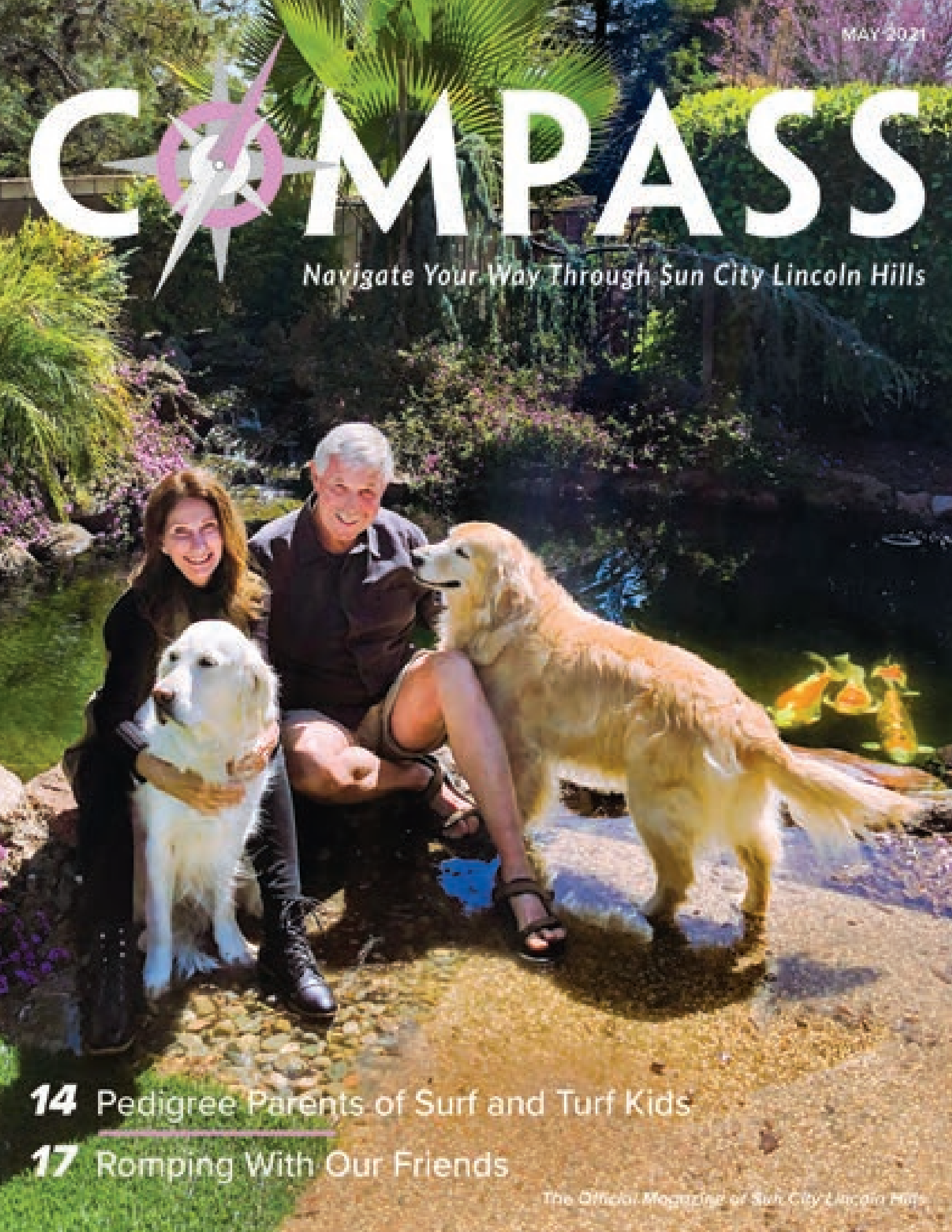


COMPASS

Navigate Your Way Through Sun City Lincoln Hills



14 Pedigree Parents of Surf and Turf Kids

17 Romping With Our Friends

Calendar of Events

May 18 – June 11

**Subject to change.
Please see eNews
for updated times
and dates.**

Date	Event	Page #
5/18	Kitchen Wood Magnets.....	63
5/19	Conversations	50
5/20	Roaming the Sierra Nevada Foothills ...	52
5/24	Great Italian Novel	58
5/25	Electric Cars and You.....	52
5/27	Solo Blues Concert	57
6/3	The Gathering Inn	52
6/7	News of the World - Movie.....	50
6/8	Redistricting California 2021.....	53
6/8	Fundamentals of Investing	75
6/11	The World's Fastest Indian-Movie.....	51

Upcoming Association Meetings: May 20 – June 28	
Finance Committee Meeting	Thursday, May 20, 9:00 AM
ARC/Architectural Review Committee Meeting	Monday, May 24, 9:00 AM
Board of Directors Meeting	Thursday, May 27, 9:00 AM
Board of Directors Executive Session	Thursday, May 27, 11:30 AM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, June 1, 9:30 AM
Compliance Committee	Wednesday, June 2, 9:00 AM
Properties Committee Meeting	Thursday, June 3, 9:00 AM
Elections Committee Meeting	Friday, June 4, 10:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, June 8, 10:00 AM
Board of Directors Workshop	Thursday, June 10, 10:00 AM
ARC/Architectural Review Committee Meeting	Monday, June 14, 9:00 AM
Finance Committee Meeting	Thursday, June 17, 9:00 AM
Board of Directors Meeting	Thursday, June 24, 9:00 AM
Board of Directors Executive Session	Thursday, June 24, 11:30 AM
ARC/Architectural Review Committee Meeting	Monday, June 28, 9:00 AM
<i>Meetings subject to change. Visit sclhresidents.com for the most up to date information.</i>	

VOLUNTEER OPPORTUNITIES!
<h3 style="color: #0056b3;">Committee Openings</h3>
<p>Below are Committees that need your volunteer time and expertise. Committees with openings include:</p> <ul style="list-style-type: none"> Compliance Committee Properties Committee Architectural Review Committee Finance Committee Elections Committee
<p>Committee applications are available at the Lifestyle desks (OC/KS) and online (sclhresidents.com>Library>Forms>Resident Forms).</p>

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- 19** Must Love Cats
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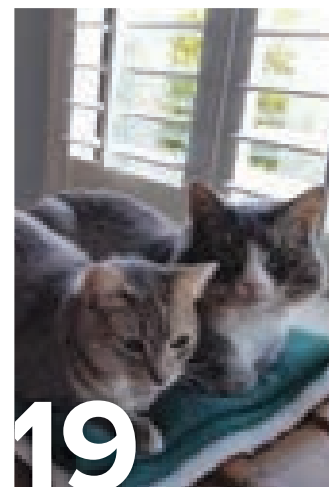
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On the Cover

National Pet Month –
Mike and Kathleen Bartl;
Adde & Poppy; and the Koi six pack.
Photo by David Wright



Board of Directors' Report

Diana Peters, Director

Here's my Pet Peeve...if you're a new resident, (we've gained 700+ since COVID-19 shutdown) do you wonder/understand the acronyms "CCOC", "CCRC", "FC", "CC", "ARC", "PC", and the advanced insider jargon "FMA/CEF"! What are they? It's confusing, I'm not that busy, I've got time to read, I don't need abbreviations. The Communications and Community Relations Committee, also known as "CCRC," is in the process of revising our website to make it user-friendlier, including eliminating acronyms. I think a resident would find a spot for volunteering when the Committee is clearly identified by their mission's name. I would like to take the space to explain each acronym, but not today. I do want to explain the "FMA/CEF." This is so important to our future.

The Fixed Mandatory Assessment also known as "FMA," accumulates in the Community Enhancement Fund, also known as "CEF." It is going to come to you on a Ballot for you to decide on the future of continuing this assessment. Originally, it was thought imposing this fee on the sale of each home would have an adverse effect, but as it turns out, there has been no impact. As I write this

article, we have only ten homes for sale, and when you read this, they will all be sold.

I would like to impress upon you the importance this "FMA" has on our ability to advance with new and ever-changing community trends. Since the 2016 inception of this Fixed Mandatory Assessment, it has contributed approximately \$3 million, allowing us to acquire enhancements without increasing monthly dues. The FMA was suspended in January, which means the community is not collecting this fee on about 30 home sales every month. While this moratorium continues, this is a sizeable loss of funding for our needed future projects.

I encourage everyone to talk to their neighbors, ask them to participate in this important vote when this Ballot is mailed to you. The Ballot will ask to add this Fixed Mandatory Assessment to our governing documents and to re-instate this valuable funding to keep Lincoln Hills vibrant and current. I can't think of a single reason, nor have I heard a reason to vote against this charge to join and contribute to our community. It is in our best interest to enhance our wonderful surroundings & amenities, keeping Lincoln Hills the starship of Sun City's Associations.



Memorial Day Holiday Hours

MONDAY, MAY 31

Administration & Membership – Closed

WellFit OC/KS – 5:30 AM - 4:00 PM

Spa at Kilaga Springs – Closed

Meridians – Closed

Lifestyle – Closed



A Note from the Executive Director

Robert Richardson, Executive Director

This past St. Patrick's Day, I was asked to be one of the judges for the Veterans Club Leprechaun Brigade Golf Cart Parade. Aside from some wonderfully decorated carts, great costumes, and more than a few antics from the participants, there was laughter. I have to say that it was great to hear once again groups of people enjoying each other's company and joining in. It reminded me how little of it we've heard this year.

I think, more importantly, it was the people I was with. Veterans, many of whom had been through so much during their lifetimes. People, who during differing periods of trial, stood up for our Country to help ensure that our way of life would persist. Theirs, I would imagine, is an internal pride of knowing that they were participants and not just onlookers in a great endeavor.

As I got to know several Club members that day, it began to sink in that although this has been an

uncomfortable year, we have all been through so much more, especially each of them. I could only imagine the kinds of conditions once upon a time in their lives where they sought camaraderie, friendship, and laughter. I'm sure it was what made the laughter on St. Patrick's Day come so easily.

I have been one of the fortunate ones to have lived a peaceful life. I pray my daughters receive the same gift. But that peace comes at a high price, and it is our veterans who paid much of it for us, for me. Memorial Day is a most fitting tribute to the men and women who gave so much, starting with our Nation's inception and right up to today. America was built upon their shoulders, and you can count me as one who is thankful for their steadfast perseverance when it was needed.

Please join us for the 2021 Lincoln Hills Memorial Day Ceremony at 9:30 AM, May 31, at Orchard Creek Portico.



Finance Committee

Looking Forward

Fred Raach, Vice Chair

Beginning with this month's article, the Finance Committee communication in the *Compass* will focus on providing more information on Association finances and the Committee's role in overseeing them.

One Committee responsibility is a monthly review of the draft, i.e., unaudited, actual expenses compared to what was budgeted for the month and year-to-date. This is done in total for the Association and each operating department. Committee members are assigned as liaisons to each department and are responsible for developing an in-depth understanding of department finances to answer any questions that come up during the Committee meeting.

Each month a summary of the total and departmental results will be presented in the article. Due to space limitations, only the total results are included this month.

For the first three months, revenue was \$533,000, compared to a budgeted figure of \$328,000. This positive variance primarily results from loosened COVID restrictions allowing the Spa, WellFit, and Meridians to generate more revenue than predicted in the Budget. Expenses for the three months were \$2,971,000 versus the Budget of \$2,978,000. Savings in landscape maintenance, insurance, and general maintenance and supplies offset overages in the cost of sales (as a result of more revenue) and utilities (associated with operating outdoor

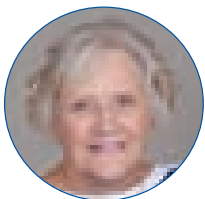
and indoor pools). The net, then, is a very favorable start for the year, with actual net expenses \$212,000 better than Budget through the first three months.

More detailed information on the monthly financials is available on the Resident Website in the Library section under Financials and from the videos of the Finance Committee meetings.

A second responsibility is the consideration of proposed expenditures on projects that may be funded from the Reserve Fund or the Community Enhancement Fund (CEF). Prior approval by the Properties Committee is required before Finance makes its evaluation and recommendation to the Board on the funding source(s) and amount(s).

This month a Reserve-funded project for the replacement of existing light bollards was submitted by the Facilities Manager. Several options were considered, and the Committee recommended the Board approve the replacement of all bollards at the cost of \$39,395, including installation by the vendor.

In addition to reporting on the regular monthly responsibilities, the Committee's role in other financial matters, e.g., the Reserve Study, budget development, review of Reserve investment results, and renewal of the Association insurance policies, will be covered as they occur.



Architectural Review Committee

Exterior Painting Season

Carole Dummett, Chair

A little repetitious, but important information to better serve homeowners. If you have received a non-compliance letter or would like to file a complaint referencing a non-compliance observation please contact Sam McKee, Community Standards Manager, at sam.mckee@sclhca.com, 916-625-4006 or compliance@sclhca.com for assistance. The ARC is not involved in compliance issues unless the homeowner is required to submit an application to clear their notice.

We are currently reviewing sections of the Design Guidelines, providing better clarification, and adding a few new paint palettes. The ARC is always open to suggestions, so now is the time to submit your thoughts to arc@sclhca.com for our review.

Following California State guidelines, we anticipate having open meetings and forums in June or July. It is more productive to have open meetings to share ideas.

Exterior painting season is here. You might ask, what requires ARC approval? All exterior repaints require ARC approval, even if you want to paint your home the

same color. Throughout the years, we have developed new paint palettes with various paint companies. Many of the original palette colors are currently available with perhaps a new name and number so we can usually locate a close match. If your existing paint color is on file or you know the color, we can identify the palette and approve on that basis.

Why can't a homeowner just repaint without proof of the same color? The answer is a neighbor may file a complaint stating it is not the same color, which becomes controversial, resulting in non-compliance issues. This requirement protects the homeowner and community.

All color changes on any section of the house require ARC approval and must be within the approved color palette.

We are sad to report, Charles Vickers, a longtime committee member who has served this community for several years, passed on April 2021. He was an inspiration to all of us with his knowledge and demeanor. May he rest in peace.



Compliance Committee Quiet Enjoyment, What Does That Mean?

David Mateer, Chair

Everyone likes some time for getting work done, time to relax, and some party time. This may even become more important as the days become longer and evenings nicer.

Our CC&Rs (Covenants, Conditions & Restrictions) include the concept of quiet enjoyment, especially between 7:00 PM and 9:00 AM. This is not anything new and was established when the community was created. So why is this, and what does this really mean?

We do want you to enjoy your home and wish your neighbors the same. It is difficult to give an exact answer to everything you can or can not do during these “quiet” hours. However some simple examples should help. Between 7:00 PM and 9:00 AM, we ask that you not use power tools for gardening, construction, or similar activities. These can make a lot of noise and disrupt your neighbors’ enjoyment of their home and yard. Sometimes you may want to mow the lawn but did not notice how late it was getting. If it is past 7:00 PM, it should wait until another day. For those of you on the golf course, the golf course is not governed by our CC&Rs and some activities on the course occur well before 9:00 AM.



Does this mean you cannot make any noise after 7:00 PM? Of course it does not mean that either. We understand that you want to enjoy your home and yard also. This may also include having some social gatherings with friends and family. This also is a part of the active adult lifestyle we want to have in Lincoln Hills. Occasionally we are asked about music. Music should always be at a level so as not to disturb your neighbors. This is the same during the day as it is in the evening.

Fortunately, this is not a major problem in our community. Our residents are mindful and respectful of their neighbors.

Speaking of fun things to do, we currently have open positions on the Compliance Committee. It is a great way to support our community and ensure we continue to have a great place to call home. Applications should be submitted to Bob Richardson, Executive Director. All we need is a willingness to support the community. All necessary training will be provided. Come out and join our team.



Properties Committee Think “We” Not “Me”

Lynne White, Committee Member

The Properties Committee meets on the first Thursday of every month at 9:00 AM. We are extending an invitation to the community to attend our meetings. In the last few months, we have three new members that bring a variety of knowledge, skills, and the passion it takes to keep this community beautiful. Helen Keller said, “Alone we can do so little, together we can do so much.” Because “together we can do so much” when you leave your home and you observe something in need of attention, the Properties Committee wants to know.

The easiest way to report a concern is to email our Facilities and Maintenance Manager, Erik Rosales at Erik.Rosales@schca.com. Erik is out of his office most of the day, taking care of a myriad of issues. He will return your email in a timely manner. Emailing Erik is one of the first and quickest steps available to all residents.

Your Properties Committee is the next best way to know what maintenance is required. We have regular inspections of the facilities and common areas following our monthly meetings. This becomes even more

important as our community ages. For instance, did you know that we have 11 parks? Ron Slagle took on the task of inspecting all of the parks. Sarah Lambrose conducted an inspection of Meridian’s kitchen, and I just completed my inspection of the Fitness Center, Swimming Pools, and Amphitheater at Orchard Creek. Coming inspections include the Sports Plaza, Kilaga Springs, trails, and our maintenance building. If you use any of these facilities, we want you to know that we are working hard for you. In future articles, I will give you updates on projects currently in progress or completed.

People volunteer for a variety of reasons. We are fortunate to have so many talented and creative people. If you would like to be a part of the appearance and maintenance of this community, please fill out an application to join our dedicated team or email Bill Szabo at properties.committee@schca.com for additional information.

We look forward to the day we will be together in person rather than Zooming. Properties never changes our work and commitment to keep us among the top 55+ active adult places to live.





Let us serve you with a smile

Meridians
Restaurant & Bar

New F&B Director

*Michael Jackson, Executive Chef
Food & Beverage*

We are on the precipice of a new future for the Food & Beverage Department.

The entire State, County, and even our community have had their view on the pulse of what is coming next for restaurants and other businesses. While Meridians is looking to open more seating soon, we are also looking at our other venue to reopen. Hopefully, we can get Kilaga Springs Café up and running with a more convenient fare. From prepackaged sandwiches and salads to small cheese and charcuterie boxes, we are looking to expand our afternoon menu upon reopening.

