

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



St. Patrick's
DAY



8 Newly Elected Directors

13 Éire go Brách – Ireland Forever

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On the Cover - Find the Leprechaun



Board of Directors' Report

David Conner, President

It has been said the true test of a genius is the ability to see the follies of the times. The ability to change the times is the true test of a leader. The ability to do both is the true test of a visionary. I am not privy to any unseen supernatural endowments but I feel a strong dependence on past practice, prudence, intellectual acuteness and a lifetime of experience. As we have learned at this stage, time is fleeting, and so I will be with you only for the short foreseeable future.

I will be joined by a veteran, a sophomore and yes, four brand new Directors to maintain our Association at the highest level, while always being mindful of the wishes of our residents.

Currently, I am working on the organizational structure of the Board while evaluating the needs of our committees and staff. We will soon be getting training from our attorney on state laws and legal issues affecting Home Owner Associations followed by, I am sure, a vigorous question and answer period. This board does not want to dig around in the past, but to just move forward. There

is no interest in tagging age groups or misguided anticipation, but simply creating an atmosphere where all our residents may succeed in attaining their own personal self-realization. I have had total cooperation and have not seen any evidence of ego-tripping or personal agendas among our new Board. I am stoked!!

It was gratified to see a featured article on our resident Gary Younger in the February edition. I served with Gary on our Board of Directors in 2011 and 2012. Gary was elected Vice President immediately and led the board for several months during the President's extended illness. Although an excellent Board Member, Gary was never elected again. You see his socialization was that a man never rings his own bell or talks of his attributes. So refreshing, our loss. Shake his hand the next time you see him.

For now, we are becoming acquainted working on orientation and board requirements. We all come from different places, with varying skill sets, which I think will make us stronger. So, always moving forward we continue.



Pictured from left to right: Director: Joe Stewart, Secretary: Alice Crawford, Director: Don Negus, President: David Conner, Treasurer: Hank Lipschitz, Director: Kathy Shaddox, Vice President: Laura Thiel

Calendar of Events

March 16, 2019 – April 15, 2019

Date	Event	Page #
3/16	In the Heat of the Night – Movie.....	51
3/18	You Really Can Walk	52
3/19	State of Placer County Address	51
3/20	Policy and Fire Safety – Forum	52
3/21	Produce with a Purpose.....	93
3/21	Shelf Classics-Songs of Aretha Franklin ..	56
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3/27	Coping with Disaster – Forum.....	52
3/29	David Studebaker – Comedy	55
3/29	iPhone Basics Workshop	87
4/1	The Wife – Movie	51
4/4	Spring Fashion Show Luncheon.....	57
4/5	Google Play.....	85
4/5	Placer Land Trust- Forum.....	52
4/6	Portrait Painting Workshop	72
4/6	The Wife – Movie	51
4/10	Giants vs. Padres	63
4/11	Genealogy – Forum.....	52
4/11	Static in the Attic	93
4/12	Google Power Toolbox for PC.....	85
4/15	John Lloyd Young	56



From the Executive Director’s Desk

Chris O’Keefe, Executive Director,
SCLH Community Association

Welcome to the March edition of the *Compass*. It’s hard to believe we are one-fourth of the way through the New Year. We are off to a good start in 2019, and we are looking forward to several big events in the near future. The Summer Concert Series is just around the corner, and the Lifestyle team has put together another great lineup for our residents. Planning is also ongoing for the 20th Anniversary event in October, and we can’t wait to show you all of the great things the group has planned. I can tell you that the 3-day event will showcase our community, our residents, and our lifestyle offerings in a very positive and fun way.

March brings with it the annual arrival of the grazing herd to our preserve areas. Depending on the weather, we should see the animals on-site between the third week of March and the first week of April. The arrival of the grazing herd is always popular here in Lincoln Hills, and we look forward to their arrival and the work that they do in reducing thatch and fuel levels in our preserve areas.

By the time you read this, our new Executive Chef Marco Martinez will have been here for a little over a month. Chef Marco comes to Lincoln Hills with a wealth of experience in fine dining restaurants and has also worked extensively in the club environment. We have received great reviews from the residents who have interacted with him, and we look forward to seeing the continual improvement that will come as a result of his experience and work ethic. We are very fortunate to have him on our team. If you haven’t been to Meridians in a while, stop by and give it a look. We have a new menu in place and are open all day from 7:00 AM until closing.

Finally, I have received a number of questions regarding the election and its impact on the staff. My answer is simple. This Board deserves the same level of support that past Boards have enjoyed. Staff is here to take care of our residents, guests, committees, and the Board. We have a shared goal – to ensure that the community continues to be the best in California. The Board, like all of our residents, deserves the best from our team, and we are dedicated to their success, as well as the entire community. See you in April!

Listening Post Update – *Chris O’Keefe, Executive Director*

The February Listening Post continued a year-long trend of high attendance with more than 100 residents showing up on a cold winter morning. We had two special guests in attendance: our Lifestyle Manager Lavina Samoy, and our new Executive Chef Marco Martinez.

Lavina addressed an issue regarding the free movie nights at Kilaga Springs Lodge and assured those in attendance that the Association does not advertise these events to the public, and that they are for residents and the occasional resident’s guest only. Lavina also provided a first look at the Summer Concert Series, and those in attendance were happy with the proposed lineup.

I also asked Lavina to provide our residents with a “day in the life” overview. Our residents in attendance got a great behind-the-scenes peek at what it takes to oversee this dynamic department. There is a lot going on at all times, and Lavina and her talented staff work very hard on behalf of our residents.

I was very pleased to be able to introduce Chef Marco Martinez. In his short time here Chef Marco has made it a point to come into the dining room and interact with our residents. His first major event was Valentine’s Day, and we received wonderful feedback on the food and service. I am confident that with Chef Marco’s guidance, we can continue down the path of

continual improvement. The residents in attendance came away very impressed with Marco’s knowledge, experience, and commitment.

I finished up the morning with an update on a few areas. The efflorescence noted on the concrete fencing is typical of masonry products, and most of it has faded. Fourteen out of the 16 LED stop signs have been installed and have been well received by residents. We will be conducting the full update this year on the Reserves; Browning will be out in April to begin their inspection. One of the external issues affecting the Association is that PG&E has just announced a rate hike and paper goods and pool supplies are also increasing. Finally, grazing will begin in late March or early April depending upon the weather, so keep an eye out for the goats.

I hope that if you have not already taken the time to come to a Listening Post, that you will make it a point to join us in the near future. It’s a great way to get information on upcoming programs, projects, and events, and also to get your questions answered. Thanks to all who attended, and I hope to see you soon.

Listening Post meets on the third Wednesday 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.

Upcoming Association Meetings: March 15 – April 30

Listening Post	Wednesday, March 20, 9:30 AM, P-Hall (KS)
Golf Cart Registration	Thursday, March 21, April 4 & 18, 9:00 AM
Finance Committee Meeting	Thursday, March 21, 9:00 AM, P-Hall (KS)
ARC/Architectural Review Committee Meeting	Monday, March 25, 9:00 AM
Board of Directors Meeting	Thursday, March 28, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, March 28, 11:00 AM
Board of Directors Executive Session	Thursday, March 28, 11:30 AM
CCOC/Clubs & Community Organizations Meeting	Tuesday, April 2, 9:30 AM
Compliance Committee Meeting	Wednesday, April 3, 9:00 AM
Properties Committee Meeting	Thursday, April 4, 9:00 AM, P-Hall (KS)
Elections Committee Meeting	Friday, April 5, 10:00 AM
ARC/Architectural Review Committee Meeting	Monday, April 8, 9:00 AM
CCRC/Communication & Community Relations Committee Meeting	Tuesday, April 16, 9:30 AM
Listening Post	Wednesday, April 17, 9:30 AM, P-Hall (KS)
Finance Committee Meeting	Thursday, April 18, 9:00 AM, P-Hall (KS)
ARC/Architectural Review Committee Meeting	Monday, April 22, 9:00 AM
Board of Directors Meeting	Thursday, April 25, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, April 25, 11:00 AM
Board of Directors Executive Session	Thursday, April 25, 11:30 AM

Meetings in Orchard Creek Lodge unless noted otherwise.



Finance Committee Report
Get to Know Your Finance Director
Robert Copp, Finance Committee

Our Executive Director, Chris O’Keefe, leads an incredible team that keeps the Sun City Lincoln Hills Community Association’s (SCHLCA) business running smoothly. One of his newest managers is our Director of Finance, Staci Erskine. This month I would like to tell you about Staci and the incredible work she does for us all.

After getting her degree in economics from the University of California at Santa Barbara, she worked five years in public accounting (taxes and audits) before becoming a Certified Public Accountant. She then worked for a company that made implantable medical devices and then with a large real estate developer with business in Hawaii. Staci comes to us after nine years with Dignity Health working with the hospital, medical foundation and medical groups in accounting, financial planning, and analysis.

Staci sees her role as supporting the overall organization and developing a vibrant team that works well together. She works closely with each Department Manager to present the best financial picture possible and ensure that everyone follows the civil code and SCLHCA policies.

Staci will be working this year to streamline the monthly closeout process providing accurate and con-

sistent information more quickly. She will be evaluating how to improve the accounting of fixed assets and will also spend time preparing for the future use of Northstar software for financial reporting.

Staci says that the state minimum wage increase of \$1 per hour per year for the next three years will be one of the biggest issues impacting the finances of SCLHCA. Our personnel costs will increase as well as costs for supplies and services. She has planned to start the budget process earlier this year to allow time to discuss the impact of this year’s increase.

While Staci clearly has a strong financial and accounting background, she enjoys time away from the office as well. She and her four children enjoy a variety of sports and traveling to their favorite places. She watches her children play baseball and football. The whole family loves to ski and snowboard. They enjoy regular trips to the beach and Lake Tahoe.

Staci has enjoyed meeting residents and hearing about their broad range of backgrounds and experiences. She looks forward to meeting many more of you in the days, months and, dare we say, years ahead.

While it is too early to see in trends in our monthly financial report, we did start the year positive to budget.



Preliminary Statement of Operations YTD January 2019

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenue)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$736,590	\$729,989	\$6,602	\$8,787,872
Administration (Expense)	(149,800)	(183,488)	33,688	(2,069,830)
Marketing & IT	(34,914)	(38,402)	3,488	(353,480)
The Spa at Kilaga Springs	(1,521)	(1,414)	(107)	19,230
WellFit	(33,658)	(46,803)	13,145	(503,430)
Lifestyle	(25,205)	(35,245)	10,040	(299,820)
Facilities & Landscaping	(464,079)	(457,425)	(6,654)	(5,581,944)
Food & Beverage	(60,522)	(52,228)	(8,294)	1,420
Net Revenues (Expense)	(\$33,109)	(\$85,017)	\$51,908	\$18
CEF/FMA Net Change YTD Jan. 31, 2019	\$1,176	CEF/FMA Funds Jan 31, 2019		\$820,862
		Unallocated CEF/FMA Funds		\$707,757



Architectural Review Committee Notice of Completion – What’s This?

Carole Dummett, ARC Chair

This month we would like to send out a reminder that all applications, except solar, require a final approval through our “Notice of Completion” form. This form is attached to your original application submittal, available on the website, and in the Resident Information Center (OC).

Upon completion of your approved project, please take a photo(s) of the work area and attach to the Notice of Completion with a brief description of work applied for. Then place everything in the ARC drop box located in the Resident Information Center.

This benefits the homeowner in two ways:

One, the work was completed as presented in the approved application and is compliant.

Two, you have the opportunity to contact your contractor immediately if the work was not done correctly. This is becoming a frequent issue, especially with paint applications.

The ARC compares the photo(s) to the original

approved application and, if everything is completed as agreed, Community Standards will contact you by email or phone indicating final approval of subject improvement. The Notice of Completion will be documented and placed in your file.

It is important that your photo reflects the entire project and work area allowing ARC members to make a fair determination. Exterior paint photos need to be clear without shadows.

On a final note, the new exterior paint colors are in effect with positive community response.

A special thank you to all our homeowners who continue to cooperate and make Lincoln Hills one of the best active adult communities.

We currently have two openings for committee members. A background in construction, real estate or landscape is helpful but not necessary. If interested, please submit an application to the Executive Director’s office.



Compliance Committee Spring is Coming!

David Mateer, Chair

It may be hard to believe but Spring is almost here. The days are getting longer, warmer and drier. Now is a good time to check how your yard and home made it through the winter.

It is entirely possible that your house is doing well this spring and no updating is needed. However, if there is some routine maintenance to attend to, now is a great time.

Our plants are starting their growing season. This is the time to check their size and shape to ensure they will look their best and remain clear of sidewalks. Remember that plant coverage must be at least 40% of the non-turf area of your yard. The Design Guidelines have a long list of approved plants. Adding those plants in your yard does not require any approvals. Just remember to consider the mature size and your desired location. Avoid large plants in the visibility restricted areas and along the property line. Planting new plants this time of year will allow them to get rooted in their new home before the heat of summer.

If you have a lawn, it is an excellent time to fertilize

and to repair any turf areas with sod or seed.

It is normal for some of the bark to wander off to parts unknown over time. With most of the heavy rain behind us, it is a good time to replenish the bark as necessary.

The other major area to check is the paint on our homes and fences. The paint is subject to weather and sun which causes wear and fade. The wood on your home along the roofline is most affected by the rain. This wear may actually have the wood show through and lead to more expensive repairs if not attended to. On the stucco portions, it normally appears an unevenness of the color or some areas get lighter over time. Should you observe signs of paint wear or fade now is the time to address it. If you need to paint the majority of your home or wish to take advantage of some of the new colors available within Lincoln Hills, an ARC application and

approval is needed. If just some minor trim touch-up is needed and you know the approved color, then ARC approval is not needed.



Elections Committee Report

We Voted! Congratulations to Our Newly Elected Directors!

**Laura Thiele
Don Negus**

**Alice Crawford
Kathy Shaddox**



- Sun City Lincoln Hills Members enthusiastically participated in record numbers to vote for the Board of Directors this year, with 62% households voting.
- The candidate videos were viewed over 4,400 times.
- Members submitted almost 100 questions, which the Elections Committee then used to develop the questions in the Candidate Forums.
- All three Candidate Forums were well attended.

Thank you to our Lincoln Hills Members! Your participation reflects the vibrant and active community that we have chosen to live in.

There are openings to serve on the Elections Committee for the 2020 Election. Applications are available on the website or at the Orchard Creek Membership Desk.

**Capital Asset Requests
Deadline: Monday, April 15**

Do you have a project idea that would benefit one of the common areas in the community? A Capital Project Application Form is required when a resident, club, committee or staff requests a project that will cost \$2,000 or more. Please review each form.

- To submit a simple or conceptual proposal, use the Conceptual Project Application Form.
- To submit a detailed proposal, use the Project Detail Application Form.

Forms are available on the Resident Website (**Library>Forms>Properties**).

Please send the completed form along with any necessary documentation to the Executive Director either by email at **Chris.OKeefe@sclhca.com** or deliver to the Administration office at the Orchard Creek Lodge Membership Desk.

Requests under \$2,000 may also be submitted as above.

If you have any questions, please contact the Properties Committee at **Properties.Committee@sclhca.com**.



Team Member of the Month Award – February 2019



Our "Team Member of the Month" is Cindy Davis! Cindy has been with Lincoln Hills since January of 2016 as a WellFit Coordinator. Here are just a few quotes from her team members:

"Anyone who walks into WellFit knows who Cindy is! She gives encouragement to all and takes time to their needs. She is always there to ask "how can I help" and makes it happen!"
"Cindy knows each resident by name and treats them with respect."
"Her decorating skills and creative style is uncanny and has turned many into a warm and cozy place."
"Cindy can work across many departments and is the epitome of a team player!"

Thank you, Cindy, for your warm heart and beautiful smile, your special style, and hard work and dedication to the entire Team. We are grateful and happy to have you part of our Lincoln Hills family!



Let us serve you with a view
Meridians
 Restaurant & Bar

New Menu

*Kristy Huskey,
 Director of Food & Beverage*

We have started the new menu and hours in Meridians restaurant! So far the feedback has been great! If you haven't yet, come down and see us. Meridians new hours are 7:00 AM to 8:00 PM Sunday-Thursday and 7:00 AM to 9:00 PM Friday-Saturday. Happy Hour is in either bar every day from 3:00 to 6:00 PM. There are no more Wednesday and Saturday breakfast buffets, and no more Sunday brunch—you can now order from an extended menu with a ton of different choices for everyone, and best yet, everything is under \$20 with the exception of just one dish!



Easter is around the corner, and reservations sell out quickly, so if you haven't made your reservations yet, do so soon! Enjoy a lavish buffet with your friends and family from 10:00 AM to 3:00 PM on April 21 for \$33 plus tax and service charge. Kids and anyone over 90 are \$16 plus tax and service charge.

Chef's Recipe of the Month:

Luck of the Irish Stew

Serves 4

Ingredients

- 1 pound boneless lamb or boneless beef chuck roast, cut into 3/4-inch pieces
- 4 cups beef broth
- 2 medium onions, cut into wedges
- 1/4 teaspoon pepper
- 1 bay leaf
- 4 medium potatoes peeled and quartered
- 6 medium carrots sliced 1/2 thick
- 1/2 tsp dried thyme (crushed)
- 1/4 tsp dried basil (crushed)
- 1/2 cup cold water
- 1/4 cup all-purpose flour

Instructions

1. In a large saucepan, combine lamb or beef, beef broth, onions, pepper, and bay leaf. Bring to boiling, and reduce heat. Cover and simmer for 45 minutes. Skim off the fat.
2. Add the potatoes, carrots, dried thyme, and basil. Bring to boiling, and reduce heat. Cover and simmer for 30 to 35 minutes more or till vegetables are tender. Remove bay leaf and discard.
3. Stir together the cold water and flour. Stir into the stew. Cook and stir till thickened and bubbly. Cook and stir for 1 minute more. Season to taste with some salt and pepper. Garnish with the thyme, if you like.



Lifestyle News & Happenings

Spring into Spring!

Lavina Samoy, Lifestyle Manager

"Spring adds new life and new beauty to all that is." – Jessica Harrelson

Spring is just around the corner, and it's time to step out, shake off the winter blues and explore the outdoors.

Join us at the amphitheater with your grandkids for our **Annual Spring Egg Hunt on April 20** (page 57). Kids one to ten years of age enjoy the hunt, crafts, and photos with the bunnies. The hunt goes fast so make sure you register early and get there in time before the eggs are all gone!

Treat your furry friends to our **2nd Annual Pet Fair and Parade, April 26** (page 51). Show off your precious pets in costume (or not). Vendors specializing in pet products and services will be there. Another outdoor event not to be missed is the **Annual Parking Lot Sale on May 11**. Shop, sell, or just people watch! See page 51 to reserve your space. Both events are held at the WellFit parking lot (OC).

Spring is all about flowers! We have wonderful garden tours perfect for the season. Learn the best and easy-to-grow plants for your garden with a guided tour of the **UC Davis Teaching Nursery and Arboretum,**



April 22 (page 65). Experience **Ironstone Vineyard's** 14-acres of blooms, lake and manicured gardens paired with wine tasting plus time to explore **downtown Murphys on May 1** (page 65). We head down south of San Francisco to marvel at the 16-acre **English Renaissance Garden at Filoli and its historical Mansion on May 29** (page 67).

Lift your spirits with the joy of art. New art workshops are starting in April. Join Faye August and create your own **Abstract Art, April 1 & 8** (page 72) and Marilyn Rose as she introduces **Portrait Painting in Oils on April 6** (page 72).

The Lincoln Hills Chorus presents their **Spring Concert on April 28, 29 and 30** with **"Songs through the Decades"** (page 55) featuring songs from the 20s to the 80s. We've got **classical harpist Anna Maria Mendieta on May 10 in P-Hall (KS)** (page 56) and the **Folsom High School's top award-winning Jazz Band 1 in the ballroom on May 17** (page 57).

We have new Guest Services team members! Drop by the Lifestyle Desk and say hi to Robin and Monica. Their sunshiny attitude and customer service will, like spring, bring a smile to your face!



The Spa at Kilaga Springs Detox and Glow

Trudy Smith, Spa Manager

Happy Spring! Spring-time is perfect for detoxing, and we have a new line of products for you. We are offering a Detox facial that is deeply purifying, repairing replenishing and protecting. After just one treatment, skin is plump, nourished, detoxified and hydrated. Special pricing, \$115, normally \$130. Our day of service retail special is 10% off detox home care and a free gift with purchase.

HydroPeptide, the leader in luxury epigenetic peptide-based skin care, announces the launch of the Anti-Wrinkle + Detox Collection. The new line is formulated using natural pore-purifying ingredients, antioxidants, pre- and pro-biotics, bamboo extract, enzymes, phytonutrients, and HydrO18™ Activated Water™ – a patented, lipid-rich emulsion that creates a long-lasting, super-hydrating effect. Together, these ingredients clear away build-up, deeply purify, repair, replenish and protect skin while strengthening its environment defenses. The four-piece Anti-Wrinkle + Detox Collection includes cleansing and rejuvenating treatments formulated to help skin function optimally and look ageless.

Dazzle Dry has arrived in the Spa. We are now offering “Dazzle me Manicures and Pedicures.” The International Spa Association (ISPA), the premier

voice of the worldwide spa industry, announced that Dazzle Dry has been selected as a 2018 Innovate Award-winner.

Dazzle Dry delivers a nail care system that is both nontoxic and hypoallergenic, making it ideal for even the most sensitive skin types. They do this in part by eliminating certain reactive ingredients found in traditional nail polish, which can sensitize the skin and cause the development of more serious conditions, including allergic contact dermatitis.

But what they leave out of the line is just as important as what they leave in. Thanks to Dr. Vivian Valenty’s signature formula, Dazzle Dry is the only vegan nail care system to dry in just five minutes and last up to three weeks. It applies and removes like traditional polish, delivers the performance of a gel

polish without the need for UV light, and strengthens natural nails in the process.

