

COMPASS



The Official Magazine of Sun City Lincoln Hills

July 2017

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Sun City Lincoln Hills

Meridians Restaurant & The Spa at Kilaga Springs
OPEN TO THE PUBLIC

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Yard Educational Expo 20177

On the cover

Chris O'Keefe shared the story of Willy Mayberry, a supervisor with Bright View Landscaping, in his article last month. Willy recently installed these flowers at the corner of East Joiner and 12 Bridges

Realigning to Meet Current Needs

Board of Directors Report

Ken Silverman, President, SCLH Board of Directors



"Don't reinvent the wheel, just realign it." —Anthony J. D'Angelo

When I was first on the Board in 2007 there was a Communications Committee that was a committee of the Executive Director. The Executive Director was responsible for Association communications and this committee helped when necessary to get information to residents. By 2009, times had changed, and communications became a bigger endeavor encompassing staff, residents, committees, Board, and marketing. When the Association updated its bylaws in 2009, a new standing committee was added to Article X: The Communications and Community Relations Committee (CCRC). It has done a fine job in the areas requested by the Board and staff since its inception. Accomplishments included new websites (there were several iterations), establishing eNews, and creating special publications when asked.

Now in 2017, more and more communication starts with staff and as an Association we need to communicate with the same voice. It is now the time to place the committee under the Executive Director again. At the request of the Board of Directors, the Chair of the CCRC was asked to look into restructuring the committee. During the June meeting of the Board of Directors, the CCRC Chair Michele Hutchinson proposed a better way for all the committees, Board of Directors, and Staff to communicate the same messages and the Board approved her moving forward with her realignment of the committee. There will be a central staff person who will make sure communications among staff, committees, Board of Directors, and residents are correlated and provide help when requested.



This accompanying diagram represents the communications wheel

Election Did You Know?

You have an opportunity to play a major role in shaping the future of our community. Our annual Board of Directors election is February 15, 2018. Three of the seven Board seats will be up for voters' choices. Why should you become a candidate? Unless we have more than three candidates, there will be no election. By default, you will lose your chance to make an impact.



The Elections Committee invites you to attend a Candidates Information Session on Wednesday, September 6 in Orchard Creek Lodge at 1:00 PM. We promise to present "just the facts." No commitment, no coercion. Email electionscommittee@sclhca.com for more information.

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

In the space of eight days of member re-registration, 4,464 residents received their new member number and membership ID cards. It was great to catch up with many of you we don't see very often. Thank you to everyone as we process you in the new system and as staff become proficient using the new software.

Member re-registrations will continue Monday-Friday, July 17-21 from 8:00 AM to 5:00 PM and resume on Monday, July 24, Wednesday, July 26, and Thursday, July 27. Dates and times for August re-registration will be sent through eNews and Neighborhood Watch communications.

Those who received their new member ID number now have access to the new resident website. Even though the website address remains the same, www.sclhresidents.com, your previous username and password will no longer work. Instead, your username is your new member ID

number and, after your initial predetermined password, your new chosen password. Online registrations will not be available for several months. Please continue to go to the OC and KS Desks to sign up for classes, events, and trips. For the next couple of months, unless you use your own data plan, access to the website and app from *within the Lodge* is not available. Once all of the modules are active and we are confident in our security measures, we will make these features available. Please stay posted for updates.

Two features of the resident website and Smartphone app that residents are finding helpful include an online resident directory and classified ads. See my separate article on these two features on page 7.

Enjoy your summer! I'll see you in the Lodge.



Calendar of Events

July 15-August 31

Date	Event	Page #
07/15	KS Classic Movies on Saturday: The Four Seasons	42
07/18	Painters: Featuring Mixed Water Media Techniques	32
07/20	Forum: Bowenwork for Life	17, 96
07/20	Book Discussion: <i>The Virginian</i>	25
07/21	Magic: A Magical Evening with Kevin Blake	47
07/22	Needle Arts: A Design For Quilting Projects	32
07/23	Two Night Stay: Native American & Old West Tour	65*
07/26	Music Group: Play and Sing	32
07/27	Eye Contact: "Summer Time Fun #2/Games You Can Play	28
07/27	Garden: "Lincoln High School Agriculture Program"	29
07/27	Performance: Music Circus—9 to 5	55
07/28	Coffee with the Mayor	42
07/28	Summer Concert Series: Everly Brothers Experience	47
08/01	Eye Contact: "Low Vision Therapy"	28
08/01	National Night Out	19, 23, 32, 100
08/01	SCOOP: Speaker, Sutter Pet Therapy Program	35
08/03	Investors: Russ Abbott/Doug Cote, Voya Investment Mgt.	30
08/03	Concert: San Francisco Guitar Quartet	47
08/03	Tours/Leisure: Bridges of the Bay Cruise	65*
08/05-06	Players: Readers Theater "The Philadelphia Story"	34, 42
08/07	KS at the Movies: Hacksaw Ridge	43
08/07	Antiques: Big Little Books	24
08/07	Document Destruction	43
08/08	Performance: Music Circus—Damn Yankees	55
08/09	Computer PC: "Navigating LH's Website"	38
08/11	Computer PC: Clinic	38
08/11	Summer Concert Series: Chicago The Tribute	47
08/14	Forum: Passwords	96
08/14-15	Players: Auditions, "Funny Thing Happened...Forum"	34
08/15	Painters: Painting Critique	32
08/15	KS Comedy Night: Randy Riggie	47
08/16	Museum: The Summer of Love Experience, de Young	52
08/17	Book Discussion: Four Women Undercover/Civil War	25
08/18	Music Group sponsored Open Mic Night	32, 42
08/19	Needle Arts: Wool Needle Case with Fancy Stitches	32
08/19	KS Classic Movies on Saturday: The Band Wagon	43
08/21	Astronomy: Solar Eclipse on the Patio	24, 43
08/23	Casino: Cache Creek	51
08/24	Forum: An Introduction to Mindfulness	96
08/25	Computer PC: Ask the Tech	27
08/25	Summer Concert Series: Top Shelf's Motown Magic	48
08/26	KS at the Movies: Hacksaw Ridge	43
08/26	Tours/Leisure: Half Moon Bay for the Day	58
08/30	Tours/Leisure: Best in the West—Rib Cook-off	58

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

Upcoming Association-Related Meetings: Date, Time, Place

July 15-August 31

CCRC/Communications & Community Rel. Cmte. ...	Tuesday, July 18, 9:30 AM
SUAS/Small Unmanned Aircraft Systems Cmte. ...	Wednesday, July 19, 1:00 PM
Golf Cart Registration.....	Thursday, July 20, August 3 & 17, 9:00 AM, OC Lodge
Finance Committee Meeting.....	Thursday, July 20, 9:00 AM
SUAS/Small Unmanned Aircraft Systems Cmte. & BOD Workshop	Thursday, July 20, 1:00 PM
ARC/Architectural Review Committee.....	Monday, July 24, 9:00 AM
Listening Post.....	Tuesday, July 25, 11:00 AM
SUAS/Small Unmanned Aircraft Systems Cmte. ...	Wednesday, July 26, 1:00 PM
Board of Directors Meeting.....	Thursday, July 27, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, July 27, 10:30 AM
Board of Directors Executive Session.....	Thursday, July 27, 11:00 AM
CCOC/Clubs & Community Organizations.....	Tuesday, August 1, 9:30 AM
Compliance Committee Meeting.....	Wednesday, August 2, 10:30 AM
SUAS/Small Unmanned Aircraft Systems Cmte. ...	Wednesday, August 2, 1:00 PM
Properties Committee Meeting.....	Thursday, August 3, 9:00 AM
Elections Committee.....	Friday, August 4, 10:00 AM
Workshop Presentation of Capitals/Large Reserves to Properties & Finance.....	Tuesday, August 8, 9:00 AM
Finance Committee Workshop.....	Tuesday, August 8, 10:00 AM
ARC/Architectural Review Committee.....	Monday, August 14, 9:00 AM
CCRC/Communication & Community Rel. Cmte. ...	Tuesday, August 15, 9:30 AM
Finance Committee Meeting.....	Thursday, August 17, 9:00 AM
Listening Post.....	Tuesday, August 22, 11:00 AM
Board of Directors Meeting.....	Thursday, August 24, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, August 24, 10:30 AM
Board of Directors Executive Session.....	Thursday, August 24, 11:00 AM
ARC/Architectural Review Committee.....	Monday, August 28, 9:00 AM

Meetings in OC unless noted otherwise.

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From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association



Welcome to the July edition of the *COMPASS* magazine, I hope everyone had a great 4th of July. As almost all of you are aware, the Association has transitioned to a new software platform, and we have been registering residents, providing new member ID cards. By mid-July, we should have registered over 7,000 residents. After some initial issues in the first two days of sign-ups, things have progressed fairly well. We moved the location into the Orchard Creek Ballroom to provide a more comfortable environment during the long wait times. Since we have slowed down we are now transitioning into the Orchard Creek lobby.

Registering 7000 residents is quite an achievement, and it would not have been possible without the support of our resident volunteers, with over 700 total volunteer hours. The coordination of these volunteers has been the work of Pauline Watson—I can't say enough about her work to support this effort. Pauline is terrific, and we will be giving her special recognition at an upcoming Board meeting!

I also can't say enough about the efforts of the volunteers themselves. They have served as greeters, runners, data entry personnel, and photo techs. Their spirit and sense of community is truly inspiring. They have stepped up to the challenge, and they have performed at the highest level. Our community can take pride in their efforts.

At the end of June we had a house fire in Village 40. Fortunately no one was injured, but the situation was difficult for the residents who owned the home, as I am sure you can imagine. What was uplifting was how the neighbors banded together to support these folks in their time of need, and also to open their homes to the fire fighters who worked so hard to contain the blaze. Sometimes the most important thing you can do is just be there for someone. Our residents stood tall during this painful time.

The firefighters and city staff who responded to this fire are also to be commended. We had units from Lincoln, Placer County, and my hometown of Rocklin respond to this fire, as well as the Lincoln Police Department, public works, and the Red Cross. It was a great team effort, and I was impressed by the support and dedication from the crews and the city staff. Our residents in need received first class treatment.

Team Member of the Month Award

Hayden Hill, Server, Food & Beverage Department

Our June 2017 "Team Member of the Month" Award is Hayden Hill. Hayden joined our Team in September 2014 as a Bus Person and was promoted shortly after to Server in the Food & Beverage Department. Here are just a few quotes shared by our staff:

"Hayden has a great attitude and is a team player. He is always willing to help out!" "He is always a make-it-happen kind of man!" "He is a great Server and he exceeds expectations!"

We are fortunate and lucky to have Hayden as part of our SCLH Team. Thank you Hayden for your dedication, hard work with our clients and Meridians! You are an asset to our residents and our Team.



*Nancy Gabriele,
HR/Payroll Manager,
Hayden Hill,
Food & Beverage Server*

Listening Post Update

*Chris O'Keefe, Executive Director
SCLH Community Association*

We had another well attended Listening Post on June 27. The featured speaker was our Director of Finance Bruce Baldwin, who gave an overview of his department, and the budget process. We will bring Bruce back in September to go into the budget in more detail.

We also reviewed the membership registration and software implementation currently underway. Good feedback was received on the move to the Ballroom for registration. We reinforced the fact that the software implementation would be a rocky process at times, but that we will be better positioned once we work our way through the usual issues that come up with projects like these.

Communications was another topic of conversation, and we reviewed the new Communications Coordinator position, and discussed the goals of being more inclusive, timely, and accurate in what the Association communicates to our residents. A great observation

Please see "Listening Post" on page 37

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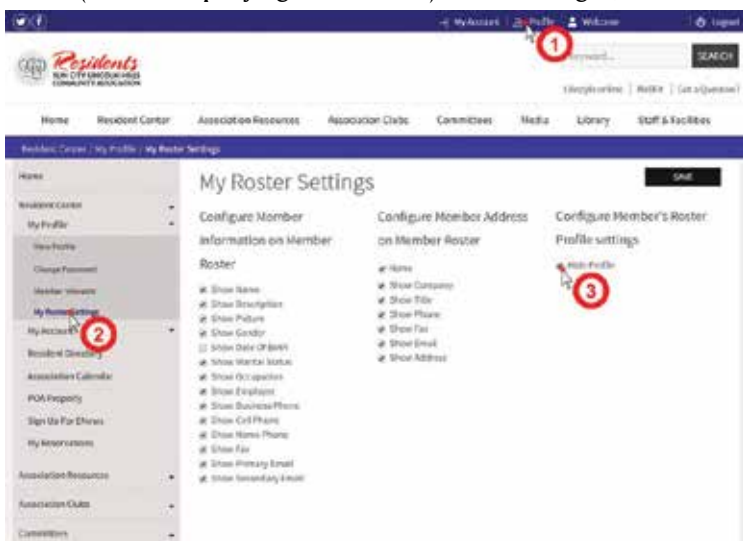
Two features you will enjoy!

Jeannine Balcombe, Senior Director of Lifestyle and Communications

As I noted in my “Connections” column, two features of the new resident website and app that residents are finding helpful include an online resident directory and classified ads. Here’s a description of these two new additions.

Online Resident Directory

The resident directory was created to share your information with others if you chose to. **By default, none of your information is shared in the online directory.** To change what is displayed, log in to the resident website. At the top of the page, click “My Profile” in the purple bar. Then, on the left-hand side, click “My Roster Settings.” (See accompanying screen shot.) On the far right, there is a check box next to “Hide



Profile.” If you uncheck this box, your information will show up in the online directory. The “My Roster Settings” page allows you to decide what information you would like to share in the online directory. Simply uncheck the box next to any information you do not want to appear in the directory and it will not show. You

can update your profile under the “My Profile” setting. To search for a friend in the directory, click on “Resident Directory” and enter their name in the search bar or click the letter of their last name at the top.

Classified Ads Section

Do you have something to sell or buy? The Classifieds are back on the Resident Website. It is located under the tab “Association Resources.” Scan down and click on “Classifieds.” See screen shot below.

The Classifieds Ad Section is for resident personal use only. There are Terms & Conditions that must be accepted before submitting an ad. Highlights of these rules as well as a link to the full Terms & Conditions can be found on the submission form. Please read them fully prior to submitting an item.

A resident household is allowed to have three items listed at any one time. Follow the instructions for submitting your item(s). Staff will review and post for you. In the future, we anticipate you will have the ability to upload and manage your entries. Even if you don’t have anything to sell, you may find something you want to buy. Take a look!

Every day brings something new and interesting to us. If you find a problem, have a concern or a question, please send our help desk an email at help.desk@schca.com and we will get back to you.

Yard Educational Expo 2017

Molly Seamons, Treasurer, Board of Directors

Mark your calendars for the third Yard Educational Expo, **Wednesday, August 9, from 9:00 AM to 2:00 PM** in the OC Ballroom. The theme this year is “refresh your yard.” We will have eight speakers and 12-16 vendors, drawings, and lots of information and tips on how to beautify your yard. Do you need to refresh your bark, plant new bushes and flowers, or clean up your weeds? Just maybe does your yard need to be generally spruced up?



New this year, food (!), coffee, and pastries in the AM, and hamburgers and hotdogs for sale on the terrace from 11:00 AM-1:00 PM, along with Merlino’s Freeze.

Either way, why not attend the Expo and hear presentations on ARC requirements, guidelines for painting your home, tips on water usage and Compliance regulations. We will also have outside specialists speak on a variety of issues to help you “Refresh your yard.” There will be a question and answer session after each speaker so you can get personal information on your yard. Also, three drawings for new plants and gift cards from local companies.

New this year, will be the Garden Group—they are putting together master gardeners to teach you how to enhance your gardens.

Many vendors will have booths located in the entry hall outside the Ballroom to discuss upgrading your landscaping and products. Take time to visit with the vendors and ask that nagging question that has been bothering you for months.

A task force, chaired by Board member Molly Seamons and Executive Director Chris O’Keefe has developed this informational exposition with numerous specialists on hand to discuss topics of concern related to yard and home care.



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Financing Options Available



Dr. Wilmarth is a Board Certified ophthalmologist and Medical Director of Ophthalmic Surgery at Sutter Sierra Surgery Center located on the Sutter Roseville Campus



LASIK (Advanced Laser Vision Correction) is available to you with the Wavelight EX500, the most advanced system available in the U.S. Dr. Wilmarth has over 20 years experience with LASIK. He is Founder of Horizon Vision with 6 centers in northern California and he serves as Medical Director of the Horizon Roseville Center.

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Activities News & Happenings **Summer Means Grandchildren!**

Lavina Samoy, Lifestyle Manager

It is refreshing to see lots of young kids in our community during the summer. Laughter and squeals from the outdoor pool are a joy to hear! Children dancing with their grandparents at concerts, grandparents showing off our facility, and the fascinating projects and classes offered to adoring grandkids, are wonderful moments to capture.

To create more bonding opportunities for you and your precious grandchildren, we offer three fun classes for you to take with your grandkids: **Cookie Monster Making, Grandkids Sip & Paint, and Clowning Around with Your Grandkids** (see page 66). Please follow the recommended ages for each class to make a delightful experience for all participants and instructors. Limit two grandchildren for each adult please. If space is available, another adult in your household may register to allow for extra grandchildren. Class enrollment is first-come, first-served.

We are sorry to announce that due to low registration, we have to cancel the trips to the Speaker Series 2017-2018 season and the annual Hot August Nights overnight stay in Reno. Help us limit cancellations by registering early and expressing your interest in trips and classes.

Thank you to all who include themselves in waitlists for sold-out trips. This helps us to evaluate if a second bus is warranted. We are working on getting additional tickets to the popular Broadway Sacramento Series shows.

A number of new excursions can be found starting on page 58. This includes **Craft Brewery Tasting, September 13, Golden One Arena Tour, September 27** as well as a return to your favorite events like **Benicia Fine Arts & Crafts Fair, September 17** (page 61), **Sausalito Floating Homes Tour, September 30** (page 61), **Apple Hill, October 3** (page 61), and **Quiltfest, October 12** (page 63).

We are also returning to see the majestic **Yosemite National Park for a two-night stay, October 11-13** (page 63) which includes lunch at the famous Ahwahnee Hotel (now called Majestic Yosemite Hotel). Yosemite in October is gorgeous, so don't miss it!

The Abbadabra concert brought in over 1,600 happy attendees! Thank

you for the support. We still have five more exciting amphitheater concerts waiting for you! For those who prefer indoor shows, check page 47 for comedian **Randy Riggle's** return and two classical music performances scheduled in the Presentation Hall (KS), **The San Francisco Guitar Quartet on August 13** (page 47) and the **Mezzo-Soprano Molly Mahoney on September 14** (page 51) plus a classic **Salute to the Kingston Trio from Bay Area's County Line Trio on September 28** (page 51).

Keep cool and let's have fun!

Lacy J. Dalton and the Dalton Gang



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Recent Service Awards



Herm Tijsseling, fourth from left, receiving a service award from Board members. Below, the Compliance Committee was recognized for their volunteer service to the community at the June 22 Board of Directors meeting. From left—Ken Silverman, Tom Dodaro, Viola Kuka, Marcia VanWagner, Dan Larsen, Hank Lipschitz, Herman Tijsseling, Michael Deal, Mary Lou



Taverna (Chair), Molly Seamons, Marie Barnes, Don DeSantis, Helen MacLaren, Linda Brandelius, John Snyder, and Lynne White

Will Dues Go Up Again?

Robert Copp, Finance Committee



Lincoln Hills provides many well-maintained lifestyle options with minimal impact on dues. Other associations of the same size and type have significantly higher dues. However, in recent years, we have had to begin raising dues to address current conditions, future reserves, and improvements to not only maintain but also expand lifestyle choices. In addition, government mandates, such as increases in the minimum wage, have led to a further increase.

Will dues stabilize or only continue to increase? First, while inflation is low, we know our personal costs have been increasing. Second, state and federal laws will continue to change with the minimum wage increasing by \$0.50 per hour next year, increasing to \$15 per hour by 2022. Third, while we do not have a long-term capital plan in place, new capital projects will continue to be proposed. Fourth, the Finance Committee now has a task force to more closely review the Reserve Fund. Last year's Reserve Study predicted a dues increase of up to \$2 per year for the next six years before stabilizing.

While many issues are continuing to put pressure on dues, some of your big-

gest concerns are in the cost of operating the Spa and our Food & Beverage Department. These operations are currently not a major drain on the budget with the Spa close to breaking even while Food & Beverage costs each member about \$1 per month.

In summary, over the next five to ten years, dues will likely go up due to inflation, government mandates, aging infrastructure, lifestyle improvements, and reserve funding. However, the Finance Committee will continue to ensure that the dues you pay are fully justified. Plan to join us in September for a series of budget meetings to see how your dues level is determined for 2018.

The Statement of Operations for May shows that revenue continues to slightly exceed expenses. The extended rainfall into late spring delayed needed landscape work and negatively impacted business at Meridians. While activities (under Lifestyle and Communications) were down slightly, future activities are expected to keep this item favorable to budget for the year. Operating cash continues to be adequate while the Reserve Fund remained solid at 74.3% funded.

