

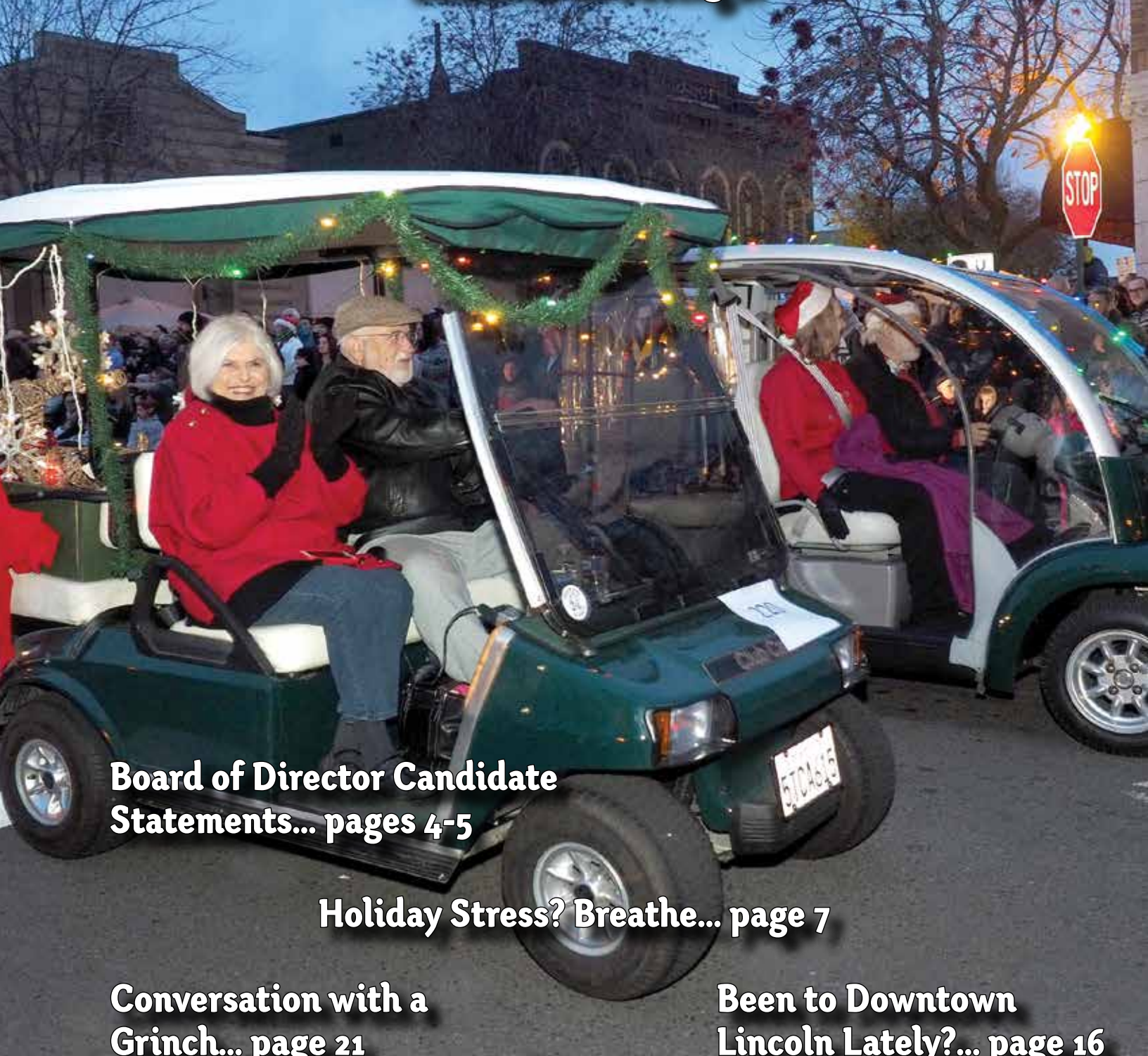


Compass

The Official Magazine of Sun City Lincoln Hills

December 2015

Seasons Greetings!



**Board of Director Candidate
Statements... pages 4-5**

Holiday Stress? Breathe... page 7

**Conversation with a
Grinch... page 21**

**Been to Downtown
Lincoln Lately?... page 16**

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On the cover

NEV members John & Roxie Higgins (foreground) and Clint and Maxine Ritchie participated in city of Lincoln's Hometown Christmas Parade and Tree Lighting Ceremony

Photo by Ron Nability Photography

Board of Directors Report

Denny Valentine, Director, SCLH Board of Directors



During our November meeting, the Board of Directors voted to post and publish modifications and additions to the SCLH Design Guidelines. These revisions respond to changes in technology, government regulations, climate conditions and resident requests. The document will be considered for adoption during the January Board meeting taking into consideration comments received from the membership. The revised Design Guidelines are posted in their entirety on the resident website and hard copies are available at Orchard Creek Lodge.

The proposed revisions fall into the following four categories:

- Use of consistent language, terminology and phrases;
- Revisions to existing design guidelines;
- Addition of new guidelines;
- Reorganization of the document to group similar guidelines together, e.g., all Landscape Guidelines have been grouped together in Section 6 and all Wall and Fence Guidelines are grouped together in Section 7.

New Design Guidelines include Bird Guards and Netting; Dry Creek Beds; Handrails; Knox Boxes; Landscape Walls; Rain Water Capture Systems; Reroofing; Seat Walls; Security Cameras; Umbrellas

and Weather Stations.

Major changes to existing Design Guidelines include:

Landscaping

Changes are focused on simplifying the method of determining the minimum required planting, and the quality and scale of the drawings submitted. The requirement for 33% plant coverage at the time of installation has been amended to a simple number of plants to be installed per 100 square feet of plantable area. The goal is to achieve 50% plant coverage at maturity. Additional language defines what an integrated Design Solution should include.

Drop Shades

Motorized drop shades will now be allowed on front windows along with side and rear windows.

Comments can be submitted to the Architectural Review Committee, the Community Standards Director and at the front desk. Comments received by January 10 will be reviewed and addressed at the January Board of Director's meeting. Comments may also be presented at that meeting.

Having taken care of business, allow me to join the rest of the Board in wishing you a merry and happy Holiday Season!



The Alzheimer's Association recently recognized Sun City Lincoln Hills for their participation in the Walk to End Alzheimer's. On behalf of the Association, Jeff Anderson, left, holds the award for the Top Ten Fund-Raising Teams and Jeannine Balcombe holds the award for Best Organized Transportation (thank you Amador Bus Company). Our thanks to all who contributed to this effort. To date our team has raised \$5,289

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

It's hard to believe we have come to the end of another year. We hope to see you Wednesday, December 16 between 10:30 AM and 12:30 PM as we share the holiday spirit with neighbors, Board members and staff in the Community Living Room (OC). Donna Jenkins and Cherilyn Duncan will be playing favorite holiday songs on the piano. Please stop by and share some cheer with us.

A perfect way to jump start the holiday season was the Players Group presentation of the *Christmas Gift*, a family musical written, produced and directed by resident Dolly Schumacher James. We are fortunate to have exceptionally talented members in our community share their gift of music, acting, dance, costuming, and technical know-how for our enjoyment. Thank you Players for another heartwarming production! The Chorus, made up of over 100 residents, presented us with *Holiday*

Harmonies, another beautiful concert for all to enjoy the sounds of the season. Thank you to all.

Hopefully you attended the city of Lincoln's Hometown Christmas Parade and Tree Lighting Ceremony December 5. We were pleased members of the Neighborhood Electric Vehicle (NEV) Group participated in the parade as shown on the cover of this month's *Compass*. Lincoln Hills' involvement in community events and services are important to the overall well-being of our larger Lincoln community. Make it a point to visit Lincoln's historic downtown businesses and view the mural located at 5th street and Lincoln Blvd (get a sneak peak on pages 16 and 17). Speaking of supporting our greater community, the Lincoln High School Choir is holding

Please see "Connections" on page 5



Calendar of Events

December 15-February 29

Date	Event	Page #
12/16	SCLHCA Open House Community Living Room	3
12/19	Grandkids Santa Adventure	46*
12/29	Bird: Annual Christmas Bird Count	25
12/20	Festival: Victorian Christmas	59*
12/29	Performance: Broadway Series—Pippin	52
12/31	New Year's Eve—Under the Sea	42
01/04	KS at the Movies: Jurassic World	41
01/04	Antiques Appreciation Show and Tell	24
01/04-05	Players: Readers Theater Auditions	33
01/05	Eye Contact: Handy Helper Services & Referral Info	28
01/06	Astronomy: "Fly to the Moon with Nina Mazzo"	24
01/06	Museum: deYoung SF—Two exhibits in one trip	49
01/08	Comedy: KS Comedy Night/David Studebaker	45
01/09	Performance: Odysseo Equestrian Spectacular	59*
01/11	Bird: Speaker—Specialist on Swainson's Hawks	25
01/12	Wildlife Heritage Nature Walk	41
01/13	Computer: Windows 10, "Round 2"	27
01/13	Day Trip: Cache Creek Casino	46
01/14	Concert: The Beth Duncan Jazz Quintet	45
01/14	Forum: High Speed Rail	100
01/15	Computer Clinic: Windows 10, "Round 2" continued	27
01/16	KS Classic Movies on Saturday: Rear Window	41
01/18	Astronomy: "Inflation Provides the Answer"	24
01/18	Astronomy: "The Quantum Origin of All Structure"	24
01/19	Videography: "Editing Basics"	36
01/20	Wildlife Heritage Nature Walk	41
01/21	Book Discussion: <i>Go Set A Watchman</i>	25
01/21	Sports: Sacramento Kings vs. Atlanta Hawks	54
01/22	Computer: Informal Q&A	27
01/22	Concert: Creed Bratton, Evening of Music & Comedy	45
01/23	Museum: Gridiron Glory—Best of Football Hall/Fame	49
01/25	Document Destruction	41
01/26	Concert: James Garner's Tribute to Johnny Cash	45
01/26	Day Trip: San Francisco Westfield Galleria	54
01/27	Music Group: Play Music and Socialize	31
01/27	Forum: Crafting a Plan to Preserve Memory Function	100
01/28	Astronomy: "Telescope Accessories"	24
02/01	Presentation: The Tibetan Monks "Inner Peace"	46
02/01	Sports: Sacramento Kings vs. Milwaukee Bucks	54
02/02	Performance: Broadway Sacto The Little Mermaid	52
02/05	Forum: Speech Trek—Gender Bias and Inequality	100
02/10	Performance: Jersey Boys at Orpheum Theater	49
02/11	Concert: Spencer Day "Addicted to Love"	45
02/13-14	Readers Theater "On the Street Where We Live"	33
02/16	Concert: Tom Rigney and Flambeau	46
02/18	Book Discussion: <i>The Boston Girl</i>	25
02/18	Day Trip: Jackson Rancheria	49
02/19-21	Painters Group: Annual Fine Arts Show	32, 41
02/21	Festival: Chinese New Year / San Francisco	49
02/23	Performance: Band of the Royal Marines	50
02/24	Forum: The Mind-Body Connection	100
02/26	Music Group sponsored Friday Night Open Mic	31, 41
02/26	Concert: Jay Alexander—Mind Tricks 2	46
02/27	Performance: Cirque de la Symphonie	50

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

Upcoming Association-Related Meetings: Date, Time, Place

December 15-January 31

Finance Committee Meeting	Wednesday, December 16, 9:00 AM
Golf Cart Registration	Thursday, December 17, January 7 & 21, 9:00 AM, OC Lodge
Board of Directors Meeting	Thursday, December 17, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, December 17, 10:30 AM
Board of Directors Executive Session	Thursday, December 17, 11:00 AM
CCOC/Clubs & Community Organizations	Tuesday, January 5, 9:30 AM
Compliance Committee Meeting	Wednesday, January 6, 10:30 AM
Properties Committee Meeting	Thursday, January 7, 9:00 AM
Elections Committee Meeting	Friday, January 8, 10:00 AM
ARC/Architectural Review Committee	Monday, January 11, 9:00 AM
CCRC/Communications & Comm. Rel.	Monday, January 11, 11:30 AM
Listening Post	Wednesday, January 13, 9:00 AM
New Resident Orientation	Wednesday, January 13, 1:00 PM
Finance Committee Meeting	Wednesday, January 21, 9:00 AM
ARC/Architectural Review Committee	Monday, January 25, 9:00 AM
Board of Directors Meeting	Thursday, January 28, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, January 28, 10:30 AM
Board of Directors Executive Session	Thursday, January 28, 11:00 AM

Meetings in OC Lodge unless noted otherwise.

Holiday Hours by Department

	Administration	Activities Desk	Fitness		Kilaga Springs Café	Meridians	The Spa at Kilaga Springs
			Orchard Creek	Kilaga Springs			
Thurs., December 24	8:00 AM-1:00 PM	8:00 AM-1:00 PM	6:00 AM-2:30 PM	6:00 AM-2:30 PM	6:00 AM-12:00 PM	7:00 AM-2:30 PM	9:00 AM-2:00 PM
Fri., December 25	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Sat., December 26	Closed	9:00 AM-4:00 PM	7:00 AM-8:00 PM	6:30 AM-6:00 PM	6:00 AM-4:30 PM	7:00 AM-9:00 PM	Closed
Thurs., December 31	8:00 AM-1:00 PM	8:00 AM-1:00 PM	6:00 AM-2:30 PM	6:00 AM-2:30 PM	6:00 AM-4:30 PM	7:00 AM-3:00 PM*	9:00 AM-2:00 PM
Fri., January 1, 2016	Closed	Closed	6:00 AM-5:30 PM	6:00 AM-5:30 PM	Closed	Brunch Event	Closed

Statements for Sun City Lincoln Hills Community Association Board of Directors 2016



Michael Deal

deal4sboard@gmail.com 408-386-0800

- I have recent BOD Director experience on a Hawaiian HOA.
- I will always listen openly to residents and staff and consider what's in the best interest of the entire community.
- I have managed large projects and value the benefits of teamwork.
- I have volunteered two years on the Architectural Review Committee.
- I volunteered on the Elections Committee in 2014-2015.
- Member of LH Players and the MAC club.
- I believe that VOLUNTEERING is the best DEAL for SCLH!



John Snyder

doc32346@aol.com 543-6668

My Priorities:

- Preserve our financial strength and integrity
- Work to the highest ethical standards
- Maintain a high quality of lifestyle, preserving common facilities and activities
- Communicate openly with residents and staff and be accessible to all residents
- Listen objectively in the interests of the entire community

Community Involvement:

- Resident since 2004
 - Nine years of continuous service to the Association
 - Served on the Board of Directors for four years; one as Treasurer and three as Vice-President
 - Served on the Finance Committee for five years and as its Chair for two years
 - Served on the Food & Beverage Committee
 - Working relationship with the Association's managers, staff and directors
 - Reviewed for the last nine years the Association's: Monthly financial statements; Audited financial statements; Departmental budgets, capital asset and reserve expenditures; Casualty insurance placement
 - Working knowledge of groups, and groups reporting
 - In-depth knowledge of the Association's operating departments
- My early training was as a CPA, with many years of experience as CEO, COO and CFO of large labor intensive multi-service and multi-state entities.

I ask for your vote for re-election to the Board of Directors of Sun City Lincoln Hills so that I may continue to work for our community. What we have here is special. I will focus on protecting and preserving our shared resource and our wonderful way of life.



David Conner

greyfoxdc@yahoo.com 543-0461

Dear Residents,

I am delighted to run again for our SCLHCA Board of Directors. As many will recall, I previously served for two terms, from 2009 to 2012. I have continued to attend committee meetings, Board meetings and have a positive relationship with our staff and Executive Director. It is vitally important to maintain a transparent relationship with the residents, and that openness should not be compromised for the sake of expediency or debate. Each member should feel their expressed thoughts and wishes are considered in the decision making process.

A Director's fiduciary responsibilities to the Homeowners Association are paramount among his or her duties. I will...

- Maintain our low dues structure, prudent investment practices and maintenance of our reserve accounts
- Monitor Association profit centers to insure proper service, quality and continuing economic feasibility
- Seek to find new method improvements or projects that may add value and cost savings to our community
- Remain cognizant of water issues and rationing policies to aid and assist in decisions regarding low moisture landscaping

I have a degree from Chabot College and I am a proud veteran of the U.S. Navy. I am a good listener, very approachable, and truly love our lifestyle. I believe our best is still ahead of us, and I do appreciate your votes.

Important Election Information

We are pleased to present the 2016 Board of Directors' Candidates and their statements.

Campaign information will be displayed on tables at both Orchard Creek (front hall) and Kilaga Springs (living room) Lodges starting Monday, December 14. The display will include a question box where you may submit any questions concerning our community that you would like to have answered/discussed at the forums by placing them in the designated box. The question boxes will be available for question submission until after the first Forum on January 12. Voter Proxy Packages are available at the OC Membership Desk for homeowners who may be traveling during the election period.

Candidate Forums will be held as follows:

- Forum #1 Tuesday, January 12, 10:00 AM-12:00 PM, OC Ballroom
- Forum #2 Thursday, January 14, 2:00-4:00 PM, OC Ballroom
- Forum #3 Saturday, January 16, 6:00-8:00 PM, Presentation Hall (KS)

Each Forum will be videotaped. Those tapes will be available for viewing on our resident website a few days after each Forum.

Candidate Statements for Board of Directors 2016 Election



Hank Lipschitz

hank.lipschitz@gmail.com 408-8568

My wife Randy and I have lived in Lincoln Hills for over 12 years. I have extensive experience in local activities including:

- SCLH Finance Committee for five+ years, three years as Chair
- Member of SCLH Foundation Investment Committee

- Member of City of Lincoln Investment Committee

I bring 30+ years of business and financial leadership as CFO of a Public/Private technology company. My experience includes budgeting, financial systems, Insurance, human resources and banking.

My Priorities are:

- Work to enhance our lifestyle, activities and facilities.
- I will focus on maintaining and improving our financial control systems.
- To provide the best value for our dues.
- To help our residents understand how decisions are made in as transparent a manner as possible.
- Work to safeguard community assets.
- Work for what is in the best interest of our entire community.
- Be open and listen to residents, staff and committees.

Connections

Continued from page 3

a fundraising concert in OC Ballroom January 7. Please go to page 39 for details about their upcoming trip and this concert.


If you do not read the Club News sections (pgs 24-37) in the *Compass* regularly, I encourage you to do so this month. You will find an abundance of activities to participate in and realize the many contributions club members provide to our community. Special recognition and thanks are given to our Veterans Club (p. 36) for making the November 11 Veterans Day ceremony memorable as we celebrated our military veterans.

There are exceptional events and trips planned for 2016. For example, have you always wanted to be an audience member in *The Price is Right* or *Jeopardy*? Check out page 54 for details! Perhaps you are ready to commit to Healthy Living with exercise and nutrition? (Pages 87 and 104) Whatever your desire, you will find several options for your enjoyment and health within these pages. Lifestyle Online, our online registration for Activities and WellFit classes and events, has been updated. Be sure to login with your household email and password prior to purchasing. If you have questions, please email us at LifestyleOnline@sclhca.com or call 408-4609. I hope to see you at our New Year's Eve party so I can personally wish you a Happy and Healthy New Year!

From the Executive Director's Desk

Chris O'Keefe

Executive Director, SCLH Community Association



Happy Holidays! Best wishes to everyone here in Lincoln Hills, and I hope your holidays are filled with family, friends, and good times. If family is not near, come up to one of our Lodges, enjoy the amenities, and make some new friends. Introduce yourself to staff, and let us know if there is anything we can do for you. This is your home ... I want to let everyone know that the solar project at Orchard Creek Lodge is online and generating electricity. I want to personally thank you for your patience during construction, and to thank everyone involved in the effort. Your actions will have a positive impact on our community for decades ... A customer service survey was sent out in November, and we had over 1000 residents respond. We got some great feedback, and we identified areas of opportunity for improvement moving forward. The survey results have been posted on the resident website for you to review. I want to assure you that we appreciate feedback, and we take your comments seriously. Looking ahead to 2016, we want to build upon the wins we achieved in 2015, and create a chain of sustainable success for the future. Our commitment is to strive for the highest levels of service possible, and to ensure that Sun City Lincoln Hills is the finest active-adult community around ... Sometimes we win, sometimes, well ... As many of you are aware, we had a malfunction during the November crab feed. We could have hung our heads, and tried to move on quickly, but instead, we contacted all residents who were impacted, refunded their money, and provided a second crab feed event at no cost. The response was great from our residents, and demonstrates clearly that we take ownership and value our residents. Thanks to the restaurant staff for your rapid response, and thanks to the residents who let us make it right ... Finally, I want to thank everyone who has assisted me in my first year as the Executive Director. From the Board of Directors, committee members, and residents who have taken the time to stop by and offer suggestions, your interest and assistance has been greatly appreciated. And to the staff here in Lincoln Hills, thanks for your support. Your efforts and hard work on behalf of our residents help to make this the special place that it is ... Have a great holiday season and we will see you in 2016!



