

COMPASS

The Official Magazine of Sun City Lincoln Hills

September 2017

2017 Resident Directory
Now Available... page 2

Annual Budget Time... page 11

Northstar Software Update... page 12

Ceramic Arts Group
Inspiring novices and
prize winners... 15



First Place
Marion Quinn
Division: Ceramics
Tea Gourd
Lincoln

First Place
Russell Quinn
Division: Ceramics
Jo-Bull
Lincoln

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On the cover

Residents Russ & Marion Quinn,
 with their two first place ceramic creations
 from the CA State Fair.
 Congratulations Russ and Marion!

Rules versus CC&Rs—How They Differ

Board of Directors Report

Ken Silverman, President, SCLH Board of Directors



Our CC&Rs are like California’s constitution—in the same way that only voters can amend the constitution, only members of the Association can amend the CC&Rs. Our rules are like state laws. Just as legislators in Sacramento can pass laws consistent with the constitution, boards may adopt reasonable rules consistent with the CC&Rs.

For example, if the CC&Rs allow owners to have a dog, boards can pass rules requiring that dogs be on a leash and not bark excessively. We have rules that cover pets, parking, signs, nuisance noise, use of facilities, and more.

Enforceability: Because CC&Rs are approved by the membership and recorded, they are presumed reasonable. Because rules are adopted by the Board of Directors and can change from board to board, they may not always be presumed reasonable. If a rule is challenged in court, the Board must convince the court the rule is not arbitrary, does not violate public policy, or impose a burden that outweighs any benefit.

Adopting Rules: As provided for in the Davis-Stirling Act (California Civil Code), boards must post written notice to the membership of proposed rule changes and a 30-day period for membership to

comment on those changes.

What is the timeframe to add or alter a rule? Let’s look at a possible example of a rule change: The Architectural Review Committee (ARC) proposes a change to our Design Guidelines (which are rules).

“Let’s look at a possible example of a rule change: The Architectural Review Committee (ARC) proposes a change to our Design Guidelines (which are rules). After they study the change, gather input from staff, concerned residents, and outside experts, and have open workshops, they take the recommendation to the Board of Directors. If the Board agrees with the recommendation, then *per Civil Code*, we must post this change for 30 days. This timeframe allows for residents’ input to the Board...”

After they study the change, gather input from staff, concerned residents, and outside experts, and have open workshops, they take the recommendation to the Board of Directors. If the Board agrees with the recommendation, then *per Civil Code*, we must post this change for 30 days. This timeframe allows for residents’ input to the Board. It then returns to the Board for a vote. If the vote is “yes” then a notice must go to

owners within 15 days of the rule change taking effect. In some cases, to save on printing and mailing costs, it is sent with other required annual documents. The rule then takes effect after receipt of the information.

This timeframe might seem lengthy; however, it is designed to allow ample time for study, resident input, and fulfillment of Civil Code requirements. Our Association Rules and Regulations and Design Guidelines are available on our community website at www.sclhresidents.com.

2017 Resident Directory Now Available

We are pleased to announce the highly anticipated 2017 Resident Directory has arrived. **Your new Membership card will be required** to obtain your copy from the Membership and Activities Desks (OC/KS) (one per household). For those who wish to pick up a copy for a friend or neighbor, you must have their new member card as authorization.

The information contained in this publication was finalized in January. If you provided new information during the membership re-registration process, rest assured these changes will be made in the next directory.



Introducing our new COMPASS Coordinator

Having bid farewell to Jeannine Balcombe last month, the Compass staff is pleased to be working now with Theresa Renken as our new COMPASS Coordinator. Theresa will serve

as the Association staff liaison overseeing the monthly publication of the COMPASS. Welcome, Theresa!

Hats Off to the Lincoln Hills Community

Theresa Renken, COMPASS Coordinator

I have probably met many of you since I began here in December of 2016. I was initially hired as the Room Booking Coordinator, covering for a staff member on maternity leave. I then transitioned to Advertising Coordinator where I began communicating with advertisers for the COMPASS. This path has led me to my current position as the newly appointed COMPASS Coordinator. During my time here, I have learned how highly respected the Lincoln Hills community is.

My prior career spanned over 20 years as a lobbyist. I started as a lobbyist for the American Cancer Society, where I was instrumental in passing legislation to assist cancer patients, potential cancer patients, and their families. I then lobbied for another worthwhile organization, the Alzheimer's Association, which, as you know, supports numerous options for care of those affected by this devastating dis-

ease that currently has no cure. I was pleased to be able to bring funding for research in the fight against Alzheimer's disease, along with programs such as the Silver Alert System, to assist those families whose loved one may have wandered off. I joined both organizations because their mission statements were something that I believed in wholeheartedly. I will always fondly remember my time working with the California State Legislature.

I decided to leave my lobbying career when my two grown children married and started giving me grandchildren! I currently have three precious grandchildren with whom I spend a great deal of time. I have heard it said before, but did not fully understand

Please see "Hats Off" on page 25



Calendar of Events

September 15-October 31

Date	Event	Page #
09/16	KS Classic Movies on Saturday: Viva Las Vegas	50
09/16	Benicia Fine Arts & Crafts Fair	69*
09/18	Astronomy: Alternate Theory to the Big Bang	27
09/19	Genealogy: Civil War Records	34
09/19	Painters: Frank Ordaz, Portraiture artist	39
09/19	Top Gun Tour	69*
09/21	Book Discussion: <i>Big Little Lies</i>	29
09/21	Veterans: Speaker Col. Lorna Griess, U.S. Army (ret.)	44
09/22	Summer Concert Series: The Elvis Songbook	55
09/23	Annual Event: Walk to End Alzheimers	63
09/25	Healthy Eating: Kitchen Magic from Meridians Chef Ian	35
09/26	Listening Post	50
09/27	Computer, PC: Ask the Tech	32
09/27	Golden One Arena Tour	69*
09/28	Forum: "Hit the Road with Healthy Feet"	7, 104
09/28	Eye Contact: Fall Fun	32
09/28	Coffee with the Mayor	50
09/30	KS at the Movies: The Conjuring	51
09/30	Floating Homes Tour—Sausalito	69*
10/02	Antiques: Presentation Lincoln Gold and Coin	27
10/02	KS at the Movies: The Conjuring	51
10/03	Eye Contact: Long Term Care Insurance	33
10/03	SCOOP: How to Train a Dog to be a Companion	41
10/03	Apple Hill	69*
10/04	Astronomy: "Exploring the Night Sky"	27
10/05	Investors': Guest Speaker from Federated	36
10/05	Concert: Piano Madness	55
10/05	Tour: Apple Hill	67
10/07	Casino: Great Italian Festival—Silver Legacy	63
10/08	Fleetweek Hornblower Cruise	69*
10/10	Needle Arts: Quilting Speaker	38
10/10	Forum: Lincoln Police Department & You	104
10/11	Computer, PC: Optimizing Your Main Google Apps	31
10/11-12	Yosemite Overnight	69*
10/12	KS Classical Music Night: Siroko Duo Flute Ensemble	56
10/12	Tour: QuiltFest—Santa Clara	67
10/13	Computer, PC: New Developments from Microsoft	32
10/16	Hiking: The Pacific Coast Trail Photos/Experiences	35
10/16	Document Destruction	51
10/16	Concert: The Tommy Dorsey Orchestra	56
10/16	Forum: Del Webb—The Man, The Legacy	104
10/19	Book Discussion: <i>Alexander Hamilton</i>	29
10/19	Performance: Illusionist Adam Trent—Eldorado Reno	63
10/20	Music Group sponsored Open Mic Night	38, 51
10/20	Tour: Scrapbook and Stamp Expo, Sacramento	67
10/20-21	Lincoln Library Anniversary	51
10/22	Tour: Olive Crush, Wine Tasting, Cache Creek Casino	67
10/24	Ferry to San Francisco—Fisherman's Wharf	69*
10/25	Andre Rieu	69*
10/25	Forum: Public Health and Travel Issues for Seniors	104
10/28	Concert: Silent Movie Night/Rsvl. Comm. Concert Band	59
10/28	KS Classic Movies on Saturday: The Birds	51
10/28	KS Music Night: Salute to the Kingston Trio	55*
10/28	Tour: Ferry to San Francisco—Fisherman's Wharf	67

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

Upcoming Association-Related Meetings: Date, Time, Place September 15-October 31

CCRC/Communications & Community Rel. Cmte.	Tuesday, September 19, 9:30 AM
Golf Cart Registration.....	Thursday, September 21, October 5 & 19, 9:00 AM
Finance Committee Meeting.....	Thursday, September 21, 9:00 AM, Presentation Hall (KS)
ARC/Architectural Review Committee.....	Monday, September 25, 9:00 AM
Listening Post.....	Tuesday, September 26, 11:00 AM
Board of Directors Meeting.....	Thursday, September 28, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, September 28, 10:30 AM
Board of Directors Executive Session.....	Thursday, September 28, 11:00 AM
Elections Committee.....	Friday, September 29, 10:00 AM
CCOC/Clubs & Community Organizations.....	Tuesday, October 3, 9:30 AM
Compliance Committee Meeting.....	Wednesday, October 4, 10:30 AM
Properties Committee Meeting.....	Thursday, October 5, 9:00 AM
ARC/Architectural Review Committee.....	Monday, October 9, 9:00 AM
CCRC/Communications & Community Rel. Cmte.	Tuesday, October 17, 9:30 AM
Finance Committee Meeting.....	Thursday, October 19, 9:00 AM
ARC/Architectural Review Committee.....	Monday, October 23, 9:00 AM
Listening Post.....	Tuesday, October 24, 11:00 AM
Board of Directors Meeting.....	Thursday, October 26, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, October 26, 10:30 AM
Board of Directors Executive Session.....	Thursday, October 26, 11:00 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 September edition of the *COMPASS*. After watching news stories relating to Hurricane Harvey, and not knowing what the impact of Hurricane Irma will be as I write this, I would have to say that we are very fortunate to be living and working in Lincoln Hills. I have been following the news from Texas on a large scale community association blog I follow, and what those residents, association managers and their staffs are going through is heart wrenching. Over the years, I have had the opportunity to get to know some of these folks, and I wish nothing but the best for them, their families, and the residents they support on a daily basis. I can only imagine the



difficulties involved in arranging support for their residents, and then going home at night and trying to put their own lives back together. If you have not done so already, please consider a donation to assist in the recovery.

By the time you read this, we will have completed the initial budget presentations. The Finance Committee will be reviewing each department's budgets, and you can be assured that they will exercise their due diligence by making sure that the 2018 budget is as accurate as possible. From my viewpoint, I am very proud of the effort put forth by the department leaders, and I am confident we have delivered a good result.

Speaking of budgets, it's a good time to remind you that 40% of our revenue comes from sources other than dues. I was reminded of this when I was looking at a newsletter put out by a fellow Sun City community back east. This community reported that 25% of their revenue came from other sources. I think our percentage is a tribute to how the Association has looked for ways to offset dues over the years.

Finally, each of our departments is looking for ways to interact in the local area in a positive way. From collecting box tops for local schools, to gathering items for Hurricane Harvey relief. As these efforts get started, please support them if you are able. Our team has had the opportunity to learn from the best—our residents.

Have a great September.

Team Member of the Month Award

Donna Tewart, WellFit Monitor, WellFit Department

Our August 2017 "Team Member of the Month" Award is Donna Tewart! Donna joined our Team in May of 2004 as a Well/Fit Monitor in the Well/Fit Department. Here are just a few quotes shared by our staff:

"Donna has always been a very reliable Monitor. She has never said no to a task presented to her." "Her willingness to help all those around, makes her a great asset to the team." "Anytime anyone asks for her help she is quick to say, "of course, how can I help?" "Her expertise from working for over 13 years at the Fitness Center and for volunteering to work at many, many events makes her a valuable asset to the SCLH community." "She always makes people feel welcome here at Sun City Lincoln Hills."

We are delighted to have Donna part of our SCLH Team who provides outstanding customer service to our residents and clientele. Thank you Donna for your years of service, dedication and hard work to Sun City Lincoln Hills!

From left—Nancy Gabriele, HR/Payroll Manager; Donna Tewart, WellFit Monitor; Deborah McIlvaine, Director, WellFit & Spa; Jonathan Leung, WellFit & Spa Assistant Manager



Listening Post Update

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

We had another nice crowd for the August 22 Listening Post. Al Roten stopped by to discuss the work of the Election Committee, and explained how the election process works. We had an update on the NorthStar software implementation, and we were happy to report positive progress in all departments. This was reinforced on August 25 when we had a heavy volume of ticket sales for the Motown concert. As expected, we are past most of the issues we expected to face in the first 90 days of implementation, staff is also getting more comfortable with the system.

We also discussed the Compliance process, and provided a copy of a typical letter that is sent as a first notice. The consensus was that the tone of the letter was neither intimidating, nor overbearing. We had a great discussion on process, and the need to provide our residents with as much information as possible so that they can better navigate the ARC and Compliance process.

We finished up the day with a look at the fencing project and an update of the Kilaga Springs solar project. The Kilaga Springs solar project is moving

Please see "Listening Post" on page 45

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Activities News & Happenings

Life after Summer

Lavina Samoy, Lifestyle Manager

The 2017 Summer Amphitheater Concert Series has been received with great enthusiasm and positive feedback. So how could we make it even better? With a bang! Witness a **spectacular fireworks display after Jim Anderson and the Rebels** deliver a tribute to the music of Elvis Presley with their **Elvis Songbook on September 22** (page 55). This is a concert that will light up the night!

As we end the summer on a high note, we now welcome lots of exciting indoor entertainment for the fall. **My Favorite Barbra—A Tribute to the Songs of Barbra Streisand** graces the Ballroom stage on **November 21** with no less than *Beach Blanket Babylon's* artist Kelly Brandeburg (page 59). Expect your favorite Barbra songs plus anecdotes and stories about this legendary femme fatale. The always crowd-pleasing **Tom Rigney and the Flambeau** are back on **November 28** to get you all pumped up (page 59). Also back is Yale University Senior Lecturer on Film Stud-

ies, **Marc Lapadula** to give us an engaging and comprehensive presentation, this time with the **Great Comic Moments in the Movies, November 6** (page 59). From

“Witness a **spectacular fireworks display after Jim Anderson and the Rebels**

deliver a tribute to the music of Elvis Presley with their **Elvis Songbook on September 22** (page 55). This is a concert that will light up the night!”

our very own LH Players Club, get ready to laugh when they stage **A Funny Thing Happened on the Way to the Forum** with four performances from **November 16-18** (page 55). Don't forget October entertainment starting on page 55.

Speaking of **Beach Blanket Babylon**, seats are still available for this entertain-

ing and hilarious **Holiday Edition production in San Francisco** (page 63). We have local trips to **Auburn State Theater for Annie the Musical on November 12** (page 65); **Harris Center for The Nutcracker on December 7** (page 65); and **Mondavi Center for the Auburn Symphony's Masterworks II—Victory on January 21** (page 65). Sports gets center stage with **five exciting Sacramento Kings games beginning November 9** against the **Philadelphia 76ers** (complete list pages 65-66) and read about **our three-night, four-day excursion** to San Jose to witness the **US Figure Skating Championship** which determines the 2018 US Olympic Team (page 60).

Classes bring you a special **Watercolor Abstract Workshop** for the first time! Join instructor Faye August on **October 7** as she demystifies abstract art and participants complete unique art in a day (page 71). **Dance for Life** is back starting **October**, as master choreographer Dolly Schumacher will get your body stretching, moving, and dancing to different styles of music (page 77).

Life after summer sure looks bright in Lincoln Hills!



The Road to Aging Well

Happy Feet

Shirley Schultz, Health Reporter

Having athlete's foot does not mean you are an athlete; having hammertoes does not mean you are a carpenter; and having heel spurs does not mean you are a cowboy! What you are perhaps is one in three of the people over the age of 65 who has foot pain, aching, or stiffness. The aforementioned conditions are among the common problems that cause foot pain along with blisters, bunions, claw and mallet toes, and plantar fasciitis.

Plan to attend the **September 28 Community Forum, “Hit the Road with Healthy Feet”** by **Sutter Orthopedist, Masoud Ghalambar, MD** to learn details about these conditions and what to do about them (see page 104).

Our feet are capable of handling hundreds of pounds of force from our weight in motion every day. Feet are complicated shock absorbers made up of 26 bones, 33 joints, and about 120 muscles, ligaments, tendons, and nerves. The stress of carrying us around from place to place puts our feet at higher risk of injury than other parts of the body. In addition to the usual wear and tear, many foot problems occur because of neglect and ill-fitting shoes or systemic diseases that manifest in the feet. Examples of the latter would be gout, which may attack the foot joints first, or diabetes, which often affects the circulation in the feet, and if sores or injuries occur, makes the healing process more difficult.

Only a few common foot problems can be described here:

- **Bunion**—A bony growth at the base usually of the big toe.
- **Hammertoes**—The toe joints (usually of the second toe or all the middle toes) curl under resulting in permanently dislocated joints.
- **Heel spurs**—Bony growth causing pain in the heel behind the arch.
- **Plantar fasciitis**—An inflamed ligament along the bottom of the foot, often related to heel spurs.
- **Arch pain**—Abnormally high arches or fallen arches (flat feet).
- **Achilles tendonitis**—An inflammation of the tendon that connects the heel bone to the calf muscle.
- **Morton's neuroma**—A benign but painful nerve growth in the ball of the foot.

Since it is estimated that 87% of us in the U.S. have painful feet at some time in our lives, it behooves us to give serious consideration to proper foot care. Put on your shoes and come hear Dr. Ghalambar's presentation.

THE ELVIS SONGBOOK

with Jim Anderson and the Rebels

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Friday, September 22

Doors at 6:00 PM Concert at 7:30 PM

General Admission: \$20

Orchard Creek Amphitheater

**2017 SUMMER
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**Fireworks display weather permitting*


SUN CITY
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Activities

WellFit News

What's Happening in WellFit

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

It's Party in Pink time!

Save the Date: Tuesday, October 24 for WellFit's "Party in Pink," benefitting Placer Breast Cancer Foundation.

It's back-to-back fitness fun in the OC Ballroom for you and your friends! Plan on attending and be one of the first 100 guests to receive a free exclusive Sun City Lincoln hills T-shirt. Audrey Gould from Restart will talk about "healthy habits" and we will have back-to-back fitness events from 9:00 AM to 1:00 PM. Last year we raised over \$2,300—let's do this again! Beginning September 20, stop by WellFit

at Orchard Creek and check out the prizes aiding Placer Breast Cancer Foundation. We'll have many great items including certificates to Wise Villa Winery, Lincoln's Double Barrel Smokehouse, a handmade quilt from the SCLH Sewing Club, a Fit Bit, and much more! For additional information please refer to page 10.

Ready, Set, Shop...

Flash Sale! Come by Orchard Creek Fitness Center and take advantage of selected items on sale at 40% off. The sale runs thru October 15.

Thank you

I want to thank everyone for being so patient throughout the transition to the new software. The gym check-in screen is working well. If you have not brought any guests in yet, let us know, we can check them in on the screen. Class check-in

screen is getting better by the day, just scan your card, pick the class you want, hit "use package," agree to the waiver, and you're in! If you have questions don't hesitate to come up to the desk, we can help sign you in!

We have been in the process of cleaning up accounts that need to be updated. If you think something is incorrect with your membership or your card is not working well, please let our front desk staff know or email me directly and I will be happy to help.

I'm also happy to say that Jonathan Leung, WellFit Assistant Manager is back from his paternity leave after the birth of his first baby, Ariella. Congratulations, Jonathan!

Well Fit Classes: pages 88-103 • Class Grids: pages 100-103

Booking Your Next Event Oktoberfest Coming Soon

Kristy Woodin, Director of Food & Beverage,
www.facebook.com/MeridiansRestaurant, www.twitter.com/Meridians_SCLH

Holidays are coming up quickly and everyone is already in a scramble to book their parties! As a reminder, any parties of over 25 people need to be booked by our Catering Sales Manager, Kathy Cameron, 916-625-4043. If you have fewer than 25 people, you may call Meridians to see if they have availability. Please keep in mind that parties of over 15 in the restaurant will have a custom menu to ensure great service. If you are booking a party larger than 25 people for the Meridians Sunday Brunch *only*, you may call the restaurant for availability. If you have any questions, feel free to contact me at 916-625-4049.

Celebrate **Oktoberfest** German style this year with Meridians on **Monday, October 2, 4:00-7:00 PM**. Meridians will be closed on this day since we are doing all the fun outside in the Amphitheater! Party with us at our long community style tables, food booths with German fare, a beer garden serving German beers, a live

Bavarian band, and even contests you can sign up for!

Wristbands for Oktoberfest will be required for entry to the Amphitheater

and are only \$5 (advance purchase) at the Meridians host stand, or buy a commemorative glass stein for \$10 and receive a wristband for free. Wristbands will be \$10 on the day of Oktoberfest, so get them now! Your purchases at the food and beverage booths are extra, of course. Join the fun—as the Germans say, "Prost!" ("Cheers!")

Please see our ad on page 46.

Chef's recipe for the month—Autumn Lentil Soup

Lentils provide a great source of protein and calcium. This dish can be easily frozen, if desired.

Ingredients

1 tablespoon olive oil	1 russet or red potato. Diced in cubes.
4 leeks (white and light green parts), cut into 1/4-inch-thick half-moons	1 bunch kale, thick stems removed and leaves cut into 1/2-inch-wide strips
1 28-ounce can whole tomatoes, drained	1/2 cup brown lentils
2 sweet potatoes, peeled and cut into 1/2-inch pieces	1 tablespoon fresh thyme
	kosher salt and black pepper to taste

Directions

Step 1

Heat the oil in a large saucepan or Dutch oven over medium heat. Add the leeks and cook, stirring occasionally, until they begin to soften, 3 to 4 minutes. Add the tomatoes and cook, breaking them up with a spoon, for 5 minutes.

Step 2

Add 6 cups water (or a vegetarian stock) and bring to a boil. Stir in the sweet potatoes, kale, lentils, thyme, add salt & pepper. Simmer until the lentils are tender, 25 to 30 minutes. Adjust seasoning.

Back to back fitness fun!

PARTY IN PINK



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Second "House of the Month" Winner

Peter & Barbara Saco, who live at 2247 Blue Heron Loop, are the latest winners of the House of the Month contest. Thanks to their home's landscaping that has dramatic and eye-catching appeal, the Sacos are \$100 richer. They have received a gift card for amenities at Sun City Lincoln Hills. The Sacos have a neighbor to thank for nominating their landscaping for consideration by the Lincoln Hills Architectural Review Committee.

The Architectural Review Committee chose the Blue Heron Loop landscaping over other submissions for several rea-

sons. One is how the mounded turf gave the yard a distinctive look. The Committee also values the eye-catching, dramatic stonework mirrors along the roadways that blend with the community's classic look, as well as how it transitions from the entry walkway down to the sidewalk. In addition, the level changes in landscaping from the sidewalk to the entry way, complementing the variety of roof and vertical components in the house structure. The intense and varied colors in the landscape



The intense and varied colors in the landscape are especially effective against the muted colorings of the house itself

are especially effective against the muted colorings of the house itself. The committee summarized, "The landscaping synergistically blends with the house to produce a dramatic visual impact."

Annual Budget Time!

Pete Saco, Finance Committee

By the time this article appears, your Finance Committee will have participated in numerous budget activities. The first budget meeting was held on Thursday, September 7; the second one was held on September 11, and the final budget hearing is Thursday, September 21 at 9:00 AM in the P-Hall (KS).