Preliminary Statement of Operations YTD May 2017

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$3,444,432	\$3,422,424	\$22,008	\$8,297,274
Administration (Expense)	(769,168)	(817,642)	48,473	(1,859,690)
The Spa at Kilaga Springs	(2,604)	(2,712)	108	8,085
Fitness	(196,655)	(227,631)	30,976	(538,400)
Activities	(243,433)	(262,870)	19,437	(530,150)
Rec. Center / Maintenance	(2,092,402)	(2,212,390)	119,988	(5,304,840)
Food & Beverage	(121,039)	(84,419)	(36,619)	(87,895)
Capital Asset	31,667	31,666	1	(76,000)
Net Revenues (Expense)	\$50,797	(\$153,573)	\$204,371	(\$91,616)
CEF	219,915	-	219,915	-

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WellFit News

Health Tips

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

Yoga and prehypertension

Just another reason to engage in yoga and mindfulness classes. Recent studies

show that for those who suffer with prehypertension, consistent yoga practice (an hour each day) can help lower blood pressure more effectively than just eating a healthy diet. Prehyperten-

sion is defined as having blood pressure between 120/80 and 139/89 and is considered an indication of risk. To see a full schedule of WellFit's many yoga/mindfulness classes, refer to the WellFit section at the back of the COMPASS for times and descriptions.

Guidelines for chronic lower-back pain

New treatment guidelines from the American College of Physicians "recommend non-drug therapies as the first line of

treatment." The new treatment guidelines recommend heat, acupuncture, massage, and chiropractic manipulation of the spine, along with exercise such as tai chi, yoga, relaxing mindfulness classes, and working with personal trainers. The study did not mention Bowen practice (see the article below) but WellFit has received many testimonials on how this practice has helped so many in our community with back pain and has allowed them to live an active lifestyle. For more information at your fingertips, also refer to page 89 of the WellFit section in this COMPASS.

Personal training and stroke survivors

Some of our personal trainers are educated to provide support to stroke victims. Working with a trainer can help people increase strength, improve cardiovascular health, expand mobility, and help with neuromuscular control. Stroke survivors are not just training muscle, they are using their brain's natural ability to rewire itself in order to improve movement after stroke-

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 98.

- ARC/Architectural Review Committee
- Elections Committee

induced paralysis and loss of function. I have witnessed residents that could not even walk on their own when they started working with a trainer after their stroke, and now are walking in with a walker and sometimes without! To find a trainer, visit our website or Fitness Centers and talk with staff.

Well Fit Classes: pages 82-95 • Class Grids: pages 93-95

An Interview with Rebecca Kang WellFit's Bowen Practitioner

Cindy Davis, WellFit Event Coordinator

What passions and experiences readied you for this profession? Helping people with pains—chronic or acute—is a big duty that I have been proud to fulfill. I understand what chronic pain feels like due to a shoulder injury. After my injury, I was in physical therapy for over a year, along with several sessions of acupuncture and chiropractic. Nothing relieved the pain. When I tried Bowen, my lower back pain subsided after the first session, and the pain in my shoulder subsided after the fifth session. I am living evidence of the great wonders that Bowen can work, and I want to share that by offering the same relief to others!

What is the education process to become a practitioner? It begins with

taking classes in various locations as well as several hours of practice in between courses. In addition, students are mandated to take courses in anatomy, physiology, business, and ethics. American Bowen Academy requires a practitioner to take 32 hours of continuing education every two years to maintain certification.

What unexpected benefits have you found in this profession? A psychological benefit: When people are free of the chronic pain, I have seen them transition from a feeling of resignation to a feeling of relief and hope.

What have you discovered about this community? It is filled with warm, fun, and welcoming people. I look forward to coming to work every day!

Can you share a success story? This comes from SCLH resident Nancy Bird: "I've had sciatica for eight months and haven't been able to walk more than two blocks without pain. One reason for moving into Lincoln Hills is the walking trails, and I haven't been able to take advantage of it. After seeing the information in the COMPASS regarding Bowenwork, I decided to try it and having it be so convenient was just a huge plus. Rebecca worked wonders on me after five sessions. I can now walk pain free and no longer have pain shooting down my leg at night. This program is amazing, and I tell everyone I know about it. I would recommend it to anyone. This is much better than physical therapy or acupuncture and worth every penny! Thank you!"

Come and learn more about Bowen from Rebecca's Senior Instructor, Sandra Gustafson at the upcoming Community Forum on July 20 (see page 96).

House of the Month Contest is in Full Swing

There's a new monthly contest underway in Lincoln Hills and the lucky winner will be awarded a \$100 gift card.

The Architectural Review Committee (ARC) wants to spread the excitement and pride its members see when residents bring in landscaping plans for approval. The committee has come up with an idea to do just that by asking residents to submit printed photos of neighbors' front yards which they believe deserve positive recognition for their eye-catching appeal, along with a written explanation of why the property was nominated. A homeowner winner will be chosen by ARC members when they meet on the fourth Monday of each month. The \$100 gift card will be for services and items for sale in Lincoln Hills.

According to ARC Chair Michael Hughes, "The purpose of the ARC House of the Month program will be to recognize residents for the appearance of their landscape and exterior of their house." Photos and a written explanation of why the submission is worthy of recognition are to be deposited in the box marked "ARC" in the room next to the Activities and Membership Desk (OC).

In the review process, the ARC will not be identifying non-compliance items. The judging will be based solely on the printed photos and the written materials. The amount of money spent on the landscaping will not be considered. What committee members will be looking for is the visual appeal of the front of the property and the artistic use of rocks, boulders, annual plants, and other features. If a homeowner gives

permission, he/she could be recognized at a Board meeting and in the *COMPASS* and/or eNews articles. Homeowners also have the right to opt out of consideration, if they so choose.

The House of the Month Contest resident submissions started at the beginning of July and will continue through the month of August. If the program is to continue into the future, it will need approval by the Board of Directors.

The funding for the program will come from the existing budget and will not require any raising of dues. "The purpose of the program is to recognize people who have done a beautiful job of landscaping and to share ideas and, hopefully, feel a collective sense of community pride," said ARC Chair Michael Hughes.



Musical Memories

Nina Mazzo, Roving Reporter

Collectors will often tell you they discovered a particular object that led them to start a collection. This month

I would like you to meet Chuck Robertson who heard a song that still brings a smile to his face, and that led him to collect records and related memorabilia. The song was "Rock around the Clock" by Bill Haley and his Comets. Chuck recalled his time as a teenager in San Francisco buying records (45's) and playing them at local parties. In later years, he became "CJ the DJ" for local sock hops.

As the years rolled by, Chuck became a CPA and auditor, and with his wife Jeanie moved to San Jose where they raised a family. Chuck continued to collect records and one day Jeanie told him she had noticed records at their local Goodwill store. The thrill of the hunt took him to thrift stores and assorted record collector events. Soon his collection was too large to keep at home.

A series of events led him from a small spot in a local co-op to making a major

acquisition from a collector, to setting up a store with a partner in Campbell. And he did all this while working full time!

His tri-level store, "Musical Memories," was set up like a museum, and each room had a different theme with vinyl records and related memorabilia. Themes included: 1950's and 1960's music along with posters from the concerts at the Fillmore in San Francisco; Country and Western; 1970's and 1980's; Hollywood and Disney music and memorabilia.

Chuck said once CD's arrived on the scene, jukeboxes transitioned from vinyl and all those records became available for collectors to purchase. Chuck enthusiastically praised the quality of analog recording as superior to digital CD's and as a true audiophile, he takes great care of his records.

These days, Chuck sells on eBay and said that over 25% of his sales are from outside the US. When I asked him why he thinks people collect, he said, "People



Chuck Robertson and his collection now and, below, in the beginning

relate to an era or theme in their life and music often brings special memories."

Chuck also enjoys playing softball and participating in line dancing along with his work with the Knights of Columbus.

LINCOLN HILLS ASTRONOMY GROUP (LHAG)

Partial Solar Eclipse Event

Monday, August 21



Never look directly at the Sun without using specialized equipment!

Maximum coverage at 10:17 AM.

Residents of Lincoln Hills are invited to observe the solar eclipse on the morning of Monday, August 21, on the patio behind Orchard Creek Lodge. Between 9:02 and 11:39 am the Moon will pass across the face of the Sun, blocking out part of the light. Lincoln Hills will see a partial eclipse of the Sun where the Moon blocks some, but not all, of the Sun's light.

LHAG members will provide telescopes equipped with solar filters to enable viewers to safely observe this rather rare event. Sunspots should also be visible on the surface of the Sun for the viewers. The partial eclipse begins at 9:02 am, reaching a maximum at 10:17 am and ending at 11:39 am. The next partial solar eclipse that can be viewed from this area will be on April 8, 2024.



Have You Seen Your Chef Ian in Action?

Kristy Woodin, Director of Food & Beverage,

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

If you don't read *Sacramento Magazine*, you wouldn't have seen our own Executive Chef Ian with a full-page *Chef Profile* that highlights his work and puts Lincoln Hills on the map. We are all very proud of him and the culinary team as a whole.

BBQ Thursday at Meridians just started a couple of weeks ago and is a huge hit. If you haven't experienced it yet, make reservations as we are busy on this day. Go to www.meridiansrestaurant.com for a menu.

Mount Saint Joseph Wines will be here on July 20 working with Chef Ian on a five-course dinner that is expertly paired with their wines. \$85 inclusive. Call 625-4040 to make your reservations.

Meridians is proud to team up with Neighborhood Watch and put on the third annual National Night Out, Tuesday August 1, from 5:00-8:00 PM. Come out to the Orchard Creek Amphitheater for Live Music, Western themed Food Booths, and Cocktails. See Meridians Host Desk in advance to purchase a "boot" drinking cup, which will also give you a ticket for a *free* Margarita on that day.

Chef's recipe for the month

Chicken Spring Rolls

Large Spring Roll Wrappers	2 Tbsp minced Garlic
1 lb. Shredded Chicken (cooked)	2 Tbsp minced Ginger
1 Celery thinly sliced	1 Tbsp Vegetable Oil
½ Red Bell Pepper—julienned	1 Tbsp Sesame Oil
¼ Red Onion—julienned	Egg wash
½ cup Shredded Carrots	Salt & Pepper to taste

Heat oven to 350 degrees. Heat a skillet with vegetable oil and sesame oil. Add celery, red bell pepper, red onion and carrots and cook until heated, but crisp. Add ginger, garlic, and salt and pepper and stir together until heated. Set aside to cool. Lay out the spring roll wrappers and put shredded chicken and veggie mixture evenly in the center of each wrapper. Fold two ends in, and then roll together like a burrito, using egg wash to seal. Coat all spring rolls lightly with vegetable oil and place on non-stick pan. Bake at 350 degrees for 10-12 minutes. Serve with your favorite dipping sauce. Makes 6-8 rolls.

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Downtown at Ingram's Drug Store

Al Roten, Roving Reporter

Mid-block between 5th and 6th Streets on Lincoln Boulevard is the site of Ingram's Drug Store, a building that dates to the mid 1860's. It was a general merchandise store until 1881 when William Ingram sold everything except the drugs, and continued as a drug store until 1951. Part of the store served as the Lincoln Post Office from 1872



until 1900. This is a beautifully built structure with oak flooring, leaded glass window panes, and an exterior of Roman brick.

Of interest is that Ingram's Drugs was a principal distributor of Kilaga Mineral Water. From

1923 until about 1940, Kilaga Springs mineral waters were sold as a powerful and mystical healing product.

In 1922, a three-member combine purchased the Whiskey Diggins gold mine property and named it Valley View Products Company, the purpose of which was to market bottled mineral water, which had flooded the horizontal mine shaft, and to promote it as a spa/resort. The owners of this enterprise, E.M. Kimberlin of Oakland, Judge J.B. Landis of Auburn, and E.C. Gaylord of Lincoln, created and promulgated the myth that the local Indians had used these waters for their magical healing power. Then they came up with the name **Ki-La-Ga**, or **Kilaga**, as a combination of the first two letters of each of their last names. And Kilaga was born!

Ingram's Drug Store had side by side entrances, resulting in the logical splitting of the store into two modern enterprises. It has housed several businesses and office enterprises over the succeeding years. Current occupants are Alma's Bridal Boutique and Lincoln Gold and Coin. Following are quick summaries of services available:

Established in 2007 Alma's Bridal Boutique is a full service bridal salon. Owner Alma has over 35 years of experience in the bridal industry and is a specialist in altering and recreating bridal gowns, catering to all ages and sizes.

Lincoln Gold and Coin owner Jim D'Ambrosio knows all the ins and outs from both sides of investing and collecting coins and jewelry. His philosophy is to be a quality local source for residents of Lincoln to buy or sell, at a fair price, their gold, coins, silver, estate jewelry, and other unique collectibles.

Over the past almost 160 years, this classic building has served the needs of Lincoln residents. It is rewarding to see that it continues to house modern needs of the community.



Photos, from top: Outdoors in the 1880s—Ingram's Drug & Cash Bazaar; inside Ingram's Drug Store, 1890; Alma's Bridal Boutique; Lincoln Gold & Coin

Commercial Presentation (Paid Advertisement)

This vendor presentation is open to SCLH residents & people outside the community. Products/services presented are not sponsored or supported by SCLHCA.

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Neighborhood Watch

It's All About Having Fun National Night Out is August 1

Patricia Evans

Fun, friendship, and neighborhood security complement each other. Neighborhood Watch hopes you will celebrate friendships and enrich relationships by partying with your neighbors. We are more comfortable, safe, and secure with the warmth of knowing those who live nearby. Let's make time for fun to balance our lives.

Whether your neighborhood party is large or small, it will increase camaraderie. Neighbors who play together know

when to offer help. "We take care of each other," is the number one priority listed by our Mail Box Captains.

Your mail station or Village party could be coffee, juice and donuts, or a potluck meal. Many are choosing to celebrate in the earlier and cooler part of the day. Those who wish could then attend the Meridians party in the early evening.

Yes, it is an option to have your party on a different date. Please register your neighborhood and/or your Meridians Amphitheater party with Pauline Watson, National Night Coordinator, at frpawatson@sbcglobal.net or 543-8436. We have a yearly contest to increase our party count.

The area where we live is an extension of our personal space. When we step outside our door, we want to feel equally comfortable, safe and familiar.



The Western Night kick-off party for National Night Out attracted a fun-loving crowd



Please turn to page 32 for more about NNO and the next NW workshop.

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

Orienteering

Beyond Borders

Dee Hynes, *Roving Reporter*

"Isn't this path lovely," a trail walker recently asserted. She then stated that she was delighted that she lives in a neighborhood with a walking path; she had no idea there were other trails beyond her Village border.

What a common experience especially for our newer residents. Please know that your neighborhood paths are part of our Fitness Trail System with 18 trails. How exciting is that? What a community perk!

Our trails range from half a mile to almost four miles in length with varied degrees of difficulty from flat to challenging with noticeable grade changes. By the way,

the majority of the 27 miles of trails are located within protected wildlife preserves and our trails are for resident use only.

Have you journeyed beyond your Village border to sample our trail system? Here are samples of our diverse trails:

The **Ferrari Ranch Trail** provides an easy, shady experience, perfect for a summer stroll. The trailhead is at Stags Leap and Wagon Wheel on the north side of our community.

Journey to our eastern border and discover the unique environment of the **Canyon Oak** and **Elderberry Trails**. Decomposed granite nature trails are within a recessed oak canyon. The trailhead is off Stoneridge on Hidden Oaks.

On our southern border is the **Seep Trail**. Some days it offers a view of Mt. Diablo, 30 miles east of San Francisco. This trail offers long, challenging grade changes. The trailhead is on Longspur Loop, off Spring Valley Pkwy.



Jack & Debbie Schryver, with Bennie, enjoy the shade of the Ferrari Ranch Trail

Towards the west is the **Orchard Creek Trail**. It includes a walk beside the Orchard Creek Preserve, a stroll through Leavell Park and a close view of golfers as you walk behind golf course property.

Journey beyond your Village border for new trail experience soon.

See your Community Directory and Resource Guide Foldout maps #1 and #3 for street directions and trail maps.



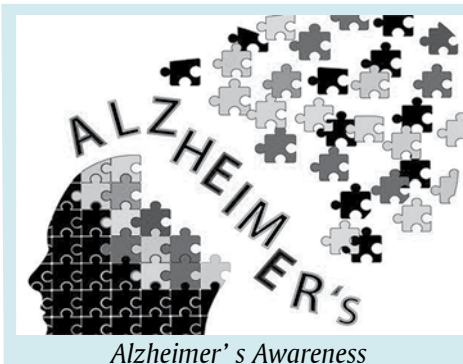
Club News



Alzheimer's/Dementia

Caregiver's Support

At this stage of our lives, forgetting a name or such is often as amusing as it is distracting. We've all forgotten why we went to the garage. For an Alzheimer's patient, that lapse of memory and lack of recall repeats over and over, and the reason for being in the garage or anywhere outside it, just goes away. Groundhog Day. Or



maybe it's like being trapped in a money booth. An apparent fortune is whizzing by in the swirling wind chamber, but your hair is in your face, and your clothes won't stay put, and you haven't caught anywhere near the amount of money you intended. That was a fun event to watch people experience, and it reminds me that a gift you've received is to appreciate all your moments in the moment. We will have the memory, but our loved ones will not, so enjoy them doubly well.

Contacts: Judy Payne 434-7864;

Maria Stahl, 409-0349; Cathy VanVelzen 409-9332; Al Roten, 408-3155



Amateur Radio

The Annual Amateur Radio Relay League Field Day was held on June 24 and 25 to sharpen amateur radio emergency communications skills while operating from a remote location on backup power. As in past years, the Amateur Radio Group members joined the Western Placer County Radio Club to operate a remote station high atop the foothills overlooking Lincoln and the Sacramento Valley. The goal this year was to contact at least one



Schloenvogt—LHARG,
Galindo—WPCRC

Field Day site in every state in the nation by high-frequency radio, or by amateur radio satellites, over a 24-hour period. The LHARG meets Monday nights at 6:30 PM at the Lincoln Hills South Gate Entrance Building, come by and say hello. Or, join our weekly network at 7:00 PM on Monday to let us know you are there in case of an emergency. LHARG repeater is at 443.225 MHz, with a PL of 167.

Contacts: Jim Darby 408-8599;

Clare Schloenvogt 253-9155

Website: www.lharg.us



Antiques Appreciation

Have you ever heard of a Big Little Book? On August 7, a resident of Lincoln Hills will share his 50 year old collection of over 1000 of these charming books. They were popular in the 1930's and remain very collectible today. The books are reprints of comic strips, and stories about characters from radio, film and television.

If you own a Big Little Book or a Comic book from pre-1960, please bring it with you to share with the group.

The July meeting was a treat for everyone. Always a club favorite, members were asked to bring items from their own collections. We saw toys, jewelry, silver pieces and china. The stories that go along with each piece make the presentation even more fun. Join us the first Monday of every month at 10:00 AM in the Heights and Gable Rooms (OC). Guests are always welcome.

Contacts: Rose Marie Wildsmith 409-0644;

Barbara Engquist 434-1415



Astronomy

No meetings or events in July. Wednesday, August 9, Planetarium Show at Sierra College. Professor David

Dunn will give a presentation on astronomy followed by a Planetarium Show. Contact Bob Collins (bobpcoll@community.net) if you are interested in attending.



August 9, Professor David Dunn will give a presentation on astronomy; Monday, August 21, residents are invited to observe the solar eclipse in the morning on the patio behind OC

Monday, August 21. Residents of Lincoln Hills are invited to observe the solar eclipse in the morning on the patio behind OC. Between 9:02 and 11:39 AM the Moon will pass across the face of the Sun, blocking out part of the light. Lincoln Hills will see a partial eclipse of the Sun where the Moon blocks some, but not all, of the sun's light. Maximum eclipse starts about 10:15 AM. LHAG members will provide telescopes equipped with solar filters to enable viewers to safely observe this rather rare event. The LHAG will provide free Solar Viewing Glasses to the first 100 viewers.

Contacts: Morey Lewis 408-4469,

eunmor@pobox.com;

Cindy Van Buren, 253-7865, rvbcvb@att.net

Website: www.lhag.org



Ballroom Dance

When learning new dances, it is important to enter lessons with the right frame of mind and the correct foot attire. Appropriate shoes should be worn to facilitate smooth steps without stumbling or even falling down. Shoes should have leather or suede soles and be firmly affixed to the foot with straps or laces. Open back sandals, tennis shoes, or rubber soles will make dancing more difficult and even dangerous.

Change the texture of your favorite shoe by applying tenacious tape or felt to the sole, or wear dance socks to cover the sole.

Membership, only \$7/year, is open to SCLH residents, sponsored guests, couples and singles. Lessons are every Tuesday



Jim LaNeir
and Celeste
Martella;
Mary & Mike
Collins



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. After learning the Waltz in July, we begin Night Club Two Step in August, taught by Jim LaNier and Celeste Martella.

**Contacts: Sal Algeri 408-4752;
Olivia Eckert 749-9051**



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 meeting will be August 9. 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 Red Robin on Tuesday, July 18, and at Casa Ramos on Wednesday, August 23. Meet in front of OC Lodge at 11:15 AM to car pool to the restaurant, or meet at the restaurant at 11:30 AM.

For more information or to put a Memoriam in the COMPASS, contact Joan.

Contact: Joan Logue, joanlogue@sbcglobal.net



Billiards

The Women's Tournament will be every Tuesday from 12:45 to 3:00 PM.

The Billiards Group is offering free lessons at KS to all residents on Tuesdays, 9:00 to 10:00 AM. This is for new and returning players (men and women). You do not need anything to play. Just show up and see what we have to offer. Remember it's free.

