

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



14 Lincoln Remembers



18 Partnership with the Placer County Food Bank

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On the cover - Veterans Group Memorial Day Event
Photo by JimCormier.



Board of Director's Report

Leadership Development in Lincoln Hills

Our newest committee begins its work

Marcia VanWagner, President, Board of Directors

Living in a community association is different from other forms of community living. As newer residents, who may never have lived in a homeowner association, move into Lincoln Hills, it is important for them to have a comfortable understanding of the purpose and function of our community association. The Association and the Board recognize the importance and value of the volunteers who serve as committee members, committee chairs, directors, and ambassadors within our community. The Board also recognizes the critical and continuing need to cultivate the next generation of leaders for the community.

At their April 24 meeting, the Board created an ad hoc committee to develop a Community Leadership Development program. The Board invited residents to apply and held interviews to select volunteers to guide the process. At the May 24 meeting, the Board appointed the members of the Community Leadership Development Committee. This is a diverse group of volunteers. Denise Bowden will serve as chair. She is a two-year resident who is involved with the New Resident Orientation

Program and a member of the CCRC. Ron Greenspane is a long-time resident who is beginning to stretch and get involved. Jack Harris, a resident for about ten years, is also beginning to use his skills on a committee. Karen Zimmerman has lived here a number of years and is very new to community association service. Denny Valentine, a well-known community volunteer, brings his experience on the Board to the group. All of these people have an interest in and ideas for easing our transitions into community association living at all levels.

A community association is responsible for maintaining the common facilities and enforcing the rules. That's the corporate side of Lincoln Hills. But we are a community of people who must build the social and civic structure and show that we have a sense of caring, of civic pride, and shared responsibility. This committee will define our opportunities and develop programs to inspire our residents to foster the benefits of community association living. I look forward to their first report at the June Board meeting. See you there!



*At the May 24 Board of Directors meeting, the Board recognized the Architectural Review Committee (ARC) for their volunteer service to the community. Pictured from left to right (*indicates ARC member): *Rick Myers, *Rich Guzy, *Louis Bobrowsky, *Ron Hanson, Marcia VanWagner, Hank Lipschitz, *Beverly Schroeder, *Michael Deal, Don De Santis, *Peter Nelesen, *Karen Anderson, *Ron Morris, Molly Seamons, *Carole Dummett, Ken Silverman. Members of the Committee not pictured: Ed Kiburis and Charles Vickers.*

Calendar of Events

June 15, 2018 - July 19, 2018

| Date | Event | Page # |
|---------|--|--------|
| 6/15 | Whitney – One Moment in Time | 54 |
| 6/16 | Movie – Butch Cassidy and the Sundance Kid . | 50 |
| 6/21 | Colusa Casino | 59 |
| 6/22 | Sip & Paint - Lavender Field | 75 |
| 6/22 | Sip & Glaze | 76 |
| 6/23 | Pickleball Club Welcome Saturday ... | 50 |
| 6/25 | Produce with a Purpose | 77 |
| 6/26 | LHF Bingo..... | 22 |
| 6/26 | Amazon Echo Dot | 85 |
| 6/27 | Healthy Body, Healthy Brain Forum ... | 53 |
| 6/28 | Coffee with the Mayor..... | 50 |
| 7/4 | Softball July 4th Celebration..... | 50 |
| 7/4 | Roseville Community Concert Band... | 56 |
| 7/6 | Tap! Tap! Tap! | 72 |
| 7/6-8 | The Golden Review Vaudeville Show... | 56 |
| 7/10 | Facebook - Social Media Forum | 53 |
| 7/10 | Kiddie Card Making | 72 |
| 7/10 | Mixed Media Art Journaling | 74 |
| 7/10 | Reno Silver Legacy | 61 |
| 7/11-12 | AARP Driver Safety Training | 85 |
| 7/11 | Android Smart Phone Basics | 87 |
| 7/12 | Travel and Technology Forum | 53 |
| 7/12 | Hula..... | 80 |
| 7/12 | Sip & Paint with your Grandkids | 72 |
| 7/13-14 | Grandma & Me - Quilting..... | 73 |
| 7/13 | When Vegas Was Vegas..... | 54 |
| 7/14 | Facebook 101 | 87 |
| 7/14 | Squaw Valley Art, Wine & Music Festival..... | 67 |
| 7/19 | Yummy Healthy Cooking..... | 72 |



From the Executive Director's Desk

Chris O'Keefe, Executive Director,
SCLH Community Association

Welcome to the June edition of the COMPASS magazine! We are halfway through the year, and as usual, it seems like the New Year has just started. As the great songwriter John Prine once wrote, time doesn't fly, it "bounds and leaps."

Looking back over the last month, we have a lot to be happy about. Our Food & Beverage Department had a positive month financially, and we have continued the trend of positive results regarding food quality and consistency, as well as improved service in the dining room. Our annual Mother's Day event was sold out, and we had a terrific response from the residents. If you have not been to Meridians in a while, I encourage you to stop by.

The Orchard Creek Fitness renovation has been a huge endeavor, and I want to take time here to recognize Deborah McIlvain for the job she has done overseeing this project. In addition to her normal duties, she has been the point person working directly with the contractors, and her work ethic and attention to detail have stood out during this project. Deborah has also been assisted by her WellFit team, as well as the Facilities Department, and I am confident that you will be proud of the results.

The Grazing and Firebreak work in the Preserve areas is essentially complete. We may have teams come back to touch up some areas in late June, but for the most part, we are in good shape regarding fuel reduction in the Preserve areas. Lee Hazeltine, our grazing vendor, stopped by Kilaga Springs and presented a forum on grazing in Lincoln Hills. It was very well received by the residents in attendance, and if you were not able to attend, take a look at the video on our website.

The start of summer also brings us the Summer Concert Series, which has seen tremendous growth in popularity over the last three years. Lavina Samoy's team does a great job with this event, and I highly encourage you to come out and see what it's all about. The concerts are a microcosm of what life in Lincoln Hills is all about – active-adults enjoying the lifestyle in a great venue with their friends and family. It's what this place was built for. I hope you have a wonderful month!

Holiday Hours

Independence Day – Wednesday, July 4

Administration: Closed

Spa: Closed

Kilaga Café: Closed

Lifestyle Desk (OC/KS):

8:30 AM to 1:30 PM

Meridians: 7:00 AM to 3:00 PM

Wellfit (OC/KS): 6:00 AM to 5:30 PM

Election News

Get Ready, Get Set, RUN for the Board!

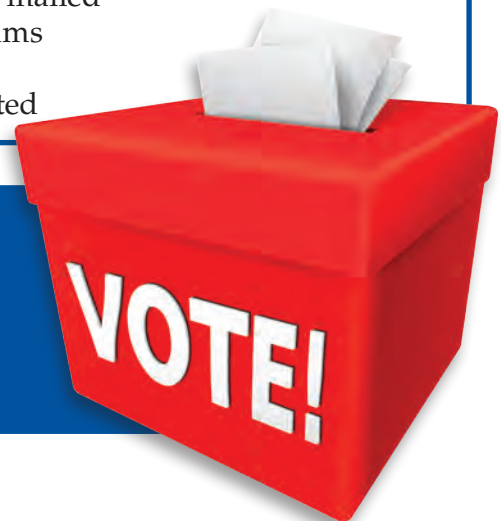
In six short months, our Association will be holding its 2019 election, with four Board of Directors positions open! Do you want to see new faces? Are you thinking about running? Or do you know someone who would make an excellent candidate for the Board? Now is the time to start getting involved with the process!

It's easier than you think!

Services for candidates:

- **Information session** to help candidates know what to expect
- **Free photo opportunity** to use for publication materials
- **Free videotaping** of candidate comments and statements
- **Free COMPASS publication** of candidate statements
- **Forum questions** given to all candidates ahead of time
- **Potential room availability** at no cost to candidates
- **Potential low campaign costs** due to mutual candidate agreements

| Date | Day | Event |
|----------------|---------------|---------------------------------|
| 2018 | | |
| Aug 30 | Thu | Candidate Information Session |
| Sep 10 | Mon | Candidate Filing opens |
| Oct 10 | Wed | Candidate Filing closes |
| Oct 12 | Fri | Candidate Briefing Session |
| Nov 9 | Fri | Candidate Ballot Statements due |
| Dec 11 | Tue | Articles from Candidates due |
| Dec 23 | Sun | Candidate yard signs may go up |
| 2019 | | |
| Jan 7 | Mon | Election Ballots mailed |
| Jan 15, 17, 19 | Tue, Thu, Sat | Candidate Forums |
| Feb 13 | Wed | All Ballots Due |
| Feb 14 | Thu | New Board seated |



For more information contact:
 Al Roten, Elections Committee Chair at
roten.elections@gmail.com

GET READY!



Team Member of the Month Award – May 2018



Our May 2018 “Team Member of the Month” Award is Karla Hearron! Karla joined our Administrative Department in December of 2017 as a part-time Membership Coordinator. Karla recently became a full-time Team Member. These are just a few quotes shared by our staff about Karla:

“Karla is cheerful and delightful to work with!” “She goes above and beyond her duties and will step in and assist the lifestyle monitors whenever she can.” “Karla is already a valuable member of the team!” “From her first day, Karla has demonstrated excellent



customer service and offers her friendly service to residents and the public on a daily basis.” “She is not afraid to tackle any project, big or small, and is always willing to help.” “Karla works hard on resolving and completing tasks with efficiency, and wastes no time in asking for the next area where she can provide support.”

Congratulations Karla! We are truly fortunate to have such a friendly and professional team member that represents the mission of exceptional services at Lincoln Hills! We are happy you have chosen us as your working “family”!

Upcoming Association Meetings: June 15 – July 31

| | |
|--|--|
| Golf Cart Registration | Thursday, June 21, July 12 & 26, 9:00 AM |
| CCRC/Communications & Comm. Rel. Meeting | Tuesday, June 19, 9:30 AM |
| Board of Directors Executive Session | Wednesday, June 20, 9:00 AM |
| Finance Committee Meeting | Thursday, June 21, 9:00 AM, P-Hall (KS) |
| ARC/Architectural Review Committee Meeting | Monday, June 25, 9:00 AM |
| Listening Post | Tuesday, June 26, 11:00 AM |
| Board of Directors Meeting | Thursday, June 28, 9:00 AM, P-Hall (KS) |
| Board of Directors Special Session | Thursday, June 28, 10:30 AM |
| Board of Directors Executive Session | Thursday, June 28, 11:00 AM |
| CCOC/Clubs & Community Organizations | Tuesday, July 3, 9:30 AM |
| Properties Committee Meeting | Thursday, July 5, 9:00 AM |
| Elections Committee Meeting | Friday, July 6, 10:00 AM |
| ARC/Architectural Review Committee | Monday, July 9, 9:00 AM |
| Compliance Committee Meeting | Wednesday, July 11, 9:00 AM |
| New Resident Orientation | Thursday, July 12, 2:00 PM |
| CCRC/Communications & Comm. Rel. Meeting | Tuesday, July 17, 9:30 AM |
| Finance Committee Meeting | Thursday, July 19, 9:00 AM, P-Hall (KS) |
| ARC/Architectural Review Committee Meeting | Monday, July 23, 9:00 AM |
| Listening Post | Tuesday, July 24, 11:00 AM |
| Board of Directors Meeting | Thursday, July 26, 9:00 AM, P-Hall (KS) |
| Board of Directors Special Session | Thursday, July 26, 10:30 AM |
| Board of Directors Executive Session | Thursday, July 26, 11:00 AM |

Meetings in Orchard Creek Lodge unless noted otherwise.



Finance Committee Report

How Your Money Is Invested by our HOA

Stuart Gallant, Finance Committee

Sun City Lincoln Hills Association has funds available for daily operations and for major projects and improvements. Funds available for daily operations are used like any other business for general expenses that include disbursements for employee salaries and associated payroll taxes, utilities, office expenses, facilities and community maintenance costs, and other routine business expenses. Funds for these operating costs are held in liquid bank accounts, similar to your own personal checking and/or savings accounts.

Funds required for major projects and improvements, such as the recent solar installation at Kilaga Springs Lodge, or to fund the repair of items in the Reserve Study, such as the Fitness Center restoration, are kept in an entirely different set of accounts. These funds are grouped under the Fixed Income Portfolio (FIP), currently managed by UBS Financial Services, Inc.

The FIP funds are invested in adherence with State of California regulations and our own Governing Documents [CC&Rs 4.09(a) and Bylaws 10.03(f)]. The Board approved an Investment Policy Statement (IPS) on 3-26-15 with the primary objective of the *safety of principal*, meaning simply that preservation of funds is essential, with other attributes, such as growth and/or income, being less

critical. The IPS outlines types of investments, maximum portfolio percentage, and the maximum term for all of our liquid (operating capital) and fixed income investments.

Currently, we have approximately \$5.76M in our FIP (excluding cash), mostly invested in Certificates of Deposit (in various FDIC-guaranteed institutions), California State and school district bonds (municipal bonds), and Federal Government bonds. The bond portfolio is currently invested through 2026 at an average current yield of 1.92% and average yield to maturity of 2.40%. Most of these bonds will mature over the next six years (by 2024); of course, as they mature the proceeds will be reinvested in accordance with the IPS.

With the input and assistance of UBS Financial, our Director of Finance, and a member of the Finance Committee, the status and performance of our Fixed Income investments are monitored quarterly. On an annual basis, the Finance Committee reports the performance of the investments to the Board of Directors.

For April, the Association Net Revenue (Revenue-Expenses) had an unfavorable variance of (\$12,966), but for the year to date through April 30 our Net Revenue was favorable by \$22,265, ahead of budget by almost \$48K.

Preliminary Statement of Operations YTD April 2018

| Budget vs Actual Departments & Activity | Revenue > Expense (Expense > Revenues) | | Favorable (Unfavorable) Variance | Annual Budget |
|--|---|------------------------------|--|---------------|
| | Actual | Budget | | |
| Homeowner Assessments & Other | \$2,765,299 | \$2,746,682 | \$18,617 | \$8,261,646 |
| Administration (Expense) | (713,271) | (702,570) | (10,701) | (1,977,330) |
| The Spa at Kilaga Springs | (2,242) | 205 | (2,447) | 15,010 |
| Fitness | (158,231) | (162,050) | 3,819 | (479,280) |
| Activities | (245,569) | (206,570) | (38,999) | (509,370) |
| Rec. Center / Maintenance | (1,657,604) | (1,769,347) | 111,742 | (5,300,730) |
| Food & Beverage | (133,577) | (73,810) | (59,767) | (35,538) |
| Net Revenues (Expense) | (\$145,195) | (\$167,460) | \$22,265 | (\$25,592) |
| CEF/FMA Net Change YTD Apr 30, 2018 | \$143,634 | CEF/FMA Balance Apr 30, 2018 | | \$878,791 |

Listening Post Update – Chris O’Keefe, Executive Director

The May Listening Post was very well attended, and we were able to review a number of topics of importance. We started with an update on the Lincoln PACE Race, and we are happy to report that we had over 100 more runners and walkers than we had for the inaugural race in 2017. The feedback from participants was incredibly positive, and the race showed our community in the best possible light. We want to thank all of the great volunteers who made the event such a success.

We reported that Grazing and Firebreak mowing was nearly complete.

The Fitness Center renovation was discussed. We went over some challenges we faced with the indoor pool painting along with the damage to existing framing that has taken place over the past 18 years. Photos were shown detailing the issues, and we are pleased to report that we are moving forward as expeditiously as possible. I also want to repeat how proud I am of Deborah McIlvain and the entire Well-Fit team who have worked so hard to lead this renovation project, while at the same time making sure we are taking care of our residents. Well done!



We wrapped up the meeting with some great news. We located a vendor for the concrete fencing; this vendor is going to be able to save us over \$100,000 over the course of the project. We have made great strides in the efforts to remove Azolla in the Upper Ferrari Wetland area, kudos to the Facilities team for coordinating this effort.

Finally, I addressed a comment posted on social media comparing landscaping costs of Lincoln Hills and our sister community in Roseville. I posted information on the website detailing this issue, and I hope you will take a look. It’s a perfect example of why the Listening Post should be on your calendar each month. It’s a great place to come and interact with staff, as well as get the “Straight Scoop.” I hope to see you in June, and thanks again to everyone who has made it a point to attend

the Listening Post.

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.



The Marketing Corner

Concours d’Elegance at Sun City Lincoln Hills

Jeff Caponera, Communications and Marketing Manager

It continues to be a busy little corner in this vibrant community. We are thrilled to bring you two exciting events coming to Sun City Lincoln Hills in the not so distant future.

The Concours Raduno will be here on **Tuesday, July 10, 2018, from 6:30 to 9:30 PM.** The Raduno is a gathering of motorcar owners enjoying the art of the automobile. Imagine an early evening dinner at Meridians Restaurant, followed by a stroll among the cars on the beautiful green of the amphitheater with a festive mood of a blues band playing in the background. Whether you enjoy the art of the classic automobile or the beauty of the newer models, there will be something for everyone.

The Concours d’Elegance will be held here on **May 19, 2019, from 10:00 AM to 5:00 PM.** This is an annual event that is held all over California. The Concours has held events in Lake Tahoe and Pebble Beach, and locally Serrano Country Club in El Dorado

Hills. This year they will be celebrating 15 years of Concours excellence at Serrano, but next year they will usher in a new era as they bring this elegant event to Sun City Lincoln Hills. It will be a weekend-long affair starting off with a pre-event party benefitting the Lincoln Hills Foundation.

On the day of the event, there will be a fashion show among the cars on the green of the amphitheater followed by an awards ceremony. This event truly has something for everyone.

Stay tuned in as we continue to work hard to keep fun events coming to our community and the active lifestyle spirit going.

For more information on the Concours Raduno and Concours d’Elegance, please visit their website at: **theconcours.net**

Facebook at:

Concours D’ Elegance at Lincoln Hills

Instagram at: **Niello_concours**



Architectural Review Committee SCLH Design Guidelines Provide Road Map for ARC Committee

Carole Dummett, ARC Chair

Why are the Design Guidelines so detailed? The short answer is, initially they were vague and difficult to assess, often resulting in decisions that were inconsistent. In an effort to correct this, we carefully identified all requirements so that all homeowners' applications would be treated equitably. The ARC checklists work well for both committee members and homeowners. If you do not find the answers you are looking for, please review your SCLH Design Guidelines, which can be found on the resident website under Library/Governing Documents or by request to Community Standards staff.

Like all Lincoln Hills committees, ARC Committee members volunteer for two-year terms; the chair can extend for another two-year term, pending Board of Directors' approval. Committee members can volunteer for a maximum of four years; if they wish to continue, they must take a one year break. All Committee members receive in-depth training on our Design Guidelines and must follow the Design Guidelines, our CC&Rs, and Lincoln City and other codes and regulations. We value input from homeowners and every few years we form a task force to address new ideas, new products, and homeowner requests. We also periodically offer workshops and open forums on topics that

will help to enhance the community. We welcome all homeowner suggestions on an ongoing basis.

When residents are asked why they bought a home in Lincoln Hills, we often hear, "We fell in love with the beauty of the community, common areas and amenities. The streets are clean, yards are maintained, and there is an overall sense of pride." We strive to accommodate homeowners and also maintain the integrity of this wonderful community. The BONUS: Home values remain high along with demand.

If you meet a Committee member, please thank them for their service. Many personal hours are devoted to keeping this one of the best Active Adult Communities in the U.S.

Due to the cancellation of our May 28 meeting, the May selection for Yard of the Month will be featured in the July COMPASS.

Finally, Sam McKee has joined our staff team as the new Community Standards Manager. Sam has worked in the HOA industry for seven years and has a deep understanding of governing documents. He looks forward to serving residents with exceptional customer service. Welcome aboard Sam!



Let us serve you with a view
Meridians
Restaurant & Bar

'National Night Out 2018!'

Kristy Woodin, Director of Food & Beverage

Meridians will again be partnering up with Lincoln Hills Neighborhood Watch to bring you a night of **safe** fun, food, and live music on National Night Out, Tuesday, August 7. DJ Tom will be cranking the tunes, and this year's theme is the "Roaring 20's." As always, the event is free; there will be food booths and bars with your favorite libations to purchase. Just a reminder, Meridians Restaurant is closed on this evening; the festivities are outside in the amphitheater.

Starting June 11 and every Monday until July 30, Meridians Restaurant will be having "BBQ Mondays." It was a smash hit last year, so please make reservations early. Enjoy BBQ Pulled Pork, Blackened Mahi, and much more for only \$17.99!

The delivery program was a hit! With the information gathered from the test phase, we are now going to be delivering Tuesday thru Saturday between the hours of 1:00 and 7:00 PM. Please go to www.meridiansrestaurant.com to view the new extended menu! You can also pick

one up the next time you are at Meridians. Thank you to everyone for your feedback during the test phase!

Chef's recipe of the month:

Red White and Blue Cheesecake Salad

Ingredients:

- 1 3.4 ounce box instant vanilla pudding
- 1 cup milk
- 1 8 ounce package cream cheese, softened
- 1/3 cup powdered sugar
- 1 tablespoon lemon juice
- 1 8 oz. container frozen whipped topping, thawed
- 2 cups mini marshmallows
- 16 ounces fresh strawberries chopped
- 12 ounces fresh blueberries

Instructions: In a small mixing bowl, combine pudding mix and milk. Stir to combine, and set aside.

In a separate bowl, mix together cream cheese and powdered sugar.

Add lemon juice and pudding mixture to cream cheese. Stir until smooth, creamy, and well combined.

Fold in whipped topping until incorporated.

Add marshmallows, strawberries, and blueberries. Fold in.

Keep covered and refrigerated until ready to serve. Serve cool.



Lifestyle News & Happenings

The Power of Your Membership Card

Lavina Samoy, Lifestyle Manager

Living in Lincoln Hills has numerous perks. Beautiful well-manicured surroundings and trails, state-of-the-art WellFit Centers, bustling recreation at the lodges, and an ever active Lifestyle program created especially for you.