I would like to announce our newest member of our management team. Jim Trondsen, Director of Food & Beverage, will be playing a vital part in our growth. He brings a wealth of knowledge to Lincoln Hills and a vision of our future in Food & Beverage. Next time you are in Meridians, stop by and welcome Jim to the community.

Spring has also yielded great produce within Northern California. As a staple in our menus and to my arsenal of ingredients, we feature local farm-fresh produce in partnership with Produce Express (a family-owned business highlighted in many of Sacramento's fine dining restaurants). They have the best selection of local and seasonal produce in our region. From small farms like Del Rio Botanicals to more extensive orchards like Capay Farms, the Boyce

family has been keen on ensuring quality over quantity.

This month's recipe features a springtime favorite of mine, Rhubarb. One of my favorite quotes about rhubarb is, "It is the first sign of spring. After a winter of pears

and apples, it is always exciting to get rhubarb in for its color, freshness, and bright flavor. Along with seasonal spring ingredients like favas, ramps, and peas, rhubarb signals the end of winter." The bright, bitter, tart flavor imparted from rhubarb is only contrasted with sweetness. However, it is phenomenal when pickled or fermented.



Chef's Recipe of the Month:

Rhubarb Custard Cake

This cake is best to be mixed by hand. Using an electric mixer works more air into the eggs, which lightens the batter and makes it less dense, so the rhubarb is more prone to sinking. Also, make sure you leave the stalks whole, as chopped rhubarb is more likely to be swallowed up by the batter and fall to the bottom.

Ingredients

- 4 Tbsp. melted unsalted butter cooled (plus extra room temperature for pan)
- 1 cup all-purpose flour (also, plus more for pan)
- 3/4 tsp. Baking powder
- 1/2 tsp. kosher salt
- 2 large eggs
- 1 large egg yolk
- 1 1/2 cups sugar (plus more for sprinkling)
- 1/4 cup sour cream
- 2 Tbsp. dark rum
- 2 tsp. finely grated lemon zest
- 13 oz. rhubarb stalks (halved lengthwise if too thick)

Instructions

1. Preheat oven to 350°. Butter and flour a 9" Springform pan.
2. Combine baking powder, salt, and 1 cup all-purpose flour in a medium bowl.
3. Whisk eggs, egg yolk, and 1 1/2 cups sugar in a large bowl until very pale and thick, about 1 minute.
4. Whisk melted butter, sour cream, rum, and lemon zest in a small bowl.
5. Whisk butter mixture into the egg mixture to combine. Add dry ingredients and fold in until batter is smooth; then place into the prepared pan. Chill 10 minutes to let the batter set.
6. Arrange rhubarb over batter however you like, trimming as needed. Don't press fruit into the batter—place it over the top and let it rest on the surface.
7. Sprinkle with more sugar and bake until the cake is golden on top and browned around the sides, 45–55 minutes.
8. Transfer pan to a wire rack and let the cake cool in pan for 10 minutes. Slide a knife around the sides of the cake to loosen and unmold. Slide directly onto the rack and let cool completely.



The Communications Corner

How Do I?

Jeff Caponera, Communications and IT Manager

Hello Lincoln Hills! It's May already, and we have kicked it into another gear as we head towards reopening. We anxiously watch for the tier color change so we can open the doors! I anticipate a rush as we open amenities that resemble a retail store on Black Friday.

In the meantime, we have received many of the same questions on "How do I? Rather than sending out an eNews or a *Compass* article, we are addressing some of the more commonly asked questions by recording how-to videos. Each department will

be recording videos that will cover a wide range of subjects. These videos will be posted to the Resident Website. These videos can be found at the top of the page under the Videos header, "How do I?"

There are a few videos currently posted. Be on the lookout for many more! Please stay tuned to eNews for information on reopening plans as we get closer.

I hope that this is helpful and you get some value out of these videos. If you have any questions, please feel free to reach out to me at jeff.caponera@sclhca.com, Help Desk – help.desk@sclhca.com, eNews – eNews@sclhca.com.



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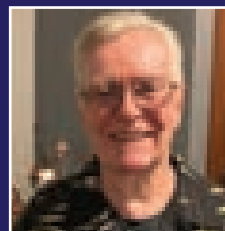
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Lifestyle News & Happenings

Open Sesame!

Lavina Samoy, Lifestyle Manager

I wish I had magical powers like Ali Baba in the story of Ali Baba and the Forty Thieves that will allow me to open the lodge and have everything back to normal.

Based on the Guidelines provided by State and County Public health, expect things to be a little different when we open as we slowly work into the new normal. Please be patient as we try to open our business safely.

One thing COVID-19 has not changed is the residents' love for live performances! Tickets for last month's Outdoor Pool Concert sold out in two minutes! This month, get ready for a bluesy soulful solo concert with **Delta Blues Star Frankie G. on May 27 (page 57)**. Let's hope that we can have expanded seating capacity to not disappoint a lot of you.

Are you ready for a fantastic summer? **Summer Amphitheater Concert Series** is back this year, starting July 9! With seven shows on Fridays, the shows will surely start your weekend right! Tickets will go on sale beginning June 1. Check out the **complete concert list on page 54**. With more changes expected from the State on live performances, we will be

releasing the Amphitheater Guidelines for seating and general concert conduct after June 15. Watch out for ticket announcements in future eNews.

Still not comfortable with group gatherings? We have reserved some events to continue through Zoom. Join **Professor Luzzi in his Quest for the Great Italian Novel on May 24 (page 58)**. In cooperation with Oregon Shakespeare Festival, watch their 2018 production of **Snow in Midsummer via View-on-Demand**, available until May 29.

Free movies are scheduled to stream via Zoom until June. See Tom Hanks in his latest film, *News of the World*, on **Monday, June 7**. For our Classic movie, we have *The World's Fastest Indian* starring Anthony Hopkins.

Most Lifestyle classes are back in the lodge with limited enrollment. Enrollment for any event is first-come, first-served, so register early, either online or in-person, when the lodge re-opens. We appreciate your understanding as we try to navigate these uncharted waters.

Like in Ali Baba, expect to be happily surprised with all the rich experiences you will have when the lodge goes Open Sesame!





The Spa at Kilaga Springs Renewal

Trudy Smith, Spa Manager

May has arrived with a renewed freedom to resume your activities and resume Spa services. When it comes to aging, a significant factor leading to wrinkles, fine lines, and joint pain is inadequate collagen levels. Collagen is the main structural protein found in your skin and other connective tissue. Healthy collagen levels give us a glowing complexion, firm skin, strong nails, dense bones, and healthy hair. It is also essential in keeping muscles, joints, and tendons in healthy working order. Simply put, the more our bodies produce collagen, the better we will look and feel as we get older.

Solution: Proven red and near-infrared wavelengths are utilized in the Celluma series of LED light therapy devices to combat the signs of aging. These specific wavelengths of light energy are clinically verified to enhance your body's natural ability to generate collagen and elastin by activating the fibroblast cells.

We are featuring a Four-Layer Exfoliating facial to deal with months of mask wearing and delayed facials. In addition, we are adding the Led Light Therapy using the Celluma equipment to make

this a superior facial.

In our Massage Department, we are featuring CBD massage using our new line of Lane 4 Health CBD oils. The topical massage oil used is Jojoba and CBD. This service for 60 or 90 minutes will include a free sample of the blueberry tincture available in our retail boutique. This is a sublingual oil with CBD, CBG, and vitamin E. Benefits from CBD may include relief from joint pain, muscle pains, anxiety, stress, and nausea.

CBD, especially in the form of oils, is becoming extremely popular to manage pain and other ailments people face daily. As an alternative to addictive and potentially dangerous pain killers, CBD oils are much safer and are replete with natural ingredients.

I chose to bring in Lane 4 Health based on their top-quality CBD products. They have stringent qualifications. They perform a certificate of analysis of each batch and post-expiration dates on each container.

Our Spa Concierge and therapists have undergone training from Lane 4 Health and are certified to convey the benefits and guide you to the correct products.

We would love to see you in the Spa. We are open to the public so bring your friends. Please call the Spa Concierge at 916-408-4290.





WellFit News

This is Why We Call it Happy Hour

Deborah McIlvain, Lifestyle, WellFit & Spa Director

WellFit means Wellness and Fitness, but that is not all we are about. We combine leisure, exercise, entertainment, and social gatherings to bring our community together. This summer, we are planning on bringing back Happy Hour by the pool! This year's theme is *Let's Flamingo*. We will kick off our first happy hour on June 17 (COVID restrictions and guidelines to follow) from 4:30 to 7:30 PM out by the fun pool. Bring your floating drink holders, smiles, and sunscreen, and join us with live music, food, and drink. See our ad on page 70 and mark your calendars. We will be providing more information as we get closer to the date. Did you know the term "Happy Hour" started in the United States in early 1913? A group of homemakers called the "Happy hour social" organized semiweekly smokers onboard the USS Arkansas. Happy hour social clubs were primarily used by women's social clubs, since early 1880. By 1913, Arkansas started to refer to their regularly scheduled smokers as "Happy Hours," which included a variety of entertainment, music, dancing, and movies. By the end of World War 1, Happy Hours had spread throughout the entire Navy.

We are excited to announce that the free WellFit Orientations are starting back up in May, look for dates in the *Compass*. In these group orientations we cover *Compass* information, pools, rules, guest passes, and fitness equipment and give you suggestions on how to start your wellness and fitness journey. The goal is to find the right workout for you, go at it your pace to avoid injury and to socialize and meet new people. The fitness centers should feel like an extension of your home. If you have not had the chance to meet the WellFit team, I would like to introduce them. **Jonathan Leung, Assistant WellFit and Spa Director**, Jonathan looks after the front desks, communications, and IT. **Danielle Merrill, WellFit Program Manager**, is responsible for all of our programing from Pilates Reformer, punch passes, Nutrition, and wellness. **Rex Owens, Fitness Supervisor**, oversees our personal training department, small group training, along with overseeing our safety committee. **Cindy Davis, Event Coordinator**, does a little bit of everything, from coordinating WellFit events, working with the Lifestyle Department and helping out at the WellFit front desk. Stop by and meet the team.



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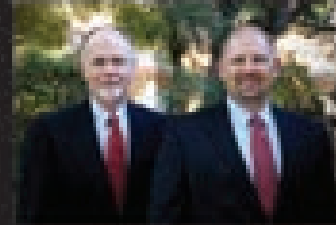


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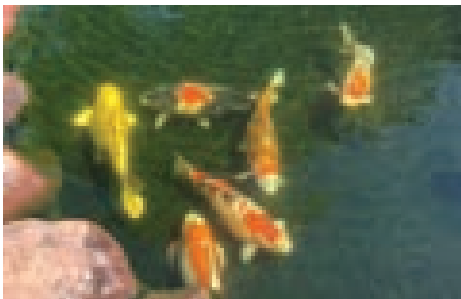
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Poppy and Adde ruff-housing

Pedigree Parents of Surf and Turf Kids

David Wright, Roving Reporter



Wall-to-wall carp pets

May just might have gone to the dogs—and cats—and parrots—and fish. This is National Pet Month, but like most Lincoln Hills pet owners, Mike and Kathleen Bartl celebrate their pets every day. As proud parents of two well-trained Golden Retrievers and six not-so-well-trained Koi fish, Mike and Kathleen view their puppy and guppy pets as their children.

The Bartls have always been dog lovers—favoring giant breeds. But

15 years ago, they got a new leash on life when they adopted the smallest dog they have ever had—a Golden Retriever. When they saw the devotion, gentleness, and sensitivity of the breed, they were bow-wow-ed over and have had nothing but Golden Retrievers since.

They now enjoy their golden years with their Golden children, Adde and Poppy. “The Girls” sleep in the house, have babysitters when the parents travel, tag along on family errands, and even get chauffeured to twice-weekly Agility training—the canine equivalent of soccer practice.

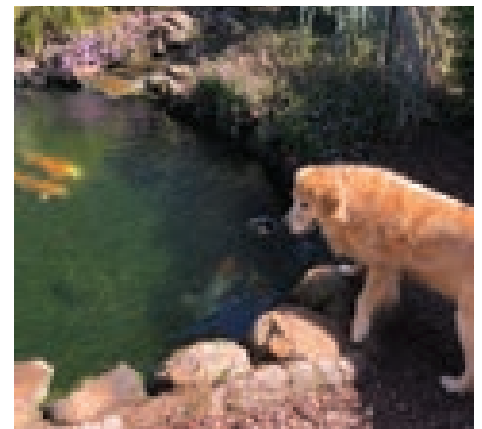
The dogs each have their own unique personality. Adde, a nine-year-old American Retriever, is the quiet rule-follower—thriving at obedience drills. Poppy, the three-year-old English Cream, is the athletic hotdog—always

craving challenges. Still, both need constant physical activity. Mike walks them twice daily—regularly meeting other dog walkers at a nearby grassy barking lot. While the kids exchange welcome-wagging greetings with their four-legged playdates, their humans engage in dogmatic conversations touting their latest pet projects.

When Mike and Kathleen moved to Lincoln Hills in 2018, they inherited an empty fishpond. The next logical step was to bring it to life—stocking it with rescue Koi. With an average lifespan of 50 years, it is often necessary to rehome Koi. The Bartls floated the upscale adoption idea and dove in hook, line, and sinker. Normally the “carp-with-bling” get along swimmingly—gliding as one with the water and mesmerizing on-lookers. Yet during feeding time, “pond-emonium” breaks out for these wannabe piranhas, and it is every fish for itself.

The dogs love outings to the river and would swim all day if you let them. Nevertheless, out of respect for their gilled siblings, they stay out of the Koi pond. With two big sisters watching over them, the fish have never been bothered by predators.

Daily brushing, vacuuming, and pond-skimming are all part of the experience when raising a fur and fin family. Mike and Kathleen Bartl would have it no other way.



Adde being coy with Koi



NEIGHBORHOOD WATCH LOST PET ALERTS PROGRAM



If you have a lost or found pet, please contact one of our Neighborhood Watch Lost Pet Alerts Team Members as soon as possible:

Mary Shelton, Coordinator
Teresa Tanin

916-409-9923 - Microchip Reader
530-400-8526 - Microchip Reader

To ensure accurate alert information is distributed to the community, please be prepared to provide the following direct, message or text:

- Your name, or contact name & phone number
- Street & nearest cross street pet is located
- A current photo of the pet
- Description – breed, color, male/female, collar/tags microchip?



It is very important that new residents update their pet's microchip information. Please contact your pet's chip company to update your new address so that your pet can be reunited faster if lost. If you do not know your chip company, call your vet, or contact a Team Member above for Microchip Reader service.

Microchip Companies:



Home Again	1-888-466-3242
24 Pet Watch	1-866-597-2424
AVID	1-800-336-2843
Pet Link	1-877-738-5465
Found Animal	1-855-738-2447
Pet Key	1-866-699-3463



For more information, visit Neighborhood Watch Website: www.sclhwatch.org

Lost or Found Pet? What to do!



Keeping Your Pets Safe— Neighborhood Watch Can Help!

Teresa Tanin, Neighborhood Watch

Our pets are a very large part of our lives in Lincoln Hills. We care for them as we would our children. If you have ever lost your pet, you know the terrible feeling of panic—what do you do?

Neighborhood Watch (“NW”) offers special services to our residents

—Lost/Found Pet Alerts and microchip scanning. The Neighborhood Watch Pet Alert Team strives to reunite primarily lost or found dogs with their owners, however, we also do our best to reunite cats, turtles, and even birds.

The most important thing you can

do when you move to Lincoln Hills is contact your microchip company through your vet or from the list provided. Please keep this information handy, just in case—don’t panic, call an NW Lost Pet Alert Team member. Information is also provided on the NW website sclhwatch.org.



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Riding In Style in Old Sac

Romping With Our Friends

Richard Pearl, Roving Reporter

It's been a long year and if you have a pet – outside of your spouse – the most you may have done is a walk around the neighborhood. With the world now re-opening, it's time to review where “man's best friend” is welcome.



Auburn Ravine Dog Park

Dog parks: The closest off-leash dog park is the city of Lincoln's Auburn Ravine Dog Park, located at 1300 Green Ravine Drive. This

park is a 2.5-acre fenced enclosure for dogs of all sizes; the facility includes potable water, is handicapped accessible, close-by parking, and limited seating. The dog park is open daily from dawn to dusk; closed Wednesdays until noon.

In the Auburn area, there's the Hidden Falls Regional Park and Ashley Memorial Dog Park at Ashford Park. Roseville has several dog parks, and there's a bunch in the city of Sacramento.

Restaurants: There are three pet-friendly restaurants in Lincoln that welcome dogs at their outdoor tables (there was a fourth until March 2021 when Awful Annie's closed): Beach Hut Deli, Mr. Pickles, and Starbucks. In close-by Auburn, there's Katrina's Café (fabulous food), Monkey Kat, Max's Restaurant and Bar, and the Auburn Alehouse. In Old Sacramento, check out the deck at Rio City Café. The website: *Bring Fido* has an extensive listing of

pet-friendly restaurants and other great ideas.

Hotels/overnight accommodations: For guests coming that can't bear to travel without their four-legged friends: there are at least 14 properties within 30-45 minutes of Lincoln that state a pet-friendly environment (two properties within the immediate Lincoln area). Check VRBO for a complete list.

Activities: For starters, there's plenty of bike and hiking trails in the area to exercise with your pet (on-leash). Local area breweries Dueling Dogs Brewing Co. and the Goat House both welcome pets. If you're in *Old Sac* (Sacramento), give your pet (and yourself) a ride around the area in a horse-drawn carriage. I even found two cooking classes that specifically mentioned being pet-friendly.

Pet businesses: There are, of course, the regular pet grooming and training businesses in Lincoln and lots more in the immediate area. More exotic businesses include (1) Happy Tails Pet Massage in Sacramento – a certified animal massage therapist (no, I'm not making this up) – will work with your pet to “maintain the well-being and happiness of your pet” (2) the Local Bark upscale pet resort where your dogs can stay, play and learn.