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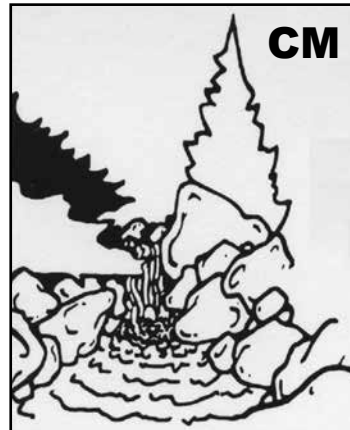
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20 Years Experience

WellFit News**Look Back at 2015 and What's Ahead***Deborah McIlvain, WellFit Manager*

The holiday season is a time to count your blessings and reflect on the year's events. We have had some changes this year, but all for the good. The transition from independent contractors to employees has allowed us to monitor classes more closely, to ensure quality instruction, design classes exclusively for SCLH, offer workshops and mentoring programs to our employees. We have also established a Pilates Reformer membership program and Bowen Therapy to our new WellFit Studio at OC.

We added new nutritional, cardiac and Living Through Transitions programs, as well as our successful second annual Breast Cancer Run/Walk, and expanded our retail offerings this year. We feel blessed to have such a great environment to work in and wonderful people to work with. We look forward to an exciting 2016 filled with new monthly events, expanded retail and more functional nutritional and Bowen Therapy services (see page 92—*You are your own best medicine*). It only gets better, so thank you for your continued support and Happy Holidays from the entire WellFit Staff!

Holiday Stress?**Breathe, Stretch and Move Your Way to a Healthier Holiday Season***Jeannette Mortensen, Fitness Supervisor*

Reduce your stress throughout this holiday season. Whether your stress comes from traveling, shopping, house guests, or the

temptation of excess food and drink, there are ways to battle this seasonal stress.

Mind-body exercises, like yoga and Pilates are also great stress relievers. *Yoga* has many poses that increase circulation and have beneficial effects on many hormones. A 2010 Harvard study showed that holding an open posture for two minutes lowers cortisol (a major stress hormone) and increases testosterone (a confidence-inducing hormone), inducing feelings of calm and confidence.

Spending too much time on your feet? Try a pose that takes your feet above your heart. Executing the legs-up-the-wall pose for just 30-60 seconds will take the pressure off tired legs, im-



A 2010 Harvard study showed that holding an open posture for two minutes lowers cortisol (a major stress hormone) and increases testosterone (a confidence-inducing hormone), inducing feelings of calm and confidence.

prove circulation and decrease swelling. This simple pose can also relieve ankle and leg edema after flying or traveling in a car for an extended period of time.

Both *yoga* and *Pilates* focus on your breath. Deep breathing inhibits our body's production of stress hormones, stimulates feel-good hormones. Taking the time to center yourself and get in touch with a sense of inner calm and tranquility is always a healthy thing for your mind and body. The meditative nature of Pilates and/or yoga can help you relax and find that mental sanctuary during the stressful holiday season.

WellFit Classes pages 83-97 • Class Grids pages 96-99

Aging Well**You Are Your Own Best Medicine***Shirley Schultz, Health Reporter*

Functional Medicine is a description of the shifting focus that is evolving in the practice of medicine and health care delivery from a disease-oriented model to a model emphasizing prevention and offering treatment that better addresses the underlying causes of disease or malfunction. It is more individualized and requires the active participation of the patient or client. Terms like "natural healing" and "Integrative medicine" are often used. This ongoing evolution is in large part due to changing demographics of larger numbers of older people living longer with chronic conditions and a health care system that cannot afford to just treat diseases. It is forcing health care providers to focus on treating the underlying conditions and prevention, and not just on the acute disease itself. This shift is called Functional Medicine.

The Institute of Functional Medicine lists six core principles of practice which are paraphrased here:

1. Understanding of the biochemical individuality of each

2. Treatment is patient-centered rather than disease-oriented.
3. Search for a dynamic balance among the internal and external body, mind, and spirit.
4. Interconnections of internal physiological factors.
5. Health is not merely an absence of disease, but identifies what gives life a positive vitality.
6. Promotion of organ reserve as the means to enhance the health span, not just the life span.

Although called a paradigm shift, the emphasis on personalized and preventive health care has been evolving for many years. Although not the only area for funding research, research dollars are channeled through what the National Institutes of Health (NIH) used to call The National Center for Complementary and Alternative Medicine and is now called The National Center for Complementary and Integrative Health (NCCIH). Providers are opening under such monikers as "Integrative Medicine." This means that many different types of providers such as medical doctors, nurse practitioners, chiropractors, naturopaths, nutritionists, psychologists, and many others are focusing on prevention by integrating

Please see "Best Medicine" on page 23

Tara Pinder

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Activities News & Happenings
Peace, Joy, Love to All!

Lavina Samoy, Lifestyle Manager

In this special holiday season, we wish you and your family peace, joy, love and good health!



'Tis also the season to look back and celebrate what we have accomplished and what to look forward to in the coming year!

2015 was a vibrant year for the Lifestyle Activities Department. With Deborah's leadership, residents and guests enjoyed a total of 64 events including eight Amphitheater concerts. We sold out multiple concerts in the Ballroom; both Spring and Fall Classical Music series at Presentation Hall received rave reviews; and the Summer Amphitheater Concert Series received the highest attendance to date. Let's end the year together with fireworks and join us for the New Year's Eve Ball. Last day to purchase dinner package tickets is December 24.

Katrina was busy putting together 104 trips including nine overnights and extended excursions discovering new places like Pacifica Castle, and she landed a hard-to-get tour of Carolands. We traveled farther and longer this year to experience the majesty of Pageant of the Masters in Laguna Beach.

Betty introduced 18 new classes in addition to an average of 55 regular monthly



Happy Holidays from the entire Lifestyle/Activities Team

classes. Her continued efforts to meet with students and instructors to understand interests and needs brought about new classes and fewer class cancellations.

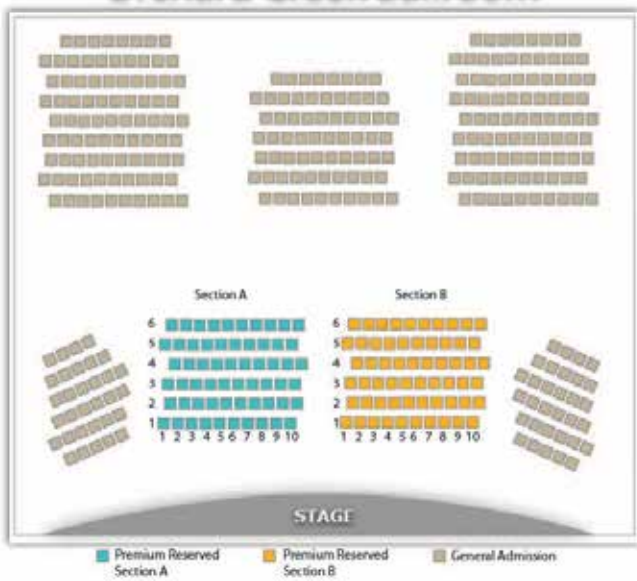
Here are some new programs to look forward to in 2016! Starting in January, a total of 15 classes are offering "Vacation Drop-in" opportunities for students. This allows regular students to enroll only on the days that they will be in town eliminating the need to enroll for the whole month session of the class (current set up). Note that not all classes offer this opportunity due to the nature of the class and required skill level. See page 61 for further information. Contact Betty Maxie, Class Coordinator (betty.maxie@schca.com or

408-7859), if you have further questions.

Beginning in February, show patrons in the Ballroom will actually enjoy reserved seating for those buying Premium Reserved Section tickets. Both sections A & B will be facing front center stage with six rows having 10 seats per row. For this special section, seats are numbered so you and your friends will know exactly where you will be seated so you can enjoy your dinner comfortably in Meridians. See Ballroom seating diagram below.

A lot more is in store next year that we hope you will choose to be part of. Our Lifestyle Activities Team looks forward to serving you with a smile and joy in our hearts!

Orchard Creek Ballroom



Beginning in February, show patrons in the Ballroom will enjoy reserved seating for those buying Premium Reserved Section tickets. Sections A & B will be facing front center stage with six rows having 10 seats per row. For this special section, seats are numbered so you will know exactly where you will be seated so you can enjoy your dinner comfortably in Meridians

Committee Openings

There are ongoing openings to the seven standing committees of the Board of Directors; committees with openings are shown below. Complete details and contact information can be found on the resident website under HOME on the menu bar. Your interest and participation is paramount to the successful governance of your Association. Committee applications are available at the Activities Desks, or download one from the Association Resident Form folder in the Document Library on the resident website. Questions? Please email the committee chair, address on page 102.

- ARC/Architectural Review Committee
- Compliance Committee
- Properties Committee

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We Have Survived the Drought (so far) and Other Things

Bill Attwater, Properties Committee Chair

Look around at our beautiful grounds. They have remained beautiful even though the state in 2015 went through the most devastating drought in modern times. While others have suffered, we have not. Why? The short answer is good planning and good management. Measures were



taken early on to reduce the amount of water use by installing technology that insured that water was used in our common areas only when water was needed, not on a time schedule. As a test, landscaping was changed in two Village parks to determine if the ambience of the parks could be improved while saving water. The result is that water use was cut in half in parks in Villages 16 and 40. I invite you to look at

the two parks to see for yourself how fresh and beautiful they are.

The year 2015 also brought us a solar facility that will ensure power reliability at

“Look around at our beautiful grounds. They have remained beautiful even though the state in 2015 went through the most devastating drought in modern times. While others have suffered, we have not. Why?”

a greatly reduced cost at Orchard Creek Lodge for the present and years to come. The solar facility was constructed in the OC parking lot with very little disruption to our use of the Lodge. The facility also provides shade for parking and lighting at night so

you can safely get to your cars. There is a solar monitor located next to the Activities Desk (OC) that shows how much electricity is being generated. Solar is also providing warm water for our swimming pools. Each pool has its own group of solar panels on the roofs at KS and OC.

We also quietly complied with the city of Lincoln’s new sign ordinance. The signage is designed to be compatible with our existing facilities.

While the big projects were going on, needed maintenance was being accomplished such as installing new flooring in the OC Fitness Center, resurfacing the parking lots, installing fans and shades at the softball fields, cleaning all the bathrooms twice a day, and the tidal wave of other cleaning and fixing that makes Lincoln Hills such a wonderful place to live.

New Year's Resolutions

Harriet Kaufman, Finance Committee Chair

We’re coming up to a new year. For me, that means making resolutions and setting goals that I vow to keep. I start out just great. Then something happens around March or April and the resolutions I made for the new year fade away in my memory.

What won’t fade away this year are my resolutions regarding the Finance Committee and its responsibility to the community. The committee takes its responsibilities seriously. The first and foremost important resolution is to keep our community protected and out of harm’s way. That’s accomplished by making prudent financial decisions and

recommendations to your Board of Directors. Our next resolutions have a lot to say regarding our feelings about communication. The committee’s second resolution is to clearly communicate to the community its financial status at our committee and Board meetings. Our third resolution is to work closely with other committees and executive staff in order to ensure that there is good communication and prudent decision-making. Finally, our fourth resolution is to be engaging so that more residents attend our meetings. In order to meet this resolution’s requirements, Finance Committee members and Bruce Baldwin, Finance Director, are discussing effective and easily understood ways to present monthly financials.

When the Finance Committee met on November 16, we discussed both September and October financials. We noticed that in September, the community finances were favorable to budget. That was largely due to the great concert series the community enjoyed this past summer. The October Statement of Operations year-to-date shows that we are \$238,122 favorable to budget. Additionally, the decision to redesign two Village parks has vastly saved water expense.

As of October 31, we had \$7,307,771 of cash and investments in our Reserve Fund. This represents 91.8% funding of
Please see “Finance” page 37



Statement of Operations YTD—September 2015

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$5,745,206	\$5,721,846	\$23,360	7,640,861
Administration (Expense)	(1,522,684)	(1,568,765)	46,081	(2,047,930)
The Spa at Kilaga Springs	(18,832)	49,045	(67,877)	67,070
Fitness	(275,719)	(307,320)	31,601	(410,250)
Activities	34,543	(126,595)	161,138	(173,450)
Rec. Center / Maintenance	(1,891,783)	(1,921,485)	29,702	(2,569,070)
Landscape Maintenance	(1,877,688)	(1,987,350)	109,662	(2,566,920)
Food & Beverage	(94,669)	(48,325)	(46,344)	(13,110)
Capital Asset	0	0	0	0
Net Revenues (Expense)	\$98,374	(\$188,949)	\$287,323	(\$72,799)

Statement of Operations YTD—October 2015

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$6,394,347	\$6,372,785	\$21,562	7,640,861
Administration (Expense)	(1,721,614)	(1,742,667)	21,053	(2,047,930)
The Spa at Kilaga Springs	(26,717)	53,310	(80,027)	67,070
Fitness	(313,399)	(339,105)	25,706	(410,250)
Activities	37,889	(130,810)	168,699	(173,450)
Rec. Center / Maintenance	(2,052,838)	(2,141,845)	89,007	(2,569,070)
Landscape Maintenance	(2,114,865)	(2,207,600)	92,735	(2,566,920)
Food & Beverage	(109,913)	(9,300)	(100,613)	(13,110)
Capital Asset	0	0	0	0
Net Revenues (Expense)	\$92,890	(\$145,232)	\$238,122	(\$72,799)

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Kris Holland, Manager, The Spa at Kilaga Springs

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Hello Holiday Shoppers! Here is what we have “in store” for you at your beautiful Spa at Kilaga Springs, the place you can shop for amazing gifts of beauty, wellness and, of course, pampering!



Since we had such a great success with our “Black Saturday” shopping event, we are pleased to announce that we are extending the Spa’s “Black Saturday” event discount pricing every Saturday through the month of December! That means that when you come in to the Spa to shop on any Saturday in December, every retail item is 10% off and includes our special gift of the “Black Saturday Spa Shopping Bag” for you to take home and keep!

Here are just some of the exceptional products and gifts you can look forward to purchasing:

We have our special beauty baskets that are wrapped in lovely holiday ribbon and clear wrap inside of gold and white brocade baskets. Our glitter beauty boxes

wrapped with the “secret list” of what is inside. And our beauty bags that can be custom filled and wrapped with our winter paper and ribbon.

“Since we had such a great success with our ‘Black Saturday’ shopping event, we are pleased to announce that we are extending the Spa’s ‘Black Saturday’ event discount pricing every Saturday through the month of December!”

We carry two award-winning professional skin care lines, Image and Hydro Peptide. From soothing cleansers and toners, to lightening creams and anti aging serums, we can customize a home care skin rejuvenation package for the loved ones you care for.

Our new OPI nail care holiday colors are in and they are spectacular! Our collection consists of an array of nail treatment kits, mini polish duo packs and hand lotion mini gift boxes that will make great stocking stuffers!

And now just arrived, our amazing

and healing pure essential oils from DoTerra in Wild Orange, Lavender, Peppermint, Tea Tree, Lemon and a special Holiday Blend. Also new from DoTerra, an incredible muscle pain relieving Deep Blue Rub with essential oils of wintergreen and eucalyptus and the new Vapor Stick that is so relieving from congestion and cold symptoms, you will be amazed at how quickly and calming these products will improve the way you feel.

We do hope that we have given you a “sneak preview” for your holiday shopping list. Our Saturday Spa hours are 9:00 AM to 5:00 PM and we will be serving Mimosas and Holiday Tea and cookies to make your shopping experience with us more enjoyable.

Happy Holidays and see you at the Spa!

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Jerry McCarthy, Director of Food & Beverage

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In November, I conducted the first ever open forum for the Food & Beverage



Department in the Presentation Hall (KS). The open forum started off with information and background of the nuts and bolts of the Food Service Department, after which we opened the floor to resident comments and concerns. We had a strong turnout of residents and a great exchange. It was very exciting to hear from a number of residents that recently moved into our wonderful community. The residents explained the process of visiting 20+ communities all over the western United States and deciding to move to Lincoln Hills. And hearing that Meridians played a role in the decision process was very satisfying. In addition, we heard from

residents that have been in our community many years and can remember the days when Meridians and Orchard Creek Lodge

“It was very exciting to hear from a number of residents that recently moved into our wonderful community. The residents explained the process of visiting 20+ communities all over the western United States and deciding to move to Lincoln Hills. And hearing that Meridians played a role in the decision process was very satisfying.”

were struggling a great deal. Overall the entire event was very enlightening to me and hopefully to all that attended. I plan on conducting these at least once a year.

To view the entire open forum login to the resident website and go to the Community Forum videos and click on Food and Beverage Open Forum.

Consistency, consistency, consistency. The most important aspect of the meeting that I took away is improving our consistency. We need to improve on the consistency of the food, focus on a consistent level of service, and deliver consistent financial results. When you combine the comments from the open forum and the results of the 2015 Resident Survey, the message is clear: we need to be consistent. We had approximately 100 residents attend the open forum and almost 1,000 residents respond to the 2015 Resident Survey. Thank you for taking the time to share your thoughts, suggestions, and comments. The only way that we can improve is by receiving feedback from our most important guests, you the residents.

Please see “Food & Beverage” page 37



Have You Been To Downtown Lincoln Lately?

Al Roten, Roving Reporter

When the Highway 65 Bypass was completed, the road through Lincoln was turned over to the city by the state of California. The roadway from the High School Rodeo Grounds to 7th Street became Lincoln Boulevard. The state provided funds to convert this downtown section of road from a pass-through thoroughfare to a pedestrian friendly city street. On October 17, we had a Grand Opening Parade and Ceremony to celebrate sidewalk improvements in phase one of the downtown retail/commercial section of Lincoln Boulevard. The parade, complete with cattle drive, was great fun. That noon, a stunning mural covering a half block on the side of Family Dollar Store was uncovered to the delight of all.

The mural theme given to several artists was "Honoring the Past & Embracing the Future." A committee of artists, Mayor

Paul Joiner, and City Manager Matthew Brower reviewed six conceptual designs submitted, and selected Dennis Mortensen to paint the mural. On August 11, the City Council approved selection of Mortensen Sign Works and Murals to proceed with fulfillment of his design concept. Funds for the mural were raised by the city of Lincoln, Downtown Lincoln Merchants Association, and the Art League.

At the City Council Meeting of October 27, Mayor Joiner presented Dennis Mortensen a key to the City. During the selection period, Mayor Joiner suggested that viewing the mural would be like going on an Easter Egg hunt: look for the hidden egg as you view the mural. Mr. Mortensen said that while painting he thought something else was needed. Just then, a pretty leaf drifted onto his paint pallet, asking to be included. You may find this leaf if you

look awhile. Also, somewhere hidden in plain sight on the mural is a small Mickey Mouse figure. See if you can find it!

The mural depicts the railroad, which came to Lincoln in 1861, making Lincoln the shipping and receiving point for Placer County for several years. The Gladding-McBean clay works came in 1875 and became the commercial backbone of the city for more than 100 years. Then there was the era of fruit shipping for which south Placer was famous in the 1930s. And finally, the beautiful buildings of the 1880s that survived fires are the core of commerce today.

Come to historic downtown Lincoln and revel in its glorious past and promising future.

This downtown Lincoln mural, painted by Dennis Mortensen, has the theme: "Honoring the Past & Embracing the Future."

Photo by Phil Robertson





Interesting Interviews of 2015

Nina Mazzo, Roving Reporter

Have you taken up a personal challenge in retirement to revitalize, reinvent, reawaken, or redirect existing skills? The following residents noted during our interviews that they utilized the opportunities and amenities offered throughout our community to motivate themselves as well as attempt something, either because it was outside their comfort zone or it drew their curiosity. Next year, I will add two components to residents I interview: unique hobbies/interests and volunteer efforts in the community.