The Lifestyle Department offers exclusive perks for our members. By providing your membership card and number, service fees are waived. These service fees include \$5 for Lifestyle classes and \$3 per concert ticket. Members also receive 10-day priority registration for Lifestyle classes. Participation and enjoyment of our quality and budget-friendly trips are reserved only for you, our members, and your guests. Using your membership card provides you special room rental rates for your parties and non-business meetings. These perks and more are available just for you. To be sure to receive all these benefits, make sure you carry your membership card at all times.

July will be heating up with fantastic activities you do not want to miss! Our annual **4th of July Celebration** continues with the Roseville Community Concert Band playing patriotic music and your favorite tunes (page 56). **Rat Pack** aficionados should not miss the **John Poretz Tribute** "When Vegas Was Vegas!" July 13 in the amphitheater (page 54). Enjoy **Harpeth Rising** on **July 17** in Presentation Hall exquisitely merging folk,

bluegrass, rock and classical music (page 56). Straight from Arizona, **Listen to the Music**, will recreate the 70's experience paying homage to the **Doobie Brothers** with their sound, looks and authentic instrumentation, **July 27** (page 54).

Join us as we cheer on the **Giants** on **July 8** at the AT&T Park against the **St. Louis Cardinals** (page 66). We still have space on the amazing **rafting adventure down the South Fork of the American River** on **July 26** (page 67). Cool off and get your adrenaline going!

For those with visiting grandkids, it's not too late to secure a space in any of the fun classes we have in July. Grandkids classes are listed starting on page 72. Explore the artist in you with the new **Watercolor Step-by-Step** class from instructor Michael Mikolon on Monday morning (page 75) or join the new **Introduction to Ceramics** class from instructor Taylor Jackson offered on Thursday afternoon (page 76) beginning in July. Both classes are the perfect start for an enriching hobby.

Exercise the power of your membership! We offer you lots of reasons to do so.



The Golden Revue Vaudeville Variety Show

Friday, July 6 at 6:00 pm

Saturday, July 7 at 2:00 & 6:00 pm

Kilaga Springs Lodge - Presentation Hall

Tickets On Sale Now - \$12



The Spa at Kilaga Springs Updates from Our Spa Departments

Trudy Smith, Spa Manager

From the Skin Care Department, we continue to be excited about our newest addition, the HydraFacial MD. This treatment is truly amazing for all skin types. The treatment will reduce fine lines and wrinkles immediately, improve the appearance of hyperpigmentation and redness in three sessions over a three-month period, and rid the skin of brown spots after four sessions.

Our current discounted rate will come to an end on June 26. The HydraFacial official launch party will be June 27 from 2:00 to 6:00 PM. During the launch party we will offer a \$50 reservation fee for first time HydraFacial appointments. A \$10 nonappointment fee will be added for entrance to the party.

Come and enjoy champagne, hors d'oeuvres and a chair massage all while learning about the HydraFacial. We will also be offering our retail items at a discounted rate.

Beginning July 1, we will be offering monthly and bi-monthly memberships on Signature and Deluxe HydraFacials. The Massage and Body Department is highlighting fabulous enhancements that can be added to your massage. Massages are customized to each client and are an excellent health benefit. We offer a variety of enhancements:

- Hot Stone is a deep penetrating heat without pressure that relieves pain and relaxes your muscles.
- Cold Marble Stone relieves inflammation and reduces pain.
- Himalayan Salt Stone is high in minerals and nourishes the skin and body while inducing deep relaxation.
- Aromatherapy relaxes and heals your mind and body using the restorative properties of essential oils.
- Joint relief Balm has MSM (methylsulfonylmethane), glucosamine and arnica that support joint health, aid in pain relief, and reduce inflammation.
- Radiant Hand and Fabulous Foot treatment polishes rejuvenates and hydrates.
- Deep tissue-sports add-on provides an intense full body deep tissue massage concentrating on the deep layers of muscle and fascia of the body.

Don't forget our Retail Boutique and all the wonderful products: Hydropeptide and Image skin care, Coola sun care, Xen-Tan self-tanner, Archipelago spa lotions, European Soaps bath products, and Jane Iredale makeup—the healthy makeup!

Check out our website for all our services and other offerings.

We hope to see you in the Spa and remember we are open to the public so bring your friends!!



THANK YOU DONORS!

to those who supported us on the 2018 Big Day of Giving

Every donation dollar will go directly to support Programs and services to Lincoln Seniors!

A special thanks to our \$500 and above *Gold Donors** and our

\$1,000 and above *Platinum Donors**

We also want to thank and recognize our local Business Donors:

Coldwell Banker

Sun Ridge

BZ Plumbing

Cornerstone Properties Century 21 Select

* Names not disclosed out of respect to donor privacy



WellFit News

OC Fitness Center's Upcoming Event & Pace Race Recap

Deborah McIlvain, Director of Lifestyle, WellFit and Spa

Thank you for being so patient with all the upgrades to the indoor pool and fitness center. OC Fitness is now open, with restrooms and indoor pool opening soon.

In appreciation, Thursday, June 28 we will be offering FREE Master classes and treadmill demonstrations, along with an opportunity to meet our Personal trainers and Bowen Practitioner. This is a great opportunity to ask any questions you may have. Afterward, plan on staying for Happy Hour by the pool to enjoy food, drinks and live music. For more information see our ad on page 69.

One of the upgrades is our new cardiovascular equipment. All the treadmills, bikes and elliptical (excluding LifeFitness) come equipped with TV, browsers, Netflix, newspaper reader, personal workouts saved, virtual training and more! What does this mean for you? You will have 14 channels to choose from and never have to worry about bringing an FM radio to hear the TV again – just plug your ear pods right into the equipment (if you have Blue Tooth earbuds those work too) and NO more static! All you need to do is set up an account the first time

with email and password that's it! If you want to keep track of your workouts and set up your account from home we can help you download the *Preva App*. If you don't want to do any of this that is fine too, just get on a machine and hit quick start and you're off.

PACE RACE

We are pleased to report that our 2nd annual Lincoln PACE Race was a grand success with sponsors and registrants both up by 20%. Over 900 people of all ages attended to "Walk, Run, or Just Have Fun," and there was plenty to enjoy. Vendor booths, Mariachis, free Roger's coffee, breakfast burritos and beer tasting along with unlimited chips and salsa. Congratulations go to the Pickleball Club, the repeat winner of the Salsa contest who, in a blind tasting won for the second time. Alzheimer's Association, Lymphoma & Leukemia Society, and selected area schools will receive approximately 25k as a result of our efforts. There are so many folks to recognize including our

Photography Club who always captures these events with excellence. Plan on coming out next year, this is a wonderful new tradition for our community of which you can be proud.



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Lincoln Remembers

Al Roten, Roving Reporter

Throughout America, Memorial Day is a time for reflection on the sacrifice of lives to preserve our freedom and positive influence on other countries. This spirit of thankfulness and reflection is truly alive and well here in Sun City Lincoln Hills and Lincoln.

At 9:00 AM on Monday, May 28, our amphitheater held a throng of about 500 people who gathered to remember veterans who served our country and have given their lives in service or passed away after service. It was a beautiful morning in the idyllic setting of the green lawn flowing down to the stage area backed by the peaceful water feature. The Veterans Group of Sun City Lincoln Hills hosted this gathering, with opening remarks by Mike Schultz, VP of Lincoln Hills Veterans Group. All stood as colors were presented by the Whitney High School AFJROTC color guard and the National Anthem sung by Violet Joy Hansen, Miss California's Outstanding Teen of 2017.

Dr. Bryce Jessup, William Jessup University President Emeritus, delivered a moving speech outlining the history of Memorial Day and reminding us of the meaningful sacrifice of our veterans in all segments of our military service.

In closing, there was a somber two bell service

of remembrance to honor veterans of Lincoln Hills who have recently passed.

Lincoln's American Legion and VFW Posts presented brief Memorial Day services at the four area cemeteries. Beginning at the Sheridan Cemetery, the combined American Legion and VFW color guard presented the flags supported by Lincoln's

Semper Fi group and Boy Scout Troop 160. There was a small crowd at the Manzanita Cemetery, which is the resting place of many pioneers who served our country in past conflicts. At 11:30 AM the First Street Cemetery service was well attended as Bob Bruce, American Legion Commander, and Jerry Thomason, Commander of VFW Post 3010 delivered brief speeches reminding us of the sacrifice of over a million lives in the many conflicts since the Revolutionary War. Susan Joyce sang "The Star-Spangled Banner" and "God Bless America."

A coalition of Lincoln Veterans' groups has been formed to place a memorial in a site

selected within McBean Park. We will hear much more of this as planning progresses, with a design competition and fundraising events to come. The goal is to have the memorial installed and dedicated on November 11, 2019, Veterans Day, the 100th anniversary of Armistice Day for WWI.



Photos by Jim Cormier



Don't Eat the Cracker Jacks

Cindy Inman Davis,
WellFit Event Coordinator

Recently I attended the opening day of softball season at the Del Webb Field. What a treat to see this club that has 235 players and volunteers, including ten home teams plus seven more playing tournaments and travel ball. It was a perfect spring morning as I watched the parade of players looking for familiar faces like Ray and Nick who frequent the Fitness Center.

Next came the recognition of the Hall of Fame's players and umpires, some being original 19-year Lincoln Hills league members! There were smiles all around when the crowd sang "Take Me Out to the Ballgame" followed by the squeals of the grand and great-grandchildren who got to run the bases. This outstanding program is just one of the many here to choose from that makes this place an "active adult community."

As I watched the festivities, I pondered aging and vitality, topics which have been my focus recently perhaps because my own odometer rolled over to 60 this month. Is our health truly the sum total of the exercise we get and the food we eat?

On a girls' trip for my birthday last weekend we relaxed over a divine breakfast outside a Sonoma café. My friend Audrey sat picking the onion garnish off of her organic eggs and micro greens. As I reached across with my fork to take them from her plate to eat them myself, I asked, "Why are you not eating these?" to which she replied, "They're fried! It's just not worth it." What? Morsels of deep fried leeks are off limits? Audrey teaches Restart and Nutrition classes here in Lincoln Hills, and she's the one who, when the rest of us gals are having two glasses of Sangria, she is having half a glass. When we are all enjoying a slice of birthday cake, she is enjoying just a few bites. She is one smart and healthy dietitian just practicing what she preaches, and the Restart testimonials are proof of that.

Come out to hear Lorna Gray's presentation on **Healthy Body, Healthy Brain** on **June 27**. Lorna says, "By just making a few eating, activity, and stress reduction changes, you may easily avoid or lessen the effects of many life-threatening diseases." see page 53 for more information. I will see you there, and in the meantime, if you go out to a ball game don't eat the (GMO corn, high fructose corn syrup, and synthetic caramel coloring) Cracker Jacks!

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Is Your House and Yard Ready for Summer? Tips from Neighbors InDeed's Handy Helpers

Doug Brown, Resident Editor

Summer's here – are all your systems positioned for hot, dry weather?

Irrigation Systems. With another winter of subnormal rainfall, Placer County Water Agency (www.pcwa.net) suggests “smart water use” for the rest of 2018. What does this mean? **Neighbors InDeed**, an all-volunteer grass-roots organization offering free services in SCLH, has some suggestions for water mindfulness:

- **Water 2-3 days/week only.** Your greenery is more resilient than you think!
- **Prevent runoff onto sidewalks/streets.** Readjust timers and sprayers to retain all water within lawns/shrubs.
- **Water in the early morning** for greater efficiency with less evaporation.
- **Correct defective sprayers and drippers.** Handy Helpers often see damaged sprayers, drippers going nowhere, and severed dripper lines.
- **“Don't expect your gardener/lawn-mowing service to program your timer correctly,”** says Handy Helper Coordinator Larry Schurr, who sees residents' timers on settings that are too frequent with excessive watering time.



Handy Helper adjusts thermostat

Call Neighbors InDeed (916-223-2763) for a Handy Helper to adjust your irrigation timer for optimal watering during summer months.

AC Systems. With rising summer heat, we crank up our AC, increasing electricity consumption. How can you nibble away at these costs and still enjoy indoor comfort? Again, Neighbors InDeed has suggestions:

- **Keep filters clean.** A dust-free filter will maintain maximum air circulation and efficiency.
- **Set thermostat temps high in your “comfort zone.”** You might be surprised how easily you can adjust to summertime indoor temps of 78-80° and still feel comfortable!
- **Has your HVAC system been inspected in the last year?** For maximum efficiency and fire safety, Neighbors InDeed recommends annual checkups.

Handy Helpers are on call five days a week to aid you in cleaning or changing filters and programming thermostats. Also, call Neighbors InDeed for referrals to HVAC companies recommended by SCLH residents.





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Partnership with Placer Food Bank

CalFresh offers new options

Nina Mazzo, Roving Reporter

What would you do if one day you realized your food cupboard was low and your bank account as well? How do you ask for help without the guilt or worry that someone will find out? Do you know there is a program to help? Lincoln Hills is partnering with the Placer Food Bank to foster awareness as well as provide information and resources for our community.

What is Placer Food Bank? Originally founded as the Community Resource Council, they have been distributing food since 1970. Among other services, they offer a wonderful program called CalFresh, which supplements seniors' food budgets. It is easy to apply, and once you are eligible, you will receive a card loaded with a benefit amount each month. The card may be used at any grocery store or farmer's market that accepts it.

It might be surprising to hear, but there are some seniors in our community who face hunger. The folks at Placer Food Bank want us all to be aware that the perception of receiving help has had a stigma attached and they want to set aside this worry. The benefit card (EBT) you carry looks just like a credit or debit card – there are no food stamps to tear out of a book. To

apply, simply call 916-783-0481, ext.111.

Another great way to put healthy food on the table is through the Placer Food Bank's Free Farmer's Market, held in McBean Park on the third Friday of each month (except for November and December) from 8:00 to 10:00 AM. The Cal Fresh team will be there to provide information, and you simply need to bring your own grocery bags.

Would you like to volunteer or donate? To volunteer contact, Jorge Lupercio (Operations Director) 916-783-0481 x 108. To volunteer for the CalFresh team specifically, contact Darlene Spurgeon (CalFresh Program Manager) 916-783-0481 x 109. To donate funds, contact Cammera Blair 916-783-0481 x 100. There are many ways to help – see the list on their website: www.placerfoodbank.org.

This may be a good opportunity for all of us to reach out: Do you know someone in need? Offer to take them to the Farmers

Market, encourage them to call the Cal Fresh team in order to be prescreened for possible program eligibility and application assistance. Let's all help to remove the stigma – this program is not a handout but a hand up!





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FIRE! What to Do?

Pull to the right for sirens and emergency lights!

Patricia Evans, Neighborhood Watch

Concern for the safety of onlookers slows down fighting fires. What can well-meaning residents do to help? Please stay away!

A recent fire which burned a home in Village 10 was caused by an improperly extinguished cigarette or cigar in a garbage can. The wind blew the flames into nearby cans of inflammable material and into the attic vents. Vehicles and pedestrians were drawn to the area like a moth to a flame, causing congestion.

It is easy to feel confused when we hear an emergency vehicle siren. Slow down and check for other cars, cyclists, and pedestrians. Flip on your hazard lights and pull over to the right. Do not block an intersection. If an emergency vehicle is stationary, move to a lane away from it.

To protect our homes, the Fire Department recommends that we keep a working fire extinguisher in the kitchen and garage, disconnect electrical tools and appliances when not in use, and have baking soda handy for kitchen stove-top grease fires.

Batteries in your smoke alarm units need to be replaced every year, and the units every ten years. Buy nine-volt batteries or alarm units and then call Neighbors InDeed Handy Helpers for free installation at 916-223-2763.

Calls to the Lincoln Fire Department for incidents and fires increased 32.7% and 13% for medical services in 2017, according to the last available data.

Important: Contact telephone numbers for Neighborhood Watch are on the Association Contact page of the COMPASS.

See page 39 for Neighborhood Watch Club News.



Lincoln Fire Department fought the fire on Mariemont Court

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Library News

Sandy Melnick, Library Volunteer

A reminder to all that the Kilaga Springs Library and the Orchard Creek Reading Room are honor libraries. This means that books can be borrowed from either of these libraries without officially checking them out. All the books in both libraries are donated books. We do not purchase any books. We only ask that you return any book in a timely manner so other residents can enjoy the books. Also, please remember to take a maximum only three books of a single author. Thank you for your cooperation.

The New York Times Best Seller list is located on the ledge in back of the couch in Kilaga Springs Library. Books made into movies, and hand-picked books by our terrific volunteers are also on this ledge. Hopefully, you will find a book which looks interesting.

This past month I read a book about the Tennessee Children's Home Society during a period of history that was unfamiliar to me, a dark period between 1920 and 1950. Children were put out for adoption under dubious means, and a fortune was secured for the Society. The book is told through the eyes of a twelve-year-old girl. Although *Before We Were Yours* by Lisa Wingate is a novel, it is based on historical research and is truly moving. You can find this book in the hardbound section.

Contacts: Sandy Melnick at 916-408-1035 for donations; Ruth Poehlmann at 916-408-4419 for investment materials; Adrian Felice at 916-408-4332 for volunteers; and Bobbi Swenson at 916-543-6362 for the Community Living Room (OC).

BINGO IN THE BALLROOM

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In Memoriam

Jim Jones

Raised in northern Ohio, Jim graduated from Marlinton High School where he played football, basketball and pole vaulted. He served 20 years in the U.S. Air Force where he spent time in Korea, Turkey, Italy and many States. While in the military, Jim served as a Medical Service Technician, Equal Opportunity Tech/Human Relations, and Social Actions Superintendent. After he retired from the Air Force, he was a California State Correctional Officer for 20 years. Jim enjoyed softball, backpacking, running marathons, trivia games, family fantasy football, singing, dancing, and acting. He also enjoyed Starbucks morning coffee group and Sterling Cafe karaoke. He performed in many talent shows and performances here. He is dearly missed by his wife of 50+ years, LaDonna, three children, six grandchildren and four great-grandchildren.

Anne Kiley

Anne was born in Pulaski, Virginia and graduated from the College of William and Mary. She married her husband, Jim in 1952. They moved from Michigan to Montana with their eight children in 1972 and have wintered in Lincoln Hills for the last four years. Anne loved golf and played with the Linksters when she was in Lincoln. She loved to play Bridge, especially Duplicate and Friday Social Bridge. But her greatest love was her family, her husband of 65 years, her eight children, 13 grandchildren and two great-grandchildren. She was a kind, gentle and sweet person who will be greatly missed.

Joe Schaler

Joe was an engineer at Davies Medical Center in San Francisco before retiring. He moved to Lincoln from San Francisco in 2005 with his wife, Dorothy who passed away in 2012. Joe enjoyed playing pool and golf. He will be missed by his stepson, other family, and many friends.

If you have lost a loved one who shared your home and would like to place information in this column, please contact Joan Logue at 916-434-0749.

VOLUNTEER OPPORTUNITIES!

COMPASS Distribution

Would you like to meet more of your neighbors? Volunteer to assist with handing out the *COMPASS*.

The *COMPASS* is distributed from the 15th to the 19th each month at Orchard Creek and Kilaga Springs Lodges. We would appreciate a minimum of a two-hour commitment. Please contact Marian Hoffman-Kinsell at 916-205-8315 for more information.

Committee Openings

There are several committees that need your volunteer time and expertise. Committees with openings include:

- Compliance Committee
- Architectural Review Committee (ARC)
- Clubs & Community Organizations Committee (CCOC)
- Communication & Community Relations Committee (CCRC)

Committee applications are available at the Lifestyle desks (OC/KS) and online ([Resident Website](#)>Committees).

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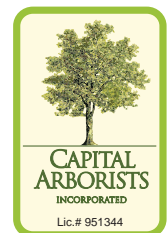


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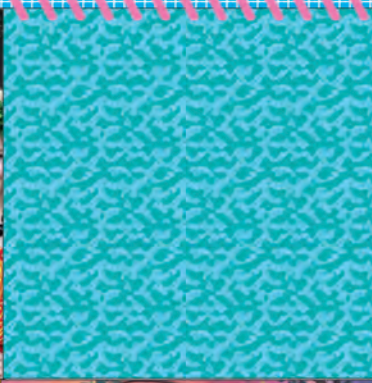
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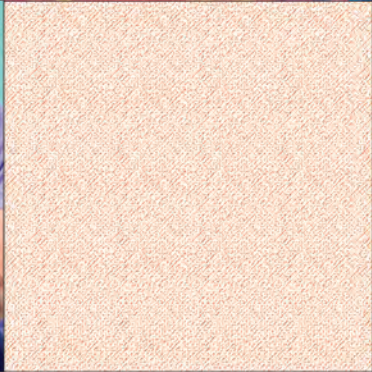
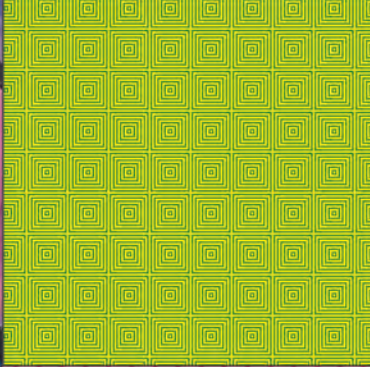
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*Zumba with your Grandkids

Music: A Day at the Beach

Sewing: Grandma & Me - The Art of Quilting

See Lifestyle Classes section for more information.

Presented by Lifestyle and *WellFit departments



Club News

Contact information for clubs can be found on the Resident Website under the clubs tab or by requesting a handout at the Lifestyle Desks.

Alzheimer's-Dementia Caregiver's Support

Ever wonder what it's like to be inside someone's head? We all know that's a fantasy – but is it? The Alzheimer's/Dementia caregivers will find out on June 27 when Summerset Senior Living at 567 3rd Street in Lincoln will host



Dementia

Virtual Dementia Tours. The tour is designed to give participants a realistic experience – using special sensory equipment – of what it's like to have dementia. The diagnosed are welcome as well and will be

hosted with their separate daycare activity while caregivers take the tour. Each tour takes about 2 hours from start to finish and will begin at 1:00 PM. You can be shuttled from the OC and back, or drive yourself. Provided transportation, tour, and daycare at no cost.