The month of September is very important for the Finance Committee as we finalize our budget proposal and recommend it to the Board for their approval at

their September 28 meeting. To simplify the SCLHCA budget in terms of our current dues of \$118 per month, let's break down the dues by department: Administration, \$20.60; WellFit, \$6.61; Lifestyle, \$6.51; Facilities Maintenance, \$31.66; Food & Beverage, \$1.08; Landscape Maintenance, \$33.52; Capital Assets, Sports Bar Shade and Kilaga Springs Multimedia upgrade, \$0.93; Community Enhancement Fund (CEF), \$1; Reserve Fund, \$17.32. The carryover of 2015 net revenue is (\$1.13) and the Spa is projected to make a small profit, so their amount is (\$0.10).

To put this another way, each dollar of your dues is equivalent to \$81,396 of the annual total dues of \$9,604,728. Of

that amount, \$6,741,290 is dedicated to personnel costs, which includes salaries, payroll taxes, payroll benefits, and worker's compensation insurance. This is approximately 70% of the total annual dues revenue compared to between 82% and 85% in similar organizations. Three other large dedicated amounts are the reserves, which amounts to \$1,410,058, CEF \$81,386, and Capital Assets \$76,000.

The Statement of Operations for July shows that revenue continues to exceed expenses. The month of July portrayed a good month for Fitness and Food & Beverage. The other departments held their own for the month of July. The Reserve Fund is in good shape at 74% and the CEF fund has increased to \$536,481.

Preliminary Statement of Operations YTD July 2017

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$4,826,483	\$4,802,440	\$24,043	\$8,297,274
Administration (Expense)	(1,082,162)	(1,123,558)	41,396	(1,859,690)
The Spa at Kilaga Springs	(1,889)	(718)	(1,170)	8,085
Fitness	(294,468)	(317,949)	23,481	(538,400)
Activities	(293,342)	(333,722)	40,380	(530,150)
Rec. Center / Maintenance	(3,002,899)	(3,124,025)	121,126	(5,304,840)
Food & Beverage	(119,761)	(100,321)	(19,440)	(87,895)
Capital Asset	44,333	44,333	0	(76,000)
Net Revenues (Expense)	\$76,295	(\$153,521)	\$229,816	(\$91,616)
CEF/FMA Rec'd YTD July 31, 2017	\$344,481	CEF/FMA Balance July 31, 2017		\$536,481

In conclusion, your Finance Committee has worked very hard year-round in extra meetings to evaluate the funding of new projects for our community. It is our goal to keep our dues as reasonable as possible. We can't say there will not be a dues increase because that is not a reasonable expectation. It is our goal to keep the dues increase to a minimum and keep Lincoln Hills a great place to live.

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The Marketing Corner

Northstar Software Update

Jeff Caponera, Advertising & Promotions Manager

The SCLH Computer Club recently invited the Association to the club's general meeting to give a presentation about the changes in the new software and website.



First, we noted that the previous software system, having been in service for roughly 18 years, was outdated and, originally designed for golf course use, did not efficiently conform to our operations. So, a change was made to Northstar, which had established itself since 2003 as the first single platform system designed for HOAs. Northstar is currently used by over 500 clubs and HOAs, with Sun City Huntley being the first Del Webb

community to use it.

We then explained some of the benefits to residents, which includes:

- The software offers a single sign-on with your new member ID number and password.
- The new and improved classifieds section is back. Residents can post up to three ads at a time for 30 days, using an online form to fill out and submit to the Marketing Department.
- The software also includes a mobile app, which you are able to download from your mobile device's app store. You are able to use the app on your smartphone or key fob in place of your member card to check in at the Fitness Centers or to

purchase services at the Membership Desks. The marketing presentation also included a live walkthrough of some of the new website features. At first glance, the site has a less cluttered feel and is easier to navigate. The online resident bios are a new and popular feature. Audience members were excited to hear that they are in total control over what information is shared and that inclusion in the online directory is optional. The library has a more user-friendly appearance with improved naming conventions and an improved search function. Some future enhancements to the website include being able to register for classes, make online reservations, and purchase event tickets.

The presentation was videotaped and we are working to get the video posted on the website and will announce when that is available. With the help of CCRC, there is a list of FAQs that are included on page 21.



The Spa at Kilaga Springs Benefits of Bodywork

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

We are committed to your health and wellness. With this in mind, we are always expanding and learning and offering new treatments. Massage Therapist Susan Bonczek has created a special treatment for the team and you. We are calling this the Brush Touch.

Research seems to come in daily regarding the numerous benefits of bodywork. By now, most people are fully aware that massage is not a simple luxury, but a key part of a well-rounded health and wellness regimen.

There are, however, some who may be reluctant to receive bodywork. This reluctance may be due to negative past experiences, a history of invasive medical procedures, or medical conditions such as fibromyalgia that cause a sensitivity to touch. At the Spa at Kilaga Springs, our

team of professionals have pulled together our knowledge of the body and various relaxation practices to meet a variety of needs that people may have. We have combined meditation and aromatherapy with a light brush touch to introduce those relaxation techniques that we think will ease you into the wonderful benefits of massage. This new technique stimulates the nervous system, relaxes tensed tired muscles and calms the mind, sending the receiver into a relaxed state and opening the body to receive healing.

We want to meet the health needs of everyone and are excited to offer this new protocol. Please call the Spa and make your appointment now. Your health and wellness is always our priority.

Please see our ad on page 23.

Call to book your appointment today — 916-408-4290

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Committee Openings

There are ongoing openings to the seven standing committees of the Board of Directors; a committee with openings is shown below. Details and contact information can be found on the resident website under HOME on the menu bar. Your interest and participation is paramount to the successful governance of your Association. Committee applications at Activities Desks, or from the Association Resident Form folder in the Document Library on the resident website. Questions? Please email the committee chair, address on page 106.

- ARC/Architectural Review Committee
- CCOC/Clubs & Community Organizations Committee
- CCRC/Communications & Community Relations Committee

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Lifelong Learning

Ceramic Arts Group

Inspiring novices and prize winners

Doug Brown, Resident Editor

The ancient Greeks were famous for *ceramics*—pottery, urns, sculptures. Well, guess what? Lincoln Hills is famous for ceramics too, nurtured by the Ceramic Arts Group (CAG) since 2004. Actually, the studio was in full motion the day it opened in 1999, and we've all noticed the rooms now in both Lodges are often a buzz of potters, sculptors, and painters seven days a week!

Talk about *lifelong learning*! Many CAG members had never even touched a lump of clay until they moved here, and slowly but surely, they have become remarkable artists. Mary Clark, Chair of the 80-member group, has only been plying her craft for four years, yet with the help of fellow members and class instructors, she has become adept at transforming those chunks of clay into works of art. "We learn a lot from our instructors," Mary noted, "but we also learn from each other."

Likewise, CAG's Treasurer Gabriele Dawson and Secretary Diane Mayer have been ceramic artists for only three and four years respectively—testimony, in Gabriele's words, to "a friendly group that

welcomes novices and helps them to experience that gratifying feeling of creating something out of nothing!" Diane added, "Some beginners tell me they have 'no talent,' but they soon amaze themselves at their creations."

Some even progress, like Russ & Marion Quinn, featured on our cover, to creating prize-winning sculptures at the California State Fair this year! Wow! Can you imagine Russ's hand-built elephant was once a rectangular block of clay? Or that Marion could envision her adorable wheel-thrown pumpkin teapot lurking inside a shapeless bag of earthen material? Congratulations!

CAG offers classes and peer assistance in several specialties: "Mudders" (as they're affectionately called) throw clay on the pottery wheel or wrap it around pre-made molds. Others in "earthenware" groups do some amazing work painting pre-formed pieces, which are glazed and fired (very slowly, over 48 hours, up to a scorching 2300 degrees!) in the studio's kiln. And still others delight in delicate painting in "Spanish oils" (Lladro style) in the Kilaga Springs studio. Something for everyone!

Membership in CAG is an affordable \$12 per year, and benefits include use of the studio and its wheels, tables, and kiln—and of course the supportive camaraderie of friends creating art beyond their wildest dreams. Check out their display cases in the Lodges! And you're welcome to drop by a class sometime. You never know!



Photos—Clockwise from top: Mary Clark etching flowers into clay plate; Diane Mayer with "Rhoda" the Dragon, her work in progress, awaiting glazing; CAG class members Chris Wright, left, and Janie Chlubna ply their artistic craft; Marion Quinn at the potter's wheel



The Jansen Block

Al Roten, Roving Reporter

Elizabeth Jansen, President of Lincoln Area Archives Museum (LAAM) is a fourth generation Lincoln resident who remembers growing up and playing in the granary which is now known as the Jansen Block. What wonderfully colorful memories she has of another time in the life of our city!

Lincoln Boulevard between Fourth and Fifth Streets is central to the economic life of Lincoln. In the middle of the block was a livery stable operated by several owners from 1864 to 1879, when the wooden building burned. In 1880, twin warehouses for grain storage were built.



Walter Jansen came to Lincoln in 1877 as a 16-year-old emigrant from Denmark. Lincoln has a very strong Danish heritage, with many family names still prominent in the city. By 1892, the Buckeye Milling Company, owned by Walter Jansen and a partner, moved to the twin warehouses. Walter Jansen bought the entire block in 1907 and grain storage and processing continued at this site until after 1990. There were ultimately five warehouses and eight tall concrete silos in the complex. The silos were demolished in 2008, but grain processing was central to the economic health of Lincoln for more than a century.

Remodeling began in the early 2000's, with spaces made for restaurants, retail, and office space, and currently 14 enterprises occupy the complex. A drive-through parking garage is near the center of the building, and note that at the center of the pavement is a pad for a large scale once used to weigh grain loads.

There are three restaurants, Buonarrotti Ristorante, Old Town Pizza, and Double Barrel BBQ, with aromas, textures, and flavors for many discerning palettes. Also, upstairs is the home of Blabbermouth Chocolates, with mouthwatering goodness just waiting for dessert time or gift giving. Nearby is Avant Garde Salon taking care of pampering and personal beautification. At street level is the Copper River Bag Company, with handcrafted leather bags and accessories for every adventure. Creative Cottage features paper crafting and classes. Lincoln Music and Guitar offers lessons, while Gold Line Realty is ready to represent home purchases and sales. A large clean and inviting space is occupied by Axiom Youth Center, providing after-school activities and guidance to middle and high school children.



Come to Downtown Lincoln and share the spaces of the past with enjoyment of goods and services for today!



Photos, clockwise from top: The Jansen building today; Double Barrel BBQ; Old Town Pizza; Jansen Block 1905, Grain Delivery 1905, Blabbermouth Chocolates





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“A Funny Thing Happened on the Way to the Forum”

LH Players extravaganza coming soon!

Doug Brown, Resident Editor

Mark your calendars! In November, the Players' will present “A Funny Thing Happened on the Way to the Forum,” the 1960s Tony Award winning Broadway musical comedy that we remember well—the play *and* the movie, starring Zero Mostel and a cast of hysterical comedic actors.



In the tradition of ancient Roman farces, the bawdy musical spins the story of a slave named Pseudolus and his attempts to win his freedom from Hero, his young and benevolent master who's smitten with Philia, the “girl next door”—literally.

But there's much, much more! It turns out that beautiful Philia has been promised to wed superstar narcissistic warrior Miles Gloriosus. Oh no! Will Pseudolus and his young master save the day? Let the antics begin! With “cunning disguises and stun-

ning surprises,” Hero's father Senex and mother Domina (yes, she's well-named!) get hilariously entangled with their “head slave” Hysterium, Lycus (a purveyor of... hmmm... courtesans), and hapless old Erronius (whose kids, alas, were kidnapped in infancy by pirates).

With head-spinning schemes and bizarre plot twists, “A Funny Thing” is a brilliant mishmash of slapstick, sarcasm, and liaisons of delight and deception: clowning “Proteans” rollicking around the stage; songs like “Everybody Ought to Have a Maid”; convoluted cases of mistaken identities; throwing self-inflated Miles Gloriosus off the scent; Pseudolus plot-

“November 16, 17, and 18 offer performances guaranteed to have you laughing from start to finish! Tickets go on sale September 17 at the OC and KS Activities Desks, or on line.”

ting to get virginal Philia hooked up with innocent young Hero; and even “fake news” about a dreadful plague in Crete—really?

You'll delight in Stephen Sondheim's musical score, with choral and vocal singing under the direction of Ken Reiss, and dancing routines choreographed by Becky Nicholson. The music ingeniously moves the story along with numbers ranging from romantic to ridiculous to raucous. In the words of the opening and closing song, “A



“Funny Thing” promises “... something for everyone: a comedy tonight!”

Director Julie Africa returns to direct yet another Players show, much to the delight of her cast and crew. The cast includes nine of your favorite actors and singers, a trio of comical clowning Proteans, and Becky's talented dancers. “You're going to love this hilarious musical,” exclaimed Julie, “It's such an honor and pleasure to work with these talented actors, singers, and dancers!”

November 16, 17, and 18 offer performances guaranteed to have you laughing from start to finish! Tickets go on sale September 17 at the OC and KS Activities Desks, or on line at boxoffice.suncity-lincolnhills.org. (See page 55 for ticket information.)

Photos, clockwise from top: Domina, Hysterium, Philia; Masters and slaves; Hero, Philia



Piano MADNESS



This unforgettable dueling piano show is a must see!

**Thursday, October 5
Ballroom (OC)
Concert at 7:00 PM
Reserved Seating: \$23
General Admission: \$19**

Tickets available at the Activities Desk (OC/KS)

See Page 55 For More Details



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SCLH BUSTRIP

See Page 60 For More Details



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Orienteering Color Me Delighted!

Dee Hynes, Roving Reporter

As you are enjoying a serene trail walk, you scan the varied open-space details. As your gaze returns to the trail you do a double take. What's this?

On the trail, artist's easels are standing at attention, awaiting the sensitive touch of brushes dancing over color-splashed palettes. Here, you meet eight to ten of our resident artists, members of the Plein Air Group of Lincoln. They, too, are enjoying the view while painting.

We are particularly thankful that Lincoln Hills was developed around these trails, encouraging residents to enjoy and appreciate wild, open spaces. As we paint, we know the importance of staying on the trails in order to preserve what we see."

Why paint on trails?

It has to do with the definition of plein air (outside) painting. Group leader Jim Brunk explained, "Most painters paint from photos while plein air sessions allow the artists to use their senses, sight, hearing, and touch. The artists see their subjects' colors in true light and shadows, smell fresh grasses, hear water rumbling and feel the breeze playing in their hair. This experience will influence their painting."

In addition to the occasional Thursday trail painting sessions, the group also paints ranches, farms, vineyards, almond groves, in Lincoln, Roseville, Plymouth, and Colfax. Some of the plein air paintings



Orchard Creek Preserve painted by Jim Brunk



Watercolor sketch of Jim Brunk painting outdoors by Diane Pargament

Artist Margot Comer shared,

"The joy is in experiencing the landscape in this very special way as we each preserve our personal relationship with the environ-

ment. We are particularly thankful that Lincoln Hills was developed around these trails, encouraging residents to enjoy and appreciate wild, open spaces. As we paint, we know the importance of staying on the trails in order to preserve what we see."

Interested in adding this perspective to your trail experience? The group is looking for additional members with one to two years painting experience. See the Painters' contact information in the *COMPASS* Club News section.

Check your Community Directory and Resource Guide Foldout Map 2 for Fitness Trail maps.

Association New Website— Frequently Asked Questions

The implementation of the new resident website Northstar platform has involved a multitude of pieces, so it is expected that there will be functions that do not come online as quickly as others. The Association staff appreciates the patience everyone has shown as we work through this effort. As we have had a number of questions from residents, we hope that the Q&A below will help provide answers. We encourage residents to visit the website regularly at sclhresidents.com for new information.

Q1. Why doesn't my name come up or my photo show when I go to the online directory?
How do I get it to show?

A1. To respect your preferences each Resident must "opt in" to having their information show on the website. To opt-in you must go to "My Roster Settings" (from the navigation, follow **Resident Center > My Profile > My Roster Settings**) and uncheck the box to unhide your profile. By default it will show the information checked in the boxes on that same screen, and you will need to indicate the information that you want to have visible in the "Resident Directory."

Q2. What parts of the website are fully functional for residents to use now? What is next and when will everything be up and running?

A2. All parts of the website are functional except for Lifestyle Online. By the time you read this, we hope to have online purchasing available.

Q3. How do I get the website app on my phone? Where do I go to download it?

A3. If you are an IOS user (Apple products) you can go to the App Store and if you are an Android user (PC) you can go to the Google Play Store. Search for Sun City Lincoln Hills and download the app.

Q4. Where can I get help if I can't find what I need on my own? **A4.** You can email help.desk@sclhca.com and get staff assistance.

Q5. What do I do if I forget my password
Please see "Frequently Asked" on page 22

Bibliomania!

From Antique to Artistic Books

Nina Mazzo, Roving Reporter

The year was 2003 and a new Lincoln Hills resident was visiting a book sale in the Carnegie Library in downtown Lincoln. She purchased a well-worn leather-bound book titled *Godey's Lady's Book* (published 1879). As she thumbed through it she smiled in delight at the table of contents—fashions, poems, recipes, embroidery patterns—and noticed the original book owner's name and Lincoln address on the inside cover. Wow! Time stood still as she realized that woman once used this book for ideas as one would use the Internet today.

Thus began a book collection for this resident—me! Yep, reporter Nina Mazzo is a proud bibliophile.

There is something special about holding a book from the years gone by or appreciating the workmanship of a special edition. So, allow me to take you on a tour of my bookshelves.

My primary collecting interests are in antiquarian books (17th to 18th century) on English history and culture; miniature books created by book artists; and “books about books.”

Following are examples of these varied books:

Title: *Praxis Vicariorum* printed in 1681 in the area we know as Venice, by Abbott Carolo Pellegrino. The book, written in Latin, contains canon and common law of the time.

Title: *Mount Vernon and Its Associations* (Historical, Biographical, and Pictorial), by Benson Lossing in 1859. An inscription reads: “To Mother from Davy, Christmas 1861.”

Series: *Britain in Pictures* (art, literature, education, religion, natural history, country life, science, etc.), a series designed in the 1940s to record the British way of life. Experts in their respective fields authored each book.

Penguin Publishers Drop Caps: A series of 26 books each featuring on its cover a specially commissioned illustrated letter of the alphabet.

Title: *The Autobiography of a Book*, published in 1926 by Gilbert Fabes. A humorous fictional account of the travels of a book as it moves from owner to owner.



Nina Mazzo—a proud bibliophile!

Miniature books have the same physical properties as standard size books with the recognized limitation of three inches by three inches. While I own over 50, my favorites are those by book artists who craft the book from their own handmade papers.

David T.W. McCord once wrote: “Books fall open, you fall in, delighted where you've never been.” That pretty much sums up my joy of book collecting!

Do you have a unique collection or hobby? Contact Nina Mazzo at ninamazzo@me.com.

Frequently Asked Questions

Continued from page 21

and the tool sends me a link that doesn't work?

A5. If the “reset password” link doesn't work, you can cut the link from the email and paste into your browser to take you to the test page or email help.desk@sclhca.com for assistance.

Q6. Will I be able to register online for activities and classes by August 17?

A6. We realize this is an important component of the website and have its completion as a priority. We are targeting this month of September to have it up and running and we appreciate your patience. It is currently in test phase and we will announce in eNews when it is ready. This timing will also include the

ability to use your phone app for purchases in place of the membership card.

Q7. Am I able to post a classified ad to the website?

A7. Yes, classified ads are now appearing on the site but for the time being they are being posted by a staff member. The plan is to have it available for residents to post themselves, but in the meantime please complete the form for classifieds online.

Q8. I missed the recent Listening Post meeting and the Community Forum. Are these being captured in either written synopsis or a video that I can watch?

A8. Yes, a recap of the Listening Post appears in the *COMPASS*, the Resident Website under Latest Association News,

and eNews. We do not video the Listening Post but the videos of Community Forums are available on the website.

Q9. Is there a calendar of upcoming Forums and Listening Posts and if so, where can I find it on the website?

A9. Yes, the website is an excellent resource for all upcoming events, under “Resident Center” please click on “Association Calendar” to see meetings and activities coming up. You will be able to review by the day, week, or month.

Q10. When I go to sign into the gym there are occasional issues with the system functioning. What is the status of getting this resolved?

Please see “Frequently Asked” on page 23

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Lincoln Hills Foundation**Serving the Lincoln Senior Community***Jeff Andersen, Lincoln Hills Foundation*

As our 15th year of service to this community comes to a close, we reflect on how the Lincoln Hills Foundation (LHF) has been able to make a difference for many of those who live with and around us. Through the years, the Foundation has provided financial support for community groups such as Neighbors inDeed, Friends of the Lincoln Library, Lincoln Police Department, our Homeowner's Association, Neighborhood Watch, Seniors First, and 20 others. And it is your generosity in donating to the LHF that allows us to continue to provide this assistance. Thank you!

Beginning in October, a grant from the Foundation will provide enhanced support services to Lincoln Hills caregivers of dementia patients. Del Oro Caregiver Resource Center will provide access to additional respite care opportunities, needs assessment, care planning, and ancillary services. You might not recognize the large number of your neighbors who must manage dementia care on a 24/7 basis, who live in quiet desperation, but they are here. The goal here is to provide knowledge and resources to more effectively manage personally difficult caregiving issues, including taking care of the caregiver.

While dementia care has a variety of challenges, none is necessarily more disruptive or restricting than caregiving for a stroke or surgery patient, for example. With that in mind, we are looking to expand this trial program to include other residents and groups who have similar or equally significant caregiving needs that would otherwise go unmet.

Last month I had the pleasure of taking Randy Dvorak's picture in connection with an article about his remarkable story. If the name doesn't immediately ring a bell, recently Randy's heart



Foundation Grantee representatives define their roles in serving our community



CPR class learning life saving techniques taught by a professional

stopped on the Del Webb softball field. He's alive today due to the speedy action of his teammates and an on-site automated external defibrillator (AED) that restarted his heart. I remember voting to fund the grant that got that AED placed, so the work of the Foundation came full circle for me.

Whether purchasing wheelchairs and large print books for the Library, providing office supplies to Neighborhood Watch, training residents at low personal cost on CPR techniques, the Lincoln Hills Foundation is looking forward to continue offering assistance in our community to those in need. Who knows, perhaps the contributions you make will someday serve *you* right here in Lincoln. For other information, you can log on to our website at www.lincolnhillsfoundation.org. Thanks again for helping!

Frequently Asked Questions

Continued from page 22

A10. The gym is an integrated system and we are aware there are some consistency challenges. This is also an item that we consider high priority which we are working to resolve as quickly as possible.

Q11. When will the Library links be fully functioning and will it include all CC&R documents?

A11. The Library is functioning and all documents are currently available. Please advise the help desk if you are experiencing problems: help.desk@sclhca.com.

Q12. I don't like the photo that was taken for my new ID card, may I retake my photo?

A12. We appreciate that people would like to look their best for any photo that shows publicly but at this time we ask that residents utilize the cards they were issued. We want to keep the staff focused on their efforts to complete some of the key areas still under development and testing. Once we are fully functional we can consider retakes.



Neighborhood Watch

The Making of a Village New Executive Officers

Patricia Evans

What would you do if you were a new Village Coordinator with all of your mail stations needing captains? Gary & Karen Allington faced this problem when they became Village 23 Coordinators three months ago, when their previous Village Coordinator and four Captains, having served for a number of years, wanted to retire.

With the help of one of their outgoing Captains, the Allingtons selected four residents who are comfortable reaching out to others and asked them to serve as Captains, which they accepted. They know they will receive rock-solid support from Gary and Karen. One resident who had been hesitant to participate in Neighborhood Watch is now a comfortable member.