Co-Ed
Tournament
five/seven
games Lyle
Moore and
Gail Harmon;
Cuemasters
Tournament
first place Phil
Delany, second
Bobby Soriano;
Challengers
Tournament
seven games
Tom Thornton,
six/seven games
Dan Oden



**Contacts: Rich Lujan 408-781-5815;
Tony Felice 955-0501, atfelice3@gmail.com**



Bird

August is a quiet month for the Bird Group. We have no meetings or field trips planned during the month. However, we do look forward to a busy fall with wonderful speakers scheduled for each of our monthly meetings through the end of the year. Dennis Berry, our web master, continues to post the latest information and pictures so remember to check the site regularly.



In early June, several of us enjoyed watching this Red-shouldered Hawk and her chicks; the chicks several weeks later; June 21 one chick was still at the nest

Many of us will have an opportunity to visit the coast or the near-by mountains during the hot summer months here in Lincoln. The birds are busy in these cooler areas, so remember to pack your bird books and binoculars. Have a wonderful summer! We'll see you in September!!

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



Bocce Ball, Mad Hatters

Okay, maybe we were too optimistic. We really expected more people to show up for Bocce during our June heat wave. Of course the hottest day of the week was a Thursday. The temperature peaked out at 108 degrees that day so all things considered you have to give the 12 people who showed up a lot of credit. When it's that hot we only play for an hour. We had three people show up on bicycles. If you're wondering how to turn Thursday Bocce into exercise, then riding your bike to the courts is a good way to do it and you can beat the heat and the parking hassle as well. Please join us, hot or cold, every Thursday morning at 8:00 AM.

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



Book, OC

On July 20, we will discuss *The Virginian*, by Owen Wister. Written in 1902, the novel describes the life of a cowboy on a cattle ranch in Wyoming, and was the first true western ever penned.

Schedule, remainder 2017:

- 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

For the past several years, our members have made contributions which help the Twelve Bridges Library maintain many of its popular youth magazines, publications whose annual subscriptions would oth-



Phyllis Brown, library volunteer, and Book Group members Liz Kenen and Pam Abad display some of the donated magazines at the Twelve Bridges Library

erwise end due to budgetary restraints. Thank you to our members for their generous donations.

We meet for discussions on the third Thursday of the month at 1:00 PM in the Multipurpose Room (OC). 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

Members braved the heat to march behind our Survivor banner at the May "Relay for Life" annual fundraiser. With entry fees, donations and the sale of homemade bags and aprons, Bosom Buddies raised close to \$3,500 for cancer research. A big thank you goes to Sharon Peck and Peggy Ryan who spent many hours sewing these creations.

Our next meeting will be the annual officers' luncheon, August 10.

Bosom Buddies is a support group for breast cancer survivors and also those still undergoing treatment. Our monthly meetings include speakers on a variety of subjects, ranging from serious topics to those



Bosom Buddies members walk behind their banner in the annual "Relay for Life" fundraiser

designed to have fun. We also offer rides to appointments and meals whenever help is needed. What is most important to BB is being there for each other.

Contacts: Marianne Smith 408-1818;

Val Singer 645-8553

Website: www.sclhresidents.com



Bridge, Duplicate

Seven of our club's very best players completed their successful program of eight mentoring sessions for this year. The 28 mentees studied bridge-playing conventions in game situations. The course concluded with a mentee Duplicate Bridge competition. Congratulations to our winners: first place team Diane Conforti/Jean Beckwith (north/south) and team Linda Mateer/Barbara Davis (east/west).

Bridge 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 partner in any of the open games, call Lynne White (253-9882). For a partner in the Wednesday or Saturday limited games, call Rosie Peasley (253-7414), Sheila Ross (434-6165), or Lynne White (253-9882).

Contact: Jim Collart 995-7233

www.bridgewebs.com/lincolnhills



Bridge, Partners

Call for early sign-up, or show up with your partner, Sierra Room (KS). You play if we have even pairs up to 28. We must be seated by 5:45 PM, with standbys seated immediately thereafter, and we must finish by 8:30 PM.

Winners: May 25—First: Jodi Deeley/Harry Collings; second: Reta Blanchard/Barbara Bryan; third: Kay/Ben Newton; fourth: Sharon/Jerry Kluball. Jyoti/Viren Sitwala had the high round of 1700.

June 1—First: Edith Kesting/Erika Wolf; second: Kay/Ben Newton; third: Stan Mutnick/Harry Collings; fourth: Mary Bailey/Judy Barkhurst with the high round of 1940.

June 8—First: Rose/Joe Phelan ty-

ing the high round of 1520; second: Bruce Fink/Stam Mutnick; third: Janet Pinnell/Linda Theodore; fourth: Dolores Marchand/John Butler tying the high round of 1520.

June 15—First: Judy Olson/John Griggs; second: John Butler/Byron Hansen with the high round of 1520 and a grand slam; third: Stan Mutnick/Bruce Fink; fourth: Kay/Ben Newton.

Contacts: First & Third Thursdays:

Kay & Ben Newton 408-1819;

Second & Fourth Thursdays: Dolores

Marchand 408-0147; Carol Mayeur 408-4022



Bridge, Social

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

Reserve your space in July/August by contacting Ralph Madsen, 408-7670 or ralphjane2@gmail.com, or Jim Busey, 408-0671 or j.busey@sbcglobal.net.

June winners—First Place: Byron Hansen, Jyoti Sitwala, Karen Bode, and Lynda Sader. Second: Linda Scott, Byron Hansen, Viren Sitwala, and Kurt Wolff. Third: Pat Mullins (twice, June 16 and 23), Bob Belknap, and Nancy Griffin. Fourth: John Butler (twice, June 9 and 23) Bob Fawcett, and Flo Hunt.

Grand Slams: Congratulations to partners John Butler and Pat Fraas (June 9), Karen Bode and Joan Singer (June 9), also Byron Hansen and Alan Haselwood (June 16). Wow, three Grand Slams in June!

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). Teachers: John Woodbury and Alan Haselwood.

Contacts: Jodi Deeley 208-4086,

jodideeley2@gmail.com; Lynda Sader

(858) 204-2427, lyndaglee01@gmail.com



Bunco

In June, the Bunco Group welcomed returning summer player, Mary Ales. The dice were flying all over the room with lots of laughter as Bunco was shouted out. Carolyn had three Buncos in the first five games and ended up with a total of five Buncos. Interesting fact most wins and losses were the same 19 wins for Barbara and 19 losses for Lynda. Sharon loves that

traveling bear but lost it to Shirley.

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. It's a fun way to meet new friends! Join us sometime when your schedule permits.

June Winners: Most Buncos Carolyn Hughes; Most Wins Barbara Conner; Most Losses Lynda Fagan; Traveler Shirley Mohler.

Next Bunco is Thursday, July 20

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



Ceramic Arts

Our time in OC lobby is coming to an end and we would like to thank residents for taking the time to visit our exhibit. We have received many wonderful, joyful comments and many items have been purchased to the delight of the artist and the new owner.

CAG members Russ & Marion Quinn received fabulous news recently—both of their entries received first place honors at the California State Fair. Their "Jo Bull" elephant and "Tea Gourd" pumpkin will be on display until July 30 at the State Crafts Exhibit, Building and Expo Center. Congratulations Russ and Marion!

CAG workshops at OC Saturdays 9:00 AM-3:00 PM, Sundays 12:00-4:00 PM. KS workshops Monday 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 or closures.

Contacts: (OC Pottery) Mary Clark 502-1527; Gabriele Dawson 209-3683; Diane Mayer; (KS Earthenware) Marty Berntsen 408-2110; (KS Spanish Oils) Georgie Sorrentino 434-1608
Website: www.sclhresidents.com

Computer



Apple User Group

If you go to the URL www.lhaug.org, you will find yourself at the website of the Apple User Group, the most complete source of info for Apple users in our community. The Calendar Tab provides an up-to-date guide to all of the meetings,



Tour of the Mac Seminar

seminars and labs that are scheduled for a 90-day period. The Videos Tab provides the opportunity to view or review the informative sessions that have already been held on a great variety of Apple topics. If you are not already a member, you can join the almost 1200 members of the Apple User Group by clicking the Join Tab and filling out the application. Annual dues are just \$15 per household. And your membership also includes the free Telephone Help Line manned by our technical volunteers. This service alone is well worth the annual membership fee. Check it out.

Contact: Vicki White, vickiawhite@me.com

Website: lhaug.org



PC

Main Meeting—August 9, 6:30 PM "Navigating Lincoln Hills Website." The Association has just completed installing a new computer software system affecting all of us. This new system will mean new membership ID cards and a new unified software platform and resident website. "Lifestyle Online," the website portal that enables you to sign up for classes, events and trips will be all new. This has been a big undertaking, come and see what the new website is about and how to use it.

Clinic—August 11, 3:30 PM—this meeting is "Under Development." Please check our Website (SCLHCC.org) as the date draws closer. Both meetings at the P-Hall (KS).

Ask the Tech—August 25, 10:00 AM—our regular monthly meeting where all members can come to get solutions to their technical and non-technical Windows PC, Android Phone and Android Tablet problems. Multipurpose Room (OC).

Contact: Karl Schoenstein, sclhcc@gmail.com

Website: www.sclhcc.org



Country Couples

May 19 was the date of our annual Saloon Dance. Wearing our best western outfits, cowboys and cowgirls turned out for an evening of dancing, eating, and socializing. A tasty Italian theme meal with strawberry shortcake for dessert was consumed with gusto. We were able to dance until our



Kitchen pros Bob & Hermie Malone, Randy English, Sarah & George Thomas; Gary Wermuth and Dennis Dawson sporting cowboy hats; Al & Alice Martig, Dave Millican



feet were sore to music provided by DJ Jim Keener. Thanks to the helpers who turned out to make this evening successful. Kitchen helpers, greeters, decorators, clean-up crew, photographers, drawing and 50/50 prize folks all contributed to a wonderful evening. Let's also not forget those who were in charge of tickets, flyers, and organizing the entire event in the first place. Our club is the best!

Keep September 15 free for our club Hoedown to be held at KS from 5:00-9:00 PM. Be on the lookout next month for flyers and emails containing more information.

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 the next table, and the winning players stay. Each player keeps track of his or her own score.

The weekly winners for the month of May were Fred Hampel, week one, Don Lloyd, week two, Jack Poshepny, week three, Nancy Murdick, week four, and Mary Ales, week five.

New players are always welcome!

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



Cyclists

I just read an interesting study on why cyclists break traffic laws. When some cyclists roll a stop sign, they are not wanting to irritate drivers but only to get home safely. Most cyclists do break traffic laws but they do so for self-preservation. Everyone breaks laws, like going over the speed limit in a car. Drivers cannot understand why cyclists break laws. While cyclists break traffic laws in order to stay safe, drivers break similar laws to save time. Recreational cyclists break more traffic laws. Young males are mostly at fault. Unregistered voters are the most flagrant law breakers and cyclists with almost no knowledge of traffic laws are the most reckless. In Idaho, rolling a four-way stop when no traffic is present, is legal. Cyclists generally act the way they do, not to be jerks but to get home without getting hit. Ride safely out there.

Contact: Steve Valeriot 408-5506, lhcyclist.com
Website: www.LHcyclist.com



Eye Contact

Living Skills Meeting, Multimedia Room (OC), Thursday, July 27, 10:30 AM-12:00 PM. — “Summer Time Fun #2: Games You Can Play” facilitated by Elaine Small. Invite a friend and bring one game

you like to play. It can be a card game, or board game, or dice game. Learn what modification you can make to continue to enjoy the social enjoyment of playing games.

General Meeting, Fine Arts Room (OC), Tuesday, August 1, 2:00-3:30 PM. —“Low Vision Therapy—How Can It Help?” Our speaker will be Toni Boom, Low Vision Therapist at Society for the Blind. The low vision doctors, therapist and staff at the Low Vision Clinic are dedicated to enabling people with vision impairment to be as independent as possible in the activities that are important to them.

Living Skills Meeting, Multimedia Room (OC), Thursday, August 24, 10:30 AM-12:00 PM. —“Summer Time Fun #3” facilitated by Elaine Small.

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



Fishing

Like I said before, for those who go and fish, guess what, you catch a few! Many of our members are having great success and some not so great. And that’s what fishing is, fishing, not catching.



Gift from Alaska; Ed and Joe’s catch; from the Pacific of course

Our members are headed for Wyoming, Montana, Trinity, Flaming Gorge, Big K in Oregon, Sacramento, Fuller, Whiskey Town, Collins, and Rollins. Plan a trip to Webber Lake, it just opened up. Use your members Preference sheet to find someone to fish with.

Don’t forget the *Lincoln Kids Fishing Derby*—September 4. We need volunteers to set up fishing rods/reels and help out at the derby.

Learn to fish! Members are willing to show you how.

The Fishing Club meets monthly on the second Monday at 7:00 PM, KS, to discuss fishing.

To join, contact Jim Kerbey, jmalcom2@aol.com.

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



Garden

If you enjoy gardening, we encourage you to join us at the General Meetings with expert speakers on a variety of garden topics! Also, our members participate in classes, field trips, socials, demos, civic projects and activities that we offer throughout the year!



Annual Flower Show; class at Golden Pond Nursery; a fun gardening sign

The guest speaker for the July 27 General Meeting (2:00-4:00 PM, KS) will be Cassandra Walker, "Lincoln High School Agriculture Program." She is an advisor to the program, currently teaches Sustainable Agricultural Biology there, and incorporates the farm's natural environment into the agriculturally based curriculum. (Cassandra grew up in rural Lincoln.) Come join us for this interesting project right in our local area!

The Garden Group has supported this School Project with monetary donations and recently we were treated to an Open House, BBQ and Hayride through the 405 acre farm as one of our field trips for our members.

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



Genealogy

Members are in luck this July 17, it's the club's annual Ice Cream Social! A time to mingle with other members and enjoy an evening of camaraderie and cool off with a serving of your favorite ice cream and toppings! There will be six



July social from the past

special interest tables in the Social Kitchen (KS) so people with similar interests can choose to sit with one another. The tables will be labeled DNA, Europe, East Coast, Canada, Midwest and Native American and Southern US.

There will be no official club meeting and no guest speaker! However, there will be the regular prize drawing for members only and this month it is six paid subscriptions to *Eastman's Online Genealogy Newsletter*.

Meetings are at the P-Hall (KS) at 6:30 PM. For July only there is no activity in the P-Hall (KS), but a great social gathering across the hall with lots of stimulating discussion.

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



Golf

Ladies XVIII

The ladies were sizzling in mid-June, playing an easy game of counting Even Holes only. A group of 37 took to the Orchard, with the following results by flight. Candy Koropp led flight one by two strokes over Patti Tilton, and three strokes clear of Dee Arts. In flight two, Sandy Tamanti topped Edda Ashe by three, with Ofra Unger placing third. Linda Chappelle and Karen Thom tied for the lead in flight three, and Millie Sams placed third. Further, flight four found another tie between Ida Cicc and Joyce Watson for first, one half point over Pat Morgan for third. Fiddlesticks! Ties usually prompt reflection on those missed shots. CTP honors went to Nancy Sartor, after an amazing shot four feet away from a back, left flag, on Hole Four.

Once again, the weather curbed our golf during a spate of triple digit temps, ushering in summer.

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

Lincsters

On June 14, playing the back of the Hills, Flight A winners were Sue Pharis, Meredith Nelson, and Brenda D'Andre. Flight B winners were Sharon Herlihy, Nancy Dodgion, and Jeannine Wuschnig. Bev Johnson was first in Flight C; Judy Josse was second, and Charlotte Raifaisen was third. Gay Gladden was first in Flight D. Linda Coolidge was second; Kathi Carlock and Kay Howard third.

On June 21, with the temperatures soaring, 30 players played the Orchard

back. Flight A winner was Phyllis Patrick; Nancy McDonald was second, and Madelyn Merola third. Flight B winner was Jeannine Wuschnig; Marie Bossert was second, and Sharon Winslow third. Mary Bailey took first in Flight C; Fran Rivera was second, and Judy Josse was third. Flight D winner was Linda Zierman; Kathi Carlock was second, and Carole Cain third.

Welcome to new member Kathy McCuiston. Congratulations to June Golfer of the Month, Carmen Farrington.

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



Golf, Men's

The Tahoe Classic Tournament net score winning teams were: John Vass/Joe Angel; Gene Andrews/Jack Drinkard; John Milbauer/Dave Evans; James Chan/John Duggan. Gross score team winners were: Tom Horan/Ed Lazarek; Jesse Reuter/Rich Henrikson; Charlie Kendall/Joel Kaufman; Sandy Merola/Ciro Estremo. Congratulations to all!



George Porzio with the new tournament scoreboards he made for the Men's Club

The next tournament is the Two Man Best Ball on July 18. After that will be the Four Man Scramble on August 8. Sign up with a partner by August 1.

In September will be the Member/Member/Guest Memorial tournament featuring a putting contest and a horse race playoff format on September 25. The following day, September 26 will be a tournament day on the Orchard course. More on this fun tournament in the next issue.

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



Healthy Eating

We kept busy in June with lunch time salad gatherings, a lunch outing



Lunch Outing To Rum Thai; Coffee Plant Tour; Lunchtime Salad Gathering

to a nearby restaurant that features healthy meals and a tour of the SF Bay Coffee Roasting Plant here in Lincoln. The hot spell in June took its toll on new locally-produced fruits that were just coming in—especially certain berry varieties. Other more heat-tolerant plants like tomatoes are looking especially good and will be earlier than usual in our farmers markets, possibly by mid-July

Our June General Meeting featured a new source of healthy eating information for our members: the UC California Berkeley Wellness group whose most notable effort is the nationally-known *Berkeley Wellness* Newsletter. We closely examined one of their newer publications, the *Wellness Supermarket Buying Guide* and it did quite well in answering our members' questions.

Our monthly general meeting is on the fourth Monday at 2:00 PM in the P-Hall (KS), guests welcome.

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



Hiking & Walking

Cannon Beach, Oregon getaway in May was a great success thanks to the

planning of Dan & Wilma Cortinovis and Jim & Denny Fisher. Despite the heat of early June we were able to do some hiking.

Hikes were planned for the last four months of 2017 at the July 3 Hike Leaders meeting. Check the website for the dates and plan your appointments around them.

It takes volunteers to run the Hiking Club for your enjoyment and it will soon be time for election of Officers! This takes place at our annual meeting scheduled



Cannon Beach Hikers at Cape Lookout; Feather Falls in June, Gay, Barb, Chris, Carole and Sharon enjoying

the spray; Western Spicebush on Feather Falls Trail

for October. All the current Officers have served their terms. We need a President, Vice-President, Secretary and Treasurer. If you have the time to volunteer, please give Phil Huntingdale a call at 408-1747. He'll discuss the responsibilities of each position. It's not hard work, but necessary work to keep our club active. Consider this opportunity!!

Contacts: Hiking—Phil Huntingdale 408-1747, smccoubrey@sbcglobal.net;

Walking—Debbie Schryver 666-1741, dshumhaven@earthlink.net

Website: www.lincolnhillshikers.org



Innovations

We received approval to be a SCLH Club on June 22. We are tremendously excited to get this recognition. What do we do? The "Stated purpose of the club in our Bylaws" provides an answer.

- Provide a forum for discussion and mingling of thoughts and ideas regarding impact of changing technological trends on residents of SCLH.
- Assist in presenting these thoughts and ideas to the residents in a format that illustrates the impact on everyday life to help make them aware and prepare them for changes.

• Assist Support Groups in following and explaining available technologies that may assist their members. Help keep the support groups aware of current and potential assisting devices.

Our first research area was Personal Alarms and Trackers, four excellent reports presented in May. Next meeting: Multimedia Room (OC) on July 19 at 5:00 PM. Questions? Please call Ray Dunaway.

Contact: Ray Dunaway 794-0002, ray.dunaway@outlook.com



Investors' Study

I hope your summer is going well in spite of our hot weather. As our members know, we meet on the first Thursday of the month, August 3, in P-Hall (KS) from 2:30-4:00 PM with refreshments afterward and an opportunity to chat with our speakers. This month we have a double whammy: Russ Abbott, our consultant, and Doug Cote of Voya. Russ will review the year ahead and provide answers to



Russ Abbott, Talley Leger, John Noon and Mike Jamison

our questions. Doug will give his usual entertaining remarks about the world at large. Doug is the chief market strategist at Voya Investment Management. This will be his third visit to our group in the last four years. Doug is always informative, enthusiastic and entertaining. So is Russ for that matter. Join us for a special meeting to kick-off the fall and beyond.

The Active Investors subgroup meets on the second Monday of the month at 3:00 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, (weather permitting), followed by coffee at the Kilaga Springs Café, or just come join us for coffee at 10:00 AM.

Movie Day is on the third *Monday* of the month, with Happy Hour afterwards, or just join us for Happy Hour.

Breakfast Brunch at Thunder Valley is the first Wednesday in the month, 9:30 AM. Bring your TV Membership card.

The Biannual Business Meeting is July 22 at 3:00 PM at OC.

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

I hope some of you had the opportunity to see the line dance demonstration on opening day of the Farmers Market. Several dancers participated. We hope to see as many or more line dancers from all levels join us for our next social on August 13. It will be held in the Ballroom (OC) from 1:00 to 4:00 PM. Our teachers will be preparing us for the dances that will be done that day.

We want to send out our best wishes to one of our wonderful teachers, Yvonne



Monday Intro Class

Krause, who broke her leg. We wish her a speedy recovery.

There will be a workshop on October 7, at Rusch Park Community Center, Citrus Heights. A full day and evening of dancing. Guest instructors Michele Burton, Cathy Dacumos, Ruben Luna and Sandy Gardetto. Music by Norm Gifford. Cost \$40 by August 1 or \$45 after August 1.