Amateur Radio

The Annual ARRL Radio Amateur Field day is 22-24 June 2018. Amateur radio clubs in Northern California and across America will be setting up remote operating locations on back up power sources, simulating emergency communication that they might experience during a natural disaster. Members of the LHARG will be joining the Western Placer County Amateur Radio Club to operate a site in the Sierra Foothills. If you would like to know more about field day the LHARG meets Monday at 6:30 PM at the Lincoln Hills South Gate Entrance Building, so please come by let us know your interest. Or, join our weekly network at 7:00 PM on Monday. Our repeater frequency is 443.225 MHz, with a PL of 167.

Website: www.lharg.us



Antiques Appreciation

July 2 will bring a presentation on traditional basketry from around the world with an emphasis on Native American

baskets. Our speaker, Jerome Evans, has been a collector, dealer, and appraiser of the traditional native arts of Africa, Oceania and North and South America for 30 years. Currently, he is the curator of American Indian Baskets for the Gatekeepers & Marion Steinbach Indian Basket Museum in Tahoe City.

Our meetings are from 10:00 to 11:30 AM in the Heights and Gable Room (OC), the first Monday of every month. Join us as we learn about antiquities and the people who own them.

Tickets for the Summer Solstice Soiree Dinner on June 21 at 5:30 PM (KS) are available now. Call Ann Renyer at 916-408-7008.



Astronomy

Monday, June 18
Cosmology Interest Group (CIG). Don Wilson will give two presentations. "Unification of the Five Forces" and "Beyond General Relativity - Quantum Gravity"

Fine Arts Room (OC) 6:45 PM.
July: No General Meeting, CIG meeting or TIG event.
Website: www.lhag.org



Ballroom Dance

Our successful Havana Nights Pot Luck dance on June 2 featured Ballroom's famous

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Latin Dance Team

Latin Dance Team reprising their famous Cha Cha, in full costume. Delicious potluck dishes were provided which we enjoyed as we danced to a Latin beat. Wish to partake in the fun? Membership, only \$7/year, is open to Lincoln Hills residents, sponsored guests, couples, and singles, who want to learn/refresh ballroom dance steps. Lessons are every Tuesday in KS: Beginners from 2:00 to 3:00 PM and Advanced from 4:00 to 5:00 PM. Open dance hour is 3:00 to 4:00 PM. West Coast Swing lessons continue June 12, 19 and 26. July 3 lesson will be announced, reprise Waltz lessons beginning July 10.



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 July 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 Rum Thai on Thursday, June 21 at 11:30 AM. For more information or to put a Memoriam in the COMPASS, contact Joan.



Big History

Big History's final meeting of our first club year will be at 10:00 AM June 18 in P-Hall (KS) with what we hope will be a robust discussion on DNA. We're asking all willing participants to share their stories about having their own DNA tested — and what they learned.

After taking a break for the summer, the club will resume on September 17, with a recap of what we've covered before moving on to the agricultural revolution. Big History is a multidisciplinary approach, deriving from Bill Gates' Big History Project. When not on break, we meet the first and third Mondays, starting at 10:00 AM in P-Hall (KS). Come join us! Learn more at bighistorysclh.com.

Website: www.bighistorysclh.com



Billiards

The Women's Tournament is 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.



Women's Billiards 6 game winner Barbara Minucciani



Bird

Join us on Monday, July 9, at 1:30 PM in the P-Hall (KS) to hear Corky Quirk, director of NorCal Bats, present her fascinating program. Cork's talk includes live bats and will be a wonderful



A beautiful day at Spenceville Wildlife Area for photographing Osprey.

opportunity to better understand these unusual mammals.

On Friday, June 22, our group is planning a day trip to Grizzle Island Wildlife Area, which is located in Suisun Bay just past the merger of the Sacramento and San Joaquin rivers. Since this is our first visit to Grizzle Island, it should have some fun surprises. On July 6 the bird walk will be at the Lincoln Dog Park. This is an enjoyable mile and a half walk with open fields and the riparian corridor of Auburn Ravine.

Website: www.lhbirders.org



Bocce Ball, Mad Hatters

The Mad Hatters Bocce group was formed for the purpose of acquainting the residents of Lincoln Hills with the rules and fun of Bocce. We give free instruction and furnish all equipment. If you need information contact Paul Mac Garvey or Bob Vincent. From November to April we play Bocce every Thursday Morning at 10:00 AM. Beginning in May, we start our Thursday Bocce sessions at 8:00 AM. The Mad Hatters Bocce group is open to all Lincoln Hills



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Book, OC

Join us on June 21 when we discuss, *Where'd You Go, Bernadette*, by Maria Semple.

Don't miss our 'Tea' on July 19 immediately following our book discussion. The cost is \$16, payable at the June meeting.

Schedule, remainder 2018:

July 19: *The Martian*, by Andy Weir

August 16: *A Gentleman in Moscow*, by Amor Towles

September 20: *The Orphan Master's Son*, by Adam Johnson

October 18: *The Underground Railroad*, by Colson Whitehead

November 15: *The Winter of Our Discontent*, by John Steinbeck

December 20: Holiday Luncheon

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

Website:

LHocbookgroup.blogspot.com/ or

Wiki:ocbookgroup.pbwiki.com/



Bosom Buddies

Our June meeting featured Georgiana Rivera, licensed clinical social worker, who spoke on mindfulness and the



Members enjoy the spring luncheon.

importance of the moment-to-moment awareness of our thoughts and bodies. As part of this talk, we enjoyed a meditation exercise to help quiet the mind to release the old and to welcome a new perspective.

We won't have a meeting in July; however, that doesn't mean we're inactive. August is the "Relay for Life" fundraiser, and we're busy planning our involvement. We have our relay team and raised enough money to win the purple pop-up tent. The theme for this year's relay is "Circus," and already our creativity is flowing.

Bosom Buddies welcomes breast cancer survivors and those still undergoing treatments.



Bridge, Duplicate

Meet two amazing women. Barbara Dorf is one of our founding members. Our Club is lucky Barbara wanted to play bridge at Lincoln Hills. She brought her directing and teaching skills. Squeak Conner has been involved in our education committee and mentor programs for years.

A director and teacher who cheers for a hand well played!

Our goals are to be good partners and opponents. We strive to welcome everyone to our table and wish our opponents good luck before the game starts. We work hard to make sure a day you expect to be good day, is a great day!



Barbara Dorf and Squeak Conner

Games are played at Kilaga Springs, Wednesdays and Saturdays at 12:30 PM. Friday at 5:00 PM.

www.bridgewebs.com/lincolnhills



Bridge, Partners

Call club phone numbers or show up with a partner in Sierra Room(KS) by 5:30 PM Thursday. Play begins at 5:45 PM finishing by 8:30 PM.

Winners: April 26 -First: Patty/Frank Kamienski; second: Kay/Ben Newton; third: Marlene Harner/Basil Molony; fourth:

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Jyoti/Viren Sitwala. Carolyn/Bob Calmes high round 1490. May 3-First: Rose/Joe Phelan high round 2260; second: Edith Kesting/Erika Wolf; third: Patty/Frank Kamienski; fourth: Kay/Ben Newton. May 10-First: Patty/ Frank Kamienski; second: Wendy Wohl/ Greg Parker high round 1880; third: Reta Blanchard/Barbara Bryan; fourth: Nancy Gadsby/ Karl Williams. Carla/Mark Green had grand slam. May 17 -First: Jim Busey /Harry Collings; second: Joanna/Alan Haselwood; third: Judy Olson/John Griggs; fourth: Kay/Ben Newton. Patty/Frank Kamienski had grand slam ; John Butler/Byron Hansen had high round 1790.



Bridge, Social

We welcome Social Bridge Players to join us on Fridays for Singles' Rotation Bridge in the Sierra Room (KS). Arrive 12:30 PM. Reserve your space by contacting Pat Mullins. Winners from April 27 to May 18: First Place: Jay Southard, Chet Winton, Phil Sanderson, & Jean Richards. Second Place: Linda Scott, Jaylene Gerdes, Sue Dumas, & Pat Mullins. Third Place: Bob Calmes, Nancy Murdick, Joan Darroch, & Mark Green. Fourth Place: Chet Winton, Bob Calmes, Flo Hunt, Bob Fawcett & Rosanna Jensen (tied). Congratulations to

all our Winners. Free Classes are Wednesdays in the Card Room (OC) from 8:30 to 10:00 AM for new players and 10:00 AM to Noon for players that are refreshing their skills. Call our contact if you're interested.



Bunco

In May, the Bunco group welcomed a returning player from several years ago Yvonne Rand. Kathy Sasabuchi had three buncos in the first six games ending the morning with seven buncos. After Bunco play the group moved to the Sports Pavilion for their annual Bunco Potluck. What a fun afternoon catching up with friends!

Please consider joining us for a morning of laughter, fun, and friendship! Bunco is a non-membership group with a \$5 'pay to play' fee. Bunco play is the third Thursday of the month in the Card Room (OC). Play starts promptly at 9:00 AM. May Winners: Most Buncos – Kathy Sasabuchi; Most Wins – Sara Klesius, Most Losses – Phyllis Papagiannis; Traveler – Sandy Pavlovich. Next Bunco is Thursday, June 21.



Ceramic Arts

When we think about starting a new activity, our first question often is, "What are the classes like?" The ceramic arts teachers welcome visitors to their classes in OC lodge to see what we're doing and ask questions of them and class members. Drop in on Tuesdays or Thursdays and see for yourself. Earthenware and Spanish Oils welcome visitors on Sunday afternoon at KS lodge.

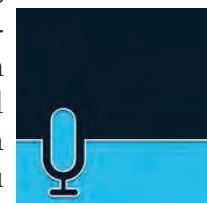
Did you see Art in the Alcove at OC? Beautiful and interesting ceramic pieces were displayed, and many were sold.

Computers

Apple Users



In March, Ken Spencer gave an Apple User Group seminar on Siri and Dictation. Designed for use on your iDevices, Siri has improved greatly. You can say "Hey, Siri" and, hands-free, Siri will respond to questions and even launch many Apps. You can also instruct Siri to send a Message or an email. That's when the Dictation capability steps in. Using obvious punctuation commands, you can compose them and even have them read back to you



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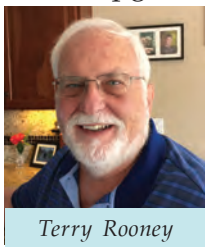


PC

Main Meeting July 11, 6:30 PM
Windows 10 April 2018 Update

Microsoft continues to upgrade Windows 10: Timeline which allows you very easily to look back at anything you did for the last 30 days. Nearby Sharing which lets you send a photo or document to someone close-by, even an Apple user, without the need for an email or message. Focus Assist lets you turn off all interruptions and then see them when you return from your Focus session. Dictation is now available almost anywhere, just by hitting the Windows key plus H. Windows 10 has surpassed Windows 7 (KS P-hall). Ask the Tech: July 27, 10:00 AM Informal Q & A session for any and all technical questions Multi-Purpose Room (OC).

Website: www.sclhcc.org



Terry Rooney



Country Couples

Temperatures get warmer, and residents scatter to their various vacation choices, grandchildren's graduations, or we are busy sprucing up our gardens. Country Couples members still found time to partake in our annual Saloon Dance April 28 at KS, joining in on the fun of socializing and dancing. Catering provided our BBQ dinner at (KS). DJ Gordon kept us dancing all evening.



Bob & Hermie Malone

May 4, all Country Couples members were invited to the Sports Pavilion for a picnic. Everyone brought their own food and drink (some even decorated their own picnic tables-fun!). Games played; Bocce Ball, Corn Hole, and L-R-Center. May 18, Ballroom & Country Couples joined together for a special dance. If this sounds interesting and fun to you, come join us!



Cribbage

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

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

The weekly winners for April were Sharon Cuchetti, week one, Rai Cook, week two, No Meeting, week three, Nancy Murdick, week four. New players are always welcome!



Cyclists

At this writing, May is almost over, and our team is number 4 in the standings amongst 682 other teams competing in May Bike Month. We have 67 riders putting in their miles. This year, there are 683 teams participating versus 742 last year. Last year we cycled 26,451 miles and ended up in 4th place. Pretty good for a bunch of "Elderly Folks." Our club also participated in the Tour de Lincoln on May 12. Not only did we ride the various routes but we also provided volunteers

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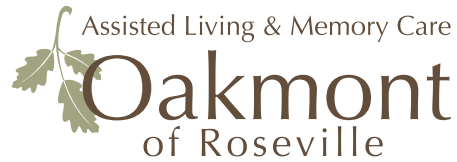
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to help support the Tour. Don't forget to mark your calendars for our annual picnic on Wednesday, August 29 and the Holiday Dinner on Wednesday, December 5. www.lincolnhillscyclists.com



Fishing

Fishing Season has officially started. There are a few places around where fishing is year around, like the Truckee River. You can go to the Delta, or the American, Yuba, Feather &



Sturmer and the Stripper on the Delta

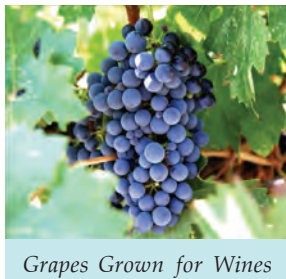
Sacramento rivers, and others. Take advantage of guide services and offers; they know the secret place. Start your journey to becoming an angler.

Our members dream of fishing at many places, out of state or even out of the country. How about Argentina, why not? Join and enjoy our annual BBQ's and Holiday dinner, come to a monthly meeting; second Monday P-Hall (KS) at 7:00 PM. Look up fishing on YouTube; you will be pleasantly surprised. To join, contact Ralph or Henry.



Garden

TO GRAPE OR NOT TO GRAPE: THAT IS THE QUESTION! The June 28, KS, 2:00 PM, General Meeting speaker, is Michele Calbi. She is the owner of Black Vette Winery and has a passion for landscaping, gardening, and vineyards. In 2014 Zinfandel was planted, followed by Sangiovese and Montepulciano in 2016. The winery is on the Placer County Wine Trail. This Italian winery is named after her beloved 1966 Black Chevrolet Corvette.



Grapes Grown for Wines

Master Gardeners will be on hand 20 minutes before the meeting; Brown Bag sales are available before/after the meeting for Civic Projects and Home Depot door prizes after the speaker! Be sure to fill out your survey after the presentation so we can use your input in planning future programs.

Website: lhgardengroup.org



Genealogy

The next Genealogy Club presentation will be held on June 18, 6:30 to 8:30 PM in P-Hall (KS). Our presenter, Laurie Markham is addressing "What's New at Family Search?" Laurie Markham has

volunteered at the FamilySearch Library in Sacramento for the past seven years. She began doing family history research as a young girl helping her mother search and record facts about ancestors.

Members should come a few minutes early to check in and receive your door prize ticket for four Internet Genealogy Subscriptions. After the meeting refreshments will be served across the hall and you will have a chance to network with others who share your interests.

Always check the LH Genealogy website for handouts and updates. **Website:** lincolnhillsgenealogy.com



Golf

Ladies XVIII

Two wonderful golf days in May, and we had some new first place winners. Starting with the first flight, laying claim to the top spot were Jody Watson, Yeong Ja Hur and Millie Sams on May 10, on the Orchard. The second place finishers were Katherine Meske, Diana Lilienthal, and Ida Cicci. The CTP went to Donna Sanderson.

Then on May 17, only 24 played the Hills. Candy Koropp and Rosie Warren tied for first in the first flight, while Pat McNiff and Edda Ashe tied for the best in flight two. Flight three was won by Ofra Unger, and flight four was awarded to Joyce Watson. Patti

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Tilton birdied hole seven with a putt a few inches over 11 feet for the CTP.

Website: lhlgxviii.com

Mens, golf

Men's Golf Club of Lincoln Hills is the new name of the club, mgclh.club is the new website link. Those logging into the old site will be transferred to mgclh.club. The Presidents Cup plays through July. The June tournament will be a 2 Man Best Ball on June 19. July and August will be the 2 and 4 man scramble tournaments. The Billie Casper Corporation has been making several significant improvements to our two courses, several resodded greens, new concrete entering the pro shop, fresh sand in some bunkers, and a air compressor to remove grass from shoes. Let Tony, Jason and the staff know you appreciate what they do to make your golf experience good.

Website: mgclh.club



Healthy Eating

Club members enjoyed a tour of the Bywater Hollow Lavender farm just outside Lincoln on June 4. This farm is a lovely sight to behold and was a delightful outing worthy of repeating another time next year or later. Local Farmers Markets are open for the summer season and are offering an abundance of fruits



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and vegetables our local farmers are known for. The Lincoln Hills market is open Wednesdays 8:00 to noon, the R.C. Willey market is open Saturdays 8:00 to noon, the Whole Foods market is open Tuesdays 8:00 to noon. The downtown Lincoln market hasn't yet announced its opening. Club members contributed to the annual PACE Race in May by expertly making three gallons of excellent salsa made with all fresh ingredients.

Website:

HealthyEatingClub.wildapricot.org



Hiking & Walking

Walking and hiking have many benefits for the mind, heart, and body but most importantly, you get to be outdoors. The experts tell us that being outdoors improves your mood, relieves stress, helps you sleep better at night, increases your energy level and you'll just feel better. Who can argue with that? Come and

get outdoors with us. Remember the summer walking time has changed to 7:30 AM. For weekly walk locations and details for upcoming hikes, check our website. Upcoming hikes include Feather Falls, Hidden Falls, and Black Swan Preserve. The walking and hiking group hosts special social events throughout the year. On July 13, a wine tasting and dinner is planned



Goofing around at the Smith Flat Inn

at Pescatore Winery. Our website has the registration and pricing information.

Website: www.lincolnhillshikers.org



Investors' Study

NO MEETING IN JULY.

Join us in August after our summer break. Russ Abbott, our consultant, will be our August speaker who enjoys answering questions and stimulating discussion. All residents are welcome. Contact: John Noon.



Lavender Friends

Jammin' Jo, a popular Sacramento-area DJ, spun music from Abba to Debby Boone and

the salsa to the waltz for the Lavender Friends Club's annual spring dance, held April 28 at Turkey Creek Golf Course.

More than 80 people attended and Jammin' Jo, who also is a professional photographer, took portraits of attendees against a lushly landscaped backdrop. Lavender Friends, which represents the LGBT community in Lincoln Hills, hosts two dances a year – a spring fling and a holiday event in December. Jammin' Jo is set to return in December.

Website: www.lavenderfriends.com



Line Dance

If you are thinking about dipping you toe into line dance, sign up for an Intro class. They start again in July, so check your compass for time and day. Here you will learn steps and moves that prepare you for the different levels of dance. Then you might want to go out to social dances. A group from here went to one



Lincoln Hills Dancers

in March in Corning. There are two closer to home in Roseville. One on the third Friday of the month at Royer Park at 7:30 PM. Another at the Eagle's Hall at 6:00 PM. Also, be sure to mark your calendars for the August 19 social in the Ballroom (OC). This dance is open to all dancers taking a class here.



Low Vision Support

Meeting, Fine Arts Room (OC), Tuesday, July 3, 2:00 to 4:00 PM "A Matter of Balance."

Never used a bus but now you have to? Placer Transit offers free Mobility Training to help those with slow vision or special needs learn to safely and independently use the bus. A professional mobility trainer will ride the bus with you, teach you how to safely get on and off the bus and ride with you until you feel comfortable. Call 916-745-7560 for information and application.

iPhone Training for Low Vision Special 2-hour Training Sessions for low vision on the iPhone or Android will be offered in the near future.



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 Noon.

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.



Mah Jongg, National

All are welcome to join us, playing this intellectually stimulating and exciting game! Mah Jongg is an ancient game from China, using tiles in place of cards. We meet Tuesday's in the Card Room (OC) 12:15 to 4:00 PM. If you are interested in learning to play, please contact Fran Rivera, who offers free lessons in her home. Call Fran so she can put your name on the list for the next twelve-week session. Mah Jongg is a difficult game to learn, but, once you do, you'll be hooked!



Mixed Media Arts

Deidre Trudeau, a fine arts artist from Roseville, will be our guest artist on June 20. You will need to sign up ahead of time with Frima Stewart (by June 12) to purchase a kit if you do not

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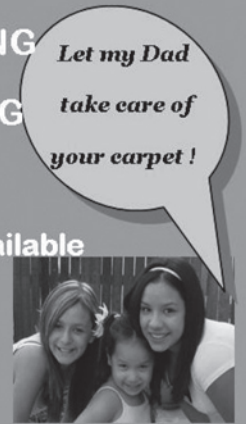
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already have the following: a 12" x 16" or 11" x 14" wrapped canvas, Filbert brushes #6, 3/4" flat wash, and a detail round brush, and red, yellow, blue, and white acrylic paint (black is optional). Please make sure your red paint is not orange in color or warm, that the yellow is pure—not tinted with gold/orange and that the blue is pure, precess or ultramarine blue. Also, blot cloths, rinse water pallets for mixing, and apron. Deidre will be teaching about Color Theory.



Motorcycle

On May 12, Road Captain Bill Silva led the way through Gold Country to breakfast at the Coloma Club Cafe. May 19 was the club's annual Mothers Day ride, with Road Captain John Marin leading riders to lunch at Pete's Restaurant and Brewhouse in Roseville. On June 9, John Marin led the way again, this time north to Orland for lunch and then on to the famous Abby of New Clairvaux in Vina.



Breakfast in Coloma

If you like motorcycle touring and have a roadworthy motorcycle or trike – check us out! The RoadRunners meet on the fourth Thursday of the month at 6:00 PM Multipurpose Room (OC) The next meeting will be on June 28. "Ride Safe - Ride With Friends"



Movie Lovers

If you are interested in discussing current movies, consider joining the Movie Lovers Group. We meet on the second Thursday of each month in the Multimedia Room (OC) at 6:30 PM. We watch current trailers and vote on two movies to review in the coming month. Recently we discussed Book Club and RBG. Both movies prompted interesting and stimulating discussion. Our next meeting is June 14. All residents are welcome. Club contact: Cliff Roe.