This small Village of 45 homes is now snug as a bug in a rug. Neighbors helping neighbors will continue to be the focus and goal of the new Captains and Coordinators.

Village 23 residents enjoy activities to increase their camaraderie: Hand and Foot card games, monthly luncheons and breakfasts, open-house parties, National Night Out, and Oktoberfest. Wow!

The Allingtons moved here from eastern Washington. Gary, a retired optician, and Karen, a retired veterinarian and board certified feline specialist are active ballroom dancers, sports car owners, and vintage car enthusiasts. Refurbishing a 1957 Ford retractable hardtop, previously owned by singer Bonnie Guitar, is a highlight.

Special notice: Neighborhood Watch has a new Executive Director, Ed Zychowski, and Assistant Executive Director, Linda Minor. We appreciate their stepping up, and send many thanks to



Village 23 has a new and enthusiastic Neighborhood Watch crew on board. From left, Pat McLaughlin, Michele Prout, Patty Porter, Karen Allington, Gary Allington, and Mimi Arighi

Larry Wilson for his many years of service. Larry has retired as Executive Director for health reasons.

Please turn to page 38 for our Neighborhood Watch tips for your pets.

Neighborhood Watch Contacts

Ed Zychowski, Executive Director
Linda Minor, Asst. Executive Director
Neighborhood Watch Website
www.SCLHWatch.org

Library News

Sandy Melnick, Library Volunteer

We need your help! Please remember to return all books, CDs, DVDs and other borrowed material in a timely manner. Other residents are waiting for these items.

Also, do not remove any financial pamphlets from their binders. We are missing many reports that others want to look at. If you need a copy of a pamphlet, either photocopy at the desk for 10 cents per page or if you have a smart phone you can simply take a picture and download the page to your personal computer. Other people using the Library will appreciate your consideration.

I read a very good book lately and recommend it—but not if you are going on a cruise! It is *The Woman in Cabin 10* by Ruth Ware. A journalist goes on a cruise and hears a splash from the cabin next door. The boat has no one listed for that cabin and the journalist must find out what actually happened. Very fast reading. You can find this book in the hardbound fiction section.

Contacts: Sandy Melnick (916-408-1035) for donations, Pam Combes (530-613-4185) for investment materials, and Bobbi Swenson (916-543-6362) for the Community Living Room (OC).

www.sclhresidents.com

Hats Off

Continued from page 3

until I became a grandmother, that there is nothing in the world like the love between a grandchild and grandparent!

I originally came to Lincoln Hills semi-retired but have since fallen in love with not only the beautiful surroundings, but also the caring and supportive community of both residents and staff. The greatest revelation and pleasure is how fascinating the residents of Lincoln Hills are. You offer encouragement, friendship, and compassion daily. I feel so blessed not only to be a part of this wonderful community, but to be a part of the top-notch publication that is the *COMPASS*. I look forward to working with everyone who helps the *COMPASS* to be a reflection of this vibrant and active community.

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Club News



Alzheimer's/Dementia

Caregiver's Support

October 1, our group begins eligibility for an enhanced support program. The enhancement includes edibility for additional respite care and other support services caregivers identified as high on their collective wish list. Funded by the Lincoln Hills Foundation and delivered through Del Oro Caregiver Support Services, this new program will serve as a model for future Lincoln Hills Foundation grants to other groups with similar needs. Pictured here is Michelle Nevins, Executive Director of Del Oro, explaining the new program to some of our group. The 2017 Sacramento Walk to End Alzheimer's is on Saturday,



Michelle Nevins explaining how her organization works

September 23. We'll take you there, then to lunch at the Spaghetti Factory, and back when you sign up at the Activities Desk for number LST66-08. Yes, family and friends are invited and when the bus is full, that's it. Our October 17 Senior Café looks sold out, and we are happy.

Contacts: Judy Payne 916-434-7864; Maria Stahl, 916-409-0349; Cathy VanVelzen 916-409-9332; Al Roten, 916-408-3155



Antiques Appreciation

The October 2 Meeting will feature Jim D'Ambrosio from Lincoln Gold and Coin. Jim has a background in banking and finance, but his passion now lies in precious metals, coins and unique collectibles. After retirement from the financial world, Jim opened his dream shop in Lincoln. He has turned his years of collecting into a shop that includes a wide variety of coins, currency, gold and silver bullion and an extensive collection of estate jewelry. Jim will be bringing a variety of these unique collectibles that are sure to be popular, especially with all of us who love to "collect."

If you missed the September meeting we visited Colonial Williamsburg by way of a video show. We had a modern day look at the city in its 18th century glory, preserved for visitors today.

Come and meet fellow collectors and antique enthusiasts the first Monday of every month in the Heights and Gable Rooms (OC) at 10:00 AM.

Contacts: Rose Marie Wildsmith 916-409-0644; Barbara Engquist 916-434-1415



Astronomy

Monday, September 18. Cosmology Interest Group (CIG) Don Wilson will continue his lecture series that examines his alternative theory to the Big Bang. Fine Arts Room (OC) 6:45 PM.

Thursday, September 28, The Telescope Interest Group (TIG) will have a Star Party at Blue Canyon. Contact Bob Collins at bobpcoll@community.net (253-9890) for more information.

Wednesday, October 4. LHAG General

meeting 6:45 PM in the P-Hall (KS). "Exploring the Night Sky," will be presented by LHAG member Ron Olson. Join us to learn how to locate and identify objects in the night sky using your naked eye, binoculars, and small telescopes.

Thursday, October 19, Telescope Interest Group (TIG) will meet in the Multipurpose Room (OC) at 6:45 PM for a brief review of how to locate and identify objects in the night sky, a review and Q&A session on using starcharts, followed by assisted observing behind the Lodge.

Contacts: Morey Lewis 916-408-4469, eunmor@pobox.com; Cindy Van Buren, 916-253-7865, rvbcvb@att.net
Website: www.lhag.org



Ballroom Dance

Ballroom dancers are back in the swing of things, having had a terrific turnout for the Hot August Nights Dance Party last month and the elegant Sunday Afternoon Tea Dance on September 17 in the OC Ballroom. This Sunday afternoon affair is always a popular event where we can demonstrate our prowess in the many styles of Ballroom Dance over a cup of tea and cake and ice cream.



Linda & Ralph Lacaze; Peter & Josie Vandermat





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Our lesson schedule for next year will include the addition of the West Coast Swing. This dance was pronounced the official dance of California in 1988. Sounds like something we all should know!

Membership only \$7/year, is open to SCLH residents, sponsored guests, couples and singles. Lessons are every Tuesday in KS: Beginners from 2:00-3:00 PM and Advanced from 4:00-5:00 PM. Open dance hour is 3:00-4:00 PM. After learning the Fox Trot in September, we will visit the Rumba in October.

Contacts: Sal Algeri 916-408-4752; Olivia Eckert 916-749-9051



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 October 11. 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 Olive Garden on Thursday, September 21. Meet at 11:15 AM in front of Orchard Creek Lodge if you want to carpool. For more information or to put a Memoriam in the COMPASS, contact Joan. **Contact: Joan Logue, joanlogue@sbcglobal.net**



Big History

Big History has been launched! Our first session on September 5 started with a Big Bang—literally. In the next sessions, we are pushing on to looking at the

evolution of the universe, the formation of the solar system and the beginning of life.

Big History is a science-based history program that goes back 13.8 billion years and then comes forward. This is peer-to-peer learning—for the sheer joy of it. So not only are we seeking members, but also participants who have a passion for a subject and are willing to be presenters.

We meet the first and third Tuesdays in the Fine Arts Room (OC) at 6:30 PM. Come as early as 6:00 PM to register, pay dues (\$10 per year) or just mingle.

Contacts: Ranny Eckstrom 916-708-0165 or Joan Podesto 925-408-6562
Email: BHSCLH@Yahoo.com
Website: www.bighistorysclh.com.



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.

Contacts: Rich Lujan 408-781-5815; Tony Felice 916-955-0501, atfelice3@gmail.com



Challengers five/seven games—Remy Giannini, Steven Baron, Dan Oden; Cue Masters nine ball—First place: Ted Komaki, second: Jim Pacini; six/seven games—Bill Davis. Five/seven games—Remy Giannini, Oscar Alvarez, Tom Thornton, Jim Boekel



Bird

With cooler weather ahead we look forward to our fall outings. Friday, September 22, our group makes a short drive to the Lincoln Wastewater Treatment Plant. The many ponds attract shore birds and migratory waterfowl. Those who are interested in joining us should meet at the southwest corner of the OC Fitness Center parking lot. Plan to arrive early so we can leave at 8:00 AM.

October 6 our bird walk follows the trail along Ferrari Pond. We will meet at Anglers Cove parking area at 8:00 AM

October 9 at 1:30 PM we hold our

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monthly meeting at the P-Hall (KS). The speaker will be Ed Pandolfino, past president of Western Field Ornithologists and long-time member of the Sierra Foothills Audubon Society. Ed will present a program on Central Valley bird populations, their increases and decreases and results from the Christmas Bird Counts.

Contact: John Garfein 916-666-2364,
johndgarfein@gmail.com
Website: www.lhbirders.org



Bocce Ball, Mad Hatters

As we write this, they still haven't gotten the lines painted on the newly resurfaced back courts. We were going to use them without the lines last week (August 17) but the resurfacing crew showed up to do one last rolling. Hopefully by the time you read this the lines will have been painted. We have seen some evidence that they are trying to get the bumpers reglued where they separated last winter. We have suggested to maintenance that the front courts could use a good rolling and will follow up on that.

If you would like to roll with us, please feel free to join us every Thursday morning at 8:00 AM. Our group is open to everyone, we supply the equipment, and we will teach you the game very quickly if you don't know how to play.

Contacts: Paul Mac Garvey 916-543-2067,
pmac1411@aol.com; Bob Vincent, 916-543-0543

author, philosopher and educator.

On September 21, we will discuss *Big Little Lies*, by Liane Moriarty. Also a hit HBO series, *Big Little Lies* examines the lives of three women at a crossroads, spotlighting relationships, ex-husbands, second wives, mothers and daughters, and a schoolyard scandal, each echoing the fact that little lies can turn out to be the most lethal. Join us for the discussion.

Schedule, remainder 2017:

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

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 916-408-0269;
Penny Pearl 916-409-0510; Dale Nater 916-543-8755
Website: <http://LHocbookgroup.blogspot.com/>
Wiki: <http://ocbookgroup.pbwiki.com/>



Bosom Buddies

Who doesn't like a field trip! Instead of a regular meeting this month, Bosom Buddies visited the Rogers' Family Coffee Business in Lincoln and learned not only what goes into the making of coffee but also about the importance of a company being socially and environmentally responsible. Since starting its business, the Rogers' family has concerned itself with their product and with the people who work in the manufacturing of coffee, from the farmers to those employed in the distribution. This was a fascinating tour, and one made even more special with free

samples. For more information, check out the Rogers' Family website—it's well worth watching.



Members celebrate our officers at the annual luncheon; Six ladies won centerpieces, from left—top, Martha Chatoian, Dulcie Peck, Ann Jensvold and Peggy Ryan, bottom, Trish Offutt and Marilyn Poole

October is breast cancer awareness month, and we'll be participating in the planned activities to be held up at OC.

Bosom Buddies welcomes breast cancer survivors as well as those still undergoing treatment. It is important to us to be there for each other.



Book, OC

"In the case of good books, the point is not to see how many of them you can get through, but rather how many can get through to you." —Mortimer J. Adler, American

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Contacts: Marianne Smith 916-408-1818;
Val Singer 916-645-8553
Website: www.sclhresidents.com



Bridge, Duplicate

Congratulations to David Russell for achieving the American Contract Bridge League's rank of Ruby, Life Master. Yet another case of outstanding play was demonstrated recently by Doug Murphey and Laurie Vath. They participated as a pair to win a tournament session with a 76% score. Another rare demonstration of competitive bridge superiority. Congratulations to them both!

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 (916-253-9882). For a partner in the Wednesday or Saturday limited games, call Rosie Peasley (916-253-7414) or Sheila Ross (916-434-6165).

Contact: Jim Collart 916-995-7233
www.bridgewebs.com/lincolnhills



Bridge, Partners

Call for sign-up, or show up with your partner in the Sierra Room (KS). You play if we have even pairs up to 28. We must be seated by 5:50 PM, with standbys seated immediately thereafter. We must finish by 8:30 PM. Please play at a pace to finish each table in 25 minutes, and please keep the noise to a minimum out of respect

to those still playing.

Winners: July 27—First: Joanna/Alan Haselwood with the high round of 2220; second: Lynda Sader/John Woodbury; third: Hilla/Bob Fawcett; fourth: Bruce Fink/Stamutnick.

August 3—First: Kay/Ben Newton; second: Lorraine/Bob Minke; third: John Butler/Byron Hansen with the high round of 1730; fourth: Reta Blanchard/Gay Gladden.

August 10—First: Lynda Sader/John Woodbury with the high round of 4400; second: Erica Wolf/Edith Kesting; third: Rose/Joe Phelan; fourth: Lydia King/Nancy Turrini.

August 17—Water Main Leak, bridge cancelled.

Contacts: First & Third Thursdays: Kay & Ben Newton 916-408-1819;
Second & Fourth Thursdays: Dolores Marchand 916-408-0147; Judy Olson 916-408-1435



Bridge, Social

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

Reserve your space in September and October by contacting Jaylene Gerdes 916-645-7453 or Eleanor Amar 916-209-3505.

July/August Winners: First Place: Byron Hansen, Flo Hunt, Lynda Sader, John Woodbury and Carol Mayeur. Second: Kurt Wolff and Jim Solsrud (tied), Sarah Free, Joan Singer, Nancy Griffin, and Byron Hansen. Third: Karen Bode, Warren Sonnenburg, Chet Winton, and Jean Richards. Fourth: Lynn Solsrud, Pat Fraas, Joe Phelan, Ralph Madsen, and Anne McMaster.

Grand Slams: Congratulations for a Grand Slam to Harry Collings and Bob

Belknap on July 28. Also Viren Sitwala and Karen Bode had a Grand Slam on August 4.

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 Card Room (OC). Introduction to Bridge, 8:30 AM to 10:00



AM. Teachers: John Woodbury and Alan Haselwood.

Contacts: Jodi Deeley 916-208-4086, jodideeley2@gmail.com



Bunco

The Bunco Group welcomed two new players, Gayle Sparks and Karen Anderson. As beginners luck would have it, Karen won a prize, the Traveler, which was passed around the room several times throughout the morning. Sharon Chipman loves that bear and held it tight until she had to give it up.

After Bunco play, some of us enjoyed a nice meal at Casa Ramos. The group said goodbye, until next summer, to Mary Ales.

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

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August Winners: Most Buncos Diane Lundin; Most Wins Suzette Mott; Most Losses Carolyn Hughes; Traveler Karen Anderson.

Next Bunco is Thursday, September 21.

Contact: **Kathy Sasabuchi 916-209-3089, ksasabu@icloud.com**



Ceramic Arts

The CAG group has been busy with new/different projects. Linda Miller, the new teacher has introduced interesting techniques and shared her extensive knowledge about all things clay! If you are looking for a new hobby and would like to return to a former pastime, sign up for the Thursday class or a Monday classes. No worries if you have no idea if you have "talent." We have all been there and were surprised to see what we were able to create. Please note the extended OC Saturday hours start in September.

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

Contact: **Mary Clark 916-502-1527; OC Pottery Gabriele Dawson 916-209-3683; Diane Mayer; KS Earthenware Marty Berntsen 916-408-2110; KS Spanish Oils Margo Bruestle 916-434-9575 Website: www.sclhresidents.com**

cert on December 10-12 under the skilled direction of our former accompanist, Paul Melkonian. Replacing Paul on our piano is the equally talented Nina Malone.

We'll be singing you a marvelous variety of seasonal music. "And the Glory of the Lord" exemplifies the majesty of Handel's "Messiah." "Mozart's Fa-La-La" is set to another great composer's ever-popular "Eine Kleine Nachtmusik."



Among our choral crowd-pleasers...

Among other selections: "Jubilate, Alleluia!" is a contemporary classic you've enjoyed from us before. "Hanukkah, the Season of Light" previews the Jewish festival immediately following our three performances. And "Swing into Christmas" is a rousing medley comprising "Silver Bells," "I'll Be Home for Christmas," and a unique arrangement of "In the Mood."

September may seem early to get in the mood for December festivities, but we need three months of practice to deserve your applause. We promise you won't be disappointed!

Contact: **Suzanne Rosevold 916-587-3035; suzannechorus@gmail.com Website: lincolnhillschorus.org**

Computer



All Things Apple

Most of our LHAUG members have attended our Seminars over

the years. But do you know anything about the dedicated volunteers who present these educational meetings? For the next few months we will highlight each of these wonderful people in this monthly column.

First up is our current Vice President, Helen Rains. With her series, "Tour the Mac," Helen provides a basic education to those members who have recently made the switch to the Apple World. She has



Vice President Helen Rains

found in the LHAUG, first as a member, then a volunteer, and more recently officer and seminar leader, a fantastic club experience—learn while you serve the members. She enjoys tutoring club members in the LHAUG as well as teaching classes. Helen also co-ordinates the Open Lab Support Team and writes the "What's Happening This Week" LHAUG weekly club announcement. Helen Rains, VP of LHAUG considers herself an "Everything Apple Enthusiast."

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



PC

Main Meeting October 11, 6:30 PM—Optimizing Your Main Google Apps. Come see how you can use Chrome to set your favorite websites easily, import favorites from Edge or Internet Explorer, manage passwords and auto-fill settings,

Lincoln Hills Community Chorus



Chorus

The Community Chorus has begun rehearsing for our mostly Christmas con-

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and check on security. Google Photos is now enhanced and makes a reasonable replacement for Picasa. Gmail now has over a billion users. Still a bit ugly but there are many enhancements to make it easier to use, Google Drive has become Google Backup and Sync and will make any other Windows backup program redundant, with two clicks.



*Terry Rooney
Presenter on
October 11—
Optimizing
Your Main
Google Apps*

Clinic October 13, 3:30 PM will cover new developments from Microsoft including the fall version of Creators Update and some nice changes to how One Drive works. Both meetings at P-hall (KS).

Ask the Tech. September 27, 10:00 AM—our regular monthly meeting where all members can come to get solutions to their technical questions. Multipurpose Room (OC).

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



Country Couples

Everyone loves a picnic in the summer, so a picnic-themed dance seemed like a great idea for our club to try during the month of July. The dance was held at KS on July 15, 12:00-4:00 PM. The setting was casual and relaxed with very limited decorations and frills. Attendance was down a bit as many members



*Georgie Dawson,
Jeannie Keener,
and Gary*

Wermuth; Karen & Randy Robinson

were out of town enjoying vacations, so the decoration and clean-up committees got a break from their usual duties. Each dancer brought his or her own lunch and it was fun seeing what others brought to eat before the music and dancing began. Larry Brigleb was both our photographer and our DJ for the afternoon, so he was kept busy with all his duties. Thank you, Larry.

Look for photos and a recap in next month's COMPASS of our September 15 Barn Dance.

Contacts: Marsha Brigleb 916-434-5460,
Laura Wermuth 916-253-7092



Cribbage Club

We welcome you to join the fun at OC on Tuesdays with a friendly group of Cribbage Players. We meet at 8:00 AM and have our warm-up/practice games until 9:00 AM. Then the mini-tournament begins, and continues until 12:00 PM.

We play four handed partner games using a rotation system. Every game you end

up with a new partner as the losing players move on to the next table, and the winning players stay. Each player keeps track of his or her own score.

The weekly winners for the month of July were Jack Poshepny, week one, Ed Musgrave, week two, Grant Lee, week three, Mary Ales, week four.

New players are always welcome!
Contacts: Larry O'Donnell 406-672-6493;
Ken VonDeyley 916-599-6530



Cyclists

Usually, during our coffee breaks and post ride meetings, we discuss very important matters. Like, how many times can you patch an inner tube. Some of us think nothing of using a new tube each time, while the more frugal cyclists will opt to patch the tube. If the tube is patched properly, the patched area of the tube is actually stronger than the rest of the tube. You probably could patch the tube until the patches overlap but realistically, after about three or four patches, the first patch and the tube are ageing so you should stop there. Once you find and mark the hole, you must rough up the surrounding area. Select a patch large enough to more than cover the area around the hole. Apply enough glue so that the outer edges of the patch will contact it. Allow the glue to dry and apply the patch.

Contact: Steve Valeriote 916-408-5506,
lhcyclist.com

Website: www.LHcyclist.com



Eye Contact

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OC, Thursday, September 28, 10:30 AM-12:00 PM. "Fall Fun"—Autumn flies by in a flash, so let's take advantage of the crisp weather and beautiful foliage and find some fun activities to do in the fall. Invite and bring a friend to help us celebrate the beginning of the next Social Events of 2017. Facilitated by Elaine Small.

General Meeting, Fine Arts Room, OC, Tuesday, October 3, 2:00-3:30 PM—"Understanding your Long Term Care Insurance." Presented by Susan Feldman of BrightStar Care who will share important information you need to know.

- What does my policy cover and how can I use it?
- Can I use any benefits for vision needs and services?

Whether you are interested for yourself, a spouse, a parent or a friend, the more you know about in-home care, the more choices you will have in the future.

Contact: **Cathy McGriff 916-408-0169**, cathy.mcgriff@yahoo.com



Fishing

Have you ever fished for Kokanee? The landlocked version of the sockeye salmon, the kokanee (pronounced coke-a-nee) spends its entire life in fresh water. Instead of migrating to the ocean, adult kokanees inhabit large lakes before returning to their natal streams or gravelly shorelines to spawn. Learn to fish! We have members willing to show you how to fish, for Kokanee too.

The remainder of year is scheduled, Alaska, Trinity, and rivers close by—Fuller, Whiskey, Collins, & Rollins, Woods, and Weber Lake. Join us!



Flaming Gorge Kokanee; Reeling in a Smallmouth Bass; Messier at his best

Your members Preference sheet will help you find someone to fish with.

Our Salmon BBQ is October 9, buy your tickets, bring family & friends and, of course, a side dish to feed 10-12. \$5 bucks, a great deal!

We meet monthly, the second Monday at 7:00 PM, KS, to discuss fishing. Check out our meeting!

To join, contact Jim Kerbey—jmal-com2@aol.com

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



Garden Group

"Bishop's Pumpkin Farm" will be the topic for the General Meeting, September 28, KS, 2:00 PM. The Farm is a family outing for all ages which includes a variety of crops, farm animals, activities, and rides. Fabulous baked goods, other foods, and even a cider mill are there, too. Sandy & Bill Bishop founded the farm in



Pumpkin Farm Speaker; Brown Bag Sales; Expo Volunteers



Wheatland in 1973, and she will be our guest speaker. More information: www.bishopspumpkin.com

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Master Gardeners and “Brown Bag” sales (donated garden and plant items) will be available before the meeting. The proceeds fund our local civic projects—the latest being a donation to Lincoln High’s Farm School! The 2018 Master Gardener’s Calendar will be available for \$10. These are full of monthly tips!

Save the dates for two Field Trips/Luncheons: High-Hand Nursery (September 19), Pottery World (December 5). Details and contact info have been sent to each member via email and website.