Let's take a quick look back at those interviewed in 2015:

- **Bill Dickinson**—engineer to wood-carver extraordinaire (Woodcarvers Group)

- **Gary Ferris**—Ace Hardware store owner and exercise enthusiast participant in the Iron Man Triathlon (Fitness Center and Cycling Group)

- **Ron Olson**—electronics and engineering in the Defense Electronics industry, now part time teacher at Sierra College and founding member of the Astronomy Group

- **Elaine Prosser**—enjoyed singing in high school and now performs and sings in our productions and last year had the lead in Cinderella

- **Marilyn Clark**—social worker and attorney who took her skillset and became a volunteer attorney at Placer Superior Court in the office of Family Law Facilitator

- **Bob & Peggy Gentry**—retired from law enforcement work to travel, research, and discover ancestral relations as well as helping others gather family data

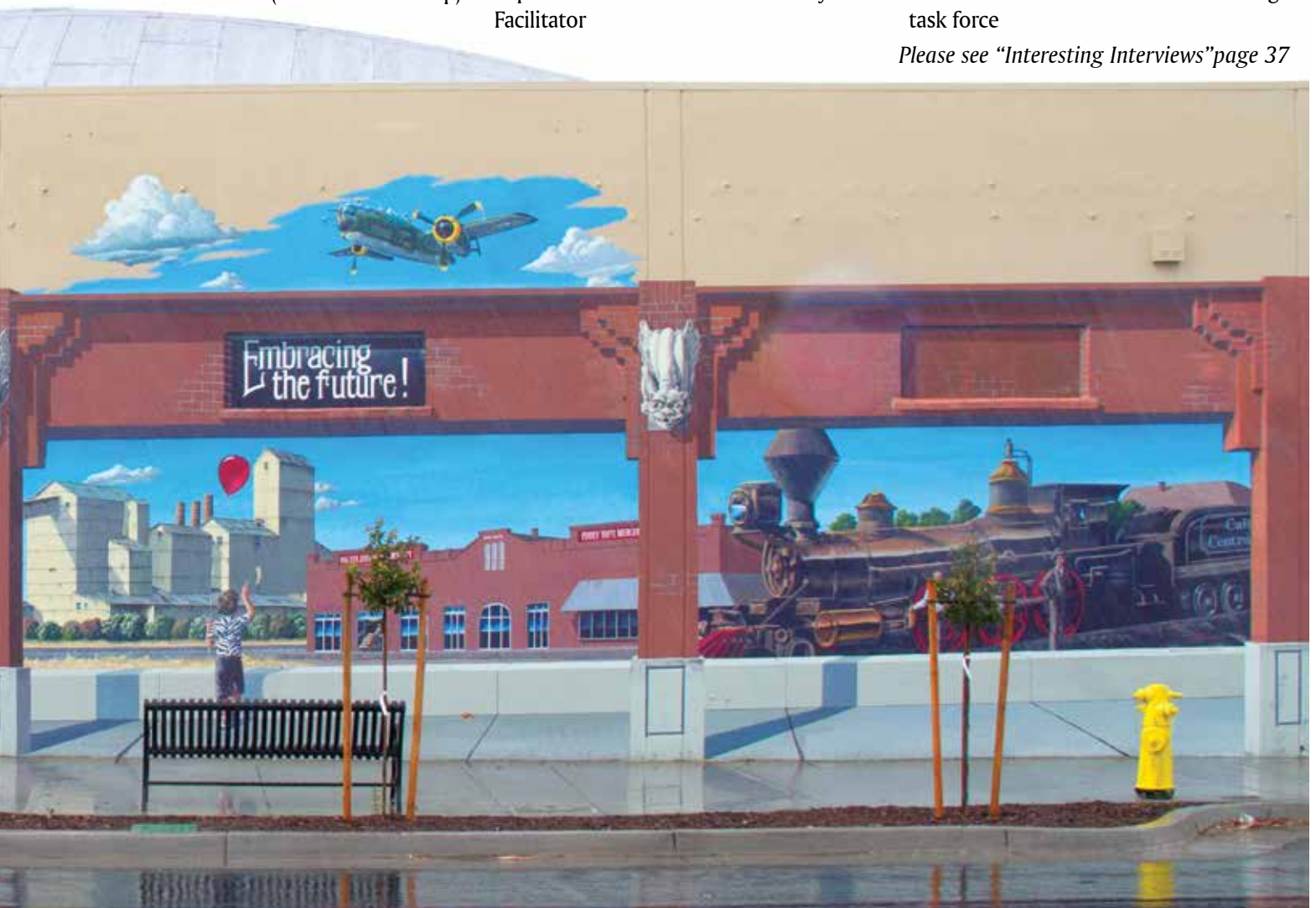
- **Thomas Roach**—electronic intelligence analyzing and data gathering, and today an accomplished photographer whose photos can be found in the *Compass*, *Lincoln News Messenger*, and more

- **Helen Rains**—clinical social work to line dancing, tutoring and volunteering in the Mac User Group

- **Klara Kleman**—clinical laboratory scientist who has volunteered on several committees, special projects, and task forces as well as village coordinator

- **Pete Savoia**—Nuclear engineer who plays softball and served on the Properties Committee and chaired the Room Usage task force

Please see "Interesting Interviews" page 37



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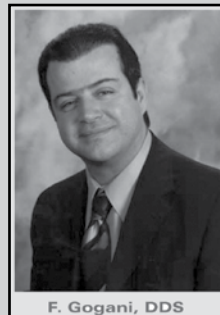
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Orienteering What's Next?

Dee Hynes, Roving Reporter

Succulent aromas will fill the air, teasing our taste buds and your popular family recipe will be a holiday favorite once again.

Gifts will be unwrapped with the excitement you hoped for. Afterwards, delightful faces will turn to you with wide, expectant eyes and ask, "What's next?"

Our community parks and trails hold the answer.

The parks await you for a game of tag with giggles or to try out a new airplane.

- **Crescent Circle Park**, Village 22B
- **Leavell Park**, Village 16
- **Stone House Circle Park**, Village 40

The trails noted below offer walks of five to ten minutes into the Open Space where you'll find bench or table seating and interpretive signs.

Once you reach the seating area, do stop a moment, as the bird chatter may increase and you'll be part of the holiday chorus of nature's subdivision.

- **Canyon Oak Trails:** Off Hidden Hills Lane, on the right just past Monument, two trails descend into our own oak canyon. Each trail reaches the benches in approximately 10 minutes. This is our most unique trail environment.

- **Ferrari Pond Trail:** Park at Angler's Cove and enjoy one of our most popular trails. Two interpretive signs are within a 10 minute walk.

- **Wetlands Trail:** At the end of Summerhill Lane, turn right on the Wetlands Trail, walking down a modest slope along the golf course to the Open Space. Within five minutes, you arrive at a bench and interpretive sign where you will gaze over the wide expanse of the Ingram Slough Preserve.

Enjoy the outdoors with your family this holiday season. Lincoln Hills is more than homes; it's the amenities we love.

See your Community Directory and Resource Guide foldout Maps one and three for street and trail details. Each trail is identified at the trailhead.



Dogs and their walkers enjoy the community park in Village 16

A Conversation with a Grinch

With thanks to Dr. Seuss

Doug Brown, Resident Editor



On a brisk sunny day a fortnight before Christmas, a Gnome left his home to roam nearby walkways.

Rounding a bend, the Gnome encountered a not-so-droll little troll of greenish hue. (Green should be seen as a color that's keen, thought the Gnome.)

"Good morning!" lilted the Gnome, smiling. "Don't you love these sunny winter days? You from around here?"

The troll frowned a frown that could blow one down. "Hmph! Who are you? Mind your own business, buster!"

The Gnome was taken aback. "Oh, dear, I meant only good cheer that's sincere for the season of Christmas!"

"Codswallop! Good cheer? Well, I *am* from around here! And speaking of Christmas, there's just too much of it here in this country!"

"Oh me, oh my! How can you ever have too much of Christmas?" questioned the Gnome, suspecting this poor troll's brain might be full of spiders.

"Don't get me started," sneered the troll.

Is there garlic in his soul? He's about as cuddly as a cactus, thought the Gnome. "Oh, please, sir, do share what's on your mind."

"Well, Christmas, Schmishmas!" Is his heart full of unwashed socks? "You see, I don't celebrate 'Christmas,' but this Christmas poppycock is forced on me, for Pete's sake." The Gnome wondered who Pete was. "There's just too much of it!"

"Well, sir, you should be happy that so many greeting cards and commercials wish us 'Happy Holidays' and not 'Merry Christmas.'"

"Indeeeed, I am!" Are those termites in his teeth? "But the holidays—just too many twinkling lights...and Santas...and angels!"

"But, sir, don't you just love all the decorations in the malls and neighborhoods? Don't they lift your spirit with the *joy* of the Christmas season?"

"Balderdash! You people keep trying to *impose* these holiday decorations on us! It's a free country! I shouldn't have to be bombarded by Christmas trimmings everywhere! I pay my taxes!"

Just then in a nearby residence the strains of Christmas carols could be heard. Gnome and troll fell silent.

"Well, what can I say, sir? ...Uh...you know, in two weeks our kids and grandkids are coming here for Christmas—food, presents, singing, and celebration! Please join us as our guest."

Dumbfounded, the troll managed to eke out a response, "Who? Me? I, uh, hmm...well...*maybe* I can come...if I'm not too busy! What's your address?"

As the troll began trudging down the path, the Gnome asked, "By the way, what's your name, sir?"

"Grinch. Mr. Grinch," he replied meekly.

"Merry Christmas, Mr. Grinch!"



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Neighborhood Watch

**Parties Galore at Neighborhood Watch
Larry Wilson Elected New Executive Director**

Patricia Evans

“The more we get together the happier we’ll be!” Lincoln Hills is jumping with party action this holiday season. The photos with this article show some of the merry-makers.

The Neighborhood Watch Annual Meeting celebrants indulged in a multitude of mouth-watering breakfast treats.

The newly elected officers for 2016 are Larry Wilson, Executive Director; Ed Zychowski, Assistant Executive Director; Don Budde, Treasurer; and Pauline Watson,

Secretary. Outgoing Executive Director Ron Wood presented roses or gift cards to the directors as appreciation gifts.

Golf is never out of season in Lincoln Hills and a putting green party was enjoyed by Village 1A as a belated National Night Out celebration.

Village 41A’s elegant, annual fall party was a resounding success with 110 party enthusiasts. It’s a great start for the holidays with fun for all and all for fun!

Please turn to page 32 for an important New Year’s resolution.

**Neighborhood Watch
Contacts**

- Larry Wilson, 408-0667 lgwlincoln@gmail.com
 - Pauline Watson, 543-8436 frpawatson@sbcglobal.net
- N.W. Website
www.SCLHWatch.org



An afternoon of golf at Village 1A

Neighborhood Watch Annual Meeting party participants



Village 41A enjoying a great party!

Best Medicine

Continued from page 7
such things as nutrition, exercise, use of the latest testing and diagnostic techniques, prescribing combinations of drugs and/or botanical medicines, supplements, stress management techniques, and therapeutic diets. The consumer must choose wisely from this menu.

Look for the 2016 Health Community Forums as well as the Wellfit Department offerings to emphasize aspects of Functional or Integrative Medicine. Put time in to your schedule to learn how you can be your own best medicine.



Club News



Alzheimer's/Dementia

Caregivers Support Group

There will be no meeting of the Caregiver Support Group in December. However, December 2015 marks the 10th Anniversary of this important support group. It has served and continues to serve hundreds of Lincoln Hills caregivers. Some are providing care in their homes while others are caregivers for a loved one in a facility or are participating in the care of a loved one from afar. All are learning about the disease and are doing their very best to care for their loved one.

Holidays are joyous for many but for caregivers it can mean additional work and stress. These caregivers are our neighbors. Please reach out to them when you can, and offer your support. It may be a small plant that says I am thinking of you; doing an errand to the Post Office, or preparing a casserole for dinner.

Support meetings will resume on January 27.

Contacts: Judy Payne 434-7864;
Cathy VanVelzen 409-9332; Maria Stahl
409-0349; AI 408-3155



Antiques Appreciation

Our December meeting was a delightful Holiday Luncheon in the OC Ballroom with delicious food, fun entertainment and 2016 Officers installed.

Monday, January 4, will be the club's first of the New Year's biannual Show and Tell programs—always a popular event! We ask our members to bring one or two of their favorite antique or vintage items. Your participation is most welcome.

We meet on the first Monday of each month at 10:00 AM in the breakout rooms of the Ballroom, Heights and Gables. If you collect or just appreciate antiques, we'd love to have you join us!

Contacts: Rose Marie Wildsmith 409-0644;
Barbara Engquist 434-1415;
Appraisals 408-4004



Astronomy

On Wednesday, January 6, Nina Mazzo will present "Fly to the

Moon with Nina" in the P-Hall (KS) at 6:45 PM. The earth's moon: our closest neighbor plays a vital role in our lives. Nina will take us on a tour as we look at formation, surface features, impact craters, and relationship to earth.

Monday, January 18—Cosmology Interest Group (CIG), Fine Arts Room (OC) starting at 5:45 PM—earlier than our normal start time. Continuing the DVD series "Cosmology—The History and Nature of our Universe." The January lectures will be #31, "Inflation Provides the Answer," and #32, "The Quantum Origin of all Structure."

The Telescope Interest Group (TIG) will meet on Thursday, January 28 at 6:45 PM in the Fine Arts Room (OC). The Sky and Telescope magazine video "Telescope Accessories" will be followed by a presentation and demonstration by John Combes on accessories.

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



Ballroom Dance

Beginning to think about your New Year's resolutions? Would you like to get more exercise for mind and body, learn a new skill, or socialize more? You could get all of that, and more, in Ballroom Dancing. Every month, except December, a different dance style is taught on Tuesday afternoons at KS. Join us in January for the ever-popular Waltz. Beginning group class is from 2:00 to 3:00 PM,



Nancy &
Donald
DeSantis

followed by one hour of social dancing to many different musical styles. More advanced group instruction is from 4:00 to 5:00 PM. Our dance instruction includes: Rumba, Foxtrot, Tango, ChaCha, East Coast Swing, Night Club Two Step, and of course,

the Waltz. Dues are a mere \$7 per year, and believe it or not, that includes *all* lessons! There will be lots of fun dance themed events to look forward to during the year, too. Let's all waltz into the New Year.

Contacts: Sal Algeri 408-4752;
Chris Geist 543-0176



Bereavement Support

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meeting will be January 13. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be at *Siinos*, Tuesday, December 29 and *Red Robin*, Thursday, January 28. Meet in front of OC Lodge by 11:15 AM to carpool to the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan.

Contact: Joan Logue 434-0749,
joanlogue@sbcglobal.net



Billiards

Couples winners with six wins, no losses were AJ Ahmed and Linda Scott.



AJ Ahmed
and Linda
Scott; Ron
& Sherry
Weech
and Rita
Baikauskas



Rita
Baikauskas
and Don
Oden

Two couples tied as winners, each with five wins and one loss. They were Ron & Sherry Weech, and Rita Baikauskas and Dan Oden.

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

Contact: **Tony Felice**, afelice@wavecable.com



Bird

Dick Anderson, wildlife biologist and specialist on Swainson's Hawks, will be speaking to the Bird Group during its January meeting. So, mark your calendar for Monday, January 11 and join us at 1:30 in the P-Hall (KS) to hear Dick's fascinating presentation.



Clockwise from upper left, Red-shoulder hawk; sora; Northern flicker

January 8, a Friday, we travel to Staten Island to watch the Sandhill Cranes fly into the Isenberg Reserve at sunset. This is one of the more beautiful sights. (In November 2013 The Nature Conservancy counted 3,500 Sandhill Cranes at Staten Island.) We will leave Lincoln at 1:00 PM. Before returning home we'll be stopping for a Mexican dinner in Woodbridge.

Just a reminder: the annual Christmas Bird Count will be Tuesday, December 29. If you would like to volunteer, contact Ruth Baylis at rbaylis2@yahoo.com.

Contact: **Kathi Ridley** 253-7086, kathiridley@yahoo.com

Lh_bird_group@yahoo.com

Website: www.suncity-lincolnhills.org/residents



Bocce Ball, Mad Hatters

Byron wanted to know why more people don't wear their SCLH name tags when they come to play Bocce. We didn't have a good answer for him. We try to wear ours every time we go out the door to attend a group function. We would encourage others to try and develop the habit of wearing their name tag any time they are going to be attending a group function where they are expected to interact with others, like Christmas or New

Year's parties. If you're playing a sport like Bocce or Table Tennis where people might not know you it's a good thing to do. Of course one reason people don't wear them is because they can't find them. We suggest you look on that sweater you wore to last year's Christmas party. We found one on the inside of our washing machine once.

Contacts: **Paul Mac Garvey** 543-2067,

pmac1411@aol.com;

Bob Vincent 543-0543



Book, OC

We at the OC Book Group wish all of you a very happy holiday and invite you to our first meeting of 2016 on Thursday, January 21 at 1:00 PM in the Multipurpose Room (OC). Newcomers are always welcome.

Schedule for 2016:

- January 21 *Go Set A Watchman* by Harper Lee
- February 18 *The Boston Girl* by Anita Diamont
- March 17 *The Nightingale* by Kristin Hannah
- April 21 *The Girl on the Train* by Paula Hawkins
- May 19 *The Wright Brothers* by David McCullough
- June 16 *Far From the Madding Crowd* by Thomas Hardy
- July 21 *Gray Mountain* by John Grisham
- August 18 *The Spellman Files* by Lisa Lutz
- September 15 *All the Light We Cannot See* by Anthony Doerr
- October 20 *Dead Wake; The Last Crossing of the Lucitania* by Eric Larson
- November 17 *Wish You Well* by David Baldacci
- December 15 Holiday Luncheon

Contacts: **Darlis Beale** 408-0269;

Penny Pearl 409-0510;

Dale Nater 543-8755

Website: <http://lhocbookgroup.blogspot.com/>

Wiki: <http://ocbookgroup.pbwiki.com/>



Bosom Buddies

Breast Cancer Survivors

Bosom Buddies participated in the 5K Run October 20 at KS. We had a booth and people walking. The ladies in

the photo of our booth are, from left: Val Singer, Patti Croft, Mary Kay Oravec, Jan Warren and Cindy Redhair.



The 5K Run booth; Carol Black, center, won the flower arrangement; Arden Bendorf was our guest speaker in November

Arden Bendorf, a member of The Lincoln Hills Garden Club was our guest speaker at our November General Meeting. We were treated to a demonstration of putting together flower/greenery center pieces for our holiday dinner table. She gave all of us great ideas to make our tables beautiful. Arden is adding to a potted plant in the picture. Carol Black was the winner of the gorgeous flower arrangement and she is joined by Judy Zografos on the left and Arden Bendorf. We are thankful to have one of our clubs giving us a demonstration.

Please join us the first Thursday at Patty McCuen's home 10:30 AM for our core (board) meeting and the second Thursday at the Multipurpose Room (OC) for our 1:00 PM General Meeting.

Happy Holidays to everyone.

Contact: **Marianne Smith** 408-1818

Website: www.suncity-lincolnhills.org/residents



Bridge, Duplicate

Through December, there will be no Wednesday duplicate games. Also, no game on Friday, December 25. The weekly game schedule will get back to normal in 2016.

Mark your calendars for the Spring National Tournament to be held in Reno, March 10-20. Also, tournament players should have their reservations for the Monterey Clam Bake Regional Tournament (January 4-10). For complete tournament schedules/details, visit the ACBL website (www.acbl.org/tournaments/).

Club games are played at KS Wednesdays, 12:30 PM, (includes a 199er section), Fridays, 5:00 PM, and Saturdays, 12:30 PM (includes a 299er section). Game fees: \$2 for members and non-members (first three visits), and \$5 for guests. Call Lynne White (253-9882), Squeak Connors (645-9085), Barbara Dorf (434-8234) if you need a partner. Or, for a partner in one of the limited games, call Nancy Rice (543-5275).

For additional information, visit the club website (below), or call club president, Sharon Neff.

Contact: Sharon Neff 543-8897

Website: www.bridgewebs.com/lincolnhills



Bridge, Partners

Call for early sign-up or just show up with your partner and standby in the Sierra Room (KS); you get to play if we have even pairs up to 28. We must be seated by 5:50 PM, with standbys seated immediately thereafter, and we must finish by 8:30 PM.

October 22 winners: First: Ralph Madson/Chet Winton; second: Johann/Paul Kiesel; third: Larry Mowrer/Warren Sonnenburg with night's high round of 1860; fourth: Nancy Rice/Ann Ulrich.

November 5 winners: First: Edith Kesting/Erica Wolf with night's high round of 1740; second: Ed Page/John Woodbury; third: Lynda Sader/Rosanna Jensen; fourth: Linda/Dave Mateer.

November 12 winners: First: Sue Cirerol/Dee Williams; second: Carol Mayeur/Dolores Marchand with a bridge daily double, a grand slam and night's high round of 1720; Third: Edith Kesting/Erica Wolf; Fourth: Larry Mowrer/Warren Sonnenburg.

November 19 winners: First: Kay/Ben Newton; second: Edith Kesting/Erica Wolf with night's high round of 1650; third: Warren Sonnenburg/Larry Mowrer.

Contacts: First/Third Thursday:

Kay/Ben Newton 408-1819

Second/Fourth Thursday: Dolores Marchand 408-0147/ Carol Mayeur 408-4022



Bridge, Social

Join us for Social Bridge on Fridays from 1:00-4:00 PM in the Sierra Room (KS). No partner needed but reservations required! We have a singles' rotation. Choose a partner for the first round then you will rotate. Arrive between 12:30 and 12:45 PM.

Winners—October & November: First Place: Dan Cronin, Lois Burke, Jean Richards and Jyoti Sitwala. Second: Pat Fraas, Pat Mullins, Jyoti Sitwala and Judy Ganulin. Third: Joan Singer, Richard Lund, Mo Scarpitti and Bev Dwyer. Fourth: Tied were Eleanor Amar and Lynda Sader, then Harry Collings, Bev Dwyer and Viren Sitwala.