This month’s spotlight is on Krista Jones. Krista joined the nail technician team in 2018. Krista was drawn to the nail industry for the creative outlet and the flexible schedule that allows her to raise her children. She is a very talented artist with precision work. Krista’s background is a masters in counseling and a career in social work and organ donation. She is a true people person and loves hearing your stories.



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- SCLH resident Gil Van Valkenburg
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- CA BRE# 846243





WellFit News
Pilates Reformer for Balance and Fall Prevention
Jeannette Pyle, WellFit Manager

We all know that Pilates Reformer can help us increase our strength, flexibility, and posture. However, did you know that new studies have shown that the Pilates Reformer can improve static and dynamic balance, range of motion, increase balance confidence and functional mobility, as well as reduce fall risk among aging adults who were at risk for falls?

As many as one-third of all adults over 65 years old fall each year, but you can prevent your next fall with just one Pilates Reformer class once a week. The Pilates Reformer is a piece of equipment that uses a pulley and spring system to perform exercises that promote length, strength, flexibility, and balance. Continued participation in your Pilates Reformer class for ten weeks will create improvements you can experience in strength, range of motion and even balance.

We have highly qualified instructors and a variety of Pilates Reformer classes here at Lincoln Hills. Your first step in getting involved is to meet with one of our amazing instructors and complete a Reformer Introduction. During this introduction, you will work with one of our Pilates Instructors to learn the basics of the Pilates Reformer while that instructor checks



your form and abilities for proper placement in classes. If you are interested in learning more about our Pilates Reformer program contact Jeannette Pyle at 916-408-4825 or Jeannette.pyle@sclhca.com. Mention you read the article in the *Compass*, and the introductory class is on us!



We also offer other classes to help reduce your risk of fall such as our SGT – Balance & Fall Prevention classes. Our SGT or Small Group Training classes offer a smaller class size to allow more one on one time with our trainers. Our Balance & Fall Prevention classes are taught by our Fitness Coordinator, Danielle Lawlor, and will teach you simple stretches and exercises that will help improve balance, core strength and reflexes to prevent falls. We have different levels of Balance & Fall Prevention classes for different abilities. To learn more about these classes or to discuss where you should begin contact Danielle at 916-625-4032 or Danielle.lawlor@sclhca.com.

Why wait any longer? We offer many ways to improve your balance, confidence, and mobility which will, in turn, reduce your risk of falling. Make the commitment to your health and stay active and mobile!

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Éire go Brách – Ireland Forever

Nancie Attwater, Roving Reporter

We celebrate St. Patrick's Day in the United States because there are more people of Irish descent here than the population of Ireland. Thirty-four million Americans are part Irish. However, on March 17 everyone is Irish with the wearing of the green. One million people take part in the multi-day Irish celebration in Dublin.

Saint Patrick died on March 17, 460 or 461 A. D. He was born in Britain, kidnapped and taken to Ireland. After several years, he escaped and went back to England. An angel came to him in a dream and told him to go back to Ireland to minister to the Christians and spread the word to the Irish. He used the leaves of the Shamrock to define the Holy Trinity (Father, Son, and Holy Spirit.)

The celebratory day started as a religious holiday in Ireland – bars were closed. It is also the middle of Lent, so no meat was to be eaten. The celebration of a Saint made it a special day, so the Catholics went to Mass in the morning and were allowed to eat meat that day instead of fish.

The green we wear to avoid being pinched represents the green of Ireland; it has no affiliation to the leprechaun who was originally dressed in red. He is a type of fairy in Irish Folklore with his pot of gold at the end of the rainbow. He really has no link to the celebration, other than he wears green now.

Some fun facts about the celebrations - The Chicago River is turned green with dye. It stays green for a week. Did you know green beer is made with blue food coloring not green? As yellow and blue make green and yellow and green makes sludge grey, not a good color if you want someone to drink it.

Parades are held in many cities. The first parade was in 1762, fourteen years before the Declaration of Independence was signed. The Parade can take up to five hours to get through the City of New York.

There is a lot of discussion about what city held the first parade – Boston, New York, Cleveland or St. Augustine, Florida; they are still battling it out.

More than 41.4 billion pounds of beef from Texas are eaten on this day and 2.5 billion pounds of cabbage, mostly from California. There are 33 million pints of Guinness beer expected to be consumed. This is the fourth biggest drinking day in the United States.

Everyone is Irish on St. Patrick's Day!!

Irish Soda Bread (traditional)

Chef Marco Martinez

Executive Chef

Ingredients

- 4 cups flour
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 3/4 cups buttermilk

Instructions

1. Preheat oven to 425 degrees. Grease and flour a 9-inch round cake pan.
2. In a large bowl, combine the flour, baking soda, and salt. Gradually stir in the buttermilk until the dough comes together in a slightly sticky ball.
3. Turn dough onto a floured surface and knead gently a few times. Form the dough into a ball and then press into the prepared pan so that the dough resembles a large disk. The dough should reach the edges of the pan but may spring back slightly.
4. Cut an X into the dough with a sharp knife, about 1/4 of an inch deep. Cover the pan of dough with another round cake pan turned upside down.
5. Bake for 25-30 minutes, covered, then remove the top pan and bake uncovered for about 10 minutes more or until the crust is dark golden brown.

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Surviving Loss

Shirley Schultz, Roving Reporter

Loss. It is nearly impossible to go through life without experiencing loss. Some losses are much more catastrophic than others. Major losses and disasters can leave us unable to cope and in crisis – literally unable to make decisions or provide for our own safety. Natural disasters of all sorts such as fires, floods, and accidents, individual loss of loved ones, or a sudden change in health status can tip our coping mechanisms towards crisis. The March 27 **Community Forum, “Coping with Disaster and Loss”** (see page 52), will address how to recognize signs and symptoms of loss of such magnitude that it may require additional help to cope. It will also address legal issues associated with loss and disability so that one can be proactive rather than reactive.

How do you know you might need crisis counseling or stress management assistance following a major loss or disaster? Persistence of these signs and symptoms may be worrisome and require a serious effort to get help.

- You have difficulty sleeping
- You have recurring dreams of the trauma
- You have difficulty concentrating and communicating thoughts
- You have mood swings, a low threshold of frustration, and possible crying spells
- You are increasingly using alcohol or drugs

- You have unexplained fatigue and/or headaches
- You are confused and disoriented, and you feel detached and alienated
- You have a fear of crowds
- You have feelings of hopelessness, depression, anxiety, guilt, and fear

A website, www.ready.gov/coping-with-disaster, sums it up: be informed, plan ahead, and take action. Below are only some of the important things we need to know about severe loss and disaster.

- Disaster affects everyone who sees it or experiences it in some way.
- Feeling anxious about your own safety and that of others is normal.
- It is normal to feel profound sadness, grief, and anger following a traumatic event.
- To help recovery, you must acknowledge your feelings.
- Healing requires you to focus on your strengths and abilities.
- Accepting help from community programs and resources may be necessary.
- Anger and the desire to strike back at people who have caused great pain are common.

Fill your “coping kit” now with knowledge about how to deal with loss and disaster.

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Safety, Security and Well-Being—Goals Worth Striving For!

Teresa Tanin, Neighborhood Watch

Whether you have ever experienced a fire, a home burglary, or a medical emergency, you should always strive to be as pro-active as possible. The March 20, *Police and Fire Safety Symposium*, 1:00 to 3:00 PM at the Grand Ballroom (OC), will deliver just that—information for improving personal safety and security awareness.

Linda Minor, Neighborhood Watch Executive Director, will be hosting this special Lincoln Hills Community Forum presentation. Residents are encouraged to attend, ask questions, and receive pro-active tips to curtail break-ins, scams, home accidents, and lost pets. Additional emphasis will focus on fire prevention, evacuation plans, vacation and wellness checks, and the Vial of Life program.

We are grateful to the Lincoln Police Chief, Doug Lee, and the Lincoln/Rocklin Fire Chief, Bill

Hack, for making this symposium possible. Working together they strive for community awareness and participation, which attributes to lower crime rates and reduced accidents.

In 2017, *Safewise Reports*, using FBI crime statistics-to-population, ranked the City of Lincoln 33 of the 60 safest cities in California. In 2018, however, statistics greatly improved to 7 of 60. This improvement may be attributable to the residents of Lincoln Hills working closely through Neighborhood Watch with our dedicated local police and fire personnel, who, with their hands-on interactions, provide us with the tools needed for a safer, more secure place to live. Such a goal is worth striving for—for your well-being—please join us. Don't beware—*be aware!*

Please visit Website, www.SCLHWatch.org to view video following the Symposium.



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Conversation with Claire Luke

Richard Pearl, Roving Reporter

This is the continuation of interviews with Lincoln Hills residents who are making a difference.

Claire Luke came to Lincoln in 2004, arriving from the East Coast and a lifetime spent volunteering and making a difference wherever she lived. Actually, Claire is a California (Vallejo) native who earned a degree in Education and English and then taught school in Sacramento for six years. She and husband Vern, a retired USAF colonel, spent their pre-Lincoln years in Sacramento (Mather AFB), Alaska, Nebraska, and finally Washington D.C. In each stop, Claire was involved with charitable and community organizations, including being the executive officer of the Fairfax, Va., Chamber of Commerce.



Within our 'compound' Claire has worked on the Elections Committee, the 10th Anniversary Committee, Neighborhood Watch, and serves as her village's Secretary. As much as she's known within Lincoln Hills, Claire is arguably more recognized as a sparkplug for activities outside our gates, and for working to blend those two universes together. Claire was just recognized by the Lincoln Chamber of Commerce as the 'Community Volunteer of the Year.'

Claire is on the board of directors for the: Lincoln Community Foundation, which raises

funds to give to local 501c3 non-profit organizations that benefit all Lincolniters; the Lincoln Women's Club; the Lincoln Rotary Club (where she serves as the executive in charge of the *Taste of Italy* fund-raiser); and the Lincoln Chamber of Commerce. Tell her that "there's no shopping" in Lincoln and be prepared to receive an earful; box stores, no, but some great specialty stores and restaurants.

If you've had a great time at the Downtown Lincoln Association's *Chocolate Ball*, you can thank Claire – who single-handedly promoted that event to our city based on a similar event she ran in Virginia. If you've heard of Sober Grad Night (high school), it was Claire and Vern who initiated that concept at Robinson High School in Fairfax, Va., in 1988!

Successful people are driven: some for money, some for ego, and some, like Claire, from a desire to help those who need it and to make a difference. She believes that when you give, you get more in return. In talking about Lincoln Hills, Claire says that one of the best things about living here is the tremendous range of things to do – either for the mind or for the body. "If you're bored, it's your fault!"

A little known fact about Claire... she's a rabid Oakland Raiders fan



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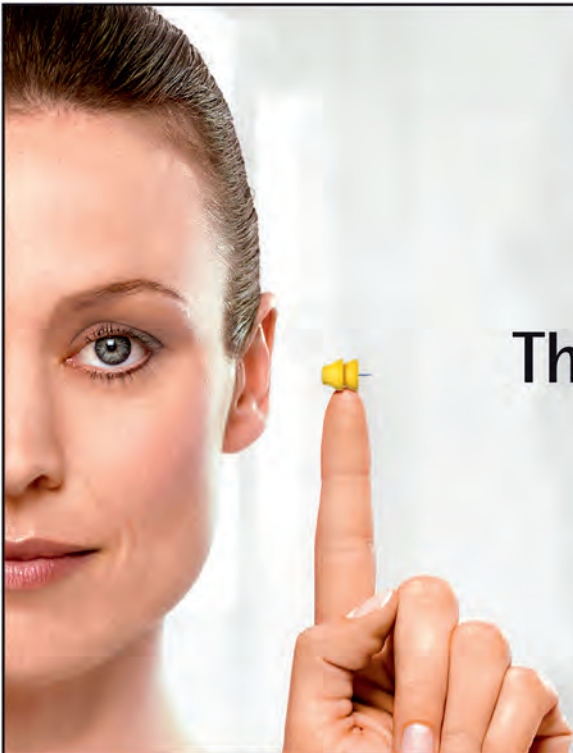
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Neighbors InDeed-Who are They?

Janet Roberts

You've met the Neighbors InDeed **Handy Helpers** and the **Medical Equipment Handy Helpers** in person, but who are the other folks in Neighbors InDeed who help every day to get those requests and others handled? We have about 120 volunteers who fill different tasks at any time during the day or week as needed.

You've met another group of volunteers when you call in – the **Information and Referral Volunteers**. They listen to your messages, collect the information they need, and then call you back. Whether you're asking for a wheelchair, someone to reprogram your thermostat or a referral for a heating and air conditioning professional, they are ready to take your call and move it on or give you the information you need. Often they need to ask more questions to pin down your exact need, but they are willing to take the time and get you the right answer. And lately, it's been to ask you about carbon monoxide detectors when it sounds like a smoke alarm going off!

The next group of volunteers, the **Dispatchers**, are the resident volunteers who are assigning the Handy Helpers (HH) and Medical Equipment Handy Helpers (MEHH). They are the ones who help you with those small tasks around the house or bring you the wheelchair or walker that you need when you come home from the hospital. They check the database to find a volunteer that matches your request and then makes calls to find one that can complete the task promptly. Our I&R volunteers let you know that we will need some lead time in case our HH have other commitments, but we try to get you a response in a timely manner. So the Dispatchers are the "behind the scene" volunteers who are necessary to meet your needs.

We have other volunteers responsible for jobs within Neighbors InDeed. These four groups, however, are primarily responsible for ensuring that we can handle the number of jobs we have each year. In 2018, we received 7420 calls (49% HH/ME, 47% vendor referrals), visited 2916 homes for 3686 service calls, and loaned out 426 pieces of medical equipment. Each group has two Co-Coordinator who are responsible for training new volunteers, fine-tuning policies and procedures and ensuring that all volunteers are kept up to date on Neighbors InDeed activities.

For more information, see our website at www.neighborsindeed.org and call our message center at 916-223-2763.

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Lincoln Hills Foundation Announces \$93,000 in Grants for Seniors in 2019

Frima Stewart, Grants Chair

Thanks to the generosity of our donors in Lincoln Hills, the Lincoln Hills Foundation will fund \$93,000 for 2019 in grants and services to benefit senior residents in Lincoln. Since its inception in 2002, the Foundation has issued over \$473,000 in grants to support groups and nonprofit organizations that address the independent living needs of seniors.

Founded in 2002, Lincoln Hills Foundation is committed to its mission to promote and fund solutions and programs that will enhance the quality of life for the senior residents of the Lincoln community. Our Foundation is operated entirely by its volunteer Board, Advisory Board and an active corps of volunteer residents. With this approach, the Foundation Board can assure its donors that all contributions go directly to grants and services.

The mission of the Lincoln Hills Foundation comes to life through the following services:

- Respite services for 40 caregivers responsible for 24/7 care for family members with cognitive impairment, particularly Alzheimer's/Dementia.
- Support and education group for family caregivers of Alzheimer/Dementia family members in Lincoln Hills.
- Emergency food boxes, fresh food, and necessary adult products for 278 seniors in Lincoln.
- 3325 prepared and delivered meals to 70 Lincoln residents who are unable to cook, shop regularly or have insufficient money to buy food.



Multiple Sclerosis Group Meeting

- Education, support, and special activities for survivors and patients dealing with breast cancer.
- Limited emergency health expenses for uninsured or underinsured seniors in Lincoln.
- Large print and audio books at the Lincoln Library.
- Administrative support for neighborhood security and cohesiveness in Lincoln Hills.
- CPR/First Aid classes from certified trainers at a reduced cost for more Lincoln Hill residents.
- Bereavement support for those dealing with the loss of a loved one.
- Contribution for the newly opened Senior Center in Lincoln providing a daily hot meal and social activities.

These crucial services resulted from the amazing work done by our grant recipient organizations: Del Oro Family Caregiver Resource Center; Alzheimer's/Dementia Family Caregiver Resource Center; The Salt Mine; Seniors First; Bosom Buddies; Friends of the Lincoln Library; Multiple/Sclerosis Support Group; Lincoln Senior Center; St Vincent De Paul and Lincoln Hills Neighborhood Watch.

No organization works alone. We know stronger communities are built when organizations collaborate on common goals. We thank and acknowledge our collaborative partners: Neighbors in Deed; Lincoln Senior Center Coordinating Committee; AARP and Foundation Tax Assistance Preparation.

The Lincoln Hills Foundation is passionate in its commitment to enhancing the quality of life for seniors in our community. Your donations make this important work possible.

For more information about the Foundation go to [www://lincolnhillsfoundation.org](http://www.lincolnhillsfoundation.org).

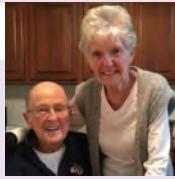


Caregivers Senior Café

In Memoriam

Curt and Lois Balko

After spending 60 years together, both Curtis and Lois passed away on January 16, 2019. They were active in the community and service to the Catholic Church. They loved their family, friends and strangers alike. The couple traveled far and wide together and provided care and guidance to their children and grandchildren. They are survived by their four children and eleven grandchildren. A service was held at St. Joseph's Church on their Wedding Anniversary in February.



Barry Logan

A Korean War Veteran, Barry grew up in Pennsylvania. He graduated from Valley Forge Military Boarding School. His airplane had crashed during the Korean War, and he endured injuries from that the rest of his life. He was always adventurous and loved cooking and travel. After developing a hip condition, he turned to golf for exercise. Barry graduated from Syracuse University and received his Ph.D. from Yale. He loved San Francisco and California, so he came out West to teach English Literature at Fresno State. He married Barbara in 1980, and they retired to Lincoln Hills in 2004. Barry Logan is survived by his wife, Barbara, one son, one stepdaughter and one grandson.



Bob Sherer

After growing up in the Washington, D.C. area, Bob served in the Marine Corps for four years. After he met and married Stella, they moved to California where Bob spent 25 years with a Fortune 500 company. Then he started his own company, Quality Concepts. They retired here where Bob was very active with tennis and biking and served as a Citizen on Patrol for the city. He started a band, "Wasted Youth." He and Stella were part of the West Coast Swing Group and Ballroom Group. He was an active member of Granite Springs Church. They traveled in their RV and loved cruises. Bob is missed by Stella, two daughters, four grandchildren, 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.



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VOLUNTEER OPPORTUNITIES!

Compass insert stuffing coordinator – We need a coordinator or two every month on the 14 to oversee the insert stuffing party – must be willing to coordinate the setup, welcome volunteers and ensure the project is finished. No heavy lifting is required. Email Theresa Renken, *Compass* Editor at Theresa.Renken@sclhca.com.

Compass distribution – You have seen your neighbors handing out the *Compass* from the 15 to the 19 in both lodges, why not join in. Come meet your neighbors and make new friends. Email Theresa Renken, *Compass* Editor at Theresa.Renken@sclhca.com.

Committee Openings

Below are Committees that need your volunteer time and expertise. Committees with openings include:

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

Committee applications are available at the Lifestyle desks (OC/KS) and online (sclhresidents.com>Library>Forms>Resident Forms).

*Cheers to
20 Years!*



Calling All Performers!

We are looking for all types of performers, groups or individuals to be part of the "On Stage" show October 25, 12:30 to 3:00 PM.

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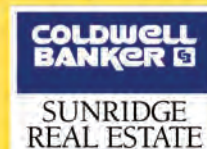
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Club News



Amateur Radio

We enjoyed chatting with all the visitors to our table at the recent Lincoln Hills Expo. If you are interested in amateur radio, emergency communications and community support we are there to help you get started. The LHARG meets at 6:30 PM every Monday at the South Lincoln Hills Entry Facility. In 2019 we will be supporting annual bike tours and other civic events. The Group operates the W6LHR repeater for Lincoln Hills residents holding an amateur radio license. We conduct a weekly network at 7:00 PM every Monday evening on the W6LHR Repeater at 443.2250 MHz, with a PL Code of 167, all amateur operators are welcome to check in.

Contact: Jim Darby 916-408-8599, www.lharg.us



Antiques Appreciation

Please join us for our next meeting on Monday, April 1. We meet in the Heights and Gable Room (OC). Meetings are from 10:00 to 11:30 AM on the first Monday of each month, followed by an optional lunch at the Meridian. Our program will be a presentation by two long-standing members

of antique and vintage jewelry; some made into works of art. What a great way to express one's creative talent, and decorate one's home at the same time! Members are encouraged to wear or bring one or two pieces of their jewelry, 50 or more years old. Join us for a fun morning of sharing.

Contact: Pat LePage 916-543-9564, jplpage2396@gmail.com



Astronomy

Monday, March 18, Cosmology Interest Group (CIG). Fine Arts Room (OC) at 6:45 PM.

The subjects will be: Lecture 11: Pulsars & Gravity. Lecture 12: Pulsars and the 300-Foot Telescope. Contact Morey Lewis (eunmor@pobox.com) for more information.



Thursday, March 28 Telescope Interest Group (TIG). Star Party at the SCLH Sports Pavilion. Sunset at 7:35 PM - observe open star clusters (The Pleiades and Beehive), Orion Nebula, and more! Contact Bob Collins (bobpcoll@community.net) for more information.

Wednesday, April 3, LHAG General meeting at 6:45 PM in the P-Hall (KS). Tim Unruh will present "Tekites: Stones of Mystery": which are gravel-sized bodies composed of natural glass formed from terrestrial debris ejected during meteorite

impacts. Visit our website for more information.

Contact: Ron Yelton 559-289-8792, ryelton660@aol.com

Website: www.lhag.org



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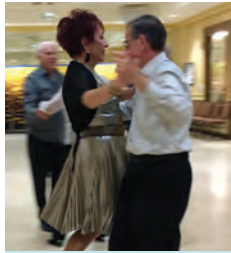


Ballroom Dance

Our Ballroom Dance Club in conjunction with Lincoln Hills is sponsoring the first ever trip to San Francisco to see a professional dance competition. It is the SF Open Dancesport Competition on April 7 to 8. Any resident can sign up. Details are in the *Compass* for trip LST179. Come and join us to enjoy ballroom dancing at its best!

