.

**“Fit” Foods****Thursday, April 27 — 867250-04**

2:30-3:30 PM, Aerobics Room (KS). \$20 (single session). Instructor: Milly Nuñez. How does nutrition affect performance in your everyday life? We all feel better when we eat well, and certain foods have a great influence on your energy. Join Milly's class and learn about the different macronutrients and the unique functions they play in the body to help you make better food choices before, during, and after working out. We will discuss current nutritional myths and learn facts that will help you find your very best y-o-u!

**New! Dinner for Two (or just You!)****Monday, May 15 — 860003-4A**

12:00-2:00 PM. Social Kitchen (KS). \$35. Instructor: Serena Olson, Certified Personal Chef. Dinner for two or just for you... Chef Serena will demonstrate two small tasty meals along with individual desserts that you can simply freeze and serve at your convenience. Join her for this delicious demonstration!

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**
- **Add-on classes for member—\$17 per class**
- **Drop in classes for non-member—\$25 per class**
- **Introductory session—\$30 required for both member and non-member**

Membership packages require agreement for auto-pay upon enrollment. We require a 10-day written notice of cancellation of membership prior to the next billing cycle. Reformer classes must be used within 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-A5**

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

Continued on page 96

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.

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.

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.

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.

Are you a current SGT participant, but need some extra workouts; or does your schedule require a little flexibility with your SGT classes? Try our new SGT Drop-in Pass. \$25 per drop-in and

you can take as many days as you would like of the eligible SGT classes. SGT Drop-in passes can be purchased at any time and saved for a later date. Your first pass must be purchased at either Fitness Center front desk. Sign-ups for SGT Drop in passes vary by SGT class start date. Please note not all classes are eligible for drop-ins. Resident must sign up for classes at the Kilaga Springs Fitness Center front desk. Please see descriptions for each class.

SGT—Parkinson's Indoor Cycling

Wednesdays & Fridays, May 3-26 — 835132-A5

12:30-1:30 PM, Aerobics Room (KS). \$135. Instructor: Milly Nuñez. Have you or a loved one been diagnosed with Parkinson's disease? Join this class and make friends facing some of the same challenges as you while a trainer guides you through class using the premise of "forced exercise." Studies have shown many individuals that have been diagnosed with PD have experienced symptomatic relief when they undergo a regular exercise program that includes "forced exercise" (exercise that is beyond a voluntary level). The first class will include an assessment and bike setup day. Participants must be able to sit unassisted on a spin bike and heart rate monitors are required. Feel free to contact JJ Mortensen with questions at 408-4825 or jeannette.mortensen@schca.com.



SGT—TRX Interval Training L3

Mondays & Wednesdays, May 1-24 — 835800-A5

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Mike Yamamoto. 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! *This class is available for the SGT Drop-in Pass.*



SGT—Fit 101 L1

Mondays & Wednesdays, May 1-24 — 835500-A5

Tuesdays & Thursdays, May 2-25 — 835500-B5

Mondays & Wednesdays 10:30-11:30 AM, Fitness floor (KS). \$135 (eight sessions). Instructor: Danielle Lawlor. Are the new machines at Kilaga a little overwhelming? Take this class and not only will you finish class with a complete understanding of the new equipment at KS, but you will also work on the TRX, weights, exercise bands, walking, stretching, and more.

Tuesdays & Thursdays 12:00-1:00 PM, Fitness floor (OC) \$135 (eight sessions). Instructor: Marilyn Harder. 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

Continued on page 98



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everything at our Orchard Creek Fitness Center. Whether you choose to take this class at the Kilaga Springs or the Orchard Creek Fitness Center 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, May 2-25 — 835600-A5

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Deanne Griffin. Join us for a fun-filled class which incorporates strength training and high intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on “Functional Fitness” using a variety of equipment including TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. In this SGT you will safely perform exercises that effectively build strength and cardiovascular health. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual, intermediate to advanced fitness levels encouraged. *This class is available for the SGT Drop-in Pass.*



SGT— Bootcamp L3

Mondays & Wednesdays, May 1-24 — 835400-A5

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. *This class is available for the SGT Drop-in Pass.*



SGT— Morning Burst Group Training L2

Mondays & Wednesdays, May 1-24 — 835310-A5

7:15-8:15 AM, Aerobics Room (KS). \$135. (eight sessions) Instructor: 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! *This class is available for the SGT Drop-in Pass.*

SGT—TRX L1

Thursdays, May 4-25 — 835214-A5

1:30-2:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: Milly Nuñez. 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—TGIF TRX & More L2

Fridays, May 5-26 — 835200-A5

7:15-8:15 AM, Aerobics Room (KS). \$70 (four sessions). Instructor: Danielle Lawlor. 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. *This class is available for the SGT Drop-in Pass.*

SGT— Healthy Back L1

Mondays and Wednesdays, May 1-24 — 835700-A5

11:30 AM-12:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Marilyn Harder. 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, May 1-24 — 835710-A5

2:00-3:00 PM, Aerobics Room (OC). \$135 (eight sessions). Instructor: Danielle Lawlor. Learn simple stretches and exercises that will help improve balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

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Punch Pass Class Descriptions

Please see the colored grids on pages 101-103 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. 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!
- **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 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

Continued on page 100

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!