Time to get out and romp!



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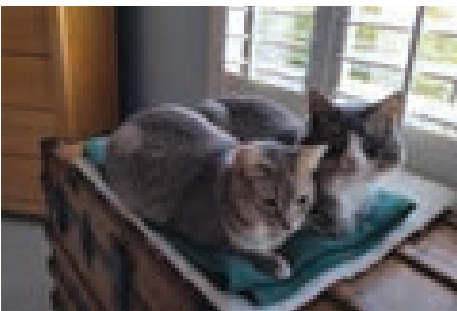
Joy Smith and Champy

Must Love Cats

Linda Lucchetti, Roving Reporter

No matter which side of the dog vs. cat debate you're on, one thing is certain – at FieldHaven Feline Center, cats rule.

Launched in 2003 by co-founders Joy Smith, executive director, and her sister Jann Flanagan, the FieldHaven Feline Center that began with a barn and a handful of feral cats, has grown with the motto, "For every cat in need, there is a solution." It receives no government funding, operating only through donations.



Curtis and Sylvia

(Owner: Edna Stewart, FieldHaven volunteer, Lincoln Hills resident)

Joy is often asked, "Why cats?" "Growing up on a New Jersey farm, I loved horses and cats," Joy said. She vowed: "If I ever win the lottery, I'll open a cat sanctuary." After retiring from the health and technology field, she realized her passion, even without a lottery win.

FieldHaven has truly taken hold in the Lincoln community, often assisting Lincoln Hills residents who may be hospitalized or in rehabilitation with the care of their cats. In return, countless residents give back by donating and volunteering.

The main Feline Center is located on Joy's property in Lincoln. More than a shelter for homeless cats, the list of programs to control the feline population and help save the lives of kittens and cats includes: fostering; adoption; spay and neuter (SNAP); vaccines and microchip clinics for both cats and some dogs; and a

Community / Cat assistance team where volunteers answer questions, calls, and emails.

"Because of these programs, there is no longer an over-population of cats in the Lincoln area," Joy reports.

FieldHaven Marketplace, a thrift shop and "catfe" where you can shop and sip coffee, is located in downtown Lincoln, with proceeds benefitting Fieldhaven's programs.

When COVID-19 struck, FieldHaven faced challenges. The main center was closed to meet restrictions, animals were adopted out or put in foster care, and appointment adoptions were established, thus creating a successful operation model. Physical structures were repurposed with a more multi-functional building, now called the "Cat House." (Joy jokingly refers to herself as "The Cat House Madam!")



FieldHaven Marketplace
454 F St., Lincoln

Joy's energy and expertise have been recognized beyond Lincoln, in Yuba County and Marysville, where she's often recruited for her knowledge and advice. After the Camp Fire in Paradise in November 2018, she sped up to the area to help rescue cats, remaining for six months.

Volunteers are always needed throughout FieldHaven's programs. In addition, for those with business, marketing, or fundraising skills, FieldHaven seeks competent board members. For more information go to <https://fieldhaven.com/>.

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Fred Bickel and Lady

“Purrfect” Pet Perks

Shirley Schultz, Roving Reporter

Pets provide perks for many people. Speaking of her small dog, a widow said, “I never feel completely alone with my dog around.” Extensive research has been done focused on the health benefits of human-pet interaction. This article will highlight a few of these findings related to older adults, quality of life, and effect on longevity.

“Simply petting an animal can decrease the level of the stress hormone cortisol and boost release of the neurotransmitter serotonin, resulting in lowered blood pressure and heart rate, and, possibly, in elevated mood,” says Marwan Sabbagh, MD, of Cleveland Clinic. An Australian study about psychiatric assistance dogs (PAD) found that 94% of those diagnosed with depression, anxiety, or post-traumatic stress disorder (PTSD) reported a reduction in symptoms from touching or petting dogs. Therapy animals have long been



Margarita Pas and Missy

beneficial companions of people with disabilities. Dogs, especially, often act as a “doorbell” for those with hearing impairment. The Harvard Health Letter of February 2018 summarized a 12-year study of 3.4 million Swedish adults which found dog owners had fewer deaths from heart attacks than those without dogs.

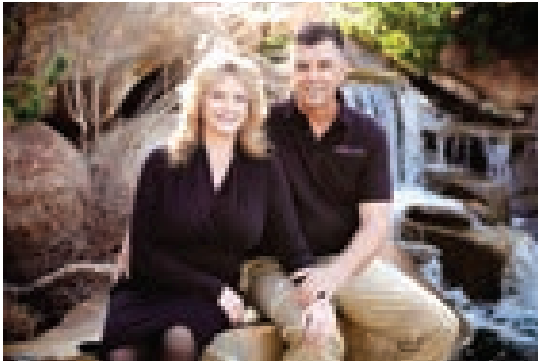
Quality of life or life satisfaction is a vital issue for aging

adults. Interacting with animals is a way for some people to mitigate the associated stressors of life transitions. Connectedness is one of the elements found to increase longevity. Pets, especially dogs, tend to foster connections and socialization for their owners. Strangers who would otherwise not be approaching you will strike up a conversation focused on your dog as they pass nearby. One man walking his little Maltese dog said he wished he had known in his 20’s how much a cute small dog would draw women to talk to him. Research shows that older people walk significantly farther when they walk with a dog, contributing to maintaining brain health and likely requiring fewer doctor visits.

A pet can give you a sense of purpose and meaning, reduce loneliness and isolation, and extend your life warranty. They can make you laugh. The responsibility for feeding, grooming, toileting, and caring for a pet gets you out of bed because they need you. By the same token, owning a pet can have a downside and may not be for everyone. Many responsibilities come with pet ownership. If interested in pet ownership, do some in-depth research to find your “purrfect” pet.



Richard and Glenda Beckler and Granddaughters with Bella



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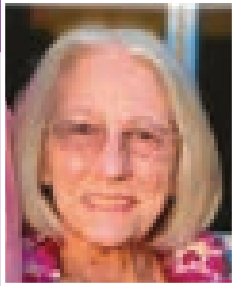


Before

After

Kitchens ~ Vanities ~ Baths ~ Offices
Media Centers ~ Wall Beds ~ Libraries

In Memoriam



Judy Eterovich

Born in Palo Alto, Judy worked as a travel agent for the Red Cross in San Francisco before marrying and raising three children. Then she went back to work for a Farmers insurance agent. Judy found time to organize the Novato Girl Scouts day camp for 24 years. After living in Novato for 30 years, she moved here where she joined the tap company, the Italian Club, and the Red Hat Society. She also enjoyed Bunco, Mexican Train, and bowling. Happy hour with friends was fun too. She was often at the softball field watching her husband play. Judy is dearly missed by her husband, Nick of 51 years, a brother, three daughters, six grandchildren, three great-grandchildren, and her dear friend, Eva.



Carole Ryan

Carole was born in Worcester, Massachusetts but moved to San Francisco at age 13. She became a professional tap dancer and performed with Helen O'Neil. At one time, she was a showgirl in Las Vegas. Carole met Ed at age 16 and later married him. After moving here, Carole performed with the award-winning Diamonds Tap group. She is survived by her husband, Ed, four children, eleven grandchildren, and five great-grandchildren.



Charles Vickers, Jr.

A Navy veteran, Charles was a life-long Californian. He graduated from UCLA with a degree in Civil Engineering and later got a Master's in Industrial Relations. His career was spent in port work, both engineering and management. He designed terminals and many port projects, including several in Saudi Arabia and Hong Kong. After retirement, he moved here and served on several board committees and the Strategic Advisory Committee. Charles enjoyed jogging and hiking and was an avid square dancer later in life. He also enjoyed the fitness center and was active in his Church. He leaves his wife, Phyllis, five children, eleven grandchildren, and six great-grandchildren.

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

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Amateur Radio

We are happy to announce the Group's Repeater is back on the air. Thank you, John, NQ6Q, and L.C., N7VCC, for your hard work. Special thanks to the Western Placer Amateur Radio Club for allowing us to use their Repeater during the downtime. We continue to test and research to find the best antenna and location for the Repeater. Stay tuned (no pun intended). We continue to Zoom our pre-Net meetings every Monday at 6:30 PM. If you are looking to engage in the community and have an interest in amateur radio, please check out the LHARG. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 443.2250 MHz, 167.9 PL.

Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com
Website: lharg.us



Astronomy

Our all-member meetings continue to meet online using the Zoom computer application. Meetings will continue using this mode until in-person meeting restrictions are lifted by the Administration. The next meeting is scheduled for Wednesday, June 2, at 6:45 PM. Members will receive an

email link to the Zoom meeting. The Cosmology Interest Group has postponed its meetings until in-person gatherings can occur. The Telescope Interest Group has scheduled a star party at the Sports Pavilion for June 3, at 8:30 PM. For membership information, contact Ron Yelton, LHAG Treasurer, at ryelton660@aol.com. Annual membership dues are \$10 per household.

Contact: William Weaver 916-408-1252, hamweaver@wavecable.com
Website: www.lhag.org



Neal and Kelly O'Boyle

Francisco and Oakland. Kelly was a TWA flight hostess and travel consultant. As a couple, they have always danced. The Tango, Swing, Twist, and the Fox Trot have been their favorite dances.

Contact: Ruth Algeri 916-408-4752



Ballroom Dance

The O'Boyles knew three basic Tango steps. That was all they needed to dazzle the crowd at a wedding reception. The song was "Hernando's Hideaway," and the rest is history. Kelly and Neal danced their three steps to applause and cheers as they "wowed" the younger wedding attendees. Kelly and Neal shared that they know six Tango steps now and are eagerly awaiting an invitation to another wedding. They have the spotlight this month as the Ballroom Dance Club features individuals from its membership. Neal is a retired traffic engineer for the cities of San



Big History

Our exciting 10:00 AM weekly Zoom meetings in collaboration with Sacramento State's Renaissance Society continue. On June 7, Dave Lewis will be hosting a video called: "The Ark Before Noah," narrated by Dr. Irving Finkel, a curator at the British Museum and a world authority on ancient Mesopotamia. After being presented with an ancient cuneiform tablet, Dr. Finkel decoded it wedge by wedge and learned that the tablet revealed a new version of the Babylonian Flood Story. The tablet described the size and completely unexpected shape of the ark and gave detailed boat building specifications.

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Dr. Finkel discovered where the Babylonians believed the ark came to rest and developed a new explanation of how the old story ultimately found its way into the Bible.

Contact: Ranny Eckstrom
916-708-0165, BHSCCLH@yahoo.com

Billiards

We are a social and fun organization with 200 plus members, offering free lessons from beginning to advanced players. Equipment is furnished, so just show up and see what we have to offer—with a chance to meet new friends. Have faith. We will be playing in our pool rooms again. New tables and lights have been installed. We are just waiting for players. See our website for information about our club policies, membership form, American



Orchard tables

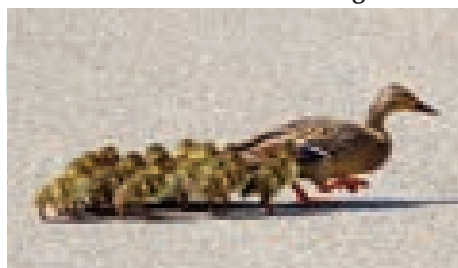
Pool Players Association, and tournament rules.

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

Bird

We have a new website that will have all the updated information on our upcoming meetings and activities. The Salt Pond along Ferrari Pond trail has a number of good-looking avocets, dowitchers, and stilts feeding in the water. Suzanne and Sal went out there, and the views were really nice. They were also looking for a possible nest of the northern harrier somewhere around the salt pond. We did see the male harrier, but he did not let us in on where the nest might be. So, if you get a chance, take a nice leisurely walk out there to enjoy the moment. Suzanne Hutchinson found a duck family here on campus.

Contact: Sal Acosta 843-991-5188,
suncitybirders@sclhbirders.org
Website: www.sclhbirders.org



Momma Mallard and the kids
by Suzanne Hutchinson



Bocce Ball, Mad Hatters

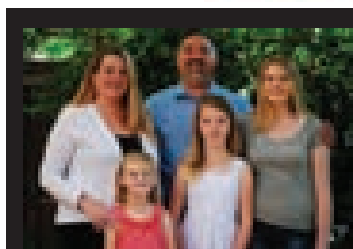
Our Steering Committee decided last month that we would resume playing Bocce as a group again. We started our group play on Thursday, May 6, which is the usual starting day for our summer season. Our summer sessions begin at 8:00 AM. Most of us have been vaccinated, and we will make an effort to follow whatever Association guidelines are in effect as we continue. This will probably involve masks and hand sanitizer. Everyone enjoyed the donuts. John Gradwohl has told us that, for personal reasons, he will not be able to take over responsibility for our Bocce group as previously announced. That leaves us still searching for someone to take over responsibility from Paul Mac Garvey, who would like to be relieved of command.

Contact: lhocce@gmail.com

Book, OC

May's book, *Beneath a Scarlet Sky* by Mark Sullivan focuses on the true experiences of an Italian young man during WWII. Urged by his family to join the German army to avoid battle, he soon finds himself as a driver to Italy's top Nazi. What is he to do? Join us on May 20 as we explore this book. We'll be

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Zooming at 1:00 PM. Want to join in but not a member? Email Dale Nater at ocbookgroup@gmail.com to add you to our notification list. Meeting details go out shortly before the meeting date. Upcoming reads are June's selection, *Forever Amber* by Kathleen Winsor, and July's, *The Answer Is* by Alex Trebek. Find these intriguing? Plan to join us.

Contact: Cathie Szabo 916-434-6667, catsickle@gmail.com

Website: http://lhocbookgroup.blogspot.com



Bridge, Partners

Bridge will remain suspended until Placer County allows indoor group occupancy with no more than a masking requirement, since even a reduction of spacing to three feet social distancing does not support card table play. The indoor gathering may be allowed earlier, with a stipulation of all having received a complete COVID-19 vaccination. The Association will make the final decision as soon as the rules are formalized. Our eNews system is the current information on when facilities might open.



Bridge, Social

There is no news available as to when we will be back to enjoying

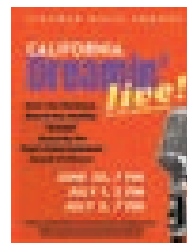
Friday afternoons playing bridge. Social Bridge is Singles' rotation-no-partners needed. When opened, we will meet every Friday in the Sierra Room (KS) opposite the billiards room from 12:15 to 4:00 PM. For reservations call our contact below. Free Bridge lessons will begin when OC opens: every Wednesday, beginners 8:30 to 10:00 AM and Intermediates 10:00 AM to Noon. For those interested, I will be teaching beginners bridge on Thursdays from 10:00 AM to Noon.

Contact: Pat Mullins 408-202-1865, Pam7nt@gmail.com



Chorus

As you read this, our plans for live choral concerts in the Ballroom are either a "go" or a "no-go." Check the resident website at https://sclhresidents.com, click on "Online Enrollment," then on "Entertainment," and scroll down the list. The concerts are a "go" if you see our "California Dreamin' Live" announcement marked "available." The June 30, 7:00 PM; July 1, 2:00 PM; and July 2, 7:00 PM concerts will mark two firsts—the



Upcoming Chorus Concerts

first time the Chorus has performed in the summer and the first resident club performance since early 2020. Chorus rehearsals are already underway as we get our voices into performance-ready condition.

Contact: Doug Brown 925-286-2110, dougbrown@wavecable.com

Website: lincolnhillschorus.org

Computers

Apple Users



We have introduced a new feature called the "Ask the Tech Hour," where our experts answer member-submitted questions about Apple products. Members can pre-submit questions through email. You don't have to submit a question in order to attend. Later this month, Helen Rains will demonstrate some of the many macOS apps and shortcuts that make your work easier—such as filling out and signing PDF forms using Preview, taking and marking up screenshots, and scanning with Image Capture. Earlier this month, Helen gave a seminar on the Reminders app, and Andy Petro showed how the iPhone running iOS 14 could make our lives easier as we age. For videos of past seminars and

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the schedule for future seminars, see our website.

Contact: *Helen Rains* 916-408-4505, *helen.lhaug@icloud.com*

Website: *www.lhaug.org*

Computers

PC



Lodges may reopen as more folks get their vaccine shots, and the cases decrease. Zoom meetings and presentations continue. Terry Rooney gave a great talk on April 14 about "Streaming 2021." You need an internet provider, a device like Roku or Fire TV Stick, and a streaming service like YouTube TV. See the slides of his presentation, sent to our members, on our website. Our May 12 Zoom talk was by Serena Martinez from Google discussing "AI" (Artificial Intelligence). Her presentation was clear and understandable. Continue to send questions regarding your desktop, laptop, pad, or phone to *sclhcc@gmail.com*, and we will try to help. Membership is \$15 per year. See website for instructions. The Board requests your input and assistance for new faces and ideas.

Contact: *Norman Seidenverg*

916-209-3894,

gozimas1937@gmail.com

Website: *www.sclhcc.org*

Country Couples



Articles for *Compass* have to be written and submitted a month ahead. At this point in time, there is no way of knowing if things have opened up and activities have resumed or if we are seeing another surge. I wish I had a crystal ball to be able to look into it and predict the future.



Mardi Gras 2016

We can all only hope that our community is back open even if it's not at full capacity and we still have to wear masks. Think positive. Interested in joining us and learning Country Couples dancing? Once everything is back to usual, beginner lessons are 7:00 PM Mondays at KS. For more information, go to our website or contact us.

Contact: *Kathy Lopez* 916-434-5617

Website: *www.sclhcc.com*



Cyclists

Have you decided to purchase an e-bike but don't know where to start? When searching for your perfect e-bike match, you'll want to consider factors such as the

type of riding you plan to do, how far you plan to ride, your cycling experience level, how fast you want to ride, the terrain you'll be covering, and your



Bob Bourke and Bob Burns riding their Trek Domane e-bikes.

budget. Once you know how you plan to use your bike, you should select a quality bike that suits you. Don't skimp on quality to satisfy your budget. E-bikes are available in many shapes and forms, just like traditional bikes. For example, what if you discontinued riding due to balance issues and you weren't comfortable on two wheels. Guess what. They make an upright three-wheel e-bike.