Music

Join fellow musicians at the Wednesday, June 27 Music Group meeting! Meetings are held in the Fine Arts Room (OC) 6:30 to 8:30 PM and include member musical performances, group songs, and a group jam. Go to the website to download the June group songs. (Password: music group) Bring your instrument and share your music or just come and enjoy a fun musical evening. (Performers: 2 song limit, please.)

The next afternoon Open Mic is Tuesday, July 31, P-Hall (KS). Performances start at 3:30 PM. Sign-ups start at 3:00 PM. (No Karaoke please.) Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC Lodge). Check the website for latest group information.

Website: LincolnHillsMusicGroup.org



Needle Arts

Come to the Needle Arts general meeting July 10, P-Hall (KS) 1:00 PM and learn about the store, Got Your Goat Yarn Studio in Roseville. No general meeting in August. August 1 Colleen Pelfrey is leading a workshop entitled, "Taking Out The Dye." Needle Arts has "Display and Sell" the whole month of July, in which some of our members signed up to participate. Tables will be set up in OC lobby.



Learning to Hula was fun

Save the date for the fall retreat at the Mercy Center in Auburn coming in the fall. Save the dates September 17 to September 21. The Cost is \$398. A deposit of \$200

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is needed.

For more information on the Needle Arts Group, subgroups, and workshops and the retreat, visit our website.

Website: www.sclhna.com



Neighborhood Watch

The “Roaring 20’s” came alive last month when Neighborhood Watch hosted a potluck dinner to launch the annual “National Night Out,” August 7. This event is an opportunity for neighbors to get together, learn more about each other and meet new residents. Hopefully, all villages will be involved.



Teresa Tanin, Pat Sladky, and Linda Minor celebrate the 20's.

You don't have to be a mailbox captain or village coordinator to plan a function for your immediate area, and if you'd rather celebrate a few days before or afterward, that's fine, too. The venue is wide open – potluck gathering with your street,

dinner at a restaurant, appetizers in the backyard or meeting up at the Meridian's Amphitheater party. Use your imagination. What's important is building strong neighborhood ties.

Website: www.SCLHWatch.org



Painters

Enjoy the collection of our members' works now on display in the OC lobby. It is an excellent opportunity to appreciate a wide variety of subjects, mediums and creative ideas. Our July 17 meeting at 2:00 PM in the Fine Arts Room (OC) will feature a demonstration by Dale Laitinen, well-known landscape painter; his expressive and bold style is inspiring.

Remember to clear out excess or unused art supplies from your studio spaces and donate them to our September Auction/Fundraiser. It's a great way to support Painters Club activities and maybe even try out a new medium for a reasonable price. Please come join your fellow artists at Open Studio in the Fine Arts Room (OC) Monday, June 25 from 5:30 to 8:00 PM.



"Heirlooms" Challenge Winners
Susie Crawford, Rudi Franke & Margot Comer



Paper Arts

Our 'Open Lab' drop-in sessions will continue on the third Thursdays of the month, from 9:00 AM to 12:00 PM at our meeting room (KS). The next one is June 21.



Displaying one of the beautiful cards we created in May

Stop by for a brief technique demo, and to work on projects like cards or scrapbooking, share ideas, or use some crafting tools you may not have at home. We're looking forward to July, when Gail Blask and Lori Lucchetti of "Close to My Heart" present our monthly project. Don't forget to stop by our window in the hallway (OC) to view our colorful creations. This month we feature cards with a floral theme. We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS).



Pedro

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



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(OC) on the first and third Friday of the month from 9:00 AM to 12:00 PM. We hope to see you there.



Photography

Club members are getting excited about a picture perfect summer filled with club sponsored field trips to sunny places interspersed with personal vacations. An exciting field trip to the North Coast embraced Memorial Day. Beaches, lighthouses, redwoods and even some migrating whales were on the docket! Not a bad way to start the summer field trip season.

The newly formed Learning SIG is taking a summer hiatus to make room for these other activities. We also plan to solicit attendees' assessment of the new SIG and use this time to tweak the sessions to try to meet the goals of the participants. The Learning SIG will return in the fall.

Website: www.lhphotoclub.com



Pickleball

Players said goodbye to spring with five days of hometown tournament games in May before welcoming summer with an ice cream social and a new women's league this month. The ice cream social for members only is June 21.

On Mondays, a Women's Comp 11 ladder league has been



Ron Anderson and Wayne Schmeck scored a gold.

formed. All other ladder leagues are sidelined until fall. Our Club Championship Tournament drew dozens of teams and featured spirited play over five days in May. Highlights included singles and a special competition for doubles over 80. The next tournament is our Fall Classic September 13-15.

Want to learn? A free Saturday introduction is 11:00 AM June 23. Most Wednesdays at 1:00 PM we offer free introductions. No paddles or reservations required. Residents only, please.

Website: www.lhpickleball.com



Players

The Players' fun-filled, hilarious Broadway play, Bermuda Avenue Triangle, directed by Becky Nicholson, was performed to a sold-out audience, who loved this bold comedy.

The Players are looking forward

to a well-deserved Luau party on July 27 in Kilaga Springs. Stay tuned as the Players are ramping up for their November musical that will be full of wonderful actors, singers, dancers, and laughter.



Bermuda Avenue Triangle Cast

The next Readers Theater show will be August 11 and 12: two episodes of Easy Aces, Jane Finds a Mate for her Mother, and Jane Takes up Astrology. Auditions are June 25 and 26, (OC). Guests are always welcome to attend monthly Players' meetings every second Monday of the month at 4:00 P-Hall (KS).

Website: www.lhplayers.org



Poker

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

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The EEOICPA is administered by the U.S. Department of Labor. For information contact the California Resource Center toll-free at (866) 606-6302, or visit our website at <http://www.dol.gov/owcp/energy/>.

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's - same times.

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



RV

In April some our members attended the Red Bluff Rodeo hosted by Ricki Montoya. Members enjoyed a catered spaghetti dinner and a taco bar dinner. As always, there was lots of food, fun, and fellowship. Members attended the 2018 Rodeo and town parade and to Lucero's for olive oil tasting and tour. Some members played golf.



98th Annual Red Bluff Roundup

We meet in the Placer Room (KS) at 4:30 PM on the second Thursday of each month, where we discuss upcoming rallies and past rallies then we visit with shared appetizers. Residents with an interest in RVing are welcome to visit, met new friends and discuss the joy of RV travel.

Website: www.lhrvg.com



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

It's summer and school's out. Both teachers and students are looking forward to vacation. This is the time for our leaders to survey volunteers to evaluate and discuss their accomplishments and rewarding experiences. Now is the time for volunteers to express interest in getting involved in the classroom in the fall. School starts again in August, and new



Volunteers visiting the Lincoln High School Farm



volunteers will be trained and ready for school in early September.

Volunteers were treated to a tour of the Lincoln High School Farm in May. One of the participants, Bruce Decker, expressed how much the group enjoyed seeing the farm. "We were thoroughly impressed with this unique asset to WPUSD. The instructors were genuinely enthusiastic, and the students who narrated the tour were outstanding young people".

Website: schoolssuncity.org



SCOOP

It's been a special few months for pet lovers in Sun City. Not only did we all enjoy the wonderful Pet Fair put on by the Association in April, but our club has enjoyed some outstanding speakers. Our bi-monthly meetings include talks on therapy/companion dogs and a terrific talk by Joy Smith, the co-founder of Fieldhaven Feline Center (because don't forget, we are now Sun City Organization of Pets. So, remember that whether your special pet is a bird, horse, iguana, etc., this is the club for you.)

Our special guest Tues. August 7, at 11:00 AM will be Dr. Jill Aschehoug (Loomis vet) discussing preventive dentistry and euthanasia.

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Scrabble

We welcome you to join us for a game of Scrabble on Monday afternoons at 1:00 PM in the Card Room (OC). All the game materials are provided, and beginners and all levels of players are always welcome.

Come down and exercise the brain and increase the vocabulary!



Singles

The month of May brought us Cinco de Mayo and Mother's Day as we celebrated with family and friends. The month ended with our ever so popular Social "Minute to Win It."

June 21, 4:30 PM, Cheesecake Factory at the Galleria. June 28, 5:00 PM "In and Out" Party Dinner/Dance honoring our incoming and outgoing officers. July 1, 4:00 PM, July Birthday Celebration. July 5, 4:00 PM we have our Cocktail Time which will be Happy Hour at the Pool (OC). July 12, 6:00 PM we have our Business Meeting which includes Left/Center/Right Games at Ballroom (OC). July 14, 9:00 AM, Second Saturday Breakfast. For \$15 a year you can become a member and join in all the fun our seniors have.



Ski

On Thursday, June 21 at 4:00 PM at OC, we will have an information meeting to

provide you with all the details of our ski week in Whistler, British Columbia. The trip is scheduled for the week of February 10 – 16, 2019. We will recommend lodging and transportation, discuss lift ticket options, and provide pricing, as well as answer any of your questions. All residents who may have an interest in joining our club and participating in this trip are welcome to attend. The exact meeting location has been confirmed with members and can be found at our club website.

Website: www.LHSkiClub.com



Softball

With a third of the summer season in the books, Darryl Rinde's Carolan Properties team sits atop the standings with a gaudy 10-1 record, while Emil Scarpetti's Don's Awnings team is in second at 8-4, and Larry McMaster's Siino's team is tied with Mike Hazelhofer's Atherton Wealth Management team for third at 7-4.

Everyone is invited to attend our All-Star Games on July 4 at Del Webb Field (one will be versus the City of Lincoln). Participating in our "National Pastime" (baseball, hot dogs, mustard, sunscreen) is a great way to celebrate the 4th, so come join us.

To learn more about us, come to our General Membership meeting

on July 3 at 3:00 PM at P-Hall (KS) or visit our website.

Website: lhssl.net

Coyote Softball

The Coyote 70's just recently competed in tournaments at Elk Grove and Lodi, with some very positive results. Leading hitters for the Coyotes were Bob Fernandez, Carlos Zavala, Richard Norman, Johnny Gho and JD Dambrosio. The defense was led by Mike Bunyard, Dale Hurlbut, and John Moran.

"The Coyote 75's won the Danny Caruso Memorial tournament held in Lodi. Five players batted .800, or over, for the tournament: Roger Lopossa .882, Forrest Burkett .833, Barry Cunningham .833, Lyle Moore .833, and Larry McMaster .800. The team batting average was a terrific .717. Barry Cunningham led the team in RBI's with 13. The Coyote 75's are now 12 & 6 for the season, and have won two of the four tournaments they have played.



Sports Car

Our group traveled the backroads up to the Tahoe Basin this month. Had a great lunch. With some of the mountains still having snow, the views were breathtaking. We will be going to Beale Air Force Base soon, and our club is really excited to attend a base-

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ball adventure at Potter's Field in Lincoln.

Website: lhsportscars.com



Sun City Squares

Sun City Squares celebrated "Welcome Spring" with a fun party and lots of beautiful dancing!

Sun City Squares welcomes couples and singles. If you have not danced in a long time or if you have lost a partner, we are very happy to help you learn again. Square Dancing is a lot of fun. If you have an interest in Square Dancing, please come and check us out!

Sun City Squares meets at Kilaga Springs

*Monday from 1:15 to 3:15 PM for Plus Level Dancing, Round Dancing between tips. *Monday from 3:15 to 3:45 PM for Advanced Level Dancing. *Thursday from 1:00 to 3:00 PM for Advanced Level Dancing.



Swimmers & Water Walkers

Welcome LH Swimmers/Water Walkers. Our general meeting is just around the corner on Monday, June 18, 3:00 PM in the Fine Arts Room (OC). We have some exciting things on our agenda. Agenda: #1. Advisory Committee and follow up with Deborah McIlvain regarding issues discussed at the March meeting. #2 Our volunteers for help with

swimming needs. #3 Some of the Water walkers would like to meet up with others. #4 Pool Etiquette. #5 Sign up sheet for potluck September 17, 3:30 to 6:00 PM Sports Pavilion. Contacts: Suzan Hunt or Jean Ware.



Table Tennis

We play in the Multi-purpose Room (KS). The club offers seven tables, with a drop-in format, and no club dues! Chairs are provided for any downtime, but it does not take long at all for the next table to be available. That is also a great time to observe the more experienced and more competitive players, to pick up tips to improve your game. This level is played on the right side of the room. You are welcome to join us to participate in this exciting game. Play times are Sundays from 12:30 to 5:00 PM. Then evening play is offered Tuesdays from 6:00 to 9:00 PM. Lastly, morning play is on Fridays from 8:00 to 11:00 AM.



Tap Company

Tap Company Members are looking forward to the Spring Luncheon June 20 at the Timbers Restaurant, Sun City, Roseville. Several events will take place: the election of officers; discussion about next year's show; annual dues collection and gastronomic enjoyment.

The Election Committee has proposed the following people for office: Frima Stewart, President; Freddie Dempster, Vice President; Pat Robinson, Secretary; Jan Kearney, Treasurer. Nominations will be taken from the floor. Bring your ideas for next year's show, including things you would like to do both on stage and backstage. Marsha will collect dues at check-in time. Enjoy your lunch!



Tennis

The Singles Flex Tournament began on May 7 and will run until July 15. Results will be a compilation of matches won and matches played over six weeks of play according to tournament Director Ken Newell.



Four teams of nine players each competed for six weeks.

A team of 16 played a fun water volleyball match versus the WVC on May 15 at the Kilaga Pool. Mel Switzer, WVC organizer, sponsored the Event. Thanks Mel! Forty tennis players will occupy the VIP tent at the Lincoln Potters Baseball game Sunday, June 10. The Potters will play the Chico

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Heat at the newly refurbished McBean Stadium. The Intramural Team Tennis matches concluded Tuesday, May 15 after six weeks of competitive play. With a record of 12 & 6, The Red team was declared champions.

Website: www.sclhtg.com



Vaudeville

Rehearsals are in full swing for the Vaudeville Show coming up the first week in July. As usual, this is a great variety show with a little bit of everything this year. We want to welcome back two of our singing groups, The Sunny Singers and The Sinatras. We also have plenty more in store for you this year with a few surprises. Also this year we have only one show on Friday, July 6 at 6:00 PM and two shows on Saturday, July 7 at 2:00 and 6:00 PM. Tickets are only \$12, and there isn't a bad seat in the house. See you there.



Vic & his Accordion



Water Volleyball

Summer is a great time to begin playing water volleyball. Please check out our website which contains everything you need to know about our membership, including the link to our fantastic training video. Our Steering Committee meets the second Tuesday each month at 6:00 PM at OC. All members are invited to attend. The agenda and meeting minutes are posted on the website. The three fun outdoor games will be Sunday, June 24 (rescheduled), July 15 and August 12 at OC lap pool 5:30 to 7:30 PM. Bring sunblock, sunglasses, towel, and cap.

Members need to stay on top of club emails. Those interested in joining our club can contact us through our email.

See you in the water!

Website: www.lhwatervolleyball.com



Woodcarvers

The Woodcarvers club recently elected officers. Lionel Rainman will now be President, Mary Romo and John Larson will be Co-Treasurers. Dick Skelton, our outgoing president, served the club in an exemplary manner for four years. Enough can't be said for the job Dick has done for the club. A

few of the things he instigated was a community service project of small carved comfort birds which were donated to various hospitals and dementia/Alzheimer care groups, a club discount at a local supplier, and he traveled to many out of the area carving shows bringing back information and ideas.

Visitors always welcome to spend a whittle time with us. Woodcarvers Club meets every Wednesday from 1:00 to 4:00 PM in the Sierra Room (KS).



Writers

April was National Poetry Month, so the writers who are not poets, had fun putting their pens to poems. We also heard from our regular poets. New writers to the group showed up and delighted us with things they had written. Welcome to you, and we look forward to seeing you at our future meetings. All you writers: longtime members, short time members, wannabe members – come join us on the second, fourth and fifth Mondays at 6:30 PM Ceramics Room (OC). Bring copies so we can read along with you and give you any kind of editing comments you would like.

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Caregiver Support Group

We meet at the 12 Bridges Lincoln Library on the third Thursday of each month from 9:00 to 10:30 AM. We gather together to support, encourage, and laugh with one another. If you are caring for a spouse or other loved one, come join in. Be sure to come in through the back employee's entrance door. For more information, please contact Joni Tryka at 916-677-7488.

Cloggers

Happy June and a (very) warm greeting from the Cloggers! We dance, and we strut and we double-toe with our metal taps – four on each shoe, so that's a lot of noise! If you google "clogging steps" you will have a good idea of what you will be doing when you clog. It's a combination of Irish and Appalachian and definitely calorie-burning dancing. Also, on July 21 in Castro Valley, you can attend a clogging workshop. For more information on clogging right here in Lincoln Hills, please contact Natalie Grossner at 916-209-3804.

A Course in Miracles

The study group meets on the first and third Mondays of the month. This is a self-study based on the book of the same name, which uses non-dualistic principles to teach the transcending of the ego by using the spiritual and psychological techniques which focus on love and forgiveness. The objective is the healing of the

www.sclhresidents.com

You Are Invited to Attend:

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

- **Thursday, June 21, 9:30 AM**—Eskaton Village, Solarium (OC)
- **Thursday, June 28, 9:00 AM**—Vivint Solar, Solarium (OC)
- **Monday, July 2, 10:00 AM**—Nautilus Society, Oaks (OC)

mind and the experience of inner peace. This is an on-going discussion group and open to those who are new to the Course, or anyone who has previously studied it. Call Alexandra Smith for information at 916-409-5253.

CPR/AED/First Aid Training

The next classes will be July 24 and September 6 at 9:00 AM to Noon at OC. Get an application from lincolnhillsfoundation.org. The cost is \$10 or \$20. The Lincoln Hills Foundation pays the rest. Classes fill up quickly, so get your application and check in as soon as you can. Contact Joan Logue for more information.

Democratic Club

In early July, the Lincoln Democratic Club is part of the City of Lincoln July 4th Parade. Volunteer and participate in this fun event! Contact Fred Barnhart lincolndems@gmail.com. Our usual meetings are the third Thursday each month. On June 21 we are having a fundraising event at the Lincoln Potters baseball game. The July 4th Parade event replaces the July 19 meeting. For more information see the club website <http://www.democratic-clublincolnca.org/>.

Glaucoma Support Group

Is living with Glaucoma causing you some challenges? Are you able to use your drops properly? Do dry eyes cause you discomfort? For

answers to these and other questions, please plan to attend the July meeting of the Glaucoma Support Group. The meeting will be on July 11 at 4:00 PM in the Multimedia Room (OC) For more information, please contact Bonnie Dale at 915-543-2133 or Bjdale@aol.com.

Italian Club

It's that time again! The Inaugural Dinner and Dance for the LHIC 2018-2019 Governing Board is July 8 in the Ballroom (OC). Cocktails at 5:30 PM and dinner at 6:15 PM. This is a wonderful annual event when we recognize our club's leadership. Come meet and celebrate with the board. Check out the website for more information and registration details. Sign up by June 29. If you are a Lincoln Hills resident of Italian heritage, check out our website at www.lhitalianclub.org and learn more about us and our monthly activities. Want to join us? Contact Sandi Graham membership at 916-826-5711.

Lincoln Library

MARTIANS will be at the Twelve Bridges Library Monday, June 18 at 6:30 PM. The book "The Martian" authored by Andy Weir in 2011 is the topic. Steve Ainsworth, NASA/Jet Propulsion Laboratory Solar System ambassador, is the presenter. The author was in communication with the NASA/JPL to have certain things checked scientifically. Ainsworth likes to say that "the novel was co-written by the

scientists." The success of the novel lead to movie adaptation in 2015 starring Matt Damon. Novel and DVD are available at the Library. For more information call Jo Jones at 916-408-3955.

Multiple Sclerosis Group

After a very active year, the Lincoln Multiple Sclerosis Group is taking a Summer Break, with our next Meeting scheduled for Tuesday, September 4. See you in September! Questions about MS call Jeri Di Fiore at 916-408-7565 and leave a message.

Parkinson's Group

We meet on the third Tuesday of each month at Granite Springs Church. In June, we have the privilege of having a local Functional Wellness Consultant, Laura Medina. Laura has been working on optimizing nutrition and wellness for over 20 years with focused education and practice towards Functional Medicine for the past 15 years. She has a passion for a specialized focus towards the immune system reconditioning to address systemic health challenges, to include Neurotransmitter and GUT - BRAIN Axis balance. Come join in from 10:00 to 11:30 AM. For more information contact Brenda Cathey at 916-253-7537.

Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Center in Roseville (916-781-2323). Membership to the fitness center is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play doubles, cutthroat 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 connects the past and the future. We had a very successful Passover Seder. May activities included a membership meeting at which our co-presidents, Gerry Burstein and Hagai Narkis (both Israeli natives) described Israel's 70th birthday celebrations and some of its accomplishments. Our Women Together group had a luncheon and tour at High Hand Nursery. In June we attended a River Cats game and had our annual picnic, including games, great food prepared in part by professional chef Hagai Narkis, and a renewal of old friendships.

Shooting Group

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

Skeet at 5393 Waltz Road, just minutes from Lincoln. Occasionally other shotgun sports are enjoyed. We have no fees, but each shooter must pay for their own clay targets. 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 trifilom@gmail.com. Come out and have fun!

Sons In Retirement Branch 13

Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its monthly luncheon on Tuesday, June 19 at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. This is a good opportunity for men new to the area to meet other retired men. A three-course gourmet lunch costs \$20pp. 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.