Two Grand Slam Couples again this month. Both on October 30! First Alan Haselwood and Helen Helm bid and made seven Hearts. Following them, Pat Mullins and Lois Burke bid & made seven No Trump! Way to Go players!

Reservations—

December: Jodi Deeley (below) or Joanna Haselwood, 209-3392, ajhaselwood@yahoo.com

January and February: Chet Winton, 408-8708, cnwinton@sbcglobal.net or Helen Helm, 408-0428, h89elen@att.net.

Contact: Jodi Deeley, 208-4086

Jodi2@wavecable.com



Bunco

In November, the Bunco Group welcomed a new player Mary Swanson. It has been an interesting and fun year! We had three first-time players win prizes in their first session—Linda Lopez, Lee Bravo and Nancy Pecoraro. Sharon Chipman has attended 10 sessions and won five times, once three sessions in a row. Shirley Mohler holds the record for attending eight sessions with no wins. The Bunco Group has no losers and many new and wonderful friendships are formed.

The Bunco Group plays the third Thursday of the month in the Card Room (OC). Enjoy in the fun for only a \$5 player fee! Play starts promptly at 9:00 AM. Drop in when your schedule permits.

November Winners: Most Buncos Sharon Chipman; Most Wins Claudette Rhoads-Kinman; Most Losses C. Giggey; Traveler Mary Sweigert.

Next Bunco is Thursday, December 17.

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



Ceramic Arts

The Ceramic Arts Group would like to wish all of the CAG members and residents a safe and Happy Holiday season. This is a great time to enjoy the festivities with your families and friends.

We are looking forward to a new and exciting 2016 with lots of fun and more creative work!

There will be changes in the workshops and studio times due to the holidays, so please check the postings on the studio doors or check with Association monitors for revised times.

If you have any questions, contact Janet Roberts (below)

Contacts: OC Pottery: Janet Roberts 543-6015; Membership: Mike Daley 474-0910;

KS Earthenware: Marty Berntsen 408-2110;

KS Spanish Oils: Margot Bruestle 434-9575

Website: www.suncity-lincolnhills.org/residents, Clubs, Ceramic Arts



Chorus

Our thanks to all of you who attended and applauded our "Holiday Harmonies" concerts on December 13-15. We couldn't continue this annual tradition without your support, and your enjoyment of our performances makes all our time and effort devoted to them worthwhile.



Lincoln Hills Community Chorus

Rehearsals for our spring concerts on May 1-3 begin the afternoon of January 5, when we'll welcome new members. If you'd like to sing with us then, check our website and contact our membership chair, Suzanne Rosevold, or our director, Bill Sveglini, for more information.

Contacts: *Suzanne Rosevold 587-2024,*

sznnrsvld202@gmail.com;

Bill Sveglini 899-8383, sveglini@gmail.com

Email: lhchorus@yahoo.com

Website: www.lincolnhillschorus.org



Computer

Main Meeting: January 13, 6:30 PM—Windows 10, "Round 2" by Terry Rooney. November Microsoft did the first major upgrade to Windows 10. Called the November Upgrade, this version adds a number of new features to



Terry Rooney will present "Windows 10, Round two" on January 13

Windows: you can now do a "clean install" and activate Windows 10 with a product key from Windows 7 or 8 or 8.1. You can track a lost PC, Cortana, the digital assistant, no longer requires a Microsoft account. Improvements have been made to the Edge browser (but more are coming in 2016), it will now automatically sync your favorites and passwords across all your Windows 10 devices and a new version of Skype, messaging app, has been released.

Clinic: January 15, 3:30 PM—A continuation of Main Meeting, both at P-Hall (KS).

Ask the Tech: January 22, 10:00 AM Informal Q & A session for any and all technical questions, Multipurpose Room (OC).

Contact: *Karl Schoenstein,*

president@sclhcc.org

Website: www.sclhcc.org



Mac User

Another year has gone by and your Mac Users Group has elected a new slate of officers. They are: Vicki White, President; Helen Rains, Vice-President; Sharon Worman, Secretary;

and Gerry Esker, Treasurer. All of these wonderful volunteers are also members of the MUG Board of Directors and are very familiar with the workings of the Group. You may expect more of the excellent services and programs we have all enjoyed.



The members of the MUG Board wish each and every one of you a

Merry Christmas, Happy Hanukkah, and a Happy & Healthy New Year!

Seminars, workshops, and updated Apple information will continue in 2016 and beyond. Remember, membership in the MUG is only \$15 per year per household and includes access to our outstanding Assistance Line, staffed by some highly talented and knowledgeable volunteers. This service is worth every penny of the annual membership fee.

Contact: *Henry Sandigo (415) 716-0666,*

hsandigo@gmail.com;

Website: www.lhmug.org



Country Couples

The Post-Halloween Dance was celebrated on November 1 at the Sun City Roseville Ballroom. Couples dressed as clowns, buccaneers, witches, Mad Hatters, leprechauns, and in various other disguises as they danced to DJ Jim Keener's selections while enjoying a fabulous Mexican dinner. The camaraderie was in full force with an abundance of socializing, laughing and fancy footwork.

The 2016-17 Steering Committee positions have been selected: Chair is Marsha Brigleb, Vice Chair is Laura Wermuth, Public Relations is Rich Pick, Secretary is Margo Zamba, and Treasurer is Ern Hargis. Laura will assume writing the monthly *Compass* article, replacing Diane Carney,



Our favorite clowns, Ralph & Phyllis Svetich; Buccaneers, Dave & Marsha Hathaway

who has been the contributor for the last three years, and Terri Krucha will relinquish authoring the CC Sun City News article to a new contributor TBD. We wish the new officers and writers the best and offer our complete support.

Contact: *Kathy Lopez 434-5617;*

Margo Zamba 662-1628



Cribbage

Come join the fun at Orchard Creek Lodge on Tuesday mornings with a friendly group of Cribbage Players. We meet at 8:00 AM and have our warm-up/practice games until 9:00 AM. Then the mini-tournament begins, and continues until 12:00 PM. We play four-handed partner games using a rotation system. You end up with a new partner each game as the losing players move on to the next table, and the winning players stay. Each player keeps track of his or her own score.

Our weekly winners for the month of October were Steve Takacs, Sandy Pavlovich (two weeks), and Larry O'Donnell.

New players are always welcome, whether you are new to cribbage, or new to Lincoln Hills.

Contacts: *Larry O'Donnell 406-672-6493;*

Ken VonDeylen 599-6530



Cyclist

If any of our cyclists have ever cycled out through Penryn over the last seven years, they have probably stopped for refreshment's at the Trailhead Coffee & Cycling Lounge. Many of us have also used Jerry's expertise to repair or modify our bikes. After January 31, the Coffee & Lounge part of the business will cease to exist. Jerry has sold this part of the business to The Beach Hut Deli who has many locations throughout California. The bike repair & sales part of the business will continue to be operated from Jerry's home. The bike service will be operated as pick-up & delivery. If you need to have your bike serviced, call Jerry and he will arrange to pick up your bike, service it and return it to you. All of us, who have frequented the Trailhead, wish Jerry all the best in his new endeavor.

**Contacts: Steve Valeriote 408-5506,
jillsteval@gmail.com
Website: www.LHcyclist.com**



Eye Contact

Low Vision Support Group

Important!! New Location and Day for general meetings in 2016:

- General Meetings—First Tuesday of the month
- Fine Arts Room (OC), 2:00-3:30 PM.

Our General Meetings provide speakers who present a topic of interest to those dealing with low vision.

January 5 General Meeting—“Neighbors Helping Neighbors.” Our speaker will be Pat Togstad, Neighbors InDeed Board Member. Pat will present a review of the Handy Helper services and referral information that NID volunteers can provide.

Living Skills Meetings: These programs are helpful in guiding individuals to attain their goals of independence. Meetings are held on the fourth Thursday of the month at 10:30 AM in the Multimedia Room (OC).

Due to the Holidays: December—No Living Skills Meeting.

All meetings are open to all SCLH residents and can be especially helpful to those with low vision or those supporting loved ones with low vision.

Contact: Cathy McGriff 408-0169



Fishing

The LHFG would like to extend to our members warm wishes for a wonderful holiday, and that the New Year brings you many fishing opportunities.

Don Moura and his friend Earl, with a



A frustrated fly “tier” or I think I got it, in class; Earl & Don with their trophy Bass



guide fished on Clearlake with whitecaps, and rolling water, not something to take lightly in a small boat. Get to know Don and follow his lead to a successful day on the Lake. Don says “It is incredibly exciting and a lot of fun!.. and Clearlake is the place to go!” Don is first a Fly Fisherman and has learned the “dark side” isn’t bad.

You too can catch great fish, enjoy the company of friends, and fellow fishing persons. Join up today!

Our club meets the second Monday of the month, 7:00 PM, P-Hall (KS).

To join, contact Henry Sandigo at hsandigo@icloud.com.

**Contacts: Jerry Messier,
jmessier@starstream.net;
Henry Sandigo 415-716-0666**



Garden

Merry Christmas and Happy Holidays to You All!

There will be no December General Meeting.

The Garden Group Membership for 2016 will be \$20 per household. The decision for a change in dues was made by the Steering Committee to maintain the high level of involvement with programs, events, tours, socials, floral shows and Bonsai. The Garden Group has a focus on donating time and funding to Lincoln Civic Garden Projects.

We encourage you to join this active group of recreational gardeners (fourth Thursday,



Holiday Brunch Centerpiece; winter chores—pruning; compost those leaves

2:00-400 PM, KS).

Your membership entitles two members per household to attend the monthly general meetings with expert speakers in their fields and participate in the activities. Sign-ups will be available at the first General Meeting of the New Year—January 28, or you may fill out an application from the website (lhgardengroup.org) and mail it in. Contact: Marjie Anderson, 408-7685.

**Contact: Lorraine Immel 434-2918,
limmel@ssctv.net; Virgil Dahl 408-3748,
hasbeenvd41@att.net
www.lhgardengroup.org**



Genealogy

There will be no general meeting of the Genealogy Club for the month of December. We wish our members a very Merry Christmas and a Happy New Year! May 2016 be a safe and healthy one for our members as we usher in the new year!

The year 2016 will be another one of interesting speakers and presentation topics of importance to our members, which number 202 as we say “farewell” to 2015! You are also reminded that the Genealogy Club meeting in January will be important as our membership will elect new officers. There will be volunteer positions available and we ask you consider donating some of your time as a Genealogy Club volunteer.

The general meetings will again be on the third Monday of the month and start promptly at 6:30 PM in the P-Hall (KS). The social gatherings will continue following each general meeting. (January 18 meeting, however, will be at 5:30 PM.)

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



**Golf, Ladies
Ladies XVIII**

The Solheim Cup is an International Women’s Golf Event, but locally we have our own version. Our group competes against the 18-hole Ladies Group from Sun City Roseville. We play there and the following week they come here. It is great fun and there is always food and drink.

After the first round, Timber Creek was ahead by one point. The second day, on The Hills Course, our team prevailed



Joan Meyers and Edda Ashe; Margueite Hebert and her Timber Creek opponent



in the two-person scramble. Final Score Timber Creek 19½ points, Lincoln Hills, 23½ points. The Sunheim cup trophy is on display in the Golf Shop.

The event was organized by Joan Meyers from Timber Creek and Edda Ashe from Lincoln Hills. Our Club Champion, Rosie Warren put the mechanics of the event together with the Tournament Pairing Program.

Fun? All participants!

Bragging rights? Lincoln Hills ladies 18-hole golfers.

Contact: Donna Sosko 434-5527

Website: lhgxviii.com

Lincoln Hills Lincsters

On October 28 the Lincoln Hills Lincsters hosted the annual breast cancer golf tournament. The theme this year was, Taking a Swing at Breast Cancer, and was chaired by Pat Dangerfield and Joyce Bauer. Along with the Ladies XVIII Golf Group, friends, family, and numerous sponsors, a total of \$6,750 was raised. This was donated to the Placer Breast Cancer Foundation, an organization that was established



Pat Dangerfield, Cindy Picos, Joyce Bauer

in 2005 with the purpose of raising \$1.5 million to endow a chair at the UC Davis Comprehensive Cancer Center. This goal was accomplished in 2014. After some reorganization, the Foundation continues to embrace the objective of educational outreach and research funding. They educate women on both breast cancer and health issues. Following a soup and salad luncheon in the Orchard Creek Ballroom, Cindy Picos, a Placer Breast Cancer Foundation board member, accepted the donation and addressed the group.

Contact: Susan Pharis; firefly7554@aol.com



Golf, Men's

Early Sign-up: The Lincoln Hills Men's Golf Club and NCGA begins the 2016 "Early Registration." Renewing Members' dues from October 1 to December 31, 2015 are \$83. Beginning January 1, Renewing Members' dues will be \$93. New Membership to our club will be \$93, and will entitle the New Member to play in club events from October 1, 2015 through December 31, 2015. This is a great time to encourage your friends and neighbors to consider joining our club.

Fees for 2016 include hole-in-one insurance. Any member who has a hole-in-one in a club tournament/event will receive up to \$250 to pay their "Hole in One" bar bill.

By registering early, it will help the Board construct a realistic budget for 2016. Thank you for your Early Registration.

Applications available in the Golf Shop.

Contacts: Rodger Oswald, rodgeroswald@gmail.com



Healthy Eating

Our November club meeting featured a presentation on ideas and tips for ensuring healthy and safe holidays, including discussions on keeping stress levels at bay that are brought on by the dizzying array of holiday demands on us—parties, shopping, baking, cleaning and entertaining, to name a few. After the meeting, we adjourned to the Social Kitchen (KS) where we sampled locally-harvested foods, a regular feature of our monthly meetings.

Join us as we learn about the importance and joy of healthy eating. Monthly



Farmers Market scenes

meetings are the fourth Monday at 2:00 PM in the P-Hall (KS), except that we have no December meetings. January's meeting is the 25th. We'll learn about the fascinating world of the human gut microbiome in each of us and its importance to our good health from Dr. Carolyn Slupsky of the UC Davis Department of Nutrition & Food Science. Guests welcome.

Contact: Don R. Rickgauer 253-3984, Sclh13HealthyEating@gmail.com



Hiking and Walking

Did you know that the Hiking and Walking Group are two distinct and separate parts under one umbrella? The Walking part is a subgroup of the Hiking Group. The big difference between the two parts/sections is this: The Hiking Group organizes and leads hikes in areas outside of Lincoln Hills, whereas the Walking Group takes their walks on the many trails within Lincoln Hills.

Currently, there are a total of 192 members, 148 of which are hikers and 44 are walkers. Membership dues are \$5 per person which gives one the opportunity and freedom to participate in both sections—hiking and walking, although most members choose one activity over the other. Hikes are typically conducted weekly, on either a Tuesday or Thursday.



Brown's Ravine hike, Folsom Lake in background (extremely low water level); Miner's Ravine hike, wild turkeys lead hike for a short distance; Quarry Trail hike, hikers in front of the Mountain Quarries Mine entrance

The Walking section has regularly scheduled walks every Wednesday. Read the website (below)—it is filled with a lot of great information!!

Contacts: *Phil Huntingdale 408-1747, smccoubrey@sbcglobal.net*
Walking: *Louis Bobrowsky 434-5932, louisbobrowsky@yahoo.com*
Website: <http://lincolnhillshikers.org>



Investors' Study

We begin a new year on Thursday, January 7 at 2:30 PM in the P-Hall (KS). Russ Abbott of Morgan Stanley will be our kick-off speaker and has identified speakers for the first six-months of 2016. Feedback regarding our speakers has been very positive all year. We have limited space in the room so sign-up and join us

for a stimulating year.

New Year means new dues. Dues are \$15 per household. Please use a check (no cash) made out to LHISG. See you in 2016.



Russ Abbott, Rosalind and speaker Brian Scott, CFA, Vanguard Investment Strategy Group

The Active Investors sub-group meets the second Monday of each month at 3:00 PM in the Multimedia Room (OC). Bill Ness, 434-6564.

Contact: *John Noon 645-5600*
thenoons@att.net



Lavender Friends

The Lavender Friends Club is a social organization serving the Lesbian, Gay, Bisexual, Transgender Community and those in friendship in Sun City Lincoln Hills.

Lavender Friends is completing a busy year of activities including a celebration of the June Supreme Court decision to honor same sex marriages throughout the United States. The holiday season brought us together for concerts, the Christmas Dance, and the gatherings of family and friends to celebrate the season. Upcoming club activities include a Movie and Happy Hour on December 22, Glow Bowling on December 30, a General Meeting on January 9 at 3:00 PM, and a Potluck with a speaker on February 20.

Community Activities include Greater Placer PFLAG meets on Monday, January 11 from 7:00 to 9:00 PM at Sutter Auburn Faith Hospital, 11815 Education Street in Auburn.

Contacts: *Sheila 408-2802, Carol 295-0610 or Gina 209-3925*
Website: www.lavenderfriends.com



Line Dance

Your steering committee wishes you a very happy holiday season! While there

are no line dance classes in December, over 100 dancers enjoyed an evening at the Holiday Appetizer Extravaganza and Dance Party held on December 7. Our fabulous instructors were there leading various dances, and there was also an hour of open dancing. A fun time was had by all! Several dancers also enjoyed the John Robinson workshop this month.

Classes will resume in January, so check page 66 of this month's *Compass* for the levels and times. You will want to put on your dancin' shoes in 2016 to work off the holiday food and get back in shape. It might be time for you to move up a level, and January is the perfect time to do that. Be sure you have read the article in the



Helen Rains, Sheridan Brown, Janet Burns, Janet Hamil

November *Sun Senior News*, which gives guidelines about changing a level.

Contacts: *Sheridan Brown 408-5674, shrdnbrwn@yahoo.com; Carol Rotramel 408-1733, caroled1974@gmail.com*



Mah Jongg, Chinese

Greetings! Please plan to join us on Monday mornings in the Card Room (OC). Play starts at 9:00 AM, with arrival time being 5-10 minutes before 9:00 AM. Play continues until 12:00 PM, with an optional extension to 12:30 PM—which is to be decided at the table where you play.

Chinese Mah Jongg is a game of strategy and, sometimes, luck. It is played with tiles and is similar to playing rummy. If you are curious about learning this game, please plan to join us. We will welcome the opportunity to teach you. Even if you already know how to play this game, we will welcome your attendance.

If you have any questions, please call one of the contacts, below.

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



Mah Jongg, National

National Mah Jongg meets weekly on Tuesday from 12:30-4:00 PM in the Card Room (OC). Currently, everyone who plays is familiar with the game. If you own a card and know how to play, please join the group to meet new friends and exercise your mind. Fran Rivera, teaches new players in her home at no charge, however; all her teaching tables are full until after the first of the year. Please give her a call about mid-January at 434-7061.

Contacts: Carol Vasconcellos, 209-3457;
Judy Rosenthal 408-857-1353;
Fran Rivera, 434-7061



Mixed Media Collage Arts

Creativity as a process takes many shapes and forms, which leads us to this month's article. In a recent workshop, a couple of folks realized they preferred straight lines and filled space on their canvas while others wanted circles and empty space in their work.

Colors—well that generated a round of discussion—do you like muted, neutral, or sensational, hmmm. Well let's not forget texture and maybe mixing new and old ephemera (nicer word than stuff). What



Lynne Fee leading a workshop

if we were to tell you there is no right or wrong answer and there are no mistakes in this wonderful world we call Mixed Media Collage.

We meet on the third Wednesday starting January 20 from 1:00-5:00 PM in the Ceramics Room (OC). All levels welcome as we work on individual projects.

Dues \$10 per year.

Contacts: Nina Mazzo 408-7620,
ninamazzo@me.com; Frima Stewart
253-7659, frimastewart@gmail.com



Motorcycle

RoadRunners

Our riding year has concluded with a dinner party to celebrate another successful touring season. We had 12 events for riding/socializing with an occasional impromptu tour thrown in for good measure. The dinner party included the installation of our officers, who will lead us and plan for the activities of the coming riding year. Thanks to Doug Sterne, our returning President, John Marin, our returning VP/Head Road Captain, Patrick Chaves, our returning VP Membership, Larry Ridley our returning Treasurer, and Richard/Millie Eslinger returning Secretary.



RoadRunners prep for Icicle Ride

The final ride, "Icicle Tour," turned out to be the most participated riding event of the year! Thirteen riders set out on a chilly morning that turned into an enjoyable riding day. Thanks to John Marin, VP Head Road Captain.

February 25 will be the next RoadRunners meeting at 6:00 PM in the Multimedia Room (OC). Guests are always welcome.

"Ride Safe—Ride With Friends."

Contact: Patrick Chaves 408-1223,
patmcspeed@gmail.com



Music

There will be no Music Group events in December.

On Wednesday, January 27, the Sun City Lincoln Hills (SCLH) Music Group will hold a monthly music meeting from 6:30 to 8:30 PM to play music and socialize (OC Lodge, Fine Arts Rm.). SCLH residents and their guests are welcome.