Contact: *Dave Sausen* 916-300-5395,

dave.sausen@yahoo.com

Website: *lincolnhillscyclists.com*



Euchre

When OC is open again for activities, consider joining us. If you like to play trick-taking card games, you will love Euchre. It's simple to learn, yet there is some strategy to it! We meet on the second and fourth Thursdays of the month from 6:00 to 8:30 PM in the Card Room (OC). If you are new to the game, we will give you

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a few lessons before you come to our regular game, so you will feel comfortable. All are welcome, but please contact us so that we can get a proper headcount for the setup of the tables.

Contact: Audrey and Clyde McFadden
916-408-3616,
audreyjmcfadden@gmail.com



Fishing

Joe Fletcher, Dale Howell, and Jerry Kerstulovich recently went fishing at Oroville and Pyramid. They each caught at least one as large as 18 pounds.



Whoa! 18 pounds; catch & release

I'm limited in posting pictures, so I'll flip a coin to see who gets to show their catch. I know Joe is going out again soon. Dan Jorgensen is going to Collins and Oroville Lakes. I'm still waiting to go out. I will soon have a two-day trip to the Sacramento and Fall Rivers. Fly anglers are meeting at the Turkey Creek patio on Fridays at 8:00 AM. Bait anglers meet on the patio (KS) on Fridays at 8:30 AM. If you would like to join

our fishing club, please contact Ralph ralphtonseth@comcast.net or Henry via email.

Contact: Henry 415-716-0666,
hsandigo@gmail.com



Food Adventures

We are in a "wait and see" mode prior to resuming the planning and scheduling of any club activities for our members. Although there is little doubt that the COVID-19 virus is less of a threat than it was months ago, there are still many uncertainties about just how safe we really are. We are witnessing scattered increases in new cases. New variants are popping up, and there are the effects of vaccination-hesitancy to consider. We need to attain a higher level of confidence that our members are indeed safe to resume club activities involving indoor gatherings and the sharing of various foods.

Contact: Don R. Rickgauer
916-253-3984,
SCLHFoodAdventuresClub@gmail.com



Club Member Creation



Garden

It's with much flexibility that the Steering Committee is setting up a schedule for May through December for our general meetings and events. Your Officers and Steering Committee have remained active during this difficult year. We are hoping to have a Field Trip to Georgetown in late May and our Plant Sale in June. At some future time, we may hold a combined Rose and Flower Show at OC. We are currently planning a Bonsai Tour to local homes, the annual Table Talk Event in September, and a Holiday Social. We will send dates, times, and places out via email to members as soon as they are secured. Meanwhile, check out Farmer Fred's Chores for May on our website.

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

Website: lhgardengroup.org



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Genealogy

Mary Sayles will be our speaker on May 17, at 6:30 PM, on Zoom. Members will receive a Zoom link and handouts in a separate email from us one week before the meeting. Her topic is “Ways to Share your Genealogy Information.” Mary writes for the Root Cellar Preserves and has presented to us. We have a full schedule of speakers this year, and you must be a member to receive the notification and the Zoom link. We are offering a membership discount of \$15 per household for this year only for new and renewing members due to coronavirus constraints. Memberships can still be obtained. We are still paying for Zoom application, speakers, and subscriptions at the Computer Room (OC).

Contact: Barbara Branch 916-225-4990, drbabsie@gmail.com

Website: <https://www.suncitylhgc.com>



Golf

Ladies XVIII

In mid-April, an Even-Holes format was played on the Orchard. First-place winners included Tilton, finishing with a chip-in par on 18 and scoring the low of the day—38, in flight one. Fitzmaurice was second by three strokes. Ashe led flight two with 42, one better

than Brinkerhoff. In flight three, Tamanti led the way with 43, and Lilienthal was second with 45. Newcomer, Phillips, topped the fourth flight with 43, and D. McDonald was two behind. Arts took the CTP on four, and McWilliams claimed the CTP on 16. As golf’s popularity is increasing, we welcomed our newest members: Marsha Richardson and Nancy Jenkins, who are establishing handicaps. To date, our roster has added 22 new players for this year—a record.

Contact: Rosie Warren, Membership 530-613-2327, rmw1903@gmail.com

Website: lhgxviii.com

Lincsters

Our members are sharpening their scores in preparation for several tournaments on the spring/summer docket. The first-ever “Inter-Club Competition,” combining players from the three major Lincoln Hills clubs, is set for Monday, June 7. Members from the Lincsters 9-Hole Club, the 18-Hole Women Club, and the Men’s Golf Club will be teammates in four-person teams. Early plans estimate 32 players from each club will compete in this “best shot” scramble. Details to be posted this week. If Birdie shots are any indication, Lincsters will carry their weight in the scramble. Charlotte Raifaisen,

Bev Johnson, Phyllis Patrick, Margie Jewett, and Jeannine Wuschnig all bagged Birdies in recent Lincsters competition. The Grandmothers Tournament in April and this month’s Bring a Friend Tournament provided good practice.

Contact: Joyce Kirk 626-429-2284, thejfkirk@gmail.com

Website: Lincsters.com

Men’s

On March 30, the board members had a “New Member” tournament. Thanks to Bob Schoenherr and Mike Monro, it went off without a hitch. We had 25 new members playing on the Orchard course during a very windy day. Special congratulations to our 2021 NCGA Tournament Senior Net 4-Ball Qualifiers: NCGA Qualifier # 1, Roger Cummings and Virgil Dahl (Net 67); and NCGA Qualifier # 2, Lou Lovotti and Sandy Merola (Net 68).

The Spring Scramble, a four-person scramble (ABCD), will be played on May 18. Don’t forget that the Memorial Tournament has been moved to June 21 and 22. Please check out the new updated Course Care Initiative on the Men’s website.

Contact: Bob Schoenherr 408-838-5340, schoenherrbob@gmail.com

Website: mgclh.club



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Hiking & Walking

It looks like we are returning to normal times. There were four successful fun hikes in April. It was very invigorating to see fellow hikers and enjoy the beauty in our surrounding area. The website is updated weekly for future hikes. Join us! *Contact: LHHikers@gmail.com*
Website: www.lincolnhillshikers.org



Auburn Canal Walk April 6



Investors' Study

Join us June 3, at 2:30 PM, via Zoom or phone call-in. Our speaker will be Russ Abbott or Matt Bopp of Morgan Stanley. We are an information-only group with guest speakers from Morgan Stanley or others from the financial industry that you may recognize from CNBC, Fox Business, or other media outlets. Contact Norm Quattrin at 916-645-4675 if you are interested in the Active Investors sub-group. Contact Carl Sulzer for additional information

or if you would like to receive the meeting notice email.

Contact: Carl Sulzer 916-462-0986, carlsulzer@gmail.com



Lavender Friends

April started out with an Easter Sunday Bunny Hop — an idea borrowed from the club's yearly Turkey Trot. A group of eager club members met on Easter to walk the Oaks Canyon and Elderberry Trails. Members then enjoyed some backyard treats and social time. Then on April 10, the club held its third Zoom Bingo event, with 24 people participating. Cards were free for members, and prizes totaling \$100 were given out, including a grand prize of \$25. Everyone had fun filling in their bingo cards in different patterns while learning some Bingo trivia. Did you know that a bingo card has 1,474,200 possible winning combinations? Lavender Friends is a club of LGBTQ residents and allies.

Contact: Paula Kregel 530-320-3961, pakregel@gmail.com
Website: lavenderfriends.com



Mixed Media

The Club Board decided to try to meet together outside since the weather is getting nicer and before it gets too hot. In April, we

met at the Sports Pavilion to do a little rock painting led by Julie Bright. May 19, we plan to meet and have a fun supply exchange. The art challenge word for May is "Mandala." Our President, Nan Griffin, will send out information to members with details of where and what we are doing. When the lodge fully opens, we meet the third Wednesday of the month in the Ceramics Room (OC) at 1:00 PM. The club is postponing taking dues until we start meeting again in the lodge, but we are still welcoming new people.

Contact: Nancy Griffin, griffinnancy70@gmail.com



Motorcycle

Road Captain Dan Harlander led the club ride on April 10. Rolling through the Sierra foothills, the riders went from Grass Valley to Colfax for lunch at the Dine and Dash restaurant. Following lunch was a scenic ride across the American River before heading home. If you like motorcycle touring and have a road-worthy motorcycle or trike, check us out! The club has scheduled rides on the second Saturday of the month, March - November. The club meets on the fourth Thursday of the month

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at 5:30 PM, currently via Zoom. Once Coronavirus restrictions are lifted, meetings will resume in the Multipurpose Room (OC). Guests are always welcome. "Ride Safe - Ride With Friends." **Contact: Manny Perez 916-253-9121, manwil412@wavecable.com**



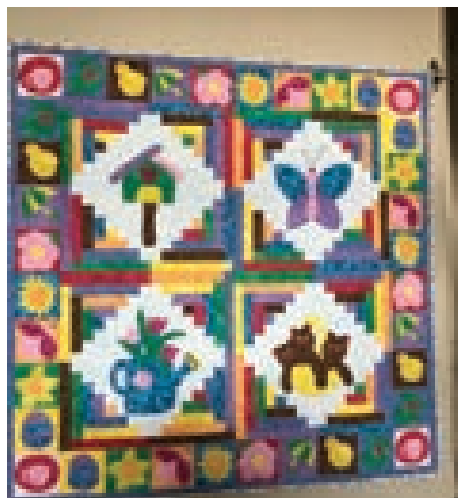
Music

At our April Zoom meeting, our theme centered on songs from *The Sound of Music*. For our Group opening song, we sang and played "A Few of My Favorite Things." After wonderful solo performances, we closed with "Edelweiss." At each Zoom meeting, we are getting better sound quality, and the fun increases each time—although we miss being together. When the OC reopens, we will meet every fourth Wednesday of the month from 6:30 to 8:30 PM in Fine Arts Room (OC). You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information. **Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com**
Website: lincolnhillsmusicgroup.org



Needle Arts

During our May monthly Zoom meeting, the challenge, "Looking Forward to Spring," came to an end with the entries featured on a PowerPoint presentation.



Karen Funk's entry in the "Looking Forward to Spring" challenge

It was a fun look at the creativity of many talented needle artists. We are hoping to showcase these projects and more during an upcoming Farmer's Market. Congratulations to all the entrants who won prizes during the random drawing! Our monthly meetings continue to be held on the second Tuesday of the month at 1:00 PM via Zoom. We've enjoyed great programs from guest speakers each month. We are all anxiously awaiting the opening up of the lodges when

we will return to P-Hall (KS) for these meetings. Our website, listed below, is a great resource for information.

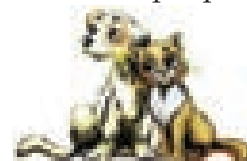
Contact: Jeanne Helland 916-409-5512, needleartspres@gmail.com
Website: sclhna.com



Neighborhood Watch

Our pets are family, and we do whatever we can to keep them safe. Despite our best intentions, sometimes they manage to sneak out of the house or yard. Neighborhood Watch has a pet program designed to reunite these animals with their people.

If you find a lost dog or cat, we can scan for a microchip. Although we don't scan



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tortoises, birds, rabbits, etc., we put out lost/found messages on them, also. We email the information to the village coordinators surrounding the area of the lost/found animal, who then send it on to mailbox captains for their residents. If you lose or find a pet, call Mary Shelton at 916-409-9923 or Teresa Tanin at 530-400-8526. If no answer, please leave a message.

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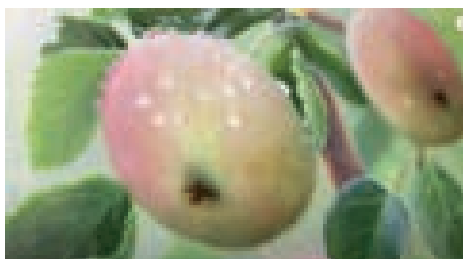
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Painters

The theme this month to inspire our Club Members was “Droplets of Water.” Jason Morgan demonstrated, in pastel, how to create Water Droplets. Painting with Carla did a “Rainy Day Flower” in a step-by-step acrylic, and Carole Rodrigue painted “Water Drops” in oil on an apple. Members had no rules for their “Water Droplet attempts.” Just the friendly fun and freedom to use any medium, style, or size to create. Members exhibited and discussed their artistic effort during our monthly zoom meeting. In-person monthly meetings at OC will resume when COVID-19 restrictions are lifted. New Members are always welcome. Annual dues are \$15. Sign up now and start having fun with Art and our Club Members. Contact: Jerrie Crass, email: jerriec68@gmail.com or 916-302-6178.

Contact: Bob Green, VP 707-292-5526



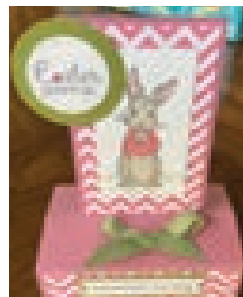
Droplets of Water by Jason Morgan



Paper Arts

“To make a difference in someone’s life, you don’t have to be brilliant, rich, beautiful, or perfect. You just have to care.” – Mandy Hale. For making a difference, thank you to our Community Service Committee: Mary Emmet, Sandy Garcia, Carolyn Sanfillipo, Mary Prindiville, and Donna Tewart (chairperson) for organizing the card donation project for residential care facilities in Lincoln. Thank you to those members who generously donated their cards. Do you have projects you’ve been working on at home that you’d like to share in our monthly newsletter with members? Let June Paquette know. Upon lodge reopening, we meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS).

Contact: Susan Long 916-408-3451, scwlong@sbcglobal.net



Adorable Easter card by Cindy Hays



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. When the lodge reopens for card games, Pedro will meet in the Card Room (OC) on the first and third Friday from 9:00 AM to Noon. For more information, please contact Denise or Doris DeRoss at 916-253-7164. We look forward to seeing you when we reopen.

Contact: Denise Jones 916-543-3317



Pickleball

Reservations are Easy Peasy! Due to the Association COVID-19 rules and limited courts, reservations are required. You do not have to be a member of the Pickleball club to reserve a court. You may reserve a court three ways. Go to www.sclhresidents.com and click on the WellFit tab. Go to our website and follow the link to reserve a court. Use the QR codes posted at the courts. If you are new to pickleball, take our Intro to Pickleball class, Wednesdays at 11:00 AM. Reservations are required. Register at paddleuppartner@gmail.com. We provide balls and paddles. Need a foursome? Drop-in play occurs on the upper courts every day from 9:00 AM to Noon and 7:00 to 9:00 PM. Please follow COVID-19 rules

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 Contact: Molly Morris 408-386-9054,
 email: mollyfmmorris@gmail.com
 Website: lhpbclub.com



Players

We are all waiting for the Lodges to reopen to the extent that we can accommodate our membership at P-Hall (KS). It will be fun to see old friends and meet our new members. *Murder on the Orient Express* has been moved to the Main Stage for our November show. *Damn Yankees* will be performed in early 2022. No date is set as yet. When the Lodges reopen, meetings will be held on the second Monday of the month at 4:00 PM, P-Hall (KS). It takes many hands to put on a good show, and we always welcome new members to fill the roles of actors, dancers, stage, and technical crews.

Contact: David Africa, President
 916-708-0009, djafrika@sbcglobal.net
 Website: www.lhplayers.org



RV

Sunny days are beckoning us to get out on the road with our RVs and start the year off with some fun adventures. Some members of our RV group started early, attending the February rally at Emerald Desert (Palm Desert) and continuing on to San Diego. They enjoyed

Pickleball in the morning, Lawn Bowling in the afternoon, and fire pit socializing every evening with Margaritas and a sing-along. The fun continued when four rigs journeyed on to San Diego, where they toured the aircraft carrier, USS Midway, the Maritime Museum, and had a great dinner at Little Italy. Interest in joining this fun, active RV group? Contact our Membership Director, Sharon Skar, at 916-434-7799 or email marlowensharon@gmail.com.

Contact: Janet Motta 707-803-0604,
 janetemotta25@gmail.com
 Website: www.lhrvg.com



SCHOOLS

In an unprecedented school year, everything is still “to be determined.” The District has abided by its guiding principles: student and staff safety, educational program quality, parent choice in programs, and a quality distance-learning



Volunteer Virginia Taylor pre-COVID.
 First Street School.

program. Masks and distancing are required in the classroom, and teachers are encouraged to get vaccinated. The District has been able to keep schools on a limited but five-day-a-week schedule. The SCHOOLS organization is hoping that when schools are able to fully open, and the virus is under control, the volunteers will be able, once again, to assist the teachers in the classroom. The volunteers miss the children and the opportunity to work with them and the teachers. For information and updates, the District website is www.wpusd.org.

Contact: Cyndi Colloton,
 ccolloton@yahoo.com

Website: schoolssuncity.org



Sports Car

Spring is popping out all over, and so is the club! First, we had a great time traveling the backroads to Lockeford for sausage. Hills were green, and so many wildflowers. The backroad was fun to drive after so many months of dreaming of being out again. After loading up on sausage, we continued to Teresa’s at Jackson for our lunch. They are celebrating their 100th Anniversary! Not only did they provide the always delicious lunch but they set us up in a large banquet hall to assure our safe social distance. It was fun as

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Please join us each Sunday at Grace Life Church. We hope to be back in Sun City at the Kilaga Presentation Hall soon!

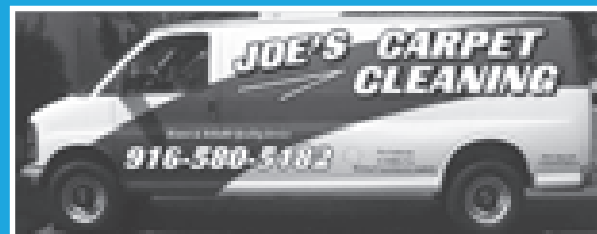
If you are unable to join us, Pastor Tom is posting a video of his sermons every week on our website & on YouTube. Be sure to watch.