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| Bill & Jan Rexrode #01700676/#01700677 916-408-3997 | Loree Risi #01203309 916-716-0854 | Keneta Sanchez #00960821 916-257-1004 | Holly Stryker #01900767 916-960-3949 |  SUN RIDGE REAL ESTATE | | | Doreen Traxel #00822877 916-698-0801 | Tangi Walker #00820609 916-316-1112 | Tony Williams #01390054 916-521-3400 | Sharon Worman #00905744 916-408-1555 |
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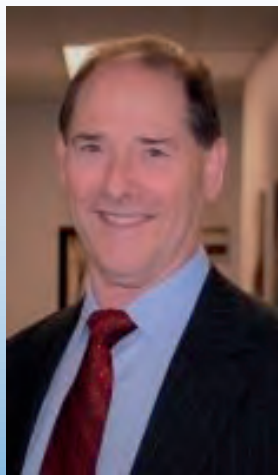
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Dr. Wilmarth is a Board Certified Ophthalmologist and Medical Director of Ophthalmic Surgery at Sutter Sierra Surgery Center located on the Sutter Roseville Campus.



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Community Perks



KS Classic Movies on Saturday:
Butch Cassidy and the Sundance Kid (1969)
Saturday, June 16, 1:30 PM
Screening—P-Hall (KS)—Free

Rated PG, 110 min, Biography/Crime/Drama. Starring Paul Newman, Robert Redford, and Katharine Ross. Wyoming, the early 1900s. Butch Cassidy and The Sundance Kid are the leaders of a band of outlaws. After a train robbery goes wrong, they find themselves on the run with a posse hard on their heels. Their solution – escape to Bolivia.



Pickleball Club
Welcome Saturday
Saturday, June 23, 11:00 AM –
Pickleball Court—Free

The Pickleball Club offers fun and free ways for residents to learn our sport through a “Welcome Saturday” introduction class. No reservations or paddles required. Please wear a form of tennis shoe. The introduction will be repeated at 11:00 AM September 22 and October 27. (No program in July or August.) Can’t make Saturdays? No problem. On just about every Wednesday at 1:00 PM, weather permitting, Cal Meissen offers a free introduction.



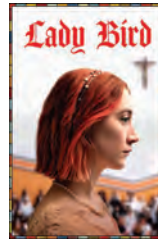
Listening Post
Tuesday, June 26, 11:00 AM –
Secret Garden (OC)—Free

The Listening Post is an informal meeting which gives you the opportunity to ask questions and get answers about your community and Association. Come join the conversation.



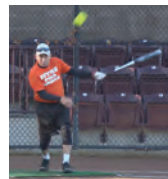
Coffee with the Mayor
Thursday, June 28, 8:00 AM -
Terra Cotta Room (KS)—Free

Please join Stan Nader, Mayor of the City of Lincoln, at his monthly Coffee meetings. Pick up a free cup of coffee from the Kilaga Springs Café prior to the meeting. The Coffee is an informal setting to provide residents an opportunity to hear what is going on within the City of Lincoln and to ask questions; the Mayor is happy to answer any all resident concerns.



2 Showings!
KS at the Movies: Lady Bird (2017)
Saturday, June 30, 6:00 PM
Screening—Free
Monday, July 2, 1:30 PM Screening—
P-Hall (KS)—Free

Rated R, 94 min, Comedy/Drama. Oscar nominated film from Sacramento native, Greta Gerwig. Christine “Lady Bird” MacPherson is a high school senior from the “wrong side of the tracks.” She longs for adventure, sophistication, and opportunity, but finds none of that in her Sacramento Catholic high school. LADY BIRD follows the title character’s senior year in high school, including her first romance, her participation in the school play, and most importantly, her applying for college.



Senior Softball League
July 4th Celebration,
Lincoln Hills vs. City of Lincoln
Wednesday, July 4, 9:00 AM –
Del Webb Field—Free

Everyone’s invited to celebrate America’s birthday at Del Webb Field on July 4th by participating in our national pastime: watching baseball while munching on some delicious hot dogs with all the trimmings. We’ll be playing three All-Star Games, the last of which will pit the league’s best players against the City of Lincoln. So, come on down to your ballpark and bring the kids and grandkids... and a good appetite. For more information about our league, check out our website at: lhssl.net.



KS Classic Movies on Saturday:
An American in Paris (1951)
Saturday, July 21, 1:30 PM
Screening—P-Hall (KS)—Free

Not Rated, 114 min, Drama/Musical/Romance. Starring Gene Kelly, Leslie Caron, Georges Guetary, and Oscar Levant. Three friends struggle to find work in Paris. Things become more complicated when two of them fall in love with the same woman.



Document Destruction
Monday, July 23, 10:00 AM
to 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.



**Tennis Club
Ball Machine Practice
Saturdays, April 7 –**

September 29, 8:00 AM Tennis Court #9—Free

The ball machine is set up and operated by tennis club members. Resident drop-in tennis is each Saturday and Wednesday; from 8:00 to 10:00 AM on courts #1, #2 and #8, and on court #9 on Wednesday. Come as a single and sign up on the board located between the entrance to courts #1 and #2 for a doubles partner. Come to your tennis courts and have some fun, practice and meet new people.



**Wednesday Farmers Market
8:00 AM to 12:00 PM,
Orchard Creek Parking Lot**

Get your supply of fresh produce and support our local farmers. Shop a variety of fresh fruits, vegetables, flowers and meats from Certified Farmers as well as fun and unique items from baked goods, salsa, Tupperware, jewelry and more from local vendors. You'll never know what's in store every week, so come on over and enjoy!

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- Day 12 Juneau**
- Day 13 Kake**
- Day 14 Wrangell**
- Day 16 Vancouver**
- Day 17 Victoria**
- Day 18 Astoria**
- Day 20 Eureka**
- Day 21 San Francisco**

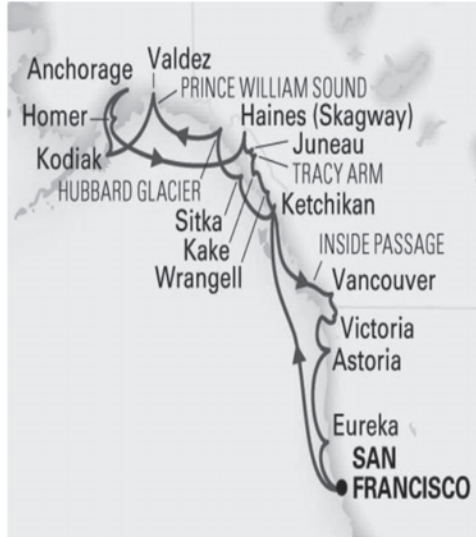
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Sailing dates:
May 7, 2019, May 28, 2019 & June 18, 2019

Prices starting from:
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\$6,599 Balcony

Cruise fares above are based on sailing May 7, 2019. Other dates are higher. Taxes, Fees & Port Expenses are \$690 additional. Round trip transportation from Lincoln to the ship is \$100 per person. Travel Insurance is highly recommended.

Please call 916-789-4100 for more information or to book this cruise.



These 3 special 2019 voyages will sell out! Don't miss the boat. Book today!

*Fares are per person, based on double occupancy and apply to the first two passengers. Holland America Mariners may qualify for lower fares. Round Trip Shuttle is \$100 per person. Please call Club Cruise for special discounted prices for Single, Triple and Quad Occupancy. This offer is capacity controlled and may not be combinable with any other public, group or past passenger discount. Some restrictions apply. Fares quoted in U.S. dollars. Final payment 90 days prior to departure.

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Lincoln Hills Community Forums

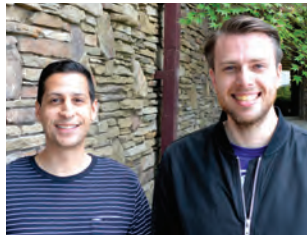
Healthy Body, Healthy Brain Wednesday, June 27, 7:00 PM – P-Hall (KS) —Free

Lincoln Hills resident Lorna Gray, RN, BSN, PHN, Exercise Science Specialist, and author, has been teaching healthy living and wellness since 1991. Join us and learn what recent medical research studies reveal about body and brain aging. Discover how to use the body's natural protective systems to sustain and regain health to slow down aging. By making a few simple eating, activity, and stress reduction changes, you may be able to avoid or lessen the effects of life-threatening diseases such as obesity, diabetes, heart disease, cancers, dementia, and Alzheimer's disease.



Facebook – Social Media Tuesday, July 10, 10:00 AM – P-Hall (KS) —Free

Become more comfortable and confident with Facebook as we help you to understand how social media works and the many benefits of using it. David Ortiz and Tim Rusher, two members of the Lincoln Hills Communications staff, will demonstrate the process of setting up a profile page, focusing on privacy settings. Learn how to properly and safely use Facebook and discover new ways to communicate with family and friends, co-workers, classmates, news sources, businesses, and more!



Travel and Technology Thursday, July 12, 7:00 PM – P-Hall (KS) —Free

The journey of a thousand miles begins with one step. Get going the best way. Ken Spencer, a frequent traveler and tech consultant, will give his popular travel presentation, including great practical advice for all travelers. He will give tips on how to use technology to make planning and traveling easier. Topics covered will range from which debit/credit cards to use, the best way to find great fares,



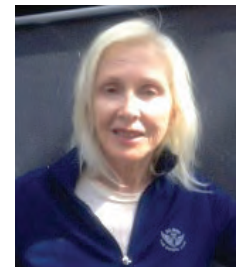
Upcoming Events

- **A Bridge to Cross**, Tuesday, August 14, 10:00 AM – P-Hall (KS)—Free
- **Understanding Labels for Supplements and Food**, Wednesday, August 22, 7:00 PM – P-Hall (KS)—Free
- **The Truth and Science of Cannabis for Medical Use**, Thursday, September 27, 7:00 PM – Ballroom (OC)—Free

how to have your phone instantly translate signs or menus, and how to arrange to breeze through TSA worry-free during domestic and international travel. Join us for a fascinating look at technological travel.

You Are What You Eat Wednesday, July 25, 7:00 PM – P-Hall (KS) —Free

Dr. Ranveig N. Elvebaak, MD believes that once we understand what causes illness, we can remove it and create wellness. Through research and clinical practice, she has shown the relationship between dietary sugar and illness. She has removed the sugar from the FDA food pyramid and converted it into a simple, user-friendly program called The Food Tree. She has the results to prove her point: all her patients with type 2 diabetes have come off medications and normalized their blood sugar. This healing by nutrition holds true for most other chronic conditions, from high blood pressure to psoriasis.



How to Prove You're Not Dead! Thursday, August 9, 9:00 AM – P-Hall (KS) —Free

It all started when his password was rejected while attempting to log in to his Kaiser Permanente health account after a vacation to Maui. A subsequent phone call to Kaiser's customer support revealed that the Social Security Administration had declared Andy Petro dead on March 26, effectively terminating all of his federal benefits. This was news to Andy as he sat in disbelief hearing of his apparent death a week earlier. Come meet Andy in the flesh and hear about this incredible mistake and the six-week journey he took as he tried to prove again and again that he was very much alive.



The fun continues at our Summer Amphitheater Concert Series (SACS)! From rock n’ roll to pop, country to classic rock, and all genres in between, we have all your favorite hits from the 50’s through today performed by award-winning artists and bands for you, your friends and family. Food concession, bars, and doors open at 6:00 PM for 7:30 PM concerts.

Please read the Amphitheater Guidelines for an enhanced experience. See ticket price for the remaining concerts below. Skip the crowd, buy your tickets early!



Whitney – One Moment in Time

Starring Dee Dee Simon

Friday, June 15 – LSE73

Experience the critically-acclaimed live concert honoring the talent, music, and memory of Whitney Houston featuring the breathtaking vocals of Northern California’s Entertainer of the Year Award Winner, Dee Dee Simon and her fabulous 6-piece band. The production will fill you with joy, nostalgia, and wonderment as you are taken on a musical journey through Houston’s greatest hits including her signature song “One Moment in Time,” and classics including “I Will Always Love You,” “I Wanna Dance with Somebody,” and many more. Simon will have you up on your feet! General admission, \$20.



Caravanserai: The Santana Tribute

Friday, June 29 – LSE74

Get ready for some fun! Caravanserai is a project of love and devotion to the music of Rock and Roll Hall of Fame band, Santana. Listen to songs from all eras of Santana’s 30+ year history, from the 1969 hit “Evil Ways” to monster hit “Smooth.” Painstaking care has been taken in the recreation of early and new music performed by this San Francisco Bay Area band of journeymen. They have perfected the Santana’s instrumentations and sounds. The concert is guaranteed to satisfy Santana fans young and old. General admission, \$20.



When Vegas Was Vegas!

A Rat Pack Music Tribute with Jonathan Poretz

Friday, July 13 – LSE75

Backed by his swingin’ mini big band, Jonathan Poretz recreates the heyday of a young Las Vegas, performing authentic, big band arrangements of everyone’s favorite songs from the vast catalogs of Frank Sinatra, Dean Martin, Bobby Darin and Sammy Davis, Jr. Among the celebrated classics, he will perform “I’ve Got You Under My Skin,” “Fly Me To The Moon,” “That’s Amore,” “Mack The Knife,” “Splish Splash,” “My Way,” and many more. General admission, \$20.



Listen to the Music: The Doobie Brothers Experience

Friday, July 27 – LSE76

LISTEN TO THE MUSIC is a re-creation of the famous DOOBIE BROTHERS’ classic lineup of Pat Simmons, Michael McDonald, Jeff “Skunk” Baxter, Tom Johnston and Tiran Porter. The band showcases the famous Doobie Brothers hit songs of the 70’s and recreates the era with exact instruments, costumes, and looks. You can’t help but get sucked in and believe it’s the real deal. Get your groove on and come experience this unforgettable show! General admission, \$20.



James Garner’s Tribute to Johnny Cash:

A Show That Walks the Line

Friday, August 10 – LSE77

For over a decade, Garner and his band have faithfully recreated Cash’s biggest hits with stunning accuracy. From special concert airings on PBS stations to shows at Folsom and San Quentin Prisons, the premier tribute to the “Man in Black” is a concert not to be missed. He performed in 2008 at Folsom State Prison to commemorate the 40th anniversary of Cash’s infamous live album recorded behind prison walls. The show is a fun, toe-tapping trip down memory lane honoring Johnny Cash’s life and music, and the boom-chicka-boom sound of his band, the Tennessee Three. General admission, \$22.



Garratt Wilkin & The Parrotheads
A Tribute to Jimmy Buffett
Friday, August 24 – LSE78

Billed as the #1 Jimmy Buffett tribute band in the nation, Garratt and the Parrotheads get you going on the dance floor as they perform Jimmy Buffett hits and classic rock tunes! With hits like “Margaritaville,” “Cheeseburger in Paradise,” and more, the evening will surely be chillin’! Don’t forget to wear your Hawaiian shirts! General admission, \$20.



ForeJOUR: A Tribute to Foreigner and Journey
Friday, September 7 – LSE79

FOREJOUR pays tribute to the music of 80’s mega bands FOREIGNER & JOURNEY, recreating the soundtrack of a generation with stunning accuracy. Forejour’s program includes the 20th century’s most downloaded song, “Don’t Stop Believing,” as well as power ballads such as Foreigner’s “I Want to Know What Love Is,” and Journey’s “Faithfully.” You will surely have a-rockin’ good time! General admission, \$20.



Hot August Night: A Neil Diamond Celebration
Featuring Dean Colley
Friday, September 21 – LSE80

Dean Colley returns to close our series with his show Hot August Night! Dean’s incredible resemblance insight, and unique voice capture Diamond’s fierce passion and energy. The concert will feature your favorite Diamond classics such as “Sweet Caroline,” “Song Sung Blue,” “Kentucky Woman,” “I Am I Said” and songs from Neil Diamond’s August 1972 live album recorded at the Greek Theater. Dean and his band have toured their show in Vegas, Europe, and Asia to enthusiastic audiences. General admission, \$22.

2018 Summer Amphitheater Concert Series Guidelines

Admission: Doors open at 6:00 PM. Wristbands must be worn during the concert. **Online buyers for individual shows can exchange e-tickets for wristbands at Lifestyle Desks, after 8:00 AM on the day of the performance.** Show package buyers can pick up their complete set of wristbands from the Orchard Creek Lifestyle desk in advance. E-Ticket or receipt required for redemption. **Lost tickets/wristbands will not be replaced.**

ADA: The 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. The 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 the loss of chairs/blankets left unattended. **Do not move chairs already in place.** Lawn seating for blankets available at the grassy area at the left of the 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 the view of patrons seated on Amphitheater’s bottom tier.

Entertainers: Please be respectful of performers/singers/entertainers by avoiding physical contact of any nature.

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.

Deborah Meyer
 Entertainment Coordinator
 Deborah.Meyer@sclhca.com



Tickets Available at the Lifestyle Desk (OC/KS)
 and online at SCLHResidents.com

Entertainment

—Club Performances—

The Golden Review Vaudeville Variety Show
 Friday, July 6, 6:00 PM show — **LSE132**
 Saturday, July 7, 2:00 PM show — **LSE133**
 Saturday, July 7, 6:00 PM show — **LSE62**
 P-Hall (KS)

The Lincoln Hills Vaudeville Troupe will entertain you once more with their annual Golden Review Variety Show. This show is a real variety show and will keep you swinging in your seat with dancers, singers, comedians and several surprise acts. For the best seats get your tickets early. Save \$1 off \$4 or more at the KS Cafe on show days. 6:00 PM performances on Friday and Saturday plus a matinee performance on Saturday. **Reserved Seating: \$12.**

—Comedy—



KS Comedy Night:
Turner Sparks
 Thursday, August 30
 6:00 PM Show — **LSE115**
 8:00 PM Show — **LSE135**
 P-Hall (KS)

Born in California, award-winning comedian Turner Sparks started his comedy career in 2009 in Suzhou, China by founding Mainland China's first stand up comedy club. Now a worldwide performer and a headliner across Asia and the US, Sparks has performed in over 15 countries and continues to draw rave reviews with his razor sharp punch lines, quick wit, and global perspective. "An established stand-up and a rising talent." –Michael H. Weber, Oscar Nominated Screenwriter (*500 Days of Summer*, *The Disaster Artist*). Save \$1 off \$4 or more at KS Café on show night. **Reserved Seating: \$16.**

—Concerts—

Summer Amphitheater Concert Series
Whitney – One Moment in Time
 Starring Dee Dee Simon
 Friday, June 15, 7:30 PM (Amphitheater, OC)
 — **LSE73**
 \$20. See page 54 for details.

Summer Amphitheater Concert Series
Caravanserai: The Santana Tribute
 Friday, June 29, 7:30 PM (Amphitheater, OC)
 — **LSE74**
 \$20. See page 54 for details.



Roseville Community Concert Band
Happy Birthday USA!
 Wednesday, July 4, 2:00 PM
 (OC) — **LSE105**

The tradition continues! We welcome back the Roseville Community Concert Band (RCCB) for our annual 4th of July celebration. Considered one of the best symphonic bands in the area, the band performs throughout the greater Roseville and South Placer communities. The concert will offer just the right combination of enjoyable and patriotic music to celebrate the holiday with friends and family. The afternoon concert will be completed before dark, so you can still enjoy the City of Lincoln's fabulous firework display with your family. **Premium Reserved Section Seating: \$12.** General admission, \$8. Tickets required for all guests, including children.

Summer Amphitheater Concert Series
When Vegas Was Vegas!
A Rat Pack Music Tribute with Jonathan Poretz
 Friday, July 13, 7:30 PM (Amphitheater, OC)
 — **LSE75**
 \$20. See page 54 for details.



Harpeth Rising
 Tuesday, July 17,
 7:00 PM, P-Hall (KS)
 — **LSE90**

Three conservatory-trained musicians playing original music, as intricately arranged as a string quartet, lyrically rooted in the singer/songwriter tradition and wrapped in three-part vocal harmonies reminiscent of both

Appalachia and Medieval Europe. Unapologetic genre-benders, Harpeth Rising fuses Folk, Bluegrass, Rock and Classical into something organically unique. Save \$1 off \$4 or more at KS Café on show night. **Reserved Seating: \$25.**

Summer Amphitheater Concert Series

Listen to the Music:

The Doobie Brothers Experience

Friday, July 27, 7:30 PM (Amphitheater, OC)

— **LSE76**

\$20. See page 54 for details.



The Carolyn Sills Combo
Thursday, August 2,
7:00 PM, P-Hall (KS) — LSE117

Fans of classic country and western swing will fall in love with

The Carolyn Sills Combo. Their music is chock full of three part vocal harmonies, dueling guitar, and steel drum instrumentals with tight arrangements of their own distinct style of country, western, and swing. Their current release, Dime Stories Vol. 2, was named by No Depression as one of the top new releases of 2016 and they are currently working on songs for their third album. **Premium Reserved Section Seating: \$20.** General Admission: \$17.

Summer Amphitheater Concert Series

James Garner's Tribute to Johnny Cash:

A Show That Walks the Line

Friday, August 10, 7:30 PM (Amphitheater, OC)

— **LSE77**

\$22. See page 54 for details.



Dirty Cello

Friday, August 17,
7:00 PM, P-Hall (KS)

— **LSE96**

From China to Italy, and all over the U.S., Dirty Cello brings the world high energy and unique spin on blues and bluegrass. Led by vivacious cross-over cellist, Rebecca Roudman, Dirty Cello

is cello like you have never heard before. From down-home blues with a wailing cello to virtuosic stompin' bluegrass, Dirty Cello is a band that gets your heart thumping and your toes tapping! Save \$1 off \$4 or more at KS Café on show night. **Reserved Seating: \$23.**

Summer Amphitheater Concert Series

Garratt Wilkin & the Parrotheads

A Tribute to Jimmy Buffett

Friday, August 24, 7:30 PM (Amphitheater, OC)

— **LSE78**

\$20. See page 55 for details.

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Lifestyle Trips Coordinator
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Featured Trip

**Three days, two nights! Plan for the holidays now!
The Grand Holiday Hearst Castle and Cambria
Tour Sunday, November 25 thru Tuesday,
November 27 — LST158**

Jump start the holiday season with a trip to the gorgeous California Central Coast! Join Katrina, your Trip Coordinator, as we tour the grandeur of Hearst Castle. Bedecked in authentic 1930's holiday decor and trimmings, it will be easy for you to imagine being in one of Hearst's extravagant holiday parties! After the late afternoon tour, witness the glorious sunset from the top of the hill. Shop the Cambria Christmas Market with its open-air stalls and many unique offerings. Enjoy local food and drink, brats, fresh baked goods and treats, along with Glühwein, a traditional German hot spiced wine, located conveniently behind the hotel. With its many wine tasting rooms, quaint shops and delicious restaurants, the village of Cambria will not disappoint. Visit the Elephant Seal Rookery and the visitor's center/gift shop. On our way home, enjoy an included lunch at John Steinbeck's house, and a docent-led tour of The National Steinbeck Center in Salinas.