The next SCLH Friday Night Open Mic is scheduled for Friday, February 26 from 6:00 to 8:30 PM. (P-Hall, KS). Performance sign-ups begin at 5:30 PM. The event is open to SCLH performing musicians, their

guests and audience members. No karaoke is permitted.

The SCLH Ukulele Jam Group, held Wednesdays from 1:00 to 3:00 PM (OC), is open to anyone with an interest in playing the instrument. Contact group leader Ron Peck (409-0463) for information.

By Carol R. Percy.

Contacts: Carol Percy 543-1365,
crpercy444@gmail.com,
Julie Rigali, 408-4579, jrigali@yahoo.com
Website: www.suncity-lincolnhills.org/
residents, Association Clubs, Music



Needle Arts

Threads of Friendship

Big crowd, delicious food, fabulous entertainment... what else can one ask for? The Holiday Tea was a hit as usual and everyone went home happy. The beautiful centerpieces were made by volunteers; the music performed by the St. Rose School Bell Choir was heavenly. What a wonderful way to enjoy the holidays.



Cody Rice amputee Veteran receiving quilt made by Clareen Bolton; Noah Bailey, amputee Vet receives Bev Johnson's quilt

Last month, in celebration of Veterans Day, two Wounded Warriors were the

recipients of colorful red, white and blue quilts. The NA Club is very active. In a few weeks we will be sharing the work of many with toys and clothing for our adopted families and hand crafted objects galore for other agencies. It is wonderful to feel the love, and know you have made a difference.

The new Board will be taking over in just a few weeks and welcome all to join them at the general meeting, January 12 at 1:00 PM at the P-Hall (KS).

Contact: Carol Matthews 543-7863,
carolm1929@gmail.com

Website: www.sclhna.com



Neighborhood Watch

"An ounce of prevention is worth a pound of cure," especially where your handy billfold-size Personal Medication Record card is concerned. Need a fresh card? Call your Neighborhood Watch captain or a contact below.

The challenge is to keep this little jewel up-to-date! That ounce of prevention could be as simple as writing at the top of each month's calendar "Update Personal Medication Record card!" Time can be of the essence in case a critical illness or accident strikes.

A doctor's appointment today? Whip out this handy card that folds neatly into your billfold and it will have your emergency information. No more laying out the contents of your billfold to find what you need!

The lottery of life brings the fire engine and ambulance to Lincoln Hills an average of three or four times every day. Do yourself a favor and bring your Personal Medication Record card up-to-date *now*.

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

Website: www.SCLHWatch.org



NEV

A few changes for the NEV Club in 2016. There will be quarterly meetings instead of monthly meetings. Watch the *Compass* for dates to mark in your calendar, and email reminders will be sent to members.

Our December 8 Christmas Party was

a joyous success with music entertainment, fine food, gift prizes and all of the elements of camaraderie amongst the members. A great way to complete the 2015 events for the Club.

Plans for 2016 will include one luncheon membership meeting as we had in 2015. It proved to be a resounding success. Watch for the date.

Join us on January 19 for the membership meeting at the P-Hall (KS), 10:00 AM.
Contact: Dan Gilliam, President 209-3946



Painters

The November Club Challenge had a great turnout of 21 still life paintings. Prizes were awarded for first, second and third places. The new year will kick off with a review of the process for the Fine Arts Show at the January meeting. The rest of the year will have a variety of well-known speakers and demos—watch Club News for the current presentations.



Challenge winners: Margot Comer (third), Marilyn Rose (first), Jim Brunk (second)

The Annual Fine Arts Show, February 19-21, is a wonderful opportunity to see what the artists of our community have been working on—approximately 60 artists each submit up to four works of art. If you haven't attended in the past, mark your calendar to see the talent of our neighbors.

By Joan Musillani.

Contacts: Joyce Bisbee 672-7252,
joybis@aol.com; Jack Cook 408-7305,
lj4cook@aol.com; Jim Brunk (plein air),
434-6317, brunk@starstream.net
Website: www.lhpainters.org



Paper Arts

In November we gathered a car full of toys and gifts for foster children and in December we loaded up boxes of

donated food for the Salt Mine. The spirit of giving is alive and well with all the Paper Arts members.

Our Christmas luncheon was a great way to start the holiday season. Our centerpieces, adorned with our handmade snow globes, graced our tables. Good food, good friends and another great year were celebrated.

We are especially grateful to Sue Manas, our outgoing president, for her years of leadership and dedication to our club. Our membership has grown, our charitable projects have multiplied, and our creativity has flourished. Thank you Sue! Shirley Rainman will take on the role of president in 2016 and we look forward to continued growth and creativity.



Paper Arts members make Christmas brighter with toys for Foster Children

Happy Holidays to all and check out our window at OC for beautiful Christmas card designs.

Contacts: Sue Manas 408-1711;
Reg Fabian 645-9090



Pedro

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

Pedro meets in the Card Room (OC) on the first and third Fridays of the month from 9:00 AM to 12:00 PM. We hope to see you there.

Contacts: Denise Jones 543-3317,
djonesea@att.net; Doris DeRoss 253-7164,
dorisdeross@gmail.com



Pickleball

Pickleball's popularity continued during 2015. We recently surpassed our record-breaking 500 member mark!

Dave & Sally Chambers, our 500th and 501st members, have received free LH club shirts. Watch for continued club growth in 2016.



We welcome our club's 500th & 501st members, Sally & Dave Chambers

We welcome our three new Board Members for 2016-17. They are Peggy Holt, Secretary; Lisa Howard, Social Director; Mike Gardner, Publicity. Thanks to outgoing 2014-15 Directors: Wendy Soares, Cindy Pulliam and especially Lynn Fraser for planning our parties and organizing an abundance of new activities for members.

New time for Cal's beginner clinics will be Wednesdays at 1:00 PM starting in January.

Want to experience indoor pickleball? Try Courtside Center's 12 new indoor courts in Rocklin. Check out courtsidecenter.com for information on hours, membership/drop-in options, clinics, tournaments, leagues, etc.

Our next Board Meeting will be January 13, 2:00 PM in the Ceramics Room (OC) and is open to all club members.

Contact: Marty Rubin 408-3494, marty629@gmail.com

Website: www.lhpickleball.com



Players

A Merry Christmas from the Players. We thank you for your support and buying tickets to our performances throughout the year.

Readers Theatre auditions for "On the Street Where We Live" will take place January 4 and 5, from 6:00 to 8:45 PM, in the Fine Arts Room (OC); and will be presented February 13 and 14.

The cast has been chosen for "Curious Savage," a high comedy directed by Paul Gardner and produced by Norah Prouhet, with performance dates on March 2 and 3. The story takes place at a

sanitarium in the 1950's and tells the story of Ethel Savage, who inherits millions of dollars that her step children try to get away from her.

If you would like to perform or work backstage, we hope you will come to our next meeting on January 11 at 4:00 PM. For more information about these events call Kevin Smith.

Contact: Kevin Smith 408-1818,

kbsmith17@yahoo.com

Website: www.lincolnhillsplayers.com



Poker

The Poker Group plays a variety of poker games every Monday, 1:00-4:30 PM, Tuesday, 5:00-8:30 PM and Friday 1:00-4:30 PM in the Multipurpose Room (OC). Games are played using script, and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

For Texas Hold 'em players, there is a separate table available on Mondays, Tuesdays and Fridays—same times.

Any questions, or to be added to our email distribution, please contact one of the following members:

Contacts: Paul Marcorelle 925-658-2404;

Lynne Barsky 253-3730



RV

As another year comes to a close, the RV group has already booked nine trips for the new year. In 2015, the club visited RV resorts in Desert Hot Springs, Red Bluff, Santa Cruz, Buellton, Newport Beach, and two in Oregon. Rallies in 2016 include trips to Palm Desert, Pismo Beach and Paso Robles, Yosemite, Lake Tahoe, Graeagle, Bodega Bay, and Plymouth. Come join us, we meet the



New RV Group officers, from left: Renee Honnoll, Vicki White, David Africa, Betty Schumacher, Linda Dern

second Thursday of each month at KS, meetings are followed by a potluck—a good time to swap travel stories and RV tips. We have all types and sizes of rigs in our club, none too small or too large, well maybe one or two.

New officers were installed at the annual holiday party at Turkey Creek. President, David Africa; co-vice presidents, Renee Honnoll and Vicki White; Treasurer, Betty Schumacher; and Secretary, Linda Dern.

Contact: David Africa 708-0009

Website: www.lhrvg.com



SCHOOLS

Sun City Helping Our Outstanding Lincoln Schools

We hope your holidays are filled with family and friends. This month we are pleased to tell the story of Richard Engelsen, a SCLH woodworker who, working with a group of S.C.H.O.O.L.S. volunteers,



Richard Engelsen, a SCLH woodworker, worked with a group of S.C.H.O.O.L.S. volunteers to start a chess club for fifth graders

started a chess club for fifth graders at Creekside Oaks Elementary School. Richard worked with Jenna Nohel, fifth grade teacher and Principal, Mr. Pickett. Richard came up with the idea to build a life-sized chess set. Wood was donated by Auburn Hardwoods. The 32 pieces were completed just before school started. A

community artist donated time to paint the chess board on the school grounds. The amazing project involved the students by letting them paint the chess pieces in the school colors of green and yellow. The students study chess strategy and play during their lunch hour as teams. We are grateful to have such creative and generous volunteers. For information about becoming a S.C.H.O.O.L.S. volunteer, contact:

Contacts: Cindy Moore 408-1452, cindymoore@me.com; Sandy Frame 408-1453, ssframe1963@gmail.com; Sandy Barry 209-3247, pennelane1944@yahoo.com Cindy Moore 408-1452, cindymoore@me.com

the Card Room (OC). You are welcome to join for the whole session or just drop in for a game or two. Let's Scrabble!

Submitted by Connie Protto.

Contact: Anne McMaster 409-5408



Singles

Dynamic Singles

We're half-way through Party Time! Trying to fit in all of the parties and family festivities is a challenge. How are you holding up?

More for your calendar: Dining Out on December 17 at Rubinos. The 28th is our Pre-New Year's Party. January Birthday celebration on the 3rd. Activities Meeting is January 5. Cocktail time is the 7th. Second Saturday Breakfast on the 9th. At our January 14 meeting, Richard Fuller will speak on his Tour of World Eruptions. Membership dues, which remain at \$15, will be collected at this meeting or mail them to Mari Long any time. Pay your dues by January 28 to attend the Pre-Super Bowl party at no cost. Look for the Dynamic Singles Flyer for details and contact persons.

We wish you a Merry Christmas and a Happy New Year. May you enjoy Good Health, Peace and Happiness throughout the year.

Contact: Judie Leimer 408-4308, j.leimer@icloud.com



Ski

Yeah! We had skiers on the slopes starting in mid-November. A very good ski season is shaping up nicely. Make sure you are on our club roster to get the weekly day trip emails (by paying your 2015/16 dues); this helps members ride share to the local resorts on weekdays.

Helping us to be slope-ready, the annual ski conditioning Small Group Training class held in November-December in KS was sold out.

A good member turnout was on hand in November to hear and question a California Vail Properties representative. Our next general membership meeting will be 4:00 PM on Thursday, January 21, in the Multipurpose Room (OC).

Don't forget the Holiday Party to be held December 17 starting at 5:00 PM



(2015 SGT Class) Warming Up With Bench Squats; (Club Meeting With Vail Prop Rep) November Meeting

in the Social Kitchen (KS). Contact Sandy MacCullough with any questions.

Contacts: Bill Smith or Mike Hilton 258-2150, lhskiclub@gmail.com



Softball, Senior League

The fall season has ended and the cleats, bats and balls are consigned to the garage for a few months. The body begins to recover from the rigors of a long season while the mind, ever hopeful, begins the planning for a better year "next year." The first general meeting of the new year will be 9:00 AM January 5. We now begin the three month period devoid of softball but all players are reminded that staying in shape over the winter will make spring ball more enjoyable and less painful.

Look for Sunday practices as the weather permits. LHSSL.org is a good place to keep up with softball related events. In the meantime, rest up, enjoy the holidays and get ready for next year's "Boys of Summer."

Contact: George Sylvia 295-1957, geocath7@yahoo.com

Website: LHSSL.org

Coyotes

The Coyotes held their annual breakfast on December 1 at OC. Team managers



SCOOP

Sun City Organization of Pooches

The SCOOP Board met earlier this month and welcomed three new board members who are eager to serve on the board. They will infuse the group with new ideas and energy. Our final activity of the year was our Christmas luncheon held on December 2 in the Solarium (OC). We are now accepting renewals for 2016. You will find the form on our website. Our first meeting of 2016 will be held on Tuesday, February 2. We are working on speakers for our 2016 meetings. If you know of good speakers and/or topics, let us know.

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

The use of performance enhancing drugs and the legalization of marijuana are hot topics in the news. However, the use of performance enhancing drug words are not a problem in Scrabble! Simply knowing the names of a lot of drugs and drug related words is a cheaper and more interesting way to up your game!

Here are some good ones: bedrug, benny, bhong (a hemp plant in India), dagga (Indian marijuana), gasper (cigarette in Britain), junkie (junky), kef (hemp smoked to euphoria), lude, meth, toke and trunk (tranq).

Come join your friends and neighbors for a few friendly games of Scrabble. We meet from 1:00-4:00 PM on Mondays in

recapped their 2015 seasons. Coyote Chair for 2016 will be JR Jackson, with Henry Mutz continuing as Secretary and Mick Privett assuming Treasurer responsibilities. Managers for 2016 will be Carlos Zavala/JR Jackson (60s), Montie Boatwright/Dale Stephens (65s), JD Diambrosio/Bob Smith (70s) and Bob Hunter (75s). The 2016 season tryouts and schedules will be set in January. Sierra League games will continue at Del Webb Field on select Thursdays. Check the LHSSL.org calendar for start times.

Individuals who wish to participate in the Coyote program in 2016 should contact individual team managers for further information. Get your tickets for the January 25 Coyote Banquet Dinner Extravaganza. Food, entertainment and prizes for lucky individuals.

Contact: Bec Cannistraci 408-4679

beccannistraci@sbcglobal.net

Website: LHSSL.org



Sports Car

A one day trip to the Blackhawk Automotive Museum near San Ra-



Ladies ready to travel

mon was a series of historical pleasures. The Blackhawk Museum complex is made up of several different themes that are separate displays. Our group was set up to tour the auto museum. The car displays included a wide variety of manufacturers, car types, performance levels and age of vehicles. A museum docent led the tour and he knew details and history of every car. All of the cars were Pebble Beach Show Quality—that is spectacular.



Sun City Squares Christmas Party

Some of the cars have been shown in “Concours d’Elegance.” Our cars were given the privilege of parking in the courtyard in front of the museum. Everyone lunched at the Field House Sports Grill. Driving back to Lincoln Hills was over back roads with an ice cream break along the way. This tour was our last driving tour of 2015. We’ve had some great tours this year!

By Bud Van Cott.

Contact: DiAnn Rooney 543-9474,

dlrooney@mac.com

Website: LHsportscars.com



Square & Round Dance

Sun City Squares

We held our holiday party in November. Great food and fun dancing. Many of our former dancers were able to attend.

We will not dance in December but will resume Monday, January 4.

The new officers for the 2016 year are Louis Bobrowsky, President, Jean Grupp, Vice President, Carole Clemens, Secretary, and Wanda Gentry, Treasurer.

The Square Dance Club meets at 1:00 PM at KS. We are always ready to welcome experienced Square Dancers. Feel free to come in and watch or join. Times Listed below:

- Mainstream Level
Mondays, 1:00-2:15 PM (KS)
 - Plus Level with Round Dancing
between tips
Mondays, 2:15-3:30 PM (KS)
- Scott & Erin Byars, caller and cuer

- Advanced Class Mondays,
3:30-4:00 PM (KS)
- A-2 DBD Level—Thursdays,
1:00-3:00 PM (KS)

Call Louis or Gail to join today!!

Contacts: Louis Bobrowsky 434-5932

louisbobrowsky@yahoo.com;

Jean Grupp 408-1868

jean@grupphomes.com



Table Tennis

Getting the old bod ready for a game of table tennis: Maintaining good flexibility is important not only to reduce injuries, but the movements and footwork of the sport also demand great flexibility. Therefore, try to warm-up and cool-down properly when training. Even we retired folks are all pressed for time and find it difficult to find time to warm up and stretch, but it is very important and will help many players actually improve their game.

At the least try to do a few minutes of active warm-up, such as jumping, marching, etc. Follow this by stretching areas such as the neck, shoulders, back, and legs. Also rotate the shoulders, back, and ankles to increase the ease of movement of these body parts. After training, stretch as many muscles as you can, especially the legs (hold each stretch steadily for 20-30 seconds).

Game times: Sundays 12:30-5:00 PM, Tuesdays 6:00-9:00 PM, Fridays 8:00-11:00 AM.

Questions? Call Ginger Nickerson.

Contact: Ginger Nickerson 253-3322,

gingerlee22@gmail.com



Tap Company

Our Annual Christmas Luncheon was held this year at Catta Verdera on December 8. As always this was a very fun and festive event with a special gift for each attendant. We had a short “General Meeting” prior to our delicious lunch and then got on with the partying.

Speaking of parties, we had a great time at the “Hot Vegas Nights” kick-off party on November 22. Most roles are filled, but we are still in need of singers for our Choir/Gospel number so anyone interested please get in touch with Ellie Hoekenga or

Celeste Martella. We also had some brisk sales of T-shirts for “Hot Vegas Nights.” Be sure to get yours ordered ASAP and wear them often to advertise our show. Don’t forget to sign up for Tech and Performance classes for January.

We would like to wish everyone a Safe and Wonderful Holiday Season.

Contact: Celeste Martella 253-7272, celeste7272@att.net; Jennifer Lauchner 543-2858, jenniferlauchner@yahoo.com



Tennis

At our General Meeting in December, President Greg Burke thanked the



SCLH Tennis Group

2015 Board for all they have done throughout the year. Bob Sanguinet—Tournaments, Linda Burke—Communications, Linda

McDermott and Linda Mateer—Social and Diane McLaughlin—Treasurer. Running for the LHTG Board for 2016 is Bob White—President, Bj White—Communications, Polly Smith and Pam Geernaert—Social, Diane McLaughlin—Treasurer and David Mateer—Tournaments.

Since December is a time of giving thanks, LHTG would like to mention sponsors for this year’s tennis events. Carolyn Properties—long time sponsor of the Intramural Team Tennis, Jay Cheek—Lyons Real Estate sponsor Men’s Double Tournament, Michael & Ann Renyer—Coldwell Banker Real Estate, sponsor MXD Double Tournament and Swanson Schaack provided the creative T-shirts for the Oktoberfest MXD Tournament.

Renew now—membership form on the website (below). It promises to be a fun filled year!

Contacts: Greg Burke 316-3054, burkegbp@aol.com; Linda Burke 209-3463, scteam10s@aol.com; Website: http://sclhtg.com

Vaudeville Troupe

The Vaudeville Show in the New Year will bring lots of variety and interesting acts. The show is not until



From left: Neil & JoAnne Dennis & Sandra & Jerry Mandolfo

July but we have already started the talent search and have some great ideas. Since there will not be a January show this time. July promises to be one of the best. You can mark your new calendars for July 8 and 9.

The Vaudeville Troupe would like to wish everyone a happy holiday season and a very joyful New Year.

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



Veterans

More than 300 attendees turned out for the annual Veterans Day ceremony in the Ballroom (OC) on November



An appreciative crowd of residents and guests attended the Veterans Group’s annual Veterans Day ceremony in the OC Ballroom on November 11 (photos by Jim Cormier)

11. The celebration included presentation of the colors and placement of a wreath next to the veterans’ memorial monument by National Sojourners Ollie Guinn and Phil Cox, both retired Army officers. The Hills Brothers sang the National Anthem and a medley of patriotic music. Orchestral music was performed by the Roseville Community Concert Band. Following the ceremony, the Veterans Group hosted a luncheon in honor of the community’s World War II veterans.

Contact: Jack Everett 409-0650, jack.everett@att.net



Videography

The Lincoln Hills Videography Group is all about learning tips and techniques for creating quality videos that you can share with your friends, family, neighbors, or post to public websites. Our membership ranges from beginners to those with more advanced experience. Learn along with us and share your videos.

In the coming months, we will take a look at many affordable high quality video camcorders and devices such as smartphones, tablets and GoPro. We will also discuss many different types of video editing software, some of which are included in the operating systems of your computer, smartphone or tablet.

Join us for our next meeting, on January 19, when we will be discussing “Editing Basics.” We meet at 9:00 AM on the third Tuesday of each month in the Multipurpose Room (OC).

Contact: Jeff Hanner 769-2871, jhanner8@gmail.com



Water Volleyball

We hope that you are enjoying the time spent with friends and loved ones over the holidays. The club sure had a fantastic year and the Christmas party was a blast! Maryanne did a great job, and I say thank you on behalf of the entire club.