- **Mixed Levels Yoga:** Whether you are unwinding from your day or preparing your body for a night's sleep this class has something for you. Class will begin with a slow warm-up, some gentle flow and one balance pose. We will then conclude the restore/yin for the last 20 minutes. Take 60 minutes for yourself and join class, you deserve it!

- **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 work out!

- **Water Works L2/3:** Includes a variety of exercises to increase cardiovascular and muscular strength. Noodles and hand buoys may be used. 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:** This easy-to-follow program lets you move to the beat at your own speed. 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 May 1-31, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Water Works L2/3- Theresa		Water Works L2/3- Theresa		Water Works L2/3- Annamarie		
8:30	Aqua Fitness L2- Theresa		Aqua Fitness L2- Theresa		Aqua Fitness L3 - Kirsti		
9:30	Core n More L3- Danielle	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	(12:35pm-1:30pm) Aqua Pilates L1- Marilyn		(12:35pm-1:30pm) Aqua Pilates L1- Marilyn		(12:35pm-1:30pm) 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 May 1-31, 2017

	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 Marilyn	Mixed Equipment L1-L2- Julie	Mixed Equipment L1- L2 Julie	Ref Basics + L1-L2 - Sarah	Cardio Jump & Core L2 - Julie	
11:30	Mixed Equipment L1-L2- Valerie	Ref Basics + L1-L2 - Julie		Cardio Jump & Core L2 Gretchen	Mixed Equipment L1-L2- Valerie	Ref Basics + L1-L2 - Julie	
12:00			Cardio Jump & Core L2 - Gretchen				
	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625- 4034			
5:30		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 May 1-31, 2017

	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		
9:00	Zumba L3 - Annamarie	Core & Strength L2 - Kim	Zumba L3- Summer	Core & Strength L2- Kim	20/20/20 L3- Gretchen	Yoga Basics L1- Cynthia/Sara	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-Peli	Zumba L3- Carrie
11:00	Piloga L2 - Cynthia	Arthritis L2- Linda	Piloga L2 -Lola	Arthritis L2- Linda	Piloga L2-Lola	Tai Chi Qigong L1-Peli	
12:00	Yoga Stretch L1- Julie	12:15-1:15pm iRest Meditaton and Yoga L1 - Iram	Arthritis L1/2 -Linda	Yoga Stretch L1- Julie	Arthritis L1/2 - Linda		
1:00	Chair with Flair L1 -Julie		Chair with Flair L1- Julie		Basic Chair L1-Julie		
2:00	SGT- Balance & Fall Prevention L1- Danielle	1:30-2:30pm Chair Yoga L1 - Ashley	SGT- Balance & Fall Prevention L1- Danielle				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	Mindfulness 101 - Michelle				
5:00	Zumba L3 - Summer			Activities			
6:00			Mixed Levels Yoga L1-3- Jennifer				
Group Exercise Classes (punch pass) \$3.50							
Wellness Classes (session based)							
Small Group Training (session based)							
All classes are subject to change without notice.							
All classes are 55 minutes, unless otherwise noted.							

KS WellFit Class Schedule May 1-31, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	KS	KS	KS	KS	KS	KS	KS
7:15	7:15-8:15am SGT- Morning Bootcamp L2 Milly		7:15-8:15am SGT- Morning Bootcamp L2- Milly		7:15-8:15am SGT- TGIF TRX L2- Danielle		
7:30		Mixed Level Cycle L2 - Deanne		Mixed Level Cycle L2- Deanne			
8:30	Low Impact/Sculpt Interval L2 - Jeannette	Zumba Gold L2 - Joanie	Power Vinyasa L3- Deanne	Low Impact/Sculpt Interval L2 - Annamarie	Zumba Gold L2 - Joanie	New Location! Low Impact L3- Jeri	
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3- Annamarie	Strictly Strength L2- Linda	Cardio Strength L3- Annamarie	Strictly Strength L2 - Jeri	
10:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2-Gretchen	Piloga Flow L2 - Cynthia	Everybody Can L2- Linda	Yoga Stretch L2- Jeri	
11:30	SGT - Healthy Back L1- Marilyn	12:00pm SGT-Functional Fit L2- Deanne	SGT - Healthy Back L1- Marilyn	12:00pm SGT- Functional Fit L2- Deanne	WaiDan Gong L1- Joan		
12:30	Beginning April 17th 45 minutes Mixed Functional Movement L1/2 - Valerie		12:30-1:30pm SGT- Indoor Cycling for Parkinson's L1- Milly		12:30-1:30pm SGT- Indoor Cycling for Parkinson's L1- Milly		
1:30	Yoga Basics L1- Cynthia	Tai Chi Qigong L1 - <i>Pell</i>					
2:30	SGT- TRX Interval L3- <i>Mike</i>	(2:45-3:45) Tai Chi Qigong L2 - <i>Pell</i>	SGT - TRX Interval L3- Mike				
3:30		4:00pm Yoga for Osteo L1 - Julie	SGT- Pace Race Training- Danielle		SCLH Booking		
4:30	SGT- Bootcamp L3- Mike		SGT- Bootcamp L3- Mike	4:00pm Yoga for Osteo L1 - Julie			
5:30							
6:00		Water Volleyball PreMeeting					
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.							