Annual membership is \$7 per person. Lincoln Hills residents, couples and singles, and sponsored guests are welcomed. Lessons are Tuesdays at KS: Beginners from 2:00 to 3:00 PM, Open Dance 3:00 to 4:00 PM Advanced from 4:00 to 5:00 PM. March lessons are Cha-Cha taught by Sal and Ruth Algeri and the April lessons are Tango taught by Ed Beilin and Elaine Hagan.

Contact: Ruth Algeri 916-214-6348, sr64danz@sbcglobal.net



Ruth and Sal Algeri



Big History

It's that time of year again. When the day is equally as long as the night – or the Vernal Equinox. To celebrate the event, our club is holding a Vernal Equinox Social on Saturday, March 23 in the Placer Room (KS) from 12:00 to 2:00 PM. You must be a member to attend. You

may register up to the March 18 meeting. For only \$5.00 you will get great food and hear Ranny Eckstrom, Club President, tell us about how the Vernal Equinox was celebrated by our distant ancestors and have a chance to get to know your fellow club members. Come join us. We meet the first and third Mondays of the month at 10:00 AM in P-Hall (KS).

Contact: Dave Lewis 916-626-2795, BHSCLH@gmail.com
Website: www.bighistorysclh.com



Billiards

We offer tournaments to all residents, men, and women. We have tournaments for beginners, intermediate and advanced. Please join us in the fun! With the chance to meet new people. 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!

Contact: Tony Felice 916-955-0501, atfelice3@gmail.com



Monday tournament 1st Ted Komaki, 2nd Oscar Alveras Peshu Irani



Bird

Our April 8 general meeting will feature a presentation about Cuba by John Garfein. During his recent trip to Cuba, John had an opportunity to photograph many birds, botanical gardens and old plazas. Join us on the second Monday of April at 1:30 PM in P-Hall (KS).



Our February visit to International Bird Rescue Center in Fairfield


Spring is the perfect time of year to enjoy the birds of our area. Friday, March 22, our walk takes us to the Twelve Bridges Trail. We will start at Coyote Pond and continue on a well-maintained walkway to the Middle School. During this walk, we see waterfowl, raptors, and songbirds. April 5 outing is to Traylor Ranch Bird Sanctuary and Nature Reserve in Penryn. The dirt walking trail will take us through woodlands and open fields.

Contact: Sal Acosta 843-991-5188, quailrun@wavecable.com
Website: www.lhbirders.org




Bocce Ball, Mad Hatters

We were formed for the purpose of acquainting the residents of Lincoln Hills with the rules and fun of Bocce. We give free



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instruction and furnish all equipment. 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 residents. We play to a relaxed set of Bocce rules that make the game fairly simple and easy to learn, no experience required. Please see our information flyer on the SCLH Resident web site Bocce page. Special Olympics will be using ten of our courts every Saturday morning for practice until their Bocce Tournament on Sunday, April 28.



How About Blue and White Balls

Contact: Bob Vincent 916-543-0543, pmac1411@aol.com
Website: sclhresidents.com/group/pages/bocce-ball-group



Book, OC

The wonderful "Before We Were Yours" by Lisa Wingate is the March 21 book for discussion at 1:00 PM in the Multipurpose Room (OC). This Historical Fiction is based on the sad but true circumstances at Tennessee Children's Home, in Memphis, where children were kidnapped then turned over to the orphanage to await new, richer parents to adopt them. It was scandalous! The plot

goes between the present day and the events that tore a family apart in the 1930s. Come join the discussion. ** April 18 "Notorious RBG." ** May 16 "Killers of the Flower Moon." ** June 20 "Evil Under the Sun." ** July 18 "Rocket Men." ** August 15 "The Invisible Library." ** September 19 "The Things We Don't Say."



Bridge, Duplicate

So many volunteers selflessly give of their time in order for our Bridge Club to run smoothly. We are open to interesting and innovative ideas. The question is: "How will this idea be implemented and who will participate?" Last month we started an Ambassador Program. It includes members who want to learn more and members who love to teach. We have 42 players paired



3 of our 17 Ambassadors: Estelle, Sharon and Bob

or waiting for a mentor. Education is a top priority for us. Lectures, mentor programs, the Ambassador Program, and members who give private lessons. We hope to grow our membership by providing educational opportunities. Come join us! Games are played at KS,

Wednesdays/Saturdays at 12:30 PM. Friday at 5:00 PM. Partners or questions, please visit our website. Contact: Lynne White 916-253-9882, lynnewhite2000@yahoo.com
Website: www.bridgewebs.com/lincolnhills



Bridge, Partners

Call for reservations or show up with a partner Sierra Room (KS) 5:30 PM Thursday. Play begins at 5:45 PM. Winners: January 24-First: Edith Kesting/Erika Wolf with high round of 2100; second: Gretchen/Ed Thomas; third: Byron Hansen/John Butler; fourth: Dianne Conforti/Linda Scott. February 7-First: Linda Theodore/Janet Pinnell; second: Jay Southard/Byron Hansen; third: Nancy Turrini/Marty Jacobson; fourth: Reta Blanchard/Gay Gladden. Jaylene Gerdes/Jodi Deeley had high round 1460. February 14-First: Rose/Joe Phelan; second: Ralph Madsen/Chet Winton; third: Carla/Mark Green with high round of 1380; fourth: Kay/Ben Newton. February 21-First: Erika Wolf/Edith Kesting with high round of 2030; second: Chet Winton/Phil Sanderson; third: Byron Hansen/John Butler; fourth: Lorraine Minke/Janet Pittenger. We have new managers for first/third Thursday! Reservations for first & third Thursday: Carla/Mark Green at 916-844-5888.

Contact: Reservations for second/ fourth Thursday: Joanna/Alan Haselwood 916-209-3392

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Bridge, Social

We welcome Social Bridge Players to join us on Fridays for Singles' Rotation Bridge in the Sierra Room (KS). Arrive at 12:15 PM. Reserve your space for March & April by contacting Flo Hunt at 916-212-1362 or Bob Belknap at 916-683-0447. Winners from January 25 to February 15: First Place: John Woodbury, Bob Calmes, Linda McDermott, & Nancy Griffin. Second Place: Nancy Griffin, Alan Haselwood, Sue Dumas, & Harry Collings. Third Place: Bob Calmes, Ada Towers, Jaylene Gerdes, & Alan Haselwood. Fourth Place: Judy Olson, Linda Scott, Elisa Wilcox, & Pat Mullins. Our free bridge class is ongoing each Wednesday from 8:30 to 10:00 AM for beginners and 10:00 AM to Noon for Intermediates in the Card Room (OC).

Contact: **Pat Mullins 408-202-1865, pam7NT@gmail.com**



Bunco

In February, the group had a full house and welcomed two new players Jill Gossard and Shelley Park, as beginners luck would have it, Shelley won Most Buncos in a roll off. The traveling bear was all over the room four or five times per game down to the very last game.

Bunco is a non-membership group with a \$5 'pay to play' fee. Please consider joining us for a morning of laughter, fun,

and friendship! Bunco play is the third Thursday of the month in the Cards Room (OC). Play starts promptly at 9:00 AM.

February Winners: Most Buncos - Shelley Park; Most Wins - Sharlene Christianson; Most Losses - Marsha Pimentel; Traveler - Jean Abelle. Next Bunco is Thursday, March 2. **Contact: Kathy Sasabuchi 916-209-3089, ksasabu@icloud.com**



Ceramic Arts

Oh, my gosh – 2019 is moving right along. Take a look at the art in the window in the ceramics room. Artists of all levels are showing interesting pieces for us to enjoy. Art in the Alcove in the OC lobby in May will be displaying ceramic works from many class members. Some will be for sale so browse early to pick up the one-of-a-kind new addition for your home.

If you would like to try your hand at making something out of clay, sign up for a class early since spaces fill quickly. We are lucky to have talented teachers and helpful class members who will make your experience fun. Drop in anytime to see what is happening and ask questions. See you soon.

Website: www.cagsclh.net



Chorus

The Community Chorus is better than ever. So is our annual spring concert. Forthcoming April 28-30, it's titled



"Songs through the Decades" for its sweep of memorable music from the 1920s to the '80s.

Here's just a sample: "It Had to Be You" (1924), "All of Me" (1931), "At Last" (1942), "Fly Me to the Moon" (1954), "The Sound of Silence" (1964), "I'd Like to Teach the World to Sing" (1971), and "It's Still Rock and Roll to Me" (1980). There's more you know and love from each decade, all arranged for and amplified by our 110 voices for your enjoyment.

What's not to like? See page 55 for times and ticket information, and join us in the Ballroom for our best spring sing yet!

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

Computers

Apple Users



March will be a busy month for the Apple Group. Seminars will include more on the new Apple

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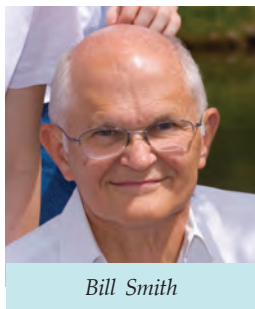


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The club is fortunate to have Bill Smith as one of the speakers - retired from a career in computer science; he has been a part of the program committee for 12 years. Bill is active in getting refurbished iPads sent to help a ministry to children in the slums of Sao Paulo, Brazil. An active skier for 63 years, he and his wife Lillie have lived in Lincoln Hills for 15 years. They have three children, seven grandchildren, and one great-granddaughter. Many of them working in the tech industry just as Bill did.

Contact: Helen Rains 916-408-4505
Website: Ihaug.org



Bill Smith

could leave you without your important data or the use of your computer. Backing up your files can help you avert disaster. It's shocking (pun intended) how many people do not! Rita Wronkiewicz will explore common backup strategies for your PC and demonstrate their setup. P-Hall (KS).

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

Contact: Bob Ringo 916-543-5310, sclhcc@gmail.com
Website: SCLHCC.org



Rita Wronkiewicz

logging trucks traveling through Lincoln and what they do with those logs? We're going on a cruise! October 13-20, our members will be sailing in and out of San Francisco. Ports: Astoria, OR; Seattle, WA; Victoria and Vancouver, BC, for seven days. Our, "Cupid's Gone Country" dance was really fun! We tried something new adding a variety of other dances, as well.

If members have not yet received information regarding our upcoming tour and cruise, or if you are seeking information about Country Couples Dance Club contact Irene. Contact: Irene Hesson 916-434-6804, ininsc@gmail.com

PC



Main meeting April 10, 6:30 PM "Secure Your Data": One Drive, Google Drive, and Your Own Backup Drive. What if we had a true disaster in Lincoln? What if your hard drive crashes? Are you willing to lose your pictures and other important files? A power surge, lightning strike, hardware failure, or natural disaster



Country Couples

Wow! We have such an exciting year planned for our Country Couples members. On April 24, Country Couples will be touring, "Sierra Pacific Industries." Ever wondered about the destination of all those



Cupid's Gone Country Dance
Frima & Joe Stewart

Cribbage



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

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

The weekly winners for January were: Dennis Morin, week one, Mel Switzer, week two; Brian Yates, week three and Sharon



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Cuchetti, week four. New Players are always welcome.

Contact: Don Lloyd 916-253-7614, gryeagle1@hotmail.com



Cyclists

Many people are using cycling to shed weight. It's a vicious circle since in order to lose weight you must ride harder but riding harder causes you to eat more. A study was done to see how much exercise would make a difference. There is a number, and it is about 3,000 calories a week. One group burned 300 calories at each session or 1,500 a week. The second group burned 3,000 calories per week. Nobody in the 1,500 calorie group lost weight, but the 3,000 calorie group each lost about 6 pounds or about 5% of body weight. The fitter you are, the fewer calories you burn. Heavier people burn more and the harder you go, the more you burn. Keep cycling.

Contact: Steve Valeriote 916-408-5506, jillsteval@gmail.com

Website: lincolnhillscyclists.com



Fishing

Our speakers are well known local folks who know where the fish on your list are hiding; along the cut of a bank or under a fallen tree branch, in the shadow of a buried pipe in the Delta. To watch that fish rise to your bait or fly is make your heart race with joy! Spring



You see the nicest places while fishing

is just around the corner, join our club to live the life of reflective fishing at your favorite pond or stream.

Many of our members are experts at fishing and are always open to helping you reach your dream of fishing and improve your skill. Meetings are second Monday of the Month, 7:00 PM, P-Hall (KS). Contact Ralph Tonseth at ralphtonseth@comcast.net if you are interested in joining. Contact: Henry 415-716-0666, hsandigo@icloud.com



Food Adventures

Club members gathered for food adventures at the Anatolian Table restaurant for an excellent and authentic Turkish meal and then later gathered for a much different type of visit to Hillenbrand Farmhaus Brewery in the Lincoln-



Lots of Good Cooks

Newcastle countryside to enjoy glasses of Hillenbrand's freshly brewed craft beer. The Bella Familia mobile pizza oven vehicle was at the brewery that day, making the visit even better. For our many home cooks, we procured fellow Lincoln Hills neighbor, Armando Mayorga, retired fireman and experienced cook, for our February meeting in the Kilaga Kitchen for his thorough demonstration on the best uses of the newest kitchen rage, the Instapot electric pressure cooker. Our monthly meetings are the fourth Monday in P-Hall (KS) at 2:00 PM, household membership is \$20.




Contact: Don R. Rickgauer, sclhFoodAdventuresClub@gmail.com



Garden

From an elephant trainer at the Oakland Zoo to a Parks Supervisor of landscaping public spaces in Oakland, Victoria "Tora" Rocha also had a position that included a part-time job in landscape maintenance-where she was inspired by a group of dedicated and talented horticulturalists. "That's where I got the [gardening] bug, being around people that passionate," Rocha said. Tora will be the guest speaker for the March 28 General Meeting 2:00 PM, KS. "Bees as Pollinators and Plants That Attract Them" will be the focus of her

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presentation. She states, "Our future flies on the wings of pollinators!"

Save these dates to enjoy events next Month: April

6-Annual Plant Sale-Pavilion, April 25-Lincoln Hills Home Garden Tour, April 27/28-Annual Amateur Rose Show.

Contact: Lorraine Immel 916-434-2918, lorraineimmed@gmail.com

Website: lhgardengroup.org



Victoria "Tora" Rocha

served across the hall and you will have a chance to network with others who share your interests.

Always check the website, lincolnhillsgenealogy.com, for handouts and updates: For more information contact Dr. Barbara Branch.

Contact: Dr. Barbara L Branch 916-543-8219, drbabs@starstream.net



Golf

Ladies XVIII

The fun duo brought our club together in two social events already this year. The first one was a fiesta happy hour at Casa Ramos where more than 50 gals packed the bar. Lots of chatter and good fun. Then on Valentine's Day, our golf was a rainout, so our captain, Valerie McElroy, and co-captain, Julie Storer arranged an impromptu gathering at the Sports Bar in a "sip and shop" event that was attended by about 25 ladies. Raffle prizes were part of the draw that morning, as we mingled around the tables and ate breakfast, in lieu of golfing. A number of new members joined in, and several ladies found nice bargains at the ProShop.

Lincsters

The Lincsters held their first "Fifth Wednesday" tournament, the Grandmother's Tournament, on February 2. There was a total of 89 players on both the front and back nine of the Hills. Winning

the coveted "Grandmother's" trophy was Ingela Butters on the front nine, and Colleen Connell on the back nine. A walking cane was awarded to the second and third place winners, Margie Jewett and Kay Seenberg, front nine, and Henrietta Fujihara and Bev Johnson on the back nine. Thank you to Alice Stanwood and her committee for an enjoyable event. Committee members were Marie Bossert and Cindy Atkinson, planning; Carol Sexton and Anita Bronner, scoring; Barbara Gordon and Mary Cannistraci, decorations; Judy Reich, drawing tickets. The next "Fifth Wednesday" event will be May 29.

Contact: Alyce Stanwood

916-645-1244,

alyce@stanwood.us

Website: lincsters.com

Golf Men's

Results in the next issue of 4 man scramble. March 26 is the NCGA 4 Ball Qualifier, 2 Man Better Ball. The Presidents Cup match play tournament will start May 7. This year all matches will be played within the Tuesday proshop sweeps. No more hassle scheduling your next match, it's the following Tuesdays! President Rodger Oswald found this quote from sportswriter Grantland Rice: "Golf is 20% mechanics and technique. The other 80-% is philosophy, humor, tragedy, romance, melodrama, companionship,



Genealogy

Our next presentation will be held on March 18, 6:30 to 8:30 PM in P-Hall (KS).

Our presenter, Jim Baker, will be addressing - The Autosomal World - Working with DNA Results. Attendees will learn, through Ancestry DNA case studies, how ancestors can be found. Mr. Baker has been an active genealogist for the past 15 years.



Jim Baker

2019 paid Members should come a few minutes early to check in and receive your door prize ticket for a Kindle Fire 7" with Alexa. After the meeting refreshments will be

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Website: mgclh.club



Hiking & Walking

We have fun hikes scheduled for the spring. Upcoming hikes include: Stevens Trail in Colfax March 21, Sugar Pine Reservoir in Foresthill March 28, Deer Creek – the Sue Memorial Hike, in Nevada City April 4, a docent-led hike at Griffith Quarry in Penryn April 9, and a not to miss trip to Angel Island in the San Francisco Bay April 13. For more hikes, walks or club information, please check our website. Click on the Upcoming Hikes tab where you'll find each hike description, which includes distance, difficulty, travel time, carpool contribution, and who the hike leader is, along with other general information. Under the Walking Group tab, you'll find the meet-up locations for the Wednesday 8:00 AM morning walks. New members are welcome!

Contact: LHHikers@gmail.com
Website: www.lincolnhikers.com



A beautiful day to hike Folsom's Johnny Cash Trail.



Investors' Study

We welcome Doug Cote of VOYA for his fourth visit in as many years. Russ will review his playbook, and you should bring your questions, observations, etc. All residents are welcome to come to P-Hall (KS) at 2:30 PM on Thursday, April 4. Refreshments afterward. The Active Investors sub-group meets the second Monday of the month in the Multimedia Room (KS) at 3:00 PM. Contact Norm Quattrin at 916-645-4675. Any questions about the Investors' Study, contact John Noon. Contact: John Noon 916-645-5600



Lavender Friends

March is roaring in like a lion, as far as club activities are concerned. Before the month is over, highlights will include a club wide mixer for new and returning members and a crossover event with residents of Sun City Roseville.

We are gearing up for our version of a "Tea Dance" on May 5, when we hope to draw from throughout the region. Held on Sunday afternoons, Tea Dances began decades in LGBT communities in response to laws in some states that forbade same-gender dancing. Tea Dances are making a comeback from New York to Palm Springs — and now, Lincoln Hills. Contact: Sandi Dolbee 916-409-2156, sandidolbee@yahoo.com Website: www.lavenderfriends.com



Line Dance

We have a new teacher, and her name is Cathy Paris. Cathy began her teaching career when she was introduced to Clogging in the early 1980's, but found that she was also interested in line dance. She attended a class where the instructor "broke down" the steps, so it was easier to follow. She soon discovered that she had been given the wonderful gift of teaching dance. Cathy teaches a variety of line dance classes, so please consult the *Compass* for a list from Intro to Advanced and the times and dates for these classes. The Line Dance Group is sponsoring a social on Sunday, March 24, at Ballroom (OC) at 1:00 PM which is open to all current participants.



New Line Dance Teacher, Cathy Paris

Contact: June Willis 916-253-3348, willtom@sbcglobal.net



Mah Jongg, Chinese

Greetings! Please join us on Monday mornings in the Card Room (OC). Your arrival time should be 10 minutes before 9:00 AM. Play begins at 9:00 AM. Play continues until Noon.

Chinese Mah Jongg is a game

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

If you have any questions, please call Bruce Castle or Marsha Ross at 916-253-9551.

Contact: Bruce Castle 916-846-1500, brucecastle101@gmail.com



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 on Tuesdays in the Card Room (OC) 12:30 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 at 916-434-7061 so she can put you on the list for the next session. Lessons are weekly,



Players enjoying an afternoon of Mah Jongg

lasting 10-12 weeks. Mah Jongg is a difficult game to learn, but once you do, you'll be hooked!

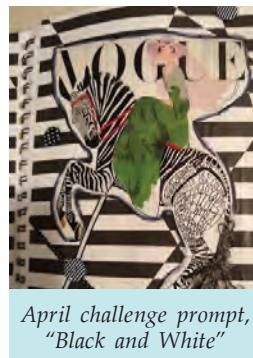
Contact: Patti Kingston 916-587-3056, pkington@att.net



Mixed Media

March 20 our guest speaker, Marilyn Anhalt, is going to help us learn a technique from the Mixed Media Artist Dina Wakely. Don't forget to bring both your February and March challenge art pieces to share. We meet on the third Wednesday of the month in the Ceramics Room (OC) at 1:00 PM.

Looking ahead, the challenge for April is to make a creative art piece using the prompt, "Black and White." No worries, you can use pops of color too. I can't wait to see what everyone does with that one at our April meeting. Jan Stephens, a member and part of the club's steering committee, will be walking us through a fun project at the April meeting too.



April challenge prompt, "Black and White"



Motorcycle

Along with the arrival of spring, March also means it's time to start

up another riding season! There are some great rides planned for 2019, exploring parts of Northern California from the High Sierras to the Pacific Coast. On March 16, Road Captain Dan Harlander will start things off leading a ride through the Sierra Foothills to Mount Aukum. The RoadRunners have scheduled rides on the second Saturday of the month, March - November.

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) guests are always welcome. The next meeting will be on March 28.

"Ride Safe - Ride With Friends"
Contact: Manny Perez 916-253-9121, manwil412@wavecable.com



Music

We met on Wednesday, February 27 and excitement was in the air. This month's Opening song was "Stand By Me." Tom Jones would have been proud of us as we played and belted out "Delilah" for our Closing number. Finally, we jammed out to Kansas City. New Duos and small groups performed joyously. We welcome new players with open arms and ears. The Music Group meets every fourth Wednesday of the month from 6:30 to 8:30 PM, Fine Arts Room (OC). You can find the Lead Sheets for the group

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*Congratulations, Pete!
Keep Playing that Fiddle.*

songs and more information on our website. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM, (OC). Open to Lincoln Hills residents. Contact Ron Peck at 916-409-0463 for information.