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. Summer 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

Tuesday is always a happening day in the Card Room (OC). National Mah Jongg is being played from 12:30 to 4:00 PM every week. It is a wonderful place to meet your neighbors and make new friends. Newcomers are always welcome to play with us. If you don't know how to play, please contact Fran Rivera

at 434-7061. During the summer months Fran is away but you may call her and leave a message with your name and phone number and she will put you on her list to call back starting September 1 when she will begin setting up her fall class. So why wait, call her right away and make sure she has your name and you will be ready when the Fall class starts.

“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 difficult game to learn but once you do, your ability to excel is limitless.” This quote sums up the fun and excitement of the game. Why not try it!

Contacts: Patti Kingston 587-3056;

Elsa Paszek 253-9709; Fran Rivera 434-7061



Mixed Media Arts

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 the world of Mixed Media. We are a very creative group, and most everyone at one point in time was a beginner. So don't be shy and feel free to stop in during one of our regular meetings to see what we are all about. Our club starts at 1:00 PM on the third Wednesday of each month in the Ceramics Room (OC).

Contacts: Frima Stewart 253-7659,

frimastewart@gmail.com;

Patricia Branham 408-5057,

pbranham56@aol.com



Motorcycle

RoadRunners

Santa Rosa was the destination of the RoadRunners fourth scheduled ride of the year. Road Captain John Marin led the riders to Santa Rosa where they stopped to take a picture with one of the town's official greeters—Lucy from the Peanuts gang. Then it was on to Sebastopol to enjoy lunch at the Hopmonk Tavern. On July 8, the club went on a ride through the Sierra Foothills to the town of West Point.



Riders with new club member;
Riders getting ready to head out

Along with the scheduled monthly rides, the club gets together for other activities such as dinner out after the monthly club meetings and the annual Bocce Ball tournament and Barbecue.

If you like motorcycle touring and have a road worthy motorcycle or trike, check us out! The RoadRunners meet the fourth Thursday of the month at 6:00 PM, Multimedia Room (OC). The next meeting will be July 27.

“Ride Safe—Ride With Friends.”

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

Movie Lovers

The Movie Lovers Group meets on the second Thursday of each month in the Multimedia Room (OC) from 6:30 to 8:30 PM. However, there will be no meeting in August for summer break. Future meetings are planned for September 14, October 12, November 9 and December 14.

In July we discussed the movies *Wonder Woman* and *Churchill*. We welcome all residents and new members. Our discussions are frequently stimulating, insightful and foster new friendships. We share information about current and upcoming movies and events, e.g., the Sacramento French and Japanese film festivals as well

as films available on streaming (Netflix, Amazon, etc.).

Contact: Cliff Roe (408) 205-8765



Music

Calling all musicians to the Music Group Meeting! We play and sing July 26, from 6:30-8:30 PM, Fine Arts Room (OC). Come join the fun and connect. The two songs for July are: “That’s Amore” and “Blue Bayou.” There will be a Blues Jam at the end of the meeting. Bring your instrument.

The next Open Mic is scheduled for August 18 from 6:00-8:00 PM, P-Hall (KS). Performance sign-ups start at 5:30 PM. Open to SCLH musicians. No karaoke is permitted.

Work on your skills at the Performance Skills Workshops. Next one is July 17, 9:00 AM- 12:00 PM, P-Hall (KS). There could be some surprises, stay tuned to the Music Group website.

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

**Contacts: Don Smith, donsmit6704@frontier.com
Steve Beede, sjbeede@att.net
Website: LincolnHillsMusicGroup.org**



Needle Arts

There will *not* be monthly Needle Arts meetings in July and August. However, the Workshops below will be held at the Sewing Room (OC). If interested, contact Susan Smotherman at susan4321@sbcglobal.net, or the website, www.schlina.com, for more information. A list of materials or tools needed will be sent prior to the meetings.

July 22, 9:00 AM-12:00 PM, “How to make a design to use on quilting projects”; instructor Kris Volker. \$20 for supplies.

August 19, 9:00 AM-12:00 PM, “How to make a wool needle case with fancy stitches”; instructor Betty Kisby. \$20 for materials.

September 16, 9:00 AM-12:00 PM, “How to make toes sock using the Kitchener stitch, no seam;” instructor Marsha Watkins; no cost,

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



Neighborhood Watch

The “dog days of summer” tend to slow down many of us; however, we still find energy to celebrate when given the chance. National Night Out, traditionally held on the first Tuesday in August, is an opportunity to bring together neighbors and have some fun. Whether it’s a breakfast, ice cream social, potluck dinner or visit to a favorite restaurant, NNO is a good way to introduce new neighbors as well as to visit with longtime residents. For more information about this event, read Pat Evans’ article on page 23.

There will be a workshop session August 11 from 1:30-3:30 PM in the Fine Arts Room at Orchard Creek for mail box captains and coordinators. This presentation will review the duties of coordinators.

Several Villages still need coordinators: 16B, 20, 24C, 26C, 28, 30C, 35B, 40A and 40B. If interested, contact Larry Wilson (Executive Director), 408-0667, or Pauline Watson, 543-8436.

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



Painters

The Painters Club June meeting was a picnic luncheon—in the heat wave! However, the caterers kindly suggested moving the picnic to the Solarium and we thankfully escaped the worst of the heat. We did have hearty plein air painters demonstrating out on the lawn showing their dedication to plein air no matter what the weather. (See photos on the following page.) A big *Thanks* to our demonstrators who shared their techniques and advice with our attendees, tempting them to try it out.

The July 18 meeting will feature Patricia Abraham, who teaches mixed water media techniques. She has taught for many years and has had shows throughout the country. In August 15, Steve Memering, well-known for his insightful suggestions, will provide a critique for anyone who would like to have a painting reviewed.

For anyone interested in joining, we have a new membership chair, Jerrie Crass



Plein Air Painter Jim Baker sketching; Plein Air Painter Bonnie Armstrong; Plein Air Painter Jim Brunk in the sun



From the Overstock Sale in June: a time to stop and shop; looking for the perfect buy; Mina Bahan and Carol McGovern

perfect buy; Mina Bahan and Carol McGovern

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

(jerriec68@gmail.com). Thanks Jerrie, for taking that hat!

Contact: Joan Musillani 712-4393, joanmusillani@gmail.com

Website: <http://lhpainters.org/index.html>



Paper Arts

We celebrated "Christmas in July" at this month's meeting with Debbie Chronister from *Stampin' Up!* who led our project. This was a perfect time for us to get together, escape the heat, and think cool (cold!) thoughts as we made cards for the holidays. Thanks, Debbie, for joining us for another fun session.

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.



Pedro

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



Photography

Annual elections for club officers were held at the June meeting. Members voted in a new President and Vice President while re-electing the Secretary and Treasurer incumbents. New leadership comes with new challenges. The Board is looking at

opportunities to help members advance their photography skills. Currently, the Special Interest Groups provide the best learning opportunities. For one-on-one teaching, field trips are an excellent venue. The more experienced photographers are always happy to share tips and techniques with novice photographers. Field trips planned for the rest of the year include Lake Tahoe wild flowers, galaxy shots from Luna Lake, Reno Hot Air Balloons and fall colors.



Photographers: Peter Beckett; Gary Ferguson; Rudi Franke

Another opportunity for polishing photography skills is to join the Lifestyles Group. This team of volunteer photographers is available by request to photograph Lincoln Hills events; peer-to-peer instruction is provided. New members are welcome to volunteer.

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



Pickleball

Pickleball Club players are challenging themselves to improve this summer. The free lessons lineup taught by dedicated volunteers and open to members only:

“Drills and skills:” 3:30 PM, second and fourth Thursdays. Sign-up sheet posted the Sunday prior. Limited to 16.

“Drill with Simon:” Automatic ball machine practice, 4:00 PM, first and third Wednesdays.

“Intermediate;” For skill levels 2.5 and 3.0 at 3:00 PM and 4:00 PM first and third Tuesdays. Sign-ups required Sunday before. Eight per class.

“Advanced:” For 3.5 and above 6:30 PM first and third Mondays. Sign-up Monday of class. Sixteen only.



Didi Martin slams an overhead during lessons on the best strategy to put away a smash; Bec Cannistraci is one of the many volunteers who help players develop their skills



Not a member but want to learn? Free introduction most Wednesdays at 1:00 PM. No paddles or reservations necessary.

Our President’s Cup gold medal winners: 2.5 and below: Women: Margaret Belah—Meredith Nelson. Men: Frank Rodwick—James Dean.

3.0: Women: Polly Smith—Chris Biswell. Men: Ron Dilbeck—Doug Hinchey.

3.5: Women: Andrea Mayorga—Mary Keaney. Men: Armando Mayorga—Roger Lopossa.

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



Players

Readers Theater is preparing for their second presentation of the year on August 5 at 7:00 PM and August 6 at 3:00 PM. Their selection: “The Philadelphia Story,” an award-winning script that began on the stage, but ended up as a “Screen Play” starring Katherine Hepburn, Cary Grant and Jimmy Stewart. Auditions were held on June 22 and 23, cast selections to be announced. This is a fun romantic comedy with the trials and tribulations of an ex-spouse and a current fiancé. Free admission, at P-Hall (KS).

The next Main Stage play has been set for OC on November 16, 17, and twice November 18. Audition dates: August 14 and 15. The title: “A Funny Thing Happened on the Way to the Forum,” a funny, fast moving musical, that has continuously had award winning performances. Reserved and General admission seating will be available. Come and let us entertain you!

Contact: Kevin Smith 408-1818, kbsmith17@yahoo.com
Website: www.lincolnhillplayers.com



Poker Group

The Poker Group plays a variety of poker games every Monday and Friday, 12:45-4:30 PM, Tuesday, 4:45-8:30 PM, in the Multipurpose Room (OC). Games are played using script, and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

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

All poker players will be seated as long as they arrive by 12:45 PM (Monday and Friday) or 4:45 PM (Tuesdays). The seating arrangement will eliminate people not being able to play because tables are full. The 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

The RV Group keeps on rolling with rallies to Jackson in May, San Juan Batista in June and Lake Almanor in July. The grand finale rally this year will be a trip to the Albuquerque Balloon Festival with organized stops to take in the beauty of southwestern America all the way there and back.



New Members Bill & Shelley Silva;



Long Time Members Club Secretary Linda Dern and Club Membership Sharlene Zielinski;



New Members Chris & Jennifer Forsyth

Our club continues to grow as guests attend our monthly meeting and find us to be so nice they join the club!

We meet at the Social Kitchen (KS) at 4:30 PM on the second Thursday of each month, where we discuss upcoming rallies then visit with shared appetizers. Visitors with an interest in RVing are always welcome to visit, meet new friends and discuss the fun of RV travel.

Contact: Marlowe Skar 434-7799
Website: www.lhrvg.com



SCHOOLS

It’s time to volunteer in one of our Lincoln schools for fall. We are looking for enthusiastic helpers for our dedicated teachers. It’s a rewarding and memorable experience to be part of the lives of our children. Just an hour or two a week can make a big difference!



Volunteering at Creekside School

Visit our new website:

<http://schoolssuncity.org> for information about the program including each school's website, quotes from teachers and volunteers, and photos of volunteers in the classroom. Now is your chance to contact a leader listed below. You need not have been a teacher or have had any teaching experience.

Save the date: Thursday, September 14, 10:00 AM, KS, SCHOOLS will hold their annual meeting. School Superintendent, Scott Leaman, will speak. It will be a chance for you to meet other volunteers. In September there will also be an orientation for new volunteers.

Call contacts below today for further information.

Written by Patti Kingston.

Contacts: Crystal Elledge (Elementary)

543-8617, celedge@sbcglobal.net;

Irma Mendez (High School), jmeidm@aol.com

Website: <http://schoolssuncity.org>



SCOOP

Join us for dog walks on the first Tuesday of every month. Members will receive an email prior to the walk for the location.

Our meeting on Tuesday, August 1, 11:00 AM in the Fine Arts Room (OC), will feature speakers about Sutter Pet Therapy Program. This is a very worthwhile activity that brings trained dogs to patients in the hospital. There is a need for more therapy dogs so please come and hear about the program.

On Wednesday, September 13, 8:00 AM there will be "Pooches on the Patio" at the Meridians Patio. This is for owners and their dogs on leashes.

Our last meeting of the year will be on Tuesday, October 3, and will feature our Treasurer Michele Murphy and her dog

October, who is a dog in training for Canine Companions for Independence. We will also elect new officers for SCOOP at this last meeting. Several of our officers will be stepping down at the end of the year. The future of SCOOP will depend on members stepping up to serve in order for SCOOP to continue. SCOOP is a wonderful organization that has helped to educate dog owners and bring dog owners together.

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

Scrabble players meet every Monday at 1:00 PM in the Card Room (OC). We welcome you to join us and give it a try. All materials are provided. No reservations are needed. Play one, two, or more games. Some folks stay till 4:00 PM and beyond. Others play for an hour. It's a very flexible game. A good way to spend a hot summer afternoon.

Contact: Anne McMaster 409-5408, wiltonanne@yahoo.com



Shanghai

Shanghai is 1) a large city in China; 2) a kidnapping by unscrupulous means; 3) a type of long-legged chicken of Asian origin; and 4) what you yell when you get a Shanghai at our card game every Thursday. If you would like to join the fun, contact the name below. We play every Thursday at 12:30 PM in the Card Room (OC).

Contact: Howard Beaumont 408-0395



Singles

Singles honored the outgoing and incoming officers at our Summer Fling Dinner/Dance at KS on the hottest day so far this year at 111 degrees. Air conditioning was great so was food from Siinos and music by the Slack Cats.

Upcoming events: On July 20 we will be dining at Paul Martins. At our July Social, we play Bingo with lots of prizes. August 3 Cocktails at Buonarroti; August 6 Birthday Celebration; August 10 General Meeting with speaker, Richard Fuller; August 12 Saturday Breakfast at Sports Bar.

Don't forget Bocce Ball on Wednesdays and Golf on Fridays. \$15 a year you can join us!

Contact: Kathy Shaddox 209-3307



Softball

The extreme heat has wrecked havoc with the softball game schedule. Many afternoon games had to be cancelled as temperatures reached high into the 90s. Because of the heat, our schedule for the rest of the summer is reduced from five games a day to four.

By the time you read this, Senior Softball will have celebrated Independence Day with three games on the 4th of July. The third game will have been played between the Lincoln Hills All stars and City of Lincoln All Stars.

A great day was celebrated with 50/50 drawings, hot dogs, and more.

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

Contact: Marty Rubin 408-3494,

marty629@gmail.com

Website: LHSSL.net

Coyotes

The 70 Coyotes won the Caruso Memorial Tournament in April in Lodi, then won The Sacramento TPA Spring Slugfest in Folsom in May. Coyotes overall record/year—outstanding 15-3.

Coyote 65 team played best tournament/ year placing second/Rock N Reno tournament in May. The team was led by power hitting from Jerry Maynard (three Home Runs/two Triples. Jerome Bader led the team batting average along with Gerry Gates. The 65s had All Tournament Players—Jerry Maynard, Jerome Bader, Carl Hess, Dale Stephens.

Coyote 60's travelled to Carson City in June/Senior Softball USA Rock N Reno Challenge Cup. This national event paired the Coyote 60's with 17 other teams from across the Western US. Overall, Coyote 60's finished ahead of 10 and behind six.

Coyote 75s traveled to the annual Rock N Reno tournament in May in Sparks/played all three days. Against stiff competition the team finished third in 75s Major Division.

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



Sports Car

Summer has arrived. Early June took us from Lincoln through the Lower Capay Valley with lunch at the Cache Creek Casino and then through the Upper Capay Valley. After a stop at Granzella's in Williams we headed home along the Sacramento River via the Sutter Buttes. The day started out a bit cool but as the day progressed many "tops" came down.



The Sutter Buttes "Smallest Mountain Range in the World"; Alison Phillips and Karen Kremesec enjoying Flag Day; Pete & Barbara Santina at St. Jorge Winery



On Flag Day we had our second Social Event of the year at the Cheesecake Factory with a Flags on the Patio Event. More than 75 members enjoyed some great food as well as time to visit. Many dressed in Red, White and Blue to celebrate Flag Day.

Our final June tour led us to Acampo and a visit to the St. Jorge Winery located in the heart of the Lodi Wine Country.

If you own a sports car and want to enjoy your car with others, contact tom.breckon@sbcglobal.net

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



Sun City Squares

Sun City Squares meet at KS. Our newer dancers have not graduated to Main Stream Level dancing and are enjoying the fun progress they are making. We are always ready to welcome anyone who has an interest in square dancing. Please stop by and watch or join us. If you are interested in learning, please call Jean Grupp. Times for dancing listed below.

- Round Dance Class, Mondays, 12:00 to 1:00 PM, KS
- New Dancer Class, Mondays, 1:00 to 1:45 PM, KS
- Plus Level Dancing, Mondays, 1:45 to 3:30 PM, KS
- Advanced Dancing, Mondays, 3:30 to 4:00 PM, KS
- Advanced Dancing, Thursday, 1:00 to 3:00 PM, KS

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



Table Tennis

Last year Eric Smith "retired" from ping pong and is now actively riding his bicycle many miles per week. You may recall him gliding and sliding with his ping pong stool strapped to his body and making some pretty amazing shots. Thank you Eric for modeling for us how one man worked with his Vietnam war injuries and overcame some extremely tough obstacles. Mary and I are blessed to have Eric and his wife Tammy as new neighbors. Our Table Tennis Club is always on the lookout for new players to join us on Fridays 8:00-11:00 AM, Sundays 12:00-5:00 PM and Tuesdays 6:00-9:00 PM at KS.

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

Tap Company

I hope everyone had a safe and sane 4th of July. I always enjoy the BBQ and fireworks, and am grateful to live in this wonderful country of ours. It's hard to believe the year is more than half over. Pretty soon we'll be seeing Holiday decorations at Costco.

Everyone enjoyed the very wonderful luncheon we had on June 23 in the Ball-

room at OC. Luncheon chair, Jan Roeser did a fabulous job of organizing this event once again—thank you Jan. We elected new officers at the meeting so you will be seeing new names on some of the upcoming club updates.

As you probably already know, there is only one tap class during the month of July, and August is still up in the air. Come fall, we will start preparing for our Spring Tap Show so keep working on those tap steps. Enjoy the rest of your summer.

Contacts: Natalie Grossner 209-3804,
Natalie_g@msn.com; Jennifer Lauchner 543-2858, jenniferlauchner@yahoo.com



Tennis

Congratulations to the winners of the Men's and Women's LHTG Singles Tournament held on June 3. Thanks to everyone who entered and all who helped. And the winners are:

- Men's 4.0: First Russ Smith; second Jim Walsh;
- Men's 3.6: First Doug Lundy; second John Lees;
- Men's 3.0: First Jack Ryder; second Marty Westby;
- Women's 3.0: First Linda Mateer; second Cathy McCuiston.

Our next tournaments will be the Mixed Doubles Tournament on September 21 and the Oktoberfest on October 21.

The ball machine is set up every Saturday from 8:00 AM-10:00 AM for anyone who wants to come out and practice their shots.

The LHTG General Meeting was held on June 15 at KS. An update of the accomplishments of the 2017 Board was presented. Also a presentation of the defibrillator was made.

Contacts: Pam Flaherty, pamflaherty@gmail.com

Barbara Davis, 408-2604, barb7dick@att.net
Website: www.sclhtg.com



Water Volleyball

Our Water Volleyball Club has so many things to offer our Community. Besides providing a light-hearted social gathering each time we're playing our games, we learn that our senior bodies are more than capable to play the sport. In



*Thursday
Level 3
game; Good
form Jesse!*

many cases, our club offers the only sport activity for our folks. It's a great feeling to still be part of a team sport. It's surprising how playing and having a good time opens up the mind!

There is one more outside volleyball game planned for August 13 at OC from 5:30-7:30 PM. Caps, sunglasses, and sunscreen are recommended.

We are having another surge of new members. It must be the "heat" that gets new people in the water. The KS water is so nice and comfortable now. Cudos to

the Recreational Subcommittee for all their work with the newbies!

See you in the water!

Contact: Rhonda George (907) 242-3161

Website: www.lhwatervolleyball.com



Woodcarvers

Ever since man could break and hold up a stick he has been involved in wood whittling/carving of some form or another. The first point about whittling/carving is that it is for recreation and relaxation. Like all hobbies where you do things with your hands and actually create something for keep-sake or for use, this is deeply satisfying. Creating something through your hands is therapeutic and even meditative. It is active and therefore positive to your wellbeing. And it is portable and a very cheap activity to do. All you need is a pocket knife and a small piece of wood and you're all set to go. Today this process has reached a very evolved art form which even has commercial possibilities.

The Woodcarvers Club is here to help get you started.

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

Contact: Dick Skelton 626-0895



Writers

Remember your childhood summers? Staying in the shade on white-hot days if you went outside at all, playing with the neighbor kids all day because school was out, watching fireworks before the movie at the drive-in, running through the sprinklers to cool off, churning peach ice cream on the front porch with your Dad.

Remember flashlight tag in the bushes? Remember kick-the-can in the street? Remember racing bikes with your friends around the block? Remember the tar so hot it burned your feet? ~SRG2016

We all have memories of the "good old days". Think about writing down your stories. Isabell is doing that, as are others. Join us, share your stories, hear our stories. Try your hand at memoir or poetry, biography or fantasy. The Writers Group meets the second, fourth, and fifth Mondays at 6:30 PM in the Ceramics Room (OC).