Contacts: Lorraine Immel 916-434-2918, limmel@ssctv.net; Larry Clark 916-409-5214 lkclark@surewest.net
Website: www.lhgardengroup.org



Genealogy

On September 19, Jim Baker will be talking about the best sources for Union and Confederate Civil War era ancestors. The title of his talk is “Johnny Has Gone for a Soldier: Civil War Records—Prolific and Powerful.” Mr. Baker is a board certified Genealogist specializing in German and early American genealogy research. He has been an active genealogist for the past 15



September 19, Jim Baker will be talking about the best sources for

Union and Confederate Civil War era ancestors

years. We meet in the P-Hall (KS). Members should come a few minutes before the 6:30 PM start time to sign in and pick up their ticket for the door prize which this month is three echo dots. Refreshments available after the meeting and an opportunity to hob nob with others who share your interests.

Plans are afoot to have a DNA boot camp and some form of ongoing DNA resource group. Stay tuned for something to begin, hopefully before the end of the year.

Contact: Maureen Sausen 916-543-8594; Arlene Rond 916-408-3641.
Website: lincolnhillsgenealogy.com



Golf

Ladies XVIII

The first half of the Captain’s Cup is in the books, with 24 teams competing in three flights. Counting one best ball per pair, the scores were bunched within a 14-point spread in each flight. Hoffmeister/Worrall led the first flight, and all teams, with 59.



Peggy Carr and Mikie Briggs, longtime partners

McCoy/S. Petersen tied with Biswell/Loyd for second with 64, and third went to Green/Warren, with 66. In flight two, Arts/Emge led with 62, followed by a tie for second between Ashe/Hanson and Martin/Newberry with 66. Brinkerhoff/Tamanti tied with Gadsby/G.Petersen, for third with 67. Then, Meyer/Rushing topped flight three

with 64, and Hur/James took second with 66. Third belonged to Morgan/Sams with 67. Gayle Petersen was awarded the CTP on Hole 11, with under nine feet to the flag for par. We thank Gayle for her stint as Co-Captain this year and Chair of this tourney. She moved to Del Webb, The Club, in Roseville.

Contact: Donna Sosko 916-434-5527
Website: lhlgxviii.com

Lincsters

As of this writing, the Lincster annual club championship is underway. Play was on the back nine of the Orchard course on August 16, and on the back nine of the Hills course on August 23. The new club champions, both net and gross, and flight winners, will be announced next month.

The Lincster WNHGA group held their TOC tournament on August 9 and 10. The winners were Sue Pharis, TOC champion, Marie Bossert Flight A winner, Judy Josse Flight B winner, and Barbara Gordon flight C winner. Plans are underway for the Lincsters and LHLXVIII annual breast cancer tournament. It will be held October 25, and is a nine hole shotgun on the Hills course. The event will have hole sponsors, tee prizes, mulligans and sandies, breakfast, snacks, and lunch. This event will benefit the Placer Breast Cancer Foundation.

Congratulations to Kate Gold, July Golfer of the Month.

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



Golf, Men’s

The Men’s Club Member/Member/Guest Memorial tournament will

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feature a putting contest and a horse race playoff format on September 25. The following day, September 26 will be a tournament day on the Hills Course followed by awards dinner in the Ballroom with sponsors and spouses.

Golfers enjoyed the four-man scramble. There were tiebreakers needed in several cases to determine the winners. Gross winners were teams in Flt 1. Tom Horan, Ed Lazarek, Bill Bowen, D. Niemeyer. Flt 2 winners: Ross Burkett, Dudley Lewis, Larry Mowrer, Jay Stockton. Flt 3 winners: Jim McCarthy, Ralph Barkey, Bill, Zeek, Rich Jones. Flt 1 net winners: Dennis Cumiford, Doug Swanson, Phil Steinbock, Rich Yoshikawa. Flt 2: Pete Saco, Bruce Lyau, Roger Val, Steve Thornton. Flt 3: M. Camy, Jerry Woodard, Dean Brumley, Henry Olsen. The annual Member Guest Memorial Tournament Sept 25-26 is next. Sign up by Sept 15, check the website for details: www.lhmgc.org.

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

arranged for Meridians Chef Ian to present some of his kitchen magic to us at our General Meeting September 25 at 2:00 PM in the Social Kitchen (KS). We're laying down plans for our annual club Potluck Supper in the Sports Pavilion October 18 and we welcome your suggestions for this fun event.

Our club website continues to offer new helpful features for our members. Members are encouraged to use this source



Local Herbs; Farmers Market Scenes



Healthy Eating

In September, our members continued to take advantage of the terrific bounty of fresh summer produce being harvested by our local farmers. The hot summer we've just experienced coupled with last season's wet winter has produced good crops for the most part, with few exceptions.

On September 19 we're having an "end of summer" club party at members Bob & Halina Loew's residence. We have also

for your personal use. See the website address below.

Contact: Don R. Rickgauer 916-253-3984, sc1h13HealthyEating@gmail.com
Website: <https://HealthyEatingClub.wildapricot.org>



Hiking & Walking

Our Annual Meeting will take place on Monday, October 16, 3:00 PM in

P-Hall (KS). We'll have Election of Officers for the next two years. The Nominating Committee confirms the following slate of Officers. President: Art McGrath, Vice President: Tess Devenish, Treasurer: David Keeler and Secretary: Jo Jo Johnson Felt. It's important for you to attend and vote. If you have any interest in running for an office, please contact current President Phil Huntingdale and share your desire to be added to the ballot.

Our guest speaker will be Ian Pryor. This young man completed the Pacific Coast Trail, from Mexico to Canada in 2016 and he will share his photos and experiences with us. He did this adventure solo and at



Recent Hikes: Frog Lake Overlook; Yuba Gap



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one point he went 11 days without seeing another hiker. You will enjoy his story telling and photos. Plan on attending the meeting, you'll be glad you did.

Contacts: Hiking—Phil Huntingdale 916-408-1747, smccoubrey@sbcglobal.net; Walking—Debbie Schryver 916-666-1741, dshumhaven@earthlink.net
Website: www.lincolnhillshikers.org



Innovations Group

The August Innovations Group meeting consisted of reports on 1) Transportation alternatives using Lyft or Uber; 2) Organizing previous research on Life Alerts for community presentation; 3) Basic considerations for home safety technology.

Progress was made on the transportation alternatives through a meeting at the Lyft Corporate Office in San Francisco with the person in charge of Health Care Partnerships. Lyft has programs for the SCLH demographic. There was another report on the use of Life Alerts where new information from Sutter Health was presented and discussed. There was a discussion on non-powered aids for such things as removing jar lids and other tools. The next meeting is September 21 in the Multipurpose Room (OC) at 5:00 PM. All new members, interested parties and visitors are welcome. Questions? Contact Ray Dunaway at 916-794-0002.

Contact: Ray Dunaway 916-794-0002, ray.dunaway@outlook.com

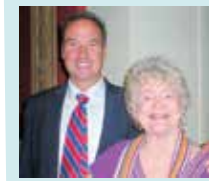


Investors' Study

Our October speaker is Ms. Linda Duessel of Federated. Ms. Duessel

was our invited speaker a year ago in September and she gave a stimulating presentation. She is a Sr. Equity Strategist with over 30 years experience and was very popular with our group. Russ Abbott, our consultant, will also review his Playbook and the financial markets. The meeting takes place at P-Hall (KS) at 2:30 PM on Thursday, October 5. Join us for refreshments afterward.

We will celebrate our annual Christmas/Holiday Party at Turkey Creek Golf Club on Thursday, December 7. The cost is \$27



Doug Côte, Joan Brenning

for members and \$32 for non-members. Bring a check (no cash, please) made out to LHISG. We look forward to another holiday celebration.

The active investors' sub-group meets on the second Monday of each month at 3:00 PM in the Multimedia Room (OC). All members are welcome. Contact: Norm Quattrin, 916-645-4675.

Contact: John Noon 916-645-5600



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.

We have regular activities going on. We meet for Saturday dog walks, a Saturday coffee klatch, movies on the third Monday

of the month (followed by Happy Hour), and a breakfast buffet at Thunder Valley on the first Wednesday of the month. You can call or look up our website www.lavenderfriends.com for locations, dates, and times.

Due to scheduling problems, we had to cancel the Game Night Potluck that we had scheduled in August, but we are looking into rescheduling that event. Watch for it, and for the next Adventures In Dining event.

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

Contacts: Sheila 916-408-2802; Carol 916-295-0610
Website: www.lavenderfriends.com



Line Dance

As fall approaches, our line dance classes heat up. Our teachers will be preparing us for our Christmas potluck and dance to be held on December 4. This is always a fun event. Reminder that there are no line dance classes during the month of December. We are all so pleased that our own Yvonne Krause is back on her feet



Yvonne on her feet

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and mending from her broken leg. It was great to see her dancing with her walker at our last social. You can't keep a good dancer down. Here are a few social dances you might be interested in: On October 20 and December 15 at the VFW Hall in Royer Park at 7:00. Another one is Winter Break in Palm Springs on January 25-28. Check with your teachers for more details. You Meet the Nicest People Line Dancing.

Contact: JoAnn Faria 916-434-6813
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 Ross.

Contacts: Bruce Castle 916-846-1500;
Marsha Ross 916-253-9551



Mah Jongg, National

Tuesday is always a happening day in the Card Room (OC) where 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! If you don't know how to play, you may contact Fran Rivera 916-434-7061. Fran conducts free lessons in her home and new classes will be starting in September so you may call now and put your name on her list. We would like to have you come in and play, whenever you're ready.

"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 and master, but once you do, your ability to excel in the game is limitless."

We would like to have you join us every Tuesday so why not give this game a try. If you don't know how, take advantage of Fran's free classes and you will be ready to show off your new skills in a couple of months!

Contacts: Patti Kingston 916-587-3056;
Elsa Paszek 253-9709; Fran Rivera 916-434-7061



Mixed Media Arts

Please join in with us as we celebrate Mixed Media Club's Fourth Anniversary at our September 20 Meeting. 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 916-253-7659,
frimastewart@gmail.com;
Patricia Branham 916-408-5057,
pbranham56@aol.com



Motorcycle

In August, the RoadRunners were able to take advantage of the weather to have two great rides. First, an impromptu ride led by Road Captain Dan Harlander to the Davis Farms in Sloughouse. On the way, riders stopped for a hearty breakfast at Marlene and Glen's diner in Plymouth. The second ride, August 12, was the club's monthly ride, to Graeagle. VP/Head Road Captain Don Heyde led



Breakfast stop in Plymouth; Taking a break at Bullards Bar Reservoir

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the way for 13 riders, passing Bullards Bar Reservoir, Sierra City and the Sierra Buttes. After lunch at the Knotty Pine, it was on to a great ride down the Feather River Canyon. The club also enjoyed a musical night on August 12 listening to VP/Membership Manny Perez and his band making great music at an outdoor concert at the Fountains.

The RoadRunners meet on the fourth Thursday of the month, 6:00 PM, Multimedia Room (OC). The next meeting will be on September 28.

Contact: Manny Perez 916-253-9121, manwil412@wavecable.com



Music

The Music Group has been having fun. Visits from long-time members have provided well loved tunes. Newer members are bringing blues to the group. Next meeting: September 27, 6:30-8:30 PM, Fine Arts Room (OC). The two songs for September are: "I Walk The Line" and "Tiny Bubbles." A Blues Jam will follow the meeting.

The August Open Mic was a great event. The next is scheduled October 20, 6:00-8:00 PM, P-Hall (KS), with performance sign-ups starting at 5:30 PM. Open to SCLH musicians. No karaoke. Word is spreading around the pickleball courts and softball field about the quality of these performances—they are free!

Work on your skills at the Performance Skills Workshops. The next one is September 18, 9:00 AM-12:00 PM, P-Hall (KS). There could be 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, 916-409-0463 for information.

Contacts: Don Smith, donsmit6704@frontier.com
Website: LincolnHillsMusicGroup.org



Needle Arts

The monthly Needle Arts meetings resumed on September 12, and featured Laura Zander presenting the many products of Jimmy Dean Yarns, www.jimmybeanswool.com. Thank you to Laura for her time.

- October 10, the speaker will be Mel Beach on quilting, <http://melbeachquilts.com/>

- October 30-November 3, is the Needle Arts Fall Retreat at Mercy Center Auburn. Registration includes your own room, all meals, and activities. Make your check payable to Needle Arts for \$387 and mail to Kristina Volker. If questions, contact Kris at 916-543-9668.

- November 14, the Wearable Arts subgroup will host a special presentation.

- December 19, is the Needle Arts Holiday Tea; details to be announced later.

For more information on the many subgroups of Needle Arts and meeting times, go to the website.

Contact: Jean Storms 916-408-1515; jslres@pacbell.net, www.sclhna.com
Website: www.sclhna.com



Neighborhood Watch

Although the worst of the heat is behind us, we still face a number of hot weeks and need to remember our pets when going outside.

Before taking dogs for walks, it's wise

to touch the pavement to check how hot it is. Dogs' paws will burn. If they sit down during the walks, they may be



Did you know the mutt mitts can be rolled down to make water bowls?

telling you the ground's too warm for them. It's a good idea to carry water, because both walkers and dogs can dehydrate quickly. And, snakes still hover out there—dogs shouldn't stick their noses into shrubbery.

Now is a good time to look at fences and gates to make certain they're ready to withstand the wind and rain we'll be getting. Pets have a knack for finding escape routes. If you lose or find a pet, contact the Neighborhood Watch lost/found program (visit our website). We do our best to help get pets home.

Contacts: Larry Wilson 916-408-0667, lgwlincoln@gmail.com; Pauline Watson 916-543-8436, fpawatson@sbcglobal.net
Website: www.SCLHWatch.org



Painters

Many members brought their works-in-progress to our August 15 meeting where well-known Sacramento artist Steve Memering provided individual critiques. It was quite a turnout and Steve took time to give very engaging and helpful suggestions to each artist. Having such personal attention is a wonderful gift. In

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all, around 25 pictures were displayed and the afternoon flew by.

Our September 19 meeting at 2:00 PM will feature a demonstration by Frank Ordaz, a most-accomplished artist noted for his portraiture, as he creates a picture of our longtime Painters member, Bonnie



Members' artworks; Steve and his recent painting

Dunlap. Please join us for a most unique presentation.

Meanwhile our members are hard at work on their entries for our November "Challenge": two-dimensional "flat" im-

ages. Judging from the questions asked about this assignment, it should be quite a show!

Contact: Joan Musillani 916-712-4393, joanmusillani@gmail.com;
Jerrie Crass jerriec68@gmail.com
Website: http://lhpainters.org/index.html



Paper Arts

Our Back-to-School Supply Drive in August was a big success. Thanks to Donna Tewart for organizing the col-



Donna Tewart with some of the school supplies we collected to help local teachers and students; But wait, there's more;... and more

lection, and to the many members who generously donated paper, pencils and pens, markers and other needed items for local classrooms.

Thanks to Donna Brow and Judy Bond who led our August project—a cute water bottle tag and decorative cookie caddy, perfect for parties and celebrations.

This month, we welcomed back Dottie Macken who presented our project. In October, Claudia Santos will lead a "boo-tiful" Halloween project.

Remember that on Friday, October 20, there will be a bus trip to the Stamp & Scrapbook Expo at the Sacramento Convention Center. Check page 66 of this COMPASS for more details.

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

Contacts: Shirley Rainman 916-253-9534; Pat DeChristofaro 916-408-1360



Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro before, or it has been a long time since you played, we will be 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 916-543-3317, djonesea@att.net; Doris DeRoss 916-253-7164, dorisdeross@gmail.com



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mation Technology, Eric Emerson followed his dream into life-after-retirement by devoting his time to his passions of photography, travel and hiking. And to prove dreams do come true, at the August General Meeting Eric transported us to destinations around the world including New Zealand, Africa, China, Iceland and Canada. He collectively calls his breathtaking images 'Radiant Landscapes, a well deserved title.



Eric Emerson



Traveling through the lens of other photographers serves as inspiration to club photographers as we embark on travels of our own. Members have, individually, been broadening their photography skills on vacation destinations and, in groups, through field trips sponsored by the Photography Club. A favorite field trip to the September Reno Hot Air Balloon Races is quickly approaching. Field trips are a wonderful way to expand photography skills by working side by side with other photographers. New members are always welcome.

Contact: Diane Margetts 916-955-1809, dmargett@yahoo.com
Website: www.lhphotoclub.com



Pickleball

Ready to "fall" for some pickleball? Free "Welcome Saturday" introductions to the sport will be offered from 11:00 AM to 1:00 PM September 23 and October 28. Paddles provided; no reservations needed. Regular free introductions are made most Wednesdays at 1:00 PM. Cal Meissen's class is a drop-in. Paddles provided.

After summer break, the Monday women's ladders launch September 18, followed by others in October.

Two new ladder "captains" have stepped up to fill vacancies: Molly Morris and Gail Ramsden.

Ladders, similar to leagues, are divided by skill level.



Gail Ramsden (left) and Molly Morris

To mix up players and encourage newer members, the club has started a new "drop-in" policy on Mondays, Wednesdays and Saturdays from 8:30 AM to 5:00 PM. During those times, prearranged foursomes cannot take to the court until four "drop-in" players are signed up.

Contacts: Mike Gardner 916-834-6549, pickleballmike1@gmail.com
Website: www.lhpickleball.com



Players

People are all abuzz about the Players' upcoming fall extravaganza, "A Funny Thing Happened on the Way to the Forum," in our OC Ballroom, November 16, 17, and 18.



Julie Africa, Director

Audiences will be laughing from start to finish in this fast-paced Tony Award winning musical comedy, which first appeared on Broadway in 1962, then as a movie starring Zero Mostel and Phil Silvers. You'll love the hilarious plot twists, complete with sarcasm and slapstick, brought to you by our very own Lincoln Hills actors, singers, and dancers. In the words of the opening and closing song, there'll be "something for everyone: a comedy tonight"!

Director Julie Africa (see photo), choreographer Becky Nicholson (and her talented dancers), and music director (and lead actor) Ken Reiss all promise an unforgettable thespian delight. Spread the word!

Tickets go on sale September 17 at the Activities Desks, see page 55 for details.

Contact: Ron Hanson 916-434-7112, racketron@yahoo.com

Contact: Website: www.lincolnhillsplayers.com



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Poker

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 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 eliminates 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 916-253-3730; Arnold Baker 916-434-5412



RV

Not only are we RV travelers, we're boaters! The group chartered a patio boat and cruised Lake Almanor on the most recent rally.

Our rallies always include lots of shared



Club members enjoying a Sunset Cruise

meals, happy hours, golf, tours of the local area and anything else the group can cook up! We always enjoy grilling our own meat and bringing a side dish to share.

The final rally this year will be a coordinated caravan to the Albuquerque hot air balloon festival with stops along the way to enjoy scenic spots in the western United States.

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. Residents with an interest in RVing are always welcome to visit, meet new friends and discuss the fun of RV travel.

Contact: Marlowe Skar 916-434-7799
Website: www.lhrvg.com



S.C.H.O.O.L.S.

Schools are back in session! Volunteers are getting ready to be placed in classrooms! The SCHOOLS annual orientation meeting will be held on Friday, September 22 at 9:00 AM at the Lincoln School District Office at 600 Sixth Street, Suite 400. New school volunteers and those who may be interested in volunteering should attend. If you started mid-year and missed orientation you are also invited. Scott Leaman, School Superintendent, will speak about the value of volunteers to the district. Guidelines will be discussed and your questions answered. If you would like to attend, please contact Crystal Elledge at ceelledge@sbcglobal.net.

Visit our website at <http://schoolssuncity.org>. The website has information about the volunteer program including the district school calendar, photos, and quotes



SCHOOLS Steering Committee Getting Ready for Fall



from teachers and volunteers. Contact a leader listed below who can answer your questions. You don't need to have had any teaching experience to participate.

Written by Patti Kingston.

Contacts: Crystal Elledge (Elementary) 916-543-8617, ceelledge@sbcglobal.net; Irma Mendez (High School), jmeidm@aol.com
Website: <http://schoolssuncity.org>



SCOOP

Our last meeting of 2017 will be held on Tuesday, October 3, at 11:00 AM in the Fine Arts Room (OC). Our speaker will be Michele Murphy who is training a dog very appropriately named "October" for Canine Companions for Independence. Michele decided to do this after losing her beloved dog Sheila. We will hear how you can train a dog to become a companion to someone who needs a dog to help them in their daily life.

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I (Pam Abad) have been President of SCOOP for the past four years. I took over shortly after moving to SCLH because there was a need for new leaders for the group. It has been a great experience and I have enjoyed this role. However, it is time to move on and let someone else take over. We need at least two new officers for our group to continue. I will be happy to help the next leaders in their roles. It is not hard and many people are willing to help. Finding speakers has never been a problem. Please consider stepping up. I guarantee that you will learn a lot about our wonderful dogs. If for some reason, we don't have new leaders, SCOOP will no longer exist as a club. It is up to *you!* Thank you to the wonderful people I have met and the people who have joined me in shaping SCOOP.

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

We invite you to join our group of Scrabble players in the Card Room (OC) every Monday afternoon at 1:00 PM. No reservations are needed. All materials are provided. Play one, two, or more games. New players are always welcome.

Almost everyone played Scrabble at some time in their life... come and try it out again!

Contact: **Anne McMaster 916-409-5408,**

wiltonanne@yahoo.com



Shanghai

We cordially invite you to join us in playing the card game Shanghai. Don't know how to play, no problem. Simply call

the number below for information. We play every Thursday at 12:00 PM (OC).

Contact: **Howard Beaumont 916-408-0395**



Singles

Is it autumn yet? Singles have been so busy with the 100 degree days that we are not sure

which season is here! We just went to our last River Cats game for this year, lots of fun seeing future Giants play.

Get ready for our Annual Bocce Tournament on September 28 at 10:00 AM followed that evening with our Mexican Fiesta Dinner/Dance at the Sports Pavilion at 5:00 PM. Everyone is invited to eat, drink and dance! We have lots of door prizes and will give Bocce Ball winners their awards too!

Upcoming events include: September 21 at 4:30 Dining Out at Il Fornaio in Galleria; October 1 Birthday Celebration at 4:00 PM in the Sports Bar; October 5 at 4:00 PM Cocktail Time at Casa Ramos; October 12 at 6:00 PM our monthly Business Meeting changed to KS so we will eat pizza!!

Want to join our club for only \$15 a year? We also have weekly activities to keep us busy like: Bocce Ball on Wednesdays at 3:00 PM; and Golf on Fridays. Call Maggie at 916-409-5348, our membership chair, to sign up this fall!

Contact: **Kathy Shaddox 916-209-3307**



Softball

Senior Softball just finished an exciting summer season that led to playoffs and a Championship Team. All the games were exciting with fans cheering and booing and having a great time. A few days later we had our annual Banquet

to honor the champions and all the players, umpires, scorekeepers, and ground crew that contributed to a great season. A wonderful dinner was followed by dancing to the music of the Lincoln Highway Band.

Next on the agenda is winter softball which will start in October and run through November.

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

Coyote

The Coyote 65s team competed in and won the Western Nationals July 27 at the Sacramento Softball Complex. The Coyote team played a two-out-of-three game format for the championship against a southern California team GT-R-Done. The team had five All Tournament player selections, Dale Stephens, Jerome Bader, Bruce Chappell, Karl Hess and Jerry Maynard. The Coyote 70's also competed in and won the 2017 Western National Championship for their fourth title of the year. This tournament win was by far our best effort of the year, upping the Coyote overall record to 23-8 year-to-date. The Coyote 75s also competed in the Western Nationals at the Sacramento Softball Complex July 25 through 27. The team started off by winning the important first two seeding games to become the number two seed. However, it was not meant to be as they lost two close bracket games to be eliminated on the third day of competition. The Coyote 80s competed in the Lodi tournament at the end of July, which was the last tournament for the 80s of 2017. It came down to



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the final game... if the 80s won that game they would have won the tournament. A close game, but lost by four runs.