**Contact: Dan Lehrer 916-587-3419,
dlehrer72@gmail.com**

**Website:
www.lincolnhillsmusicgroup.org/**



Needle Arts

Our general meetings are held on the second Tuesday of the month at 1:00 PM in P-Hall (KS). April 16 meeting will feature, Pat Fryer, owner of Villa Rosa Designs in Grass Valley. The Spring Needle Arts Retreat in Auburn is May 6-10. More information is on the website.



*The lovely work of the
Hardanger Group*

The 2019 Needle Arts Spring Luncheon sets sail on May 14 in

the Ballroom (OC). Make sure you keep checking the website for more information. The club welcomes visitors. Check us out and become a part of Needle Arts. We have many subgroups that meet throughout the week.

Check the club website for upcoming workshops, dates and times of subgroups, club forms and up to date information about the club at www.sclhna.com.



Neighborhood Watch

It's painless, inexpensive and the best way to enable your pet's safe return if lost – a microchip. Having a collar with information attached also is important; however, it's possible for collars and/or tags to come loose. If you lose or find a stray pet, call Neighborhood Watch's Lost/Found Pet team: Mary Shelton, 916-409-9923, Teresa Tanin, 530-400-8526 or Lance/Judy Presnall, 916-587-3328. Mary and Teresa both have microchip scanners and will go to your house to scan for chips. Team members gather information, send it to village coordinators, who then forward it on to mailbox captains and their residents for – hopefully – a quick



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Microchip information should be updated whenever contact details change. If you don't know your pet's microchip company, call us.

**Contact: Linda Minor 707-235-0778,
lindamminor@sbcglobal.net
Website: www.SCLHWatch.org**



Painters

Please join us at our March 19 meeting for a watercolor demonstration by Artist John Hewett. John will also have information about his upcoming workshop in Yosemite.

Our April Program will feature Sandy Linblad who is a contemporary animal portrait artist. Sandy will show us her techniques for painting animals, just in time for our "Challenge" of painting an animal portrait ourselves.

We hope you were able to attend the successful Fine Arts Show last month. Over 50 artists' work was on display and for sale. The next opportunity to see our art will be at the Arts & Crafts tour on May 11 and 12. This is a chance to visit artists in their home venue, so mark your calendars!

**Contact: Joan Musillani 916-712-4493,
joanmusillani@gmail.com**



Paper Arts

Judy Perkin and Randi Lontz, Stampin' Divas-Folsom, and Stampin' Up demonstrators, led our project at the

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February's project:
Quilting with Paper Techniques

March meeting. We made three lovely birthday cards. In April, Peggy Jo Ackley of Pink Ink Stamp Company returns, this time for her "Stylish Stylus Workshop."

The next Open Lab ("Members Only") is March 21 from 9:00 AM to 12:00 PM in the Terra Cotta Room (KS). Are you a paper crafter, card maker or scrap booker? Come join us.

Check out our display window (OC) where this month's theme is animals. We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS). **Contact: Nancy Sealy 315-702-7986, nancyb1944@yahoo.com**



Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets in the Card Room (OC) on the first and third Friday from 9:00 AM to 12:00 PM. For more information, please contact Denise Jones or Doris DeRoss

at 916-253-7164. We are looking forward to seeing you there.

Contact: Denise Jones 916-543-3317



Photography

Sal Acosta and Suzanne Hutchinson were the featured speakers at our February meeting. Through their presentation "Uganda, the Pearl of Africa," highlighting their recent trip, we were treated to spectacular Images and videos of hundreds of majestic birds. But the real reason the pair went to Uganda was the opportunity to spend an hour with Chimpanzees and an hour with Gorillas!



Photo by David Rodowicz

The Club also has some adventures on the horizon, although a bit closer to home. Upcoming trips include Monterey to Morro Bay, High Sierra wildflowers and waterfalls and, later this year, the Reno Hot Air Balloon Races. Many other local field trips will be scheduled as conditions present themselves. New members of all skill levels are always welcome. Check our website for

more information.

Contact: Diane Margetts

916-955-1809,

dmargett@yahoo.com

Website: lhphotoclub.com



Pickleball

Our free "Welcome Saturday" returns March 23 to introduce residents to pickleball.

The program starts at 11:00 AM. No reservations or paddles required. Please wear tennis shoes.

The next one is on April 27. We also continue our free introduction class at 1:00 PM Wednesdays, weather permitting.

Club members: April 1 launches the registration clock for the President's Cup tournament to be played April 12. It features a "Super Seniors" format for ages 70-plus.

We also offer lessons and leagues that are open to members only. We do more than play. We can also party. The lineup of members-only social activities in 2019 included a series of birthday parties by age group. On tap: our spring mixer, summer party, ice cream social, Oktoberfest and holiday gala.

Contact: Michael Gardner

916-834-6549,

pickleballmike1@gmail.com

Website: www.lhpickleball.com



Players

Auditions for "The Odd Couple, Female Version" were held March 5 and 6. A fantastic cast



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The Players love to party, too!

has been chosen for the six female and two male parts in this cleverly written comedy by Neil Simon. These two mismatched friends, Olive and Florence, impart on a "journey of discovery" that is both newly hilarious and yet imminently recognizable to fans of the original. The "Trivial Pursuit" players will keep you rolling in the aisles. And, the two upstairs neighbors, two dashing brothers from Barcelona, Spain, who struggle with their command of the English language, add to this comedy. Show dates are June 6-9 in P-Hall (KS).

Players meet every second Monday at 4:00 PM in P-Hall (KS). Guest are welcome!

Contact: Ron Hanson, President
916-434-7112, racketron@yahoo.com
Website: For more information-
www.lhplayers.org



Poker

We play 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 the Multi-purpose room

and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw. 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.

Any questions contact Lynne Barsky or Arnold Baker at 916-434-5412.

Contact: Lynne Barsky 916-253-3730



RV

Members are now returning after a fun-filled RV trip to Southern CA and Arizona. Next is our Rally to historic Solvang March 18-22 for wine-tasting, golf, shopping, and of course Danish pastries. It's Santa Cruz in April followed by a multi-part trip to Canada's famous Calgary Stampede. More Rallies are scheduled plus planning for 2020 and 2021 is now underway. All Rallies include lots of fun dinners, happy hours, golf, and trips to museums, theaters, and anything else the participants dream up.



Palm Creek Resort, Arizona

We meet in the Placer Room (KS) at 4:30 PM on the second Thursday of each month to plan rallies, share ideas, and socialize. Residents with an interest in RVing are welcome to visit, make new friends, and get involved in the joys of RV travel.

Contact: Steve Beede
916-752-6972, sjbeede@att.net



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

We are looking for someone just like you to volunteer in Kindergarten through 5th grade or Phoenix High School. Visit the SCHOOLS website to find out about volunteering at schoolssuncity.org or contact Crystal Elledge (elementary) 916-543-8617, ceelledge@sbcglobal.net or Irma Mendez (high School) jmeidm@aol.com. No prior teaching experience necessary.

There are openings on the SCHOOLS Steering Committee if you are interested in being involved with planning and working



Volunteer Ruth Palacio in Mrs. Lucas's class First St. School





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on the volunteer program, or our annual meeting in the Fall or our Spring Picnic in the Sports Pavilion. Contact Patti at pkjngston@att.net.
Contact: Patti Kingston
 916-587-3056, pkjngston@att.net



Scrabble

We welcome new players to join us every Monday afternoon at 1:00 PM in the Card Room (OC). All materials are provided. All levels of play welcome. Play one, two, or more games and expand your vocabulary! Come and try it out.



Singles

Dining out on Thursday, March 21 will be at the Cheesecake Factory at 4:30 PM. Call Sue to sign up for a fun evening! Bingo is back! On Thursday, March 28, we will be in the Ballroom (OC) at 6:00 PM for some exciting games and a chance to win some great prizes. Tuesday, April 2, we will meet in the Ceramics Room (OC) at 4:30 PM to plan our upcoming events. For cocktail time on Thursday, April 4 at 4:00 PM we will be at Skipolini's in Roseville. Our monthly Business Meeting will be in the Ballroom (OC) on Thursday, April 11 at 6:00 PM. Second Saturday breakfast is on April 13 at 9:00 AM in Meridians. Spring is in the air.
Contact: Susan Platt 916-397-0850,
foster.p.susan@outlook.com



Ski

The annual getaway trip, this year at Whistler, British Columbia, is now history. And what a week! Lots of snow on the ground, some flurries throughout the week, and cold temperatures to keep the conditions soft and fresh. And besides skiing, there was snowshoeing, dog sledding, snowcat trip for dinner at a remote mountain hut, and hours at Village restaurants, bars, shops, galle-



Thumbs Up for Whistler!

ries, and museums. And while some of us were gone, the Tahoe resorts got slammed with snow. The ski season should go well into spring, so plan your ridesharing day trips for each of several weeks to come. Our next general membership meeting will be Thursday at 4:00 PM, March 21 in the Multipurpose Room (OC).
Contact: Ken Spencer 916-258-2150,
lhskiclub@gmail.com
Website: www.LHSkiClub.com



Softball

Registration is now closed, managers have gathered for the draft, and players are stretching their

under-used muscles in preparation for the Summer League opening games on April 10. If Mother Nature relents a bit, we should have team and Sunday practices throughout the month. Umpire volunteers are sharpening their skills with Montie Boatwright's "How To" classes. Does anyone know a good eye doctor? The volunteer scorekeeper crowd, pencils sharpened, is eagerly awaiting the new season. With a little luck the season should be off to a flying start. As always, the website is your best resource for the most current information on activities at Del Webb Field. Time to start stretching, oiling the old glove and tossing the ball around. Let's PLAY BALL.

Contact: Bec Cannistraci
 916-408-4679,
beccannistraci@sbcglobal.net
Website: www.lhssl.net



Softball



Sports Car

The Sports Car group has been "chomping at the bit" to drive their cars on the open road, but the weather has been just too wet and muddy. We were able to enjoy a great trip last month to Sattui Winery and Rutherford Grill in

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between the raindrops.

This month we went to Lockeford Sausage Company and then on to Teresa's Place in Jackson for lunch. It felt great to be out with friends again. These rides signal a great start for future trips and socials. Example – Murphys/Ironstone, Lake Tahoe, Potters Baseball and more.

We will enjoy our first social by celebrating St. Patrick's Day at the Boxing Donkey – Irish Pub. Everyone will wear the green and let their inner Irish out!

Contact: Jo Fratessa 916-408-7209, mfratessa4@icloud.com

Website: lhsportscars.com



Sun City Squares

We welcomed February with a beautiful Valentine's Day dance and lots of great food. Square Dancing is a lot of fun. We welcome singles and couples and are happy to announce "all position" dancing concept. If you have an interest or are even curious about Square Dancing, please come and check us out!

Sun City Squares meets at KS: *Monday from 1:15 to 3:15 PM



Valentine's Party

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.

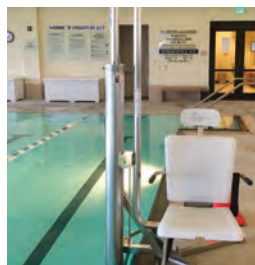
Contact: Sandy Cleaver 916-409-0409, slctravel@yahoo.com



Swimmers & Water Walkers

The new ADA water powered assisted access swim-lift has been installed at the Kilaga Springs pool. The lever with the knobs has two settings: UP - DOWN, then a smooth ride into or out of the water is provided. If you need help operating it, let me know. The ADA access for the pool at The Wave is a gentle-sloped ramp.

The following information has been posted on our message board at KS: 2 lengths of the pool = 1 lap. 9 laps = 1/4 mile. 18 laps = 1/2



ADA Swim-lift Chair at KS

mile. 36 laps = 1 mile.

Our next meeting is scheduled for Monday, March 18 at 3:00 PM in the Fine Arts Room (OC). Come meet others that enjoy our community pools.

Contact: Bob LeRoy 916-412-0552, bobandchey@icloud.com



Table Tennis

Call it table tennis or ping pong. It's a fun game, burns off calories, and provides a social outlet. Additional benefits include improved: hand-eye coordination, reflexes, and mental acuity. All skill levels are welcome. Tables are designed for five skill levels from beginners to advanced. This provides a good competitive balance for gameplay. Players are encouraged to play at a table that most closely corresponds to their ability level. Free lessons are offered at the beginner's table. A robot machine for 15-minute practice sessions and free loaner paddles are available. The days and times are Sundays from 12:30 to 4:00 PM, Tuesdays from 6:00 to 9:00 PM, and Fridays from 8:00 to 11:00 AM. Play is in the Multipurpose Room (KS). Contact: Tim Frank 916-434-2525.

Contact: Dennis Zaro 916-543-6545, pingpongsclh@gmail.com



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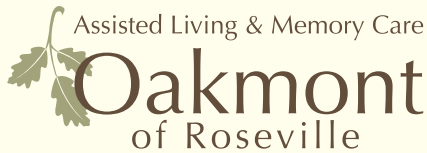
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classes are now at KS, tap shoes are definitely recommended, and we dance on a real wood floor. Check the Compass Lifestyle Classes for Alyson's tap classes. Need some practice? Also at KS, Saturday mornings from 8:00 to 10:00 AM room is available for practice. Tap Company members, please note on your calendar: June 13, Tap Luncheon. Details will be sent later.
Contact: Freddie Dempster
 916-253-9734,
 freedeede@gmail.com



Tennis

LHTG provides the opportunity to meet other tennis players, competitive and fun tennis tournaments, and social activities such as Intramural Tennis (LITT). Annual membership dues are only \$15 per person. This entitles members to emails of activities, LHTG Roster, LHTG sponsored events and activities including tournaments, luncheons, potlucks, ice cream socials, year-end dinner dance, just to name a few!



Image is everything - show your club support!

Do you know you can purchase LHTG tennis clothing via our website? Quality attire is available just click Purchase SCLHTG Logo Wear Online.

Our USTA Teams have been successful in the past years, teams starting up: Marilyn Duncan's 40+ 3.5, Jerry Dong's 65+ 8.0, Rene Fuog's 65+ 7.0, Cindy Fuog's 65+ 6.0, Helen Berott's 65+ 7.0. Keep you posted on the teams progress! MXD Championship - May 3.

Contact: Linda Burke 916-209-3463,
 scteam10s@aol.com
Website: sclhtg.com



Vaudeville

Vaudeville Show Auditions are next month. We already have several new and exciting acts auditioning this year. Past shows have been proven to be a hit with audiences and this year will prove no different. To audition mark your calendars for Tuesday, April 23 and Wednesday, April 24 at KS from 6:00 to 8:00 PM. Contact our Director, Yvonne to set up an audition time.

The Golden Revue this year will be Thursday, July 18 at 6:00 PM, Friday, July 19 at 6:00 PM, and Saturday, July 20 with two shows at 2:00 and 6:00 PM.

Contact: Yvonne K. Schenck
 916-408-2040,
 ykrause@yahoo.com



Veterans

Members and guests enjoyed the group's annual St. Patrick's Day luncheon in the Ballroom (OC) on March 14. The traditional Irish meal was followed by a presentation by Tom Clark, whose uncle was one of 429 sailors and Marines who died aboard the USS Oklahoma (BB-37), which was sunk during the Japanese attack on Pearl Harbor.

Residents can dispose of their tattered or faded American flags in the utility room to the right of the Activities Desk at OC. They can replace that worn-out flag with a bright, rugged new one on the 15 of every month when the Veterans Group staffs a flag sales table in the OC lobby from 8:00 AM to 4:00 PM.

Contact: Mike Schultz 916-209-3460,
 avid9er2007@gmail.com



Water Volleyball

We continue to grow with three new members joining during January/February. New members benefit from an orientation to water volleyball rules, sportsmanship expectations, monthly training opportunities, ranking process explanation, and social events calendar. The first Ladies' Night of the New Year was a tremendous success with sixteen women participating adorned with flowers in their hair - great fun. The first training

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session occurred on January 23 focusing on passing and setting the ball. A new schedule of play for 2019 was approved by the Steering Committee. All members can review the approved schedule on the KS whiteboard and the Water Volleyball Club Website.

Contact: *Rosemary Elston*

916-474-1610,

sclhwatervolleyball@gmail.com.

Website: *www.lhwatervolleyball.com*



Woodcarvers

"Basswood" I had never heard that word before, but as a newbie to the Woodcarvers Club, there were new words and concepts to learn. And what is basswood? Interestingly, it's a soft

wood that is primarily used in woodcarving. It's easy to cut into and shape with tools, making the carving process easier. Spray a little alcohol and water mixture on it, and it cuts even more easily. These are just a few things I learned from my fellow club members in my first meeting. You are most welcome to join us every Wednesday from 1:00 to 4:00 PM in the Sierra Room (KS). You too can learn new concepts and connect with nice people.

Contact: *Lionel Rainman 916-253-9534,*

lrainman1414@yahoo.com



Writers

Are you writing a novel, short story,

essay, poem, or memoir? Fiction? Nonfiction? The Writers Group will listen to you as you read. Bring twelve to fifteen copies for others to edit, with whatever kind of editing comments you would like. Meetings are on the Second, Fourth, and Fifth Monday evenings in the Ceramics Room (OC) at 6:30 PM. Do you have writers' block? Look at your calendar to see what holidays might give you inspiration. Do you have pets? What do you think they would like to say to you? What would you answer?

Contact: *Frederica B Dempster*

916-253-9734,

fredeedee@gmail.com

Garden Group

4th THURS -2 PM - KS (Jan-Oct)

- *Shows (Bonsai, Flower, Rose) * Civic Projects
- *Home Garden Tour *Socials *Field Trips
- *Plant Sales *Classes *Camaraderie
- *Variety of Monthly Garden Presentations

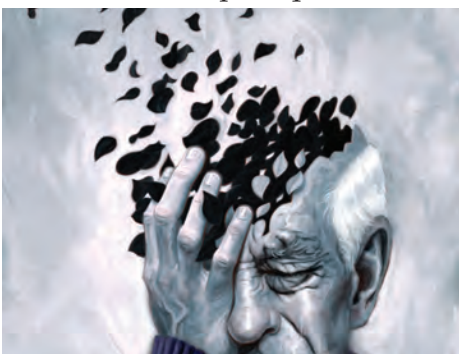
lhgardengroup.org



Support Group News

Alzheimer's-Dementia Caregiver's Support

This group is designed for caregivers of family members in the early to mid-stages of dementia diseases. In addition to discussion groups noted below, we have professionals offering formal presentations during our large group meetings held on even numbered months of the year (except December). These are open meetings with no membership requirements.



Evaporating World of Memory and Ability

Just come. We also have a very good lending library. Our large Group meets at 1:00 PM on the fourth Wednesday of the month in the Multi-Purpose Room (OC), the Women's Group meets at 1:00 PM on the first Wednesday of the month in the Multi-Media Room (OC), the Men's Group meets on the third Thursday of the month at 10:00 AM at the Granite Springs Church on E. Joiner Blvd.

Contacts: Valerie Jordan 909-625-7443;
Cathy Van Velzen 916-409-9332;
Mary-Jo Fratessa 916-408-7209;
Al Roten 916-408-3155.
Club Phone: 916-434-6009
Email: 2jeffa@gmail.com

Bereavement



The Bereavement Group offers support and friendship through sharing with others

who have also lost a loved one. Monthly support meetings are held on the second Wednesday at 3:00 PM at Joan Logue's home. The next support meeting is April 10. Each month we go to various restaurants for lunch. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be at the Casino Buffet, Thursday, March 28 at 11:30 AM. Meet in front of OC Lodge at 11:15 if you want to carpool to the Casino. For more information or to put a Memoriam in the *Compass*, contact Joan.

Contact: Joan Logue 916-765-1745,
joanlogue@sbcglobal.net

Bosom Buddies



"Be healthy, look healthy" was the theme of March's meeting. Nancy de Ross, of Sacramento Make-up Design Studio, showed some of the wigs and "age appropriate" make-up available at her store. A major part of dealing with cancer and recovery is feeling good about oneself, and Nancy gave beauty tips on how to do so.



*Laverne Power, our February speaker
Dr. Kubicky and Marie Basinger*

St. Baldrick's – never a real person, keyword is "bald" – is a charity that raises money for pediatric cancer research. One of the fundraisers is "Shaving of Heads," and Peggy Ryan stepped up March 2 to offer her hair for this worthy cause. Our April meeting will be a lunch off-site. For reservations, call Patty McCuen. Bosom Buddies welcomes breast cancer survivors and those still undergoing treatment.

Contacts: Marianne Smith, 916-408-1818;
Patty McCuen, 916-408-4185



Family Mental Illness Support Group

Our support group meets on the second Friday of each month at 2:00 PM. We are a small, informal group. Our purpose is to lend emotional support to family members who have loved ones suffering from bipolar disorder, schizophrenia, depression, and other serious mental illnesses. There's nothing you can say that will surprise us. We've all been there. Come and know you'll be listened to, heard, and understood. You can read personal stories about mental illness on my blog, www.soonerthantomorrow.com, A Safe Place to Talk About Mental Illness in Our Families.

Contact: Dede Ranahan 916-408-4541,
dederanahan@gmail.com



Gam-Anon

Is your life affected by someone else's gambling? Gam-Anon helps those affected by someone else's gambling find answers and strategies for dealing with the finances, debts, and strained relationships caused by the gambling. Come to a meeting whether or not the gambler seeks help or recognizes that there is a problem. Gam-Anon meets weekly on Friday evenings from 7:00 to 8:30 PM at the First United Methodist Church, 6414 Brace Road, Loomis, CA 95630. A Gambler's Anonymous meeting is held concurrently in another room. Call Kay F. at 916-543-3079 for more information.

Contact: Kay F. 916-543-3079,
denniskayf@starstream.net

Website: www.gam-anon-loomis.com

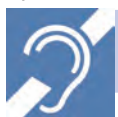


Glaucoma Support Group

Did you know that Glaucoma typically has no symptoms until it is diagnosed and becomes your eye disease? It is the

type of disease that sneaks up on you. You have just returned from your regular eye checkup, and your Ophthalmologist has discovered that you have Glaucoma. Now is the time to learn as much as possible about living with this chronic condition. The Glaucoma Support Group is a great place to come for information and reference materials to assist you. Our next meeting will be held on April 10 at 4:00 PM in the Multimedia Room (OC).