Contacts: Geoff Young,

gwyong01@wavecable.com;

Freddie Dempster, fredeedee@gmail.com;

Susan Gust, srg2266@gmail.com

The Listening Post

Continued from page 5

from the audience was that we need to prioritize the tools we use to reflect how people get their information now and in the future. We need to make sure that we make the website the go-to resource for up-to-date information, and further refine how we utilize eNews.

Finally, the topic turned to marketing and space allocation, and the need to ensure that this community remains active and vibrant, and that we market ourselves as such. We also need to make sure that we provide programming that appeals to the broad spectrum of interests our residents have. I was reminded on a couple of occasions to not forget the singles in any of these plans!

Listening Post meets on the fourth Tuesday of each month. This is your opportunity to ask questions of our Executive Director and guest speaker, and their opportunity to Listen and provide answers.
Please come join in the discussion.

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August Class Dates

Intermediate Class

When: Thursday, August 10th, 17th, 24th & 31st
Time: 8:00am to 9:30am
Cost: \$80 per person limited to 6

Short Game Clinic

Details: Putting, chipping, pitching and green side bunkers
When: Tuesday, August 8th or Monday, August 14th
Time: 8:00am to 10:00am
Cost: \$25 per person limited to 6

Sign up in the golf shop or just call 916.543.9200



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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.

Caregiver Support Group

A Caregiver Support Group meets on the third Thursday of each month at the Twelve Bridges Library. Our next meeting is on July 20 from 9:00-11:00 AM. Come and join others who are walking the journey of a caregiver. Caregiving is not easy. We offer resources, support and a safe place to share your concerns. This is open to anyone caring for a friend, spouse, or relative. Please come in through the back door employees' entrance. More info: Brenda Cathey, 253-7537.

Chamber of Commerce, Lincoln Area

Chamber of Commerce, Lincoln Area
The Lincoln Area Chamber of Commerce is accepting applications for the Leadership Lincoln program, which provides an

You are invited to attend...

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

- Tuesday, July 25 • 11:30 AM Retirement Funding Solutions Solarium (OC)
- Thursday, July 27 • 9:30 AM C.R. Abrams Revocable Trust Solarium (OC)
- Friday, August 4 • 10:00 AM Nautilus Society Oaks Room (OC)

intensive series of one-day workshops covering a diverse set of topics and tours of organizations that are a part of the Lincoln and South Placer region. The facilitators of each class organize a well-balanced day of topics, presenters, speakers and tours. If you are interested in growing your business, serving in the Lincoln area or just knowing more about the region where you live and work, apply by August 11. More info: email events@lincolinchamber.com for an application.

Cloggers

Come join us as we dance our clogging best at the "Dancin' In The Desert" shindig, August 25-27, in Victorville! We're going to learn many different forms of this beloved American folk dance. Flat-foot, Shuffle-Style, Buck,

Circle/Partner dances, Contemporary, Irish-Canadian, PowerTap and Intro to Free-styling are just a few of the workshops scheduled to be taught by some of the leading clogging instructors in the U.S. You won't want to miss this, so we'll see you there! More info: Natalie Grossner, 209-3804.

Glaucoma Support Group

Got Glaucoma? This chronic condition is a leading cause of blindness, but with proper treatment, it can be managed. This sneaky disease is often not diagnosed until it is very involved in reducing peripheral vision. The Glaucoma Support Group is a great source of information on living with Glaucoma. Our next meeting will be on August 9, at 4:00 PM in the Multimedia Room (OC). Our meeting

Continued on page 42



Opportunity to Join the Bingo Team

The Lincoln Hills Foundation Bingo Team has plenty of fun on Bingo Day, and we invite *you* to join in!

This is the team that organizes and oversees our monthly Bingo games in the OC Ballroom. Examples of roles are;

- Team leader
- Supply handler
- Greeter
- Pop-ups seller
- Bingo numbers caller
- Numbers and payout verifier
- Photographer

Time commitment? Once a month for five hours (11:30 AM-4:00 PM).

Join a roomful of smiling people, and give to this great community! For more information and details, please call or email Marcia VanWagner, 408-0667 or mmvanwagner@gmail.com.

Jane Buffington LHTG Featured Player

Mary Beth Quallick

Jane Buffington is an 84 years young dynamo. She is an accomplished Babolat-sponsored tennis player, figure skater, pianist and vocalist. She excels in tennis on both clay and hard courts. Her successes in tennis include USTA national rankings of #7 in singles and #3 in doubles. Jane was Northern California USTA Player of the Year three times and has represented the United States in international competition. Fond memories include singing in the Bach Festival Chorus in Carmel and figure skating in shows with the St. Paul Minnesota Pops Orchestra. Jane is a certified Professional Tennis Instructor, and her tennis success earned her a Babolat sponsorship. The USTA of Northern California named Jane Player of the Year three times. Jane played with tennis greats Poncho Gonzales, Jim



Accomplished Babolat-sponsored tennis player, figure skater, pianist and vocalist

Jane Buffington

Courier, John McEnroe, and Jimmy Arias.

Jane maintains her competitive ways on the tennis court. Her girlish giggle and demure disposition is captivating as she casually executes her lethal drop shot or impish lob. Her competitive spirit is only outshone by her grace, benevolence, and generosity. Lincoln Hills Tennis Group is fortunate to have an example of what the sport of tennis is all about in Jane Buffington.



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(Sign-in starts at 9)

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Continued from page 39

lasts one hour. More info: Bonnie Dale, 543-2133 or Bjdale@aol.com.

LH Italian Club

This month members attended the 2017-2018 Governing Board's 14th Anniversary Inaugural Dinner and Dance at Catta Verdera. Like a good mystery? On August 6 at OC, come have dinner and see "Murder at the Manor," an original interactive play written, directed, and acted by club members. Test your knowledge of Italian culture, history, and geography on September 16 while enjoying a homemade Italian dinner at KS. No event is scheduled in October, but Turkey Bingo returns on November 5 in

the Timbers Ballroom, Sun City Roseville. Visit our website at www.lhitalianclub.org or contact Sandi Graham at 826-5711 or smgraham101@gmail.com for information and membership.

Lincoln Democratic Club

The Lincoln Democratic Club meets Thursday, August 17, at the P-Hall (KS). Doors open at 6:30 PM; a brief business meeting at 6:45 PM is followed by the program. We are having a Candidates Forum to hear from candidates running for California Congressional District 4. For details, see the club website at <http://www.democraticclublincolnca.org> or email Al Witten, lincolndems@gmail.com.

Lincoln Parkinson's Group

The Lincoln Parkinson's Group will be meeting on July 18 from 10:00 to 11:30 AM. This group encourages, supports, and informs those or their loved ones with information to help them deal with their journey. We meet at the Granite Springs Church on East Joiner Parkway in Lincoln. We hope you can join us! More info: Brenda Cathey, 253-7537.

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.

~ Community Perks ~

LH Certified Farmers Market & Vendor Fair Every Wednesday

Support your local farmers and join us every Wednesday at the OC Parking Lot, 8:00 AM-12:00 PM. Local Certified Farmers will be selling a variety of fresh fruits and vegetables. Weather permitting, the Farmers Market will be open every Wednesday until November at the Fitness Center parking lot. Interested to be a vendor for handmade and hobby-related items? Contact Shelvie Smith at 625-4021 or shelvie.smith@sclhca.com in order to reserve your space.



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. Mayor Gilbert will be having Matt Wheeler, Director of Community Development, join him.



KS Classic Movies on Saturday: The Four Seasons Saturday, July 15 — Free

1:30 PM, P-Hall (KS). Rated PG, 107 minutes—Comedy/Drama. Starring Alan Alda, Carol Burnett, Rita Moreno, Jack Weston, Sandy Dennis, Len Cariou, and Bess Armstrong. Three middle-aged wealthy couples take vacations together in spring, summer, autumn, and winter. Along the way we are treated to mid-life, marital, parental, and other crises.



Music Group Sponsored "Open Mic Night" Friday, August 18 — Free

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



The Philadelphia Story Readers Theater (Players "Free Theater" Group) Saturday, August 5 at 7:00 PM — Free Sunday, August 6 at 3:00 PM — Free

P-Hall (KS). It is the tale of a wealthy Main Line Philadelphia family, the "Lords"—Tracy Lord, the eldest daughter (socialite and princess of the family), Mr. & Mrs. Lord (Mr. Lord who is banished for infidelities), Dinah, the impish "little sister," Tracy's ex-husband, Dexter (divorced for misbehaving), George, Tracy's "nouveau riche" fiancé, and Mike, a reporter for *Spy Magazine* (Tracy's moral miss-step?) How does all this fit together?—come see our show!



Coffee with the Mayor Thursday, July 28 — 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

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.

Running For Fun—Lincoln RATS

The Lincoln Runners And Triathletes is a casual group of men and women runners and would-be runners who gather twice a week to run 5K (3.1 miles) or more if you like. We invite you to join us every Tuesday and Thursday at 7:00 AM in front of the Kilaga Springs Fitness Center entrance. We are a small group but you will find someone running at your pace. If we are too slow for you, there is a faster group that leaves earlier. Come

check us out. Ben Horner 660-2602 or benhorner53@gmail.com.

Shalom Social Group

In 2001, five Jewish families in Lincoln Hills got together to provide a place where newcomers to Lincoln Hills could meet other Jewish families and promote Jewish culture. Today there are 172 members and a wide variety of activities: holiday celebrations, cultural events, sports activities (hiking, bowling, miniature golf, to name a few). We also get together for River Cats baseball and other outings. We have our annual picnic in June. Membership is open to everyone with an interest in Jewish culture and food. More info: Vida Morrison, 984-1043.

Shooting Group

With good weather 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. Info about rifle or pistol shooting: Jim Trifilo, 434-6341 or trifilo@sbcglobal.net. Come out and have fun!

Continued on page 44

~ Community Perks ~

Note: Change in Saturday's Date
KS at the Movies: Hacksaw Ridge
Monday, August 7—1:30 PM — Free
Saturday, August 26—6:00 PM — Free



P-Hall (KS). Rated R for intense, prolonged graphic war violence, 139 minutes, Biography/Drama/History. Starring Andrew Garfield, Sam Worthington, Rachel Griffiths. WWII American Army Medic Desmond T. Doss, who served during the Battle of Okinawa, refuses to kill people, and becomes the first man in American history to receive the Medal of Honor without firing a shot. Winner of two Academy Awards.



director is hired for a new Broadway musical and changes it beyond recognition.

Lincoln Hills Astronomy Group (LHAG)
Partial Solar Eclipse Event
Monday, August 21 — Free

Residents of Lincoln Hills are invited to observe the solar eclipse on the morning of Monday, August 21, on the patio behind OC. Between 9:02 and 11:39 AM, the Moon will pass across the face of the Sun, blocking out part of the light. Lincoln Hills will see a partial eclipse of the Sun where the Moon blocks some, but not all, of the sun's light. LHAG members will provide telescopes equipped with solar filters to enable viewers to safely observe this rare event. Sunspots should also be visible on the surface of the sun for the viewers.



Document Destruction
Monday, August 7

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



KS Classic Movies on Saturday:
The Band Wagon
Saturday, August 19 — Free



1:30 PM, P-Hall (KS) Not Rated, 112 minutes, Comedy/Musical/Romance. Starring Fred Astaire, Cyd Charisse, Nanette Fabray, Oscar Levant, Ava Gardner. A pretentiously artistic



Two Showings! KS at the Movies: Beauty and the Beast
Saturday, September 2—6:00 PM — Free
Monday, September 4—1:30 PM — Free

P-Hall (KS). Rated PG, 129 minutes, Family/Fantasy/Musical. Starring Emma Watson, Dan Stevens, Luke Evans, Josh Gad, Kevin Kline, Emma Thompson, Ewan McGregor, Ian McKellen. A live action, musical adaptation of the fairy tale about a monstrous-looking prince and a young woman who fall in love.



Sons in Retirement

Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its monthly luncheon on Tuesday, July 18 at Catta Verdera Country Club. Speaker will be

Dr. Sarju Patel, MD, a retinologist, who will discuss age-related vision issues. Arrive at 11:30 AM; luncheon adjourns at 1:30 PM. Sons In Retirement is a fun social group dedicated to promoting the

camaraderie of retired men. If you are interested in joining SIR or attending the luncheon as a guest, please contact Chet Winton (408-8708).

*In Memoriam***Howard Canfield**

Howard was an Air Force "Brat" as he spent his growing up years in Pennsylvania, California, and Ohio. He graduated from Ohio State and then joined the U. S. Army Reserves. After completing active duty, he worked for the Public Housing Authority in Chicago and then San Francisco. He settled in Pleasanton, California and worked for the city of Hayward for several years and retired to Lincoln Hills in 2002. Howard was active with the Ohio State Alumni Association and they have named a scholarship

after him. He lived and breathed Ohio State Football! He also enjoyed sailing and crewed for many years. He loved trains and did several steam train excursions and worked on his home display. Active in Mini-Cooper clubs, he owned two. Howard is missed by his sister, niece and her husband and his great-nephew.

James Edward Carter

Born in Sacramento, Jim lived an active, productive, fulfilling life making lasting impacts throughout his life. A life-long Giants and 49er fan, he grew up in Chico and Orinda, California. He owned

and operated Folsom Lumber in the 1970's and Sylvan Lumber in Citrus Heights in the 1980's. He managed the Lumber Jack Store on Greenback Lane until he retired to enjoy Lincoln Hills. Jim and his wife Barbara enjoyed traveling, especially RVing. He enjoyed pheasant hunting in his high school years. He is survived by Barbara, one son and one daughter, six grandchildren, seven great-grandchildren and one sister. He will be missed by family and many life-long friends.

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

Library News

Sandy Melnick, Library Volunteer

Now that summer has arrived, we have many people bringing in drinks to the library. Would you please put a cover on these drinks, whether it is coffee, tea, or water, so that we will not lose a book or books in case your drink spills. Remember that fluids do not mix with books. If a spillage occurs we get mold and other interaction. Thank you for your attention to this.



There is a new contact for the Community Living Room (OC). Bobbie Swenson has kindly stepped forward to ensure that that location is in good order along with the volunteers who have been maintaining it for many years.

Our hats off to all the people who volunteer their time.

If you like to read about personalities, I'm sure you will enjoy *The Rainbow Comes and Goes* by Anderson Cooper and his mother, Gloria Vanderbilt. This is a dialogue between mother and son on their lives and other personal questions. Looking at the picture on the cover of this book, it is really hard to imagine that Gloria Vanderbilt is over 90! This book is in the biography section with a blue dot.

Contacts: Sandy Melnick, (408-1035) for donations, Pam Combes (530-613-4185) for investment materials, and Bobbie Swenson (543-6362) for the Community Living Room (OC).

Reminder:**Online Bill Pay Update Needed**

Residents who pay quarterly assessments using Online Bill Pay through their own bank must update their homeowner account number. If you have already done this, thank you. Many continue to use an old account number. The new number was provided to you at the end of January, 2017. Please update your bank's Online Bill Pay system as soon as possible. This does not pertain to those who provided a Voided Check for auto debit with the Association.

Effective this past July 1, the Association's bank will no longer process payments with the wrong account number and your payment will be rejected. This could cause your payment to be considered late and a late fee of \$35.40 could be applied to your account.

If you need your new account number, please email your Accounting staff at accounting@sclhca.com, or call 916-625-4000.

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—Comedy/Magic—

A Magical Evening with Kevin Blake Friday, July 21, 6:00 PM & 8:00 PM Shows — LSE13



Kevin Blake is an illusionist, magician and mentalist known for his public shows in San Francisco as well as around the globe. Close-up and on stage, Kevin demonstrates world-class magic and mysteries of the mind, from impossible sleight of hand to fascinating tricks of psychology. Kevin has over a decade of experience that includes lecturing at Google, opening for Third Eye Blind at the historic San Francisco music venue The Fillmore, and even working as a backstage magician for international magic super group *Band of Magicians*. You won't want to miss out on a hilarious and fun magical evening of entertainment! Save \$1 off \$4 or more at KS Café on show night. 6:00 PM and 8:00 PM performances. P-Hall (KS). **Reserved seating, \$16.**



KS Comedy Night: Randy Riggle Returns Tuesday, August 15, 6:00 PM & 8:00 PM Shows — LSE18



Randy Riggle is a nationally touring stand-up comedian and has opened for such acts as Bob Dylan, Jerry Seinfeld, Ellen DeGeneres, Red Skelton, and Jerry Lewis. Back in the Presentation Hall, his combination of innovative style, quick wit, and brilliant impressions make him popular with all types of audiences. This talented comedian has appeared nationally on all three major networks including NBC, ABC, and CBS. He was also a contributing writer for "Tonight Show" host Jay Leno. The U.S. Navy recently invited Randy to Hawaii to participate in the 75th commemoration of Pearl Harbor, where he read his poem "This Hat I Hold" in honor of his late father a World War II Navy man. Save \$1 off \$4 or more at KS Café on show night. 6:00 PM and 8:00 PM performances. P-Hall (KS). **Reserved seating, \$16.**



—Concerts—

Summer Concert Series The Everly Brothers Experience Featuring The Zmed Brothers Friday, July 28 — LSE5

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 & 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 continue to influence artists around the world. General Admission \$22.



KS Classical Music Night: San Francisco Guitar Quartet Thursday, August 3 — LSE17



Since its debut in 1997, the San Francisco Guitar Quartet has established itself as a dynamic force in the guitar world through its innovative concerts and recordings. The current generation of the group seeks to continue the mission of expanding the guitar quartet repertoire through collaboration with living composers, bringing creative new works to life. The SFGQ's recordings have garnered praise from critics and fans alike. They have toured across the United States and traveled internationally to Germany, Taiwan, and Guam, where they gave sold out performances. Past performances include San Francisco's Omni Series, La Guitarra California Festival, Pasadena's Guitarra del Mar series, the Hot Air Music Festival, and Dresdner Gitarrenfest in Dresden, Germany. They have appeared on both NPR and the syndicated radio shows *West Coast Live* and *Classical Guitar Alive!* Save \$1 off \$4 or more at KS Café on show night. 7:00 PM. P-Hall (KS). **Reserved seating, \$19.**



Summer Concert Series Chicago the Tribute Friday, August 11 — LSE6

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 perform-



Continued on page 48

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

ing 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.

Summer Concert Series

Top Shelf's Motown Magic Musical Revue Friday, August 25 — LSE7

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.

Summer Concert Series

Catch A Wave, The Beach Boys Show

Friday, September 8 — LSE8

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.



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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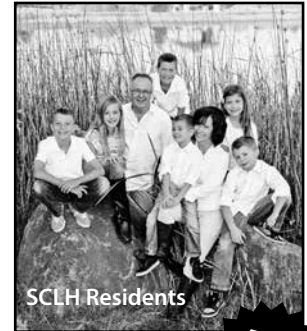
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KS Classical Music Night
An Evening of Opera, Operetta & Musical Theater
Performed by Mezzo-Soprano Molly Mahoney
Thursday, September 14 — LSE20-07



Registration starts July 17. From Gilbert & Sullivan to Rodgers & Hammerstein, Mezzo-Soprano Molly Mahoney with G. Scott Lacy at the piano will charm you with her sublime singing, memorable humor, and heartfelt portrayals. A stylistically diverse performer, she sings opera, musical theater, and jazz with equal aplomb. A favorite of San Francisco Bay Area audiences, Molly's 2016-17 season includes performances as Lady Angela in "Patience" with Lamplighters Music Theatre, Angelina in "Cinderella" with San Francisco Opera Guild Outreach, performances for West Edge Opera's new works series, "Snapshot", and as Clizia in West Edge Opera's production of "The Chastity Tree" by Vicente Martín y Soler. She also returns to Society Cabaret in San Francisco's Union Square after the success of her one woman show, "Mischief!" which debuted there the previous year. Save \$1 off \$4 or more at KS Café on show night. 7:00 PM. P-Hall (KS). **Reserved seating, \$19.**



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.



KS Music Night:
County Line Trio's Salute to the Kingston Trio
Thursday, September 28 — LSE22-07

Registration starts July 17. The County Line Trio, performs their salute to the legendary "Kingston Trio" with a rousing show that incorporates the original arrangements of their many hit songs. Remember "Tom Dooley," "Charlie on the MTA," "Scotch and Soda," "Worried Man." and "Where Have All The Flowers Gone?" These and many other great folk music classics are blended with delightful banter, jokes and having fun! The County Line Trio has performed in numerous venues, from the nightclub stage, music festivals, corporate functions and private parties, to the concert stage. They have always been welcomed by enthusiastic audiences, eager to take that nostalgic trip back to the days when everyone exercised their vocal cords, tapped their toes and clapped along to the familiar refrains of the great folk hits. Save \$1 off \$4 or more at KS Café on show night. 7:00 PM. P-Hall (KS). **Reserved seating, \$24.**



Summer Concert Series
The Elvis Songbook with Jim Anderson & The Rebels
Friday, September 22 — LSE9

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

Day Trips & Extended Travel



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

Day Trips

—Casino/Races—

Cache Creek Casino
Wednesday, August 23 — LST33

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. Wheels roll from OC at 9:30 AM, return ~ 4:30 PM. \$26.