Contact: Bob Spritzer, bluespritzer@yahoo.com

Website: lhssl.net



Sports Car

While we are in the midst of the *Dog Days of Summer*, we continue to hit the road. Mid-August, 35 cars headed to the historic Grand Island Mansion, a spectacular Italian Renaissance



Some of our cars ready to head to the Grand Island Mansion; Judy Hoffman descending the main staircase for lunch; Our private lunch

villa built in the early 1900's. This estate is the largest private estate in Northern California. It served as a private home and a favorite destination for many celebrities of the 1920's and 1930's. It is now a glamorous destination event center. We enjoyed a private catered lunch and tour of the mansion and the exquisite gardens.

Frankenstein was working in the lab late one night...! Mark your calendars for our third Social Event of 2017, *The Halloween Monster Mash Ball* on October 21. This will be a *Spooktacular* event so plan on attending. A flyer was sent to all members with more info.

If you own a sports car and want to join, contact tom.breckon@sbcglobal.net

Contact: Tom Breckon 916-434-6989,

Tom.Breckon@sbcglobal.net

Website: Lhsportscars.com



Sun City Squares

Sun City Squares welcome all Square Dancers. If you danced in the past and want to enjoy the friendship and fun of Square Dancing, give us a call or come to our Monday session.

We dance at KS:

- Monday 1:15 to 3:00 PM "Plus" Dance Level
- Monday 3:00 to 4:00 PM "Advanced" Dance Level
- Thursday 1:00 to 3:00 PM "Advanced" Dance Level

Contact: Jean Grupp 916-408-1868,

jean@grupphomes.com



Tap Company

New Tap classes in October will include lessons for new tap-

pers as well as those who have tapped for a while—or a long time! A show is in the planning stages for next spring, so there will be opportunities to learn a complete dance, practice it so you know it by heart, and then dance on stage! Check out the COMPASS Tap Classes and sign up. Alyson will be there to teach. Carol, Joyce, Becky, and LaDonna will all be there to coach. Let's Dance! Dance! Dance!

Contacts: Natalie Grossner: 916-209-3804, natalie_g@msn.com; Freddie Dempster 916-253-9734, fredeedee@gmail.com



Tennis

We are gearing up for our fall tennis days with our Fall LITT (Lincoln Intramural Team Tennis), Mixed Doubles Tournament and Oktoberfest. LITT begins September 5 through October 10. Mixed Doubles will be Thursday, September 21 and Oktoberfest is October 21. Be ready to sign up. Detailed announcements will be out soon.

A date and location change has been made for the Christmas dinner. Mark your calendars for Wednesday, November 8 at OC. Details to follow.

The Saturday Ball Machine Practice is still ongoing. Our volunteers are out there running the ball machine from 8:00 to 10:00 AM for all those who want to practice their strokes.

The next Board Meeting will be September 14, 3:30 PM. It is open to all LHTG members. Be sure to check out the LHTG website www.sclhtg.com

Contacts: Pam Flaherty, pamflaherty@gmail.com

Barbara Davis, 916-408-2604, barb7dick@att.net

Website: www.sclhtg.com

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Veterans

Col. Lorna Griess, U.S. Army (ret.) will be the featured speaker at the Veterans Group's September 21 general membership meeting in the P-Hall (KS) at 1:00 PM. Griess is a native Californian. She currently lives in Sacramento. She retired as a colonel and chief nurse at Letterman Army Medical Center after nearly 30 years in the Army Nurse Corps. During her career, she was assigned to hospitals throughout the continental United States, in Berlin, Germany and in a MASH unit in South Vietnam.

Since retiring, she joined the Military Officers Association of America Council of Chapters and became their legislative liaison. She serves as a veterans' advocate in the California State Legislature. She has also become an artist. Her paintings have been on display in galleries around Sacramento.

Contact: Fred Buhler 916-209-3529; Ddinmont2@earthlink.net



Water Volleyball

Water volleyball has become a recreational activity for 38 new members since January 1. In August, our hardworking club volunteers offered group training to newbies three consecutive Wednesdays. With hard work, 24 participants gained valuable skills. Now they are ready to play games and have fun. Some are going to continue training with the mentors in the future. Many thanks to Coach John Boragno, Mentor Coordinator Harriet Rogers, Recreational Coordinator Sandy Manildi, and our fabulous mentors.

Fall is peer ranking time for the com-

petitive play members. By September 30, rosters for Level 4 through Level 6 will be announced.

The "Fall Fling" is Saturday, October 14, from 5:00-9:00 PM, \$20 each at KS. At 4:00 PM, prior to the party, Trainer Mel will be introducing the club training video, directed by Jeff Hanner, followed by our annual general membership meeting. Come and support!

See you in the water!



Group training night for newbies; Bob and Randy training newbies; John and Harriet at group training;

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



Woodcarvers

One of the side benefits of wood carving is awareness. Maybe not so much in the beginning, but over time things like shapes, proportions, details, and colors all become more evident. Now maybe the shape of a branch or piece of drift wood has the potential to turn into something unique. Something visual may inspire the next carving. Color is important as some carvings are painted.

Blending colors for more natural appearance is more appealing to the eye. Painters and photographers develop this awareness, however their work is in two dimensions while carving would be in three dimensions.

If you would like to see woodcarvers in action, please come by. Woodcarvers Club members have a large library of carving books, magazines and DVDs for plans and ideas. We have carving tools that you can use.

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

Contact: Dick Skelton 916-626-0895



Writers

Alan is a poet who specializes in narrative poems with a twist—surprise endings. Jeff writes fantasy stories assigning human qualities to other natural beings. Kathy shares her stories to help others. Bob writes of memorable events in his early life. Isabel is also a memoir-writer. Freddie's stories, too, are memoir tales, as are David's and Bev's. Jim's poems are often humorous, displaying a wry wit.

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Geoff is writing chapters for his book, and John is sharing chapters from his already-published book. Nancie has authored 12 books. Susan's story-poems recount her grandmother's memories, and her own. Mike is our science fiction writer, involving

Martians in his saga. Andy's murder mystery takes place in a retirement community built around a golf course. And so it goes.

Please join us on the second, fourth, and fifth Mondays, 6:30 PM, Ceramics Room (OC), to hear our stories and share yours.

Contacts: Geoff Young,
gwyoung01@wavecable.com;
Freddie Dempster, fredeedee@gmail.com;
Susan Gust, srg2266@gmail.com

The Listening Post

Continued from page 5

along, and we should be ready to contact PG&E sometime around September 22 for permission to operate. Pictures were shown of the pre-cast rail fencing we are looking into. We were fortunate to have Hans Fokkema of the Finance Committee in the audience to explain the cost benefits of this type of fencing. All in all, we had a great discussion, we hope to see you in September.

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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If you wish to bring chairs, you may do so starting at 8am, and will only be allowed in the back of the amphitheatre



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Bulletin Board

Contact Shelvie Smith by the 20th of each month at shelvie.smith@sclhca.com or 916-625-4021 to reserve your space. Bulletin Board topics include interest in forming new groups and information about resident-related (not Association-sponsored) Groups.

AARP Foundation Tax Aide

AARP Foundation Tax-Aide is looking for volunteers as counselors, greeters, and schedulers to help taxpayers complete their 2017 income tax returns in Lincoln during the 2018 tax-filing season. Some knowledge of computers is required to assist in providing our free e-file service. Volunteers need to commit four hours in one day per week during February 5 through April 16. To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2017 tax season, please email Yorke1946@gmail.com with your name, address, phone number, and position(s) you are interested in.

Bocce Drop-In

Bocce drop-in fun with neighbors and friends. Every Friday at 6:00 PM at SCLH Bocce Courts, beginning September 1 thru November 17. Draw names for teams. More info: brenda@spencerbrenda.com or 916-705-1070.

Glaucoma Support Group

Glaucoma is one of the leading causes of blindness in the world. While it is not curable, it is treatable and with proper care and patient compliance may greatly reduce rapid progression. If you would like information about glaucoma and

You are invited to attend...

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

- **Thursday, September 21** • **9:30 AM** C.C. Abrams Recoverable Trust Seminar Solarium (OC)
- **Thursday, September 28** • **10:00 AM** Preparing is Caring Seminar Oaks Room (OC)
- **Monday, October 2** • **10:00 AM** Nautilus Society Oaks Room (OC)
- **Friday, October 6** • **10:00 AM** Medicare Seminar Oaks & Gables Room (OC)

treatment options, please attend our next meeting on October 11, at 4:00 PM in the Multimedia Room (OC). More info: Bonnie Dale, 916-543-2133.

Italian Club

If you missed the hit performance "Murder at the Manor" in August, you're in luck! Go to the LHIC Website to view Part Three of the Murder Mystery Trilogy created by our very own Lilly LaPira. Don't miss Turkey Bingo returning November 5 to the Sun City Roseville Ballroom. Enjoy a turkey dinner with all the fixings, and then have fun playing bingo. Look for the flier on the website. If you are a resident of Italian heritage, check out the many activities on the Club's website at www.lhitalianclub.org. Contact Sandi Graham, at 916-826-5711 or smgraham101@gmail.com about membership.

Lincoln Caregiver Support Group

The Lincoln Caregiver Support Group meets at the 12 Bridges Lincoln Library from 9:00 to 11:00 AM on the third Thursday of each month. We offer support and encouragement and sometimes even resolutions to situations in which you may see yourself! Come join us in a confidential setting to share your heart.

Lincoln Democratic Club

The Lincoln Democratic Club's annual BBQ is Thursday, September 21, at the Lincoln Hills Sports Pavilion. State office holders and candidates will speak. Reservations are \$25. For details: <http://www.democraticclublincolnca.org> or Al Witten, lincolndems@gmail.com.

LH Republican Club

The Lincoln Hills Republican Club Eighth Annual Barbecue is Wednesday, September 20, from 4:00-7:00 PM at the Sports Pavilion. Assemblymember Kevin Kiley will be attending! Cost is \$10 per person for club members and guests. Food: Tri Tip, Brats, Turkey Burgers, Salads, Dessert and Beverages. Deadline for sign-up is September 17. More info: info@republicanclubslh.org. Prepay: Make Check payable to Lincoln Hills Republican Club and mail to—LHRC: 1092 Tiger Lily Lane, Lincoln, CA 95648.

Lincoln Parkinson's Group

The Lincoln Parkinson's Group is privileged to have Kimberly Lanni, a Neuropsychologist at Kaiser in Roseville, with us for our September 19 meeting. Dr. Lanni is experienced with Parkinson's patients and will have some great information to share with us. We meet at the Granite Springs Community Church in Lincoln, 1170 E. Joiner Parkway from 10:00 to 11:30 AM. Come join us in learning more about the adventure of Parkinson's! More info: Brenda Cathey, 916-253-7537.

Continued on page 50

Bingo in the Ballroom

Thursday, September 21 • Ballroom (OC)

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

The The Lincoln Hills Foundation presents Bingo Thursday, September 21 OC Ballroom. Doors open at 12:30 PM; play begins 1:00 PM. Win up to \$100 per game or \$250 for blackout. Enjoy a lunch special at Meridians at 11:30 AM.

Lincoln Hills Foundation brings Cost: \$20 for 12 games. Daubers: \$1.50 each.

Prizes include drawing prizes; winnings up to \$100 per game and \$250 for final blackout game. No alcohol permitted. Cold bottled water available: \$1. For groups of seven or more, call Klara to reserve a table: 916-408-4496.

More information and pop-up coupon at www.lincolnhillsfoundation.org



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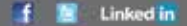
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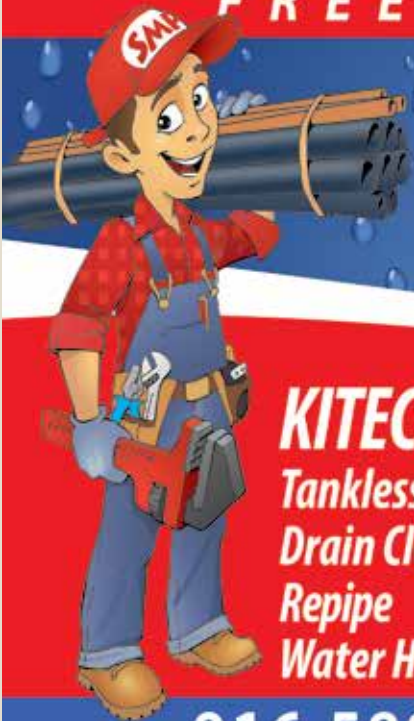
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Continued from page 47

Multiple Sclerosis

The next meeting will be Tuesday, October 3, at 1:00 PM in the Sierra Room, KS. The meeting will feature Certified Nutritionist, Bev Haran, who will refresh our memory with the correct eating plan for those of us with autoimmune conditions. Questions regarding the meeting: Jeri Di Fiore, 916-408-7565. Questions regarding MS: Marilyn Sharp 916-837-4464

Racquetball Group

We play on Mondays and Thursdays at the

California Family Fitness Club in Roseville (916-781-2323). Membership to the club is required. We begin play at 8:00 AM and end between 9:30-10:00 AM, depending on the number of players. Wwe play cutthroat, double and/or singles. Ladies are welcome. See you on the court! Contact: Armando Mayorga, at 916-408-4711 or amoon38@sbcglobal.net.

Shalom Social Group

The Shalom Social Group this month welcomed new members at a backyard dessert social hosted by Sandy and Al Klein. Board members were there as

well to talk about the inception, growth and current activities of this 15-year-old club. We're generating excitement as we approach the Fall Season with General Membership meetings and programs, sporting events and more. Stop by the OC lounge area and pick up our bright yellow flyer for more information; or contact membership chair Vida Morrison at 916-984-1043. She will gladly give you more information.

Shooting Group

With good weather we meet on Tuesdays for Trap and on Thursdays for Skeet at

~ Community Perks ~

LH Certified Farmers Market & Vendor Fair Every Wednesday

Support your local farmers and join us every Wednesday at the OC Parking Lot, from 8:00 AM to 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. Are you 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.



and for more details, email Gary Kramer of Blabbermouth Chocolates at gary@blabbermouthchocolates.com.

KS Classic Movies on Saturday: Viva Las Vegas Saturday, September 16 — Free

1:30 PM, P-Hall (KS) Not Rated—85 minutes. Comedy/Musical. Starring Elvis Presley and Ann-Margret. Race car driver Lucky Jackson (Elvis Presley) goes to Las Vegas to earn money to pay for a new engine for his motor car. Working as a waiter, he still finds the time to court young Rusty Martin (Ann-Margret).



Lincoln Hills to Downtown Lincoln Shopping Shuttle Service Every Third Friday — Free

11:00 AM-3:00 PM. Every third Friday of the month, your Downtown Lincoln Association has arranged for Lincoln Hills residents to come to Downtown Lincoln on a special shopping and dining visit. A free round-trip shuttle bus provided by Summerset Senior Living will pick up passengers outside the main entrance of Orchard Creek Lodge, and arrive at Family Dollar Store for drop off. The event will be from 11:00 AM to 3:00 PM. The shuttle service will make rounds every half hour with the last bus returning at 3:00 PM. Bus riders will receive a Downtown Lincoln Association bag containing a map of participating retailers and a pass giving a 10% shopping discount during the visit. If you will be using your own transportation, please visit the Resident Website under Community Perks to download the map and discount coupon. To join this great opportunity



Listening Post Tuesday, September 26 — Free Tuesday, October 24 — Free

11:00 AM, Solarium (OC). The Listening Post is held on the fourth Tuesday of each month. This informal meeting is your opportunity to ask questions and get answers about your community and Association. Come join the conversation!



Coffee with the Mayor Thursday, September 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. This month, Assemblyman Kevin Kiley, will accompany the Mayor. Pick up a free cup of coffee from the Kilaga Springs Café prior to the meeting. The Coffee is an informal setting to provide residents an opportunity to hear what is



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. For more information about shotgun shooting sports contact John Kightlinger at 916-408-3928 or johnnpat@sbcglobal.net. The rifle and pistol activities occur on Tuesdays at the Lincoln Rifle Club at 150 Lincoln Boulevard. For information about rifle or pistol shooting please contact Jim Trifilo at 916-434-6341 or trifilo@sbcglobal.net.

Sons in Retirement

Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its monthly luncheon on Tuesday, September 19 at Catta Verdera Country Club. Scott Handlin, McClellan Air Port, will speak on the US Coast Guard's air mission. 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 at 916-408-8708.

Swimmers Club

We're making a Splash! A new Swimmer's Club is being formed. The purpose is to promote the physical and mental benefits of swimming and water walking and to provide camaraderie, encouragement, and support for swimmers and water walkers of all abilities who live in Lincoln Hills. Please join us at our first meeting on Monday September 25 at 3:00 PM in the Fine Arts Room at OC. There will be meetings on October 16 and November 13 at the same time and place.

~ Community Perks ~

going on within the city of Lincoln and to ask questions; the Mayor is happy to answer any all resident concerns.

Two Showings! KS at the Movies:

The Conjuring

Saturday, September 30—6:00 PM — Free

Monday, October 2—1:30 PM — Free

P-Hall (KS). Rated R, 112 minutes, Horror/Mystery/Thriller. Starring Patrick Wilson, Vera Farmiga, and Lili Taylor. Paranormal investigators Ed & Lorraine Warren work to help a family terrorized by a dark presence in their farmhouse.



Document Destruction

Monday, October 16

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!



Music Group Sponsored "Open Mic Night"

Friday, October 20 — 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.



Lincoln Library Anniversary

Friday & Saturday, October 20 & 21 — Free

The Lincoln Public Library plans to celebrate 10 years in

its location at the 485 TwelveBridges Drive Facility. Events scheduled for the October anniversary include a Fund-raising Dinner Party at the library on Friday evening October 20. Plus on a Birthday Party on a Saturday October 21 with Reading Activities, Kids Crafts, Demos for all ages. Get more information with details here next month and at www.lincolncal.gov or call Joanne Jones 916-408-3955.

KS Classic Movies on Saturday: The Birds

Saturday, October 28 — Free

1:30 PM, P-Hall (KS). Rated PG-13, 119 minutes—Drama/Horror/Mystery. Starring Rod Taylor, Tippi Hedren, Suzanne Pleshette and Jessica Tandy. A wealthy San Francisco socialite pursues a potential boyfriend to a small Northern California town that slowly takes a turn for the bizarre when birds of all kinds suddenly begin to attack people. Directed by Alfred Hitchcock.



KS at the Movies: Wonder Woman

Saturday, November 4 — Free

6:00 PM. P-Hall (KS). Rated PG-13, 141 minutes, Action/Adventure/Fantasy. Starring Gal Gadot, Chris Pine, and Robin Wright. Before she was Wonder Woman, she was Diana, princess of the Amazons, trained warrior. When a pilot crashes and tells of conflict in the outside world, she leaves home to fight a war, discovering her full powers and true destiny.



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In Memoriam

Carol Joan Nielsen-Andersen

A 16 year resident here, Carol spent her first 17 years in Boston, Massachusetts. She came to San Francisco in 1940 and entered the banking profession, rising to the position of vice president when she retired. She had two girls and four grandchildren who reside in San Jose. Carol was active in the Lincoln Hills Foundation until her health started to fail. She enjoyed her garden, sewing and decorating her home. After her husband of 48 years died, she met and married Robert Andersen. All who knew her loved her, especially her husband and children.

Tom Bauer

After losing his wife Joyce a few months ago, Tom passed away on August 9. He grew up in San Leandro, California. He served as a lieutenant in the US Army and graduated from San Jose State as a member of Sigma Chi fraternity. With his accounting degree, he worked for numerous companies in Silicon Valley and ended as an IT consultant with IBM. He and his wife retired in 2001 and Tom worked part time as a tax preparer here. He enjoyed duck and pheasant hunting, fishing and golf. He is survived by his two sons and two sisters and many dear friends.

Josephine Annette Fournier

Known for her radiant smile

and positive attitude, Josephine grew up in Owasso, Michigan and met her husband on vacation in Florida. He proposed within 24 hours and she said yes! They enjoyed a long marriage of 53 years. After having five daughters they moved to Southern California and had a son. After losing her husband, Josephine remained active volunteering at the Library, helping with Neighborhood Watch, walking at the gym, and playing Bingo! She took pride in her home and garden. She played golf with the Indian Creek Women's Golf Club in Loomis, loved square dancing and line dancing. She loved cooking for family and friends. Besides her husband, she lost two daughters and is dearly missed by her other children and grandchildren.

John T. Gonczol

John was born in Hungary. He came to the United States when he was 21. He had a job in a disaster restoration franchise. He met his wife in high school and they were married for 53 years. They had three children, nine grandchildren and one great grandchild. Here John enjoyed the Astronomy Group, Computer Club, the Fitness Center at Orchard Creek Lodge, playing ping pong, and he was a member of St. Joseph's Catholic Church. He leaves his lovely wife Elizabeth and many family and friends.

Lynda Marzec

As a teen, Lynda moved to California after growing up in North Carolina. She became an animal and nature lover at a young age. Her early career

was in the corporate world, but her second and most rewarding career was breeding and selling miniature horses at her Sugar Creek Ranch in Auburn. She retired and moved here almost 13 years ago. Lynda loved to trail ride and horse camp with her friends of the North Auburn Gaited Horse Club for many years. She also enjoyed the neighborhood lunch and card groups as well as volunteering at one of the elementary schools and Kilaga Springs Library. She is survived by one son and daughter-in-law and her sister, Nancy Jenkins of Lincoln Hills.

Michael Pargament

Michael was born and raised in New York and graduated from Johns Hopkins University and Brooklyn Law School. After graduation he took off in his Mustang and ended up working for the IRS in Los Angeles. After passing the Bar exam he went to work for the Los Angeles County District Attorney's office. He married Diane in 1972 and lived in the San Fernando Valley. Michael was a pioneer here helping to form the Lincoln Hills Foundation, working on the Elections Committee and as one of the founders of the Shooters Group. He was active in the Cycling Group and the Roseville Roundhouse Model Railroad Club and the on30 Railroad Club. He will be especially missed by Diane, his brother, nephew and beloved cat Cicero.

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

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December 31, 2017

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 -Puck, Midsummer Night's Dream (paraphrased just a little)



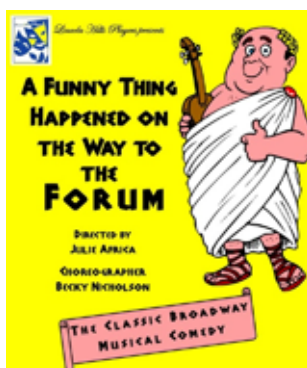

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Entertainment

—Club Performance—

The Lincoln Hills Players Club presents
"A Funny Thing Happened on the Way to the Forum"

- Thursday, November 16
- 7:00 PM show — **LSE38-09**
- Friday, November 17
- 7:00 PM show — **LSE39-09**
- Saturday, November 18
- 2:00 PM show — **LSE40A-09**
- Saturday, November 18
- 7:00 PM show — **LSE40B-09**



The Lincoln Hills Players return to Orchard Creek Ballroom with the ever-popular, hilarious comedy, "A Funny Thing Happened on the Way to the Forum." This fast-paced 1962 Tony Award winning Broadway musical, which appeared in 1966 as a movie featuring Zero Mostel, Phil Silvers, and other actors, singers, and dancers), has kept audiences laughing from start to finish! In this show that has wowed audiences worldwide for over 50 years, you'll delight in a brilliant combination of slapstick (with "Proteans" rollicking around the stage), a bit of vaudevillian delivery (with songs like "Everybody Ought to Have a Maid"), convoluted cases of mistaken identities (to throw superstar warrior Miles Gloriosus off the scent), and hair-brained schemes (with a plot to get virginal Philia hooked up with innocent young Hero). Don't miss this

one! Seats are limited and will sell fast! Ballroom (OC) Premium Reserved Seating, \$21, General Admission, \$16.