This excellent trip includes:

- Two-night stay at the Cambria Pines Lodge
- Grand Rooms tour of Christmas at Hearst Castle

- Admission to the Cambria Christmas Market
- Visit to the Piedras Blancas Elephant Seal Rookery
- Free time in downtown Cambria
- Daily hot buffet breakfast
- Lunch at Basque Matxain Etxea Restaurant in San Juan Bautista
- Buffet Dinner at the hotel after Hearst Castle tour
- Lunch and docent talk at John Steinbeck House
- Docent-led tour of The National Steinbeck Center
- Total meals included: two breakfasts, two lunches, and one dinner.
- Gratuities for the bus driver and included meals



Wheels roll from OC 8:00 AM, Sunday, November 25 return Tuesday, November 27 ~ 5:15 PM. A *signed liability waiver is required for each participant*. Trip insurance highly recommended. Trip insurance providers list from the US State Department and menu are available at the Lifestyle Desks or view online. \$548 per person double occupancy; \$759 single. **Early registration is requested due to vendor deadlines.**

Day Trips

—Casino/Races—



Colusa Casino
Thursday, June 21
— LST133

Casino credits: New members \$15; Current members \$10 plus any additional based on prior play. All attendees over 50 years of age will receive \$5 additional slot credit and \$5 credit towards the buffet. There may be additional promotions in June. Casino promotions subject to change. Five-hour stay at the casino. Wheels roll from OC at 9:00 AM, return ~ 5:00 PM. \$24.



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Reno Silver Legacy Tuesday, July 10

— **LST141**

Visit the Silver Legacy Hotel & Casino in Reno for the day. Get \$10

cash back and \$5 food credit. Six-hour stay. Wheels roll from OC 8:00 AM, return ~ 6:30 PM. \$37.



Reno Silver Legacy — Hot August Nights Thursday, August 9

— **LST153**

Enjoy a day trip to Hot August Nights in downtown Reno! Visit the Silver Legacy Hotel & Casino for the day and receive \$10 gaming credit & \$5 food credit. Try your luck at the slots or check out classic cars and vendors outside in the blocked off streets. It's a day to do as you wish with plenty of indoor options including the National Automobile Museum and Big Boy's Toy Store at the Reno Events Center. Wheels roll from OC 8:00 AM, return ~ 6:45 PM. \$37.



Best in the West—Rib Cook-off—Nugget Resort Wednesday, August 29

— **LST155**

Witness the country's best rib competition and enjoy the "Best Ribs in the West"! This cooking competition at Victorian Square

in Sparks over the long Labor Day weekend is a must-attend culinary affair. You've seen the BBQ cook-offs on the Food Network, now come experience it live! The event also includes an arts & crafts fair. Lunch on your own. We are going on the first day of the event for less crowds. Wheels roll from OC at 8:30 AM, return ~ 6:30 PM. \$42.

—Museums—



Legion of Honor — San Francisco Truth and Beauty: The Pre-Raphaelites and the Old Masters Wednesday, July 18

— **LST136**

See the first major international loan exhibition to assemble works of art by members of England's nineteenth-century Pre-Raphaelite

Brotherhood with the early Italian, Netherlandish, and German art that inspired them. The presentation will feature stained glass and tapestries. Also enjoy the exhibition: The Future of the Past: Mummies and Medicine. For more information on this and other currently running exhibits, please go to <http://legionofhonor.famsf.org/legion/exhibitions>. Lunch on your own at the museum's café or bring your own. Wheels roll from OC at 8:15 AM, return ~ 6:15 PM. \$70.

—Performances—



Les Misérables Orpheum Theater, San Francisco Wednesday, August 15 — **LST111**

See the new Cameron Mackintosh production of LES MISÉRABLES. Set against the backdrop of 19th-century France, LES MISÉRABLES tells an unforgettable story of heartbreak, passion, and the resilience of the human spirit featuring the beloved songs, *I Dreamed A Dream*, *On My Own*, and more. With its glorious new staging and dazzlingly reimagined scenery, this new production has left everyone awestruck. Matinee performance with Mid-Orchestra seating. Dinner on your own at Union Square after the show. Bring your own lunch to eat en route. Wheels roll from OC at 10:45 AM, return ~ 9:45 PM. \$152.



2018/2019 Speaker Series

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Theater. The exciting speaker series is **sold as a series only**, no individual tickets, offered with four price points and seating choices. Reserved seating choices: Platinum – Front Orchestra seating. Gold – Middle orchestra and Silver – Rear orchestra. Bronze option is open seating in the second tier. Wheels roll at 6:45 PM, allowing ample Bronze seat options upon arrival, return ~ 10:15 PM. Price options and phenomenal speakers listed below.

\$618 Platinum Seating — **Sold Out**
\$558 Gold Seating — **LST145**
\$438 Silver Seating — **LST146**
\$342 Bronze Seating — **LST147**



Leon Panetta
Wednesday, September 26

Leon Panetta is an American politician who has served in several public office positions, such as Secretary of Defense, Director of the CIA, Director of the Office of Management and Budget and as a U.S. Representative from Monterey, California. As President Clinton's Chief of Staff, he was credited for bringing order and focus to the White House operations and policy making. He is the co-founder of the Panetta Institute for Public Policy.



John Cleese
Wednesday, November 14

John Cleese dubbed "the world's funniest man" first made his mark as a member of the legendary Monty Python troupe in the 1960's, and has gone on to write, produce, direct and star in some of the greatest comedic hits of the last forty years. But Cleese is far from your garden variety entertainer, since the beginning of his career, he has continually parlayed his enormous talents into advancing education and providing entertaining training videos.



Ian Bremmer
Wednesday, January 16, 2019

Ian Bremmer is a political scientist specializing in U.S. foreign policy and states in transition. Bremmer is most widely known for advances in global political risk; referred to as the "guru" in the field by *The Economist* and *The Wall Street Journal* and, more directly, bringing political science as a discipline to the financial markets. He created Wall Street's first global political risk index, now the GPRI (Global Political Risk Index). He is also the foreign affairs columnist and editor-at-large for *TIME Magazine*.



Diane Keaton
Wednesday, February 20, 2019

Diane Keaton is a renowned American actress and an occasional singer who also delved into directing and producing films. She is a multi-faceted personality who has not only proved her mettle in the various aspects of the entertainment industry but also portrayed her creative versatility in writing and photography. She is also a New York Times best-selling author.



Marlee Matlin
Wednesday, March 20, 2019

Marlee Matlin lost her hearing at a young age but nonetheless pursued an acting career and became highly successful, winning an Academy Award for her role in *Children of a Lesser God*. She continues to star in a number of films and television shows. Her autobiography, *I'll Scream Later*, describes many challenges she has faced and how her perseverance helped her overcome obstacles.



Dan Buettner
Wednesday, April 17, 2019

Dan Buettner is a National Geographic Fellow and New York Times, bestselling author. While traveling the globe, he discovered five places in the world dubbed "Blue Zones" where people live the longest and are healthiest. Buettner released a book on his findings, *The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest*. His topics of how to live to be 100+ and Finding Happiness in the Blue Zone Ways, largely based upon his research, provides a database approach to long life and happiness.

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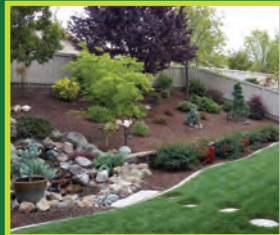
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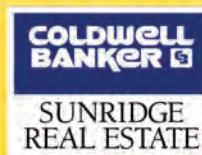
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**On Your Feet!
The Emilio & Gloria Estefan Story Tuesday, October 30**

— **LST148**

From their humble begin-

nings in Cuba, Emilio and Gloria Estefan came to America and broke through all barriers to become a crossover sensation at the very top of the pop music world. But just when they thought they had it all, they almost lost everything. *On Your Feet!*, takes you behind the music and inside the real story of this record-making and groundbreaking couple who, in the face of adversity, found a way to end up on their feet. \$101.



Waitress Wednesday, January 2, 2019

— **LST149**

Brought to life by a ground-

breaking all-female creative team, this irresistible new hit features original music and lyrics by 6-time Grammy® nominee Sara Bareilles (*Brave, Love Song*) a book by acclaimed screenwriter Jessie Nelson (*I Am Sam*) and direction by Tony Award® winner Diane Paulus (*Hair, Pippin, Finding Neverland*). Inspired by Adrienne Shelly's beloved film, *WAITRESS* tells the story of Jenna – a waitress and expert pie maker who dreams of leaving her small town and loveless marriage. A baking contest and the town's new doctor may offer her a chance at a fresh start. Don't miss this uplifting musical. \$101.



Falsettos Tuesday, March 12, 2019

— **LST150**

William Finn and James Lapine's groundbreaking, Tony Award-winning musical

returned to Broadway in an all-new production from Lincoln Center Theater and was nominated for five 2017 Tony Awards, including Best Revival of a Musical. *Falsettos* is a hilarious and achingly poignant look at the infinite possibilities that make up a modern and non-traditional family and a beautiful reminder that love can tell a million stories. *Falsettos'* story centers around a boy whose parents divorced and are both in new relationships, one of which is homosexual. \$101.



CATS Tuesday, April 2, 2019

— **LST151**

Rediscover *Cats* —the beloved Andrew Lloyd Webber musical

with breathtaking music, including one of the most treasured songs in musical theater, *Memory*. Winner of seven Tony Awards® including Best Musical. Featuring new sound design, direction, and choreography for a new generation — experience *CATS* for the first time as it begins a new life, or let it thrill you all over again! \$101.



Disney's Aladdin Tuesday, May 21, 2019

— **LST152**

Discover a whole new world at Disney's *Aladdin*;

the hit Broadway musical. From the producer of *The Lion King* comes the timeless story of *Aladdin*, a thrilling new production filled with unforgettable beauty, magic, comedy and breathtaking spectacle. It's an extraordinary theatrical event where one lamp and three wishes make the possibilities infinite. See why audiences and critics agree, *Aladdin* is "Exactly What You Wish For!" \$101.

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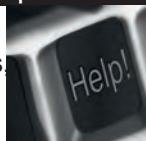
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2018 Music Circus

Enjoy three wonderful shows from this year's season at the air-conditioned Wells Fargo Pavilion in Sacramento presented in "Theatre in the Round." Two are brand new to Music Circus and sure to be hits! All shows start at 7:30 PM. You will have time to purchase food and beverage prior to the show. Enjoy the convenience of being dropped off right at the entrance gate! Wheels roll from OC at 6:15 PM, return ~ 11:00 PM. \$101 each show.



Gypsy
Tuesday, July 24 — LST120
 This landmark show, with a celebrated score by Jule Styne and Stephen Sondheim, is based on the life of burlesque queen Gypsy Rose Lee. A singularly-focused mother takes her daughter on a cross-country adventure in pursuit of fame and fortune on the dying Vaudeville circuit.



Mamma Mia!
Wednesday, August 8 —
SOLD OUT!



Little Shop of Horrors
Tuesday, August 21
— LST122
 Nerdy floral shop worker Seymour would do or give anything to gain the love of the object of his affection, Audrey. The depth of his desire is tested when a strange and precarious addition to his floral shop brings him sudden and unprecedented popularity. This hit musical, based on the campy 1960s cult horror film, features music by Alan Menken. Music Circus premiere.

—Sports—

San Francisco Giants 2018

Watch your San Francisco Giants in the comfort of club level seats with spectacular views! These seats are wider with more leg room; access to the memorabilia displays and shorter lines. Portions of club level are in climate-controlled areas. Enjoy easy elevator access (bus drops off on the Third base side where seats are located.). No cans, glass bottles, alcohol, or hard-sided coolers allowed inside the ballpark. Wear layers for SF weather and a cap for sun protection. Specific rules for the stadium available at Lifestyle desks. Only one game left with availability. See below for information.



Giants vs. St. Louis Cardinals



Sunday, July 8 — LST101
 Wheels Roll from OC at 9:15 AM for a 1:05 PM game time and return ~ 7:00 PM. \$154. Seats in Club Section 230.

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—Tours/Leisure—



Second Bus Added!
Squaw Valley Art, Wine and Music Festival
Saturday, July 14
 — **LST159**

Get out of the valley heat and enjoy a cool mountain summer day. Enjoy Squaw

Valley's annual Art, Wine & Music Festival. This European style village comes alive with color, taste, and sound with many fine artists, crafts makers, performers, and musicians. The festival features wine tasting, several performance stages, restaurants, shops, and walkways lined with art booths and exhibits. Do some hiking if you wish. Lunch, wine tasting, tram ride, etc. on your own. Bus #2 rolls from OC at 9:45 AM, return ~ 6:30 PM. \$35.



South Fork American River Rapids Rafting
Thursday, July 26
 — **LST135**

The South Fork of the American River is one of

the most popular rafting adventures on its course through California's historic Gold Country. If you are active and can swim, this trip is well suited for you (no rafting experience necessary.) The difficulty of rivers are rated class one to six, and this course is in class two and three-plus rapids. Meridians boxed lunch is included with choice of Turkey or Ham Sandwich or Vegetarian Wrap. Comes with fruit, bottled water, and a cookie. Provide lunch choice at registration. This is a high-impact trip and not recommended for those with back issues. Consult with your doctor about any health concerns. Pick up guidelines, waivers and rafting itinerary at Lifestyle Desks. Wheels roll from OC at 11:00 AM, return ~ 6:30 PM. \$160. **Cannot be purchased online, must register in person.**



San Francisco for the Day – Union Square
Saturday, August 4
 — **LST143**

Enjoy a lovely day trip to the city by the bay without worrying about traf-

fic, the bridge, parking, etc. Relax and let our comfortable coach take you Union Square for a day to do as you wish. August can be cool in the city, layer up! Lunch on your own. Wheels roll from OC at 8:30 AM, return ~ 7:00 PM. \$46.



Half Moon Bay for the Day
Saturday, August 18
 — **LST154**

Experience a cool day in a gorgeous coastal region just south of San Francisco. The Coastside Certified Farmer's

Market will be in full swing with many tasty local offerings from farmers, ranchers and fishermen so bring your ice chest and insulated shopping bags! You will have time to peruse shops on Main Street or if you are a hiker, take a walk down the Coastside Trail. Pack a picnic or enjoy lunch on your own. Restaurant list/map at Life-style desks. Wheels roll from OC 8:00 AM, return ~ 6:30 PM. \$51.



California Automobile Museum
Thursday, August 23
 — **LST157**

The California Automobile Museum in downtown Sacramento is a walk through the history of cars and California culture! Enjoy a docent-led tour of the permanent exhibits and the special exhibit *Crafting a Rebellion* highlighting the works of local custom legends: **Harry Westergard**, **Dick Bertolucci**, and **Sam Barris** of the Barris Brothers. The exhibit showcases customs and hot rods from the 1940s through early 1960s. Box lunch from Meridians included with choice of Turkey or Ham on Wheat or Vegetarian Wrap. Comes with fruit, chips, bottled water and dessert. Wheels roll from OC 9:15 AM, return ~ 1:15 PM. \$42.



California Capital Airshow
Sunday, September 23
 — **LST156**

Celebrate 100 years of Mather Airport and see the Air Force Thunderbirds and more at the California Capital Air Show. Included is all day access to the Flight Line Club large chalet tent near the airshow center

with buffet, soft beverages and reserved table seating in the tent. Outside seating also available. Front bus drop off, golf cart service for mobility impaired, and private restrooms for chalet guests only. Don't miss this spectacular airshow as Fleetweek will not be offered this year. Buffet menu available at Lifestyle Desks or online. Wheels roll from OC at 8:30 AM, return ~ 5:30 PM. \$123.

Sold Out Trips

Trip • Date • Departure Time
List below shows trips up to July.

- Federal Reserve Tour
Tuesday, June 19 • 8:30 AM
- Cirque Paris at Eldorado Reno
Wednesday, June 27 • 12:00 PM
- USS Potomac
Thursday, July 19 • 7:30 AM
- Oakland A's vs. SF Giants
Sunday, July 22 • 9:15 AM
- Pageant of the Masters
Saturday, July 28 • 8:00 AM

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- A requirement to take out a certain portion of your retirement holdings every year once you reach age 70½, or face a 50% penalty
- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

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Class Index

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



Register at the Lifestyle Desk (OC/KS)
or online at SCLHResidents.com

Classes

Vacation Drop-In

Drop-in sessions are available to accommodate your vacation plans! Drop-in sessions are for current students able to work independently but unable to attend class full-time. Sessions are held in conjunction with ongoing regular classes. Space is on a first-come, first-served basis with in-person enrollment allowed only on the day of the class. Students must check with the instructor prior to registration for space availability and class **prerequisite**. The class article notes if a drop-in is accepted. **Prerequisite:** Must have completed at least one month of class instruction. Drop-in sessions are not for first-time students/beginners offering limited guidance from the instructor.

Summer Fun with Your Grandkids!

Learn with your grandkids and share quality fun times with them this summer. Lifestyle and WellFit departments have put together classes to create a memorable summer vacation together. Each class is different and has their own requirements, so we thank you for reading the descriptions thoroughly prior to registration. All classes require a grandparent to be enrolled in the class. Enroll early for best options as space is limited. Register for all classes at Lifestyle Desk and Online unless otherwise specified.



Tap! Tap! Tap!
with Alyson
Monday, July 9
— LSC1549

11:00 AM to 12:00 PM
(KS). \$8 per student.
Instructor: *Alyson*

Meador. Share the fun of tapping with your grandkids taught by one of the best tap instructors in the area. Alyson will teach starting basics of tap dance and some fun combinations that everyone can learn. You will be smiling, moving, and creating some great rhythms by the end of class! Tap shoes optional. **Age prerequisite:** 6 years and up.



Kiddie Card Making with Dottie

Tuesday, July 10 — LSC1551

9:00 AM to 12:00 PM (KS).
\$10 per student. Instructor:
Do ie Macken. You and your
little one will create two blank
cards perfect for the season.

All supplies will be provided,
just bring your enthusiasm and creativity. **Age
prerequisite:** 8 years and up.



Yummy Healthy Cooking with Kerin Monday, July 9

— LSC1553

1:00 to 3:00 PM (KS).
\$30 per adult, \$20 for
1st child, \$10 each
additional child.

Instructor: *Kerin Gould, Ph.D.* Instill the love of cooking with your grandchildren. Kerin will make cooking exciting and healthy food yummy! Participants will learn basic cooking skills and prepare a veggie recipe and a Seasonal Fruit Crisp with Topping using farm-fresh fruits. We will eat together at the conclusion of class and recipes will be provided. Students are required to bring some supplies to class to ensure hands-on participation; list available from Lifestyle Desk and online. The class can get messy; please dress accordingly. **Age prerequisite:** 7 years and up.



Hula with Pam Thursday, July 12 — LSC1546

11:00 AM to 12:00 PM
(KS). \$8 per student.
Instructor: *Pam Akina*.
Get ready for those
Hawaiian parties! Learn

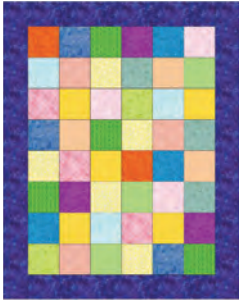
basic hula moves to classic Hawaiian music and the wonderful tradition and history of the dance. Traditional Hawaiian snacks will be served after the class. **Age prerequisite:** 5 years and up. Age of grandchild needed at the time of enrollment.



Sip & Paint with your Grandkids: Owl at Sunrise Thursday, July 12 — LSC1550

1:00 to 4:00 PM (KS). \$45
Adult; \$25 Child. Instructor:
Unni Stevens. Enjoy a fun and
creative afternoon painting.

Each participant will receive an under painted 12"x16" canvas to create their masterpiece while sipping lemonade and nibbling cookies and fruits. Step-by-step instruction, acrylic paint supplies and lessons on color mixing and brush strokes will be provided during class. All art supplies and snacks included in the cost. No art experience required. **Age prerequisite:** 9 years and up.



**Grandma and Me –
The Art of Quilting
Friday and Saturday,
July 13 & 14 — LSC1554**

1:00 to 3:30 PM (Friday); 9:30 AM to 12:00 PM (Saturday). OC. \$45 per child. Additional \$20 per supply kit fee due at class. Instructor: **Be y Kisbey.**

Introduce your grandkids to the art of quilting. A simple kit for a 36" x 42" quilt top will be pre-cut and ready for sewing in a supportive environment. The grandparent must review with the child the use of sewing machine prior to class and must provide direct supervision at all times during class with the use of all equipment including iron and cutting equipment. **Participants must bring their own sewing machine and basic sewing supplies.** Pick up supply list from Lifestyle Desk or Online. **Age prerequisite:** 8 years and up (one child per adult). The child must exhibit good motor coordination, able to use scissors and iron safely and know the safety rules of using a sewing machine.

**Zumba with your Grandkids
Monday, July 16**

2:30 to 3:30 PM, Aerobics Room (KS). See page 89 for more information.

**Line Dance Fun with Yvonne
Thursday, July 19 — LSC1555**

11:00 AM to 12:00 PM (KS). \$6 per person. Instructor: **Yvonne Krause.** Get those body moving while spending quality time with your grandkids. Yvonne will have everyone in the class learn a complete line dance number with simple steps on a popular country tune. It will be a lot of fun! **Age prerequisite:** 5 years and up.