Just added! Harveys South Lake Tahoe
Thursday, September 7 — LST46-07

Registration starts July 17. Back by popular request! We've arranged for a special trip to Harveys in South Lake Tahoe that will include \$10 in gaming and \$3 in food credits. Enjoy the scenic drive up Highway 50 and you'll have six hours to enjoy in Tahoe. If you're a hiker, here's your chance for a nice day



on the trails behind
Continued on page 52

Harrahs. Meals on your own. Harvey's requires a pre-registration list for your Rewards Card. Be prepared to give your name as it appears on your driver's license or state I.D. card, existing Harrahs/Harveys Total Rewards number if you have one, along with your birthdate and email address. Wheels roll from OC at 8:00 AM, return ~ 7:15 PM. \$32.

—Museum—

Art, Fashion, and Rock & Roll: What's Not to Love? de Young Museum, San Francisco Wednesday, August 16 — LST23

In "The Summer of Love Experience: Art, Fashion, and Rock & Roll" see iconic rock posters, interactive lightshows, photographs of legendary musicians, and out-of-this-world clothing. The de Young immerses you in sights, sound, and cultural achievements of a summer that rocked the world. Be a part of this exhilarating 50th anniversary celebration. Also view: *Beyond the Surface: Worldwide Embroidery Traditions* presents a selection of embroidered costumes and accessories from around the world to explore their distinguished craftsmanship and cultural connotations. *Revelations: Art from the African American South* celebrates the debut of the Fine Arts Museums of San Francisco major acquisition from the Souls Grown Deep Foundation in Atlanta of 62 works by contemporary African American artists from the Southern United States. Wheels roll from OC at 8:00 AM, return ~ 6:30 PM. \$65.



—Performances—


Additional bus added! André Rieu at Golden One Center Bus #4 Wednesday, October 25 — LST55

Musical Phenomenon André Rieu is quite simply like no other especially along with his 60-piece Johann Strauss Orchestra (the largest private orchestra in the world), André has created a global revival in waltz music, staging spectacular extravaganzas which are second to none. On stage André's incredible musical prowess, passion and charisma make for a magical spectacle. His romantic and fun shows are the only ones where people regularly jump to their feet and dance in the aisles. It's not uncommon to see devoted fans laughing, weeping, clapping, dancing and embracing when they listen to the beautiful waltzes, film scores, spirituals, musicals, folk songs and marches and André's precious Stradivarius violin from 1732; his shows are a perfect mix of thrilling, romantic, festive and emotional melodies combined with surprises, balloons, beautiful soloists and of course André's great sense of humor. We have been fortunate to obtain group seating in the lower bowl in section 109 of the Golden One



Continued on page 55

Important Information: Entertainment, Trips, Classes

- **Registration:** Required for all activities unless otherwise noted. Resident 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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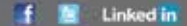


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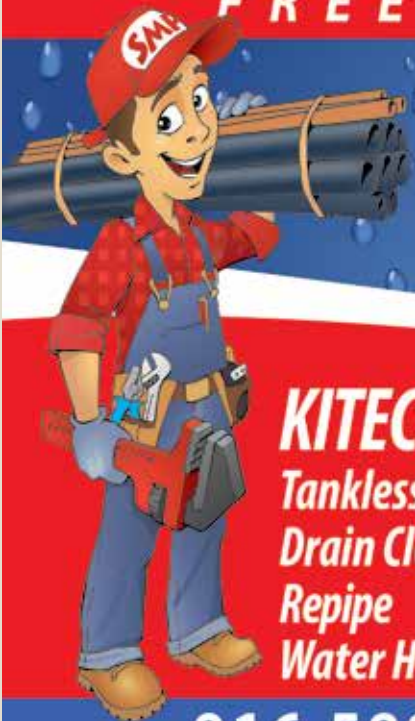
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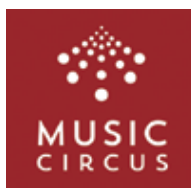


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2017 Music Circus

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 a couple of 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. Wheels roll from OC at 6:15 PM, return ~ 11:00 PM. \$98 each show.



9 to 5

Thursday, July 27 — LST28

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 — LST29

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.



Broadway Sacramento 2017-2018

The Broadway Sacramento series, the region's largest live performing arts event, features national touring productions of some of the most popular Broadway shows. All performances held at the Sacramento Community Theatre at 8:00 PM. Reserved Mid-Orchestra seating. Enjoy the convenience of being dropped at the front entrance to the theater and not having to worry about driving and parking in downtown Sacramento. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM. All shows except for Book of Mormon—\$95 each.

Beautiful—The Carole King Musical

Tuesday, November 7 — LST34

Beautiful—The Carole King Musical tells the Tony® and Grammy® Award-winning inspiring true story of King's remarkable rise to stardom, from being part of a hit songwriting team with her husband Gerry Goffin, to her relationship with fellow writers and best friends Cynthia Weil and Barry Mann, to becoming one of the most successful solo acts in popular music history. Along the way, she made more than beautiful music, she wrote the soundtrack to a



generation. Featuring a stunning array of beloved songs including "I Feel the Earth Move," "One Fine Day," "(You Make Me Feel Like) A Natural Woman," "You've Got a Friend" and the title song, "Beautiful." \$95. *First bus sold out! Please place yourself on Waitlist to be contacted when second bus becomes available.*

Something Rotten!

Tuesday, January 2, 2018 — LST30

With 10 Tony® nominations including Best Musical, "Something Rotten!" is "Broadway's big, fat hit!" (*NY Post*). Set in 1595, this hilarious smash tells the story of Nick and Nigel Bottom, two brothers who are desperate to write a hit play. When a local soothsayer foretells that the future of theatre involves singing, dancing and acting at the same time, Nick and Nigel set out to write the world's very first Musical! With its heart on its ruffled sleeve and sequins in its soul, *Something Rotten!* is "The Producers + Spamalot + The Book of Mormon. Squared!" (*New York Magazine*). \$95. *First bus sold out! Please place yourself on Waitlist to be contacted when second bus becomes available.*



Jersey Boys

Tuesday, January 30, 2018 — LST31

Jersey Boys is the Tony®, Grammy® and Olivier Award-winning Best Musical about Rock and Roll Hall of Famers Frankie Valli & the Four Seasons. This is the true story of how four blue-collar kids became one of the greatest successes in pop music history. They wrote their own songs, invented their own sounds and sold 175 million records worldwide – all before they were 30! Experience electrifying performances of the golden greats that took these guys all the way to the Rock and Roll Hall of Fame with songs "Sherry," "Big Girls Don't Cry," and many more. Don't miss the international sensation that's a Broadway triumph and continues to break records in cities across America bringing countless audiences to their feet. \$95. *First bus sold out! Please place yourself on Waitlist to be contacted when second bus becomes available.*



The Book of Mormon

Tuesday, March 13, 2018 — LST32

Don't miss one of the most talked about Broadway shows in the last few years. The Book of Mormon is an edgy and outrageous satire musical which takes shots at everything from organized religion to consumerism, the state of the economy and the musical theatre genre itself. The show tells the story of two young Mormon missionaries who are sent to a small town in Uganda. They are shocked at the cultural differences, as a War Lord threatens the local villages and controls the area by fear. Both missionaries attempt to share the scriptures with the local people, although only one of them knows it well enough. Famine, poverty and disease threaten the town, and the duo must battle their own beliefs in order to succeed and make a change. They learn about



Continued on page 56

themselves, the true meaning of friendship and what religion ultimately means to them. Get your tickets to the hottest show in town! *Be Aware*—*adult themes and explicit language that may be offensive to some.* \$119. *First bus sold out! Please place yourself on Waitlist to be contacted when second bus becomes available.*

An American in Paris

Tuesday, May 22, 2018 — LST35

An American in Paris is the new Tony Award®-winning musical about an American soldier, a mysterious French girl, and an indomitable European city, each yearning for a new beginning in the aftermath of war. Acclaimed director/choreographer and 2015 Tony Award®-winner Christopher Wheeldon brings the magic and romance of Paris into perfect harmony with unforgettable songs from George and Ira Gershwin in the show that earned more awards than any other musical in the 2015 season! \$95.



—Sports—

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 located in Club Section 230. All games wheels roll from 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. Cleveland Indians**
Wednesday, July 19 — **LST10**
\$154.
- **Giants vs. World Series Champion Chicago Cubs**
Wednesday, August 9 — **LST11**
\$192.

Football Fans Rejoice!

49ers Game Trip

San Francisco 49ers vs. Arizona Cardinals

Sunday, November 5 — LST44

We have group tickets to a 49ers game this upcoming season! Bypass the traffic & parking hassles and join us as we see the

49ers take on the Arizona Cardinals from Section 204 in the end-zone at Levi's Stadium. Those of you who've taken the Levi Stadium tour know that's the section just to the left and up from where you come up the main escalators. The bus will be able to stay in the parking lot to make for an easier departure. There will be a stop at Cordelia both directions of the trip for a rest/food. Sign up early for best seats as the 49ers can only hold these excellent seats for a short time. Wheels roll from OC at 8:00 AM, return ~ 9:00 PM. \$125.



—Tours/Leisure—

Strauss Festival—Elk Grove Regional Park

Sunday, July 30 — LST22

The Strauss Festival of Elk Grove is an outdoor staged dance production at Elk Grove Regional Park. Featuring a live orchestra, fireworks and other pyrotechnic displays, enchanting outdoor ambiance, and of course the beautifully costumed dancers. Celebrate 30 years of this event on a lovely summer's eve! The Festival has attracted audiences from around the world and has garnered critical acclaim along the way. It is one of the longest-running events of its kind, and in keeping with the tradition of the original Strauss Festival in Vienna, admission has always been free. However, due to the high cost of the production we have included a \$5 donation per person in the price of this trip as they have gone out of their way to insure we have a reserved section of plastic lawn chairs for our group and a designated bus area. Food and drink vendors are open during the festivities or you may bring your own picnic dinner. The seating is at the edge of a park lake and evenings can cool down, so may want to bring a sweater or blanket. Wheels roll from OC at 5:30 PM, return ~ 11:15 PM. \$34.

*Strauss Festival
of Elk Grove*



San Francisco for the Day

Destination- Yerba Buena Gardens, San Francisco

Filipino Pistahan Festival

Sunday, August 13 — LST14

The Filipino festival is centrally located across from SF MOMA and a short walk to Westfield Centre or Union Square if you do not desire to attend the festival. Celebrating



Filipino and Filipino-American arts and culture, the 23rd annual Pistahan (*festival*) features art pavilions and stages showcasing contemporary and traditional music, dance, art, crafts, cuisine and artifacts. It is a celebration of the rich Filipino heritage. A trade expo offers products unique to the Philippines, including foods, books, jewelry, clothes and products for the home created from mother of pearl, bamboo, coconut, mahogany, marble,

Continued on page 58

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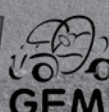


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Nike Missile Site—Marin Headlands

Saturday, August 19 — LST36

The Marin Headlands is the site of a number of historic military settlement fortifications, including Fort Cronkhite, Fort Barry, a large number of bunkers and batteries, and the SF-88 Nike Missile silo. From the 1890s, the first military installations were built to prevent hostile ships from entering San Francisco Bay. During the tense years of the Cold War, from 1953 to 1979, the United States Army built and operated close to 300 Nike missile sites in the United States. These sites were designed as the last line of defense against Soviet bombers. Site SF-88L is the only fully restored Nike missile site in the country. See the inside of the silo and a demonstration of the missile being ready for lift-off. This museum is an enduring reminder of the Cold War and allows visitors to reflect upon the realities of the Cold War and their influence on today's society. We'll have a Park Ranger led tour and also a trip over to Battery Wallace for an included boxed lunch from Meridians and tour of the site with fantastic views of the San Francisco Bay and Golden Gate Bridge. August is cool on the coast, so layer up! Boxed lunch includes choice of *Turkey or Italian Salami Sandwich or Vegetarian Wrap*. Comes with fruit, chips, cookie & bottled water. Choose lunch at time of registration. Wheels roll from OC 7:45 AM, return ~ 5:30 PM. \$62.



Half Moon Bay for the Day

Saturday, August 26 — LST37

Another opportunity to get out of the valley heat and enjoy a cool coastal day! Located approximately 35 minutes south of San Francisco, it's a gorgeous coastal region ideal for escaping the summer swelter. With a temperate summer climate averaging 65 degrees during the day, Half Moon Bay is famous for its Pumpkin Festival, but also home to one of the finest agricultural regions in our state. We'll be visiting on a Saturday when the Coastside Certified Farmer's Market is in full swing with many tasty local offerings from farmers, ranchers and fishermen so bring your ice chest and insulated shopping bags! You'll have time to peruse shops on Main Street or if you're a hiker, take a walk down the Coastside trail. Bring your own lunch or enjoy lunch on your own. Wheels roll from OC 8:00 AM, return ~ 6:30 PM. \$50.



Best in the West—Rib Cook-off

Wednesday, August 30 — LST21

Come and enjoy the country's best rib competition and enjoy the "Best Ribs in the West"! This cooking competition at Victorian Square in Sparks over the long Labor Day weekend is a must-attend culinary affair. You've seen the BBQ cook-offs on the Food

Network, now come experience it live! Event also includes one of the largest arts & crafts fairs in northern Nevada. Lunch on your own. We're going on the first day of the event for less crowds. This trip sells out fast, so buy early! Wheels roll from OC at 8:30 AM, return ~ 6:30 PM. \$41.



California Capital Airshow

Saturday, September 9 — LST43

The 2017 California Capital Airshow will be roaring across the skies of the Sacramento at Mather Air Field and featuring a very patriotic event that will feature every branch of United States Military. You won't want to miss the spine-tingling jet demonstrations, world-class aerobatic performances, barnstorming, warbirds and miles of interactive exhibits, music, food and so much more! In addition, the 2017 Airshow will host for the first time the 'National Aviation Heritage Invitational'. This incomparable annual competition brings together the finest examples of restored vintage aircraft across the nation to be judged against restoration standards established by the Smithsonian National Air and Space Museum to compete for the grand champion Neil A. Armstrong Aviation Heritage Trophy...and you can be a part of it all! Our group will enjoy the large chalet tent with an included buffet and soft beverage, with seating in the tent or outside at tables with umbrellas near the airshow center for best viewing. VIP entrance and up front bus drop off and parking along with private restrooms for chalet guests only. Docents and airshow staff will be available for assistance and questions. Skip the traffic and parking hassles and join us for this spectacular airshow. Buffet menu available at activities desk or online. Wheels roll from OC at 8:30 AM, return ~ 5:30 PM. \$119.



Craft Brewery Tasting—

Crooked Lane & Knee Deep Breweries

Wednesday, September 13 — LST47-07

Registration starts July 17. Join us as we taste and learn how the brewing process works at two of the hottest craft breweries in Northern California! First visit an old Lincoln favorite that relocated to the Auburn Airport area, Knee Deep Brewing. This award-winning brewery is known for their IPAS, but also makes a variety of stouts to also tempt your taste buds. We'll finish the day at a newer brewery, Crooked Lane on Highway 49 in Auburn. Their specialty is English Ales, German Lagers and West Coast Style IPAS. There will be a food truck available at Crooked Lane for snacks on your own. Flight of four tastings included at Knee Deep and five tastings at Crooked Lane. Bring your growlers and insulated bags to purchase beer from the tap or bottles/cans to bring home. Growlers available for purchase at both breweries.



Continued on page 61

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Trip size limited to 33 people. Wheels roll from OC at 1:00 PM, return ~ 5:00 PM. \$56. *Includes indicated tastings & tips. Any additional tastings on your own.*

Benicia Fine Arts & Crafts Fair Saturday, September 16 — LST48-07

Registration starts July 17. Artisans and crafters will line First Street in historic downtown Benicia for this annual event. Recognized as one of the most diversified and leading Bay Area arts & craft shows, this event draws thousands of shoppers. Vendors are pre-screened to ensure a quality event with an extensive selection and variety of fine arts and crafts. You'll be steps from the waterfront and historical sites. Lunch on your own. Wheels roll from OC at 9:15 AM, return ~ 5:00 PM. \$35.



Golden One Arena Tour & Il Fornaio Luncheon Wednesday, September 27 — LST49-07

Registration starts July 17. Experience an unforgettable VIP tour experience of the new Golden One Arena in downtown Sacramento. Explore and learn about the building's architecture, technology, culture, art, food and beverage! Come see what makes the Golden 1 Center Sacramento's world class sports and entertainment facility! To top off the tour, enjoy an included sumptuous lunch at Il Fornaio. Choice of *Penne al Pomodoro*, *Conchiglie al Pollo*, *Insalata Regina* or *Bisteccina alla Griglia* with *Tiramisu* for dessert and your choice of a soft beverage. Choose at time of registration. Complete menu and description at Activities Desks. Wheels roll from OC at 8:45 AM, return ~ 1:45 PM. \$90.



Sausalito Floating Homes Tour Saturday, September 30 — LST50-07

Registration starts July 17. Get a glimpse inside life on the water at the annual Sausalito Floating Homes Tour. If you've ever wondered what living in a floating home (a.k.a. a houseboat) is like, this one-of-a-kind home tour is your chance. The Floating Homes Tour is an easy, self-paced look at 16 of the most unique floating homes in a very distinctive and colorful community. This year the tour celebrates the earliest origins of the floating homes community with the theme "Homefront on the Waterfront", highlighting the connection between houseboat living and Sausalito's WWII-era shipyard, the Marinship, which celebrates its 75th anniversary this year. Visitors are encouraged to attend in 1940s



attire. The tour also includes exhibits and sales by local artists, authors and maritime oriented non-profits. Docents are onboard the homes to answer your questions about the waterfront lifestyle. Lunch on your own at the event with vendors or café at the docks. Artwork will be on sale. Wheels roll from OC at 8:00 AM, return ~ 6:00 PM. \$105 (includes admission).

Apple Hill Tuesday, October 3 — LST51-07

Registration starts July 17. Don't miss this beautiful fall ride to Apple Hill in the Placerville foothills. Visit High Hill Ranch with crafters, specialty shops, a produce and goodies store, and lovely fall colors! Enjoy an included hot lunch at The Pie House Restaurant in a reserved area for our group. Lunch menu *Rotisserie-style Barbecue Chicken*, *Macaroni Salad*, *Dinner Roll/Butter*, and *Apple Pie a la Mode* and beverage. (Vegetarian selection available only upon request during registration.) After lunch, enjoy a guided bus tour with a running commentary on the history and development of Apple Hill with included stops at Larsen's Apple Barn and Bill Apples & Felice's Dolls. The fall colors and countryside scenery will make this a day to remember. We even get a snack of an Apple Fritter and a bottle of water for the ride home. Wheels roll from OC 9:00 AM, return ~ 6:00 PM. \$68.



Fleet Week Hornblower Luncheon Cruise Sunday, October 8 — LST52-07

Registration starts July 17. We've reserved space with Hornblower Cruises for your enjoyment of the festivities. You'll be in awe as the Navy Blue Angels soar right above you on the bay along with several other air teams! Enjoy once-in-a-lifetime views,



free-flowing champagne and an all-you-can-eat gourmet buffet lunch (included) aboard the sternwheeler San Francisco Belle. After lunch, step onto the deck, and enjoy the best views of the Blue Angels' show. Be sure to dress in layers and bring a jacket as it can get cold on the Bay. Lunch is served after 1:30 PM (sample menu available at the Activities Desks). One city block walk to the boat and we'll give plenty of time after returning to the dock to get to the bus for departure. There will be a rest stop on way home. Wheels roll from OC at 10:00 AM, return ~ 8:30 PM. \$175.





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QuiltFest

Thursday, October 12 — LST53-07

Registration starts July 17. In cooperation with the Needle Arts Group and open to all residents and their guests, we're going back to enjoy The Pacific International Quilt Festival held at the Santa Clara Convention Center. It offers a spectacular display of over 800 quilts and works of wearable and textile art on display. This well recognized and largest quilt show on the west coast has more than just amazing works of art. A 300-booth Merchants Mall can be found with the best in fabrics, notions, machines, wearable art and everything for the quilter, artist and home sewer. The festival also features workshops and lectures presented by an international teaching staff. Meals on your own. We will stay until the close of the show. For additional information regarding workshops, etc., check the website www.quiltfest.com. Wheels roll from OC at 9:00 AM, return ~ 9:45 PM. Dinner stop in Santa Clara to wait out traffic and rest stop on way in to show. \$67 (includes admission).



Ferry to San Francisco—Fisherman's Wharf

Tuesday, October 24 — LST49-07

Registration starts July 17. Are you ready for a fun-filled and carefree fall day in beautiful San Francisco? Start the day with a one-way scenic ferry ride from Vallejo to the historic San Francisco Ferry Building. Enjoy some time on your own to explore the Ferry Building with some time for shopping and/or lunch on your own. Our motor coach will pick you up at the Ferry Building and take you down the Embarcadero to Fisherman's Wharf where you can grab a Cable Car to Union Square or wander over to Ghirardelli Square for a few more hours of free time on your own. Wheels roll from OC at 8:15 AM, return ~ 8:30 PM. Rest stop on return trip. \$54.



—Overnight/Extended Travel—

Overnight!