Our guest speaker for November was Cary Young. He is a professional volleyball referee and lives in SCLH. Our superb trainer, Mel Switzer, invited Cary to clarify the rules that have been in question. Cary took the time to observe our play on numerous occasions. Then he helped us update our

existing rules. We are all appreciative of Cary for taking the time to help out.

We have discontinued our prior “drop in” system. For now, if you have prior competitive land volleyball experience, consider giving our club a try.

For more information, please contact Jim Puthuff, jputhuff@softcom.net or at 768 -3936.

Contact: Jim Puthuff 768-3936,
sclhwatervolleyball@aol.com,
jputhuff@softcom.net

Website: www.lhwatervolleyball.com,
www.suncity-lincolnhills.org



Writers

Everybody has a story. Did you know that about 80 percent of North Americans want to write a book? And, of all the stories people want to write, most often it's their own.

During this holiday season, consider writing (or starting) your memoir to ‘give the gift that keeps on giving.’ Release yourself from the past but hold on to your memories; impart your legacy to your chil-

dren and grandchildren; and, give hope to others by sharing your own experiences.

We meet on the second, fourth and fifth Mondays of each month at 6:30 PM in the Ceramics Room at (OC). Bring 14-16 copies of your work to share (maximum 1,500 words). All Lincoln Hills writers or those striving to be writers are welcome. Join us!

Contacts: Bev Brannon bevbrn49@aol.com;
Jim Fulcomer jfulcomer@mac.com;
Linda Lucchetti linnluu@aol.com

Finance

Continued from page 13

anticipated expenditures. It is expected that the reserves will be 80% funded at the first of the year.

The committee requested that Paul Cutter, our UBS Financial Advisor, attend our meeting. In the future, Paul will be meeting with us each quarter. Given our investment guidelines, Paul explained that our money is invested in conservative Certificates of Deposit and Bonds. Our investment strategy has been mandated by the Board of Directors who invoke the community CC&Rs. While our investment income is low because interest rates are low, our money is protected.

The Finance Committee wishes all residents a happy and healthy new year.

Food & Beverage

Continued from page 15

We live in a community of almost 12,000 residents. Each resident brings a unique set of interests, backgrounds, and tastes. Unfortunately, we cannot be everything to all residents, all the time. However, we can be consistent. We realize that we have to earn your business each and every time you visit. We will continue to consistently improve and enhance your dining experience. Thank you for a wonderful 2015 and we look forward to exciting 2016 with your support. The entire Food & Beverage Department wishes you and your family a Happy New Year!

~Please see our ad on page 77.~

Interesting Interviews

Continued from page 17

- **Wally Etterbeek**—Professor of Mathematics at Sacramento State, is a softball player and helped analyze the statistics gathered for the Room Usage task force

- **Dan & Cheryl Karleskint**—Dan's earlier career was in software and hardware and work as a CFO; today he is a member of the Planning Commission in Lincoln. Cheryl was a business assistant and after a breast cancer diagnosis became passionate about raising funds for the Placer Breast Cancer Endowment.

What will you try in 2016? Do you know someone I should meet and interview? Contact me at ninamazzo@me.com.

Share the Joy! SCLHCA Gift Cards

Purchase Sun City Lincoln Hills Community Association gift cards online at <https://suncity.localgiftcards.com/> or from any department. Cards can be for any amount and are for universal use throughout the Association including Activities, Fitness, Meridians, Kilaga Springs Café and The Spa at Kilaga Springs.

Online, you can add value to an existing gift card; purchase an electronic card to be emailed to the recipient; or purchase a physical card to be mailed to the recipient. On your own card, you can check your balance, obtain a statement, obtain answers to questions, check order status and obtain customer service via telephone or through email.



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Bulletin Board

Please email your bulletin board articles to shelvie.smith@sclhca.com by the 20th of each month. Bulletin Board topics include interest in forming new groups and information about resident-related (not Association-sponsored) Groups.

Cloggers

We wish you a Merry Christmas, Happy Holidays, and a very Happy New Year! One festive way to stay warm and dry this winter season is to try clogging. Clogging is a lively, foot-stomping dance that originated in the Southern Appalachian Mountains. The settlers to those mountains brought their own steps and rhythms, which melded into what we now call clogging. You will dance off all (well, some of) those holiday dinner calories, work on your balance, get those knees and hips moving, and do it all with great music and good friends. Contact Anita Tyson, 543-5330.

Glaucoma Support Group

The Glaucoma Support group begins its sixth year at Sun City Lincoln Hills with our meeting on January 13. We will gather together in the Multimedia Room (OC) at 4:00 PM. Our meetings are always informative and encouraging. If you or a

family member is living with Glaucoma and would like to attend, please contact Bonnie Dale at 543-2133 for additional information.

Lincoln Democratic Club

The Lincoln Democratic Club will celebrate the Holiday Season on Wednesday, December 16. The event will be held in the Placer Room (KS) from 6:00 to 8:00 PM. Attendees are asked to bring a hearty appetizer or dessert to share for our buffet. A no host bar will be available. Come and celebrate the season with us! Question can be sent to the club email, lincolndems@gmail.com, or contact Martha Hanley at 310-351-5112.

LH Foundation

The Lincoln Hills Foundation is selling high quality, local, Extra Virgin Olive Oil. A 500 ml bottle makes a great hostess gift or holiday gift for only \$15. Call Jean at 434-6852 and it will be delivered to your home!

LH Travel Group www.lh-travelgroup.com

Our annual holiday party, December 18, replaces the meeting this month. The next meeting is on Tuesday, January 5 at 6:30 PM, KS. *We will meet the first Tuesday of each month at 6:30 PM*

throughout 2016. Please note this change. Presenter Jay Fehan will feature Collette trips currently being offered and those in planning. Everyone is welcome to attend our meetings. See our website for details about all our trips. Committee Member Contacts: Teena Fowler 543-3349, sfowler@starstream.net; Linda Frazier 434-8266, fraz1774@sbcglobal.net; Sheron Watkins 434-9504, sheron55@att.net; Louise Kuret 408-0554, lkuret@sbcglobal.net; Judy Peck 543-0990, judyvolk@outlook.com.

Multiple Sclerosis Group

The Multiple Sclerosis Group will meet Tuesday, January 5, at 1:00 PM in the Sierra Room (KS). We'll discuss how we survived the Holidays and plans for meetings and events in 2016. Questions: Marilyn Sharp, 434-6898.

Open Play Games

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

Continued on page 41

Lincoln High School Choir to present "Spreading the Sound of Music"

Lincoln High School Choir, along with special guests, Lincoln Hills Community Chorus, will present an inspiring concert at 4:00 PM on Thursday, January 7 to

help raise money to send the Choir to Europe on a "good will" ambassador trip. The performance will be held in the OC Ballroom. The Choir has performed twice



Lincoln High School Choir

at Carnegie Hall, NYC and twice with the world renowned rock group, Foreigner. In June, the Choir will embark on a nine-day tour of the Czech Republic,

Austria, and Germany and will meet up with other choirs across the nation as musical ambassadors participating in a celebration commemorating the 51st anniversary of the filming of *The Sound of Music*. The Choir will visit film sites and sing songs from the movie and play along with other music. General admission \$22. Tickets are available at the LHS website: www.lhschoironline.com. For more info: Kristen Meehan at lhs_elite_choir_parents@yahoo.com. If you are unable to attend the concert, please consider making an online tax-deductible donation at: <https://www.gofundme.com/lhschoiraustria>. Through your generosity, Lincoln High School students will be able to share their talents with the world.

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Continued from page 39

Prostate Cancer Guys!!

For those of you with questions or answers regarding Prostate Cancer, let's get together for coffee or lunch and see how we can support each other!! Paul Gardner, 434-8400 or paulbear7@gmail.com

Racquetball Group

We play on Mondays and Thursdays at California Family Fitness Club in Roseville

(781-2323). Membership to the club is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play cutthroat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711 or amoon38@sbcglobal.net.

Semper Fi Association

The Semper Fi Association meets on the first Monday of each month at 9:00 AM at the Legends Restaurant at Woodcreek

Golf Course in Roseville. Come early to purchase breakfast before the meeting. More info: Bob McCollum, 408-0621 or theinv1855@gmail.com for more information. Marines and Navy Corpsmen especially invited. Hope to see you there.

Shalom Group

The Shalom Group is a social group with the purpose to cultivate social, educational and integrated relationships among Sun City Lincoln Hills residents

Continued on page 43

~ Community Perks ~

Billiards Lessons on Tuesdays — Free

The Billiards Group is offering a free weekly Billiards lesson at Kilaga Springs Lodge. A person from the Billiards Group will be there on Tuesdays from 9:00-10:00 AM. This is for new and returning players, (men and women). You do not need anything to start other than a desire to play. Just show up and see what we have to offer. Contact Dan Oden 408-2687.



KS at the Movies: Jurassic World

Monday, January 4 — Free

1:30 PM, P-Hall (KS). Rated PG-13, 124 minutes. Action/Adventure/Sci-Fi. Starring Chris Pratt, Bryce Dallas Howard, Vincent D'Onofrio, Ty Simpkins. A new theme park is built on the original site of Jurassic Park. Everything is going well until the park's newest attraction, a genetically modified giant stealth killing machine, escapes containment and goes on a killing spree. Will our heroes make it off the island?



Wildlife Heritage Nature Walk

Tuesday, January 12 — Free

Or Wednesday, January 20 — Free

11:00 AM- 12:00 PM. Enjoy an educational tour of the local wetlands and oak woodlands in our community. This is for beginning ecology enthusiasts. Biologists from the Wildlife Heritage Foundation (WHF) will be offering free tours for SCLH residents. Each tour will take about an hour, discussing natural habitats and wildlife in the area. There will be a spotting scope set up to view local wildlife. Participants will meet at 11:00 AM at the preserve at Monument Drive and Hidden Hills Lane. Please bring water and dress accordingly. Participation is limited to 24 for each excursion, and it is recommended that you only sign up for one date. Reserve your spot by registering via email to lhoover@wildlifeheritage.org. Registration will close one day prior to the walk. Questions? Contact Lia Hoover, WHF Education Coordinator, at 434-2759. Photo by Phil Robertson.



KS Classic Movies on Saturday: Rear Window

Saturday, January 16 — Free

1:30 PM, P-Hall (KS). Not rated, 112 minutes. Mystery/Thriller. Starring James Stewart, Grace Kelly, Thelma Ritter, and Raymond Burr. A wheelchair bound photographer spies on his neighbors from his apartment window and becomes convinced one of them has committed murder. Directed by Alfred Hitchcock.



Document Destruction

Monday, January 25

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



Annual Fine Arts Show

February 19-21 — Free

Friday 5:00-8:00 PM, Saturday 9:00 AM-6:00 PM, Sunday 9:00 AM-3:00 PM.

Ballroom (OC). The Annual Fine Arts Show is a wonderful opportunity to see what the artists of our community have been working on—approximately 60 artists each submit up to four works of art. If you haven't attended in the past, mark your calendar to see the talent of our neighbors.



Music Group Sponsored "Open Mic Night"

Friday, February 26 — Free

6:00 to 8:30 PM. P-Hall (KS). Performance sign-ups begin at 5:30 PM. The event is open to SCLH performing musicians, their guests and audience members. Singers must be accompanied by a musician. No karaoke or back-tracking permitted.



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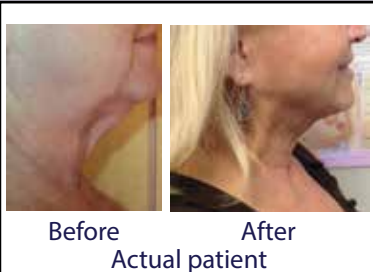
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Continued from page 41

who have an appreciation for Jewish traditions and celebrations. We welcome all religious and ethnic backgrounds, however. We have an event or general membership meeting once a month; we love to have fun, food, and frolic!! Last month we had cooking classes, a hiking activity, a current events discussion group and a gala Hannukah Party!! Check us out! More info: Vida Morrison, membership chair, 984-1043, and our website at <https://sites.google.com/site/sclhssg/>.

Shooting Group

Our purpose is to make friends among residents who are interested in shooting.

If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All people interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. For shooting schedule hours and trap or skeet shooting, please contact John Kightlinger at 408-3928 or johnnpat@sbcglobal.net. Residents interested in rifle or pistol shooting can contact Jim Trifilo at 434-6341 or trifilo@sbcglobal.net.

Veterans

Veterans have access to many programs such as compensation counseling,

healthcare benefits, PTSD treatment, hospitalization, outpatient and dental treatment, eligibility for burial at national cemeteries and eligibility for residence at the California veterans' homes. Our California Veterans Services Officer (CVSO), Jonn Melrose, is located nearby at 1000 Sunset Blvd., Suite 115, in Rocklin. He can be reached at 780-3290. Appointments are advised. Members of the Lincoln Hills Veterans Group are also willing to assist community veterans in finding the benefits they've earned. Interested individuals may contact Doug Cooper at 770-5026, or Andy Martel at 434-5609.

Library News

Sandy Melnick, Library Volunteer



It's hard to believe, but our Library has been open for 11 years. Check out the display at the front of the Library next time you take out or return a book. Congratulations to all of our volunteers for keeping our Library in tip-top shape.

Once again it is the Holiday Season and our seasonal books are out for your enjoyment. They can be found on the back of the sofa in the Kilaga Springs Library. We also have DVDs and CDs for the season. We hope you enjoy these

items as we only put them out for a few weeks. Like all our books, please return them in a timely manner and put them on the rolling cart for reshelving by our volunteers.

A reminder that we are accepting books published in 2008 and later. You can really help us by checking the copyright date before donating your books.

We talk a lot about the Kilaga Springs Library but our Community Living Room (OC) is there for your reading enjoyment also. Only paperbacks are on the shelves in the Community Living Room but it operates on the same principle: the honor system. This means that you do *not* have to check out any book, but please bring them back when you are finished.

My latest read is *The Secret Keeper* by Kate Morton, a story of three people in war-torn London that follows the story of Dorothy up till the age of 90. A well-kept secret that Dorothy's daughter tries to find out is only revealed at the end of the book. This book can be found in the hard-bound book section.

All the volunteers of your Libraries wish you a "Wonderful Reading Season"!

Contacts: Sandy Melnick (408-1035) for donations, Cleon Johnson (408-5648) for investments materials, and Nina Mazzo (408-7620) for the Community Living Room (OC).

In Memoriam

James Marchand

Born and raised in Sacramento, James and his wife, Dolores have been residents here for 14 years. He earned a Civil Engineering degree from Sacramento State University and was employed in highway engineering for 36 years with the County, a career that he considered a passion more than a job. James thoroughly enjoyed the

outdoors including fishing, biking, jogging and golf. He leaves his wife, son, grandchildren, stepchildren and great grandchildren. A kind and caring man, James will be missed.

Janet Martinez

Janet was born in New York City and grew up in New Jersey. She graduated from Paramus High School in 1960. She

was a 33-year employee of Hewlett-Packard and her last position was Senior Executive Assistant to the Chief Technology Officer. Here in Lincoln Hills she was active in Granite Springs Church. Janet and Richard were married for 52 years. She is especially missed by her husband, two children and two 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, 434-0749.



**THURSDAY
DECEMBER 31**

**ORCHARD
CREEK LODGE**

**BALLROOM • 5231-16B • MERIDIANS • 5231-16M • PRE-FUNCTION • 5231-16P
SOLARIUM • 5231-16S • ENTERTAINMENT ONLY • 5231-16E**

Sea how much fun you will have ringing in 2016 at the Lincoln Hills New Year's Eve Ball! Submerge yourself in the celebration by selecting your favorite party room and entrées from a delicious three-course menu specially prepared by Chef Roderick. Enjoy free-flowing champagne to toast the New Year and witness spectacular fireworks to buoy the evening.

DJ Tom is back in the Ballroom to play your favorite dance music while Cuban group, *Tito Y Su Son de Cuba*, will heat up Meridians with music from the islands that will have you dancing until high tide.

Bob around the Lodge and try your luck at the tables to win fun prizes—and join the excitement of a treasure hunt that won't leave you clueless.

Tailored **Dinner Package** options start at \$95 per person. Limited seats available in Meridians and the Solarium. Sales for Dinner Package will close December

24. For those who wish to have dinner elsewhere, join the celebration from 9:00 PM-12:30 AM with our **Entertainment Only** option for \$54. Tickets for Entertainment Only will be on sale until December 30.

- Doors open 7:00 PM
- Dinner served 7:30-8:00 PM
- Dancing and Entertainment 9:00 PM-12:30 AM
- Champagne Toast and Fireworks Display at Midnight

Guests may select their tables during registration on a first-come, first served basis. If purchasing a table for your group, provide seating location with entrée selections at time of registration.

No refunds or exchanges. Tickets required for entry. Wristbands issued at entry. Table locations and complete menus with pricing and dinner selections available at the Activities Desks and Lifestyle Online.



Deborah Meyer
Lifestyle Entertainment Coordinator
deborah.meyer@sclhca.com

Entertainment

—Comedy—

KS Comedy Night with David Studebaker With Special Guest Charlie Adams

Friday, January 8

6:00 PM — 5408-11A

8:00 PM — 5408-11B

Opening up for David Studebaker will be “Uncle” Charlie Adams. Charlie tried stand-up comedy for the first time at age 58 as a “bucket list thing.” At his first amateur attempt he was accused of being an experienced ringer. He has been performing for more than five years and has become an audience favorite all over northern California. His “old guy” humor has connected with fans of all ages. David Studebaker, named “One of the 10 Best Comics to Watch” by *SF Weekly*, has taken the Bay Area by storm with his fun, fresh, and uplifting comedy. A great all-around performer, David incorporates music, personal stories, and pop culture into his interactive shows and possesses a level of professionalism beyond his 26 years of age, opening for some of the biggest names in comedy. He has also worked as an actor/writer. Now a resident of Los Angeles, David can be seen hosting “Pivot on the Street” for Pivot TV. Save \$1 off \$4 or more at KS Café on show night. 6:00 PM and 8:00 PM performances. P-Hall-(KS). **Reserved Seating, \$12.**



—Concerts—

KS Music Night Presents The Beth Duncan Jazz Quintet

Thursday, January 14 — 5414-11

Get ready for a lively and passionate performance from the Beth Duncan Jazz Quintet. Beth will swing, sing the blues and fold in Latin grooves. This award-winning recording artist puts fun twists on Great American Songbook selections with surprising rhythm choices and occasional tasty scat solos. Think Cole Porter, Gershwin, Henry Mancini and originals by emerging composer Marine Tabilio. Beth won top honors in the 12th annual Independent Music Awards (IMA) for the title track of her new CD: “Comes the Fall.” Her Jazz Quintet performs at various venues and private events throughout the year. Save \$1 off \$4 or more at KS Café on show night. 7:00 PM performance. P-Hall-(KS). **Reserved Seating, \$14.**



Creed Bratton (from The Office): An Evening of Music and Comedy

Friday, January 22 — 5422-11

Fans of NBC’s “The Office” best know Creed Bratton as the disturbingly hilarious, popular character of the same name. What most do not know is, not only has he been acting since the late 60s in films such as “Mask” and “Heart Like a Wheel,” he’s a bona fide rocker and a founding member of the legendary rock band, The Grass Roots. Since joining “The Office,” Bratton has released a trio of solo albums. Although busy with TV and film, he remains active in music. His one man show is a perfect example of Creed’s ability to combine his immense musical talents with his unique, one of a kind comedic mind. This show is guaranteed to make you smile! 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$19.** General admission, \$16.



James Garner’s Tribute to Johnny Cash

Tuesday, January 26 — 5426-11

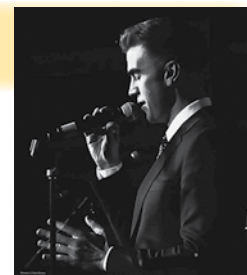
James Garner’s Tribute to Johnny Cash celebrates the life and music of the legendary “Man in Black” with strong conviction and stunning accuracy. Garner and his band faithfully recreate Cash’s biggest hits and present historical accounts and personal anecdotes about America’s most beloved singing storyteller in this not-to-be-missed musical event. The show is a fun, toe-tapping trip down memory lane, honoring Johnny Cash’s life and music. This is the closest experience to seeing the “Man in Black” in person today. Don’t miss it! 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$20.** General admission, \$17.



Spencer Day: “Addicted to Love”

Thursday, February 11 — 5411-12

Singer-songwriter-pianist Spencer Day, the #1 Billboard Recording artist and songwriter, is known for the versatility and flexibility of his music, and performs shows that infuse elements of cabaret, storytelling, and comedy with his piano and vocals. Featuring contemporary classic standards including “Groovin,” “A World Without Love,” and “Addicted to Love”, re-imagined and interpreted in Spencer’s trademark honey baritone voice, his shows reflect his roots in the Great American Songbook, with a contemporary, upbeat twist that has become his signature sound. Audiences around the world have enthusiastically supported Spencer for over ten years at venues as diverse as Birdland in New York, the Hollywood Bowl, Jazz Alley in Seattle, the Pacific Rim Jazz Festival in Manila, the Kennedy Center in Washington, DC, Tanglewood Music Center in Boston, and TV’s The Craig Ferguson Show. 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$22.** General admission, \$19.