Pastor Tom & Linda Galovich
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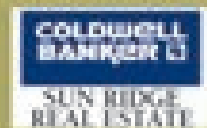


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Fun Times

always. Second, we are looking forward to more impromptu trips, short local Thursday tours, and social gatherings. A meal with wine tasting is on the horizon, along with holiday plans.

Contact: Vic Kremesec 916-543-7050, vjk1245@yahoo.com
Website: lhsportscars.com



Sun City Squares

Let's get dancing and hopefully square up soon (fingers crossed). We are a Plus and Advanced Level all-position (no partner required) square dance club. We meet at KS on Mondays from 1:15 to 3:15 PM for Plus Level dancing, with Round Dancing between tips. Advanced Level dancing is held on Mondays from 3:15 to 3:45 PM and on Thursdays from 1:00 to 3:00 PM. Please stop by Multipurpose Room (KS) on Mondays or Thursdays after reopening and check us out. (Very soon, we hope.) If you are interested in joining our club or

learning to dance, please send us your email address or give us a call, and we will add you to our current email list.

Contact: Beverly Cieslinski
916-622-8424, blm2518@icloud.com



Swimmers & Water Walkers

It's okay to fail. Swimmers and water walkers often find themselves in the mindset that failing is not an option. But here's the thing: it's okay. Make mistakes. Try a new strategy. Hold a faster interval in practice. Maybe you fade in the last part of your session. Maybe you have to add a few seconds for the final reps. You won't know unless you try and you will never learn or grow or get faster if you never push yourself out of your comfort zone. At the pools, support each other and push one another to be the best swimmers and water walkers you can be. After all, you are there for the same reason (*Swimming World* January 2021 article).

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



Table Tennis

When Placer County returns to normal, we can resume our previous venue inside KS. In the meantime, play is available on two tables Tuesdays, Fridays,

and Sundays, 8:00 AM to Noon on the terrace behind KS. Players must register and reserve a table at holdmycourt.xyz/reserve2/lhtt. Tables may be reserved for a half-hour or one-hour time slot. Also, registration may be placed by scanning a QR code using a smartphone or tablet. Players have been provided detailed instructions for accessing Hold My Court utilizing either registration method. Also, players are required to bring their own paddles and adhere to additional COVID-19 protocols. A big thank you goes to Club President Alan Smith and the steering committee for preserving table tennis at KS.

Contact: Alan Smith 916-253-9525, aledsmith0411@gmail.com



Tap Company

Spring has sprung and hope is in the air! COVID-19 statistics are decreasing and, as summer approaches, we speculate that we will have a substantial portion of our residents vaccinated.

We are pleased to announce that Alyson Meador is excited to return to teaching tap at Lincoln Hills, with the thought of three classes per week at 10:00 AM. When those classes fill, she will go back to four classes. As Placer County reaches the Orange Tier, we should receive more

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information on when our classes can resume. Hang in there a little longer. There seems to be light at the end of this long tunnel.

Contact: Alison Wolfe 925-487-6902, awolfe@tt-valve.com

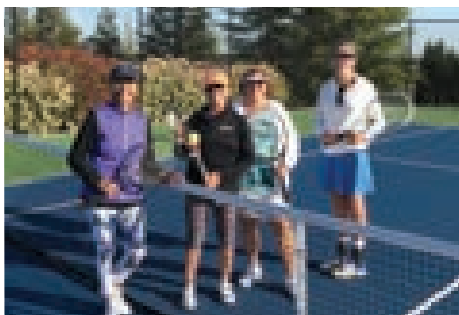


Tennis

The new courts are complete and ready to go! April 15 was our first day of putting those courts to good use. This was followed on April 21 by a Grand Opening with a ribbon-cutting ceremony featuring past presidents of the Tennis Group. Our Maintenance and Grounds Crew has done an excellent job with the landscaping surrounding the courts. A perfect and beautiful setting for tennis. Warm weather has arrived, and players are reminded to bring plenty of water to the courts, as dehydration can have nasty effects.

Contact: Helen Berott 530-320-6468, hberott@msn.com

Website: sclhtg.com



Janis, Carol, Pam & Val on new courts April 15



Veterans

Our members and guests will celebrate the ultimate sacrifice of our nation's military heroes in a brief ceremony under the Portico (OC) on Memorial Day, May 31, at 9:30 AM. Resident veterans who passed in the last six months will be recognized in a two-bell salute. A quartet from the Community Chorus will sing the National Anthem. The ceremony will conclude in time for participants to attend the dedication of the new Lincoln Veterans Memorial in McBean Park at 11:00 AM. Let's get together to celebrate Flag Day, June 14, at McBean Park. Everyone is welcome. Bring your own chair, lunch, and refreshments. Anyone with a canopy pop-up tent we can borrow is asked to contact Joan MacAdams.

Contact: Joan MacAdams 916-751-9272, joan.macadams13@gmail.com



Vintage Treasures

Are you savoring the colorful delights of Spring in Lincoln Hills? Are you walking our beautiful trails, looking for rabbits playing tag on the greens, and Canada geese herding babies to and from? If you are looking for a field trip,

there is a newly open Art Gallery in the Fruit Sheds at High Hand Nursery. They have a wonderful Cafe too. Our club focus is on vintage and antique items, pre-1970. When we can meet, it will be in the Heights and Gables Room (OC) on the first Monday of each month. The program is followed by an optional lunch at Meridians.

Contact: Sandi Janisch 916-253-9085



Water Volleyball

"Are we there yet?"

Every parent has experienced the excitement of children who cannot wait to get to their destination. The same excitement is palpable in the Water Volleyball Club! Recently we learned that the Association pools may reopen again in the next one to two months as COVID-19 numbers drop. The Water Volleyball Club leadership is preparing for play to resume. Our highest priority is making sure our equipment is ready. Volleyball balls and nets need attention after a year of no use. Our competitive and recreational coordinators need to think about the logistics of returning to play. When we return to the water, our water volleyball players know the most important things are to be active

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Contact: Ross Underwood

916-869-7402, ross.underwood@att.net

Website: www.lhwatervolleyball.com



Writers

June is almost here. I remember a mid-1970s December day when Daddy's eight-year-old granddaughter was upset. She said, "My birthday is on December 21, and

I don't get the same number of presents as my brothers." Without blinking an eye, Daddy said, "my birthday is June 15. How'd you like to have a birthday in June?" Her eyes lit like Christmas lights, and she squealed with delight. There was one caveat: when she got old enough, she had to give her birthday to someone else in need. Daddy's

been gone since Christmas 1991. For 45-years, a few children's June 15 birthdays helped his memory live forever. Until the Writers' Group can meet in person, keep on writing short-stories, tomes, and poems about your special birthdays.

Contact: Anne Constantin Birge
909-965-3556, raybirge@aol.com

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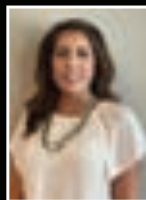
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"We lived in Lincoln Sun City for 6 years and decided to upgrade to a larger home. We contacted Penny and were very impressed with her knowledge of the construction, community, pricing and market knowledge. Her sense of urgency in responding to our questions; looking at property on a moments notice, explaining the process we would go through not only purchasing another home but, selling our existing home as well. If you are new to the area and considering our great community, contact Penny. You will not be disappointed." - Steve Giordano, Sun Valley Lane



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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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Alzheimer's-Dementia Caregiver's Support

Our meetings are on Zoom monthly except December. Our general meeting is held from 1:00 to 2:30 PM the fourth Wednesday of each month and is open to residents with ongoing and new dementia caregiving concerns. Stefani Wilson, MFT, Del Oro Caregiver Resource Center, facilitates the general meetings bi-monthly (January, March, May, July, September, and November). The other bi-monthly meetings are facilitated by our steering committee. We hold a women-only group Zoom meeting the first Wednesday of each month at 1:00 PM. A men-only group will be forming soon. Contact Jeff Andersen about that group. You can also contact members of our steering committee for more information: Jo Fratessa (916-408-7209), Cathy Van Velzen (916-409-9332), and Valerie Jordan (909-625-7443).

Contact: Jeff Andersen 916-521-0484, 2jeffa@gmail.com



Bereavement

Our Group offers support and friendship through sharing with others who have also lost a loved one. For those who are vaccinated, you are invited to join us Wednesday, June 9, at

Joan Logue's home at 3:00 PM for a group session. Contact me for directions or to put a Memoriam in the *Compass*. The deadline for Memoriams is the 15 of the month to be in the next *Compass*.

Contact: Joan Logue, joanlogue@sbcglobal.net



Bosom Buddies

Spring has sprung again, and we aren't going to let COVID-19 dampen our spirits. Patty McCuen, Peggy Ryan, and Kathy Woodward delivered gift bags designed for each of our members.



Patty, Peggy and Kathy deliver spring treats to our ladies.

Mine included a pot, soil, flower seeds, gardening gloves, and even tissue for allergies. Although we haven't held monthly meetings, the seasonal treats delivered by our special trio of ladies remind us we're here for each other. The "Cancer Relay for Life," set for August, has started taking reservations. Bosom Buddies is the one group that has 100 percent of its members signing up for the relay, even if they can't participate in

person. So, please return the form as soon as possible to Peggy. For more information about Bosom Buddies, call Patty at 916-408-4185. Contact: Marianne Smith 916-408-1818, mlsmith39@yahoo.com



Glaucoma Support Group

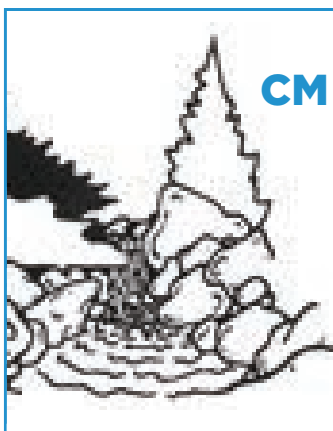
Have you recently learned that you have Glaucoma and would like to talk with others about what to expect? Living with Glaucoma can be a bit of a challenge, but we are here for you. Please join us on June 9 at 4:00 PM to share and learn. Bring all your questions. The meeting will be on Zoom (easy to install). To receive the Zoom sign-in details and, if needed, installation information, contact Bonnie. Member Information: If you are a member of our support group and have a new email address or are not receiving the groups monthly Zoom meeting invites and news updates via email or wish to be removed from the Group's Roster, please notify Bonnie.

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



Low Vision Support Group

If you are having difficulty hearing or seeing on your smartphone, we would like to share information recently



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If venous reflux is left untreated, it may worsen over time and develop into a more serious form of vein disease called chronic venous insufficiency, or CVI.²

Learn more about symptoms, risk factors, and treatments at [Medtronic.com/VeinDisease](https://www.Medtronic.com/VeinDisease)

References

¹ Criqui MH, Denenberg JO, Langer RD, Kaplan RM, Fronck A. Epidemiology of Chronic Peripheral Venous Disease. In Bergan JJ, Bunke-Paquette N, eds. *The Vein Book*. New York, NY: Oxford University Press; 2013:27-36.

² Eberhardt RT, Raffetto JD. Chronic venous insufficiency. *Circulation*. July 22, 2014;130(4):333-346.

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Contact: Cathy McGriff 916-408-0169, cathymcgriff1010@gmail.com



Multiple Sclerosis

So, what will summer vacation look like for the MS Group? During June, July, and August, no official meetings are planned. However, to keep in touch, you are invited to join our chatty Zooms on the second Tuesday each month, 1:00 PM. A Zoom link will be sent to all Members the prior Sunday. Hopefully, in September, we can

enjoy an in-person Restaurant Celebration?

The final official MS Meeting was held May 11 by Zoom, with a Grand Finale of our talented members. Additionally, we recapped our participation in the extremely successful MS Walk right here, led by Captain Joni Deutsch, bringing us in second place. There's still time to place first by donating to help MS causes. Log in to Walk MS: Folsom 2021, Donate, Lincoln Trailmixers.

Contact: Jeri Di Fiore 916-408-7565, 2020jeridifiore@gmail.com

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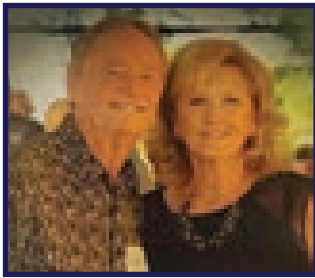
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Airport Co-op

Transportation to and from the Sacramento Airport for Lincoln Hills residents 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.

Cloggers

Well, here we are, still at home. Maybe next month we can dance together? In the meantime, please stay active by practicing your clogging (Irish-Appalachian dance) steps with online videos. A recent article in the New York Times said, "Clog dancing takes influences from Wales, Irish line, African folk, and square dance." A clogger in the same article said, "When I dance, I feel like a spinning top." Is that how you feel when you clog? Or maybe just go for a walk. For more information on clogging here in Lincoln Hills (when it happens), contact Natalie Grossner at 916-209-3804.

Craft Beer Enthusiasts

Are you interested in joining a club where the meeting agenda

consists of talking to your friends and drinking beer? Then you may want to consider getting added to our e-mail distribution list that announces upcoming club activities. We meet once or twice a month at a local taproom, brewery, or good happy hour location. If you are interested, please contact Phil Hermanson at 530-320-7469 or philhermanson1@gmail.com. Wine lovers are welcome but must be accompanied by a beer geek.

Democratic Club

"America's Gun Violence" will be Amanda Wilcox's topic when she addresses the Lincoln Democratic Club at 6:45 PM on Thursday, May 20. The meeting will be by Zoom. Ms. Wilcox is the California Chapters' Legislation and Policy Chair for Brady United Against Gun Violence. We offer many opportunities to participate in community service as well as politics and elections, both in our area and in other jurisdictions. New members are always welcome. For more information, please see our website, <https://democraticclublincolnca.org/>.

Italian Club

While activities are canceled, stay connected to the club with items posted on the website, such as: "Questo e Quello" (This and That); "Italy in a Nutshell"; and, "Mystery." Learn something new. Did you know that there are more than 500 types of pasta eaten in Italy? And, that the Italian word 'pasta' means 'paste' (made with flour and water)? Shop at the Apparel Store on the website for hats, shirts, and sweatshirts with the club's logo. If you are a Lincoln Hills resident of Italian heritage, check out the website www.lhitalianclub.org. Contact: Sandi Graham, membership, at 916-826-5711.

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, cut-throat and/or singles. Ladies are welcome. See you on the court. Contact: Armando Mayorga at 916-408-4711 or at amoon38@sbcglobal.net.

Shalom Social Group

Like so many other organizations, we finally see the light at the end of the tunnel. Our Bocce Ball program has been successful all year. Now we look forward to resuming some of the activities we've had to forego. Our hiking program and our Women Together group plan to resume soon. We still look forward to celebrating our 20th anniversary. Our Passover Seder was very successful, and we enjoyed the April presentation "Tales of Ellis Island." Learn about our activities and programs from our website, <https://sites.google.com/site/sclbssg>. For more information, please contact Joanne Levy at 508-333-8590.

Sons In Retirement Branch 13

We are hoping to resume having luncheons at Catta Verdera on May 18. Proof of vaccination or negative COVID test within 72 hours will be required. 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 one of our luncheons as a guest in the future, please contact Chet Winton at 916-408-8708.



SCLH Book Exchange

Every Wednesday, 9:00 AM to 1:00 PM, OC Lodge Portico

You asked for it, you got it! Weather permitting, we will continue with the Book Exchange that we started at the Farmers Market! It is easy to participate. Just drop off a maximum of two books at the designated table in exchange for two books on the shelves. Books should be published no earlier than 2010, preferably best sellers and popular publications. **Please do not leave instructional, self-help, or table books.** Paperbacks and hard bounds are

okay. Exchange is exclusive to residents. Participants must sanitize their hands before touching the books, wear face coverings, and follow 6' distancing. There will be **no book exchange when it rains.**



Conversations

Wednesday, May 19, 9:30 to 11:00 AM – Zoom (watch eNews for Zoom information)

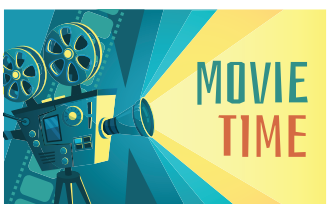
Come share time with Robert Richardson, Executive Director, to discuss hot topics of the day. There will also be plenty of time for any Associated related questions. From time to time, he may be joined by department staff and/or Association committee members. Join in on the conversation.



Lincoln Hills Farmers Market - Opens April 21

Wednesdays, April-November, Opens April 21, 8:00 AM to Noon
Parking Lot (OC)

We are bringing back our Wednesday Farmers Market earlier this year! Starting April 21 and every Wednesday after that, you can shop local fresh produce and find your favorite goodies from your favorite specialty vendors such as Touchstone Crystal by Swarovski, Loravella Bakery, LipSense, and more. With guidance from the Placer Department of Health, the event will be conducted following the required safety standards and procedures on physical distancing, sanitation, and face mask. Customers are required to follow protocols and guidelines at the market. If you are interested in becoming a vendor, please email Shelvie Smith at shelvie.smith@sclhca.com.



Zoom Movie

We are bringing back the fun and the fans of our FREE movie presentations via Zoom (instead of having it in the Presentation Hall)! All you need is the ability to log into Zoom through your laptop, PC, tablet, iPad, or Mac computer and watch the show with the rest of the community. Popcorn and drinks in your home optional.