**A Day at the Beach
Thursday, July 26
— LSC1556**

9:00 to 10:00 AM (KS). \$10 per child. Additional \$10 Supply fee is due at class. Instructor: **Lily Ross.** Join

us for *A Day at the Beach with Kindermusik!* Get ready to imagine alongside your grandchild and wiggle your toes in the sand, scuttle like a crab, and listen to the surf roll in. We will experience the sights and sounds found at the beach through songs, exploring instruments, dancing, and story time. Each child will receive a Beach Days CD, and beach ball to keep the fun going at home! **Age prerequisite:** Ages 0-7.

Art

—Announcement—



Fine Arts Class Gallery

Fine Arts Room (OC). The Lifestyle Department, in cooperation with Lincoln Hills art instructors and their students, welcome all residents and their guests to stop

by the Fine Arts Room to view wonderful artworks. The gallery will feature a revolving display of artworks from Marilyn Rose's Oil & Acrylic classes and Pastels and Watercolor paintings from Michael Mikolon's class. Come by anytime an art class is in session to view the works and watch the class' creative process in action.

—Abstract Art—



**Abstract Art Workshop
Mondays July 2 & 9
— LSC1056**

1:30 to 4:00 PM (OC) \$65 (two sessions). Instructor: **Faye August.** Use this two-session summer class to break from your normal



painting style and stimulate your creativity! Create two funky abstract paintings: a funky floral arrangement that is fun and colorful in a Picasso-ish style (first session) and a wine bottle vignette done in your style and color combo. The class is open to all skills levels, all mediums welcome. Because of drying time, paper and canvasses should not exceed 16"x 20". If working in acrylics, bring gessoed paper or canvas. Bring your own paint, brushes, canvas or paper, and any other fun, mark-making tools. You may use flat, round, and a script/liner. Questions? Contact Faye at 916-209-3643 or watercolorist55@gmail.com.

—Drawing—



Mixed Media Art Journaling
Tuesday, July 10 — LSC898

9:00 AM to 12:00 PM (OC). \$25 Plus, \$5 Supply fee paid to the instructor. Instructor: **Kerry Dahlin**. A variety of media will be used as we "play" on the pages of our art journals. 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 needed: mixed media spiral-bound artist paper pad, glue stick, scissors, small paint brush, Sharpie pen, white gesso, plus any of your favorite mixed media supplies.

—Oils, Pastels & Acrylics—



Oil and Acrylic Painting:
Beginner/Refresher
Wednesdays, July 11-25
— LSC969

1:30 to 4:00 PM (OC). \$39 (three sessions). Instructor: **Marilyn Rose**. Have you always wanted to try

painting in oil or acrylic or want a refresher? Start with exercises in basic color mixing and brush and paint handling, followed by simple form creation plenty of discussion, demonstrations, and paint-along exercises to help you get comfortable. Minimal investment in materials. Note: intermediate and advanced students are welcome to take this class and work on their own with minimal guidance. For more information contact Marilyn at 916-409-0397.

Supply list – Beginning Class – available at the Lifestyle Desk. Vacation drop-in: PAINT — \$17 per session.



Oil and Acrylic Painting:
Intermediate/Advanced
Wednesdays, July 11-25
— LSC961

9:00 to 11:30 AM (OC). \$39 (three sessions). Instructor: **Marilyn Rose**. Have you painted in the past and want to get back into it? Do you paint now and want some congenial

company and tips to improve? Receive expert guidance in creating original paintings of your choice. Demonstrations, masterwork examples, and individual instructions are used to advance student understanding and implementation of techniques. About the Instructor: Marilyn has over 25 years painting experience. For more information contact Marilyn at 916-409-0397 or www.artistmarilynrose.com. Supply list – Intermediate-Advanced Class – available at Lifestyle Desk. Vacation drop-in: PAINT — \$17 per session.

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Sip and Paint: "Lavender Field"

Friday, June 22 — **LSC909**

Or "Peacock"

Friday, July 20 — **LSC910**

5:00 to 8:00 PM (OC). \$55. Instructor: *Unni Stevens*. Enjoy cheese and wine while painting. This class is great for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day, with step-by-step instruction. Learn how to mix colors, brush stroke, and pallet knife techniques. All supplies are included. Canvases are under-painted and ready to hang. Fee includes a glass of wine, and a selection of cheese, crackers, and fruits. About the Instructor: Artist Unni Stevens studied art in Norway, Japan and at the Laguna College of Art with 30+ years of painting experience. More information at www.unniart.com.

—Pastels & Watercolor—



Art Classes with Michael Mikolon

Michael Mikolon, an accomplished artist and art instructor in the Downtown Sacramento area, delivers a class geared for all skill levels. Beginner and advanced students learn various pastel and watercolor approaches and techniques in an encouraging and fun environment!

Each student will be given individual instructor attention at their level and chosen art medium. Class begins with a live demonstration followed by one-on-one instruction. This course will focus on materials and painting technique, color theory and mixing fresh/vibrant color with the use of a well-organized palette. Learn to create your own voice in art! Choose the schedule that works best for you.

- **Watercolor Class**
Wednesdays, July 11-25 — **LSC1053**
5:30 to 8:30 PM (OC).
\$45 (three sessions).
Instructor: *Michael Mikolon*

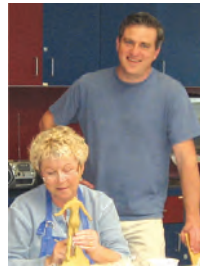
- **Pastel and Watercolor Combo Class**
Thursdays, July 5-26 — **LSC634**
1:00 to 4:00 PM (OC).
\$60 (four sessions).
Instructor: *Michael Mikolon*

Watercolor Step-by-Step Mondays, July 2-30 — **LSC614**

9:30 AM -12:00 PM (OC). \$75 (five sessions). Instructor: *Michael Mikolon*. This class will give the beginner watercolor student a chance to work with the medium with step by step instruction. The teacher provides the image to be painted week by week. Supply list will be discussed on the first day of class as well as a demonstration. Students will learn the basics of paint and application as well as color theory. One-on-one instruction will be provided as you are guided step by step to create a simple work of art. All ability levels are welcome, images and concepts will be basic.

Ceramics

—Pottery—



Beginning/Intermediate Ceramics Tuesdays, July 3-31 — **LSC682**

1:00 to 4:00 PM (OC). \$67.50 (five sessions). Instructor: *Mike Daley*. An introductory class for residents who have never worked with clay, and continuing students who want to continue to develop their skills.

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



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Advanced Ceramics
Tuesdays, July 3-31
— **LSC1046**

9:00 AM to 12:30 PM (OC). \$67.50 (five sessions). Instructor:

Mike Daley. This class is for self-motivated students/artists with established ceramic skills. Students explore their craft and sculpture projects with guidance from the instructor. The course includes demonstrations, assignments, group discussion, and constructive critique. Vacation drop-in: CERD3 — \$17 per session.

Introduction to Ceramics with Taylor
Thursdays, July 5-26 — **LSC1734**

9:00 AM to 12:00 PM (OC). \$54 (four sessions). Instructor: *Taylor Jackson*. A beginner's course in ceramics for those with no experience, or wish to freshen up former passions. The class covers the basics of handbuilt and wheel thrown ceramics. Receive a tour of the studio to get familiar with the facilities and to understand better how to approach a project. Assignments, demonstrations, and individual instruction will be provided to help students explore their interests and become more comfortable with the working process. First-time students will receive a materials list at the first class or request at registration. Some tools are available from the instructor to help with an art piece.



Intermediate and Advanced Ceramics with Taylor
Thursdays, July 5-26
— **LSC808**

1:00 to 4:00 PM (OC). \$54 (four sessions). Instructor: *Taylor Jackson*. This class is for intermediate

and advanced ceramic students who are self-driven and wish to establish their skills. Students are encouraged to explore many of the artistic and functional approaches to handbuilt and wheel thrown ceramics. This class includes assignments, demonstrations, and individual instruction designed to help students further develop their skills and interests. Some tools are also available from the instructor to help in building or further develop an art piece.



Sip and Glaze – Summer Ceramics
Friday, June 22
— **LSC1547**

4:00 to 8:00 PM (OC)
\$30. Plus \$20 material fee payable to instructor. Instructor: *Janie Chlubna*.

In cooperation with The Ceramic Arts Group, we invite you to a Summer Sip and Glaze class. Learn the fine art of glazing a fun earthenware piece with a delightful selection of colors and finishes. All supplies are included (choice of earthenware piece (1), glazes, brushes, firing service). During the class, Janie Chlubna, our instructor, will show you how to create a very personal earthenware decoration using fun glazing techniques and materials for a wide array of effects. Wine and snacks will be served while you create your treasure.

Crafts

—Card Making—



Intro to Card Making 101—Level 1
Fridays, July 13-27 — **LSC887**

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

Card Making Level 2—Intermediate
Mondays, July 9-23 — **LSC864**

9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Do ie Macken*. **Prerequisite:** Completion of at least three sessions of Intro to Card Making 101—Level 1, or instructor's approval. This class will build on your card making skills while introducing you to some new and different card making and paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided.

Card Making Level 3—Intermediate/Advanced Wednesdays, July 11-25 — LSC875

9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Do ie Macken*. **Prerequisite:** This class will build on your skills from Level 2 offering more complex and challenging projects 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.

—Cooking—



Produce with a Purpose Monday, June 25

— LSC1542

Monday, July 23

— LSC1735

4:00 to 6:00 PM (KS) \$45.
Instructor: *Kerin Gould, Ph.D.* Your doctor told you

to eat more produce, but who has the time, energy, knowledge, or inspiration? This class features nutritional information about foods for fighting cancer, diabetes, and other chronic illness, plus easy, plant-centric recipes, cooking tips, sampling, and some farm-fresh, pesticide-free produce to

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take home. Instructor Kerin Gould, Ph.D. studied natural health but learned more while helping her dad fight cancer. She owns a small farm and writes a column for the local newspapers. For more back-story see <http://producewithapurpose.wordpress.com>. Class fees include cooking instruction, farm-fresh produce, and demonstration materials.

Dance

—Clogging—

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



Beginning Clogging

Tuesdays, July 10-31 — LSC977

10:00 to 11:00 AM (KS). \$28 (four sessions). Instructor: *Janice Hanzel*. Start a new passion! Join this new beginners class, a low impact, revamped foundation and

fundamental class. The class will move through at a relaxed pace, the eight basic traditional clogging movements while developing skills of the foundations of clogging. Special attention will be paid to balance skills. No special shoes required; flat-soled shoes recommended.

Easy-to-Intermediate Clogging Tuesdays, July 10-31 — LSC606

11:00 AM to 12:00 PM (KS). \$28 (four sessions). Instructor: *Janice Hanzel*. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We will also learn new dances, easy to intermediate, from recent workshops and conventions. Come join the fun. All levels encouraged to participate. Vacation drop-in: CLOG1 — \$10 per session.

Intermediate Plus Clogging Tuesdays, July 10-31 — LSC1733

12:00 to 1:00 PM (KS). \$28 (four sessions). Instructor: *Janice Hanzel*. **Prerequisite:** Instructor approval. Students are strongly encouraged to take the 11:00 AM class. Challenge yourself with 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 1 & 2**
Mondays, July 9-30 — **LSC661**

7:00 to 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.

**Country Couples Western Dance
Beginner/Intermediate Level 3 & 4**
Mondays, July 9 -30 — **LCS1744**

6:00 to 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 the Beginner Class, join us for a fun-filled hour of more challenging beginner and easy intermediate dances. You have learned some of the basics; now it's time to add a few more steps and turns. This month we will be teaching "Kisses on You" and "Love's Gonna Make It" and a new dance to be announced in class.

Country Line Dancing
Fridays, July 6-20 — **LSC784**

3:00 to 4:00 PM (KS). \$18 (three sessions). Instructors: *Jim & Jeanine Keener*. This class is a mixture of beginner, high beginner, and intermediate dances. It features the popular "old" line dances that are done at country dances around the area.

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—Dancing with Dolly—



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stretching awakens the body as we move onto balance exercises and coordination patterns to stimulate the mind to body connection. Students will gain flexibility and strength while using dance moves. The last half hour of class is devoted to a simple dance choreographed to incorporate the steps learned. A different style of dance is introduced weekly: Cha-Cha, Character, Rock n Roll, Disco, Pop, Soft Shoe, and Lyrical. Wear comfortable clothes with either Ballet or Jazz shoes. Join this friendly non-competitive atmosphere, where dance is fun, energizing, and empowering.

Beginning Dance for Life
Thursdays, July 5-26 — LSW15

5:00 to 6:30 PM (Aerobics Room, OC).
 \$50 (four sessions).
 Instructor: *Dolly Schumacher*.

Dance for Life Intermediate
Fridays, July 6-27 — LSW29

2:15 to 3:45 PM (Aerobics Room, OC).
 \$50 (four sessions).
 For the dancer who loves to perform!
 Instructor: *Dolly Schumacher*.

—Hula—



Hula Basics
Thursdays, July 5-26 — LSC712
 12:00 to 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. You

are taught essential hula terms, cultural and historical information. This class may be taken alone or in conjunction with a regular Hula class. Please contact Pam prior to the first class at pamahoa@hulapono.com or 916-521-0474.

Hula Intermediate
Thursdays, July 5-26 — LSC1010

1:00 to 2:00 PM (KS). \$32 (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 the 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 classes will be on a hiatus for the month of July.
Classes will return in August.

—Line Dance—

We offer various levels of Line Dance classes taught by three different instructors. Choose the skill level, schedule, and instructor that best fits your needs. 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 for advancement to more challenging line dance classes in the future.

- **Mondays, July 9-August 27 — LCS1745**
4:00 to 5:00 PM (KS).
\$48 (eight sessions).
Instructor: *Audrey Fish*
July 30 Substitute: Ginger Fullerton
- **Thursdays, July 12-August 30 — LSC971**
9:00 to 10:00 AM (KS).
\$48 (eight sessions).
Instructor: *Yvonne Krause-Schenck*

Line Dance—Easy Beginner

If you have taken an Introduction to Line Dance Class and want to move up to Line Dance I Beginner level, this is the class for you. This is a transition between the introduction level and the regular beginner level. The dances are easy and fun. You will continue to perfect your basic steps and learn some new ones in the process. Ultra dances, as well as Easy Beginner dances, will be taught with an emphasis on the terminology of line dancing.

- **Thursdays, July 5-26 — LSC740**
10:00 to 11:00 AM (KS).
\$24 (four sessions).
Instructor: *Yvonne Krause-Schenck*
- **Fridays, July 6-27 — LSC995**
2:00 to 3:00 PM (KS).
\$24 (four sessions).
Instructor: *substitute Jeanie Keener*

Line Dance—Beginner

Prerequisite: This class is not for newbies, students must have completed the Intro level and have mastered basic line dance steps, movements, and dances. Beginner dances will have more turns and combinations of steps, sometimes to faster music. Beginner dances will be taught, at the teacher's discretion.

- **Mondays, July 2-30 — LSC714**
9:00 to 10:00 AM (KS).
\$30 (five sessions).
Instructor: *Yvonne Krause-Schenck*
- **Thursdays, July 12-26 — LSC739**
2:30 to 3:30 PM (KS).
\$18 (three sessions).
Instructor: *Audrey Fish*

Line Dance—High Beginner/Improver Class

This level is a great way to help experienced beginners improve their skills and learn 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 be taught reflecting different timing and styling. High Beginner/Improver dances will be taught, at the teacher's discretion.

- **Mondays, July 9-30 — LSC610**
5:00 to 6:00 PM (KS).
\$24 (four sessions).
Instructor: *Audrey Fish*
July 30 Substitute: Sheridan Brown
- **Wednesdays, July 11-25 — LSC657**
9:00 to 10:00 AM (KS).
\$18 (three sessions).
Instructor: Substitute: *Dennis Dawson*

Line Dance—Easy Intermediate Class

Prerequisite: The dances taught in this class are 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, July 11-25 — LSC1006**
10:00 to 11:00 AM (KS).
\$18 (three sessions).
Instructor: Substitute: *Dennis Dawson*

Line Dance—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!

- **Thursdays, July 12-26 — LSC640**
3:30 to 4:30 PM (KS).
\$18 (three sessions).
Instructor: *Audrey Fish*

Line Dance Instructors

• **Audrey Fish**

Audrey has been teaching at Lincoln Hills since November 2000. She loves teaching line dance because it's such great physical and mental exercise. "It makes me happy to see the joy this class brings to my students as well as watching them progress and feeling proud of their accomplishments."



• **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 is also offering an Easy Intermediate Class for those who want easier dances with great music. *Vacation Drop-in offered for all her classes - \$10.



• **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.



—Tap—

Summer Tap Tech Class

Mondays, July 9-30 — LSC763

10:00 to 11:00 AM (KS). \$32 (four sessions). Instructor: *Alyson Meador*. Open level. Keep your technique up for July and learn some fun summer themed dance combinations.

Note: All other Tap classes are on hiatus in July and will resume in August.

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—West Coast Swing—

West Coast Swing**Wednesday, July 11-25 — LSC1271**

6:00 to 7:30 PM (KS). \$30 (three sessions). Instructor: **Dottie Macken**. **Prerequisite:** Must know the basics of West Coast Swing Dancing and be at an intermediate to advance level. This three-week session will be a time for us to review our WCS dancing and patterns. Partners suggested, and the class is not for beginners.

Glass Art**Stained Glass****Mondays, July 9-30**— **LCS1746**

1:00 to 4:00 PM (KS). \$58. (four sessions). Supply fee: \$10 payable to instructor. Instructor: **Jim Fernandez**. Requirements: No open toe shoes. You will learn the technique of cutting glass, foiling and soldering along with safety and the proper

use of equipment. Create a beautiful butterfly sun catcher, candle holders, and other projects. The class is also open to more experienced students. The instructor will evaluate students' skill level on the first day of class, and recommend a project for the student. Lead glass technique is now available. *About the Instructor:* Jim Fernandez has 28 years of stained glass experience.

Music

—Guitar—

**Folk Guitar for Fun Folks 101
Beginner Class****Tuesdays, July 3-31 — LSC928**

1:00 to 2:00 PM (KS). \$45 (five sessions). Instructor: **Darrell Effinger**. No prior music knowledge or good singing voice necessary! Emphasis is on playing chords 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. Basic music theory will be shown. How to choose and purchase a guitar and guitar aides will be discussed. *About the*

Instructor: Darrell is a long-time teacher, musician, storyteller and folk singer. He was a member of the New Christy Minstrels and toured with Glenn Yarbrough and other artists. Questions? Call Darrell at 916-989-8532.

**Folk Guitar for
Fun Folks 102
Intermediate Class****Tuesdays, July 3-31
— LSC937**

2:00 to 3:00 PM (KS). \$45 (five sessions). Instructor: **Darrell Effinger**. **Prerequisite:** Knowledge of guitar playing using basic chords while doing a simple strum and singing (no vocal training required). This class is an intermediate class with emphasis on harder chord fingerings; more transitions of chords in songs; different strumming patterns; and various fingerpicking styles used by folk artists. The class can be taken in conjunction with the 1:00 PM beginning class, as long as the student feels comfortable they have met this prerequisite, and their fingers can withstand the pain! The more, the merrier! Questions? Call Darrell at 916-989-8532.

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—Music History—



The History of Rock and Roll, Part I
Wednesdays,
August 22-September 12
 — **LSC1716**

1:00 to 3:00 PM (KS). Instructor: **Ray Ashton**. \$30 (four sessions). Discover the times, the people, and the music that is “Rock and Roll.” In Part I, we will explore

the origins of this truly American music that has become the soundtrack of our lives. Hear how jazz in the 30’s, Country Music, Pop Music, Gospel, and Rhythm and Blues came together to inspire a world’s youth to take to the dance floor. Together we will meet a guy from New Orleans named Fats, a country boy named Jerry Lee, a Georgian dishwasher named Richard, a West Texan gentleman called Buddy, and a truck driver who would change the world...his name: Elvis.

Personal Improvement

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AARP Driver Safety Training
Wednesday & Thursday, July 11 & 12 — LSC1541

9:00 AM to 1:00 PM (OC). Fee \$25 (AARP member) or \$30 (non-member). Instructor: **Tom McMahon**. This class is geared to the “over 50” driver and covers how to adjust driving to age-related changes in our bodies. Course instruction uses videos, interactive discussions, and workbooks. There are no tests to pass. You must present your AARP membership card at registration and bring it to class to receive the discounted rate, along with a valid driver’s license to receive a Certificate of Completion. This course does not replace Traffic School, nor is it specifically geared to help you pass the DMV driver’s test.

Sewing

—Certification—



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Technology

—PC—



Amazon Echo Dot
Tuesday, June 26 — LSC1736

1:00 to 3:30 PM (OC). \$20. Instructor: **Bob Ringo**. The Amazon Echo Dot functions

as a source of entertainment, a personal assistant, and a smart home controller. The Dot can play your favorite music, answer your questions, and control your smart home devices by responding to voice commands. You will learn how simple it is to set up the Dot plus new “tricks” that make the Dot more fun to use. Whether you are thinking about buying one or you want to use the one you already own more effectively, this class is for you.

 **YouTube TV**
Monday, July 16
 — **LSC1737**

1:00 to 3:30 PM

(OC). \$20. Instructor: **Bob Ringo**. Interested in cutting the cord? YouTube TV may be the answer. YouTube TV, not to be confused with the free version of YouTube, costs \$35 per month and includes unlimited DVR recording. Its package of 50-plus live TV channels includes locals such as ABC, CBS, Fox, and NBC as well as cable favorites like AMC, ESPN, the Disney Channel, Fox News and Bravo. In this class, you will see a live demonstration of YouTube TV plus learn how easy it is to have YouTube TV in your home.

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**Windows 10 Basics
Tuesday &
Wednesday,
August 21 &
22— LSC1742**

9:30 AM to 12:00 PM (OC). \$45 (two sessions). Supply Fee: \$10. Instructor: **Rita**

Wronkiewicz. If you are new to Windows 10 or you do not feel you've mastered it, this class will give you the confidence to use it more effectively and appreciate its new format and features. Rita will show you the basics and how to set up your Windows 10, so it is the most optimum for you. If you have a portable PC, bring it to class and learn with your device. Handout reinforces class work. Questions? Call Rita at 916-543-6962.