Top Gun Tour—Fallon Naval Air Station Nevada

Tuesday, September 19 to Wednesday, September 20 — LST39

Join your Trip Coordinator Katrina and the LH Veteran's Club for a tour of the Top Gun training facility in Fallon, Nevada. The air to air & air to ground Naval Fighter Weapons Training School was moved from Miramar NAS in San Diego to Fallon in 1996. Fallon NAS is also the home of Navy Seal combat search and rescue. Our tour of Fallon NAS starts with a morning walk around the static displays at the airpark with stops in-between at different base locations and ends at the observation deck at the flight tower. (There is an elevator!) Included lunch at the dining hall (Cafeteria style). Hotel stay at



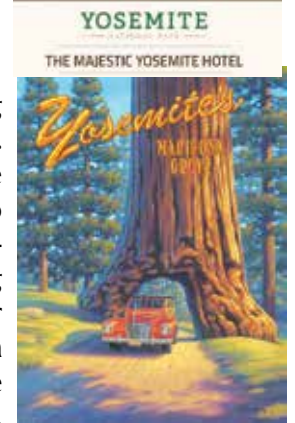
Nugget Resort & Casino in Sparks at Victorian Square with a \$5 slot and \$3 food credit. There will be an included dinner stop on the return trip at Boomtown where you'll have time for some gaming or a walk next door to Cabela's. The US Navy requires your full legal name, date of birth and last four digits of your social security number, be prepared to provide that information at time of registration. Wheels roll from OC at 1:30 PM, Tuesday, September 19, return Wednesday, September 20 ~ 8:00 PM. A signed liability waiver is required for each participant. \$131 per person double occupancy. \$157 single.

Two Night Stay!

Yosemite National Park

Wednesday, October 11-Friday, October 13 — LST45

Join Katrina, your Trip Coordinator, for two days in Yosemite National Park. Spend one day on the Valley Floor experiencing the visitor's center and Spirit of Yosemite film before we head over to the Majestic Yosemite Hotel (formerly the Ahwahnee) for a white-tablecloth luncheon. The two-hour Valley Floor tour will follow in an enclosed coach instead of the open-air tram. The second day in the park will bring you to the newly re-opened and restored Mariposa Grove, home to over 500 mature Redwoods including the Grizzly Giant and the Tunnel Tree. Tram tours have been discontinued at the grove and the site has been restored to a more natural setting. A Yosemite Conservancy tour guide will lead a walking tour through the grove. The walking tour is about 1.6 miles and rises in elevation by 400 ft. Many of the roads within the grove were converted into hiking trails.



There will also be over a half-mile of new accessible trails and boardwalks. Be prepared to be at altitudes up to 6600 feet. On day of arrival in Oakhurst we'll also enjoy a docent led tour of Fresno Flats Historical Village founded in 1856 as a farming town and supply center for lumber and mining in Oakhurst. Lodging will be at the Yosemite Gateway Inn that sits on six-acres with some parts on a hill. Enjoy the onsite restaurant and lounge along with the outdoor and indoor pool with a spa. No elevators and limited ADA rooms available. Luggage service included.

Trip Inclusions:

- Docent-led tour at Fresno Flats Historical Village
- Two-night stay at Best Western Plus Yosemite Gateway Inn—Oakhurst
- Luggage service
- Daily hot breakfast buffet at hotel
- Valley Floor ranger-led tour in an enclosed coach with several stops for picture taking.

Continued on page 65

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- Mariposa Grove walking tour led by Yosemite Conservancy guide.
- Lunch at Majestic Yosemite Hotel (formerly the Ahwahnee): *Includes soup of the day, Choose from: Chicken Marsala, Rainbow Trout Amandine or Vegetable Bowtie Pasta Primavera. Traditional Yosemite dessert Boysenberry Pie included along with Iced Tea or Coffee.*
- Lunch at Big Trees Hotel (formerly The Wawona Hotel): *Includes tossed green salad, Choose from: Lemon and Herb Marinated Breast of Chicken or Vegetarian: Chef's Choice (Not pasta), Iced Tea or Coffee with Apple Crisp for dessert.*
- Lunch at Santa Fe Basque: *Lunch served family-style and includes Fried Chicken, Pork Spareribs, Soup, Bread & Butter, Macaroni Salad, Vegetables, Iced Tea or Coffee and Ice Cream for Dessert. Be prepared to give your Yosemite Park lunch choices when you register.*

Please advise of any dietary or accessibility issues during registration. If you have mobility concerns, please contact Katrina prior to registration at 625-4002. We'll be taking Highway 41 in and out of Oakhurst and the park. Included meals: two breakfasts and three lunches; dinner on your own. Pick-up copy of itinerary outline at Activities Desks. Wheels roll from OC at 8:00 AM, October 11, return October 13 ~ 5:45 PM. *A signed liability waiver is required for each participant. \$527 per person double occupancy. \$682 single.*

Five days, four nights!

Celine! Las Vegas

Tuesday, November 14 to Saturday, November 18 — LST18

Join Katrina, your Trip Coordinator, as we see the amazing Celine Dion at Caesar's Palace in fabulous Las Vegas! It's a relaxing trip as there are rest and meals stops and we overnight at a mid-point in Bakersfield before cruising in to Fremont Street in downtown Las Vegas and stay again on the return trip home. You'll have a free afternoon and evening in Las Vegas to do as you wish.

Trip Package includes:

- Seven meals (three breakfasts, two lunches, two dinners)



- Lunch at Harris Ranch
- Overnight stay at Doubletree by Hilton in Bakersfield with included full hot buffet breakfast
- Two-night stay at Four Queens hotel on Fremont Street in the newly renovated South Tower with in-room coffee makers and refrigerators and included luggage service
- Free Fun Book for Four Queens Hotel & Binion's Gambling Hall
- One Hot Breakfast at Four Queens Coffee Shop
- Dinner Buffet at the Number#1 rated buffet in the USA, Caesar's Bacchanal Buffet prior to the Celine show with a private reserved room for our group
- Reserved ticket in the 1st Mezzanine Section 4 or 5 at the Celine Dion show at Caesar's Palace
- Docent led tour of the Las Vegas Mob Museum
- Stop at Borax Museum and Mine on return trip
- Basque style dinner in Bakersfield
- Return overnight stay at Doubletree by Hilton Bakersfield with full hot buffet breakfast
- Lunch at Hilmar Cheese Factory.

Gratuities included for lunches, dinners, luggage service at Four Queens and bus driver. Wheels roll from OC at 8:15 AM, Tuesday, November 14, return Saturday, November 18 ~ 4:30 PM. *A signed liability waiver is required for each participant. \$877 per person double occupancy, \$1065 single. Pick up detailed trip itinerary, seating chart, menus and trip insurance information at Activities Desks or view online. Trip insurance highly recommended.*

Sold Out Trips

Trip • Date • Departure Time

- **Native American & Old West Tour**
Sunday, July 23 • 8:00 AM
- **Bridges of the Bay Cruise**
Thursday, August 3 • 7:30 AM
- **Beautiful**
Tuesday, November 7 • 6:45 PM
- **Something Rotten**
Tuesday, January 2, 2018 • 6:45 PM
- **Jersey Boys**
Tuesday, January 30, 2018 • 6:45 PM
- **Book of Mormon**
Tuesday, March 13, 2018 • 6:45 PM



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

Continued on page 66

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.

– Special Summer Classes with Grandkids –

Make this summer memorable for you and your grandchildren. We have special classes where you and your grandkids can create something together. Share a day of activities with your grandchild. Each class has their own special requirements, so please read class descriptions below before registering. Maximum two kids per adult for any class.

Cookie Monster Fun!

Friday, August 4 — LSC118-07

Registration starts July 17. 9:00-11:00 AM, (KS). \$10 per child, maximum two kids per adult. Volunteer Instructor: Wendy –Jean Iannico. Recommended for kids 5 to 11 years old for most fun! Maximum two grandkids per adult. Older kids okay too. Have fun with your grandchildren making all cookie shapes in different colors. Using their hands, kids can make animals, flowers, cars, cookie monster and anything else they can think of... only limit is their imagination! The class will encourage creativity for all participants... no cookie cutters will be provided. Participants will make three sugar cookies that we will bake so they are ready to eat or bring home. Milk will be provided. There will also be story telling while we wait for the cookies to bake.



Grandkids Sip and Paint “Dragonfly”

Friday, August 4 — LSC64-07

Registration starts July 17. 1:00-4:00 PM (KS). \$45 for grandparents; \$25 for kids, nine years old and older. Max two kids per registered adult. Instructor: Unni Stevens. Bring your grandchild/grandchildren to a fun and creative afternoon while you paint your own version of this acrylic dragonfly painting on 12” x 16” under-painted canvas, ready to hang. Each participant gets their own canvas, and step-by-step instruction from professional artist Unni Stevens, who will teach you how to mix colors, use media, brush stroke techniques and offer help and advice to create a successful painting. We will snack on cookies and lemonade while we work. All supplies and snacks are included in the fee. No art experience needed.



Clowning Around with Your Grandchildren

Friday, August 18 — LSC108-07

Registration starts July 17. 10:00 AM-12:00 PM (KS) \$20 Adults; \$10 per kid. Maximum two kids per adult. Instructors: Trudy and

Loretta. Recommended for kids six years and older. Discover with your grandchildren the fun of becoming a clown! Trudi, our official event face painter and animal balloon maker, will share her talents and knowledge with everyone. Learn how clowns walk in those big shoes and where they walk. Oops C. Daisy and Hugz (aka Trudy and Lorretta) both professional clowns will give a brief history of clowns and how they have transitioned into today’s society. Class will demonstrate different types of clown faces and makeup options. Grandparents and grandchildren will help design and paint each other’s faces and get ready to clown around!



Art

–Announcement–

Fine Arts Class Gallery

**Featuring the Art of Marilyn Rose and LH Students
Opens Friday, September 15**

5:30-7:30 PM, Fine Arts Room (OC). The Activities Department, in cooperation with art instructors and students, welcome all residents to stop by the Fine Arts Room to view the work of Marilyn Rose and community art students. Focus is on Oils. Pieces will remain on display until November 16 and can be viewed anytime an art class is in session.



–Drawing–

Beginner Drawing

Thursdays, August 3-31 — LSC14-07

Registration starts July 17. 6:00-8:00 PM (OC). \$65 (five 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, August 8 & 22 — LSC67-07

Registration starts July 17. 9:00 AM-12:00 PM (OC). \$45 (two sessions). Supply fee paid to instructor, \$5. Instructor: Kerry

Continued on page 69



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*Fares are per person, based on double occupancy and apply to the first two passengers. Please call for singles or third/forth-birth passengers. Please call Club Cruise for special discounted prices for Single, Triple and Quad Occupancy. This offer is capacity controlled and may not be combinable with any other public, group or past passenger discount. Some restrictions apply. Fares quoted in U.S. dollars. Deposit of \$1200 per stateroom. Final payment 90 days prior to departure. Ground Transfers are \$70 from the airport to your hotel in Buenos Aires, from your hotel to the ship and from the ship to the airport in Los Angeles.

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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, August 2-30

9:00-11:30 AM Class — **LSC69-A07**
Or 1:30-4:00 PM Class — **LSC69-B07**

Registration starts July 17. 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, August 7-28 — **LSC70-07**

Registration starts on July 17. 9:00-11:30 AM (OC). \$39 (three sessions, no class August 21). 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 “Sutter Buttes”

Friday, July 21 — **LSC16-07**

Sip and Paint “Sunset”

Friday, August 18 — **LSC71-07**

Registration starts July 17 for August

Class. 5:00-8:00 PM (OC). \$55. In-

structor: Unni Stevens. Relax and

enjoy cheese and wine while paint-

ing. 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.



—Watercolor—

Watercolor Painting

Thursdays, August 3-31 — **LSC72-07**

Registration starts July 17. 1:00-4:00 PM (OC).

\$75 (five sessions). Instructor: Michael Mikolon.

Learn the basics of painting with watercolors.

This beginner class will focus on: materials and

painting techniques; developing your sense of

color; looking into basics of color theory; how to

use the color wheel; and mixing fresh and vibrant

color with the use of a well organized palette.

Learn to create your own voice in art by

discussing design, composition, and value

controlling the focal point. We will also

discuss master colorists: Dutch, English, and

Impressionists, Post Impressionists and late

19th and early 20th



Continued on page 70

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, August 1-29 — LSC73-07

Registration starts July 17. 1:00-4:00 PM (OC). \$67 (five sessions). Instructor: Jim Alvis. Introductory class for residents who have never worked with clay, and continuing students who want to further develop skills. Course covers basic hand building and wheel throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided at first meeting for future classes.

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



Advanced Ceramics

Tuesdays, August 1-29 — LSC74-07

Registration starts July 17. 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.



New Instructor! New Time

Ceramics: Beginner/ Intermediate and Advanced

Thursdays, August 10-31 — LSC75-07

Registration starts June 17. 4:00-7:00 PM (OC). \$54 (four sessions). Instructor: Linda Miller. 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.

Vacation drop-in: CERD2 — \$17 per session.

Crafts

—Card Making—

Will be on hiatus for the month of June through August

Dance

—Clogging—

Dance your way to better balance, unclogged arteries, better muscle memory and that all-important mental memory. Not only is clogging a vigorous, rhythmic, energetic dance form, it is a whole lot of fun that helps improve quality of life. Join us in any of the clogging classes below that fit your skills.

Beginning Clogging

Tuesdays, August 1-15 — LSC77-07

Registration starts July 17. 10:00-11:00 AM (KS).

\$21 (three 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 for this fun class and move to the music. No special shoes required; flat-soled shoes recommended.



Easy-to-Intermediate Clogging

Tuesdays, August 1-15 — LSC78-07

Registration starts July 17. 11:00 AM-12:00 PM (KS). \$21 (three 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, August 1-15 — LSC79-07

Registration starts July 17. 12:00-1:00 PM (KS). \$21 (three sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval. Students are strongly encouraged to take 11:00 AM class. Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events. This class will move a bit faster this year and really get into more Intermediate level dances.

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

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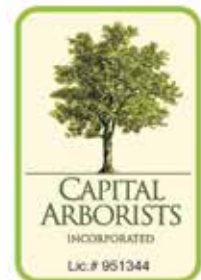


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—Country Western Dancing—

Country Couples Western Dance

Beginner Level One & Two

Mondays, August 7-28 — LSC80-07

Registration starts July 17. 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, August 7-28 — LSC81-07

Registration starts July 17. 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 that will be taught this month will be: "Babykakes" and "Kissin' On You," both circle dances."



Country Line Dancing

Fridays, August 4-25 — LSC82-07

Registration starts July 17. 3:00-4:00 PM (KS). \$24 (four sessions). Instructor: Jim & Jeanine Keener. This class is a mixture of beginner, high beginner, and intermediate dances and features the popular "old" line dances that are done at country dances around the area.

—Hula—

Hula Basics

Thursdays, August 3-31 — LSC83-07

Registration starts July 17. 12:00-1:00 PM (KS). \$40 (five sessions). Instructor: Pam Akina. Learn and practice basic hand and foot motions which are foundational to hula. Mandatory for new students of hula and 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, August 3-31 — LSC84-07

Registration starts July 17. 1:00-2:15 PM (KS). \$50 (five sessions). Instructor: Pam Akina. 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.

—Line Dance—

We offer various levels of Line Dance classes taught by three different instructors. Choose the skill level, schedule and instructor that will best fit your needs. Listed below are the instructors and classes listed in order of difficulty.

Intro to Line Dance

The first step to learning line dancing! This class is for real beginners introducing basic line dance steps, dances and terminology at a very slow and easy pace. Join Yvonne and Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future.



- **Mondays, July 10-August 21 — LSC32**

4:00-5:00 PM (KS). \$42 (seven sessions).

Instructor: Audrey Fish. Sub: Ginger Fullerton, July 24

- **Thursdays, July 6-August 17 — LSC33**

9:00-10:00 AM (KS). \$42 (seven sessions).

Instructor: Substitute: Carol Rotramel

Line Dance I—Beginner

Registration starts July 17. **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, August 7-28 — LSC85**

9:00-10:00 AM (KS). \$24 (four sessions).

Instructor: Substitute: Carol Rotramel

- **Thursdays, August 3-24 — LSC86**

2:30-3:30 PM (KS). \$24 (four sessions).

Instructor: Audrey Fish.

- **Tuesdays, August 1-29 — LSC87**

9:00-10:00 AM (KS). \$30 (five sessions).

Instructor: Substitute: Ginger Fullerton

Line Dance II—High Beginner/Improver Class

Registration starts July 17. **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, August 7-21 — LSC88-07**

5:00-6:00 PM (KS). \$18 (three sessions).

Instructor: Audrey Fish

Continued on page 75

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- **Wednesdays, August 2-30 — LSC89-07**
9:00-10:00 AM (KS). \$30 (five sessions).
Instructor Substitute: Dennis Dawson
- **Thursdays, August 3-31 — LSC90-07**
10:00-11:00 AM (KS). \$30 (five sessions).
Instructor: Yvonne Krause

Easy Intermediate Class

Registration starts July 17. 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, August 2-30 — LSC119-07**
10:00-11:00 AM (KS). \$30 (five sessions).
Instructor: Substitute: Dennis Dawson

Intermediate/Advanced Class

Registration starts July 17. 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, August 3-24 — LSC91-07**
3:30-4:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish

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 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

Registration starts July 17. 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.



Choreography for Fun 1 & 2

Thursday, August 17-31 — LSC93-07

Registration starts July 17. 11:00 AM-12:00 PM (KS). \$24 (three sessions). Instructor: Alyson Meador.

Choreography for Fun 1 & 2

Mondays, August 14-28 — LSC94-07

Registration starts July 17. 11:00 AM-12:00 PM (KS). \$24 (three sessions). Instructor: Alyson Meador.

Technique Classes

Registration starts July 17.

- **Tuesday, August 15-29 — LSC95-07**
10:00-11:00 AM (KS). \$24 (three sessions).

Technique Classes

Registration starts July 17.

- **Thursday, August 17-31 — LSC96-07**
10:00-11:00 AM (KS). \$24 (three sessions).

Technique Classes

Registration starts July 17.

- **Mondays, August 14-28 — LSC97-07**
10:00-11:00 AM (KS). \$24 (three sessions).

Jewelry

—Beading—

Leather Flower Earrings

Tuesday, September 12 — LSC117-07

Registration starts July 17. 9:00 AM-12:00 PM (KS). \$15 (one session). Instructor: Cathie Szabo. Supply fee: \$10 due at start of class includes all you need to make one pair of earrings. Beginners note: this is the perfect way to try your hand at beading. Simple “wrap around” technique adds multi-colored beads to leather flowers. Finish off with a small flower and you have unique earrings! Check the display in OC for samples of how your earrings could look. Be sure you get the proper materials list when you register for the class (check for the correct photo and class number). Besides noting the contents of a kit, the materials list will itemize the few everyday items you’ll need to bring to class.

Glass Art

Fused Glass Jewelry

Monday, August 21 — LSC98-07

Registration starts July 17. 9:30 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 or one of the many other fused glass projects like plates, vases or wall art. We will have a new project every month to choose from. Beginners & experienced artists are welcome. The fused glass class is designed to teach the fundamentals of Dichroic glass jewelry designing and glass finishing in general. 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 pieces of jewelry or one plate or other similar sized project. Additional projects or larger projects are available for an additional supply fee.

Stained Glass

Mondays, August 7-28 — LSC99-07

Registration starts July 17. 1:00-4:00 PM (KS). \$58 (four sessions). Supply fee: \$10 payable to instructor. Instructor: Jim Fernandez. Requirements: No open toe shoes short pants o.k. 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 27 years of stained glass experience.



Money Matters

Money Matters classes are now listed in the WellFit section, see page 83. Register for these classes at WellFit Desks and online.

Music

—Guitar—

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

Guitar 1A—Beginner Level

Wednesdays, August 2-30 — LSC100-07

Registration starts July 17. 8:00-10:00 AM (KS). \$55 (five sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. Class is designed for the person who has not played before or hasn’t played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory. Recommendations: Nylon string guitars are easier to press down, and allow more room for your fingers and easier access to learn and play chords. The teacher can advise students on the purchase of a guitar if needed. Questions? Call Bill, 899-8383.



Guitar 1B—Continuing Beginner Level

Mondays, August 7-28 — LSC101-07

Registration starts July 17. 8:00-10:00 AM (OC). \$44 (four sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. **Prerequisite:** completion of Guitar 1A or Instructor’s approval. Class will cover more advanced note reading, open and moveable chords, strumming, for many types of music, basic finger picking in simple and compound meters, singing and strumming to basic folk and popular songs will be continued. Theory relative to all course of study will be taught. Questions? Call Bill, 899-8383.

Guitar 2B—Entry to Intermediate Level

Wednesdays, August 2-30 — LSC102-07

Registration starts July 17. 10:15 AM-12:15 PM (KS). \$55 (five sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. **Prerequisite:** Completion of Guitar 1B or instructor approval: This class will cover more advanced note reading, chords written in notation, more advanced rhythms and more advanced ensemble music in duets, trios and quartets. New positional study will be started in second, fifth, and seventh positions. We will also study how to play solo literature and basic chord melody. Music theory, pertinent to all course work, will be taught. Questions? Call Bill, 899-8383.



Guitar 3—Intermediate

Thursdays, August 3-31 — LSC103-07

Registration starts July 17. 8:00-10:00 AM (OC). \$55 (five sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new

Continued on page 78

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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, August 3-31 — LSC104-07

Registration starts July 17. 10:00 AM-12:00 PM (OC). \$55 (five sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. Prerequisite: Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. Continue to study more advanced styles of guitar music plus more advanced versions of ensemble playing, duets, trios, quartets. Questions? Call Bill, 899-8383.

Folk Guitar for Fun Folks 101
Beginner Class

Tuesdays, August 1-29 — LSC105-07

Registration starts July 17. 1:00-2:00 PM (KS). \$45 (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, August 1-29 — LSC106-07

Registration starts July 17. 2:00-3:00 PM (KS). \$45 (five sessions). Instructor: Darrell Effinger. **Prerequisite:** Knowledge of playing guitar using basic chords while doing a simple strum and singing (no vocal training required). This class is an intermediate class with emphasis on harder chord fingerings; more transitions of chords in songs; different strumming patterns; and various finger picking styles used by folk artists. Class can be taken in conjunction with the 1:00 PM Beginning class, as long as 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, August 4-25 — LSC107-07

Registration starts July 17. 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
Tuesday & Wednesday, August 29 & 30 — LSC114-07

Registration starts July 17. 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.