News of the World (2020)

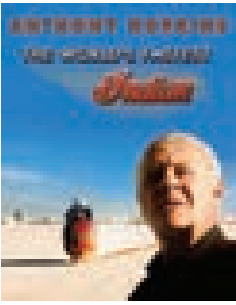
Monday, June 7, 1:30 PM – Zoom — **LSE327**

A Civil War veteran agrees to deliver a girl, taken by the Kiowa people years ago, to her aunt and uncle, against her will. They travel hundreds of miles and face grave dangers as they search for a place that either can call home. Stars Tom Hanks, Helena Zengel, Tom Astor. Action/Adventure/Drama. Rated PG -13, 118 minutes.

Online Registration is encouraged but not required.

Meeting ID: 811 1369 2304

Passcode: Movies



The World's Fastest Indian (2005)
 Friday, June 11, 1:30 PM – Zoom — **LSE328**

The story of New Zealander Burt Munro, who spent years rebuilding a 1920 Indian motorcycle, which helped him set the land speed world record at Utah's Bonneville Salt Flats in 1967. Stars Anthony Hopkins, Diane Ladd, Iain Rea. Rated PG -13, 127 minutes. Biography/Drama/Sport.

Online Registration is encouraged but not required.
 Meeting ID: 889 7128 4431
 Passcode: Movies



Golf Cart Registration

Golf Cart Registration is canceled until the City of Lincoln's volunteer program returns to normal operations. Watch for future announcements via eNews and *Compass*.



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Due to the current Covid-19 restrictions, upcoming Community Forums will be presented via online Zoom offering through 2021. This will allow up to 500 residents to sign in to each forum in real-time. Allowing you to listen and see the speakers and their visual aids. In addition, each of your screens will show a “chat button,” which will allow viewers to enter written questions during the presentation. When the Question & Answer portion of the forum begins, the moderator will have the ability to present your questions to the speakers, and all viewers will hear both the questions and answers.

No one will be admitted to a Zoom Forum unless identified by their real first and last names. Email “handles” are not acceptable.

To receive eNews bulletins, please go to <https://sclhresidents.com/enews>.

At such time as our Lodges are again made available, we will add live audiences per the social distancing rules currently in effect. But online Zoom access will continue, as will video recordings a few days later at <https://www.sclhresidents.com/group/pages/community-forum-videos>

If you have a suggestion for a forum topic, please send an email to communityforums@sclhca.com.

All Forums are Free

Dates are subject to change



Roaming the Sierra Nevada Foothills, Number 6

Tuesday, May 20, 2:00 PM, Zoom <<https://zoom.us/join>>

Meeting ID: 89783275669 • Passcode: Forums

Mike Stark, a favorite repeat Forum presenter, will begin his latest trek in Folsom and discuss rival railroad lines: Sacramento Valley Railroad and Central Pacific Railroad. Both involve Folsom. We’ll take a quick journey into the Sierra, pointing out interesting spots to investigate: almost ghost towns, train tunnels, and where you can ride the rails. The Folsom powerhouse supplies Folsom Prison with electric power: the first U.S. prison to have electricity. Folsom was an active gold mining location, and gold dredging operations continued into the 1960s. I have a special spot so you can restart the Pet Rock craze.



Electric Cars and You

Tuesday, May 25, 2:00 PM, Zoom <<https://zoom.us/join>>

Meeting ID: 85319817416 • Passcode: Forums

Ethan Elkind, J.D. is the Climate Program Director at the Center for Law, Energy & the Environment, UCLA and UC Berkeley Schools of Law. In discussing the net environmental impacts of electric vehicles, Mr. Elkind will share the status of car battery production, impacts and costs of a nationwide recharging grid, and recycling of vehicles and batteries. He has a background in the *California Environmental Quality Act* (CEQA), climate change law, environmental justice, and other environmental law topics. Mr. Elkind is a regular host of the weekly call-in NPR affiliate KALW 91.7 FM radio show “State of the Bay.”



The Gathering Inn: Assisting the Homeless – Providing a Hand Up, Not a Handout

Thursday, June 3, 2:00 PM, Zoom <<https://zoom.us/join>>

Meeting ID: 880 8429 6342 • Passcode: Forums

Nick Golling is the COO of *The Gathering Inn*. He will discuss the issue of homelessness from a local, county-wide, California, and national perspective. Nick will share how the Inn is implementing programs and services to provide homeless women, men, and families the dignity and support they need to become active members of our local and Placer County communities. Those who have seen Nick present previously found him knowledgeable on local, state, and national efforts to provide services to

the homeless. He is engaging, dedicated, and overall, a superb communicator. For more information, please visit their website at <http://www.thegatheringinn.com/>.



Redistricting California 2021

Tuesday, June 8, 2:00 PM, Zoom <<https://zoom.us/join>>
Meeting ID: 81403994038 • Passcode: Forums

Commissioner Alicia Fernandez will describe the operations of the Citizens Redistricting Commission – State of California. Every ten years California must redraw the boundaries of the congressional, state senate, state assembly, and state board of equalization districts so that population is evenly allocated among the new districts. California is unique as the lines for the new districts are drawn by an Independent Commission and not the State Legislature. This commission is made up of 14 citizens—five Democrats, five Republicans, and four not affiliated with either of those two parties. The League of Women Voters of Placer County presents this program.

UPCOMING EVENTS

- The Caregiving Journey** (Del Oro Caregiver Resource Center) – Tefani Wilson, Tuesday, November 9, 2:00 PM
- The Salt Mine** – Eric Long, Tuesday, November 16, 2:00 PM

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Hopeful that the State will open back up starting June 15. We plan to roll a seven-show Summer Amphitheater Concert Series this year!

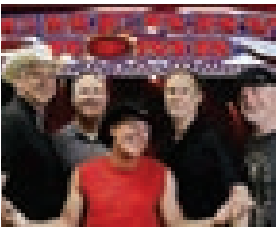
Mark your calendars for the following fantastic concerts! Ticket sales will start June 1. Watch for future eNews announcements for ticket prices and further Guideline information. Read along and find out about the exciting lineup and get ready for a summer to remember!



Garratt Wilkin & The Parrotheads – A TRIBUTE TO JIMMY BUFFET

Friday, July 9

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



Cherry Bomb – A TRIBUTE TO JOHN MELLENCAMP

Friday, July 30

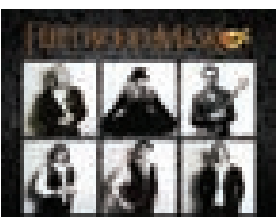
Cherry Bomb is a powerful 5-piece band dedicated to the music of “heartland rocker” John Mellencamp. Their authentic and powerful rendition of Mellencamp hits and familiar tunes such as “Jack and Diane,” “Hurts So Good,” and “Cherry Bomb,” as well as other hit songs from the “Words and Music” album will surely have you rocking and dancing through the evening.



Robert Dehlinger’s ALPHA RHYTHM KINGS

Friday, August 13

Swing, jump, and boogie-woogie to the cool music of the Alpha Rhythm Kings (ARK)! Established in 2017, ARK has created quite a stir with music fans, having crafted an exciting King Size California sound that Roots Music Magazine *No Depression* calls “the badge of authenticity.” With the band’s top-quality musicians, with Robert Dehlinger’s blazing trumpet and “magnetic” singing (*Jazz Corner*) leading the way, you are up for one top-notch evening! The band has performed to enthusiastic audiences worldwide and has successfully released two full-length albums.



Fleetwood Mask – THE ULTIMATE TRIBUTE TO FLEETWOOD MAC

Friday, August 27

Returning to Lincoln Hills, Fleetwood Mask is the ultimate Fleetwood Mac tribute band. The band performs the greatest hits of Fleetwood Mac from the 1960s blues band with Peter Green, through the most popular lineup featuring Lindsey, Stevie, and Christine. Mick Fleetwood, the founder of Fleetwood Mac, gives the band his endorsement because of the passion and style found in their live performances. Mick believes that the music of Fleetwood Mac will live on through the authentic performances of Fleetwood Mask.



Decades – MUSIC FROM 60'S TO TODAY

Friday, September 3

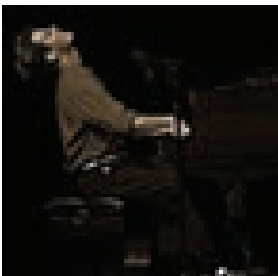
Everyone's favorite dance band is back to kick off Labor Day Weekend! Since 2010, Decades has been working (and rocking) around the clock to master songs spanning from the 1940s (Glenn Miller's Orchestra's "In The Mood") to today (Bruno Mars & Mark Ronson's "Uptown Funk"). The band has played over 700 shows all along the West Coast and has booked 100+ shows five years in a row, earning its place as one of California's most in-demand bands. They will swap between several instruments (including saxophone, harmonica, pennywhistle, and trumpet, to name a few) and belt out four-part harmonies.



The Big Jangle Band – TOM PETTY TRIBUTE

Friday, September 17

The Big Jangle Band is a San Francisco Bay Area Band dedicated to playing all things Tom Petty. Capture the Tom Petty and the Heartbreakers concert experience listening to Tom Petty originals and also to the songs Petty covered live, such as The Traveling Wilburys, The Byrds, and Stevie Nicks. Comprised of seasoned and experienced musicians from throughout the Bay Area, you are guaranteed a great musical experience and a night to remember!



Jared Freiburg & The Vagabonds

CELEBRATING THE EARLY YEARS OF ROCK & ROLL

Friday, October 1

For the past four years, Jared Freiburg has been touring the world on land and sea, performing the role of Jerry Lee Lewis in Broadway's Tony Award-winning musical, *Million Dollar Quartet*. Jared lights up the stage with his electrifying personality and amazing piano playing, ala Jerry Lee Lewis! He was first introduced to the style of Jerry Lee Lewis as a young teenager, and from that point on, he took on a serious obsession with the Killer's music and classic rock n' roll!

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8:00 PM - LSE326

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Notice:

All dates listed for performances held in the lodge may be subject to change based on State and County Reopening Guidelines.

*Indicates new performances on sale May 17

In-Person Events

—Club Performances—

**Lincoln Hills Chorus
 Summer Concert: "California Dreamin'—Live!"**

Wednesday, June 30, 7:00 PM
 Ballroom (OC) — **CANCELED**
 Thursday, July 1, 2:00 PM
 Ballroom (OC) — **CANCELED**
 Friday, July 2, 7:00 PM
 Ballroom (OC) — **CANCELED**



Due to the uncertainties and restrictions on choral performances brought about by the pandemic, the Lincoln Hills Community Chorus has canceled their SUMMER concert "California Dreamin'—Live!" in Orchard Creek Ballroom on June 30, July 1, and July 2. They are looking forward to entertaining you in December for their always popular holiday show.

—Outdoor Concert—



*A Solo Blues
 Concert with
Frankie G
 Thursday, May 27
 OC Outdoor Pool
 6:00 PM — **LSE325**
 8:00 PM — **LSE326**
 \$19

Two shows! Experience Frankie G delivering straight-ahead blues with feeling and vibe. His powerful, high-energy

performance brings together the music of Brownie McGhee, Amos Lee, Bonnie Raitt, Eric Clapton, James Morrison, and more. Expect passion and soul in every song! Based on State guidance, limited seating will be assigned. Social distancing, sanitation, and face covering are required for all attendees.

—Indoor Concert—



**From TV's AMERICA'S GOT TALENT
 Branden & James: The Broadway Covers Project**

Friday, June 25
 3:00 PM — **LSE331**
 7:00 PM — **LSE330**
 \$28 - Reserved Seating

Branden & James from America's Got Talent return to The Bay Area via New York City with their hit show, "The Broadway Covers Project." Featuring music from *West Side Story*, *Phantom Of The Opera*, *Sunset Boulevard*, *Wicked*, *Hamilton*, *The Waitress*, & more! "Dazzling cello...soaring tenor vocals" NPR Music. With special guest Katy Stephan on vocals & piano. All seats are reserved. The conduct of the show and seating capacity will follow State and County public health guidance.



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Virtual Events

—Entertainment—



Oregon Shakespeare Festival – Snow in Midsummer
 May 3-29, \$5 per streaming device — **LSE320**
 View-On-Demand

We have purchased Group Viewing for *Snow in Midsummer*. Based on the classical Chinese drama *The Injustice to Dou Yi That Moved Heaven and Earth* by Guan Hanqing. This 2018 U.S.–premiere production interweaves two stories—of a young woman who curses her city from beyond the grave and of a wealthy businesswoman who must face the parched, locust-plagued city. This full-length video recording of OSF plays right in your living room, on your phone, anytime you wish. Register online to receive the unique password to view the play. View-on-demand at your convenience from the date of your registration until May 29. You will be viewing the show directly from the OSF website.

—Presentation—



The Quest for the Great Italian Novel Presented by Professor Joseph Luzzi
 Monday, May 24
 2:00 PM - Zoom
 \$14 per Zoom device — **LSE324**

We are familiar with the term *Great American Novel*, which has historically been associated with how writers like F. Scott Fitzgerald, Harper Lee, Philip Roth, and many others have sought to capture American life’s complexities in a single book. Can one use the term for other nations, perhaps one with as ancient and celebrated a literary tradition as Italy? In this presentation, I will propose that certain novels in Italian literature, legendary classics including Alessandro Manzoni’s *The Betrothed*, Giuseppe Tomasi di Lampedusa’s *The Leopard*, and Giovanni Verga’s *House by the Medlar Tree*, are examples of how the many dimensions of *italianità*, Italian identity, are represented in an individual work. I will also show how more contemporary authors, especially Elena Ferrante, relate to this historical quest for the “great Italian novel.”

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Please register yourself to Wait List for Sold Out shows so we can determine interest. We will try to add a bus if possible.

Hamilton

Tuesday,
September 21
— **LST347**

\$154 - **SOLD OUT!**

Tony®, Grammy®, Olivier Awards and the Pulitzer Prize for Drama winner, and an unprecedented special citation recipient from the Kennedy Center Honors, Hamilton finally comes to Sacramento! HAMILTON is the story of America then, told by America now. Featuring a score that blends hip-hop, jazz, R&B, and Broadway. HAMILTON is based on Ron



Chernow's acclaimed biography. Wheels roll 6:30 PM ~ return approximately 11:00 PM. Bus will load from OC lobby 15 minutes prior to bus departure. Tickets to the show will be handed out when you load the bus.

An Officer and A Gentleman

Tuesday,
November 2

— **LST350**
\$128 - **Additional
Group Tickets**

Due to demand, we have added more tickets and procured a larger bus to accommodate our group. Please note that a slight price increase is required to accommodate the change. Based on the Oscar-winning film starring Richard Gere and Debra Winger. An Officer and a Gentleman is a breathtaking production that celebrates triumph over adversity and includes one of the most iconic and romantic endings ever portrayed on screen. Featuring the Grammy Award-winning, #1 hit single "Up Where We Belong," this spectacular new live stage production is not to be missed! Wheels roll 6:30 PM ~ return approximately 11:00 PM. Bus will load from OC lobby 15 minutes prior to bus departure. Tickets to the show will be handed out when you load the bus.



Charlie and The Chocolate Factory

Tuesday, December 28
— **LST349**

\$121

Roald Dahl's amazing tale is now Sacramento's golden ticket! It's the perfect recipe for a delectable treat: songs from the original film, including "Pure Imagination," "The Candy Man," and "I've Got a Golden Ticket," alongside a toe-tapping and ear-tickling new score from the songwriters of HAIRSPRAY. Get ready for Oompa-Loompas, incredible inventions, the great glass elevator, and more at this everlasting showstopper! Wheels roll 6:30 PM ~ return approximately 11:00 PM. Bus will load from OC lobby 15 minutes prior to bus departure. Tickets to the show will be handed out when you load the bus.

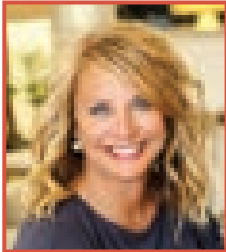




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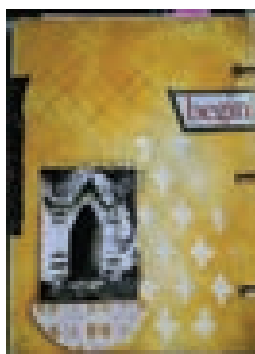
With the anticipation of Placer County moving tiers possibly in May/June, at this time we ask that you keep an eye on eNews for any upcoming classes, dates, prices and times. We are working with instructors to be prepared for the opening of Orchard Creek and Kilaga Springs Lodges.

Online registration preferred for all classes. Questions? Call 916-625-4073 or 916-408-4609.

***Indicates new class on sale May 17**

Classes

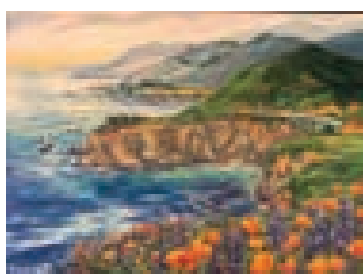
—Art—



*Mixed Media Art Journaling

A variety of media will be used as we “play” on our art journals’ pages. Learn how to visually and artistically record your days and express yourself while exploring color theory, composition, balance, and texture. You will create interesting, interactive mixed media pages in a journal. Supplies needed:

mixed media spiral-bound artist paper pad, glue stick, scissors, small paintbrush, Sharpie pen, white gesso, plus your favorite mixed media supplies. Instructor: *Kerry Dahlin*.



*Sip and Paint

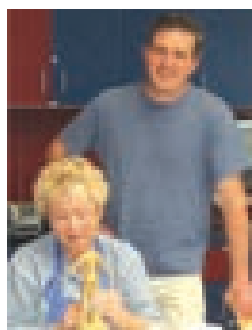
This class is great for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day, with step-by-step instruction.

Learn how to mix colors, brushstroke, and pallet knife techniques. All supplies are included. Canvases are under-painted and ready to hang. The fee includes a glass of wine, a selection of

cheese, crackers, and fruits. About the Instructor: Artist *Unni Stevens* studied art in Norway, Japan, and at the Laguna College of Art with 30+ years of painting experience. More information at www.unniart.com.