Contact: Bonnie Dale 916-543-2133, Bjdale@aol.com



Hearing Impaired Support Group

The next meeting of the Hearing Impaired Support Group will take place on March 28 at OC from 2:30 to 4:30 PM. We will be having a social hour. Our group has no membership fees and we are sponsored by the Sun City Lincoln Hills Foundation. If you plan to attend, please RSVP to Donna Szabados (dszabados@gmail.com) so that adequate seating can be arranged.

Contact: Joanne Mitchell 916-408-0533, pipal@prodigy.net



Low Vision Support Group

April meeting is Tuesday, April 2, 2:00 to 4:00 PM, Fine Arts Room (OC).

Jerrod Sieberg, Senior Drivers Ombudsman for the California Department of Motor Vehicles, will be our speaker. Hear the latest on drivers' licenses and tests, I.D.s and self-driving cars. As Ombudsman, Jerrod assists seniors who are going through the license renewal process. Bring your questions with you. Ample time will be allowed for Q&A.

Excellent instructional videos on various technology devices and software are available from the Hadley Institute for the Blind and Visually Impaired at <https://www.hadley.edu/InstructionalVideos.asp>.

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



Multiple Sclerosis Support Group

"Rich's Moment" will be introduced at the Tuesday, April 2, 1:00 PM MS meeting, Sierra Room (KS). A new resident, Richard Walker, will share interesting topics learned weekly

when attending the Multiple Sclerosis Achievement Center in Citrus Heights.

Also, at the April 2 meeting, we'll be getting our Trail Mixers Team together for the May 5 Multiple Sclerosis Walk along the American River, Folsom. All residents are invited to Walk, Root and enjoy each other's company. Virtual Walking is welcomed too. If you wish to register and/or donate text or call Captain Jeri Di Fiore.

Contact: Jeri Di Fiore 530-401-2135, jerihansondifiore@gmail.com



Parkinson's Support Group

We will be hosting "The Fall Prevention Lady of Sacramento" Kelly Ward. Kelly is a Therapeutic Aging FallProof™ Balance & Mobility Specialist, Brain Practitioner, and Balance Expert. We meet at Granite Springs Church from 10:00 to 11:30 AM on March 19. Come join us as we look forward to what Kelly has to share. For more information contact Brenda Cathey.

Contact: Brenda Cathey 916-253-7537, bjcathey@gmail.com

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Bulletin Board

AARP

Lincoln AARP Tax-Aide volunteers are ready to assist you with your 2018 tax returns. The service will be available by appointment only this year at Granite Springs Church, 1170 E. Joiner Parkway. People can make income tax preparation appointments by calling 916-878-6249. The Intake/Interview Sheet, Form 13614-C, is required of all clients and is available in the Orchard Creek Lodge lobby or Kilaga Springs library. These returns will be filed electronically (e-file) with the IRS and California FTB.

A Course in Miracles

A Course in Miracles teaches another way of looking at the world and of being in the world, without apprehension, anxiety, or fear. We usually lack the sense of certainty and safety that can only come from being in touch with our Spiritual Self, our True Self. How do we do that? How do we connect with, and hear, that inner voice for truth, peace, and love? There are many paths and methods, and ACIM teaches but one. The study group for this book meets on the first and third Mondays. Call 916-409-5253 for information.

Airport Co-op

Works on a point system, give a ride – get a ride. Membership is \$15.00 per year. Information can be found on our website www.lh-airportco-op.org or contact Barb Iniguez at 916-408-7812. Members sign up for 2019 Barbecue on April 5.

Cloggers

Happy St. Patrick's Day! This is exactly the month to begin your clogging career, as clogging is related to Irish dancing. It's time to give this dynamic and joyful dance a try, whether you're in your 50s (well, 55+), 60s, 70, 80s, or 90s. Trust me; you will love clogging and its rhythmic beat. And don't forget the big Clogging Convention in Sacramento

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, March 21, 7:30 AM** – Ansel Park Seminar, Solarium
- **Tuesday, March 26, 10:00 AM** – Law Offices of Robert Ash, Seminar, Heights (OC)
- **Wednesday, March 27, 11:30 AM** – Oakmont Senior Living, Front Ballroom (OC)
- **Tuesday, April 2, 10:00 AM** – Nautilus Society, Oaks (OC)

at the Crowne Plaza, May 31-June 1. We look forward to dancing with you there. For more information on the convention and on clogging here in Lincoln Hills, please contact Natalie Grossner at 916-209-3804.

Club La Vita

We are a social wine tasting group in Lincoln Hills. We are looking for new members to join our group. We are comprised of approximately 64 members who are split up into four groups of 16 people in each group. We meet on the third Thursday of every month in one of our members' home, except in June. If you are interested in learning about and experiencing different wines and meeting great friends, our Wine Club is the place. For additional information, please contact Tony Dipaola at a.dipaola@sbcglobal.net.

Democratic Club

For our March 21 meeting, local students who traveled to attend the Washington DC "March for Our Lives" in 2018 will show a video they created and share their experiences as people active in reducing gun violence. Updated information on the status of legislation for gun-related issues will be provided. We meet the third Thursday of the month at P-Hall (KS). Doors open at 6:15 PM for a social time, a business meeting is at 6:45 PM, followed by the program. Please see the club website

at <http://www.democraticclublincolnca.org>.

HopeKeepers

We are a faith-based international support group for those with physical challenges including chronic pain or disease. The local group meets the second and fourth Tuesdays of each month from 10:00 to 11:30 AM at Granite Springs Church, 1170 E Joiner Parkway, Lincoln. We welcome new attendees. Contact Donna Kirkpatrick for more information at 916-214-1568 or donna_kirkpat@yahoo.com.

Italian Club

"All Things Lazio" will be presented on April 13 from 12:30 to 3:00 PM (KS). Lazio is a central Italian region whose principal city, Rome, is Italy's capital and once was the heart of the ancient Roman Empire. Join the fun and discover more about this fascinating area with its rich history. Go to our events calendar for more details about the many unique and entertaining activities offered each month. If you are a Lincoln Hills resident of Italian heritage, check out our website at www.lhitalianclub.org and learn more about us. Contact: Sandi Graham, membership at 916-826-5711.

Lincoln Library

Carolyn Cassady artist and author active in "The Beat Generation" died in 2013. Her

family compiled new book is being reviewed at the Lincoln Library Author event for March. Cathy will be at the Lincoln Library at 485 Twelve Bridges Saturday, March 30 to explain how her mother's book came into print plus more about the life of Carolyn.

Doors open at 6:00 PM for this free author event sponsored by the library and open to the community. Friends of the Lincoln Library provide light refreshments prior to the speaker's presentation at 6:30. More information available at friendsofthelincolnlibrary.org.

Open Play Games

Interested in playing cards, tile, and board games? Opportunities are available for Open Play at both Lodges. Come to the Card Room (OC) on Sundays from 12:00 to 4:30 PM, Wednesdays from 12:30 to 4:30 PM, and the Sierra Room (KS) on Fridays between 8:30 and 11:30 AM. Bring your own resources and meet your friends and neighbors to play. All residents of Lincoln Hills are welcome. Tables are first come first serve.

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.

Republican Club

Our next meeting is Tuesday, March 26, in P-Hall (KS). Doors open at 6:00 PM, the program begins at 6:30 PM. Our speaker is Raul Rodriguez, a prominent speaker on behalf of enforcement of immigration laws and the upholding of the U.S. Constitution.

Mr. Rodriguez has been a prominent speaker at the Legal Immigrants forum in Florida and many other conservative gatherings. In addition, he was profiled in the Washington Post as a key Latino supporter of President Trump. For more information, including membership: info@RepublicanClubSCLH.org.

Shalom Social Group

We started 2019 with a well attended general membership meeting. The main speaker was Dave Lewis of the Big History Group, who presented several video modules from his group's history of civilization on earth project. Before his presentation, new board members introduced themselves, as did new and returning members. Our Women Together had a luncheon in February. Audrey Gould spoke on "Lean, Mean, Fat-Burning Machine," explaining how to lose or maintain weight by burning fat. We finished February with our annual Ice Cream Social,

always a favorite event. For more information, please contact Joanne Levy at 508-333-8590.

Shooting Group

With good weather, we meet on Tuesdays for Trap and on Thursdays for Skeet at Coon Creek Trap and Skeet at 5393 Waltz Road, just minutes from Lincoln. Occasionally other shotgun sports are enjoyed. We have no fees but each shooter must pay for their own clay targets. 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, March 19 at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. 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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Community Perks



**KS Classic Movies on Saturday:
In the Heat of the Night (1967)
Saturday, March 16 –
1:30 PM Screening—Free**

P-Hall (KS) Not Rated, 110 min, Crime, Mystery, and Drama. An African-American police detective is asked to investigate a murder in a racially hostile southern town. Starring Sidney Poitier, Rod Steiger, and Lee Grant.



**State of Placer County Address
Tuesday, March 19 – 9:00 AM
—Free**

P-Hall (KS). An update will be provided on homelessness and affordable housing, as well as Placer County's fiscal health and economic development, land development and transportation projects. Supervisor Robert Weygandt, District 2 will also provide an update on the Placer County Conservation Program (PCCP) and issues on fire. Time will be allotted for Q&A with Supervisor Weygandt following the presentation.



**Pickleball Lessons
Saturday, March 23 –
11:00 AM—Free
Pickleball Courts**

Join us for an introduction to Pickleball. See what our club is all about. No reservations or paddles needed. Please wear tennis shoes. Wednesday lessons offered also at 1:00 PM. Weather permitting.



**2 Showings!
The Wife (2017)
Monday, April 1 –
1:30 PM Screening—Free
Saturday, April 6 –
6:00 PM Screening—Free**

P-Hall (KS) Rated R, 99 minutes, Drama. A wife questions her life choices as she travels to Stockholm with her husband, where he is slated to receive the Nobel Prize for Literature. Starring Oscar-nominated Glenn Close and Jonathan Pryce.



**KS Classic Movies on Saturday:
Bullitt (1968)
Saturday, April 20 –
1:30 PM Screening—Free**

P-Hall (KS) M/PG, 114 min, Crime/Action/Mystery. An all guts, no glory San Francisco cop becomes determined to find the underworld kingpin that killed the witness in his protection. Starring Steve McQueen, Jacqueline Bisset, and Robert Vaughn.



**Document Destruction
Monday, April 22**

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. Due to a change in the new vendor's policies: \$10 cash or check per average file box will now be payable to SCLHCA. Just look for the big Shred-It truck in the parking lot!



**Lincoln Hills Pet Fair & Parade
Friday, April 26, 9:00 AM to 1:00 PM
Fitness Center Parking Lot (OC)
—Free**

Celebrate your pets and join us for our Annual Pet Fair. Additionally, we are having a Pet Parade beginning at 10:00 AM for your chance to show off your furry friends. Check out various local vendors and pet services. Sitters, groomers, trainers, vets and more will be here to answer all your questions and sell their wares. Make it a date with your four-legged friends. Pick up the Parade Guidelines from the Lifestyle Desk. Interested vendors may contact Shelvie Smith (shelvie.smith@sclhca.com) to rent your space.



**Annual Parking Lot Sale
Saturday, May 11,
7:30 AM to 12:00 PM
Fitness Center Parking Lot (OC)
—Free**

Come by and see what is in store for you at our annual Parking Lot Sale! So many goodies and fun stuff to choose from: clothes, decors, furniture, small electronics, kitchen gadgets, one-of-a-kind treasures, unique trinkets, and more. You'll never know what you will find! Bring your whole family! Interested in selling? See page 55 for more information.



Lincoln Hills Community Forums

Recent Community Forums have proven so popular that overcrowding has occurred several times. Kilaga Springs Presentation Hall has a maximum seating capacity of 150, including four wheelchair spaces. Effective immediately, tickets will be given to attendees on a first come, first served basis beginning one hour before the Forum. Only those with valid tickets will be admitted. If you do not receive a ticket, please leave with the knowledge that videos of most Forums are available on the Resident Website within 48 hours. Thank you.

You Really Can Walk Across Switzerland Monday, March 18, 2:00 PM, P-Hall (KS)—Free

After walking the Camino de Santiago across Spain in 2016 and more of the Camino in France in 2017, someone suggested to Bruce Quick, a Lincoln Hills resident, to walk the Camino across Switzerland. WHY NOT? Starting in Innsbruck, Austria in August, Bruce walked across half of Austria, all of Switzerland and the remaining half of France ending in Le Puy en Velay, France. Forty-one days and 650 miles of trekking up mountains and winding through valleys, he made it! He is truly excited to share his Camino adventures with all who like to listen.



Policy and Fire Safety Symposium Wednesday, March 20, 1:00 PM, Ballroom (OC)—Free

Police Chief Lee plays a very important role in reducing the crime rate and providing important service in the area of safety. Fire Chief Hack has revitalized the Lincoln Fire Department and works hand-in-hand with Chief Lee. Key topics to be covered include emergency and non-emergency calls, vacation and wellness checks, lost pets, vehicle and home break-ins, Vial of Life Program, carbon monoxide and smoke detectors, reasons for falls, tips to fire prevention, wildfire preparedness and evacuation plans, scams by email, mail, phone and door-to-door. There will be a question & answer period. This symposium supports our Neighborhood Watch Mission.



Coping with Disaster and Loss, Wednesday, March 27, 7:00 PM, Ballroom (OC)—Free

Alicia Santos-Coy, LMFT, and Frank Dougherty, J.D., Ph.D. are mental health/legal professionals with vast experience helping people cope with disaster and loss. Alicia



was a family therapist. She focused on helping people cope with sudden change, bereavement, and tragedy. Frank is a forensic psychologist, attorney, and former director of mental health programs. He has presented at many statewide and national seminars on topics including methods for coping with loss and tragedy. They will discuss the ways for anticipating, coping with, and adapting to or overcoming both the inevitable losses in life and the unanticipated effects of disaster and tragedy.

Placer Land Trust - Janet Voris Friday, April 5, 2:00 PM, P-Hall (KS)—Free

Placer Land Trust is a premiere 501(c) 3 non-profit organization established in 1991 to protect Placer County's natural and agricultural land along with the quality of life enjoyed by our region. Janet Voris was hired as the Program Manager in 2011 after serving as a volunteer. She will highlight some of the recent work and accomplishments of the land trust, including some projects on preserves in the Lincoln area. Janet has a Bachelor's degree in Environmental Studies from the University of California, Sacramento and has been a resident of Placer County for 19 years.



Beware, Genealogy is Habit-Forming - Bob Ringo Thursday, April 11, 10:00 AM, P-Hall (KS)—Free

Genealogy is as addictive as cocaine! All our extra time is spent writing relatives, searching documents, and going online the minute we awake each day. However, this addiction does have many rewards: newly-found relatives, friends everywhere in the world, and fascinating bits of history and folklore that enrich our lives and those that come after us. This presentation will show you how to get started on your genealogy quest, what hardware and software you will need, and where to search for information about your family.



Dangerous Veins
Wednesday, April 24, 7:00 PM,
Ballroom (OC)—Free

Just when you thought varicose veins are strictly a cosmetic problem, you learn the veins popping out on your legs may ultimately cause you long term suffering in the future. Dr. Robert Coronado, peripheral interventional cardiologist, and Sutter consulting physician will discuss venous insufficiency as manifested by varicose veins, swollen legs, leg cramps, darkening of the skin of the legs and ankles, restless legs, and the potential consequences of ignoring the symptoms. Noninvasive testing can easily assess varicose veins, and an in-office procedure can be done in a matter of minutes to diminish and alleviate symptoms as well as mediate long-term consequences.



Upcoming Events

- **Snakes on the Plain**, Monday, May 13, 10:00 AM, P-Hall (KS)—**Free**
- **Mardi Gras and the South**, Monday, May 20, 2:00 PM, P-Hall (KS)—**Free**
- **Cutting the Cord**, Tuesday, May 21, 11:00 AM, Ballroom (OC)—**Free**
- **Chronic Fatigue Syndrome: Battling a Debilitating Disorder**, Wed, May 29, 7:00 PM, P-Hall (KS)—**Free**
- **Osher Lifelong Learning Institute (OLLI)**, Monday, June 10, 9:00 AM, P-Hall (KS)—**Free**
- **Geriatric Psychiatry**, Thursday, June 13, 2:00 PM, P-Hall (KS)—**Free**
- **Acupuncture for Health and Healing**, Wednesday, June 26, 7:00 PM, Ballroom (OC)—**Free**



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Pet Fair

Friday, April 26

10 AM - 1 PM

Celebrate your pets at the Lincoln Hills Pet Fair! Local vendors, pet services and fun activities will be available for you and your pets. Watch the Pet Parade at 10:00! FREE ADMISSION!



JOHN LLOYD YOUNG

with Music Director Tommy Faragher

LIVE!

MONDAY, APRIL 15

7:00 PM, BALLROOM (OC)



Watch Tony and Grammy winner John Lloyd Young, the original Frankie Valli in Broadway's Tony Award-winning Best Musical, "Jersey Boys" and star of Director Clint Eastwood's movie version of the musical. His intimate one-man show of '50s and '60s classic hits like "Sherry," "Hold Me, Thrill Me, Kiss Me," along with Roy Orbison, The Temptations and Al Green hits will be a concert to remember!



EVENT CODE: LSE158
RESERVED SECTION SEATING \$27
GENERAL ADMISSION \$23

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

Deborah Meyer
 Entertainment Coordinator
 Deborah.Meyer@sclhca.com



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

Entertainment

*Indicates new performances on sale March 17

—Club Performances—



The Lincoln Hills Community Chorus Presents "Songs Through the Decades"
 Sunday, April 28, 2:00 PM, Ballroom (OC) — **LSE161**
 Monday, April 29, 7:00 PM, Ballroom (OC) — **LSE162**
 Tuesday, April 30, 7:00 PM, Ballroom (OC) — **LSE163**
 Reserved Section Seating \$20, General Admission \$15

The Lincoln Hills Community Chorus is pleased to announce their variety-filled spring concert, "Songs through the Decades." Featuring songs from the 1920s through the 1980s, musical selections will delight you with pieces like the mellow and slinky "Ain't Misbehavin'" from the 20s, a Latin rock arrangement of "Fly Me to the Moon" from the 50s, and an inspirational rendition of "I'd Like to Teach the World to Sing" from the 70s. Director Paul Melkonian, accompanist Nina Malone, and our talented 110-voice chorus look forward to treating you to a musical journey in time through a delightful and diverse array of musical genres, sure to touch everyone's heartstrings!

—Comedy—



KS Comedy Night:
 David Studebaker
 Friday, March 29,
 P-Hall (KS)
 6:00 PM Show — **LSE154**
 8:00 PM Show — **LSE155**
 Reserved Seating, \$16
 Due to a conflict with schedules, David Studebaker is replacing Jason Love. David

was named "One of the 10 Best Comics to Watch" by SF Weekly and has taken the comedy scene by storm with his brand of fun, fresh, and uplifting comedy. A great all-around performer, David incorporates music, personal stories, and pop culture into his highly interactive shows. Recently, David co-headlined Downtown LA's "Night on Broadway," the largest one day arts festival in the U.S and received great reviews. Save \$1 on purchases of \$4 or more at KS Café.

—Community Event—

***Annual Parking Lot Sale**
 Saturday, May 11
 7:30 AM to 12:00 PM — **LSR26**
 Fitness Center Parking Lot (OC)

Don't miss your chance to participate in the Annual Parking Lot Sale; either to shop or sell! The event brings buyers from the community and neighboring cities. Resident sellers pay for space which includes a six-foot table and two chairs. The event will be advertised in local newspapers and online. Spaces go fast, reserve yours now! Vendors must abide by the guidelines received during registration. **Resident booth, \$29 per space. Limited spaces are available for home or local businesses, \$50.** Registration is limited to in-person at the Lifestyle Desk.

ATTN: VETERANS AND FIRST RESPONDERS

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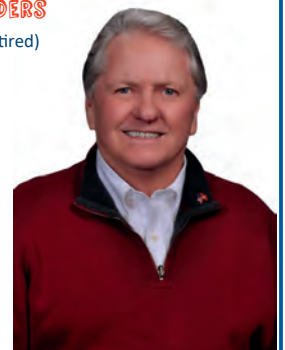
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—Concerts—



Top Shelf Classics presents The Songs of Aretha Franklin Featuring Wanda Diamond

Thursday, March 21, 7:00 PM, Ballroom (OC) — LSE156

General Admission \$21
Enjoy a soulful musical journey with Top Shelf Classics, featuring Ms. Wanda Diamond!

Enjoy hits made famous by vocal icon Aretha Franklin including such classics as “Respect,” “Chain of Fools,” “(You Make Me Feel Like) A Natural Woman,” “I Say a Little Prayer,” and more. By the end of the 1960s, Aretha Franklin became known as “The Queen of Soul” and was the first woman to be inducted into the Rock and Roll Hall of Fame. Her brilliant career included 73 Billboard Hot 100 chart entries and 18 Grammy Awards. Wanda Diamond’s natural talent and powerful stage presence will deliver a magical, soul-stirring tribute you won’t want to miss.



John Lloyd Young LIVE! with Music Director Tommy Faragher Monday, April 15, 7:00 PM, Ballroom (OC) — LSE158

General Admission \$23

Tony and Grammy Award winner John Lloyd Young originated the role of Frankie Valli in Broadway’s

Tony Award-winning Best Musical, “Jersey Boys.” As Valli, Young garnered accolades from New York and national media and won the Lead Actor Tony, Drama Desk, Outer Critics Circle, and Theatre World Awards. He also starred onscreen for Director Clint Eastwood’s movie version of the musical. His intimate one-man show is a celebration of classic hits from the ‘50s and ‘60s and will feature songs, like: “Sherry,” “Hold Me, Thrill Me, Kiss Me,” along with great songs from Roy Orbison, The Temptations and Al Green.