**Advances in Ophthalmology:
Hope for the Present and the Future**
Wednesday, April 19 — Free

7:00 PM, Ballroom (OC). Many conditions may affect the eyes of the senior including cataracts, macular degeneration, glaucoma, and corneal disease. While some of these can be resolved using a variety of procedures, others may require more extensive treatment. Dr. Mark J. Mannis and the UC Davis Eye Center specialists return to share the most current information available. Included in their presentation will be the innovative research that will pave the way for better diagnosis and treatment options for all who are living with eye disease. Please join us to hear this informative and hopeful presentation.



**Stand Up Placer, Inc.:
Empowering Survivors. Saving Lives.**
Tuesday, May 9 — Free

2:00 PM, P-Hall (KS). Stand Up Placer, Inc., a designated first-responder agency, saves lives by empowering survivors and educating communities to stand up to domestic violence, sexual assault and human trafficking. Jenny Davidson, MBA., CEO/Executive Director relates the needs and services which are provided to Placer County survivors and their non-offending family members such as crisis intervention, therapy for adults and children and legal support. Community education programs are presented to agencies, companies and schools to enable identification and assistance to persons at risk. Stand Up Placer is the recipient of the 2017 National Freedom Foundations, George Washington Medal of Honor.



Inca Trail Presentation
Monday, May 15 — Free

2:00 PM, P-Hall (KS). In 1911, Yale professor Hiram Bingham electrified the world by locating Machu Picchu, the “Lost City of the Incas.” His discovery opened the door to a century of scholarship and tourism, and Machu Picchu became one of

the premier archaeological sites in the world. Bob Leow has visited and studied this site multiple times, including two hiking treks via the Inca Trail. He will present an illustrated talk on the history of the Inca Empire and the past and present of this extraordinary place.



Managing Your Blood Sugar Naturally
Wednesday, May 31 — Free

7:00 PM, P-Hall (KS). Carbs, carbs, carbs! There is so much confusion and controversy about fats and sugars. In this presentation, Audrey Gould will help set the record straight, and give you powerful information to help you feel better while reversing chronic disease. When reducing hidden sources of sugar and other dangerous carbs, your body becomes a lean, mean, fat burning machine! In the second segment, AnnaMarie Esteves will share how “Healthy Living” participation has shown a demonstrated drop in residents A1C levels and how the benefits of exercise can reduce the symptoms of chronic disease while potentially reducing medication.



**Myths vs. Reality in Our Criminal Justice System:
A View from the Trenches**
Thursday, June 8 — Free

2:00 PM, P-Hall (KS). Do you believe that crime is on the rise in America? How about DNA evidence being foolproof? Views of America’s justice system are filled with misconceptions. John Panneton, a former federal prosecutor, criminal defense attorney and a Professor at California State University, Sacramento, will share personal experiences from 40 years of legal practice to dispel a few of these unfounded beliefs. The presentation will also cover research on the scope and nature of America’s “crime problem.” In addition, the various types of evidence used to convict a defendant will be analyzed including references to expert testimony and eyewitness identification.



Community Forums, Date, Time, Location	
<ul style="list-style-type: none"> • Advances in Ophthalmology: Hope for the Present and Future Wednesday, April 19, 7:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Myths vs. Reality in Our Criminal Justice System Thursday, June 8, 2:00 PM, P-Hall (KS)
<ul style="list-style-type: none"> • Stand Up Placer, Inc.: Empowering Survivors, Saving Lives Tuesday, May 9, 2:00 PM, P-Hall (KS) 	<ul style="list-style-type: none"> • Seniors First: Services Seniors Should Know About Tuesday, June 20, 2:00 PM, P-Hall (KS)
<ul style="list-style-type: none"> • Inca Trail Presentation Monday, May 15, 2:00 PM, P-Hall (KS) 	<ul style="list-style-type: none"> • What’s Up with Movement Disorders? Wednesday, June 28, 7:00 PM, Ballroom (OC)
<ul style="list-style-type: none"> • Managing Your Blood Sugar Naturally Wednesday, May 31, 7:00 PM, P-Hall (KS) 	<p>Watch for more Community Forums in upcoming issues of the <i>COMPASS</i>, on our website and <i>eNews</i>.</p>

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OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

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Website for residents:

www.sclhresidents.com

Public Website:

www.suncity-lincolnhills.org

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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 8:30 AM-5:00 PM

Saturday (first only) 8:00 AM-12:00 PM

Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Saturday/Sunday—OC 7:00 AM-8:00 PM

Saturday/Sunday—KS 6:30 AM-6:00 PM

Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM

Sunday 7:30 AM-3:30 PM

Meridians Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

Dinner Friday & Saturday 5:00-9:00 PM

Sunday Brunch 10:30 AM-2:00 PM

The Spa at Kilaga Springs

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

Saturday 9:00 AM-5:00 PM

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

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