—Smart Phones and Tablets/Mac—



**Android Smart Phones Basics
Wednesday, July 11 — LSC1738**

9:00 to 11:00 AM (OC). \$45. Instructor: **Len Carniato.** **Prerequisite:** Gmail account. In this BASICS seminar, learn to master your SmartPhone from any carrier. 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.



**iPhone Camera & Photo
Editing Workshop
Tuesday, July 24 — LSC1743**

1:00 to 4:00 PM (OC) \$30. Plus \$5 paid to instructor for class material. Instructor: **Andy Petro.** **Prerequisite:** You must have an iPhone 6, 6 Plus, 6S, 6S Plus, 7, 7 Plus, 8, 8 Plus, or iPhone X; and

you must be on iOS 11.3.1 or higher. Do you want to learn how to take beautiful pictures with your iPhone? Do you want to edit and share your pictures on your iPhone? Then this class is for you. Bring your (fully charged) iPhone to the workshop. If you have any other specific questions about the class call Andy at 916-474-1544.

**Facebook 101
Saturdays, July 14 & 21 — LSC988**

9:00 to 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, sign-up early to reserve your space.

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Jeannette Pyle
WellFit Manager
Jeannette.Pyle@sclhca.com



Register at the WellFit Desk (OC/KS)
or online at SCLHResidents.com



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.

- **Tuesday, June 19**
5:00 to 6:00 PM, Fitness Floor (OC)
- **Thursday, July 12**
3:00 to 4:00 PM, Fitness Floor (OC)
- **Tuesday, July 17**
1:00 to 2:00 PM, Fitness Floor (OC)
- **Tuesday, June 26**
6:00 to 7:00 PM, Fitness Floor (KS)
- **Wednesday, July 18**
2:00 to 3:00 PM, Fitness Floor (KS)
- **Wednesday, July 25**
5:30 to 6:30 PM, Fitness Floor (KS)

Special Events

Zumba with your Grandkids

Monday, July 16

2:30 to 3:30 PM, Aerobics Room (KS). \$4.50 per person (child must be accompanied by a grand-

parent). Instructors: *Summer and Joanie*. Bring your grandkids (ages 5-11) and enjoy the Zumba rhythms and beats with age-appropriate Zumba music, choreography, and games. Shoes are required, and comfortable clothing appropriate for movement is suggested. For more summer fun activities with your grandkids, please see page 72 for classes offered through Lifestyle.

WellFit Services Available to Assist You in Furthering Your Health & 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. 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 an appointment, please contact Rebecca Kang at rebecca.kang@sclhca.com or 916-625-4034.

Disease Prevention & Management Session-Based Classes

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



Arthritis

Tuesdays, July 10-31

Wednesdays, July 11-25

Thursdays, July 5-26

Fridays, July 6-27

Wednesdays & Fridays, 12:00 to 1:00 PM, Aerobics Room (OC).

Wednesdays \$26.25 (three sessions;

no class 7/4). Tuesdays & Thursdays, 11:00 AM to 12:00 PM, Aerobics Room (OC) \$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 the 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.

Lessons

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



Nordic Pole Walking Coming Back in July!

Instructor: *Dr. Richard Del Balso*. Walking 30 minutes at least three times a week gives you a "Full Body Aerobic Exercise" by simply adding poles to your walking routine.

Tennis Lessons

Sundays, July 1 – August 5

Beginner: 8:00 to 8:50 AM

Intermediate: 9:00 to 9:50 AM

Advanced: 10:00 to 10:50 AM

Courts #10/11. \$75 (six sessions). Instructor: *Mike Garde*. 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.

Mindful Movement

Experience with mindful movement of the body that helps create a link between the mind and body that quiet our thoughts, unwanted feelings and prepare us for creating positive behaviors.

New! Mindful Transformations— the Path of Transformation Saturday, July 28th

9:00 to 10:30 AM, Multipurpose Room (OC). \$30. Instructor: *Sue Van Wazer*. What does it take to create a fundamental shift in our lives? To go from chasing after something outside of ourselves to having inner fulfillment, no matter what the circumstances may be in our lives? This workshop is an invitation to explore those vital questions, to discover how to manifest what is most meaningful to you, and to explore the possibility of being anchored in unshakeable peace, even amid chaos.

New! Hypnotic Journeys—Introduction Thursday, July 12

9:00 to 11:00 AM, Multimedia Room (OC). \$35. Instructor: *Kelley Moreno*. Whether you are 9 or 99 finding FUN new ways to be extraordinarily happy, free, healthy and fulfilled makes life even more amazing! In this introductory class, we will explore how a hypnotic journey to a personal sanctuary

can help you to relax completely. If you've ever wondered if you can be hypnotized, and how it would feel, this is the class for you. This is a very easy guided hypnotic relaxation for beginners designed to answer your questions about hypnosis and hypnotic journeys as we prepare for the weekly Guided Journey class coming this August.

Hypnotic Journeys—Improve your Well-Being Coming in August!

Instructor: *Kelley Moreno*. Imagine joining this hypnotic journey to sharpen your focus, improve your memory, relax, get relief from pain, anxiety, stress and more! Classes are led by transformational coach and hypnotherapist. *Registration for this class begins July 17th.*



Mindful Movement Back in Fall!

Instructor: *Michelle Jamieson*. Body movement has long been understood to cultivate mental skills such as self-awareness, focus and attention, and self-regulation.

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Establishing a Meditation Practice

Back in Fall!

Instructor: *Michelle Jamieson*. The path of Meditation involves slow and steady cultivation of the mind.



Tai Chi—Qigong Introductory Class Tuesdays, July 3-31

1:00 to 2:00 PM, Aerobics Room (KS). \$55 (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 to improve one's health and vitality. The series of mindful movements is 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, July 3-31

2:00 to 3:00 PM, Aerobics Room (KS). \$55 (five sessions). Instructor: *Peli Fong*. Tai Chi and Qigong are century-old practices that focus on soft and gentle movements known as the 24 postures. The 24 postures enhance balance, coordination, flexibility, and body tone. 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.

Tai Chi Qigong L2 Tuesdays, July 3-31

3:00 to 4:00 PM, Aerobics Room (KS). \$55 (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 complementary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short forms. In addition, you will learn Qigong sets of movements. These Qigong sets paired with stillness, and moving meditation will improve body mechanics, muscle memory, muscle tone, and will heighten the understanding of these century-old art forms of health, mindfulness, and wellbeing.

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Bitcoin: A New Technology and a Controversial Asset with Russ Abbott Coming in August!

10:30 AM to 12:00 PM, P-Hall (KS). \$5. Instructor: **Russ Abbo**. Over the past year, the popularity of Bitcoin and other cryptocurrencies has surged, bringing the topic and debate over the validity and uses into the finance, business, and media spotlight. This class focuses on Bitcoin, which is currently the largest and most popular cryptocurrency. This includes an overview of cryptocurrencies, the blockchain technology behind them, regulatory concerns, classification, recent price trends, and valuation. Come join us for this timely discussion.

Nutrition

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



Back in August! Re-Start—Your Health in Just Five Weeks Tuesdays

1:00 to 2:30 PM, Multi-purpose Room (OC). \$129 (5 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 the immune system. Discover how good you can feel when you give your body a vacation from processed foods and sugar.



Private Nutritional Consulting, Audrey Gould, RD/RDN, NTP

Restorative Wellness is sold in three-month packages to help residents resolve specific health issues that cannot 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.

Total Cost: \$549. Additional consultations at \$75/session after the completion of the three-month program.

Personal Improvement

The following Personal Improvement classes are offered through the WellFit Department; registration is available at the WellFit front desks.



Beginning Sudoku Tuesdays, Back in September!

9:00 to 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 strategies 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.

Memory: The Long and Short of It Tuesday & Friday, July 19 & 26

9:00 to 11:00 AM, Multi-Purpose Room (OC) \$30. Instructor: **Alice Jacobs**. This two-session interactive workshop will cover current scientific information about memory—including the components of memory, memory changes with age—reviewing normal and abnormal changes, tips and techniques for improving memory, and new advances in memory diagnosis. Participants will create a personal memory improvement plan. Educational physiologist, Dr. Alice Jacobs is a pioneer in brain wellness and memory training and is the founder and CEO of Brain Gain™ (www.braingain.info). She has taught health and health-related courses for several universities including private and public institutions.

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Pilates Reformers and Towers

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

Pilates Reformer Membership Packages

Members select their monthly classes via online scheduling system. 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**

Membership packages require an agreement for auto-pay upon enrollment. To enroll in Reformer Membership, complete an Introductory Reformer Session (see below). These packages are not available online. Private Reformer Training is available. See class grid on page 105 for a complete listing of Pilates Reformer classes.

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 at the Fitness Centers. The trainer will call you to set up an appointment.

Private Reformer Training

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. Most injuries are caused by hidden muscular weaknesses or skeletal imbalances. Pilates works to balance the body to bring proper alignment and function. For more information regarding Private Reformer Training, please contact Jeannette Pyle.

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$54.
- **Duet Training:**
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$34 per person.

Danielle Lawlor
Fitness Coordinator
Danielle.Lawlor@sclhca.com



Personal and Clinical Training

Personal training is convenient, efficient and individualized for your specific goals. Whether your goals are strength, endurance or rehab related we have a trainer for you. All of our trainers are highly qualified and have different specialties and strengths. To learn more about personal training and/or clinical training or about our trainers and their qualifications contact Jeannette Pyle. You can also visit www.sclhresidents.com under WellFit/Personal Training/meet the trainers.

Training Services

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$54, half-hour session \$34.
- **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 \$34 per person.

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 17 of this month at 8:00 AM. Register at either Fitness Center or online.

Are you a current SGT participant, but need some extra workouts; or does your schedule require a little flexibility with your SGT classes? Try our new SGT Drop-in Pass. \$25 per drop-in and you can take as many days as you would like of the eligible SGT classes. SGT Drop-in passes can be purchased at any time and saved for a later date. Please note not all classes are eligible for drop-ins. Please see descriptions of each class.

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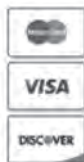
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SGT—Parkinson's Indoor Cycling Wednesdays, July 11-25

12:30 to 1:30 PM, Aerobics Room (KS). \$50 (three sessions). Instructor: *Milly Nuñez*. Have you or a loved one been diagnosed with Parkinson's disease?

Join this class and make friends facing the same challenges. A trainer will guide you using the premise of "forced exercise" (exercise that is beyond a voluntary level). 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." 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. For more information, please contact Jeannette Pyle.

SGT—ParkinsonWise Combo Fridays, July 6-27

12:30 to 1:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Milly Nuñez*. Interested in the Parkinson's Cycle class, but don't think you could do an entire hour of cycling? Try this class to change it up. Milly will combine content from Parkinson's Indoor Cycling and ParkinsonWise classes to create a class that helps improve the quality of life through meaningful exercise.

SGT—ParkinsonWise Thursdays, July 5-26

1:30 to 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 and reducing the impact of symptoms while increasing general well-being. The class will emphasize focused movement, maintaining and increasing the 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—Fit 101 at Kilaga Springs L1 Mondays & Wednesdays, July 2-30

10:30 to 11:30 AM, Fitness floor (KS). \$135 (eight sessions, no class July 4).

Instructor: *Jared Young*. Are the new machines at Kilaga Springs Fitness Center a little overwhelming? Take

this class and not only will you finish the class with a complete understanding of the new equipment, 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—Fit 101 at Orchard Creek L1 Tuesdays & Thursdays, July 3-26

12:00 to 1:00 PM, Fitness floor (OC). \$135 (eight sessions). Instructor: *Jared Young*. 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.

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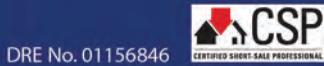
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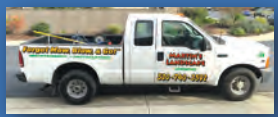
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SGT—"Fun"ctional Fitness L3 Tuesdays & Thursdays, July 10- August 7

12:00 to 1:00 PM, Aerobics Room (KS). \$135 (eight sessions, no class July 19). Instructor: *Deanne Gr n.* 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. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual. Intermediate to advanced fitness levels encouraged. *This class is available for the SGT Drop-in Pass.*



SGT—Progressive Bootcamp L2/3 Mondays & Wednesdays, June 27-July 30

4:00 to 5:00 PM, Aerobics Room (KS). \$150 (nine sessions, no class July 4). Instructor: *Danielle Lawlor.*

Looking to change things up? Try this Bootcamp class that gives you progressive exercises to accommodate each participant's fitness level. The class will enjoy workouts in the Aerobics Room and the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. *This class is available for the SGT Drop-in Pass.*



SGT— Morning Burst Group Training L2 Mondays & Wednesdays, July 2-30

7:15 to 8:15 AM, Aerobics Room (KS). \$135 (eight sessions, no class July 4). 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 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 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 & Thursdays, July 3-26

5:30 to 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, July 6-27

7:15 to 8:15 AM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Kayla McCusker.* 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.*



New! SGT—Bootcamp Gold L2/3 Mondays & Wednesdays, July 2-30

11:30 AM to 12:30 PM, Aerobics Room (KS). \$135 (eight sessions, no class July 4). Instructor: *Kayla McCusker.* "Bootcamp Gold" is a multi-method class that combines

resistance training, cardio intervals, and agility drills in order to challenge you both physically and mentally. Simple athletic movements and strength circuits target all major muscle groups while building strength and stability. High-Intensity Intervals will keep your heart rate and energy expenditure up throughout the "work" phases. Specific balance training movements reduce your risk of falls, and the flexibility component aims to recover, maintain and enhance mobility while improving functional imbalances.



SGT—Balance & Fall Prevention L1/L2 Mondays & Wednesdays, July 2-30

2:00 to 3:00 PM, Aerobics Room (OC). \$135 (eight sessions, no class July 4). 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.

SGT—Half Hour Balance & Fall Prevention L2 Mondays & Wednesdays, July 2-30

1:30 to 2:00 PM, Aerobics Room (OC). \$70 (eight sessions, no class July 4). Instructor: *Danielle Lawlor.* Build on concepts learned from L1 Balance and Fall Prevention to keep working on more advanced strength exercises and balance challenges. We will use the track upstairs at OC. A great class

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To attend, stop in at OC Fitness Center and Sign Up

jeannette.pyle@sclhca.com

to try if you have already taken level one balance class but still want to continue getting instruction. Students are expected to warm up and stretch on their own before class as well as stretch on their own right after class; using warm up and stretches taught in the L1 class.

Punch Pass Class

Please see the colored grids on pages 102-105 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 designed for the advanced exerciser. For a list of class descriptions, please refer to www.sclhresidents.com under WellFit tab.

Each class is \$4.50. Purchase your Punch passes at either Fitness Center front desk.

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OC WellFit Class Schedule July 1-31, 2018

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---|---------------------------------------|-----------------------------------|-----------------------------|----------------------------|
| 7:00 | Athletic Stretch L1/3 - Jen | | Athletic Stretch L1/3 - Jen | | | | |
| 8:00 | Strictly Strength L3- Jeannette | Step for All L2- Kim | Strictly Strength L3- Jeannette | Step for All L2- Kim | | | |
| 9:00 | Zumba L3 - Summer | Core & Strength L2 - Kim | Zumba L3- Summer | Core & Strength L2- Kim | 20/20/20 L3- Gretchen | Yoga Basics L1- Amy/Sara | Cardio Strength L3- Kim |
| 10:00 | Slow Flow Yoga L2/3- Jennifer | Yoga Flow L2 - Ashley | Everybody Can L2- Linda | Yoga Flow L2- Jennifer | Strictly Strength L2 - Valerie | Yin Yoga L2- Sara | Zumba L3- Carrie |
| 11:00 | Pilloga L2 - Cynthia | Arthritis L2- Linda | Pilloga L2 -Lola | Arthritis L2- Linda | Pilloga L2- Lola | | |
| 12:00 | Yoga Stretch L1- Julie | Rest Meditation and Yoga L1 - Iram 12:15-1:15pm | Arthritis L1/2 - Linda | Yoga Stretch L1- Julie | Arthritis L1/2 - Linda | | |
| 1:00 | Chair with Flair L1 -Julie | 1:30-2:30pm Chair Yoga L1 - Ashley | Laughter Yoga L1 - Linda K | Chair with Flair L1- Julie | Basic Chair L1- Linda | | |
| 2:00 | SGT - Balance & Fall Prevention L1- Danielle | | SGT - Balance & Fall Prevention L1- Danielle | | | | Yoga Flow L2- Ashley |
| 3:00 | Healthy Living Exercise L2 - Milly | Healthy Living Exercise L2 - Milly | | Healthy Living Exercise L2 - Julie | Activities | SCIH Booking | |
| 4:00 | Mindful Movement L1-3 - Michelle | Activities | Mindfulness L1 - Michelle | | | | |
| 5:00 | Meditation techniques L1 - Michelle | | | Activities | | | |
| 6:00 | | | Mixed Levels Yoga L1-3- Jennifer | Activities | | | |
| Group Exercise Classes (punch pass) \$4.50 | | | | | | | |
| Wellness Classes (session based) Small Group Training (session based) | | | | | | | |
| All classes are subject to change without notice. All classes are 55 minutes, unless otherwise noted. | | | | | | | |

KS WellFit Class Schedule July 1-31, 2018

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|---|---------------------------------------|-----------------------------|--------|
| 7:15 | KS | KS | KS | KS | KS | KS | KS |
| 7:15-8:15am | SGT - Morning Bootcamp L2 - Milly | Mixed Level Cycle L2 - Deanne | SGT - Morning Bootcamp L2 - Milly | Mixed Level Cycle L2 - Deanne | 7:15-8:15am SGT - TGIF TRX L2 - Kayla | | |
| 8:30 | Exercise Mashup L2 - Danielle | Zumba Gold L2 - Joanie | Power Vinyasa L3 - Deanne | Low Impact/Sculpt Interval L2 - Jeri/Danielle | Zumba Gold L2 - Joanie | Low Impact L2 - Jeri | |
| 9:30 | Cardio Strength L3 - Valerie | Strictly Strength L2 - Linda | Cardio Strength L3 - Jennifer | Strictly Strength L2 - Linda | Cardio Strength L3 - Rodina | Strictly Strength L2 - Jeri | |
| 10:30 | Pilates L2 - Sarah | Piloga Flow L2 - Julie M | Strength & Flexibility L2-Gretchen | Piloga Flow L2 - Cynthia | Everybody Can L2 - Linda | Athletic Stretch L2 - Jeri | |
| 11:30 | New! SGT - Bootcamp Gold - Kayla | | New! SGT - Bootcamp Gold - Kayla | | WaiDan Gong L1 - Joann | | |
| 12:30 | | 12:00pm SGT - Functional Fit L2 - Deanne | | 12:00pm SGT - Functional Fit L2 - Deanne | | | |
| 1:00 | | | SGT - Indoor Cycling for Parkinson's L1 - Milly | | SGT - ParkinsonWISE Combo L1 - Milly | | |
| 1:30 | Yoga Basics L1 - Army | 1:00pm Tai Chi Intro - Peil | Yoga Basics L1 - Army | 1:30-2:30pm SGT - ParkinsonWISE L1 - Milly | | | |
| 2:30 | | 2:00pm Tai Chi L1 - Peil | | | | | |
| 4:00 | SGT - Progressive Bootcamp L2/3- Danielle | 3:00pm Tai Chi L2 - Peil | | | | | |
| 5:30 | | Yoga for Osteo L1 - Julie | SGT - Progressive Bootcamp L2/3- Danielle | Yoga for Osteo L1 - Julie | | | |
| 6:30 | | SGT - TRX L2 - Danielle | | SGT - TRX L2 - Danielle | | | |
| Group Exercise Classes (punch pass) \$4.50 | | | | | | | |
| 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. | | | | | | | |

OC Aqua WellFit Class Schedule July 1-31, 2018

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|--|---|-----------|-----------|
| 7:30 | Water Works L2/3- <i>Kayla</i> | | Water Works L2/3- <i>Marla</i> | | Water Works L2/3- <i>Jennifer</i> | | |
| 8:30 | Water Works L2- <i>Kayla</i> | Outdoor Water Bootcamp L2- <i>Kayla</i> | Water Works L2- <i>Kayla</i> | Outdoor Water Bootcamp L2- <i>Marla</i> | Aqua Intervals L3 - <i>Jennifer</i> | | |
| 9:30 | Deep Water Fitness L3- <i>Jennifer</i> | Aqua Intervals L2/3 - <i>Deanne</i> | Deep Water Fitness L3- <i>Annette</i> | Aqua Intervals L2/3 - <i>Deanne</i> | Deep Water Fitness L3- <i>Kayla</i> | | |
| 10:30 | Aqua Intervals L2/3- <i>Jennifer</i> | Aqua Intervals L2/3 - <i>Deanne</i> | Making Waves L2- <i>Annette</i> | Aqua Intervals L2/3 - <i>Deanne</i> | Aqua Intervals L2/3- <i>Jennifer</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 | Aqua Pilates L1- <i>Annette</i> | | | | Aqua Pilates L1- <i>Annette</i> | | |
| 2:00 | Kids Swim | Kids Swim | Kids Swim | Kids Swim | Kids Swim | Kids Swim | Kids Swim |
| 4:00 | | | | | | | |
| 5:00 | Total Body Conditioning L3 <i>Jeannette</i> | | Total Body Conditioning L2 <i>Marla</i> | | | | |
| All classes are subject to change without notice. All classes are 55 minutes unless otherwise noted. | | | | | | | |

Pilates Reformer WellFit Class Schedule July 1-31, 2018

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

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

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www.suncity-lincolnhills.org

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Spa Manager

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Hours

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Monday-Friday 8:00 AM-9:00 PM

Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

Lifestyle Desk (OC/KS)

Monday-Friday 8:00 AM-8:00 PM

Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

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

WellFit (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 7:00 AM-2:00 PM

The Spa at Kilaga Springs

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

Saturday 9:00 AM-5:00 PM

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