Ceramics

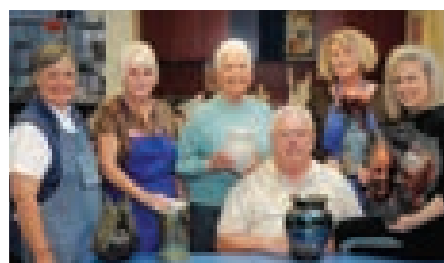
—Pottery—



*Beginning/Intermediate Ceramics

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. Instructor: *Jim Alvis*.



*Advanced Ceramics

This class is for self-motivated students/artists with established ceramic skills. Students explore their craft and

sculpture projects with guidance from the instructor. Includes demonstrations, assignments, group discussion, and constructive critique. Instructor: *Jim Alvis*.

Crafts

—Krafting with Karla and Lavina—



Kitchen Wood Magnets

Tuesday, May 18
10:00 AM – Zoom
**REGISTRATION
CLOSED**

Ever go to put away dishes, and you are not sure if they are clean or not? You won’t have that problem again with this cute magnet! In this class, we will be making two round wood magnets. The



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first will be a Clean/Dirty magnet to hang on your dishwasher. The second one will be a fun saying "I love you to the fridge and back," for your refrigerator. Students must provide their own hot glue gun. Supply pick up will be Monday, May 17, 2:00 PM at Orchard Creek Lodge portico **NOTE:** Class may change to in-person class instead of Zoom if Lodge is open by class date.

—Card Making—



*Card Making Level 2 – Intermediate/Advanced

Prerequisite: Completion of at least four sessions of Intro to Card Making 101—Level 1, and *have instructor's approval to participate.* This class will build on your card-making skills while introducing you to some new

and different card-making and papercraft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. Instructor: **Dottie Macken.**



*Card Making Level 3 Intermediate-Advanced **Prerequisite:**

Completion of at least four to six sessions of Intro to Card Making 101—Level 1, and *have*

instructor's approval to participate. This class will offer a variety of Card Making, Papercraft 3-D projects with a variety of techniques. This class is not for Beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. Instructor: **Dottie Macken.**

Dance

—Clogging—



*Beginning Clogging

The class will continue at a relaxed pace, developing skills of the foundations of clogging. We will continue to learn new steps and new dances. Special attention will be paid to balance skills. No new students accepted without instructor approval. Instructor: **Janice Hanzel.**

*Easy-to-Intermediate Clogging

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 are encouraged to participate. Instructor: **Janice Hanzel.**

*Intermediate Plus Clogging

Prerequisite: Instructor approval. Students are strongly encouraged to take the Easy-to-Intermediate clogging 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. Instructor: **Janice Hanzel.**

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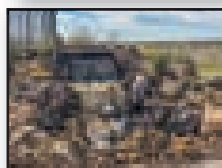
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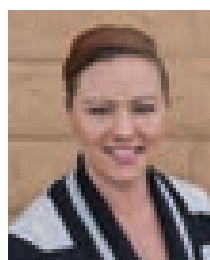
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—Country Western Dancing—

***Country Couples Western Dance – Beginner Level 1 & 2**

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. Instructors: *Jim & Jeanie Keener*.

***Country Couples Western Dance – Beginner/Intermediate Level 3 & 4**

Prerequisite: Completion of Beginner level Country Couples for at least six months. After you have completed the Beginner Class and are ready for more challenging dances, join us for a fun-filled hour of higher beginner and easy, intermediate dances. You have learned some of the basics; now it's time to add a few more steps and turns. Instructors: *Jim & Jeanie Keener*.

—Hula—

***Hula**

An ongoing class for hula dancers of all experience and skill levels. Come learn the beautiful dance of the Hawaiian islands. You will exercise the mind, body, and spirit while learning choreographed routines. Historical and cultural information surrounding each of the dances

will be shared. Instructor: *Pam Akina*.

—Jazz—

***Jazz for Beginner**

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. Instructor: *Melanie Greenwood*.

***Jazz Performance**

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. Instructor: *Melanie Greenwood*.

—Line Dance—

***Country Line Dancing**

This class is a mixture of beginner, high beginner, and intermediate dances. It features the popular "old" line dances and some new popular dances that are done at country dances

around the area. Instructors: *Jim & Jeanie Keener*.

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.

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. Instructors: *Yvonne Krause-Schenck, Sandy Gardetto, and 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. Instructors: *Yvonne Krause-Schenck and Sandy Gardetto*.

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. Instructors: *Cathy Paris* and *Sandy Gardetto*.

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! Instructor: *Cathy Paris*.

*Line Dancing 4 Fun

Line Dancing 4 Fun is just that! Today's line dancing is also known as modern or contemporary line dancing. We will keep current with what is popular and danced around the world, written by many well-known international choreographers. The class offers line dancing to many different genres of music, and the skill levels include "Beginner Plus" to "Improver" and slightly above. The teaching pace will be a bit quicker for those coming from Beginner classes, yet fast enough for "Improver/Improver Plus" dancers. Instructor: *Cathy Paris*.

Line Dance Instructors

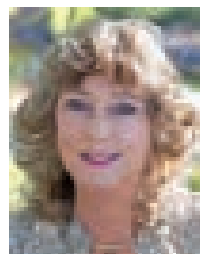
- **Sandy Gardetto**

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.



- **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 important to keep moving and stay healthy as we age, and line dancing provides that opportunity in a fun way.

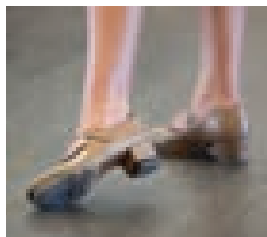


- **Cathy Paris**

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 with 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.

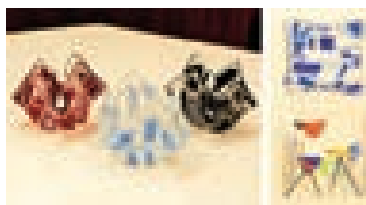
- ***Beginning Tap**

For students who have been taking Beginning Tap previously. The class will continue the lessons learned in Beginning Tap. Instructor: *Alyson Meador*.

- ***Tap Technique**

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

Glass Art



- ***Fused Glass**

Learn to make fused glass jewelry with a focus on Dichroic glass or create glass projects.

Beginners & experienced artists are welcome. This class is designed to teach the fundamentals of Dichroic glass jewelry designing and glass finishing. The \$10 supply fee provides enough compatible glass and dichroic glass to create four pieces of jewelry, or one plate, one bowl, one vase, or

another similarly sized project. Larger projects are available for an additional supply fee. Instructors: *Jim Fernandez and Danielle Echeverria.*



*Stained Glass

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 suncatcher, 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. Lead glass technique is now available. *About the Instructor: Jim Fernandez* has 29 years of stained glass experience.

evaluate the students' skill level on the first day of class and recommend a project. Lead glass technique is now available. *About the Instructor: Jim Fernandez* has 29 years of stained glass experience.

Music

—Guitar—



*Beginning Guitar

Reading music notation for guitar made easy. *About the Instructor: Jon Gowin* has a degree in Education and has been playing guitar and other string instruments for over 50 years. He has performed with Bob Wren and his Sacramento World Music Ensemble for over ten years.



*Folk Guitar for Fun Folks 101 - Beginner Level

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. *Instructor: Darrell Effinger.*

*Folk Guitar for Fun Folks 102 - Intermediate Level

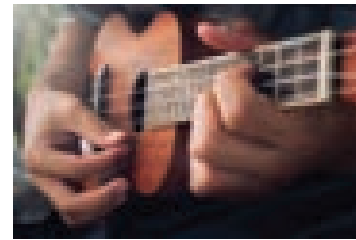
Prerequisite: Knowledge of guitar playing using basic chords while doing a simple strum and singing (no vocal training required). This class is an

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! *Instructor: Darrell Effinger.*

*Intro to Swing Guitar - Intermediate Level

Come play swinging guitar chord progressions as a backup for our soloists. These cords are easier than you think and a lot of fun. 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 play acoustic guitars only: either steel strings or nylon and need to play with a pick. *Instructor: Jon Gowin.*

—Ukulele—



*Beginning Ukulele

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. Open to new beginner students. *Instructor: Jon Gowin.*

*Intermediate Ukulele

This class is an intermediate Ukulele class and will be playing songs that progressively use a few more chords than beginners' class. We will continue to build on our chordal knowledge and gradually bring in a greater variety of songs. We will bring in more songs in tablature and will incorporate some fingerpicking. *Instructor: Jon Gowin.*

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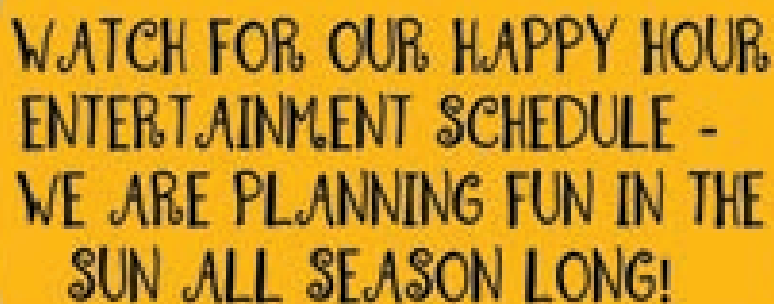
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Let's Flamingle at the Fun Pool!

We are kicking off the Happy Hour season with DJ Tom

**Thursday, June 17, 2021
4:30-7:30pm**



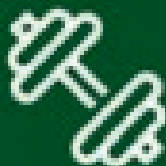
WATCH FOR OUR HAPPY HOUR ENTERTAINMENT SCHEDULE - WE ARE PLANNING FUN IN THE SUN ALL SEASON LONG!

Watch for COVID restrictions and guidelines in eNews.

For more information please contact Deborah.Mcilvain@sclhca.com



Danielle Merrill
Wellfit Program Manager
Danielle.Merrill@sclhca.com



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



RETAIL

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WellFit Orientations

Updated! Free Orientation: WellFit Staff

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

Fitness Floor (OC)

- **Tuesday, May 18**
5:00 to 6:00 PM
- **Wednesday, May 26**
3:00 to 4:00 PM
- **Tuesday, June 8**
5:00 to 6:00 PM
- **Thursday, June 24**
3:00 to 4:00 PM

Fitness Floor (KS)

- **Friday, May 21**
3:00 to 4:00 PM
- **Thursday, June 10**
4:00 to 5:00 PM
- **Thursday, June 24**
3:00 to 4:00 PM

WellFit Services Available to Assist You in Furthering Your Health & Wellness



Bowenwork Services

Have aches and pains? Talk with Rebecca and learn how Bowenwork can relieve those aches and pains. The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. Bowenwork addresses core issues, not just symptoms. It can help with chronic conditions from asthma to bunions, as well as acute injuries like sciatica, knee problems, and more. It is safe and gentle enough for those with compromised health. Rebecca Kang is a Certified Bowen Practitioner. For your free Bowenwork Assessment, please contact **Rebecca Kang** at rebecca.kang@sclhca.com or 916-625-4034.

Disease Prevention & Management Session-Based Classes

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

Due to Compass printing publication deadline, the listed Class start dates might change. Start dates and pricing will be adjusted following the CDC and County's recommended social distancing. Correct price, dates, and number of class sessions will be reflected on your enrollment.

Watch out for rescheduled dates for Postponed classes on the website, eNews and future Compass, as applicable.

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.*



Beginners Pickleball Lessons

Coming Soon
Location: Pickleball
Courts
\$70 (4 sessions)

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this is designed especially for you! The instructor has a master's in physical education and is an avid pickleball player since 2002. The course will cover basic rules, terminology, primary skills, coordination focus on serve and service return, Volley, dinks forehand and backhand, and more. We recommend starting here with our three-part course. Must wear a mask and follow COVID rules. No loitering in the area. Please wait in your car before class is to start for your safety. Bring your own ball and paddle. Instructor: **Barry Cunningham**.

Advanced Beginners Pickleball Lessons

Mondays, June 7-28

TBD

\$70 (4 sessions)

These lessons are the next step after the Beginners course (see above). The instructor will base this class on the ability of participants. The focus will be on strokes, Volley, dinks, court strategy, lobs, return lobs, and more. Must wear a mask and follow COVID rules. No loitering in the area. Please wait in your car before class is to start for your safety. Bring your own ball and paddle. Instructor: **Barry Cunningham**.

Intermediate Pickleball Lessons

TBD

\$70 (4 sessions)

The intermediate course is designed for players that want to take their game to the next level. Prerequisite of the advanced beginner course is recommended. These sessions will include more of the same at advanced levels such as court position, service returns, lobs, etc. Must wear a mask and follow COVID rules. No loitering in the area. Please wait in your car before class is to start for your safety. Bring your own ball and paddle. Instructor: **Barry Cunningham**.

To Schedule appointment for 1 on 1 sessions on the Pickleball Courts with Barry and for more information, please email rex.owens@schca.com.

Intro to Pickleball

Wednesdays

11:00 AM to 1:00 PM

Location: Pickleball Courts

Free

This class is for any Lincoln Hills resident interested in learning about Pickleball. No equipment is necessary; just wear clothing appropriate for Pickleball and court shoes. Bring your own water also. You must pre-register each week for the class.

Eight spots are available. We are using two courts to allow for social distancing. Please wear a mask when arriving at the courts. Email Lynn Fraser to register: paddleuppartner@gmail.com or go to lhpclub.com and look for Calendar on the left. Click on Intro to Pickleball class.

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. Due to COVID restrictions, all classes, times and locations are subject to change.*

Tai Chi Qigong L1

Tuesdays, June 1-29

1:45 to 2:45 PM, Aerobics Room (KS)

\$60 (five sessions)

Tai Chi is a centuries-old practice that focuses on soft, gentle movements known as postures. Stringing together these postures creates a form. The Yang long form enhances balance, coordination, posture, flexibility, and body tone. Tai Chi offers a 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 complimentary health system. Instructor: **Sifu Anney Wamsat**.



Tai Chi Qigong L2

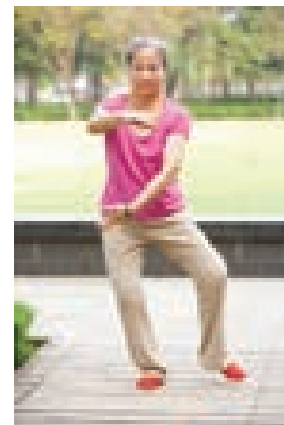
Tuesdays, June 1-29

3:00 to 4:00 PM,

Aerobics Room (KS)

\$60 (five classes)

This class is for Tai Chi and Qi-gong students who wish to bring higher awareness and understanding of their lifelong practice of complementary health and wellness. Students who have practiced and completed the

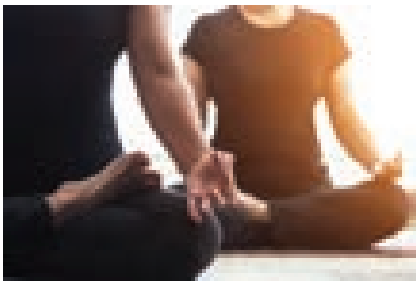


24 postures will advance to learning a traditional 128 Yang long form. In addition, you will learn Qigong sets of movements. Qigong paired with

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. Instructor: *Sifu Anney Wamsat*.

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. *Due to COVID restrictions, all classes, times, and locations are subject to change.*



New! Mind, Body & Spirit
Wednesdays
June 2-30
3:00 to 4:00 PM
Location: Aerobics Room (OC)
\$85 (five sessions)

Come join Nina as we explore the many benefits of Mind-Body-Spirit Awareness. Mind: Mindful Intentions & Positive Affirmation to Improve the Neurology of the brain. Body: Healthy Posture & Movement of your body to Support the Biology of your physical being. Spirit: Breathe work - Breath to Change the Chemistry within. Practice Mind-Body-Spirit Science to Increase energy. Achieve wellness with Mind-Body-Spirit Awareness. Instructor: *Nina Baldi*.

Laughter Wellness

Coming soon! Check sclhresidents.com – WellFit – for current class schedules, flyers, and online enrollment.

Laughter is the best exercise for life! It creates healthy social interaction, decreases stress, elevates endorphin levels which may help reduce pain and anxiety, increases tissue and organ oxygenation, improves circulation, provides easy cardiac workouts, relaxes and strengthens muscles, and enhances immune system function. The session includes easy stretches, breathing practices, and intentional laughter techniques. Students can choose their level of participation, from gentle to vigorous; the experience is suitable for all ages and all levels of ability. Instructor: *Linda Kalb Hamm, M. Ed.*

Strengthen Your Memory

Coming soon! Check sclhresidents.com – WellFit – for current class schedules, flyers and online enrollment.

Many of us have found ourselves in an isolated routine during the pandemic – and it turns out, that is not good for our memory. As we age, there is some normal decline in memory, but the COVID restrictions have contributed to the decline. If, since lockdown, you have found it hard to remember to email someone, summon up the word you need, or yet again forgotten to buy the milk – you are not alone. Learn why you are experiencing the decline in memory and tips to help strengthen it. Instructor: *Amel Whitaker*.



Hope for Loneliness

Coming soon! Check sclhresidents.com – WellFit – for current class schedules, flyers and online enrollment.

Loneliness is a common experience as we age, but it can seriously affect our mental and physical wellbeing unless we learn how to focus on ways to reduce it. This year we have had an extra challenge. With California and Placer County nearly shutting down because of the surge in COVID-19, many of us are grappling with the challenge of isolation and creating memories, and fostering togetherness with family and friends without spreading the virus. Instructor: *Amel Whitaker*, CA licensed psychotherapist, with a professional emphasis in mental health and aging adults, will provide some helpful information and tips for dealing with loneliness.



Living with Neck & Shoulder Pain

Wednesday
June 16-23
11:15 AM to 12:15 PM
Aerobics Room (KS)
\$40 (two sessions)

Learn how to modify your lifestyle to prevent pain, live smart, and reduce discomfort through the use of hot and cold modalities. Class is interactive, and pain patching samples will be available while supplies last.