—Concerts—

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

Last show of the series. Don't miss your final chance to experience this summer event. Jim Anderson & the Rebels perform throughout the West Coast to rave reviews and sell-out crowds. From "Heartbreak Hotel" to "Jailhouse Rock," the show will keep the legend living on and remind fans that Elvis was, still is, and will always be, the King!



Lifelong Elvis Presley fans have touted that Jim and The Rebels perform "The most authentic tribute to Elvis Presley and his music to date!" Not an impersonator act, this crowd-pleasing show will take you through Elvis music eras of the 50s, 60s and 70s complete with hip swiveling, body gyrating, and leg wiggling. Experience a tribute to the man and his music. General admission \$20.

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



Piano Madness
Thursday, October 5 — LSE21-08



America's unforgettable dueling piano show is a must see! Two rockin' piano entertainers singing, dancing, laughing, fingers flying across the keys, and having fun with the audience. You

Continued on page 56

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

will hear songs from the classics to current hits, from classic rock to rap, country to classical, along with a comedic fun sing-along. This is a request-driven, fun show. You, the audience, will become part of the show, helping to create a performance that is unique and spontaneous. No two shows are ever the same, plus there is never a dull moment. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$23.** General Admission, \$19.



KS Classical Music Night: Siroko Duo: Flutists Victoria Hauk and Jessie Nucho in Concert

Thursday, October 12 — LSE33-08

Siroko Duo, is a flute ensemble comprised of San Francisco flutists Victoria Hauk and Jessie Nucho. They are dedicated to commissioning and performing new works, bringing contemporary music to audiences and performers. In addition to their commitment to new music, they enjoy performing standard flute duo repertoire. Composers included in their classical concerts include Mozart, Telemann, Kuhlau, and Beethoven. Actively engaged in the San Francisco contem-



porary music scene, Siroko has commissioned pieces by Julie Barwick, Joseph M. Colombo, Chelsea Loew, Emma Logan, and Kyle Randall. Highlights of Spring 2017 include performances at the Hot Air Music Festival and Re:Ignite, a collaboration with Helia Music Collective, a San Francisco Bay Area organization that supports the creative endeavors of women in music. Later this month, Siroko will travel to New Hampshire to participate in the Avaloch Farm Music Institute accompanied by Nick Benavides, who will workshop his new composition, set to premiere in October. Both Jessie and Victoria studied with Tim Day at the San Francisco Conservatory of Music. Save \$1 off \$4 or more at KS Café on show night. Concert 7:00 PM. P-Hall (KS). **Reserved seating, \$16.**

The One and Only Tommy Dorsey Orchestra Monday, October 16 — LSE23-08

In Big Band history, Tommy Dorsey's Orchestra is recognized as



one of the best all-around dance bands. It could swing with the
Continued on page 59

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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1/22/18, 2/26/18, 3/23/18, 11/18/18,
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10 Day Mexico

- Day 1 San Francisco**
- Day 2 -4 At Sea**
- Day 5 Puerto Vallarta, MX**
- Day 6 Manzanillo, Mexico**
- Day 7 Mazatlan, Mexico**
- Day 8 Cabo San Lucas, MX**
- Day 9 - 10 At Sea**
- Day 11 San Francisco**

Prices starting from:
\$749 Interior
\$799 Ocean View
\$1,049 Balcony
Sailing dates are 11/28/17, 1/2/18,
2/6/18. Prices based on 11/28/17.

10 Day Alaska

- Day 1 San Francisco**
- Day 2 -3 At Sea**
- Day 4 Ketchikan, Alaska**
- Day 5 Juneau, Alaska**
- Day 6 Skagway, Alaska**
- Day 7 Tracy Arm Fjord, AK**
- Day 8 At Sea**
- Day 9 Victoria, BC**
- Day 10 At Sea**
- Day 11 San Francisco**

Prices starting from:
\$1,124 Interior
\$1,324 Ocean View
\$2,324 Balcony
Sailing dates are 5/26/18, 6/25/18, 7/15/18,
8/24/18, 9/13/18. Prices based on 8/24/18.

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best of them, and no other band could come close to Tommy's when it came to playing ballads. Tommy Dorsey, "The Sentimental Gentleman of Swing," was a master at creating warm, sentimental, and always musical moods—at superb dancing and listening tempos. Tommy sustained these moods through the arrangements of Paul Weston, Axel Stordahl, and Sy Oliver, and showcased singers who could project them brilliantly. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$20.** General admission, \$17.

Silent Movie Night with the Roseville Community Concert Band
Harold Lloyd's 1923 Classic Comedy, "Safety Last!"
Friday, October 27 — LSE24-08



The Roseville Community Concert Band (RCCB) will thrill us once



again with great music that will bring a silent movie to life! This year, they will accompany Harold Lloyd's classic comedy, "Safety Last!" Silent movies, whose era lasted from film's beginning to the late 1920's, were shown in theaters with live musical accompaniment. We are recreating this experience with the RCCB performing the musical score live. A fun night for the classic film fan as well as families (not recommended for kids under the age of seven). Cookies, popcorn, and drinks will be available for purchase in the Pre-function Area at the start and at intermission. Enjoy a "Movie Dinner Special" at Meridians prior to the show. Movie patrons will receive a 20% discount, day of the show only (ticket required, discount does not include alcohol). Movie with live music 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$10.** General admission, \$8.

KS Classical Music Night
Classical Mads



Thursday, November 9 — LSE25-09

Mads Tolling is an internationally renowned violinist, violist, and composer originally from Copenhagen, Denmark. He won two Grammy Awards for Best Classical Cross-over albums, and was nominated for a third Grammy this year. He returns to his classical roots in a program featuring compositions from Vivaldi and Schumann to Fritz Kreisler and Danish composer of "Tango Jalousie,"



Jacob Gade. Ian Scarfe will be featured at the piano. Ian enjoys a busy career as a piano soloist, collaborative pianist, and chamber musician. Based in California, he performs regularly around the entire San Francisco Bay-Area, from Napa and Sonoma Valleys in the north, to Santa Cruz and the Monterey Bay in the south.

Save \$1 off \$4 or more at KS Café on show night. Concert 7:00 PM, P-Hall (KS). Reserved Seating, \$19.

My Favorite Barbra:
A Tribute to the Songs of Barbra Streisand by
Kelly Brandenburg with Music Direction
by John Simon



Tuesday, November 21 — LSE36-09

Kelly Brandenburg is a winner of BroadwayWorld's "Best Solo Performance" for her Cabaret Tribute to the songs of Barbra Streisand, *My Favorite Barbra*. She is currently performing regularly as a featured cast member of San Francisco's long-running hit revue, *Steve Silver's Beach Blanket Babylon* (see page 63 for more information on *Beach Blanket Babylon*), and is known to Bay Area audiences from co-starring roles in the popular theatrical revues *The World of Webber* and *The Broadway Divas*. Kelly's tribute to the life and career of the legendary Barbra Streisand is a journey from the very beginning of Streisand's career as a cabaret singer in New York City to her starring roles on Broadway to her critically acclaimed roles in Hollywood films. Hear Brandenburg share rare antidotes and stories of how Barbra became the superstar she is today all while singing many favorite Streisand songs including *You Don't Bring Me Flowers*, *Evergreen*, *The Way We Were* and selections from *Funny Girl*, *Yentl*, and so much more. 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$21.** General admission, \$18.



Tom Rigney and Flambeau
Tuesday, November 28 — LSE26-09



Tom Rigney and Flambeau return to the Orchard Creek Ballroom, bringing their fiery Cajun and Zydeco two-steps, low-down blues, funky New Orleans grooves, and beautiful ballads and waltzes to the OC stage.



Their high energy show features tight ensemble playing, infectious grooves, and spectacular soloing. Tom Rigney's charismatic stage presence and high-energy delivery will draw you into his performance and make you feel like an integral part of the music and the show. 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$20.** General admission, \$17.

—Presentation—

Marc Lapadula
Great Comic Moments in the Movies
Monday November 6 — LSE30-09



Marc Lapadula, Senior Lecturer in the Film Studies Program at Yale University, is returning to the P-Hall (KS) to discuss Great Comic Moments in the



Continued on page 60

Movies. Viewing hilarious clips from nearly every decade, we will quickly discover that film humor can elicit laughs from audiences regardless of their age or cultural background. From highbrow “Masterworks of Cinema” to some lower moments of excruciating comedy, we will explore the unadulterated (and oftentimes adulterated) humor generated from the idiosyncratic minds of uproarious filmmakers like Charlie Chaplin, Buster Keaton, Alfred Hitchcock, Woody Allen, Stanley Kubrick, Mel Brooks, Mike Nichols, Harold Ramis and others. “Definitions of Comedy” penned by notable comics through the years will be recited throughout the presentation. If you are a movie fan, this is a presentation you will not want to miss. Save \$1 off \$4 or more at KS Café on lecture day. 1:30 PM, P-Hall (KS). Reserved Seating, \$16.

Day Trips & Extended Travel



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

Day Trips & Extended Travel

Featured Trips

Three nights!

United States Figure Skating Championships

Friday, January 5 to Monday, January 8, 2018 — LST76-09

Join Katrina, your Trip Coordinator as we get a chance to see history made and witness the best figure skaters from across the country compete for the crown of U.S. champion in San Jose at the SAP Center. The 2018 Prudential U.S. Figure Skating Championships will serve as the final qualifying event prior to the selection of the U.S. Olympic Figure Skating Team that will represent Team USA in February 2018 at the Olympic Winter Games in February. This package includes tickets to all four senior (championship) level free skating competitions and the Smucker's Skating Spectacular where all the champions and medalists from the competition let loose in a fun, theatrical ice show free from the scrutiny of the judges and competitor's rules. Lodging will be at the Hilton Santa Clara which includes hot breakfast buffet each morning. Trip package includes per person:

- Three nights at the Hilton Santa Clara



Continued on page 63

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.

• **Registration Codes:** Use the codes when registering for an event. The last two digits of the code indicate the month the event first went on sale. Events with codes showing the current month will be On Sale beginning the 17th of that month.


• **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:** Tickets will be handed out to guests upon boarding.

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

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- Gratuities for bus driver

Wheels roll from OC at 8:00 AM, return to LH, ~ 1:00 PM. A signed liability waiver is required for each participant. \$898 per person double occupancy. \$1097 single.

Annual Event

Sun City Lincoln Hills Community Joins the Sacramento Walk to End Alzheimer's Saturday, September 23 — LST66-08

Support the Walk to End Alzheimer's disease. A bus, donated by Amador Stage Lines, will take participants to the State Capitol grounds in downtown Sacramento to participate in this annual event. Our goal is to raise at least \$5,000. You can participate in several ways: Join us on the walk with your pledges; sponsor your friends and neighbors by making a donation to their pledge and walk; go online to: <http://act.alz.org/> and select our team, Sun City Lincoln Hills Community Association, to make a donation. The ceremony begins at 9:15 AM with the walk beginning at 10:00 AM. You can choose between a one- or three-mile walk, depending on your ability. All funds raised through Walk to End Alzheimer's further the care, support and research efforts of the Alzheimer's Association, a nonprofit 501(c)3 organization. All donations are tax-deductible as allowed by law. Walk is a rain or shine event. In the case of severe weather, we will cancel. Lunch is included after the event at the Spaghetti Factory. Choose from *Chicken Marsala* or *Spinach and Cheese Ravioli with Marinara*. See complete menu at Activities Desks. We hope you will join us in support of someone with Alzheimer's or dementia; someone who has lost a loved one to the disease; someone who is currently supporting or caring for someone with Alzheimer's; or anyone who supports the cause and vision of a world without Alzheimer's. Wheels roll from OC at 8:00 AM, return ~ 3:00 PM. \$22. (Includes lunch and driver gratuity.)



Day Trips

—Casino/Races—

Great Italian Festival—Silver Legacy Saturday, October 7 — LST58-08

Celebrate the food, culture, music and traditions of Italy with the Great Italian Festival in Reno. Event highlights include the

Grape Stomp, Sauce Cookers Competition, a wine walk, an Italian Farmers Market, Bocce Ball and more! You'll have five hours to enjoy the festival, lunch on your own, and a little gaming with \$10.00 in casino credits from Silver Legacy along with a \$3 food coupon. Wheels Roll from OC at 8:00 AM; return ~6:30 PM. \$36.



Jackson Rancheria Thursday, November 2 — LST69-09

This trip is very popular with residents, we are returning to Jackson Rancheria Casino in Amador County! Receive \$20 in gaming credits. Enjoy a nice drive to Amador County and the foothills. Four hour stay at the recently remodeled and expanded casino. Wheels roll from OC 9:00 AM, return ~ 5:00 PM. \$23.



—Performances—

The Illusionists Present Adam Trent The Next Generation of Magic—Eldorado Reno Thursday, October 19 — LST57-08

The Eldorado Casino showroom has completed its renovation and is proud to present a new magic and illusion show featuring Broadway/TV Star Adam Trent. Produced by the creative team behind the Illusionist, the World's Best-selling touring magic show, the Illusionists present Adam Trent in an immersive entertainment extravaganza of magic, comedy and music designed to entertain the entire family. Showcasing his "futuristic" brand of magic, Trent has mesmerized live audiences around the globe, in person and as a featured guest on America's Got Talent, The Today Show, Ellen, the Travel Channel and Disney Channel among countless other appearances. The 31-year old stars in his own recently launched 10-episode TV series "The Road Trick" on Red Bull TV. Wheels roll from OC 12:00 PM, return ~ 11:00 PM. \$96. Includes dinner buffet, reserved show ticket & tips.



Two Dates! Beach Blanket Babylon Holiday Edition Wednesday, December 13 — LST59-08 Or Thursday December 14 — LST60-08

It's never too early to start planning your holiday events! Due to vendor deadlines it's time to register for everyone's favorite show, the Holiday Edition of the famous Beach Blanket Babylon in San Francisco at Club Fugazi. This zany musical spoof of pop culture has extravagant costumes and outrageously huge hats. The 90-minute show continually evolves its hilarious parodies of



Continued on page 65

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popular icons, updating spoofs and adding new characters and songs throughout the year. The entire center balcony section has been reserved for our group with open seating, including limited front cabaret floor seating. Please advise if you require handicapped accessible seating upon purchase. There are stairs to where the balcony seating is located with no elevators. Both trips depart at 1:45 PM, show is exclusive to adult audiences, alcohol is served. *Dinner on your own before the show. Return ~ 12:00 AM. \$108. *Reservations highly recommended for dinner, restaurant list is available at time of registration. For more info on show, check <https://beachblanketbabylon.com>. Watch one of the stars of Beach Blanket Babylon, Kelly Brandeburg on our very own Ballroom stage when she presents "My Favorite Barbra, A Tribute to the Songs of Barbra Streisand." See page 59 for details.

Auburn Symphony at the Mondavi Center Masterworks II—Victory

Sunday, January 21 — LST78-09

Enjoy an afternoon with the Auburn Symphony at the state of the art aesthetically and acoustically Mon-



davi Center in Davis. "Masterworks II - Victory" features Peter Jaffe conducting and guest performer Cellist Amit Peled. Performance includes the following: Copland: Four dance episodes from Rodeo, Copland's signature ballet, Shostakovich: Cello Concerto No. 1, after causing a local sensation last season, a masterful cellist returns in the solo role, gripping charged and powerful intensity and Beethoven: Symphony No 5.. Matinee performance, reserved orchestra and balcony seating. Wheels roll from OC at 1:15 PM, return ~ 7:00 PM. \$75.



Special Trip for Grandkids and You! Annie the Musical — State Theater, Auburn Sunday, November 12 — LST77-09

The State Theatre Acting Company and the Auburn Placer Performing Arts Center are pleased to present the musical Annie, the Tony award winning show based on the comic strip "Little Orphan Annie." Annie is the heart warming tale of Annie's adventures consisting of escaping an orphanage run by Miss Hannigan, the promise of a new life with Daddy Warbucks, and meeting all the colorful characters along the way. Annie includes such unforgettable songs as "It's the Hard Knock Life," "Easy Street," "I Don't Need Anything But You," plus the eternal anthem of optimism, "Tomorrow." Matinee show, reserved floor seating. Wheels roll from OC at 12:30 PM, return ~ 5:30 PM. \$47.



Special Trip for Grandkids and You! The Nutcracker— Harris Center—Folsom Sunday, December 17 — LST68-09



It's Christmas Eve. A majestic tree sparkles and the Silberhaus' are hosting their annual Christmas party, welcoming the arrival of their guests. Suddenly, Clara's beloved Herr Drosselmeyer appears and entertains the guests with magical tricks and life-sized dolls. Come and be swept away with Clara and her Nutcracker Prince on an enchanted journey through the Land of Snow and Kingdom of Sweets, where you will meet the adorable Sweeties, the hilarious Mother Ginger, the beautiful Sugar Plum Fairy and her Cavalier, and all the characters you have grown to love in this timeless tale. Known for its unique entertainment approach and wonderful costuming, Pamela Hayes Classical Ballet Theatre's The Nutcracker is a holiday treat for all ages. Live orchestra with Maestro Peter Jaffe and members of the Folsom Symphony. Join us for a late afternoon matinee performance with middle-orchestra seating at the Harris Center for the Arts in Folsom (formerly Three Stages). Wheels roll from OC at 3:45 PM, return ~8:45 PM. \$70.

—Sports—

Sacramento Kings

Watch the Sacramento Kings in their brand new home, Golden One Arena in downtown Sacramento, without dealing with parking issues! Enjoy lower level seating with seats in corner sections 110, 111 or 116 depending on the game with handicap seating available (please request upon registration). Arrive in time to enjoy pre-game activities and purchase from various food and beverage concession. See individual games below for pricing & bus times.



Sacramento Kings vs. Philadelphia 76ers "Salute to Service Night"

Thursday, November 9 — LST71-09

Wheels roll from OC at 5:30 PM, return ~ 11:30 PM. Seating section 110. \$84.



Sacramento Kings vs. Phoenix Suns Tuesday, December 12 — LST72-09

Wheels roll from OC at 5:30 PM, return ~ 11:30 PM. Seating section 111. \$79.



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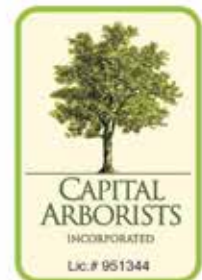


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Sacramento Kings vs. LA Clippers
Thursday, January 11, 2018 — LST73-09
 Wheels roll from OC at 5:30 PM, return ~ 11:30 PM. Seating section 110. \$98.



Sacramento Kings vs. Oklahoma City Thunder
Thursday, February 22, 2018 — LST74-09
 Wheels roll from OC at 5:30 PM, return ~ 11:30 PM. Seating section 116. \$84.



Sacramento Kings vs. Boston Celtics
Sunday, March 25, 2018 — LST75
 Wheels roll from OC at 1:30PM, return ~ 7:30 PM. Seating section 116. \$121.



—Tours/Leisure—

Additional date added!
Apple Hill

Thursday, October 5 — LST79-08

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, Apple Pie a la Mode and beverage. (Vegetarian selection available 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. You will receive 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.



QuiltFest

Thursday, October 12 — LST53-07

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 are 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).

Scrapbook and Stamp Expo
Friday, October 20 — LST61-08

Whether you're just starting out, or an experienced scrapbooker, join your fellow "crafty" residents on a fun trip to the Sacramento Convention Center for the Scrapbooking & Stamp Expo! (Rubber stamping.) Enjoy workshops and seminars, see the latest and greatest products and tools, plus make-and-take projects. Learn new techniques and helpful hints from vendors. We have obtained early bird admission and will spend six hours at the show. Lunch and any fees for seminars/workshops on your own. Wheels roll from OC 7:30 AM, return ~ 4:15 PM. \$40 (includes admission).



Olive Crush Festival & Wine Tasting Yocha Dehe Farm and Ranch/Séka Hills—Cache Creek
Sunday, October 22 — LST62-08

Join us on a new outing to the annual Olive Crush Festival at Séka Hills Olive Mill next to Cache Creek Casino (Note: This IS NOT a casino trip). This fall day will be filled with the celebration of the olive crush with live music, local artisanal food purveyors, food vendors, cookbook author demonstrations and our own private mill tour to see the processing side up close. Sample freshly pressed olio nuovo olive oil fresh from the mill and other estate grown products -balsamic vinegars, honey, and nuts. Our group will also partake in a private wine tasting which is included. Lunch on your own, Wheels roll from OC at 9:15 AM; return ~4:15 PM. \$39.



Additional Date!

Ferry to San Francisco—Fisherman's Wharf
Saturday, October 28 — LST65-07

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 time on your own to explore the Ferry Building for shopping and/or lunch. 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.



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Sun City Sierra Winter Holiday Train Roundtrip Reno
Monday, December 4 to Wednesday, December 6 — **LST67-08**

Please get on wait list for possible additional trip

Featured Trip—Three nights!

United States Figure Skating Championships
Friday, January 5 to Monday, January 8, 2018 — **LST76-09**

Join Katrina, your Trip Coordinator as we get a chance to see his-

tory made and witness the best figure skaters from across the country compete for the crown of U.S. champion in San Jose at the SAP Center. The 2018 Prudential U.S. Figure Skating Championships will serve as the final qualifying event prior to the selection of the U.S. Olympic Figure Skating Team that will represent Team USA in February 2018 at the Olympic Winter Games in February. This package includes tickets to all senior (championship) level free skating and the Smucker's Skating Spectacular where all the champions and medalists from the competition let loose in a fun, theatrical ice show free from the scrutiny of the judges and competitor's rules. Lodging will be at the Hilton Santa Clara which includes hot breakfast buffet each morning. Trip package includes per person:

- Three nights at the Hilton Santa Clara
- Three hot breakfast buffets at La Fontana Restaurant in the Hilton Santa Clara
- Lower Level seating in sections 120 or 121 at the SAP Center in San Jose
- Reserved tickets to five skating events—Senior ladies Free Skate, Senior Pairs Free Skate, Senior Men Free Skate, Senior Dance—Free Dance and the Smucker's Skating Spectacular.
- Gratuities for bus driver

Wheels roll from OC at 8:00 AM on the 5th and return to LH at ~



1:00 PM on the 8th. A signed liability waiver is required for each participant. \$898 per person double occupancy. \$1097 single.

Sold Out Trips

Trip • Date • Departure Time

- **Benicia Fine Arts & Crafts Fair**
Saturday, September 16 • 9:15 AM
- **Top Gun Tour**
Tuesday, September 19 • 1:30 PM
- **Golden One Arena Tour**
Wednesday, September 27 • 8:45 AM
- **Floating Homes Tour—Sausalito**
Saturday, September 30 • 8:00 AM
- **Apple Hill**
Tuesday, October 3 • 9:00 AM
- **Fleetweek Hornblower Cruise**
Sunday, October 8 • 10:00 AM
- **Yosemite Overnight**
Wednesday, October 11 • 8:00 AM
- **Ferry to San Francisco—Fisherman's Wharf**
Tuesday, October 24 • 8:15 AM
- **Andre Rieu Bus #1-3**
Wednesday, October 25 • 6:30 PM
- **Andre Rieu Bus #4**
Wednesday, October 25 • 6:15 PM
- **San Francisco 49ers vs. Arizona Cardinals**
Sunday, November 5 • 8:00 AM
- **Beautiful**
Tuesday, November 7 • 6:45 PM
Wednesday, November 8 • 6:45 PM
- **Celine—Las Vegas**
Tuesday, November 14 • 8:15 AM
- **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
Wednesday, March 14, 2018 • 6:45 PM
- **An American in Paris**
Tuesday, May 22, 2018 • 6:45 PM

Activities Department Classes

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

Continued on page 71



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



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a time. Sessions are held in conjunction with ongoing regular classes. Class space is on a first-come, first-served basis. Students must check with the instructor prior to registration each time to ensure space is available and that they meet the prerequisite. Registration for drop-in sessions is only available within one hour prior to the start of class at the Activities Desk. Classes that offer drop-in sessions will be noted in the class description. Cost varies by class. **Prerequisite:** Must have completed at least a full month of class instruction. Some classes may require longer class experience. Drop-in sessions are not for first time students/beginners and offers limited guidance from moderator/instructor.