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

Tom Rigney and Flambeau Tuesday, February 16 — 5416-12

Tom Rigney and Flambeau return to the Orchard Creek Ballroom, bringing their fiery Cajun and Zydeco two-steps, low-down blues, funky New Orleans grooves, and beautiful ballads and waltzes to the OC stage. Their high energy show features tight ensemble playing, infectious grooves, and spectacular soloing. Tom Rigney's charismatic stage presence and high-energy delivery will draw you into his performance and make you feel like an integral part of the music and the show. 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$19.** General admission, \$16.



Jay Alexander: Mind Tricks 2 Friday, February 26 — 5426-12

Magician and mentalist Jay Alexander returns to Sun City Lincoln Hills to perform *more* of his unique comedy, magic and illusions for the mind! Find out why his fans include celebrities like David Crosby, Bono, John Cleese, and the Rolling Stones. Jay Alexander is the great grandson of the legendary vaudeville performer, Gentleman Ben Darwin. As a child, Jay found a trunk in his grandparent's attic that was filled with magical apparatus and escape illusions. His interest in magic, mind reading and unusual skills was born with this discovery. At the age of 14, Jay was honored to be the youngest recipient of the Society of American Magicians Gold Medal of Honor. For over 25 years, Jay has pursued his passion of creating unique live entertainment by mystifying audiences young and old with miraculous effects of the mind and the hands. At a comedy club you may laugh, but here you will get the triple experience of comedy, mentalism, and Human Lie Detection. Can you lie to Jay? Don't fool yourself—grab your tickets now. 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$20.** General admission, \$17.



—Grandkids Event—

Grandkids Santa Adventure Saturday, December 19 — Sold Out — 5319-10

Santa, Mrs. Claus and the Elves are coming to Lincoln Hills

for a special visit! Share holiday memories and magical activities with your grandchildren at "Santa Adventure." Your grandchildren will be greeted by Santa's Elves and enjoy interactive activity stations offering treats, glitter tattoos, and lots of fun! Start the morning taking photos of the grandkids with Santa. We will be showing the cartoon, "Rudolph the Red-Nose Reindeer" at 11:30 AM. Limited space available so buy early. *Important: Each child must be accompanied by a grandparent for all activities (multiple siblings would require two grandparents or parent present); all children need to be pre-registered; wristbands will be provided during registration and are required for participation.* Lunch will not be provided as part of this event. Kilaga Springs Lodge. Doors open at 9:45 AM; activities and games 10:00 AM to 12:00 PM. Toddler to 12 years old. **General admission, \$13.**



—Presentation—

The Tibetan Monks "Inner Peace in Uncertain Times" Monday, February 1 — 5401-12

Everyone wishes for happiness or, more appropriately, Inner Peace. What is inner peace and what is the basis for it? What can one do to cultivate these aspirations, the positive minds that lead to one's inner peace and that in others? To achieve inner peace, we must conquer ourselves first. We must identify the obstructions, the negative minds within and their antidotes and face this heroic deed within oneself. Only then can it spread to family, friends, community and even one's enemies. Please join the Tibetan Monks from Gaden Phukhang Monastery as they share their peace, love and compassion for all, and their concern for the earth through a lecture. The presentation will include a slide show, chanting, plus a question and answer period. This event is part of the Monks' annual tour to help support the Gaden Shartse Monastic College, originally founded in Tibet in the 15th century. The college is the forefront of the revival of Tibetan monastic education with more than 1,600 resident students, teachers, scholars, and spiritual practitioners. Don't miss this enlightening experience! 2:00 PM lecture. P-Hall (KS).



Day Trips & Extended Travel



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

Day Trips

—Casino/Races—

Cache Creek Casino Wednesday, January 13 — 1770-11

We're returning by popular request to Cache Creek Casino just outside of the Woodland/Esparto area in Yolo County. Wednesday is Military Appreciation Day so make sure you bring along an accepted form of Military, guard, reserve, dependant, veteran, retired veteran or retired veteran dependant ID'S to obtain an additional \$20 in bonus play! Lots of slots and table games to choose from! Receive \$10 in gam-

Continued on page 49

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ing credits or \$20 match play and \$5 food credit. Spend four hours at the casino. Food credit available at all restaurants except buffet. Buffet closed on Wednesdays. Leave OC at 9:30 AM, return ~ 4:30 PM. \$25.

Jackson Rancheria
Thursday, February 18 — 1951-12



By popular demand, we are returning to Jackson Rancheria Casino in Amador County! Receive \$20 in gaming credits. Spend four hours at the recently remodeled and expanded casino. Enjoy a nice drive in the Amador foothills! Leave OC 9:00 AM, return ~ 5:00 PM. \$22.

—Festivals—

Chinese New Year—San Francisco
Sunday, February 21 — 1921-12



Come celebrate the Year of the Monkey in San Francisco's Chinatown. The largest Buddhist church in America, Buddha's Universal Church took 2015 off from their annual play and has come back with brand new sets, costumes and more! Enjoy a Chinese family-style lunch at Little Szechuan followed by a performance of "Portrait of Peony." The fateful story of White Peony and Jun Yip continues as a new bundle of joy has appeared in their lives, but their bliss is punctuated by the relentless malice of Auntie, who has redoubled her efforts to torment Peony and eliminate her for good. The Chinatown Community Street Fair will also be in full swing, you'll be given free time to peruse and shop. Be aware streets will be crowded. Depart OC 8:45 AM, return ~ 8:00 PM. \$67.

—Museums—

deYoung Museum—San Francisco
Jewel City—Art from the Panama—
Pacific International Exposition and
Royal Hawaiian Featherwork
Wednesday, January 6 — 1762-11

Two exhibits in one trip! Get transported back in time and feel how it is to be at the 1915 Pan-Pacific International Exposition and World's Fair! At the heart of the Expo was an ambitious art exhibit, encompassing more than 11,000 pieces of works that celebrated the opening of the Panama Canal and San Francisco's reconstruction following the 1906 earthquake. To mark the centennial, Jewel City revisits this vital moment in the inauguration of San Francisco as the West Coast's cultural epicenter. This landmark exhibition reassembles more than 200 works by major American and European artists, most of which were on display at this defining event. Also enjoy "Roy-



al Hawaiian Featherwork" with the first exhibition of Hawaiian featherwork on the U.S. mainland. The exhibition features approximately 75 rare and stunning examples of the finest featherwork of capes, feather leis, and more! For more information on these and other currently running exhibits, please go to <http://deyoung.famsf.org/deyoung/exhibitions>. Lunch on your own at the museum cafe or bring your own. Leave OC at 8:00 AM, return ~ 6:30 PM. \$54.

Gridiron Glory:
The Best of the Pro Football Hall of Fame
Triton Museum of Art—Santa Clara
Saturday, January 23 — 1850-11



The Pro Football Hall of Fame, as part of its 50th Anniversary celebration, is bringing the largest traveling exhibition in its history—Gridiron Glory: The Best of the Pro Football Hall of Fame to The Triton Museum in Santa Clara. The 5,000 square-foot exhibit features hundreds of artifacts from the Hall of Fame's collection and captures the essence of the Hall of Fame experience. Many artifacts are being exhibited for the first time. This interactive multimedia experience also includes new materials from NFL Films, immersive fan experiences and a specially-designed "Hometown Tribute" section to spotlight the 49ers and the Raiders. There will also be specially-made educational programming, an on-site retail element and Hall of Famers themselves will make special appearances throughout its run. Lunch stop at the new Santa Clara Town Center nearby with many food outlets to choose from prior to visiting the museum and there will be a dinner stop on your way home, both on your own. Price includes donation to museum. Leave OC at 8:00 AM, return ~ 8:30 PM. \$56.

—Performances—

Jersey Boys at Orpheum Theater—San Francisco
Wednesday, February 10 — 1930-10

How did four blue-collar kids become one of the greatest successes in pop music history? Find out at the runaway smash-hit, "Jersey Boys." Winner of the Best Musical Award on Broadway, in London and Australia, this blockbuster phenomenon takes you up the charts, across the country and behind the music of Frankie Valli and the Four Seasons. Experience electrifying performances of the golden greats that took these guys all the way to the Rock and Roll Hall of Fame with songs "Sherry," "Big Girls Don't Cry," and many more. Don't miss the international sensation that's a Broadway triumph and continues to break records in cities across America bringing countless audiences to their feet. We'll be enjoying a matinee show in orchestra seating. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square after the 2:00 PM show. Depart 10:45 AM, return ~ 9:45 PM. \$138. **Vendor deadline to purchase: Friday, December 18 at 12:00 PM.**



Band of the Royal Marines Featuring the Pipes & Drums of the Scots Guards Harris Center — Folsom

Tuesday, February 23 — 1701-11

Pipes skirl and kilts swirl as the Band of the Royal Marines, featuring the Pipes, Drums and Highland Dancers of the Scots Guards take the stage of Harris Center in a grand display of pageantry and ancient military traditions. Hear popular classics, Big Band, stimulating contemporary works and entertaining solo features. Thrill to the distinctive sounds of bagpipes, brass, and stirring anthems combined with the spectacle of regimental marches and spirited Scottish Highland dancing. In their distinguishing white helmets, Royal Marines Bands and the Corps of Drums bring movement, color and the tradition of the ceremonial occasions and are celebrated for the quality of their music, visual grandeur and precision drill of pageantry and ancient military traditions. Leave OC at 6:00 PM, return ~ 11:15 PM. \$84.



Sacramento Philharmonic Cirque de la Symphonie Sacramento Community Center Theater

Saturday, February 27 — 1786-10

Cirque de la Symphonie brings the magic of cirque to the music hall. Each gravity-defying feat is choreographed to live music performed by the Sacramento Philharmonic Orchestra. The aerial acrobatics will leave you breathless as the acrobats literally “drop” into the hall! Artists include aerial flyers, acrobats, contortionists, dancers, jugglers, balancers, and strongmen. All these and more performing to music above and around the orchestra, dazzling eyes and ears! Reserved seats in mid-orchestra section. Leave OC at 6:45 PM, return 11:15 PM \$62. **Vendor deadline to purchase: Friday, December 18 at 12:00 PM.**



Wicked at Orpheum Theater—San Francisco Wednesday, March 23 — 1999-10

Wicked is the untold story of the witches of Oz. Long before Dorothy drops in, two other girls meet in the land of Oz. One, born with emerald-green skin, is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. Wicked tells the story of their remarkable odyssey, how these two unlikely friends grow to become the Wicked Witch of the West and Glinda the Good Witch. Orchestra seating matinee performance. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square after the 2:00 PM show. Depart 10:45 AM, return ~ 9:45 PM. \$150. **Vendor deadline to purchase: January 15 at 12:00 PM.**



Important Information: Entertainment, Trips, Classes

- **Registration:** Required for all activities unless otherwise noted. Resident finger vein or I.D. is required for registration at the Desks. **All sales are final.** SCLHCA Rules and Regulations states “Activities expenses are generally paid in advance of the event. Therefore, the fee would not normally be refunded.” Registration for **Entertainment** is open to residents and public except for events involving food. Events with food are exclusive to residents and their guests. For **Trips**, limited to two per household for the first month of sales; additional guests may be registered after. Guests must be at least 21 years old for casino trips; 18 years old for other destinations. For **Classes**, registration is exclusive to residents. Early registration is encouraged, classes may be canceled up to one week prior to class start due to low enrollment.

- **Want to Sell?** Contact the Activities Desk (OC/KS) if unable to attend an event, trip or Activities Department class.

- **Weather:** Association trips and events are held regardless of inclement weather.

- **Scents:** When attending any activity, class, or meeting at OC or KS Lodges, or going on trips, please refrain from wearing perfume, cologne, and scented bath & body products. Many residents have serious allergies exacerbated by scents.

- **Activities that include a Meal:** Please advise the coordinator/monitor if you have any dietary restrictions upon registration. We will work with vendors for your dietary accommodations.

- **Special Accommodations:** Please inform the Monitor during registration as follows. For Entertainment, special needs patrons will be seated first. For Trips, we accommodate wheelchair bound passengers to the best of our abilities.

- **Show Time:** For Entertainment, doors open 30 minutes prior to show time unless noted.

- **Premium Reserved Section Seating:** No need to wait in line before a show. Limited premium seats available for all Ballroom shows.

- **Departures:** All bus trips leave from OC Lodge unless otherwise noted. We load the bus 15 minutes prior to departure times stated on these pages. As a courtesy to all, we leave on time. Buses are air conditioned, please dress accordingly.

- **Parking:** For all trips, please park beyond OC Fitness Center in lanes 11-13 unless noted otherwise. Passengers are dropped off by the Fitness Center entrance on return.

- **Event Ticket for Trips:** Are handed to guests when boarding.

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

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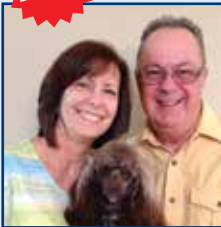
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As a Seniors Real Estate Specialist® (SRES®) Scott is specially qualified to address the real estate needs of those age 55+. He recognizes that a home often is the largest and most precious asset that baby boomers and people 55+ have. Thus bringing a unique approach to each transaction and interaction with clients. Scott not only offers a deep knowledge of real estate and the local and economic issues shaping market trends, but he is also educated on issues of particular concern to aged 55+ clients.

In the community, Scott serves on the South Placer Rotary Board of Directors as President-Elect for 2015. Also actively engaged with his Masonic Lodge and Ben Ali Shrine/Shriner’s Hospital for Children.

CalBRE #00987674



Great West

To get your **FREE** in home consultation, contact Scott today at:
Direct line: 916-547-3999 or Email: Scott@UCGreatWest.com

An Act of God**Golden Gate Theater — San Francisco****Sunday, April 10 — 1793-11**

After conquering Broadway, the King of the Universe is coming to San Francisco for the first time ever! God takes the form of Emmy Award winner Sean Hayes in An Act of God, a 90-minute comedy where the Almighty and His devoted Angels answer some of the deepest questions that have plagued mankind since Creation. He's finally arrived to set the record straight... and He's not holding back! An Act of God, straight from Broadway, is based on the critically acclaimed book written by God and transcribed by David Javerbaum. Javerbaum is a 13-time Emmy Award winner for his work as a head writer and executive producer for *The Daily Show with Jon Stewart*. Middle Orchestra seating, 6:30 PM performance. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square before the 6:30 PM show. Leave OC at 12:30 PM, Return 11:00 PM. \$125. For more show information: www.anactofgod.com.

**Broadway Sacramento 2015-2016**

The Broadway Sacramento series, the region's largest live performing arts event, features national touring productions of some of the most popular Broadway shows. All performances held at the Sacramento Community Theatre at 8:00 PM. Reserved Mid-Orchestra seating. Enjoy the convenience of being dropped at the front entrance of the theater and not having to worry about driving and parking in downtown Sacramento. Leave OC at 6:45 PM, return ~ 11:30 PM. All shows \$93 each, except Book of Mormon \$127.

**Pippin****Tuesday, December 29 — 4531-06B**

Pippin is Broadway's high-flying, death-defying hit musical! Full of extraordinary acrobatics, wondrous magical feats and soaring songs from the composer of *Wicked*, Pippin will lift you up and leave you smiling. This new production is the winner of four 2013 Tony Awards® including Best Musical Revival. Hailed as "an eye-popping, jaw-dropping extravaganza," it's unlike anything Broadway has ever seen! Come experience Pippin, one young man's journey to be extraordinary. This captivating new production features sizzling choreography in the style of Bob Fosse and breathtaking acrobatics. Pippin is noted for many Broadway standards including "Corner of the Sky," "Magic To Do," "Glory," "No Time at All," "Morning Glow," and "Love Song." Join us for a magical, unforgettable new Pippin. \$93.

**Now Open to Grandchildren, eight years old & up!****The Little Mermaid****Tuesday, February 2 — 4561-06C**

Disney storytelling at its best! Music by the team from Dis-

ney's *Beauty and the Beast*, including "Part of Your World" and "Under the Sea." Unsatisfied with her life at sea, young mermaid Ariel longs to experience the human world above. The classic love story captivates audiences of all ages. \$93.

**Book of Mormon — 4561-06D & 4561-08****Both dates sold out!****Newsies****Tuesday, April 12 — 4561-06E**

They delivered the papers, until they made the headlines... Direct from Broadway comes *Newsies*, the smash-hit, crowd-pleasing new musical from Disney. Winner of the 2012 Tony Awards® for Best Score and Best Choreography, *Newsies* has audiences and critics alike calling it "A musical worth singing about!" (*New York Times*). Filled with one heart-pounding number after another, it's a high-energy explosion of song and dance you just don't want to miss. Based on true events, *Newsies* tells the captivating story of a band of underdogs who become unlikely heroes when they stand up to the most powerful men in New York. It's a rousing tale about fighting for what's right... and staying true to who you are. \$93.

**Motown the Musical****Tuesday, May 24 — Sold Out — 4561-06F****—Sports—****San Francisco Giants**

See your San Francisco Giants in the comfort of club level seats! Club level seats are wider and have more leg room, and get extra comforts like tables and chairs in the food areas with flat-screen TVs, access to the memorabilia displays, shorter food and restroom waits. Take a nice carpeted walk over to McCovey Cove if you would like to check out the rest of the stadium. Enjoy easy elevator access. (Bus drops off on Third base side where seats are located.) Portions of the club level are protected from the elements and allow fans to watch the game while standing behind sheltered glass partitions in climate-controlled areas. Residents love the view! *No cans, glass bottles, alcohol, or hard-sided coolers allowed inside ballpark. Wear layers for SF weather and a cap for sun protection.* See individual games for departure times. \$154

• **Giants vs. Chicago Cubs****Sunday, May 22 — 1800-12A**

Seats located in club level 230. Depart OC 9:15 AM (1:05 PM game time). Return 7:45 PM.

• **Giants vs. Los Angeles Dodgers****Sunday, June 12 — 1800-12B**

Seats located in club level 230. Depart OC 9:15 AM (1:05 PM game time). Return 7:45 PM.

Continued on page 54

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Sharon Worman
408-1555

Visit our Website at www.CBSunRidge.com for all current listings.

Giants vs. St. Louis Cardinals
Sunday, September 18 — 1800-12C

Seats located in club level 231. Depart OC 9:15 AM (1:05 PM game time). Return 7:45 PM.

Watch for additional Giants games to be announced in future issues of the *Compass* once the team releases complete game schedule.

Buy Now! Two Games for the Price of One!
Sacramento Kings

Thursday, January 21 vs. Atlanta Hawks
& Monday, February 1 vs. Milwaukee Bucks — 1840-12

First two games were a blast! Residents who went to the Kings games had so much fun they want to go back! We are offering once more this special “two games for the price of one” deal to residents and unlimited guests. Starting at 8:00 AM today, you may register for the trip at the Activities desk. Deadline to purchase is Friday, December 18 at 12 noon. See Rudy Gay, DeMarcus Cousins and new members Rajon Rondo and Seth Curry as the team competes at Sleep Train Arena for the last season before they move to the new arena downtown. Enjoy two games for the price of one! Arrive at arena in time to enjoy pregame activities and purchase from the various food vendors, if desired. Seats located in Lower Level Corner Section 117/118. Both games Leave OC at 5:30 PM, return ~ 11:00 PM. \$143. **Deadline to purchase: Friday, December 18 at 12:00 PM.**



—Tours/Leisure—

San Francisco Day Trip—Westfield Galleria
Tuesday, January 26 — 1845-12

Enjoy the beautiful City by the Bay without the worries of traffic and parking. This is your day to do as you wish. The stop this trip is Westfield Shopping Center downtown off Market & 5th. Receive a VIP savings booklet with special offers and amenities from retailers and restaurants. Westfield offers us easy reserved motorcoach drop/pick-up with an enclosed area to wait for bus. BART, street cars and Muni are located just outside the mall and Union Square and Macy’s are just a short walk. Arrive around 11:30 AM and depart SF at 5:30 PM. Leave OC at 9:00 AM, return ~ 8:00 PM. \$42.



Baseball & Beer!
Sunday, March 20 — 1751-12

Celebrate the first day of spring with a special tour of AT&T park, home of your San Francisco Giants! On your behind-the-scenes ballpark tour, you will visit places only the players and staff go including: a major league dugout, the field

warning track, visitors’ clubhouse, press box and more! Lots of walking on this tour. Included boxed lunch from our own Meridians will be served after the tour at the Promenade behind the outfield. *Boxed lunch includes choice of Turkey, Roast Beef or Vegetarian Sandwich. Comes with fruit, bottled water and dessert. Choose at time of registration.* Enjoy a tour and tasting on our trip home at Anheuser-Busch brewery in Fairfield. Tour includes a souvenir glass! Leave OC 8:00 AM, return ~ 6:30 PM. \$85.