Mitch Polzak and the Royal Deuces A Rockabilly Concert Thursday, April 25, 7:00 PM, P-Hall (KS) — LSE164

Reserved Seating, \$21

Founded in Concord, California in 1999, Mitch Polzak and the Royal Deuces have been entertaining audiences worldwide with their

engaging original sound and highly entertaining live stage show. The high energy three-piece ensemble performs Rockabilly from the late ‘50s Sun Records era, blazing guitar instrumentals from influences such as Joe Maphis, Merle Travis, and Don Rich, with a wide range of Bakersfield Honky Tonk, Truck Driving Classics, and Classic Country music. Save \$1 on purchases of \$4 or more at KS Cafe.



***Anna Maria Mendieta Classical Harpist Friday, May 10, 7:00 PM, P-Hall (KS) — LSE166**

Reserved Seating, \$20

Save \$1 on purchases of \$4 or more at KS Cafe. Internationally renowned harpist Anna Maria Mendieta will perform a variety of Classical treasures

and Spanish favorites. The program will include a range of styles from Handel to Debussy and the fiery music of Spain & Argentina, as well as the passionate tangos of Astor Piazzolla. Ms. Mendieta

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has performed for dignitaries and royalty. She has been recognized internationally as an artistic pioneer performing Spanish & Tango music on the harp and will be a featured performer at the 2019 World Tango Festival in Victoria, Canada. Ms. Mendieta will be joined by a surprise guest performer for part of the program.



***Folsom High School Jazz Band I**
Thursday, May 16, 7:00 PM, P-Hall (KS) — LSE165
Reserved Seating, \$18

Save \$1 on purchases of \$4 or more at KS Cafe. Jazz Band I has won the Reno Jazz Festival as “Best Instrumental Group” 4 of the last five years. They have placed in the top 3 for the Next Generation Jazz Festival (sponsored by the Monterey Jazz Festival) over 26 times and have won many festivals including, Fullerton, North Texas, Woodcreek, Sacramento State, and Sonoma State. Director Curtis Gaesser has been teaching at FHS since 1987. He was a finalist for the 2018 Grammy’s Music Educator of the year and was awarded 2017’s best Music Educator for Northern California. This 20 piece jazz band will perform big band favorites from composers Jim McNeely, Don Sebesky, Bill Liston, and many others.



***SwingMasters in Concert**
Tuesday, May 21,
7:00 PM, Ballroom
(OC) — LSE159
Reserved Section
Seating \$20, General
Admission \$15

The SwingMasters Big Band which has brought pleasure to audiences and dancers in the Sacramento region for over 20 years present: “Big Band in the Barracks: Looking Back at the Music of WWII and the Greatest Generation.” When the United States entered the war in 1941, swing music went to war, too. The big band music of Benny Goodman, Count Basie, Glenn Miller, and others was the soundtrack of life on the home-front. This music also reached the battlefield through recordings and broadcasts

uplifting the morale for families at home as well as the soldiers abroad. Don’t miss this musical trip down memory lane!

—Fashion Event—



A Tip of the Hat Spring
Fashion Show Luncheon
Thursday, April 4, 11:00 AM,
Ballroom (OC) — LSE160
Reserved Table Seating, \$34

Check out the latest fashion trends to help you plan for those upcoming trips and freshen up your wardrobe. Casual wear, social, sport, and semi-formal outfits will be presented by local boutique shops and fashion stores modeled on the runway by your friends and neighbors. Looks that are great for any season! Enjoy a delicious luncheon with chocolate dessert to compliment the occasion. (Complete menu available from the Lifestyle Desk). Mimosas are available for individual purchase. Buying a table with friends? Provide a complete list of guests at your table with their food choice upon registration. Doors open 11:00 AM. Lunch served 11:30 AM; Show 12:30 PM. Everyone is welcome to shop from beauty and fashion vendors in the Pre-Function Area from 10:30 AM to 2:30 PM.

—Grandkids Event—



Spring Egg Hunt
Saturday, April 20,
10:00 AM to Noon
Outdoor Amphitheater
Terrace — LSE157
General Admission,
\$14 per child

An eggciting time for all the kids and kids at heart! Bring your grandchildren (toddler to 10 years) to the outdoor Amphitheater terrace to enjoy our traditional egg hunt and festive surprises with a special visit from the Easter Bunny! Fun prizes and activities await your grandchildren. Don’t forget your cameras for picture-perfect photo opportunities! Bring a basket for collecting eggs. Must have ages of grandchildren during registration. The egg hunt will be divided into age groups: **One to four-years-old; Five to seven years old; and Eight to 10 years old.** Children one to four years old will begin the hunt sharply at 10:30 AM. Wristbands required to participate. The event may be canceled due to rain.

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***Indicates new trip on sale March 17**

Featured Trip



***USS Potomac – Islands and Lighthouses of the Bay Cruise**
Thursday, July 18 — **LST243**
\$134

The “Floating White House” Franklin Delano Roosevelt’s presidential yacht has been refurbished and has quite a history, from FDR to Elvis and a front for drug smugglers. It is now docked near Jack London Square at the Oakland Pier. Enjoy a fully narrated three-hour “Islands and Lighthouses of the Bay” Cruise focusing on the history of the Bay’s islands and lighthouses. Box lunch included (choose onboard). Includes coffee, tea, and water. Wheels roll from OC at 7:30 AM, return ~ 4:30 PM.

Day Trips

—Casino/Races—



Jackson Rancheria
Tuesday, April 23
— **LST228**
\$24

Very popular with residents, we are returning to Jackson Rancheria Casino in Amador County! Receive \$20 in gaming

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credits. Four-hour stay. Wheels roll from OC at 9:00 AM, return ~ 5:00 PM.

CACHE CREEK
CASINO RESORT

***Cache Creek Casino**
Wednesday, May 22
— **LST239**
\$27

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

—Performances—



Menopause the Musical! BUS#2
Harris Center for the Arts, Folsom
Friday, May 10
— **LST238**
\$86

The much-loved parody returns! Set in a department store, four women with seemingly nothing in common but a black lace bra on sale, come to find they have more to share than ever imagined. The all-female cast makes fun of their woeful hot flashes, forgetfulness, mood swings, wrinkles, night sweats, and chocolate binges. Set to familiar tunes from the ‘60s to the ‘80s, “it’s a gentle-spirited celebration of real women and the rough seas they navigate as they enter middle age — Matinee Show, rear orchestra seating.



Auburn Symphony at the Mondavi Center
Masterworks
Concert IV - Majesty
Sunday, May 19
— **LST198**
\$83

Enjoy an afternoon with the Auburn Symphony at state of the art aesthetically and acoustically Mondavi Center in Davis. “Masterworks IV – Majesty” features Peter Jaffe conducting and guest performer Alon Goldstein on the piano. Performance includes the following: Tchaikovsky



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– Marche Slave, Beethoven – Piano Concerto No.5 “Emperor,” and Respighi – Pini di Roma (Pines of Rome). Matinee performance, reserved orchestra seating. Wheels roll from KS at 1:15 PM, return ~ 7:00 PM.



Additional bus added!
Andrea Bocelli – Golden One Arena BUS #3
Saturday, June 15 — LST233
\$248

Following a record-breaking year with the release of his number one album, “Si,” world-renowned tenor Andrea Bocelli has announced a U.S. concert tour, including a stop at Golden 1 Center on June 15. Joined by the Sacramento Philharmonic & Opera, the performance will feature a unique repertoire from Bocelli’s landmark release “Si,” as well as treat audiences to his beloved traditional selection of arias, love songs, and crossover hits. Lower level seating sections 110, 117 & 118 Rows T-W. Wheels roll from OC at 6:15 PM, return ~ 11:15 PM.



Broadway on Tour – Sacramento
Disney's Aladdin
Tuesday, May 21
— LST152
\$101

Now open to grandchildren ages eight and up. 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!” performances are held at the Sacramento Community Theatre at 8:00 PM. Reserved Mid-Orchestra seating. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.

2019 Broadway at Music Circus
Tuesday Performances
All Shows, \$84 each

Choose from four entertaining musicals at the air-conditioned Wells Fargo Pavilion “Theater in the Round” in Sacramento. These exciting classic musicals are performed by touring artists and local professionals. Enjoy the convenience of being dropped off right at the entrance gate with time to purchase food and beverage prior to the show. Seating middle to rear area. Wheels roll from OC at 6:15 PM, return ~ 11:00 PM; show at 7:30 PM. Wheels roll from OC at 12:30 PM, return ~ 5:30 PM, show at 2:00 PM.

OKLAHOMA!

Oklahoma!
Tuesday, June 25
— LST217

A new production of Rodgers and Hammerstein’s first collaboration. This groundbreaking, Pulitzer Prize-winning musical, set in early 1900s Oklahoma Territory, is about a young farm girl and her courtship by two rival suitors. With a rapturous and immortal score featuring the title song, “Oklahoma!,” now celebrating its 75th Anniversary, set the standard for American musical theatre.



The Drowsy Chaperone
Tuesday, July 9
— LST218

Hailed by *New York Magazine* as “The Perfect Broadway Musical!”

this is a modern musical comedy at its best. A die-hard theatre fan plays his favorite cast album, a fictional 1928 smash hit, which bursts to life with the hilarious tale of a celebrity bride and her uproarious wedding day. Winner of five Tony Awards, including Best Book and Best Original Score, this loving send-up of the Jazz Age musical features one show-stopping song after another. *A Broadway at Music Circus premiere.*



Guys and Dolls
Tuesday, July 23
— LST219

A high-rolling gambler attempts to woo a strait-laced missionary in this romantic comedy classic. Set in the 1940s in New York City’s unsavory Hell’s Kitchen neighborhood, gangsters, gamblers

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and showgirls go for broke in the game of love and marriage. This multiple Tony-winning show is considered by many to be the quintessential musical comedy, with an infectious score by Frank Loesser including "Luck Be a Lady."



In the Heights
Tuesday, August 20
 — **LST220**

From the creator of the smash hit HAMILTON, Lin-Manuel Miranda's multiple Tony-winning

Best Musical captures the sights and sounds of a vibrant New York City neighborhood on the brink of change, telling the story of a bodega owner whose life is interwoven with residents who visit his store. The thrilling Tony-winning score combines Latin rhythms, hip-hop and pop for an exhilarating journey about chasing your dreams and what it truly means to be home. *Broadway at Music Circus premiere.*

—Sports—



***Sacramento River Cats vs. Las Vegas Aviators (A's Affiliate)**
Thursday, May 30
 — **LST245**
\$50

The River Cats are the AAA affiliate of the San

Francisco Giants with up-and-coming future stars! Who knows what Giants players you may spot on injury rehab? Enjoy a cool evening next to the river at beautiful Raley Field in West Sacramento. Thursday night is Thirsty Thursday \$2 beers! Senate seating Sections 108-110. Wheels roll from OC at 5:45 PM, ~ return 11:00 PM.



Oakland A's vs. San Francisco Giants
Sunday, August 25 — LST230
\$100

Classic Bay Bridge Series game! Plaza level seating in Oakland Coliseum behind dugout overlooking 1st base Section 209 & 210. Bus drop off in Lot

B near our seat locations. Wheels roll from OC at 9:15 AM, return ~ 7:45 PM, game at 1:05 PM.



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Giants vs. San Diego Padres
 • \$98

Wednesday, April 10 — LST216

Wheels roll from OC at 8:45 AM, return ~ 8:00 PM, game at 12:45 PM. **There will be a rest stop on the way home from this weekday game.**



Giants vs. Los Angeles Dodgers
 • \$173

Sunday, June 9 — LST215

Wheels roll from OC at 9:15 AM, return ~ 7:00 PM, game at 1:05 PM.



Giants vs. Los Angeles Dodgers • \$173

Sunday, September 29 — LST214

Wheels roll from OC at 8:15 AM, return ~ 6:00 PM, game at 12:05 PM.

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—Tours/Leisure—



**UC Davis Teaching
Nursery & Arboretum**
Monday, April 22
— **LST231**
\$26

Join the Lincoln Hills Garden Club on a visit to the UC Davis teaching nursery, public gardens, and arboretum. Enjoy a guided tour of the pollinator demonstration gardens with the Arboretum's Director of Horticulture with plant shopping in the teaching nursery after. See the Arboretum All-Stars—top recommended plants for California gardens that are tough, reliable plants, easy to grow and UC Davis tested. The nursery only accepts checks and credit cards, no cash. Bring your own lunch or purchase from the cafe on site. Wheels roll from OC at 8:45 AM, return ~ 2:45 PM.



Celtic Festival
Sunday, April 28 — **LST235**
\$38

Experience a taste of Scottish and Irish culture without having to travel thousands of miles. Join us on a trip to the Celtic Festival at the Yolo County Fairgrounds in Woodland. Enjoy competitions related to Celtic culture; athletics, highland dance, piping and drumming, fiddling and harps, Scotch tasting, March of the clans, and more! There is something Celtic for everyone, and you don't have to be Celtic to have fun. Indoor and outdoor venues. Food and drink on your own. Wheels roll from OC at 9:45 AM, return ~ 4:15 PM (includes admission).



**Ironstone Winery &
Downtown Murphys**
Wednesday, May 1
— **LST229**
\$104

Explore the wine production area, a wine-aging cavern that maintains a year-round temperature of 60 degrees, and 14 acres of spectacular flower-filled, manicured gardens on a natural lake. Our day will start with

wine tasting and canapés in the culinary center to follow with a buffet lunch, tour and free time. We'll then head to downtown Murphys to check out local wine tasting rooms on your own. See Lifestyle Desk for lunch menu. Wheels roll from OC at 9:00 AM, return ~ 7:45 PM.



***Performing Animal
Welfare Society
Open House**
Saturday, May 11
— **LST240**
\$101

Visit the Performing Animal Welfare Animal Sanctuary (PAWS) in San Andreas gold country. At PAWS sanctuaries, rescued animals live in peaceful and natural habitats, free from fear, chains, and harsh confinement. Groups are welcomed one hour before the public and enjoy an exclusive tour of the ARK 2000 facility with an onboard docent to visit the elephant habitats and big cats and bears. Meridians box lunch included with choice of *Turkey or Ham on Wheat, or Vegetarian Wrap (fruit, bottled water, and dessert included)*. **For your safety and comfort, do not wear shoes with heels.** The trip is limited to 33 people. Wheels roll from KS at 7:45 AM, return ~ 3:45 PM.



***Old Sacramento
Underground Tour**
Thursday, May 23
— **LST241**
\$48

Join Katrina, your Trip Coordinator, on a historical underground tour of Old Sacramento and more! Enjoy an "in-character" docent-led underground tour which is a ½ mile guided historical walking tour lasting approximately one hour with personal listening devices. (Be aware: has some low ceilings and uneven walking surfaces). You will also visit the Sacramento History Museum which is dedicated to Sacramento's rich and diverse history and its unique place in the history of California and the nation. Lunch and free time on your own in Old Sacramento. Wheels roll from OC at 8:30 AM, return ~ 2:30 PM.



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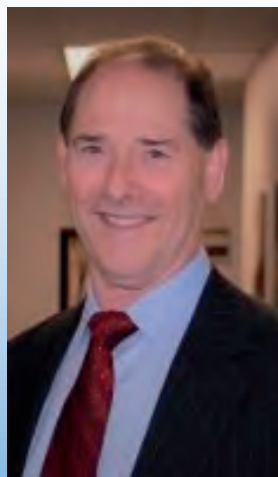
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***Filoli Gardens
& Mansion
Woodside, California
Wednesday, May 29
— LST242
\$109**

Filoli is a historic site of the National Trust

for Historic Preservation and one of the finest remaining country estates of the early 20th century. Enjoy a two-hour docent-led walking tour of this 654-acre property, including the 36,000 square foot Georgian country house and 16-acre English Renaissance garden. Check out the extensive gift shop. Lots of walking with some uneven pathways, plenty of benches for seating. Meridians box lunch included. Choose at registration: *Turkey & Swiss or Ham & Cheddar on Wheat or Veggie Wrap*. Includes fresh fruit, cookie, and bottled water. Wheels roll from OC at 7:45 AM, return ~ 7:00 PM. There will be a rest stop on the way, and meal stop on return.

—Overnight/Extended Travel—



**Eldorado Reno Overnight — The Illusionists
Live From Broadway! and National Wild Horse
& Burro Center — SOLD OUT**

Please sign up for Wait List for possible future trip (no fee). This mind-blowing spectacular showcases the jaw-dropping talents of five of the most incredible Illusionists on earth. **THE ILLUSIONISTS™ – LIVE FROM BROADWAY™** has shattered box office records across the globe and dazzles audiences of all ages with a powerful mix of the most outrageous and astonishing acts ever to be seen on stage. This non-stop show is packed with thrilling and sophisticated magic of unprecedented proportions. We are arriving early enough to offer two dining options for this overnight trip, the sumptuous buffet or the award-winning Roxy Restaurant with your choice of House Filet Mignon, Cedar Planked Salmon, Sticky Lemon Chicken or “The” Pork Chop, and includes a first course and dessert. Choose food option at the time

of seating. Breakfast at the buffet is included the next morning before we head over to the National Wild Horse & Burro Center just outside of Reno for a private tour. There will be a stop in the quaint town of Truckee on the return with some free time and lunch on your own. Wheels roll from OC at 12:45 PM, May 15, return May 16 ~ 4:30 PM. A signed liability waiver is required for each participant.



**Five days, four nights!
Ashland, Oregon Theater Excursion –
Monday, June 10 to Friday, June 14 — LST224
\$1,010 per person double occupancy; \$1,315, single.**
Join Katrina, your Trip Coordinator, on a visit to one of the most famous Shakespeare Festivals in the world!

Trip Includes:

- Reserved seating at Angus Bowmer Theater for matinees of Shakespeare’s “As you Like it” and John Waters “Hairspray”
- Backstage tour at Oregon Shakespeare Festival
- Box lunch for a picnic in Lithia Park (after the backstage tour and before play)
- Dinner show of “Mamma Mia!” at the Oregon Cabaret Theater
- Four nights at Ashland Hills Hotel with daily breakfast
- Welcome buffet dinner at Ashland Hills Hotel
- Visit the quaint town of Jacksonville with lunch on your own
- Visit Central Point’s Artisan Corridor of Rogue Creamery, Lillie Belle Farms Chocolates & Ledger David Winery (wine tasting included)
- Visit the Harry & David Outlet Store in Medford



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†As with any mortgage, you must meet your loan obligations, keeping current with property taxes, insurance, maintenance and any homeowners association (HOA) fees.

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individual, including a non-borrowing spouse, should have a plan to pay off an Equity Edge reverse mortgage upon the borrower's death or any other maturity event. If the non-borrower is unwilling or unable to purchase the property or pay the loan in full, **there is no protection for the non-borrower (including a non-borrower spouse) to maintain an interest in the home or to continue residing in the home past the maturity event and the non-borrower may be evicted upon foreclosure.** The FHA HECM program has protections in place for certain non-borrowing parties, so a reverse mortgage applicant with certain non-borrowing parties should strongly consider a FHA-insured HECM loan (see HECM guidelines or ask an RMF representative for details). Under the Equity Edge reverse mortgage loan program, a maturity event occurs when the last surviving borrower no longer lives in the home as his or her primary residence for at least 12 months, the property charges (including taxes, insurance, HOA dues or any other property charges) are not paid, required repairs are not completed or the property is not maintained, or any other maturity event, as specified in the Security Instrument, occurs.

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- Stop at Mt. Shasta Park (Mt. Shasta Spring headwaters location) with included box lunch
- Lunch at Sierra Nevada Brewery on the return trip
- Gratuity for driver and included meals

Detailed trip itinerary, menus, and US State Department trip insurance providers list available at the Lifestyle Desk. A signed liability waiver is required for each participant. Wheels roll from OC at 8:00 AM, June 10, return ~ 3:45 PM June 14.



Million Dollar Quartet at Sand Harbor State Park & Lake Cruise
Wednesday, August 7 - Thursday, August 8
— LST236

\$369 per person double occupancy; \$436 single
 Experience the enchantment of the “Million Dollar Quartet” at the scenic Sand Harbor Park outdoor stage with Lake Tahoe as the backdrop! This musical is the story inspired by the famed recording session that brought together Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time. Enjoy reserved seats with boxed dinner before the show. The menu is available at the Lifestyle desk with food choice required at registration. Includes coffee or hot cocoa & cookies at intermission! Lodging provided at the Montbleu Lake Tahoe. We will also enjoy a cruise on the MS Dixie II out of Zephyr Cove across Lake Tahoe with an included box lunch before we head home. A signed liability waiver is required for each participant. The show is held outdoors next to the lake, so layer up! Wheels roll from OC at 1:00 PM August 7, return ~ 5:00 PM August 8.



Sold Out Trips

Trip • Date • Departure Time

- Monet: The Late Years & Gauguin: de Young Museum, San Francisco
Thursday, March 21 • 8:00 AM
- Cirque du Soleil
Wednesday, March 27 • 6:00 PM
Thursday, March 28 • 6:00 PM
Friday, March 29 • 6:00 PM
Sunday, March 31 • 12:00 PM BUS #1 & 2
- CATS – Broadway Sacramento
Tuesday, April 2 • 6:45 PM
- Mamma Mia!
Saturday, April 13 • 12:45 PM
- Laughlin and Grand Canyon West
Monday, April 15 thru Friday, April 19
• 11:45 AM
- Hamilton
Wednesday, April 24 • 9:30 AM
- The Ramona Pageant and Huntington Library and Gardens
Saturday, May 4 to Tuesday, May 7
• 8:00 AM
- Menopause The Musical BUS #1
Friday, May 10 • 12:30 PM
- Empire Mine Tour & Lunch
Monday, May 13 • 9:00 AM
- Eldorado Overnight
Wednesday, May 15 to Thursday, May 16 • 12:45PM
- Pageant of the Masters
Sunday, July 28 to Wednesday, July 31
• 8:00 AM

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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

*Indicates new class on sale March 17

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-session. 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 receive written permission from 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.

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.