Instructor: *Lisa Kwon*, Occupational Therapist. Then, learn the correct stretches and exercises to maintain this pain free lifestyle. Keep your body strong and happy to support longevity. Instructor: *Danielle Merrill*, Physical Therapy Assistant. *Lisa will teach the first class, and Danielle will teach the second class.



Traditional Shotokan Karate
Saturdays
June 5-26
12:30 to 1:30 PM
Location: Aerobics Room (KS)
\$20 (four sessions)

The instructor is a member of the International San Ten Karate Association and has over 45 years of experience teaching the JKA Shotokan style of traditional karate, one of the most widely practiced martial arts. This training has its feet firmly rooted in the traditions and skills of Japan's ancient martial arts while embracing the technical refinement made possible by the awareness of modern scientific knowledge. For more information about the International San Ten Karate Association, please visit www.santenkarate.com. Instructor: *Al Trimarchi*.

Money Matters

The following Money Matters classes are offered through the WellFit Department; registration is available at the WellFit front desks and online. *Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds. Due to COVID, all Abbott Group classes are offered through Zoom and the Abbott Group will send you an email link for the class the morning of the class you registered for.*

Revisiting the Fundamentals of Investing

Tuesday, June 8

Zoom

5:00 to 6:30 PM

\$5

This class is a great way for the beginner investor to learn more about investing and the more advanced to revisit the core concepts that can often escape us. We will go through three main themes that will help any investor, which includes; Major Asset Classes, Basic Tenets of Investing, and Asset Allocation. This is our most popular investor conversation and allows investors to have a sound

footing before diving into more profound research. Instructor: *The Abbott Group*.

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

Wednesdays,

June 9-July 7

5:00 to 6:30 PM

Aerobics Room (OC)

\$149 (five sessions)

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

Pilates Reformers and Towers

Pilates is back and will be held in the Aerobics Room (OC)! Please check sclhresidents.com for most current information regarding Pilates Reformer Program and schedule or contact Danielle.Merrill@sclhca.com.

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 MindBody. See class grid on page 85 for a complete listing of Pilates Reformer classes.

Our Reformer packages are as follows:

Four-class membership package \$72 per month, Add-on classes for member \$18 per class.

Eight-class membership package \$136 per month, Add-on classes for member \$17 per class.

Drop-in classes for non-member \$20 per class.

Please contact Danielle Merrill for more information and to sign up if you do not already have a MindBody account or if it is inactive. Danielle. Merrill@sclhca.com or call 916-625-4032.

Introductory Reformer Session L1

Continuous Dates

Aerobics Room (OC) \$30 (one session, one hour long). This session is a prerequisite for Pilates Reformer classes. You will work 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 classes through MindBody. You can purchase this introduction at the Fitness Centers. Contact Danielle.Merrill@sclhca.com to coordinate your Intro with an instructor.



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 and to schedule with one of the reformer instructors, please contact Danielle Merrill at Danielle.Merrill@sclhca.com.

One-on-One Training and Buddy Training:

Prices same as Personal and Clinical Training at right.

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Rex Owens

Fitness Supervisor

Rex.Owens@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 Rex Owens (rex.owens@sclhca.com). 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 \$59, half-hour session \$39.
New Packages: One client and one trainer. One hour session. Package of 3, \$54 each. \$162 total.
New Packages: One client and one trainer. Half-hour session Package of 3, \$34 each. \$102 total.
- **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.

All training is non refundable and has a 1 year expiration date from time of purchase.

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. Classes fill up quickly; please register at least seven days prior to the class start date, no refunds. *Date events go on sale is the 17 of each month. Register at Orchard Creek, Kilaga Springs Fitness Desks or online.*

***Check eNews and sclhresidents.com for the most up-to-date information. Due to the changing regulations from COVID-19, please be aware that class locations, dates, and times could change. Prices will be adjusted accordingly.**

SGT—Pulmonary Exercise Class

Time & Location: TBD

\$68 (4 sessions)

This class will feature exercises that improve exercise tolerance and focus on respiratory topics that enhance the ability of people with lung disease to manage their condition. Anyone is welcome, but people with diseases such as COPD, asthma, pulmonary fibrosis may benefit the most. Please bring your oxygen. Instructor: *MaryAnn DePietro*, Respiratory Therapist.



(Seasonal) SGT—Walk on the Wild Side L1

Wednesdays

June 2-23

9:15 to 10:15 AM

First class meets at
OC Fitness Center

\$68 (4 sessions)

Experience the beautiful trails of Lincoln Hills guided by a trainer with exercises along the way. Incorporate warm-up, strength training and conditioning, balance and coordination, and stretching all while walking the trails! Walking groups are a wonderful way to decrease blood pressure, elevate moods and increase motivation. Let's enjoy the great outdoors and do a little 'walk on the wild side! This class is designed for beginners. Instructor: *MaryAnn DePietro*.



(Seasonal) SGT—Pick Up The Pace L2

Wednesdays

June 2-23

8:00 to 9:00 AM

First class meets at
OC Fitness Center

\$68 (4 sessions)

Similar to SGT 'Walk on the Wild Side,' but adds a little intensity and distance to your walk. Includes warm-up, strength training and conditioning, balance, and coordination, and stretching, all while out walking the trails! Walking groups are a wonderful way to decrease blood pressure, elevate

moods and increase motivation. Let's enjoy the great outdoors and "Pick Up The Pace! This class is designed for faster-paced walkers. Instructor: *MaryAnn DePietro*.



SGT—"Fun"ctional Fitness L3

Tuesdays &

Thursdays, June 1-24

11:15 AM to 12:15 PM

Aerobics Room (KS)

\$136 (eight sessions)

Incorporate strength training and high-intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on "FUNctional Fitness" using a variety of equipment, including TRX suspension training. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual. Intermediate to advanced fitness levels encouraged. Instructor: *Deanne Griffin*.



SGT—Progressive Bootcamp L2/3

Mondays &
Wednesdays

June 7-30

3:00 to 4:00 PM

Aerobics Room (KS)

\$136 (eight sessions)

Are you 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. Instructor: *Torin Garza*.

SGT—TRX Circuit L2

Tuesdays & Thursdays, June 1-24

12:30 to 1:30 PM, Aerobics Room (KS)

\$136 (eight sessions)

TRX Circuit is a great way to shed a few of those quarantine pounds while gaining strength, flexibility, balance, and a stronger core. TRX suspension training straps makes gravity your resistance, so adjusting the level of difficulty is as easy as moving your hands or feet, and progression is limitless. Instructor: *Torin Garza/MaryAnn DePietro*.

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- Community Property Agreement
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SGT—Posture, Core and Balance L1/2
Mondays & Wednesdays
June 7-30
12:30 to 1:30 PM
Aerobics Room (KS)
\$136 (eight sessions)

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 the 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. Instructor: *Renae Schmidt*.



SGT—Balance & Fall Prevention L1
Mondays & Wednesdays
June 7-30
1:45 to 2:45 PM
Aerobics Room (KS)
\$136 (eight sessions)

Learn simple stretches, exercises, and techniques that will help improve balance, core strength, and reflexes to prevent falls. We will use chairs, bars, and the wall for support. Instructor: *Renae Schmidt*.



SGT—Therapeutic Water Exercise L1
Fridays, June 4-25
11:15 AM to 12:15 PM
Indoor Pool (OC)
\$68 (four sessions)

Therapeutic style exercise program in the pool! The warm water helps increase circulation, respiratory rate, muscle metabolism, strength, flexibility, and ease of movement. Exercises in the water work to relieve pain through decreased weight-bearing and reduced joint stress. Meet in the pool area by the benches, dressed for the pool, and the trainer will assist you in/out of the pool and be in the pool with you. The trainer is unable to help students in/out of the locker rooms or parking lot. Don't forget your towel! Instructor: *Lisa Fisher*.



SGT—Rock Steady Boxing
Thursdays, June 3-24
1:45 to 2:45 PM
Aerobics Room (KS)
\$68 (four sessions)

Rock Steady Boxing (RSB) is a non-contact fitness program designed specifically for people with Parkinson's. Boxers' condition to defend against and overcome opponents. At RSB, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to empower people with PD to fight back. All levels are welcome. *There will be a mandatory assessment with the Coach prior to the start of the class if you are new to the program.* Instructor: *Milly Nuñez*.

SGT—Rock Steady Boxing
Fridays, June 4-25
1:45 to 2:45 PM
Aerobics Room (KS)
\$68 (four sessions)

Rock Steady Boxing (RSB) is a non-contact fitness program designed specifically for people with Parkinson's. Boxers' condition to defend against and overcome opponents. At RSB, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to empower people with PD to fight back. All levels are welcome. *There will be a mandatory assessment with the Coach prior to the start of the class if you are new to the program.* Instructor: *Milly Nuñez*.



SGT—ParkinsonStrong Combo
Thursdays, June 3-24
3:00 to 4:00 PM
Aerobics Room (KS)
\$68 (four sessions)

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

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ParkinsonStrong classes to create a class that helps improve the quality of life through meaningful exercise. Instructor: *Milly Nuñez*.

Live Stream Class Passes

Live Stream Class Passes are subject to change – check the most current class grids on sclhresidents.com.

Thursday classes available, please see WellFit class Grid. You will need to use the Mindbody app on your phone or access it from your computer. You will need to set up your account, search on SCLH schedule for the class you want to take on the app and then book your class. You will receive a confirmation and your live stream link 30 minutes prior to class. You must book your class no later than 4:00 PM the day before, if we do not have sign-ups for class, we may cancel and notify you. For more information, email danielle.merrill@sclhca.com. Instructor: *varies*.

Punch Pass and Fast Class

TBD depending on county guidelines for COVID restrictions.

Fast Pass Classes are \$2.50 and can only be used on our 30-minute classes. Please see the colored grids on pages 82-85 for days and times.

We also offer 60 minute Punch Pass classes for \$4.50 each. Purchase your Punch Passes or your Fast Class Passes at either Fitness Center front desks. There are no refunds for Punch Passes or Fast Class Passes, and all passes expire one year after purchase. For a list of class descriptions, please refer to www.sclhresidents.com under WellFit tab. **PUNCH PASS EXPIRATION UPDATE: Punch Passes purchased before Dec. 1, 2019 will NEVER expire. Passes purchased Dec. 2, 2019-Dec. 1, 2020 have a NEW expiration of December 1, 2021.**

Cycle Core & Stretch

with Erin & Helena

Mondays, Wednesdays, and Fridays | 7:30 AM | KS Aerobics Room | \$4.50 per class

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- 8 IMMUNE SYSTEM**
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- 9 TEMPO CONTROL**
SPIN BIKES WORKOUT PROVIDES LIBERTY TO MODIFY AND CONTROL THE TEMPO OF THE WORKOUT.



OC OUTDOOR & VIRTUAL Class Schedule May/June 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OC	OC	OC	OC	OC	OC	OC
<p>Check WellFit homepage at schresidents.com for most up-to-date class schedules!</p>						
<p>VIRTUAL LIVESTREAM join through MindBody <i>for help logging in, email Danielle.Merrill@schca.com</i></p>						
9:00am						
Zumba Toning L2 Outdoor Seasonal OC parking lot - Joanie			Zumba Gold Joanie			
Group Exercise Classes (punch pass) \$4.50			Wellness Classes (session based, sign-up ahead)			
30 min Group Exercise Classes (Fast Pass) \$2.50			Small Group Training - SGT (session based, sign-up ahead)			
<p>Due to the COVID-19 pandemic classes are subject to change at any time. Please check your Fitness Centers for the most up to date class schedule.</p>						

Check WellFit homepage at schresidents.com for most up-to-date class schedules

KS WellFit Class Schedule May/June 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	KS	KS	KS	KS	KS	KS	KS
7:30	Cycle with Core & Stretch L2/3 - Helena		Cycle with Core & Stretch L2/3 - Erin		Cycle with Core & Stretch L2/3 - Helena		
8:45	Cardio Strength L2/3 - Helena	Core-N-Strength L2/3- Kim	Yoga Flow L2/3 - Erin	Core-N-Strength L2/3- Kim	Zumba Toning L2 - Ruby	Cardio Strength L3 - Katie	
10:00	Piloga L1/L2 - Gretchen	Zumba Gold L2 - Joanie	Cardio Strength L2 - Beth	Piloga L1 - Lola/Cynthia	Strength & Athletic Stretch L2 - Beth	Yin Yoga L1-3 - Katie	
11:15		SGT - 'Functional Fit L3 - Deanne	Living w/ Neck & Shoulder Pain - June 16 & 23 - Lisa Kwon & Danielle	SGT - 'Functional Fit L3 - Deanne		Allergy & Asthma Relief - Kelley Moreno - May 15	
12:30	SGT - Posture, Core & Balance L1/2- Renae	SGT - TRX Circuit L2 - Torin	SGT - Posture, Core & Balance L1/2- Renae	SGT - TRX Circuit L2 - MaryAnn	Wai Dan Gong L1 - Joan - No class 5/21	Traditional Shotokan Karate L1/2 - Al	
1:45	SGT - Balance and Fall Prevention - Renae	Tai Chi L1 - Anney	SGT - Balance and Fall Prevention - Renae	SGT - Rock Steady Boxing - Milly	SGT - Rock Steady Boxing - Milly		
3:00	SGT - Progressive Bootcamp L2/L3 - Torin	Tai Chi L2 - Anney	SGT - Progressive Bootcamp L2/L3 - Torin	SGT - ParkinsonStrong Combo L1 - Milly	Tai Chi L1/L2 - Anney		
4:15							
5:30							
Group Exercise Classes (punch pass) \$4.50						Wellness Classes (session based, sign-up ahead)	
30 min Group Exercise Class (fast Pass) \$2.50						Small Group Training (session based, sign up ahead)	
Due to the COVID-19 pandemic classes are subject to change at any time. Please check your Fitness Centers for the most up to date class schedule.							
Look for most up-to-date class schedules on WellFit homepage at schresidents.com							

OC Aqua WellFit Class Schedule May/June 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC Aqua Surge L2/3 - <i>Nina</i>	OC	OC Aqua Surge L2/3 - <i>Jiji</i>	OC	OC Aqua Surge L2/3 - <i>Nina</i>	OC	OC
8:45	Power Waves L3 - <i>Nina</i>	Aqua Intervals L2/3 - <i>Beth</i>	Power Waves L3 - <i>Jiji</i>	Aqua Intervals L2/3 - <i>Lisa</i>	Power Waves L3 - <i>Nina</i>		
10:00	Splash L2 - <i>Jiji</i>	Aqua Intervals L2/3 - <i>Beth</i>	Splash L2 - <i>Lisa</i>	Aqua Intervals L2/3 - <i>Lisa</i>	Splash L2 - <i>Lisa</i>		
11:15	Fluid Moves L1 - <i>Jiji</i>		Fluid Moves L1 - <i>Lisa</i>		Therapeutic Water Exercise SGT - <i>Lisa</i>		
5:00pm	Power Waves L1 - <i>Michelle</i> Coming soon!		Power Waves L1 - <i>Nina</i> Coming soon!				
Due to the COVID-19 pandemic classes are subject to change at any time. Please check your Fitness Centers for the most up to date class schedule.							
30 Minute Group Exercise Classes (fast pass) \$2.50							
Small Group Training - SGT (session based, sign up ahead)							
Group Exercise Classes (punch pass) \$4.50							

Check the most up-to-date class schedules on WellFit homepage at sclhresidents.com

Pilates Reformer WellFit Class Schedule May/June 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1-L2 - <i>Gretchen</i>	OC	OC	Reformer L1-L2 - <i>Cynthia</i>	OC	OC	OC
8:45	Reformer Barre L1-L2 - <i>Gretchen</i>		Reformer Basics + L1-L2 - <i>Cynthia</i>	Virtual Zumba Gold - <i>Joanie</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>		
10:00		Reformer Basics + L1-L2 - <i>Valerie</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Reformer Basics + L1-L2 - <i>Julie</i>	Mixed Equipment L1-L2 - <i>Cynthia</i>		
11:15		Reformer Basic + L1- L2 - <i>Valerie</i>	Reformer L1-L2 - <i>Gretchen</i>	Reformer Basic + L1-L2 - <i>Julie</i>	Cardio Jump & Core L2 - <i>Gretchen</i>		
12:30		Reformer L1-L2 - <i>Julie</i>		Reformer L1-L2 - <i>Julie</i>	Cardio Jump & Core L2 - <i>Gretchen</i>		
1:45		Mixed Equipment L1-L2 - <i>Julie</i>					
4:00				Reformer L1-L2 - <i>Valerie</i>			
5:15			Reserved for Nutrition	Reformer Basic + L1-L2 - <i>Valerie</i>			

All classes are subject to change without notice.

All classes are one hour unless otherwise noted.

All classes are subject to cancellation for insufficient registration 24 hours prior to class.

The most up-to-date class schedules are on MinBody or sclhresidents.com

Orchard Creek Lodge965 Orchard Creek Lane
Main Phone: 916-625-4000
Kilaga Springs Lodge 1167 Sun City Boulevard
Main Phone: 916-408-4013
Resident WebsiteSCLHResidents.com
Public WebsiteSunCity-LincolnHills.org
Help DeskHelp.Desk@sclhca.com

HOURS (CURRENT AS OF 4/30/2021)

HOURS SUBJECT TO CHANGE DUE TO COVID-19 RESTRICTIONS

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WellFit Orchard Creek Fitness Mon–Fri: 5:30 AM–8:30 PM Sat–Sun: 6:30 AM–8:00 PM Kilaga Springs Fitness Mon–Fri: 5:30 AM–4:00 PM Sat–Sun: 5:30 AM–1:30 PM	CURRENTLY CLOSED: Lodges (OC/KS) Lifestyle Desks (OC/KS) Kilaga Cafe Catering Office
The Spa at Kilaga Springs Mon–Fri: 9:00 AM–6:00 PM Saturday: 9:00 AM–5:00 PM	

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