Art

—Announcement—

Fine Arts Class Gallery Featuring the Art of Marilyn Rose and 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.



Special Workshop! Abstract Art with Watercolor

Saturday, October 7 — LSC251-09

9:00 AM- 3:00 PM (OC). \$60. Instructor: Faye August. In this workshop, participants will create a unique abstract from concept to finished painting. Through live demonstrations and discussions, we will demystify painting abstract art. You will learn how to create a unique design, and with your individually selected color palette will craft an abstract piece that is rich in color, has interesting texture and value contrast, and balances positive and negative space. This workshop will focus on creating watercolor abstracts, but participants may work in acrylic or pastel. Participants are responsible for bringing their own basic supplies. A suggested materials list will be provided upon registration. Some painting experience will be helpful.

—Drawing—

New Time! Beginner Drawing

Thursdays, October 5-26 — LSC198-09

9:30 AM-12:00 PM (OC). \$52 (four sessions). Instructor: Michael Mikolon. The artistic journey starts with basics of drawing. Drawing is about observing. We will focus on materials, techniques and developing your sense of design. Learn to look at the shapes, lines and shadows that make up your subject and develop good daily drawing habits. Live demos will be performed weekly



showing how to use materials with one-on-one instruction.

Mixed Media

Art Journaling

Tuesdays, October 10 & 24 — LSC199-09

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

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



—Oils, Pastels & Acrylics—

Paint Your Vision in Oils or Acrylics

Wednesdays, October 4-25

9:00-11:30 AM Class — LSC200-A09

Or 1:30-4:00 PM Beginners Class — LSC200-B09

AM and PM sessions are not interchangeable. (OC). \$52 (four sessions). Instructor: Marilyn Rose. Maybe you have always wanted to try oil or acrylic painting, or perhaps you haven't painted in years. Perhaps 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 (OC) 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 916-409-0397. Supply list available at the Activities Desks,



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

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Sip and Paint “Eiffel Tower”**Friday, September 29 — LSC130-08****Sip and Paint “Yosemite in Fall”****Friday October 27 — LSC201-09**

5:00-8:00 PM (OC). \$55. Instructor: Unni Stevens. Relax and enjoy cheese and wine while painting. This style of casual learning is a popular past time for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day, with step-by-step instruction from a professional artist, who will teach you how to mix colors, use media, brush stroke techniques, use of pallet knife, and offer help and advice. All supplies 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 30+ years and has been a member of the High Hand Gallery for four years. More info: www.unniart.com.

**—Watercolor—****Watercolor Painting****Thursdays, October 5-26 — LSC202-09**

1:00-4:00 PM (OC). \$60 (four sessions). Instructor: Michael Mikolon. Learn the basics of painting with watercolors. This beginner class will focus on: materials and painting techniques; developing your sense of color; looking into basics of color theory; how to use the color wheel; and mixing fresh and vibrant color with the use of a well organized palette. Learn to create your own voice in art by discussing design, composition, and value controlling the focal point. We will also discuss master colorists: Dutch, English, and Impressionists, Post Impressionists and late 19th and early 20th century painters. Live demos performed weekly showing how to use the medium first-hand with one-on-one instruction provided by the instructor during class. *About the Instructor:* Artist Michael Mikolon is an accomplished watercolorist and owner of 12th & S Art, in Downtown Sacramento. Supply list available at the Activities Desks and online.

**Ceramics****—Pottery—****Beginning/Intermediate Ceramics****Tuesdays, October 3-31 — LSC203-09**

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 their 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.

Vacation drop-in: CERD1 — \$17 per session.**Advanced Ceramics****Tuesdays, October 3-31 — LSC204-09**

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 and New Time!****Ceramics: Beginner/Intermediate and Advanced****Thursdays, October 5-26 — Cancelled**

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—****Intro to Card Making 101—Level 1****Mondays, October 9-23 — LSC206-09**

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. Have you ever wanted to make a greeting card, but you just weren't sure how to get started? Then this class is for you! This class will teach all of the “ins and outs” of making greeting cards and more. You will be making and taking home with you at least two cards and/or projects at each session. This is a fun three-hour class. Class size is limited, so sign-up early to reserve your space. All supplies will be provided.

**Card Making Level 2—Intermediate****Tuesdays, October 10-24 — LSC207-09**

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. **Prerequisite:** Completion of at least three-to-four sessions of Intro to Card Making 101—Level 1, or instructor's approval. This class will build on your card making skills, while introducing you to some new and

*Continued on page 74*

different card making and paper craft techniques. This class is not for beginners. Class size is limited, so sign-up early to reserve your space. All supplies will be provided.

Card Making Level 3—Intermediate/Advanced

Wednesdays, October 11-25 — LSC208-09

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. **Prerequisite:** This class will build on your skills from Level 2, while introducing you to some new and different card making and paper craft techniques. This class is **not** for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided.



Card Making Level 4—Advanced

Fridays, October 13-27 — LSC210-09

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

—Cooking—

Cooking with our Meridian Chefs— Celebrate International Flavors

Tuesday, October 17 — LSC259-09

9:00 AM-12:00 PM (KS). \$20 Instructors: Chef Ian and/or Sous' Chef Anoud. We will be celebrating the flavors of Europe, Asia and the Middle East. Introducing the exotic flavors of foreign cuisine from savory to sweets. A few items that we will be presenting are Baklava, Crepes, Curry dishes and Quiche.



Dance

—Belly Dancing—

Beginning Basic Belly Dance

Thursdays, October 5-26 — LSC267-09

6:30-7:30 PM (KS). \$32 (three sessions; no class October 12). Instructor: Anna Woods. Learning the art of belly dance is not only fun, but a great way to remember who we are as women. Working on posture, core and technique. Belly dance is a full body workout that tones muscles as you slowly get your lovely figure back in shape. The rhythms of middle eastern musicians are the best part of all. Anna Woods performed for 15 yrs on stage Washington DC Chicago, Los Angeles, and Harrah's Tahoe. Belly dance belts will be available for use. Best attire is leggings, yoga pants, or long skirts.

—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, October 3-10 — LSC211-09

10:00-11:00 AM (KS). \$14 (two sessions). Instructor: Janice Hanzel. For new beginners, a revamped foundation and fundamentals class low impact, not as hard as you think. Bring your friends, bring your enthusiasm. The class will move through the eight basic traditional clogging movements while developing skills of the foundations of clogging 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, October 3-17 — LSC214-09

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 will also learn new dances, easy to Intermediate, from recent workshops and conventions. Come join the fun. All levels encouraged to participate. Check with the instructor before signing up for this class.

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

Intermediate Plus Clogging

Tuesdays, October 3-17 — LSC215-09

12:00-1:00 PM (KS). \$21 (three sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval. Students are strongly encouraged to take the 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 will get into more Intermediate level dances.

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

—Country Western Dancing—

Country Couples Western Dance Beginner Level One & Two

Mondays, October 2-23 — LSC213-09

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, including some of the dances at mixers. Instruction will be at a slower pace for beginners.



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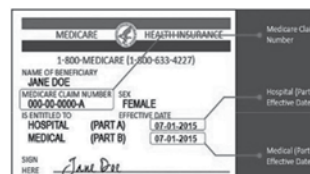


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Country Couples Western Dance Beginner/Intermediate Level Three & Four Mondays, October 2-23 — LSC216-09

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: "Cha Cha Lingua and Talk to Yo Mamma."



Country Line Dancing Fridays, October 6-27 — LSC217-09

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.

—Dancing with Dolly—

Dance for Life! Instructor: Dolly Schumacher

"Dance for Life" is a class designed for seniors who love music and what it does to them emotionally and physically. Using the Ballet barre, class begins with exercises to warm the muscles. Gentle stretching awakens the body as we move on to balance exercises and co-ordination patterns to stimulate the mind-to-body connection. Students will gain flexibility and strength while using dance moves utilizing all parts of the body. Then we move to center floor for stretching, balancing and timing through basic dance steps and patterns, as we learn the terminology of movement. The last half hour of class is devoted to a simple dance choreographed to incorporate the steps students have learned. Each week, a different style of dance is introduced—Cha-Cha, Character, Rock n Roll, Disco, Pop, Soft Shoe and Lyrical. Students should wear comfortable clothes with either Ballet or Jazz shoes. No need to memorize for each week is something new! The class is designed for all levels of experience, whether you are currently taking dance classes or haven't danced since you were a child. A friendly non-competitive atmosphere, where dance is fun, energizing, fulfilling, exciting and empowering.



Beginning Dance for Life Thursdays, October 5-26 — LSW1

5:00-6:30 PM, (OC). \$50 (four sessions).
Instructor: Dolly Schumacher.

Dance for Life Intermediate Fridays, October 6-27 — LSW2

2:15-3:45 PM, (OC). \$50 (four sessions).
Instructor: Dolly Schumacher.

—Hula—

Hula Basics Thursdays, October 5-26 — LSC219-09

12:00-1:00 PM (KS). \$32 (four sessions). Instructor: Pam Akina. Learn and practice basic hand and foot motions which are foundational to hula. 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 916-521-0474.



Hula Intermediate Thursdays, October 5-26 — LSC220-09

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

—Jazz—

Jazz Class for the Beginner Thursdays, October 5-26 — LSC221-09

11:00 AM-12:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. This class will leave your mind, body, and spirit feeling empowered, energized, and more flexible. Melanie will demonstrate different styles of Jazz to ensure proper execution in a fun and positive way. Come join her! You'll leave with a smile on your face and a love of jazz dancing in your heart. *About the Instructor:* Melanie started teaching at 16 years old and turned professional at 18. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, Reno, Nashville, Branson, Tokyo Disneyland, as well as on TV and video.

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

Jazz Performance Tuesdays, October 3-31 — LSC222-09

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

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

—Line Dance—

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

Intro to Line Dance

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



- **Mondays, September 11- October 30 — LSC147-08**
4:00-5:00 PM (KS). \$48 (eight sessions).
Instructor: Audrey Fish.
- **Thursdays, September 7-October 26 — LSC148-08**
9:00-10:00 AM (KS). \$48 (eight sessions).
Instructor: Yvonne Krause-Schenck

Line Dance I—Beginner

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

- **Mondays, October 2-30 — LSC223-09**
9:00-10:00 AM (KS). \$30 (five sessions).
Instructor: Yvonne Krause-Schenck
- **Thursdays, October 5-26 — LSC224-09**
2:30-3:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish.
- **Tuesdays, October 3-31 — LSC225-09**
9:00-10:00 AM (KS). \$30 (five sessions).
Instructor: Sandy Gardetto

Line Dance II—High Beginner/Improver Class

Prerequisite: This level is a great way to help experienced beginners improve on their skills and 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's discretion.

- **Mondays, October 2-30 — LSC226-09**
5:00-6:00 PM (KS). \$30 (five sessions).
Instructor: Audrey Fish
- **Wednesdays, October 4-25 — LSC227-09**
9:00-10:00 AM (KS). \$24 (four sessions).
Instructor Sandy Gardetto
- **Thursdays, October 5-26 — LSC228-09**
10:00-11:00 AM (KS). \$24 (four sessions).
Instructor: Yvonne Krause-Schenck

Easy Intermediate Class

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

- **Wednesdays, October 4-25 — LSC229-09**
10:00-11:00 AM (KS). \$24 (four sessions).
Instructor: Sandy Gardetto

Intermediate/Advanced Class

Dances will be taught at a faster pace to 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, October 5-26 — LSC231-09**
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 eight 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.



- **Yvonne Krause-Schenck**

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.



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—Tap—

Tap Classes with Alyson

Enjoy tap classes, make new friends, and challenge your mind and body. Alyson Meador is a highly accomplished educator in the art of tap dance whose successes as a choreographer and mentor have brought her a great deal of prestige and recognition. As the daughter of a Radio City Rockette and an Arthur Murray ballroom instructor, her exposure to the dance world was inevitable. She has been instructing for over 30 years. She is currently Artistic Director of the Leighton Dance Project Tap Company and has served the SCLH community since 2000.

**Choreography for Fun 1 & 2**

- **Thursday, October 5-26 — LSC232-09**
11:00 AM-12:00 PM (KS). \$32 (four sessions).
Instructor: Alyson Meador.
- **Mondays, October 2-30 — LSC233-09**
11:00 AM-12:00 PM (KS). \$40 (five sessions).
Instructor: Alyson Meador.

Technique Classes

- **Tuesday, October 3-31 — LSC234-09**
10:00-11:00 AM (KS). \$32 (five sessions).
- **Thursday, October 5-26 — LSC235-09**
10:00-11:00 AM (KS). \$40 (four sessions).
- **Mondays, October 2-30 — LSC236-09**
10:00-11:00 AM (KS). \$40 (five sessions).

Jewelry

—Beading—

Dutch Spiral Necklace

Tuesdays, September 26 & October 10 — LSC164-08

9:00 AM – 12:00 PM (KS). \$20 (two sessions). Instructor: Cathie Szabo. Another variation on the favorite twisted necklace. This Dutch Spiral uses different sizes and shapes of beads for a thick and thin spiral! Simple to do once the technique is learned. OK for folks who can handle small beads. Classes are two weeks apart to allow for completing the spiral before finishing techniques are shown. Check the display in OC for a sample. Be sure you get the proper materials list when you register for the class (check for the correct photo and class number).



Glass Art

Stained Glass and Fused Glass will be on hiatus for the months of October to December

Movies

The Star Wars Saga (Part 1)

Wednesday, September 20-October 11 — LSC167-08

1:00-4:00 PM (KS). \$30 (four sessions). Instructor: Ray Ashton. On September 20, we will begin our journey, “A long time ago in a galaxy far, far away...” Over two four-week sessions, we will take an in-depth look at filmmaker George Lucas and his phenomenon called “Star Wars.” In Part 1 we will start our story at the beginning with “Episode 1: The Phantom Menace” and the introduction of the young Anakin Skywalker. Then in “Episode 2: Attack of the Clones” & “Episode 3: Revenge of the Sith” we continue to see Anakin’s amazing transformation. In our fourth class we will discover a new cast of characters (with a few surprises) who courageously attempt to obtain the secret plans for the Empire’s “Death Star” in “Rogue One: A Star Wars Story.” Our classes will help us get to the center of this great Saga and the impact that it has had on audiences of all ages. “May the Force be with you.”



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, October 4-25 — LSC237-09

8:00-10:00 AM (KS). \$44 (four 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 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, 916-899-8383.

**Guitar 1B—Continuing Beginner Level**

Mondays, October 2-30 — LSC238-09

8:00-10:00 AM (OC). \$55 (five sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. **Prerequisite:** completion of Guitar 1A or Instructor’s approval. Class will cover more advanced note reading, open and moveable chords, strumming basic finger picking; and 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 916-899-8383.

Guitar 2B—Entry to Intermediate Level

Wednesdays, October 4-25 — LSC239-09

10:15 AM-12:15 PM (KS). \$44 (four sessions). Instructor: Bill
Continued on page 83



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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, 916-899-8383.

Guitar 3—Intermediate

Thursdays, October 5-26 — LSC241-09

8:00-10:00 AM (OC). \$44 (four sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. **Prerequisite:** Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. Continue to study more advanced styles of guitar music plus more advanced versions of ensemble playing, duets, trios, quartets. Questions? Call Bill, 916-899-8383.

Guitar 4—Advanced

Thursdays, October 5-26 — LSC240-09

10:00 AM-12:00 PM (OC). \$44 (four sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. **Prerequisite:** Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. Continue to study more advanced styles of guitar music plus more advanced versions of ensemble playing, duets, trios, quartets. Questions? Call Bill, 916-899-8383.

Folk Guitar for Fun Folks 101 Beginner Class

Tuesdays, October 3-31 — LSC242-09

1:00-2:00 PM (KS). \$36 (four sessions; no class October 10). 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 at the intermediate level and 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 the first class. Learn, sing, enjoy, have fun and join the Hootenanny! *About the Instructor:* Darrell is a long-time teacher, musician, story teller and folk singer who was a member of the New Christy Minstrels, appeared on the PBS Folk Music Special, "This Land Is Your Land," has toured with Glenn Yarbrough, opened for the Kingston Trio, played with Peter, of



Peter, Paul and Mary, and has appeared solo, and with various groups. Questions: Call Darrell 916-989-8532.

Folk Guitar for Fun Folks 102 Intermediate Class

Tuesdays, October 3-31 — LSC243-09

2:00-3:00 PM (KS). \$36 (four sessions; no class October 10). Instructor: Darrell Effinger. **Prerequisite:** Knowledge of playing guitar using basic chords while doing a simple strum and singing (no vocal training required). This 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, 916-989-8532.

—Voice—

Singer Vocal Boot Camp Continuation Fridays, October 6-27 — LSC244-09

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

Creative Writing & Storytelling

Wednesdays, September 20-October 11 — LSC182-08

1:00-3:00 PM (KS). \$ 58. (four sessions). Instructor Robert Chang. Do you have stories you want to share with the world? Whether you want to write short stories, novels, screenplays, or nonfiction, the fundamentals of storytelling are essential for crafting compelling narrative experiences that captivate your readers from beginning to end. In this class you'll learn storytelling techniques that will help you write stories that are not only entertaining, but also have emotional and intellectual resonance. You'll learn various writing techniques that make your prose more vivid and expressive, creating an immersive experience for your readers.



Sewing

—Certification—

Bernina Serger Certification

Monday, October 9 — LSC245-09

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

provided except scissors and tweezers. Class size limited to three.

Bernina Sewing Machine Certification

Monday, October 9 — LSC261-09

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, October 9 — LSC247-09

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

—Quilting—

Mystery Quilt III

Mondays, September 18 & September 25 — LSC184-08

9:00 AM-12:00 PM (OC) \$35 (two sessions). Plus \$10 pattern fee payable to instructor. Instructor Betty Kisbey. **Prerequisite:** Must be able to sew an accurate ¼" seam allowance and know how to safely use a rotary cutter. Join in on the fun of making a quilt while solving a mystery!



Come to class prepared to sew. You will be sewing and working on solving the puzzle to end up with a completed quilt top. You will be given only fabric and cutting requirements at registration as some sewing will be done in class and some at home. Pieces of the design will be given to you in steps throughout the class but the final quilt design will not be revealed until the end of the class. This is a great way to meet other quilters and have fun working together to solve the quilt mystery! Intermediate skill level. *Note: Please see pattern requirements and the supply sheet. You are required to have the fabric selected and cut before class. Be sure you get a supply sheet and pre-cutting instructions when you register.*

Charming House Quilting Placemats

Fridays, October 20, November 17,

December 15, January 19 — LSC194-08

1:00 -3:30 PM (OC) \$60 (four sessions). Instructor Betty Kisbey. This placemat-of-the-month class will be offered over four months. You will make two placemats each month from the book, **Charming Houses, Dressed for Show**. At the end of the class, you should have eight placemats measuring approximately 14"x18." In class, instruction will be given for cutting out the pattern, how to sew the block together, and how to add borders. Some sewing may have to be finished at home. In addition to using good sewing techniques, the use of embellishments will be emphasized.

Wool Embroidered Scissors and Needle Case

Saturday, October 28 — LSC185-08

10:00 AM-3:00 PM (OC) \$30. Instructor Betty Kisbey. Make this

attractive scissors and needle case using wool and cotton fabrics with decorative stitches. Learn the common stitches used on wool. This scissors and needle case is very handy to have when traveling with your handwork. These are very easy to make. Make one for yourself and/or make one as a gift for that special friend. Great for the beginner who would like to learn some basic embroidery stitches and how to work with wool. In class we will be working with hand stitching on wool, however, putting it all together requires machine stitching and will be done at home. **Note: Kits are available for \$20 from instructor. Kit includes supplies needed to make one needle case.**



Technology

—PC—

Windows 10 Basics

Tuesday & Wednesday, September 26 & 27 — LSC187-09

9:30 AM-12:00 PM (OC). \$45 (two sessions). \$7 class material fee. Instructor: Rita Wronkiewicz. If you are new to Windows 10 or you just don't feel you've mastered the basics, this class will give you the confidence to use it more effectively and even appreciate its new format and features. Windows 10 is so customizable that Rita can even show you how to set your system up so it is more like the Windows 7 system you knew and loved! Bring your Windows 10 device with you if it is portable. Handout reinforces class work. Questions? Call Rita at 916-543-6962.



Tips and Tricks for Beginning PC Users

Tuesday, October 10 — LSC252-09

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



More Tips and Tricks for Beginning PC Users

Friday, October 13 — LSC254-09

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. **Prerequisites:** Basic computer skills. In this class you will learn over 50 additional PC tips and tricks that weren't covered in the first session of "Tips & Tricks for Beginning PC Users." You need not have attended

Continued on page 86



Behind women's health is a team who gets it.

Mercy Medical Group's team of female doctors is accepting new patients.

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the first class to benefit from the new tips and tricks you will learn in this class. They will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive

—Smart Phones and Tablets/Mac—

Android Smart Phones Basics

Monday, September 25 — LSC188-08

1:00 -4:00 PM (OC). \$45. Instructor: Len Carniato. Prerequisite: Gmail account. If you are still new to your Android SmartPhone [from any carrier], 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 focus on how to navigate screens, manage phone calls, organize your contacts, text messaging, 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 SmartPhone start. Remember, SmartPhones are the future, so join us for a fun and educational session!



Chromebook—Your Next Laptop

Tuesday, September 26 — LSC189-08

9:00 AM 12:00 PM (OC). \$40. Instructor: Len Carniato. Most of us are wasting money on overpowered, overpriced laptops because we've been sold on the idea that we need them, and we don't. There's a new and better-suited alternative—the "Chromebook". Chromebooks are simple and fast computers, so if you're thinking of replacing a laptop, you really should take a look. If you already have a Chromebook, come and learn more. In this class we'll explain many capabilities of these new laptops. **Although incredibly affordable**, a Chromebook will serve you nicely with everyday tasks, in a secure yet simple environment. So bring your Chromebook to class, [or your Windows Laptop with Chrome] if you don't yet have a Chromebook, join our class to learn more. Remember, your grandkids are already using them in school now!

Getting Most Out of Gmail

Wednesday, October 4 — LSC255-09

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.



Digital Drawing and Painting

Monday, October 2-30 — LSC192-08

6:00-8:00 PM (OC). \$58 (four sessions; no class October 9). Instructor: Robert Chang. Prerequisite: Basic computer skills. Learn how to draw and paint with your mobile devices and computer! Today's technology allows us to create beautiful artwork using digital equivalents of charcoals, pastels, watercolor, acrylics, oils, airbrush, pen & ink, etc., while also having the convenience of undos, layers, and many other powerful digital tools. In addition to digital art techniques, you'll also learn important drawing and painting fundamentals such as composition, shapes and proportions, lighting and form, color theory, brushwork, and more. Supply list available at Activities Desk and online.