New! Class Clowning Around
Thursday, July 27 — LSC57

10:00 AM-12:00 PM (KS) \$30. Instructor: Trudy Richardson. Have you ever thought about becoming a clown? Would you like to know what clowns do? Have you ever wanted to know how clowns walk in those big shoes and where they walk? Oops C. Daisy and Hugz (aka Trudy and Lorretta) both professional clowns are the instructors. The first part of the class will give a brief history of clowns and how they have transitioned into today's society. Students will also learn about different venues for clowns whether it be hospitals, children's parties, parades, care homes or just entertaining crowds. We will show the students different types of clown faces and makeup options. Students will then have the opportunity to put on clown makeup with the instructors helping them design



Continued on page 80

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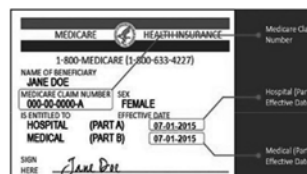


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Additional Personal Improvement classes are listed starting on page 85.

Sewing

—Certification—

Bernina Serger Certification

Monday, August 14 — LSC109-07

Registration starts July 17. 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, August 14 — LSC110-07

Registration starts July 17. 2:00-3:00 PM (OC). \$15. Instructor: Sylvia Feldman. Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class.



Janome Sewing Machine Certification

Monday, August 14 — LSC111-07

Registration starts July 17. 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.

Technology

—PC—

Getting Most Out of Gmail

Monday July 31 — LSC40

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. **Prerequisites:** Basic computer skills Gmail, also known as Google Mail, is the best free email service in the world. Many users rely on Gmail as their primary email address. Gmail is available everywhere, from any device — desktop, laptop, phone, or tablet. Learn to create a Gmail account and use the many features and options available in Gmail that make it a great email service. Learn to create special groups from your Gmail contacts that will make it easy to send announcements to the different groups in your Village. **Prerequisites:** Should have an individual Google or Gmail account set up before coming to class.



Google Play

Tuesday, August 8 — LSC65-07

Registration starts July 17, 1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. Google Play is Google's official online store for purchasing and downloading digital media such as music, magazines, books, movies, and television programs. All Google Play content is capable of being shared across Android devices as well as PC

and iOS devices. Google Play Music is Google's music streaming service and online music storage. Users can upload and listen to up to 20,000 songs at no cost. In this class instructor, Bob Ringo, will show you how to find your favorite apps and to have your favorite music, movies, and books available everywhere you have Internet access.

—Smart Phones and Tablets/Mac—

iPhone Basics Workshop

Saturday, July 29 — LSC115

Or Wednesday, August 30 — LSC116-07

Wednesday class—registration starts July 17. 9:00 AM -12:00 PM (OC). \$30 + \$5 paid to instructor for class material. Instructor: Andy Petro. **Prerequisite:** You must have an iPhone 6, iPhone 6 Plus, iPhone 6S, iPhone 6S Plus, iPhone 7, or iPhone 7 Plus; and you must be on iOS 10.3.1 or higher. Bring your iPhone to the Workshop. Do you want to learn how to get the most out of you iPhone? Do you want to learn how to use the Settings App to personalize your iPhone. Do you want to learn some tips and tricks that will make your iPhone one of your most prized possession? Then this class is for you. If you have any other specific questions about the class call Andy Petro at 474-1544.



Introduction to Android Smart Phones

Wednesday, August 9 — LSC112-07

Registration starts July 17. 9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato. **Prerequisite:** Gmail account. If you are still new to your Android Smart-Phone from any carrier, [Verizon, AT&T, TMobile, etc], you could be feeling a little overwhelmed with all it can do. In this BASICS seminar you will learn SmartPhones are actually very easy to use and you will be able to master yours quickly. On our large screen display we will explain how to navigate screens, manage phone calls, organize contacts, text messages, email, use the internet, share photos, and more. Even if you haven't quite got the hang of your home PC, this seminar will get you off to a great Smart-Phone start. Join us for a fun and educational session!



Facebook 101

Saturdays, August 12 & 26 — LSC113-07

Registration starts July 17. 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

Classes fill up quickly, please register at least seven days prior to class start date.

Register for these classes online or at the Fitness Centers starting July 17 at 8:00 AM.

WellFit Orientations

Free Orientation: WellFit Staff

Don't know where to start in the Fitness Centers? Sign up to take our free Orientation and learn how the Fitness Centers work, and how to use a select number of pieces of equipment safely and properly! Orientations are designed to educate you on all the WellFit Department has to offer and to get you started on your fitness journey. Register: Fitness Desks or online.

- **Wednesday, July 19**
11:00 AM-12:00 PM, Fitness Floor (OC)
- **Wednesday, July 19**
1:00-2:00 PM, Fitness Floor (KS)
- **Tuesday, July 25**
2:00-3:00 PM, Fitness Floor (OC)
- **Wednesday, August 16**
2:00-3:00 PM, Fitness Floor (OC)
- **Wednesday, August 16**
2:00-3:00 PM, Fitness Floor (KS)

Disease Prevention & Management Session-Based Classes

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

Arthritis

Tuesdays, August 1-29

Thursdays, August 3-31

Fridays, August 4-25

Fridays, 12:00-1:00 PM, Aerobics Room (OC). Tuesdays & Thursdays, 11:00 AM-12:00 PM, Aerobics Room (OC). Classes are priced differently: Tuesdays and Thursdays \$43.75 (four sessions), Fridays; \$35 (four sessions). Instructor: Linda Hunter. This class is designed for those with Arthritis and other conditions 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. 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 and share companionship." Linda Hunter is a certified Arthritis Foundation instructor with many years of experience.



Pre-Enrollment Assessment Healthy Living with Exercise

Continuous Dates

Fitness Center (OC). \$30 (one session, one-hour long). This session is a **prerequisite** 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

Mondays and Wednesdays, August 2-28

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.



Lessons

Programs that provide learning the emotional, mental and physical aspects of outdoor activities

Back in September Nordic Pole Walking

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, August 20-September 24

Beginner 8:00-8:50 AM

Intermediate 9:00-9:50 AM

Advanced 10:00-10:50 AM

Courts #10/11. \$75 (five 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.



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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.

New! Make Mindfulness a Habit

Wednesday, August 2-23

4:00-5:00 PM, Aerobics Room (OC). \$60 (four classes). Instructor: Michelle Jamieson. Mindfulness involves recognizing emotions and thoughts as they take place. This class will help participants establish a regular mindfulness practice that can become part of one's daily routine. Working with negative thoughts, learning to let go, and finding compassion for oneself and others will also be topics of discussion.

Tai Chi – Qigong Introductory Class

Tuesdays, August 1-29

1:00p-2:00 PM, Aerobics Room (KS). \$43.75 (five sessions). Instructor Peli Fong. Tai Chi is a centuries-old health system that uses smooth and rhythmic movements that are coordinated with the breath in order to improve one's health and vitality. This clinically proved system is the fastest-growing form of exercise throughout the world as it is greatly recommended by health-care professionals such as the Mayo Clinic, to improve posture, balance, and tranquility. The series of mindful movements that are synched with the breath are confirmed to alleviate arthritis, hypertension, asthma, digestive disorders, high blood pressure, vertigo, and more. This class is designed for people who wish to experience the multitude of health benefits of Tai Chi and Qigong by learning the classic 12 postures, basic Qigong warm-ups, and exercises that prepare them for the next level

Tai Chi Qigong L1

Tuesdays, August 1-29

2:00-3:00 PM, Aerobics Room (KS). \$43.75 (five sessions). Instruc-

tor: Peli Fong. Tai Chi and Qigong are century old practices that focus on soft and gentle movements known as the 24 postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi and Qigong offers harmony of the mind and body as it relieves stress and induces relaxation. Through the cultivation and flowing of the body's life force known as "Chi," this form of exercise has been scientifically proven to improve a variety of ailments such as arthritis, osteoporosis, cardiovascular disease, asthma, Parkinson's disease, digestive disorders, and more. People of all fitness levels will benefit from this complementary health system that improves health and longevity.

Tai Chi Qigong L2

Tuesdays, August 1-29

3:00-4:00 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.

Money Matters

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

Anticipating the Next Recession

Tuesday, August 29

10:30 AM-12:00 PM, P-Hall (KS) \$5. Instructor: Russ Abbott. Gauging the time and length of a Recession is a difficult task and one that even the best economists have trouble perfecting. However, having this information can help you decide if it's time to get more conservative in your investments as well as your life in general. Come to this timely class that provides current and relevant information that can help you make these decisions.



Nutrition

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

Back in October!

Re-Start—Your Health in Just Five Weeks

Instructor: Audrey Gould, Registered Dietitian and Nutrition Therapy Practitioner. Restart is a five-week program with a three-week sugar detox built right in, the program focuses on how to

Continued on page 85



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Coming Soon! Restorative Wellness with Audrey Gould

“Restorative Wellness with Audrey” will focus on educating and empowering residents to take control of their own health by teaching them how to reverse the effects of the modern diet and live in “Health Nirvana!” Restorative Wellness is sold in three month packages to help residents resolve specific health issues that can’t be solved in one session. The three Month Nutrition package includes:



- A personalized assessment of any nutritional deficiencies and dysfunctions in your body
- Six hours of personalized nutrition consulting including a two-hour initial assessment
- Interpretation of laboratory values and/or food sensitivity panels (additional labs are optional and not part of the package price.)
- A personalized program that will identify the areas and strategies for both the short term and long term goals.
- An understanding of your specific symptoms.
- Personalized food and/or supplement recommendations that are specific to your individual needs.

Total Cost: \$549. *Additional consultations @\$75/session after the completion of the three-month program.* Audrey Gould is a clinically trained Registered Dietitian/Nutritionist, Nutritional Therapy Practitioner and a Restorative Wellness Specialist. Audrey teaches the popular Re-Start Nutrition classes at SCLH and is committed to helping her clients find their *best* self.

Personal Improvement

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

Getting Your Stuff Together: Organizing Your Estate Tuesday & Wednesday, September 12 & 13

9:00 AM-12:00 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.

Let’s Talk About Advance Health Care Directives Friday, September 22

9:00 AM-12:00 PM, Oaks and Gables (OC). \$30. Instructor Marcia Van Wagner. Every adult needs an Advance Health Care Directive. Regardless of age or health, none of us knows when a future event may leave us unable to speak for ourselves. What should I consider before completing an Advance Directive? What scenarios might I encounter that having an Advance Directive would help? How do I choose an agent? What is a POLST? Do I need one? How do I talk to my family about my wishes? This interactive class will explore all these questions with handouts and resource materials.



Beginning Sudoku Tuesday, August 29

9:00-10:30 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Come learn the basics of Sudoku, one of the most popular puzzles in America today. Puzzle layout, logic, and playing methods will be discussed and reviewed. The instructor’s own Box Rule of Two strategy will be taught, making you feel much more comfortable with Sudoku. Come enjoy something the American Medical Association has cited as a worthwhile activity to do every day.



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:

Continued on page 86

- **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

WellFit Studio (OC). \$30 (one session, one-hour long). This session is a **prerequisite** for Pilates Reformer classes. You will work one-on-one with a trainer to teach you proper breathing techniques, go over any goals/limitations you may have, go over basic exercises, set up your proper spring loads, and answer any questions. Once you have completed this introductory class, you can sign up for the Pilates Reformer Membership package or drop-in class. You can register for this introduction online or at the Fitness Centers. The trainer will call you to set up appointment.

SGT—Reformer Basics L1

This class allows you to precisely develop good alignment, core strength, muscular strength, and flexibility. By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The reformer's springs provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone.



SGT—Reformer Basics + L1-L2

This class is a mixed level opportunity. It will work on Reformer basics but add difficulty in level appropriate to the individual. This is a great class to work on form and alignment as well as strength. Appropriate for all levels.

SGT—Cardio Jump and Core Reformer L2

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

SGT—Mixed Equipment Class L1-L2

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

Private Reformer Training

- **One-on-One Training:**

One client and one trainer. One hour session cost is \$50.

- **Duet Training:**

Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person.

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. Please note not all classes are eligible for drop-ins. Please see descriptions for each class.

SGT—Parkinson's Indoor Cycling Wednesdays & Fridays, August 9-September 1

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions). 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@sclhca.com.



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, August 3-29

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—TRX Interval Training L3 Mondays & Wednesdays, July 26-August 21

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, July 31-August 23

10:30-11:30 AM, Fitness floor (KS). \$135 (eight sessions). Instructor: Danielle Lawlor. Are the new machines at Kilaga Springs Fitness Center 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. By the end of the session you will have a customized workout routine that includes the correct settings and weights



SGT— Bootcamp L3 Mondays & Wednesdays, July 26-August 21

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, July 26-August 21

7:15-8:15 AM, Aerobics Room (KS). \$135. (eight sessions) Instructor: Milly Nuñez. Rise and shine to enjoy a fun and energizing

Continued on page 89

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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.*

New! SGT—TRX L2

Tuesdays and Thursdays, July 27-August 22

5:30-6:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Danielle Lawlor. This TRX class covers strength, balance, cardio, core and stretch all while using TRX suspension training straps. You will work on posture and keep your joints safe while building lean muscle mass and flexibility. *This class is available for the SGT Drop-in Pass.*



SGT—TGIF TRX & More L2

Fridays, August 4-25

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, July 31-August 23

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, July 26-August 21

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.

WellFit Services

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

Bowenwork Services

The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. Bowenwork addresses core issues, not just symptoms. This technique is known for

its profound, long-term effects. It can help with chronic conditions from asthma to bunions, as well as acute injuries like sciatica, knee problems and more. It is safe and gentle enough for those with compromised health. Rebecca Kang is a Certified Bowen Practitioner; she has also completed Specialized Bowen Procedures 1 and Bowen Procedures 2—Masters for the experience Bowen Practitioner. For more information about Bowenwork or for an appointment, please contact Rebecca Kang at rebecca.kang@schca.com or 625-4034.



Punch Pass Class Descriptions

Please see the colored grids on pages 92-95 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

Continued on page 90

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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!

- **Back to Basic Step L2:** Get your heart rate up while learning the basics of step. Learn or continue to love step in a fun and safe environment. A great challenge...a great workout!

- **Basic Chair L1:** Beginner level chair class designed to improve function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio, endurance & brain exercise.

- **Cardio Strength L3:** This class combines short cardio drills 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 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 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

Continued on page 92

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.

- **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 L2:** 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. Tuesday and Thursday 7:30 AM classes will be in the outdoor lap pool while open during summer months. 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 August 1-31, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Water Works L2/3- Theresa	Outdoor H2O Bootcamp L3 Danielle	Water Works L2/3- Theresa	Outdoor H2O Bootcamp L3 Annamarie	Water Works L2/3- Jeannette/Jen		
8:30	Aqua Fitness L2- Theresa		Aqua Fitness L2- Theresa		Aqua Fitness L3 - Jeannette		
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 August 1-31, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Mixed Equipment L1- L2 - Marilyn/Sarah				Mixed Equipment L1- L2 - Gretchen		
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							
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

OC WellFit Class Schedule August 1-31, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	OC	OC	OC	OC	OC	OC	OC
8:00	New Instructor! Strictly Strength L3- Jen	New Instructor! Back to Basic Step L2- Kim	New Instructor! Strictly Strength L3- Jen	Back to Basic Step L2- Kim	Athletic Stretch L1/3 - 7:15-8:00am Marilyn		
9:00	Zumba L3 - Summer	Core & Strength L2 - Kim	Zumba L3- Summer	Core & Strength L2-Kim	Yin Yoga L1-3 - Marilyn	Yoga Basics L1- Cynthia/Sara	Cardio Strength L3- Kim
10:00	New Instructor! Slow Flow Yoga L2/3- Jennifer	Yoga Flow L2 - Ashley	Everybody Can L2- Linda	Yoga Flow L2- Sarah	Strictly Strength L2 - Valerie		Zumba L3- Carrie
11:00	Piloga L2 - Cynthia	Arthritis L2- Linda	Piloga L2 -Lola	Arthritis L2- Linda	Piloga L2-Lola		
12:00	Yoga Stretch L1- Julie	12:15-1:15pm iRest Meditaton and Yoga L1 - Iram		Yoga Stretch L1- Julie	Arthritis L1/2 - Linda		
1:00	Chair with Flair L1 -Julie	1:30-2:30pm Chair Yoga L1 - Ashley	Chair with Flair L1- Julie		Basic Chair L1-Julie		
2:00	SGT- Balance & Fall Prevention L1- Danielle		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	Activities			
5:00							
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.						



Bowenwork for Life—Is Bowen Right for You?

Thursday, July 20 — Free

7:00 PM, P-Hall (KS). Bowenwork is gentle, soft-tissue bodywork that can be used to address multiple health concerns through its relaxing, holistic approach which facilitates healing in the body. It is a non-invasive, hands-on technique, and can be used safely on most people including babies and those who are very frail. Common conditions that Bowenwork can address are: headaches/migraines, musculoskeletal pain, Frozen Shoulder, back pain, sports injuries, digestive problems, stress, and anxiety disorders. Sandra Gustafson, MHS, RN is a registered nurse and holistic healthcare practitioner who has incorporated Bowenwork in her practice for over 25 years. She has a private practice in Santa Rosa, and teaches Bowenwork in the U.S. as well as internationally.



Passwords

Monday, August 14 — Free

1:00 PM, P-Hall (KS). How do you create a password? How do you protect those passwords? Have you provided a family member with a list of those passwords? How often should you change passwords? Passwords should not be the same for your bank and places where you have a credit card on file.



Come to the Forum on August 14 and listen to Ken Silverman provide you with the answers about passwords.

An Introduction to Mindfulness

Thursday, August 24 — Free

7:00 PM, P-Hall (KS). 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. Presented by Michelle Jamieson, part of the Integrative Medicine Team at Sutter Health and founder of Sierra Mindfulness.



The Science of Star Wars: The Lowdown on Space Travel, Aliens, and the Force

Wednesday, September 6 — Free

7:00 PM, Ballroom (OC). The Lincoln Hills Astronomy Group brings “The Science of Star Wars: The Lowdown on Space Travel, Aliens, and the Force” presented by Dr. Seth Shostak, Senior Astronomer at the Search for Extraterrestrial Intelligence Institute (SETI). Many people assume that our descendants will join a galaxy-wide, multi-world society similar to that portrayed in the “Star Wars” franchise. Dr. Shostak, one of the series’ most popular public speakers, will separate the science from the fiction in the most successful space franchise of all time. Q & A follows the presentation.



Community Forums, Date, Time, Location

<ul style="list-style-type: none"> • Bowenwork for Life—Is Bowen Right for You? Thursday, July 20, 7:00 PM, P-Hall (KS) • Passwords Monday, August 14, 1:00 PM, P-Hall (KS) • An Introduction to Mindfulness Thursday, August 24, 7:00 PM, P-Hall (KS) 	<ul style="list-style-type: none"> • The Science of Star Wars: Space Travel, Aliens, and the Force Wednesday, September 6, 7:00 PM, Ballroom (OC) • Hit the Road with Healthy Feet Thursday, September 28, 7:00 PM, Ballroom (OC) <p>Watch for more Community Forums in upcoming issues of the <i>COMPASS</i>, on our website and eNews.</p>
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Did You Know?

The small Unmanned Aircraft Systems Committee is developing proposed policies regarding the recreational use of drones and model aircraft in Lincoln Hills? The Committee and the Board of Directors is having an open workshop on Thursday, July 20, 1:00-

3:00 PM in the Heights/Gables Room (OC) to discuss the proposed policy. We encourage residents to attend to provide your comments and opinions. All will be heard. The proposed policy, revised according to feedback from the workshop, is scheduled to go to the Board on July 27.



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www.sclhresidents.com

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www.suncity-lincolnhills.org

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Kilaga Springs Café 408-1682

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Kathy Cameron 625-4043 kathy.cameron@sclhca.com

•The Spa at Kilaga Springs•

408-4290

Spa Manager

Trudy Smith 408-4071 trudy.smith@sclhca.com

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 10:00 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

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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

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Larry Wilson 408-0667

Pauline Watson 543-8436

Neighbors InDeed 223-2763

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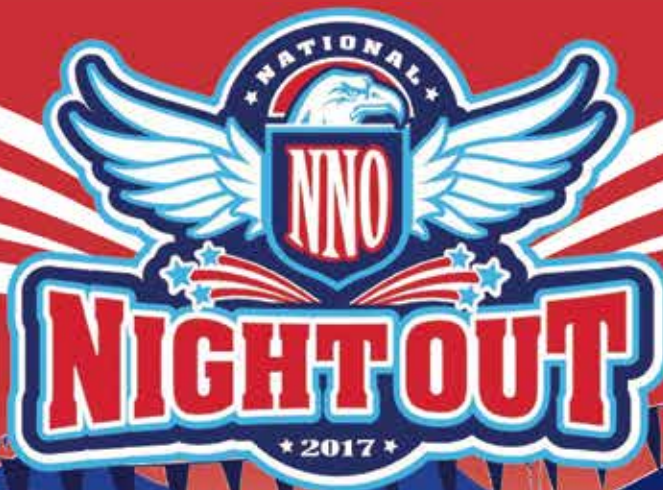
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