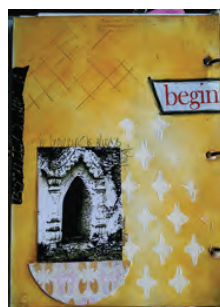
—Drawing—



***Abstract Art Workshop**
Mondays, April 1 & 8
— LSC1836

1:30 to 4:00 PM (OC). \$65 (two sessions). Instructor: *Faye August*. Create a unique abstract from concept to finished

painting in this two-day workshop. Through live demonstrations and discussions, we will demystify painting abstract art. Compose and create a unique design, with individually selected color palette, texture, value contrast, and balance in positive and negative space. The first session focuses on composition and design and the second finishes the painting. We will focus on creating watercolor abstracts, but participants may work in acrylic or pastel. Bring your own art supplies. Some painting experience helpful. Questions or material recommendations? Contact the instructor at 916-209-3643 or watercolorist55@gmail.com.

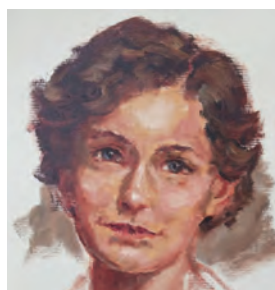


***Mixed Media Art Journaling**
Tuesdays, April 9 & 23 — LSC1098

9:00 AM to 12:00 PM (OC). \$45 (two sessions) 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 paintbrush, Sharpie pen, white gesso, plus any of your favorite mixed media supplies.

—Oils, Pastels & Acrylics—



***Special Workshop**
by Marilyn Rose
Portrait Painting Basics
in Oils

Saturday, April 6 — LSC1934

9:00 AM to 4:00 PM (OC). \$80. Instructor: *Marilyn Rose*. Learn the construction and proportions of the head and

facial features in a relaxed paint-along workshop

with Lincoln Hills painting instructor Marilyn Rose. Working with a photograph provided by her, Marilyn will demonstrate each step and then guide students through that step before progressing to the next. Students will have the opportunity to gain a thorough understanding of how to create a basic likeness and paint the shadow and light planes in a limited palette. Supply list provided upon registration. One full day with an hour break for lunch.



***Oil and Acrylic Painting:
Beginner/Refresher
Wednesdays, April 3-17
— LSC1123**

1:30 to 4:00 PM (OC). \$40.50 (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. There will be plenty of discussions, demonstrations, and paint-along exercises to help you get comfortable. 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 for students who have completed one month. PAINT — \$18 per session.



***Oil and Acrylic Painting:
Intermediate/Advanced
Wednesdays, April 3-17
— LSC1110**

9:00 to 11:30 AM (OC). \$40.50 (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 of painting experience. For more information contact Marilyn at 916-409-0397 or www.artist-marilynrose.com. Supply list – Intermediate-Advanced Class – available at Lifestyle Desk. Vacation drop-in: PAINT — \$18 per session.



**Sip and Paint: “At the Lake ”
Friday, March 22 — LSC1174**

***Or Sip and Paint: “ Moonlit Owl!”
Friday, April 26 — LSC1175**

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, 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.



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—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 – Evening Class**
Wednesdays, April 3-24 — **LSC1212**
5:30 to 8:30 PM (OC). \$68 (four sessions).
Instructor: *Michael Mikolon*
- ***Watercolor – Afternoon Class**
Thursdays, April 4-25 — **LSC1187**
1:00 to 4:00 PM (OC). \$68 (four sessions)
Instructor: *Michael Mikolon*



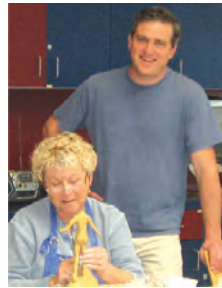
***Watercolor Step-by-Step Mondays, April 1-29 — LSC1149**

9:30 AM to 12:00 PM (OC). \$85 (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. A 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 along with color theory. One-on-one instruction will be provided as you are guided to create a simple work of art. All ability levels are welcome; images and concepts will be basic.

Ceramics

—Pottery—



***Beginning/Intermediate Ceramics Tuesdays, April 2-30 — LSC1226**

1:00 to 4:00 PM (OC). \$80 (five sessions). Instructor: *Jim Alvis.* 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 the instructor's tools to create their first art piece. Supply list provided at first class. Vacation drop-in: CERD1 — \$17 per session.



***Advanced Ceramics Tuesdays, April 2-30 — LSC1238**

9:00 AM to 12:30 PM (OC). \$80 (five sessions). Instructor:

Jim Alvis. 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.



***Beginning/Intermediate Ceramics Thursdays, April 4-25 — LSC1262**

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 those wishing to freshen up former passions. This class covers the basics of hand built and wheel thrown ceramics. Assignments, demonstrations, and individual instruction will be provided to help students explore their interests and become more comfortable with the working process. New students will

receive a materials list and some clay on their first day to help them start their first piece.



***Advanced Ceramics**
Thursdays, April 4-25 — LSC1250
 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 hand built and wheel thrown ceramics. This class includes assignments, demonstrations, and individual instruction designed to help students further grow their skills and interests. Some tools are available from the instructor to assist in the progression of an art piece.

Crafts

—Card Making—



***Card Making Level 3**
Intermediate-Advanced
Fridays, April 12-26
— LSC1709
 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. April 9 – last day to register.



***Card Making Level 2**
–Beginner/Intermediate
Mondays, April 8-22
— LSC1286
 9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: **Do ie Macken**. **Prerequisite:** Completion of at least four sessions of Intro to Card Making 101—Level 1, and have

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. April 4 – last day to register.



***Card Making**
Introduction 101
Wednesdays, April 10-24
— LSC1691
 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 and offers 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. April 7 – last day to register.

Dance

—Clogging—

Dance your way to better balance, unclogged arteries, better muscle memory, and that all-important mental memory. Not only is clogging a 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, April 2-30
— LSC1298

10:00 to 11:00 AM (KS). \$40 (five 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. *No New Beginners accepted this month. Keep a watch out for the next new beginners class later this year.*

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***Easy-to-Intermediate Clogging**
Tuesdays, April 2-30 — LSC1310

11:00 AM to 12:00 PM (KS). \$40 (five 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 in the fun. All levels encouraged to participate. Vacation drop-in: CLOG1 — \$10 per session.

***Intermediate Plus Clogging**
Tuesdays, April 2-30 — LSC1321

12:00 to 1:00 PM (KS). \$40 (five sessions). Instructor: *Janice Hanzel*. **Prerequisite:** Instructor approval. Students are strongly encouraged to take the 11:00 AM class. Challenge yourself with a higher level of clogging. Review steps from some of the Intermediate level dances 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, April 8-29
— LSC1332

7:00 to 8:00 PM (KS). \$28 (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, April 8-29 — LSC1343

6:00 to 7:00 PM (KS). \$28 (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 "East Coast Swing Rountine and Bosa Nova, a circle dance".

—Hula—



***Hula**
Thursdays, April 4-25
—LSC1375

1:00 to 2:00 PM (KS). \$40 (four sessions). Instructor: *Pam Akina*. Ongoing class for hula dancers of all experience and skill levels. Come learn the beautiful dance of the Hawaiian islands. You will exercise mind, body, and

spirit while learning choreographed routines. Historical and cultural information surrounding each of the dances will be shared. Drop-in: HULA — \$14 per session.

—Jazz—

***Jazz for Beginner**
Thursdays, April 4-25 — LSC1387

11:00 AM to 12:00 PM (KS). \$36 (four sessions). Instructor: *Melanie Greenwood*. This class will leave your mind, body, and spirit feeling empowered and energized. Different styles of Jazz will be demonstrated. You will leave with a smile on your face and a love of jazz dancing in your heart. About the Instructor: Melanie started teaching at the age of 16. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, and Disneyland to name a few, as well as TV and video. Vacation drop-in: JAZZ1 — \$14 per session.

***Jazz Performance**
Tuesdays, April 2-30 — LSC1400

1:00 to 2:00 PM (KS). \$45 (five sessions). Instructor: *Melanie Greenwood*. Not open to new students. Must have instructor approval to register. The current class is in the midst of preparing for a performance. The class is geared toward stage performances throughout the year. Vacation drop-in: JAZZ2 — \$14 per session.

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—Line Dance—



Line Dances are non-partner dances done in lines. Line dance is usually performed by turning to two or four walls. Patterns are repetitive. Line dances are a choreographed variety of music such as Blues, Soul, Rhythm and Blues, Rock, Jazz, Pop, and Latin as well as Country. Line dancers are a friendly, social group, who love to dance and welcome new participants.

Level I – Absolute Beginner (Intro)

The absolute beginner level dances are an introduction to line dance for people, who have never line danced. Basic dance steps will be taught in short sequences to a variety of music. Dance terminology and dance floor etiquette will be introduced. The focus is to have fun and to learn the skills required to move on to the next level of class.

- ***Thursdays, April 4-25 — LSC1857**
9:00 to 10:00 AM (KS). \$28 (four sessions).
Instructor: *Yvonne Krause-Schenck*
- ***Mondays, April 1-29 — LSC1852**
4:00 to 5:00 PM (KS). \$28 (four sessions, no class April 22). Instructor: *Cathy Paris*

Level 2 – Beginner

Beginner level dances are built upon the skills learned in the Absolute Beginner level. Dances are suitable for those who have some previous dance experience. Many rhythms will be explored. The dances will be longer and contain new steps to add to what was learned in the introductory class.

- ***Thursdays, April 4-25 — LSC1505**
10:00 to 11:00 AM (KS). \$28 (four sessions).
Instructor: *Yvonne Krause-Schenck*
- **Fridays, April 12-26 — LSC1921**
2:00 to 3:00 PM (KS). \$21 (three sessions).
Instructor: *Sandy Gard o*
- ***Thursdays, April 4-25 — LSC1439**
3:30 to 4:30 PM (KS). \$21 (three sessions, no class April 18). Instructor: *Cathy Paris*

Level 3 – High Beginner/Improver

The High Beginner class is for those who have had previous dance experience and have learned

the basic skills. Additional patterns will be taught, and the steps will be more challenging. Dances will have turns, and some tags and restarts.

- ***Mondays, April 1-29 — LSC1494**
9:00 to 10:00 AM (KS). \$35 (five sessions).
Instructor: *Yvonne Krause-Schenck*
- ***Wednesdays, April 10-24 — LSC1932**
9:00 to 10:00 AM (KS). \$21 (three sessions).
Instructor: *Sandy Gard o*

Level 4 – Easy Intermediate

Easy Intermediate class will feature dances that are suitable for more experienced dancers. They have mastered a comprehensive range of step patterns and movements. Dance patterns may be longer and faster than the previous levels. The dances will offer new challenges and a variety of step combinations and rhythms. Achieving this level of dance is not only fun but rewarding as well.

- ***Wednesdays, April 10-24 — LSC1933**
10:00 to 11:00 AM (KS). \$21 (three sessions).
Instructor: *Sandy Gard o*
- ***Mondays, April 1-29 — LSC1428**
5:00 to 6:00 PM (KS). \$28 (four session, no class April 22). Instructor: *Cathy Paris*

Level 5 – Advanced

More difficult dances will be featured in this class suitable for the more experienced dancer. Dances will be taught at a faster pace to a smaller group of dancers. 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, April 4-25 — LSC1417**
4:30 to 5:30 PM (KS). \$21 (three sessions, no class April 18). Instructor: *Cathy Paris*

***Evening Class: Modern Line Dance – Multi-Level Thursday, April 4-25 — LSC1935**

5:30 to 6:30 PM (KS) \$28 (four sessions.) Instructor: *Yvonne Krause-Schenck*. Although line dancing has ties to “stereotypical” country music, it has evolved over the years and has incorporated many musical styles besides country. This multi-level line dance class will offer a variety of dances from easy to a bit more challenging with various genres of music

to match. If you love to dance, keep in mind that for line dancing you don't need a partner, it's great exercise, and you're guaranteed to have fun.

***Country Line Dancing
Fridays, April 5-26 — LSC1354**

3:00 to 4:00 PM (KS). \$28 (four 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.

Line Dance Instructors

• **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 '90s. 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.



• **Cathy Paris**

Recommended by residents, Cathy Paris is a lively and enthusiastic dancer and instructor. One of her greatest passions and joys in life is teaching dance. Her dance background began in the early '80s when she was introduced to clogging. She incorporated line and partner dancing into her repertoire about ten years ago and has since been sharing her passion and expertise to her students.



—Tap—

Tap Classes with Alyson

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



***Beginning Tap 2
Mondays, April 1-29
— LSC1527**


11:00 AM to 12:00 PM (KS). \$45 (five sessions). Instructor: *Alyson Meador*. For students who have been taking

Beginning Tap previously. The class will continue the lessons learned in Beginning Tap.

Tap Technique

Learn and hone your tap techniques through fun musical exercises. Instructor: *Alyson Meador*.

- ***Tuesdays, April 2-30 — LSC1572**
10:00 to 11:00 AM (KS).
\$45 (five sessions).
- ***Mondays, April 1-29 — LSC1516**
10:00 to 11:00 AM (KS).
\$45 (five sessions).
- ***Thursdays, April 4-25 — LSC1583**
10:00 to 11:00 AM (KS).
\$36 (four sessions).



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—West Coast Swing—



***West Coast Swing
Introduction/Beginner
Wednesdays, April 10-24
— LSC1700**

6:30 to 7:30 PM (KS).
\$30 (three sessions).
Instructor: *Dottie Macken*. Learn the basics

of this great dance from WCS Instructor Dottie, and how it can be applied to various types and styles of music. Join this fun and very social dance class. Partners suggested – this class is for beginners.

Glass Art



***Stained Glass
Mondays, April 1-22 — LSC1593**

1:00 to 4:00 PM (KS). \$61 (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 the 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.

Movies



**Four From Hitchcock
Wednesdays, April 24-May 15
— LSC1917**

1:00 to 4:00 PM (KS). \$32 (four sessions). Instructor: *Ray Ashton*. Back by popular demand! Together will take a journey of discovery as we spend time with four great films from the legendary "Master

of Suspense" - Alfred Hitchcock. We will experience, in their entirety "Rear Window," "Vertigo," "North by Northwest," and the ground-breaking "Psycho." Before the films, we will hear of the films' origins and the people who created these classics. After each film, we will have a discussion. So, get ready for a thrilling ride as we explore "Four from Hitchcock!"

Music

—Guitar—



***Beginning Guitar
Mondays, April 1-29 — LSC1618**

8:00 to 9:30 AM (OC). \$60 (five sessions). Instructor: *Jon Gowin*. Join this new class for beginning students. Learn to read guitar TAB, and standard notation play melodies and strum chords. We use both nylon or steel string acoustic

guitars. The class will teach the fundamentals of music to prepare you for the Intermediate class. About the Instructor: Jon has a degree in Education and has been playing guitar and other string instruments like the mandolin, ukulele, Irish Tenor banjo, and electric bass for over 50 years. He has performed with Bob Wren, and his Sacramento World Music Ensemble for over ten years.

***Intro to Swing Guitar Intermediate Level
Wednesdays, April 3-24 — LSC1630**

8:00 to 9:30 AM (KS). \$48 (four sessions). Instructor: *Jon Gowin*. **Prerequisite:** Student can easily play some barre chords, and able to read some standard notation, and/or TABLATURE. This class will explore "Swing Guitar" as played by the gypsy guitarist Django Reinhardt, but in a simplified approach. We will guide you into one of the most exciting styles of guitar playing in the world how simple it can be once you know the tricks. We will be playing Acoustic guitars only: either steel strings or nylon, and need to play with a pick.



***Folk Guitar for Fun Folks 101
Beginner Level
Tuesdays, April 2-30 — LSC1680**

1:00 to 2:00 PM (KS). \$50 (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 '50s, '60s, and '70s 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.

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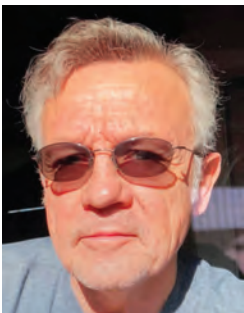


***Folk Guitar for Fun
Folks 102
Intermediate Level
Tuesdays, April 2-30
— LSC1723**

2:00 to 3:00 PM (KS).
\$50 (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 beginning class, as long as the student feels comfortable they have met this prerequisite, and their fingers can withstand the pain! Questions? Call Darrell at 916-989-8532.

—Ukelele—



***Beginning Ukulele
Wednesdays, April 3-24
— LSC1642**

9:45 to 11:15 AM (KS). \$48 (four sessions). Instructor: *Jon Gowin*. The sweet sounds and the super portability of the ukulele make it almost a perfect instrument. This class will introduce the

beginning musician to the joys of playing the ukulele, a simple instrument with simple chords that can accompany virtually any song in the world. About the Instructor: Jon teaches uke at The Strum Shop in Roseville and leads their free monthly Open Strum song session. This class will help prepare you to play with other uke clubs and participate in song sessions.

Personal Improvement

—Driving—



**Two-day class!
*AARP Driver Safety
Training
Tuesday & Wednesday,
April 23 & 24 — LSC1862**

9:00 AM to 1:00 PM (OC).
Fee \$25 (AARP member)
or \$30 (non-member).

Instructor: *Do i May*. 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—



Sewing Certification

Let’s get sewing! Residents must be certified to use any of the sewing machines in the Sewing Room at Orchard Creek. The Association

offers Certification classes for Bernina Serger, Bernina, and Janome Sewing Machine. Please contact Instructor *Sylvia Feldman* at sdfeldmans@gmail.com or 916-543-3403 to schedule your lesson. Lessons are offered once a month. Certification fee: \$15 for each lesson. Enrollment prior to class is required.

—Quilting—



***Mystery Quilt:
“Snowbound in Valdez”
Fridays, April 5 & 12
— LSC1931**

1:00 to 4:00 PM (OC). \$60
(two sessions). Instructor:
Betty Kisbey. **Prerequisite:**
Sew an accurate 1/4” seam

allowance. All pre-cutting of fabric must be done before class. Join in on the fun of making a quilt while solving a mystery! Come to class prepared to sew. You will be sewing and working on solving the puzzle to end up with a completed quilt top. You will be given only fabric and cutting requirements at registration as some sewing will be done in class and some at home. Pieces of the design will be given to you in steps throughout the class but the final quilt design will not be revealed until the end of the class. This is a great way to meet other quilters and have fun working together to solve the quilt mystery! **Important! Request supply list at time of registration.**



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Windows 10 Basics
Wednesday & Thursday,
March 20 & 21 — LSC1872

9:30 AM to 12:00 PM (OC).
 \$47 (two sessions). Handout
 Fee: \$10. Instructor: **Rita**
Wronkiewicz. If you are new

to Windows 10 or you do not feel you have 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. Questions? Call Rita at 916-543-6962.



***Google Play**
Friday, April 5 — LSC1922

1:00 to 3:30 PM (OC). \$25. Instruc-
 tor: **Bob Ringo**. Google Play is
 Google's official online store for
 purchasing and downloading

digital media such as music, magazines, books, movies, and television programs. All Google Play content is capable of being shared across Android devices as well as PC and iOS devices. Google Play Music is Google's music streaming service and online music storage. Users can upload and listen to up to 20,000 songs at no cost. Learn how to find your favorite Google apps and have your favorite music, movies, and books available everywhere you have Internet access. *Recommended: know your Gmail password.*



***Google Power Toolbox**
for PC
Friday, April 12 — LSC1923

1:00 to 3:30 PM (OC). \$25. Instructor: **Bob Ringo**. In order to use your PC effectively, you need a powerful set of tools to accomplish a variety of tasks. Google is a resource for a multitude of computer tools. Learn how to fill your computer toolbox with free tools from Google. These easy to use tools include Google Search, Google Maps, Google Earth, Google Translate, YouTube, Picasa, Google Images, Google Books, Google News, Google Alerts, Google Chrome, Gmail, and Google Docs. Taken together, these Google tools allow you to take full advantage of the Internet and the latest computer technology.



***Tips and Tricks for**
Windows 10
Wednesday, May 1
— LSC1924

1:00 to 3:30 PM (OC). \$25.
 Instructor: **Bob Ringo**.
 This class is designed for
 users that have already
 begun using Windows

10 but want to take a step forward. You will learn tips that will let you access advanced features. You will learn tricks to supercharge your Windows 10 computer by tweaking settings to your liking. Lastly, you will discover the very best content available from the Windows Store to enhance your Windows 10 experience.

—Smart Phones and Tablets/Mac—



***Android Smart Phone Basics**
Monday, March 25 — LSC1914
Or Monday, April 22 — LSC1925

9:00 AM to 12:00 PM (OC) \$25 +
 \$10 supply fee paid to instructor.
 Instructor: **Len Carinato**. Bring your
 SmartPhone from any carrier, any
 brand and any version. This class
 will help you get much more from
 your Android Smart Phone. On our
 large screen display, we will focus on

how to navigate your screen, manage phone calls, organize your contracts, use text messaging, email, access the internet, share photos, and more. While presented for the beginning user, even longer time owners will benefit from this class.

***Android Smart Phone Tips n' Tricks**
Wednesday, March 27 — LSC1915
Or Wednesday, April 24 — LSC1926

9:00 to 11:00 AM (OC). \$20 + \$10 supply fee paid to instructor. Instructor: **Len Carniato**. The world is using smartphones, and there are hundreds of functions your smartphone is capable of, many of which you will find can enhance your lifestyle. Bring your Android SmartPhone with you and learn to use features and functions every Android Smartphone has already built-in, plus those available from the AppStore. Learn how to access music, back up your photos, tune in radio stations, use GPS maps, and much more. Attendees should feel comfortable using basic smartphone functions.



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***iPhone Basics Workshop**
Friday, March 29
 — **LSC1928**
Or Tuesday, April 23
 — **LSC1929**

9:00AM to 12:00 PM (OC). \$35 + \$5 paid to instructor for class material. Instructor: **Andy Petro**.