Photography 101

Thursday, October 5-November 2 — LSC191-08

9:00 - 11:00 AM (OC). \$58. (four sessions; no class October 26). Instructor: Robert Chang. Have you ever want to take better photos but never learned photography or how to use all those controls on your digital camera? In this class you'll learn how to operate the essential features of modern digital cameras, regardless if it is a small compact, professional DSLR, or a smartphone camera app. You'll also learn important photography principles that will help you take better photos by utilizing good composition, effective camera angles and focal lengths, interesting lighting and color theory photos that are aesthetically more pleasing and artistically more interesting. In addition, you'll also learn how to use simple digital photo editing techniques that will significantly improve the quality of your photos. Please bring the cameras you want to learn to use and take photos with (including mobile devices with decent built-in cameras such as smart phone and tablets).

iPhone Basics Workshop

Friday, October 13 — LSC263-09

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, 6 Plus, 6S, 6S Plus, 7, or 7 Plus; and you must be on iOS 10.3.3 or higher. Bring your (fully charged) iPhone to the Workshop. Do you want to learn how to use the Settings App to personalize your iPhone. Do you want to learn how to get the most out of your iPhone? Then this class is for you. If you have any other specific questions about the class call Andy Petro at 916-474-1544.



iPhone Advanced Workshop

Wednesday, October 25 — LSC264-09

9:00 AM-12:00 PM (OC). \$30 + \$5 paid to instructor for class material. Instructor: Andy Petro. Prerequisite: You must know the basics of your iPhone, have an iPhone 6, 6 Plus, 6S, 6S Plus, 7, or 7 Plus, and you must be on iOS 10.3.3 or higher. Bring your (fully charged) iPhone to the workshop. You will go beyond the basics.

Continued on page 88

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You will discover how to use apps on finance, weather, photography, communications and more. You will learn many tips and tricks that makes your iPhone easy and fun to use. If you have any other specific questions about the class call Andy Petro at 916-474-1544.



Facebook 101

Saturdays, October 14 & 28 — LSC256-09

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. Class size is limited so sign up early.



WellFit Classes

WellFit

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

Register for these classes online or at the Fitness Centers. Events go on sale on the 17th of this month at 8:00 AM.

WellFit Orientations

Free Orientation: WellFit Staff

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

- **Tuesday, September 19**
11:00-12:00 PM, Fitness Floor (OC)
- **Wednesday, October 18**
2:00 PM-3:00 PM, Fitness Floor (OC)
- **Wednesday, October 25**
2:00 PM-3:00 PM, Fitness Floor (OC)
- **Wednesday, September 27**
1:00-2:00 PM, Fitness Floor (KS)
- **Thursday, October 12**
4:00 PM-5:00 PM, Fitness Floor (KS)
- **Tuesday, October 17**
1:00 PM-2:00 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.

Spotlight On...

Bowenwork and Arthritis

Wednesday, October 18 — Free

12:00-1:00 PM, Aerobics Room (OC). Instructor: Linda Hunter and Rebecca Kang. Have you had some pain and inflammation from Arthritis? Are you ready to regain all of your mobility in

joint movement? Come join us for a free informational session regarding our Arthritis Session and Bowenwork Programs. Rebecca Kang will discuss Bowenwork and how it alleviates pain and inflammation from Arthritis. Linda Hunter will discuss the Arthritis session and how it helps maintain an active lifestyle free of daily pain. These two programs work together to keep you in top notch shape.

Arthritis

Tuesdays, October 3-31

Thursdays, October 5-26

Fridays, October 6-27

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 \$43.75 (five sessions), Thursdays and 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, LVN, 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 Part 1

Mondays and Wednesdays, October 2-25

3:00-4:00 PM, Aerobics Room (OC). \$80 (eight sessions). Instruct-

Continued on page 90

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tor: 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.



Lifestyle Retail

40% Off Sale!

Orchard Creek Fitness
September 15-October 15

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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.

Mindfulness Training for Health Wednesdays, October 4-25

4:00-5:00 PM, Aerobics Room (OC). \$60 (four classes). Instructor: Michelle Jamieson. It is no secret that emotional, mental, social and spiritual factors can directly affect health. In fact, up to 80% of illnesses are related to chronic stress. Fortunately there are techniques that can help manage and minimize the effects of stress. The Mindfulness-Based Stress Reduction (MBSR) program is designed to help participants by inviting them to enter into a new relationship with the present moment. This session is an experiential and intensive four-week training program offering powerful, integrative approach for tapping into and mobilizing innate inner resources for healing and well-being. Participants can develop a life affirming approach to living with stress influenced conditions such as chronic pain, anxiety, depression, headaches, high blood pressure, sleep disturbances, immune health gastrointestinal issues and weight management.



Lessons

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

Nordic Pole Walking

Monday and Tuesday, October 16 & 17

9:00-10:30 AM, meet in the OC Fitness Center. \$45 (two outdoor sessions or indoor track; weather dependent). Instructor: Dr. Richard Del Balso. Are you willing to add a new form of walking to your activities? Walking 30 minutes at least three times a week gives you a “Full Body Aerobic Exercise” by simply adding poles to your walking routine. After just two 90-minute sessions, you will be able to 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; reduce impact on hips, knees and feet by an average of 25%; and develop upright body posture resulting in less risk of falling. Walking poles are available for each class at no charge with option to purchase at the final session.



Pro Tennis Lessons

Sundays, October 1-November 5

Beginner 8:00-8:50 AM

Intermediate 9:00-9:50 AM

Advanced 10:00-10:50 AM

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



Tai Chi—Qigong Introductory Class

Tuesdays, October 3-31

1:00-2:00 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 proven system is the fastest-growing form of exercise throughout the world as it is greatly recommended by healthcare 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, October 3-31

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

Continued on page 92

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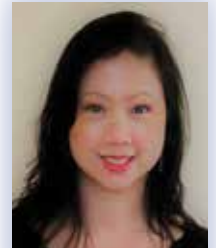
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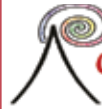
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tor: Peli Fong. Tai Chi and Qigong are century old practices that focus on soft and gentle movements known as the 24 postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi and Qigong offers harmony of 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, October 3-31

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.

Active vs. Passive Management Tuesday, September 26

10:30 AM-12:00 PM, P-Hall (KS) \$5. Instructor: Russ Abbott. Some investors choose to invest on their own, using more Index-like investment vehicles referred to as Passive Investing. These allow the investor to enjoy the markets when they advance but suffer the pain when they decline. On the other hand, an alternative to Passive, Active Investing, provides an option for investors to have their funds managed by professionals who attempt to capture the growth but minimize the declines. Which is best for you and when should you consider either one. Come to this class to get more information on Passive vs Active Investing.

Where Are We with Tax Reform? Tuesday, October 24

10:30 AM-12:00 PM, P-Hall (KS) \$5. Instructor: Russ Abbott. The Trump administration has promised to work on and possibly implement tax reform in its first few years. Is it even possible and, if so, what is the best guess of which direction it will go and how far? Will both businesses and individuals prosper or will it be one-sided? Come listen to this informative topic and what you might be able to expect for taxes in 2018 and beyond.

Nutrition

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

Re-Start—Your Health in Just Five Weeks Tuesdays, October 10-November 7

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



Restorative Wellness with Audrey Gould, RD/RDN, NTP

"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.

Muscle Strength, Bone Density, Nutrition and You Thursday, September 21

2:30-3:30 PM, Aerobics Room (KS) \$20 (Single Session). Instructor: Milly Nunez. Bone density, muscle mass, and cognitive function all change as we grow older and nutrition plays an important role. Improving our nutritional habits and increasing our physical activity can dramatically help us



as we age so come and learn how to become a healthier adult!

Personal Improvement

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

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.



Back By Popular Demand!

Dream a Little Dream—

Managing your Sleep Apnea and other Sleep issues

Tuesday, September 19

1:00- 2:30 PM, Multipurpose Room (OC) \$20. Instructor Victoria Florentine, RRT, Respiratory Care Practitioner. This class is open to anyone who has experienced sleep apnea or other sleep disorders. Learn the best strategies for managing your sleep with respiratory equipment. Learn the facts from an expert in cardiopulmonary care! There will be a question and answer session at the end of the 75-minute presentation.



Beginning Sudoku

Tuesday September 26

Tuesday October 24

9:00-10:30 AM, 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.

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

Pilates Reformer Membership Packages

Members receive priority enrollment in Reformer classes. Members select monthly classes based on their schedule and are not tied to a session format. Members select classes for the following month using our online scheduling system. Additional classes may be added as a member. Non-members select classes (after members) on a drop-in as available basis. Our Reformer packages are as follows:



- Four-class membership package—\$80 per month
- Eight-class membership package—\$135 per month
- Add-on classes for member—\$17 per class
- Drop in classes for non-member—\$25 per class
- Introductory session—\$30 required for both member and non-member

Membership packages require agreement for auto-pay upon enrollment. We require a 10-day written notice of cancellation of membership prior to the next billing cycle. Reformer classes must be used within 45 days of issue. To enroll in Reformer Membership, contact Carol Zortman at 625-4032 or carol.zortman@sclhca.com. These packages are not available online. A temporary month-long suspension of membership is available.

Pilates Reformer Class Descriptions

Introductory Reformer Session L1

Continuous Dates

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.

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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 916-625-4032.

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, 916-408-4825, 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.

*Events go on sale on the 17th of this month at 8:00 AM.
Register at either Fitness Center.*

Are you a current SGT participant, but need some extra work-outs; 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, October 4-November 1

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class October 13). 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 Jeannette Mortensen with questions at 916-408-4825 or jeannette.mortensen@sclhca.com.



SGT—Parkinson Wise Thursdays, October 5-26

1:30-2:30 PM, Aerobics Room (KS). \$70. (four sessions) Instructor: Milly Nuñez. Improve your quality of life through meaningful exercise. Exercise and movement are effective in delaying the progression of symptoms, in reducing the impact of symptoms, and increasing general well-being. The class will emphasize focused movement, maintaining and increasing range of motion, movement in all planes, low versus high intensity movements, balance and coordination, multi-tasking, and more. Enjoy a group setting with a certified trainer who will lead and motivate the class. All levels are welcome as the class will address modifications and progressions to keep participants motivated and engaged.

SGT—TRX Interval Training L3 Mondays & Wednesdays, September 25-October 18

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Mike Yamamoto. This small group training gives a

Continued on page 97

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 at Orchard Creek L1
Tuesdays & Thursdays, October 3-26

12:00-1:00 PM, Fitness floor (OC) \$135 (eight sessions). Instructor: Marilyn Harder. Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. This class will incorporate a little of everything at our Orchard Creek Fitness Center. By the end of the session you will have a customized workout routine that includes the correct settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.

SGT—Fit 101 at Kilaga Springs L1
Mondays & Wednesdays, October 2-25

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 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, October 5-November 2

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




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keeps the body from getting bored! The intensity is up to each individual, intermediate to advanced fitness levels encouraged. *This class is available for the SGT Drop-in Pass.*

SGT—Bootcamp L3

Mondays & Wednesdays, September 25-October 18

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, September 25-October 18

7:15-8:15 AM, Aerobics Room (KS). \$135. (eight sessions) Instructor: Milly Nuñez. Rise and shine to enjoy a fun and energizing workout in a small group setting. Discover ways to challenge yourself at your own level or pace while getting a full body workout. A full body workout will help you to develop and build balance, coordination, and strength in your entire body. Learn to use your own body weight and various pieces of equipment available to you, including dumbbells, steps, TRX, and so much more! *This class is available for the SGT Drop-in Pass.*



SGT—TRX L2

Tuesdays and Thursdays, September 26-October 19

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, October 6-27

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, October 2-25

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, September 25-October 18

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@sclhca.com or 916-625-4034.



Punch Pass Class Descriptions

Please see the colored grids on pages 100-103 for days and times. Classes are designated with a level. Level 1 is designed for the beginner or returning exerciser. Level 2 is designed for an intermediate exerciser with established exercise ability and Level 3 is a class designed for the advanced exerciser.

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

- **20/20/20 L3:** Enjoy a class that offers a little bit of everything; 20 minutes each of fun cardio segments, strength exercises and stretches. A variety of cardio drills will be followed by strength exercises that cover all the muscle groups followed by a series of stretches to lengthen all of those muscles groups worked.

- **Aqua Pilates L1:** The pool has become the new destination for mind-body classes and is a wonderful medium for performing Pilates techniques that gently improve alignment, posture, and balance. This practice gains additional benefits with water resistance to improve core strength and stabilization, muscle tone and coordination. Exercises are done in different

Continued on page 98

positions—standing, floating and using the wall for assistance. Noodles, water weights, balls and belts are used. This non-impact setting is suitable for most levels and beneficial for people with arthritis, osteoporosis and other conditions that can limit traditional exercises or those with balance challenges on land. Relaxation and rhythmic breathing techniques are incorporated to increase mind/body awareness and reduce stress.

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

- **Arthritis Foundation (AF) Aqua Class L1-L2:** This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or those wanting to prevent arthritis. This class uses range of motion and endurance and resistance exercise to improve balance, increase flexibility and strengthen the body. Participants are encouraged to work at their own pace. Come prepared to improve your body, balance and to have fun!

- **Athletic Stretch L1/2:** Are you looking for an opportunity to stretch in between rounds of golf, tennis or softball? This is your class. We will be stretching common tight areas that occur from these types of activities. Unwind before your day begins!

- **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 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 October 1-31, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC Water Works L2/3- <i>Jeannette</i>	OC	OC Water Works L2/3- <i>Marla</i>	OC	OC Water Works L2/3- <i>Jennifer</i>	OC	OC
8:30	Aqua Fitness L2- <i>Danielle</i>		Aqua Fitness L2- <i>Annamarie</i>		Aqua Fitness L3 - <i>Jeannette</i>		
9:30	Core n More L3- <i>Danielle</i>	Water Works L2/3 - <i>Deanne</i>	Core n More L3- <i>Annette</i>	Water Works L2/3 - <i>Deanne</i>	Core n More L3- <i>Marilyn</i>		
10:30	H2O Bootcamp L3- <i>Annamarie</i>	Water Works L2/3 - <i>Deanne</i>	Splash Dance L2- <i>Annette</i>	Water Works L2/3 - <i>Deanne</i>	H2O Bootcamp L3- <i>Annamarie</i>		
11:30	(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		
12:30	(12:35pm-1:30pm) Aqua Pilates L1- <i>Marilyn</i>		(12:35pm-1:30pm) Aqua Pilates L1- <i>Marilyn</i>		(12:35pm-1:30pm) Aqua Pilates L1- <i>Marilyn</i>		
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	H2O Bootcamp L3 <i>Annamarie</i>		H2O Bootcamp L3- <i>Annamarie</i>				
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

WellFit Pilates Reformer Class Schedule October 1-31, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
	Mixed Equipment L1- L2 - Cynthia				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							
	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625-4034			
5:30		Reformer Basic+ L1- L2- Lori		Reformer L1- Lori (Coming Soon)			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

OC WellFit Class Schedule October 1-31, 2017						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OC	OC	OC	OC	OC	OC	OC
7:15				Athletic Stretch L1/3 - 7:15-8:00am Marilyn		
8:00	Step for All L2 - Kim	Strictly Strength L3 - Jen	Step for All L2 - Kim	Yin Yoga L1-3 - Marilyn		
9:00	Core & Strength L2 - Kim	Zumba L3 - Summer	Core & Strength L2 - Kim	20/20/20 L3 - Gretchen	Yoga Basics L1 - Cynthia/Sara	Cardio Strength L3 - Kim
10:00	Yoga Flow L2 - Ashley	Everybody Can L2 - Linda	Yoga Flow L2 - Jennifer	Strictly Strength L2 - Valerie		Zumba L3 - Carrie
11:00	Arthritis L2 - Linda	Piloga L2 - Lola	Arthritis L2 - Linda	Piloga L2 - Lola		
12:00	Yoga Stretch L1 - Julie		Yoga Stretch L1 - Julie	Arthritis L1/2 - Linda		
1:00	Chair with Flair L1 - Julie	Chair with Flair L1 - Julie		Basic Chair L1 - Julie		
2:00	SGT - Balance & Fall Prevention L1 - Danielle	SGT - Balance & Fall Prevention L1 - Danielle		Activities		Yoga Flow L2 - Ashley
3:00	Healthy Living with Exercise L1 - Annamarie	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)	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)				
5:00	Activities	Mindfulness 101 - Michelle	Activities			
6:00		Mixed Levels Yoga L1-3 - Jennifer	Activities			
		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.						



Hit the Road with Healthy Feet

Thursday, September 28 — Free

7:00 PM, Ballroom (OC). Do your feet ever hurt? Dr. Masoud Ghalambor, M.D., a specialist in arthroscopic and reconstructive surgery of the foot and ankle will discuss some common foot problems and options for treatment: bunions, hammer toes, types of arthritis in the feet and ankles, Achilles tendon disorder, Morton’s neuroma, and plantar fasciitis. He will describe what these conditions are, what the symptoms are, and what you can do to prevent or treat them. Foot pain can have ramifications for one’s overall health and quality of life. Put one foot in front of the other, and come listen to this presentation. There will be a Q&A session following the presentation.



**Working Together—
The Lincoln Police Department & You**

Tuesday, October 10 — Free

9:00 AM. P-Hall (KS). Douglas R. Lee, was appointed Chief of Police for the city of Lincoln in January. He served 31 years with the Sacramento County Sheriff’s Office, then two years as Chief Deputy of Law Enforcement and Homeland Security for the Governor’s Office of Emergency Services. He holds a BS degree from Sacramento State University and an MA degree from the Naval Postgraduate School. Chief Lee’s goal is to first give the audience some insight on how the Police Department operates and then he will open the forum to a Q&A session.



Del Webb—The Man, The Legacy

Monday, October 16 — Free

10:30 AM. Ballroom (OC). What do Howard Hughes, Bugsy Siegel, and Joe DiMaggio have to do with Sun City Lincoln Hills? Find out as Judy Bennett relives the history and legacy of Del Webb, the man, the vision and the history of SCLH. Judy, former Director of Public/Community Affairs for Del Webb and Pulte Group, was involved with each of Del Webb’s Northern California communities. As part of the executive management team, Judy sat at the strategic planning table from 1994-2007. Learn interesting “insider” history, including the Lincoln Hills’ Ghost story.



Public Health and Travel Issues for Seniors

Wednesday, October 25 — Free

7:00 PM, Ballroom (OC). Viruses are everywhere, at home and overseas. Join us to learn how you can avoid and prevent public health concerns including Zika virus, West Nile, and Influenza. Dr. Angelique Tjen-A-Looi, Infectious Disease Specialist with Kaiser Permanente, will discuss not only what measures to take when traveling overseas but also what preventative health vaccinations you should keep updated to maintain your health at home. Preventative measures can make a significant difference in the duration, intensity and effects of viral infections. It is important to know how to protect yourself and others.



Downtown Lincoln Merchants

Tuesday, November 7 — Free

7:00 PM, P-Hall (KS). Just in time for Holiday Shopping, Merchants of Lincoln’s Historic Downtown will talk about the exceptional goods and services they offer. The theme of our Historic Downtown is “Discover the Charm.” Yes, there is much charm and value to be experienced by walking the streets of our city and exploring the secrets of the boutiques and specialty shops along Lincoln Boulevard and side streets. Come and learn to appreciate this shopping gem right at home.



West Placer Waste Management Association

Thursday November 9 — Free

2:00 PM, P-Hall (KS). Presenter is Michelle White, the public education coordinator for WPWMA. The Western Placer Waste Management Authority (WPWMA) is a regional agency established in 1978 through a joint agreement between Placer County and the cities of Lincoln, Rocklin and Roseville to own, operate and maintain a sanitary landfill and all related improvements. The WPWMA’s facilities consist of a Landfill and a Materials Recovery Facility which includes composting, household hazardous waste, and recycling and buyback facilities. The Materials Recovery Facility (MRF) assists jurisdictions with achieving state mandated waste diversion goals. So, be prepared to talk a little trash with us and learn how these operations work and what free programs are available to you.



Community Forums, Date, Time, Location

<ul style="list-style-type: none"> • Hit the Road with Healthy Feet Thursday, September 28, 7:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Public Health and Travel Issues for Seniors Wednesday, October 25, 7:00 PM, Ballroom (OC)
<ul style="list-style-type: none"> • Working Together—the Lincoln Police Department and You Tuesday, October 10, 9:00 AM, P-Hall (KS) 	<ul style="list-style-type: none"> • Downtown Lincoln Merchants Tuesday, November 7, 7:00 PM, P-Hall (KS)
<ul style="list-style-type: none"> • Del Webb—The Man, The Legacy Monday, October 16, 10:30 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • West Placer Waste Management Association Thursday, November 9, 2:00 PM, P-Hall (KS)

Watch for more Community Forums in upcoming issues of the COMPASS, on our website, and on eNews.



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Sun City Lincoln Hills Community Association

965 Orchard Creek Lane
Lincoln, CA 95648

OC Main Phone: 916-625-4000

OC Main Fax: 916-625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: 916-408-4013

Website for residents:

www.sclhresidents.com

Public Website:

www.suncity-lincolnhills.org

•Administration•

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Executive Assistant/Office Manager

Christy Goodlove 916-625-4062

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Community Standards Manager

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Facilities & Maintenance Manager

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Membership Clerk

Amy Gonzales 916-625-4068

amy.gonzales@sclhca.com

membership@sclhca.com

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Room Booking & Club Coordinator

Shelvie Smith 916-625-4021 shelvie.smith@sclhca.com

•Lifestyle•

Activities Desks

Orchard Creek 916-625-4022

Kilaga Springs 916-408-4013

Activities

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lavina.samoy@sclhca.com

Lifestyle Assistant Manager

Lily Ross 916-408-4609 lily.ross@sclhca.com

Lifestyle Class Coordinator

Betty Maxie 916-408-7859 betty.maxie@sclhca.com

Lifestyle Entertainment Coordinator

Deborah Meyer 916-408-4310

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Lifestyle Trip Coordinator Katrina Ferland
916-625-4002 katrina.ferland@sclhca.com

COMPASS

COMPASS Coordinator • Theresa Renken
916-625-4014 theresa.renken@sclhca.com

Fitness/Wellness

OC Fitness Center 916-625-4030

KS Fitness Center 916-408-4683

Director of WellFit and The Spa at Kilaga Springs

Deborah McIvain 916-625-4031

deborah.mclivain@sclhca.com

Fitness Supervisor Jeannette Mortensen

916-408-4825 jeannette.mortensen@sclhca.com

Wellness Supervisor Carol Zortman 916-625-4032

carol.zortman@sclhca.com

•Food & Beverage•

Meridians Reservations 916-625-4040

Kilaga Springs Café 916-408-1682

Director of Food & Beverage

Kristy Woodin 916-625-4049

kristy.woodin@sclhca.com

Catering

Banquet Sales Manager

Kathy Cameron

916-625-4043 kathy.cameron@sclhca.com

•The Spa at Kilaga Springs•

916-408-4290

Spa Manager

Trudy Smith 916-408-4071 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
Community Property**

916-645-4501 Landscape Office

Curator Security, Inc.

916-771-7185

Golf Shop

Website: lincolnhillsgolfclub.com

General Manager, LH Golf Club

Tony Marino 916-543-9200, ext. 4

Lincoln Police & Fire 916-645-4040

Neighborhood Watch

Ed Zychowski, Executive Director

Linda Minor, Asst. Executive Director

Neighbors InDeed 916-223-2763

Pulte Homes Customer Care

Norcal@delwebb.com

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Ken.Silverman@sclhca.com

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Donald.DeSantis@sclhca.com

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Hank.Lipschitz@sclhca.com

John Snyder, Director

John.Snyder@sclhca.com

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arc@sclhca.com

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Communications & Community

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Compliance Committee

compliance.committee@sclhca.com

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elections.committee@sclhca.com

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