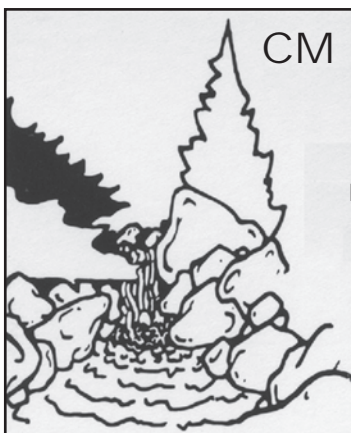
Prerequisite: You must have an iPhone 6, 6 Plus, 6S, 6S Plus, 7, 7 Plus, 8, 8 Plus, iPhone X, iPhone XS, iPhone XS Max, or iPhone XR; and must be on iOS 12.1 or higher. Bring your (fully charged) iPhone to the workshop. Do you want to learn how to use the Settings App to personalize your iPhone and get the most out of it? Then this class is for you. Questions, call Andy at 916-474-1544.



***Chromebook Tips n' Tricks**
Thursday, March 28
 — **LSC1913**
Or Friday, April 26
 — **LSC1930**

9:00 to 11:00 AM (OC). \$20 + \$10 Supply fee paid

to instructor. Instructor: **Len Carniato**. Get more out of your Chromebook! There are lots of things your Chromebook can do, and this class will help you find them. Whether you've been using a Chromebook for some time, or you are new to them, it's time to learn some handy tricks that will take you to the next level with your ultra-portable machine. We will be sure to cover the basics like Gmail, Calendar, Drive, Keep and others, but we won't stop there.



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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 Front Desks.

- **Wednesday, March 20**
2:00 to 3:00 PM
Fitness Floor (OC)
- **Tuesday, March 26**
3:00 to 4:00 PM
Fitness Floor (OC)
- **Tuesday, April 9**
2:00 to 3:00 PM
Fitness Floor (OC)
- **Tuesday, April 16**
2:30 to 3:30 PM
Fitness Floor (OC)
- **Wednesday, March 27**
3:00 to 4:00 PM
Fitness Floor (KS)
- **Wednesday, April 3**
3:00 to 4:00 PM
Fitness Floor (KS)
- **Wednesday, April 11**
4:30 to 5:30 PM
Fitness Floor (KS)

Nutrition Services 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.

Disease Prevention & Management Session-Based Classes

Opportunities that provide education and management of diseases to achieve and maintain optimal health. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.

***Indicates new class on sale March 17**



***Arthritis**
Tuesdays, April 2-30
Wednesdays, April 3-24
Thursdays, April 4-25
Fridays, April 5-26

Tuesdays \$45 (five sessions) & Thursdays \$27 (three sessions, no class April 11) 11:00 AM to 12:00 PM; Wednesdays \$36 (four sessions) & Fridays \$27 (three sessions, no class

April 12) 10:00 to 11:00 AM, Aerobics Room (OC). Instructor: **Linda Hunter**. This class is Arthritis Foundation approved and is appropriate for all seniors who desire a gentle approach to exercise. Our goal is to increase the range of motion, flexibility, endurance, and mobility, while also improving balance, and strengthening muscles. We will do some standing, but sitting is always an option.

Lessons

Programs that provide learning the emotional, mental and physical aspects of outdoor activities. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.



Nordic Pole Walking
Back in May!

9:00 to 10:30 AM, meet at the OC Fitness Center. \$45. 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. After just two 90-minute sessions, you will be

able to incorporate 90% of all body muscles in one exercise; burn up to 46% more calories than exercise

walking without poles; help to reduce high blood pressure; reduce impact on hips, knees and feet by an average of 25%; and develop upright body posture resulting in less risk of falling. Walking poles are available for each class at no charge with the option to purchase at the final session.

***Tennis Lessons**
Sundays, April 28-June 2
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 Lincoln Hills 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.

Mindfulness

A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, can be achieved through different means and used as a therapeutic technique. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.



***Golf/Skill Enhancement in Group Hypnosis**
Thursdays, April 4-25
9:30 to 11:00 AM, Multipurpose and Multimedia Room (OC) (four sessions). \$80. Instructor: **Kelley Moreno**. Enhance

your skills or your game with the hypnotic advantage used by the professionals. Join us every week this month for ultimate results!



***Living With Chronic Pain**
Wednesdays, April 3-24

3:00 to 4:00 PM, Aerobics Room (OC) (four sessions) \$60. Instructor: **Michelle Jamieson**. Pain can be described as "physical, mental, or emotional discomfort." People often resist pain or try to push it away, but there are skills that can

be developed that allow people to work with pain rather than spend so much time fighting it. Getting to know pain also reduces worry and anxiety, creating the possibility of an improved quality of life.



***Establishing a Meditation Practice Wednesdays, April 3-24**

4:00 to 5:00 PM, Aerobics Room (OC) \$60 (four sessions). Instructor: **Michelle Jamieson**. The path

of Meditation involves slow and steady cultivation of the mind. The benefits of mindfulness and contemplative practice are real, tangible, and can be experienced by anyone who practices with proper guidance. To experience these benefits directly, we need to take time in our lives to practice. We must give our minds the right conditions for the powers of wisdom and concentration to grow, which includes refining our understanding of the teachings and ensuring that we are using the techniques properly.

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. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.



***Tai Chi Qigong L1 Tuesdays, April 2-30**

1:00 to 2:00 PM, Aerobics Room (KS). \$55 (five sessions). Instructor: **Peli Fong**. Tai Chi is a century-old practice that focuses on soft and gentle movements known as postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi offers harmony of the mind and body as it relieves stress and induces relaxation.

Through cultivation and flow of the body's life force known as "Chi," this form of exercise has been known to improve a variety of ailments. People of all fitness levels will benefit from this complementary health system.



***Tai Chi Qigong L2 Tuesdays, April 2-30**

2:00 to 3:00 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 of 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 the Qigong sets of movements. Qigong paired with stillness, and moving meditation will improve body mechanics, muscle memory and tone while increasing the understanding of these century-old art forms of health, mindfulness, and wellbeing.



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***Deficits and Debt: The Legacy of QE (Quantitative Easing) With Russ Abbott**

Tuesday, April 23

10:30 AM to 12:00 PM, P-Hall

(KS). \$5. Instructor: **Russ Abbott**. Ten years after the financial crisis and well into the Federal Reserve's policy normalization path, investors should celebrate that the US and the global economy have healed. However, Quantitative Easing and the repression of interest rates leave a legacy with implications for the next economic cycle. In this lecture, we examine the effects of extraordinary monetary policy from our Federal Reserve on Government and Corporate debt levels, Interest Rates, Corporate Profits, and the rise of Shadow Banking.

Nutrition

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



***Re-Start—Your Health in Just Five Weeks**

Tuesdays, April 2-30
1:00 to 2:30 PM,
Multi-purpose Room

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



Produce with a Purpose: Tips, Tricks, Hacks, and Shortcuts!

Thursday, March 21

4:00 to 6:00 PM, Placer (KS) \$45. Instructor: **Kerin Gould**. Did your doctor tell you to eat more fruit and

veggies? Now what? This month: Tips, tricks, hacks, and shortcuts! Knowledge is power, and in the kitchen, it is a time-saver and a game-changer. In our efforts to put more fresh super-foods on our plates, let's find ways to make it easier than ever, so the task is less daunting. Less work, more flavor, and nourishment! Demo, tasting and goody bag of farm fresh, pesticide-free produce included!

***Produce with a Purpose: Container Garden Cuisine**

Thursday, April 18
4:00 to 6:00 PM, Placer (KS) \$45. Instructor: **Kerin Gould**. Did your doctor tell you to eat more fruit and veggies? Now what? Come to our monthly class for a demo, tasting, and a goody bag of fresh farm produce. This month: we'll discover what can you grow in pots, on your patio, in small spaces to add to your fresh, healthy diet. Not everyone can farm their food, but on the other hand, we know freshness counts for flavor and nutritional value. So let's grow something easy, small scale and yummy!

Personal Improvement

The following Personal Improvement classes are offered through the WellFit Department; registration is available at the WellFit front desks. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.



***Static in the Attic: Understanding About Memory and How to Preserve it!**

Thursday, April 11
9:30 AM to 12:00 PM,
Multipurpose Room (OC) \$30. Instructor: **Dr. Alice Jacobs**. Are

you noticing word grope syndrome and "senior moments?" Are you frustrated because you can't remember names of people, but recognize faces? Come find out why this occurs and what you can

do about it. This workshop covers current scientific information about components of memory, changes with age, and tips for improving memory and leading a brain wellness lifestyle. Facilitated by educational physiologist and founder of Brain Gain www.braingain.info. Extensive materials and hand-outs are included.

***Brain Gain™**

Thursday, April 25

9:30 AM to 12:00 PM, Multi-purpose Room (OC)
\$30. Instructor: **Dr. Alice Jacobs**. Come experience “Neurobic” fun interactive brain exercises. Join educational physiologist, Dr. Alice Jacobs, as we learn about the hemispheres of the brain and the predominant functions. We will then engage in hemisphere dominant exercises that provide both hemispheres of the brain a good workout. Do for your brain what you do for your body – all in a non-threatening, engaging, and fun environment that has you working in small groups. You’ll be surprised by what a good brain workout you’ll get – without a drop of sweat.

Pilates Reformers and Towers

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

Membership packages require an agreement for auto-pay upon enrollment. Members select their monthly classes via the online scheduling system; these packages are not available online. See class grid on page 101 for a complete listing of Pilates Reformer classes.

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

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.

Private Reformer Training

Private training is convenient and efficient. All private training is done by appointment only. 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:**

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- **Buddy Training:**

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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 Danielle Lawlor. 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.
- **Assessment:**
Meet and greet trainer, talk about and establish goals. Trainer assesses ability level. One hour session \$30.

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 up quickly; please register at least seven days prior to class start date, no refunds. 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 Desks 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 the descriptions of each class.



SGT—Parkinson's Indoor Cycling Wednesdays, April 3-24

12:30 to 1:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Milly Nuñez*. Have you or a loved one been diagnosed with Parkinson's disease? 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 with "forced exercise." The first class will include an assessment and bike setup. Participants must be able to sit unassisted on a spin bike, and heart rate monitors are required.

SGT—ParkinsonStrong Combo Fridays, April 5-26

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 ParkinsonStrong classes to create a class that helps improve the quality of life through meaningful exercise.

SGT—ParkinsonStrong Thursdays, April 4-25

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. 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, April 1-29**

10:30 to 11:30 AM, Fitness floor (KS). \$135 (eight sessions; no class April 22). Instructor: *Max Alcantar*. 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, stretching, and more. By the end of the session, you will have a customized workout routine that includes settings and weights appropriate for you! This format is a great opportunity to work with a trainer and create a workout routine.



**SGT—Fit 101 at
Orchard Creek L1
Tuesdays & Thursdays,
April 2-25**

12:00 to 1:00 PM, Fitness floor (OC). \$135 (eight sessions). Instructor: *Jared Young*. Starting a new experience may seem a little overwhelming. 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 machine 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 fitness goals.



**SGT—“Fun”ctional Fitness L3
Tuesdays & Thursdays,
April 2-May 2**

12:00 to 1:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class April 16 and 18). Instructor: *Deanne Griffin*. Incorporate strength training and high-intensity interval training for

optimal cardio-vascular 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,
April 1-24**

4:00 to 5:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Danielle Lawlor and Max Alcantar*. 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,
April 1-29**

7:15 to 8:15 AM, Aerobics Room (KS). \$150 (nine sessions). Instructor: *Milly Nuñez*. Rise and shine to enjoy a fun and energizing workout in a small group setting. Discover ways

to challenge yourself at your level while getting a full body workout. A full body workout will 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—Seasonal Sports Conditioning L2/3
Mondays & Wednesdays, April 1-29**

2:30 to 3:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class April 22). Instructor: *Max Alcantar*. Looking to improve your fitness and sports performance? Take this class for these key components: power, strength, speed, balance, agility, coordination, endurance, injury prevention, and flexibility.

**SGT—TGIF TRX & More L2
Fridays, April 5-26**

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

SGT—Posture, Core and Balance L1/2 Wednesdays and Friday's, April 3-26

12:00 to 1:00 PM, Aerobics Room (OC). \$135 (eight sessions). Instructor: *Max Alcantar*. Balance your body with exercises for proper postural alignment and a strong core. This class is formatted to accommodate a wide range of fitness levels and also includes the right stretches to allow for improved posture which can take pressure off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility.

SGT—Posture, Core and Balance L1/2 Mondays & Wednesdays, April 1-29

11:30 AM to 12:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class April 24). Instructor: *Danielle Lawlor*. Balance your body with exercises for proper postural alignment and a strong core. This class is formatted to accommodate a wide range of fitness levels and also includes the right stretches to allow for improved posture which can take pressure off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility.

SGT—Balance & Fall Prevention L1 Mondays and Wednesdays, April 1-29

2:00 to 3:00 PM, Aerobics Room (OC). \$135 (eight sessions; no class April 24). 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—Balance & Fall Prevention L2 Tuesdays and Thursdays, April 2-30

3:00 to 4:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class April 25). Instructor: *Danielle Lawlor*. Build on concepts learned from L1 Balance and Fall Prevention to keep working on more advanced strength exercises and balance challenges. A great class 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.

Special Event!

SGT—Pace Race Prep Fridays, March 29-May 3

8:00 to 9:00 AM, Kilaga Springs (KS). \$90 (six

sessions). Instructor: *Milly Nuñez*. Have you ever wanted to successfully complete a 5K? Participants will follow a guided training schedule with the coaching of an experienced coach and runner, Milly Nuñez. Whether you want to “walk, run, or just have fun” this group will give you the confidence and endurance you need to succeed. Our goal is to have you ready to participate and complete the Lincoln PACE Race on Saturday, May 4. This class includes full registration to the Pace Race.

Punch Pass and New Fast Class

New! We now offer Fast Class Passes for \$2.50. These Fast Class Passes can only be used on our new 30 minute classes. Please see the colored grids on pages 98-101 for days and times. We also still offer our Punch Pass classes for \$4.50 each. Purchase your Punch Passes or your Fast Class Passes at either Fitness Center front desk. There are no refunds for Punch Passes or Fast Class Passes.

For a list of class descriptions, please refer to www.sclhresidents.com under WellFit tab.

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OC WellFit Class Schedule April 1-30, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:00	Athletic Stretch L1/3 - Jen		Athletic Stretch L1/3 - Jen				
8:00	Strictly Strength L3- Katie	Step for All L2- Kim	Strictly Strength L3- Katie	Step for All L2- Kim	Barre L2/3-Gretchen		
9:00	Zumba L3 - Summer	Core & Strength L2 - Kim	Zumba L3- Summer	Core & Strength L2-Kim	Cardio Plates L2/3- Gretchen	Yoga Basics L1- Amy/Sara	
10:00	Slow Flow Yoga L2/3- Jennifer	Yoga Flow L2 - Ashley	Arthritis L1/2 - Linda	Yoga Flow L2- Jennifer	Arthritis L1/2 - Linda	Yin Yoga L2- Sara	
11:00	Piloga L2 - Cynthia	Arthritis L2- Linda	Piloga L2 -Lola	Arthritis L2- Linda	Piloga L2-Lola		All Sunday classes have been moved to Kilgus
12:00	Yoga Stretch L1- Julie		SGT - Posture, Core & Balance L1/2- Max	Yoga Stretch L1- Julie	SGT - Posture, Core & Balance L1/2- Max		
1:00	Chair with Flair L1- Julie	Rest Meditation and Yoga L1 - /Tam		Chair with Flair L1- Julie	Basic Chair L1- Maria		
2:00	SGT - Balance & Fall Prevention L1- Danielle	1:30-2:30pm Chair Yoga L1 - Cassie	SGT - Balance & Fall Prevention L1- Danielle				
3:00	Healthy Living Exercise L1/2 - Milly	Healthy Living Exercise L1/2 - Milly	Living With Chronic Pain Michelle Jamieson	Healthy Living Exercise L1/2 - Julie	Activities	SCLH Booking	
4:00	TBA	Activities	Establishing a Meditation Practice Michelle Jamieson				
5:00	TBA			Activities			
5:30	TBA		Mixed Levels Yoga L1-3- Jennifer				
Group Exercise Classes (punch pass) \$4.50		30 min Group Exercise Classes (Fast Pass) \$2.50		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 April 1-30, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	KS	KS	KS	KS	KS	KS	KS
7:30	7:15-8:15am SGT - Morning Bootcamp L2- Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT - Morning Bootcamp L2- Milly	Mixed Level Cycle L2-TBA	SGT - TGIF TRX L2 - Max		
8:30	Exercise Mashup L2 - Danielle	Zumba Gold L2 - Joanie	Power Vinyasa L3- Deanne	Low Impact Sculpt L2 - Jeri	Zumba Gold L2 - Joanie	Low Impact L2 - Jeri	9:00am Cardio Strength L3 - Kim
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3- Katie	Strictly Strength L2- Linda	Cardio Strength L3- Katie	Strictly Strength L2 - Jeri	10:00am Zumba L3 - Carrie
10:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2-Gretchen	Piloga Flow L2 - Cynthia	Strictly Strength L3- Valerie	Yoga Stretch L2- Jeri	
11:30	SGT - Posture, Core & Balance L1/2- Danielle		SGT - Posture, Core & Balance L1/2- Danielle		WaiDan Gong L1- Joan		
12:30		12:00pm SGT - Functional Fit L2- Deanne		12:00pm SGT - Functional Fit L2- Deanne			
1:00		1:00pm Tai Chi L1 - Peil	SGT - Indoor Cycling for Parkinson's L1- Milly		SGT - ParkinsonStrong Combo L1- Milly		
1:30	Yoga Basics L1- Amy	2:00pm Tai Chi L2 - Peil	New Instructor! Yoga Basics L1- Lesley	1:30-2:30pm SGT - ParkinsonStrong L1- Milly			2:00pm Yoga Flow L2- Ashley
2:30	SGT - Seasonal Sports Conditioning L2/3- Max		SGT - Seasonal Sports Conditioning L2/3- Max				
3:00		SGT - Balance & Fall Prevention L2- Danielle		SGT - Balance & Fall Prevention L2- Danielle			
4:00	SGT - Progressive Bootcamp L2/3- Danielle	Yoga for Osteo L1 - Julie	SGT - Progressive Bootcamp L2/3- Danielle	Yoga for Osteo L1 - Julie		SCLH Booking	
5:30		30 min. TRX Circuit L2/3- Danielle		30 min. TRX Circuit L2/3- Jeannette			
6:00		30 min. Burns n Tums L2/3- Danielle		30min. Burns n Tums L2/3- Jeannette			
6:30							
Group Exercise Classes (punch pass) \$4.50 30 min Group Exercise Class (Fast Pass) \$2.50							
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 April 1-30, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Works L2/3- Jeannette	OC	Water Works L2/3- Marla	OC	Water Works L2/3- Jennifer	OC	OC
8:30	Aqua Fitness L2- Jeannette		Aqua Fitness L2- Marla		Aqua Intervals L3 - Jennifer		
9:30	Deep Water Fitness L3-Jennifer	Aqua Intervals L2/3 - Deanne	Deep Water Fitness L3-Annette	Aqua Intervals L2/3 - Deanne	Deep Water Fitness L3-Jeannette		
10:30	Aqua Intervals L2/3- Jennifer	Aqua Intervals L2/3 - Deanne	Making Waves L2- Annette	Aqua Intervals L2/3 - Deanne	Aqua Intervals L2/3- Jeannette		
11:30	(11:30am-12:15pm) AF Aqua L1- Annette		(11:30am-12:15pm) AF Aqua L1- Annette		(11:30am-12:15pm) AF Aqua L1- Annette		
12:30	Aqua Pilates L1- Annette				Aqua Pilates L1- Annette		
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	Total Body Conditioning L3 Jeannette		Total Body Conditioning L3 Jeannette				
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							
Group Exercise Classes (punch pass) \$4.50							

Pilates Reformer WellFit Class Schedule April 1-30, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1- L2 - <i>Cynthia</i>	OC	OC	OC	OC	OC	OC
8:30	Ref Basics + L1-L2 - <i>Sarah</i>	Mixed Equipment L1-L2 <i>Julie</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>Julie</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>Julie</i>	Ref Basics + L1-L2 <i>Sarah</i>	Cardio Jump & Core L2 - <i>Julie</i>	
11:30		Ref Basics + L1-L2 - <i>Julie</i>		Cardio Jump & Core L2 - <i>Gretchen</i>	Mixed Equipment L1-L2 - <i>Valerie</i>	Ref Basics + L1-L2 - <i>Julie</i>	
12:00			Cardio Jump & Core L2 - <i>Gretchen</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Mixed Equipment L1-L2 - <i>Valerie</i>		
5:30	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625-4034			
	Reformer Basic+ L1- L2 - <i>Julie</i>			Pilates Bootcamp L1- L2 - <i>Julie</i>			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							
All classes are subject to cancellation for insufficient registration 24 hours prior to class.							

Sun City Lincoln Hills Community Association

965 Orchard Creek Lane
Lincoln, CA 95648

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OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

www.sclhresidents.com

Need help? Email:

help.desk@sclhca.com

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-Administration-

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COMPASS

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Kilaga Springs Café (916) 408-1682

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-The Spa at Kilaga Springs-

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Spa Manager

Trudy Smith (916) 408-4071 trudy.smith@sclhca.com

Hours

Orchard Creek & Kilaga Springs Lodges

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

Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

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

Administration Offices & Membership

Monday-Friday 8:30 AM-5:00 PM

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

(hours subject to change)

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

Catering Office 9:00 AM-5:00 PM

(Tuesday - Saturday)

The Spa at Kilaga Springs

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

Saturday 9:00 AM-5:00 PM

General Numbers

Broken Water Line on Association
Community Property

(916) 645-4501 Landscape Office

Curator Security, Inc.

(916) 771-7185

Golf Shop

Website: lincolnhillsgolfclub.com

General Manager, LH Golf Club

Tony Marino (916) 543-9200, ext. 4

Lincoln Police & Fire (916) 645-4040

Neighborhood Watch

Linda Minor (707) 235-0778

Pauline Watson (916) 543-8436

Lincoln Hills Foundation

(916) 434-0749

Neighbors InDeed (916) 223-2763

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Adrian Felice (916) 408-4332

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Norcal@delwebb.com

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Clubs & Community Organizations Committee

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Communications & Community

Relations Committee

crc@sclhca.com

Compliance Committee

compliance.committee@sclhca.com

Elections Committee

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