—Overnight & Extended Travel—

Four days, three nights! Hooray for Hollywood!
Sunday, March 6-Wednesday, March 9 — 1973-11

Game show, Studio tour, LA life. Join Katrina, your Trip Coordinator, on an unabashedly L.A. tourist trip. You’ll have the opportunity to attend a game show taping and possibly be a contestant, tour Warner Brothers movie studio, visit downtown Hollywood and more! Be aware there will be lots of walking and standing on this trip. **Trip includes:**



- Stay at Farmers Daughter Hotel (across the street from CBS Television City) and 100% smoke free!
- Two lunches at Harris Ranch
- \$10 gift certificate and tote bag for the famous L.A. Farmers Market (also across from hotel)
- Personalized group movie and TV studio tour on the multi-passenger golf carts at the iconic Warner Brothers Studios
- Hot buffet lunch at Warner Brothers Studio Café
- Free time on your own at the Hollywood and Highland Center with time to take any of the two-hour small-bus tours of the stars homes, Hollywood, TMZ Tour, etc. Or visit the Dolby Theater, check the Hollywood Walk-of-Fame or visit the Hollywood Museum.
- Free time to visit The Grove Entertainment Center or nearby museums like the Petersen Auto Museum, L.A. Museum of Art, and more!
- Be an audience member for *The Price is Right* or *Jeopardy!* Members of the *Price is Right* audience have the possibility of becoming a contestant. Choose between 8:30 AM or 11:30 AM taping. Group limit is 20 for each taping. Note that the process including taping of shows takes about five and a half hours and involves interviews, paperwork and contestant prep with seating areas available. *Jeopardy* taping requires less time commitment. You must indicate which game show you are interested in attending, if any, at time of registration. Please call Katrina at 625-4002 if you



Continued on page 59



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would like more information.

- Possible additional show options may become available when spring schedules come out.

Detailed trip itinerary, menus and US State Department trip insurance providers list available at the Activities Desk or view online. *A signed liability waiver is required for each participant.* Leave OC at 8:00 AM, March 6, return March 9 ~ 6:00 PM. \$798 per person double occupancy. \$1215 single.

Another exclusive trip for our residents! Four days, three nights

Vatican Exhibit at Reagan Library Tuesday, April 19 to Friday, April 22 — 1971-12

Museum, train ride, wine tasting. Join Katrina, your Trip Coordinator for a trip down to The Ronald Reagan Presidential Library and Museum in Simi Valley to visit the *only* West Coast destination for *Vatican Splendors: A Journey through Faith and Art*. This 12,000 square foot rare exhibition comprises one of the largest Vatican collections ever to tour the United States. This special presentation of art and objects includes many never before on display in North America, and some not on view to the general public, even in Rome. Visitors will feel transported to the Vatican, from the underground catacombs where the remains of Saint Peter were discovered to the magnificent papal chambers found above ground. From the sights and sounds of the grand Basilica to a touchable cast of Saint John Paul II's hand, the exhibition is a multi-sensory experience. It's a true "insiders" view of the Vatican, including its spiritual, artistic and ceremonial treasures. Our group will be split into small groups for a docent led tour of the Reagan Library and Museum followed by a BBQ buffet lunch under the actual Air Force One that flew seven US Presidents! Regardless of your political affiliation, you'll enjoy the historical and educational aspects of this museum. You'll have plenty of time to tour the Vatican exhibit as we'll be offering two different departure times from the museum as our hotel will only be a few miles away. A special part of this experience will be a **train ride on the Amtrak Coast Starlight from Simi Valley to Paso Robles** where for most of the trip you'll have a front row view of the Pacific Ocean! Stays at the Best Western Plus Posada Royale in Simi Valley and the Best Western Plus Black Oak in Paso Robles. Included meals: Two breakfasts, three lunches, one dinner. **Both hotels include a wine reception or tasting every evening.** Detailed trip itinerary outline, menus and trip insurance providers list from the US State Department available at the Activities Desks or view online. *A signed liability waiver is required for each participant.* Leave OC at 8:00 AM, April 19, return April 22 ~ 6:00 PM. \$618 per person double occupancy. \$838 single.



Four days, three nights!

Laguna Beach Festival of the Arts/Pageant of the Masters & California Science Center— Endeavor Space Shuttle

Saturday, July 23-Tuesday, July 26 — 1983-12

Art show, Outlet shopping, Museum. Join your trip coordinator, Katrina, on an amazing trip down to the world-famous Festival of the Arts in Laguna Beach. The Pageant of the Masters is where "Art comes to life!" This year's theme is "Partners." See famous paintings recreated in full detail right before your eyes with premium reserved side loge seating. We'll also be stopping at the California Science Center for a group visit to the space shuttle Endeavor and time to explore their permanent exhibits including "Ecosystems" which offers walking through an 188,000 gallon tank "kelp forest" and its inhabitants! This excellent trip includes:



- Two-night stay at the Ayres Hotel Laguna Woods (minutes from the Festival of Arts grounds)
- Lunch at Harris Ranch
- Ticket to Pageant of the Masters Show and Art-A-Fair Fine Art Festival
- Day to enjoy the Sawdust Art Festival and the free Laguna Beach Trolley
- Dinner* at Tivoli Terrace, Festival of the Arts
- Visit to the California Science Center featuring the space shuttle Endeavor
- Stop on way home at Outlets at Tejon, includes welcome tote bag with coupons
- Overnight stay at Microtel Inn & Suites by Wyndham (across the street from the Outlets at Tejon)
- Lunch at Pea Soup Andersen's

Total meals included: three breakfasts, one lunch and one dinner. *Please advise at registration your preferred food choice for Tivoli Terrace. Choose from *Chicken Florentine, Fresh Salmon with Dill Sauce, or Tortellini Pasta with Sun Dried Tomatoes and Pesto.* Detailed trip itinerary, menus and US State Department trip insurance providers list available at the Activities Desk or view online. *A signed liability waiver is required for each participant.* Leave OC at 8:00 AM, July 23, return July 26 ~ 4:00 PM. \$662 double/\$916 single. **Register by December 29 for best seating.**

Sold Out Trips thru January 20

Trip • Date • Departure Time

- **Victorian Christmas**
Sunday, December 20 — 12:30 PM
- **Odyesseo—The Equestrian Spectacular by Cavalia**
Saturday, January 9 — 11:00 AM

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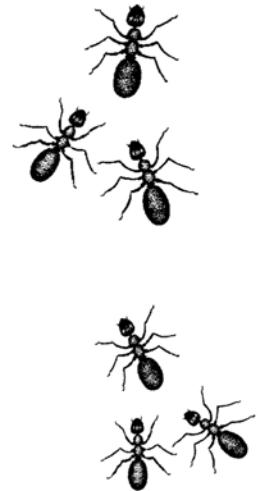
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Classes

Vacation Drop-In

In response to students' request, 2016 brings additional classes that offer drop-in sessions to accommodate your vacation plans! Drop-in sessions will allow current students who are able to work independently on their projects but are not available to attend class full time due to vacation plans, to register one session at a time. Sessions are held in conjunction with ongoing regular classes. Class space is on a first-come, first-served basis. Students must check with the instructor each time to ensure space is available and that they meet the prerequisite prior to registration. Registration for drop-in sessions is only available within one hour prior to the start of class at the Activities Desk. Classes that offer drop-in sessions will be noted in the class description. Cost varies by class. **Prerequisite:** Must have completed at least a full month of class instruction in the past. Some classes may require longer class experience. Drop-in sessions are not first time students/beginners and offers limited guidance from moderator/instructor.

Art

—Drawing—

Beginner Drawing

Thursdays, January 7-28 — 132216-12

10:00 AM-12:00 PM (OC). \$52 (four sessions). Instructor: Michael Mikolon. The artistic journey starts with basics of drawing. Drawing is about observing. We will focus on materials and techniques and developing your sense of design. Learn to look at the shapes that make up your subject and translate what you see into an accurate depiction with the understanding of measurement and proportions, use of line and shadow and developing good daily drawing habits. Live demos will be performed weekly showing how to use materials first hand with one-on-one instruction. *About the Instructor:* Artist Michael Mikolon is an accomplished artist and owner of 12th & S Art in downtown Sacramento. He teaches and runs figure drawing sessions. He is a full-time artist with a focus on landscape and figures. Supply list available at Activities Desks and online. **Vacation drop-in: Draw—\$17 per session.**



—Oils, Pastels & Acrylics—

Paint Your Vision in Oils or Acrylics

Wednesdays, January 6-27

9:00-11:30 AM Class — 113116-12

Or 1:30-4:00 PM Class — 113216-12

AM and PM sessions are not interchangeable. (OC). \$52 (four sessions). Instructor: Marilyn Rose. Students receive expert guidance in creating original paintings of their chosen subjects, whether landscape, still life, portrait or a clothed figure. Those with little or no art training can gain a solid grounding in the basic principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples and individual instruction are used to advance students' understanding and implementation of techniques. *About the Instructor:* Marilyn has over 25 years experience in landscape, portrait, figure and still life painting, with hundreds of works in private collections across the U.S. More info: www.artistmarilynrose.com. Questions? Call Marilyn at 409-0397. Supply list available at the Activities Desks and online.

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



Painting Pastels and Oils with Barry

Mondays, January 4-25 — 105116-12

9:00-11:30 AM (OC). \$52 (four sessions). Instructor: Barry Jamison. Let out your creative soul and have fun doing it! Learn pastelling and oil painting with Barry Jamison. Start to finish, beginners through advanced, Barry will guide you through an enjoyable process of creating attention-getting works. *About the Instructor:* Barry has 45 years painting explorations in various media and has studied nationally with a number of pastel and oil painters. He has over a decade's experience teaching and encouraging artistic expression to many ages, and owns a studio in Folsom. Supply list available at Activities Desks, online, or on instructor's website. www.pastelpainter.com.

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



—Watercolor—

Beginning Watercolor Painting

Thursdays, January 7-28 — 132116-12

1:00-4:00 PM (OC). \$52 (four sessions). Instructor: Michael Mikolon. Learn the basics of painting with watercolors. This beginner class will focus on: materials and painting techniques; developing your sense of color; looking into basics of color theory; how to use the color wheel; and mixing fresh and vibrant color with the use of a well organized palette. Learn to create your own voice in art by discussing design, composition, and value controlling the focal point. We will also discuss master colorists: Dutch, English, and Impressionists, Post Impressionists and late 19th and early 20th century painters. Live demos performed weekly showing how to use the medium first-hand with one-on-one instruction provided by the teacher during class. *About the Instructor:* Artist Michael Mikolon is an accomplished watercolorist and owner of 12th & S Art, in Downtown Sacramento.



Continued on page 62

Supply list available at the Activities Desks and online.
Vacation drop-in: Wcolor—\$17 per session.

New Workshop! Sip and Paint—Art in a Day

Tuesday, January 12 — 122116-11

5:00-8:00 PM (OC) \$55. Instructor: Unni Stevens. Here's a fun twist to painting! Relax and enjoy cheese and wine while painting, an activity that's becoming popular everywhere. Paint a finished acrylic painting in one day, with step by step instruction from a professional artist, who will teach you how to mix the colors, use media, brush strokes and use of pallet knife. Instructor will also give each student help and advice. All supplies are included, and will be set up and ready to go when you arrive. The canvas will be underpainted and have a wire on the back ready to hang. The fact that we paint quickly and don't have time for too many small details gives the painting a looser more energetic feeling. Class fee includes a glass of wine, a selection of cheese, crackers and fruits, plus all art supplies needed to complete your artwork. Extra wine will be available on a pay-as-you-order basis. *About the Instructor:* Artist Unni Stevens has studied art in Norway, Japan and at the Laguna College of Art. She has been painting, teaching and selling her art for over 30 years, and has been a member of the High Hand Gallery for four years. For more info: www.unniart.com.



Mixed Media

New Class! Art Journaling

Tuesdays, January 12 & 26 — 143116-11

9:00 AM-12:00 PM (KS). \$35 (two sessions). Supply fee paid to instructor \$5. Instructor: Kerry Dahlin. A variety of media will be used as we "play" on the pages of our art journals. You will learn how to visually and artistically record your days and express yourself while exploring color theory, composition, balance, and texture. You will love creating interesting, interactive mixed media pages in a journal that is uniquely you. Supplies to bring to class: Mixed Media spiral-bound artist paper pad (available at Michaels, Hobby Lobby, Aaron Brothers), glue stick, scissors, small paint brush, Sharpie pen, white gesso, plus any favorite mixed media supplies you have.



Ceramics

—Lladro—

Spanish Oil Painting

Wednesdays, January 6-27 — 206116-12

1:00-4:00 PM (KS). \$40 (four sessions). Instructor: Barbara Bartling. **Prerequisite:** Lladro requires a steady hand and concentration. A beginning & continuing class on how to paint por-



celain figurines. Learn basics painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order.

Vacation drop-in: Ladd3—\$12 per session.

—Pottery—

Beginning/Intermediate Ceramics

Tuesdays, January 5-26 — 212116-12

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. Introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Course covers basic hand building and wheel throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided at first meeting for future classes.

Vacation drop-in: Cerd1—\$17 per session.



Advanced Ceramics

Tuesdays, January 5-26 — 212216-12

9:00 AM-12:30 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. This class is for the Self-motivated students/artists with established ceramic skills. Students explore their individual craft and sculpture projects with guidance from instructor. Course includes demonstrations, assignments, group discussion and constructive critique.

Vacation drop-in: Cerd3—\$17 per session.



Ceramics — All Levels

Thursdays, January 7-28 — 221116-12

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Terry Accomando. Open to all skill levels. The class teaches hand-building techniques and working on the potter's wheel. Students are encouraged to work at their own pace receiving individual instruction to achieve goals on any project they choose. Frequent demonstrations are given introducing new and exciting projects. *About the Instructor:* Terry brings 34 years experience teaching ceramics, drawing and painting to help you work independently on any project. Supply list available at the Activities Desks and online.

Vacation drop-in: Cerd2—\$17 per session.



Bridge

New Date! Bridge Plus with Laurie

Thursdays, February 11- March 31— 164116-11

10:00 AM-12:00 PM (KS). Instructor: Laurie Vath. \$75 (eight sessions). This class is for players who want to improve their

Continued on page 64

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Crafts

—Card Making—

Dottie's card making classes will be on hiatus December 2015 and January 2016 returning in February

—Craft Corner—

Craft-of-the-Month

Framed Paper & Buttons Christmas Tree

Tuesday, December 15 — 302015 -11

9:30-11:30 AM (KS). \$25 plus \$8 supply fee paid to instructor.

Instructor: Judy Masters. Craft hobbyist Judi Masters. Looking for a wonderful holiday project? Wanting to create a unique gift for that friend who almost has everything? Join us in this easy and fun class! Class will teach you how to create this cute and colorful Christmas tree made up of colorful paper and buttons. Written directions will be provided so you can easily duplicate it at home. Project is easy enough to do it with your grandkids! Finished product will be 8"x10" framed (red or green) and ready for display. Feel free to bring your buttons to add your personality.



Rosette Heart

Thursday, January 14 — 302016 -12

1:00-3:30 PM (KS). \$20 plus \$7 supply fee paid to instructor. Instructor: Judy Masters. Come join in the fun of making a fun Valentine Décor Rosette heart. Learn how to twist and roll fabric to make these cute rosettes. Finished project will be mounted on a 5"x 7" piece of stained wood. Class is fun and easy.



Dance

—Clogging—

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

Beginning Clogging

Tuesdays, January 5-26 — 332116-12

10:00-11:00 AM (KS). \$28 (four sessions). Instructor: Janice Hanzel. Open to new students. Low impact, not as hard as

you think. Bring your friends, bring your enthusiasm. I look forward to meeting you all. Class will move through the eight basic traditional clogging movements at a relaxed pace. Learn fun clogging dances with basic and easy level steps. Special attention to balance skills is part of the lessons. Join us and move to the music. No special shoes required; flat-soled shoes recommended.



Easy-to-Intermediate Clogging

Tuesdays, January 5-26 — 332216-12

11:00 AM-12:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We'll also learn new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate.

Vacation drop-in: Clog1—\$10 per session.

Intermediate Plus Clogging

Tuesdays, January 5-26 — 332316-12

12:00-1:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval. Students are strongly encouraged to take 11:00 AM class. Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events.

Vacation drop-in: Clog2—\$10 per session.

—Country Western Dancing—

Country Couples Western Dance Beginner Level One & Two

Mondays, January 4-25 — 344216-12

7:00-8:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles with some being mixers. Instruction will be at a slower pace for beginners.

Country Couples Western Dance Beginner/Intermediate Level Three & Four

Mondays, January 4-25 — 344416-12

8:00-9:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed your Country Couples Beginner Class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You've learned some of the basics, now it's time to add a few more steps and turns. Dances to be taught this month will be circle dance Bosa Nova Four and Waltz in time.



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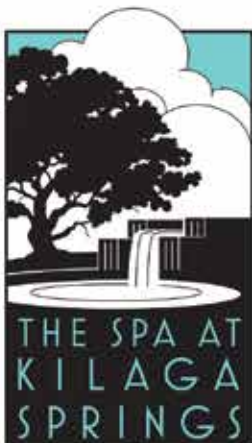
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Country Line Dancing

Fridays, January 8-29 — 346116-12

3:00-4:00 PM (KS). \$20 (four sessions). Instructor: Jim & Jeanine Keener. This class is a mixture of beginner, high beginner, and intermediate dances and features the popular “old” line dances that are done at country dances around the area.

—Dancing with Dolly—

Lyrical Jazz/Ballet

Thursdays, January 7-28 — 353516-12

5:00-6:30 PM (OC Fitness). \$50 (four sessions). Instructor: Dolly Schumacher James. “We were all born to move to music. It’s in our souls and bodies.” Remember the abandon of letting music move through your body—feeling free? Master teacher Dolly Schumacher James encourages the “dancer within” as students learn the fundamentals of ballet and lyrical dance, in a gentle yet challenging way. Using music as motivation, students will learn to express themselves through movement. Both styles of dance develop core strength, flexibility, co-ordination, and grace. Classes are designed for beginning and intermediate students. Feel the joy as your body moves to beautiful music and your spirit soars!



Performance Dance—Intermediate to Advanced Level

Fridays, January 8-29 — 354516-12

2:15-4:15 PM (OC Fitness). \$58 (four sessions). Instructor: Dolly Schumacher James. **Prerequisite:** By audition or teacher’s approval only. Advanced dancers learn choreography in Jazz, Lyrical, Comedy, Funk, and Musical Theater.



—Hula—

Hula

Thursdays, January 7-28 — 390216-12

1:00-2:15 PM (KS). \$40 (four sessions). Instructor: Pam Akina. Begin or continue your study of hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for mind, body, and spirit! Performance techniques are also shared and occasional performance opportunities are available for students. New students, please contact Pam prior to first class: Pamahoa@hulapono.com or 521-0474.



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

—Jazz—

Jazz Class for the Beginner

Thursdays, January 7-28 — 353016-12

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

Vacation drop-in: Jazz1—\$13 per session.

Jazz Technique 2

Tuesdays, January 5-26 — 353116-12

1:00-2:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. This class is for dancers with some basic dance training. Melanie has taught dancers from beginners to professionals. She has danced professionally across the U.S. and Canada. Performing in USO shows in Europe, her favorite was on the USS Nimitz. You will laugh and smile while dancing to fun music that makes you move like nobody is watching. Join us! We dance to live and live to dance.

Vacation drop-in: Jazz2—\$13 per session.



—Line Dance—

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

Intro to Line Dance

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



Intro to Line Dance

• **Mondays, January 4-February 29 — 360016-12**

4:00-5:00 PM (KS). \$54 (nine sessions).

Instructor: Audrey Fish.

• **Thursdays, January 7-February 25 — 370016-12**

9:00-10:00 AM (KS). \$48 (eight sessions).

Instructor: Yvonne Krause-Schenck.

Line Dance I Beginner

Prerequisite: Not for newbies, students must be familiar with

Continued on page 68

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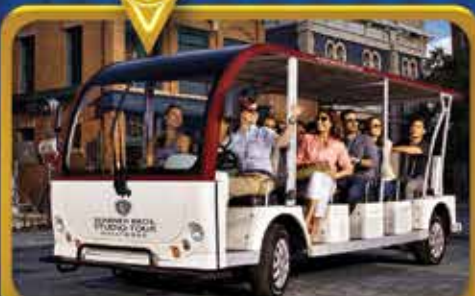


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line dance terminology. Class reviews fundamentals of line dance, including basic steps such as Grapevine, Jazz Box, Shuffle Quarter and Half Turns at a slow tempo.

• **Mondays, January 4-25 — 370116-12**

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

Instructor: Yvonne Krause-Schenck.

Vacation drop-in: LDance1—\$10 per session.

• **Thursdays, January 7-28 — 360116-12**

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

Instructor: Audrey Fish.

• **New Schedule! Tuesdays, January 5-26 — 380116-12**

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

Instructor Sandy Gardetto

Line Dance II — Beginner / Intermediate

Prerequisite: Completion of Line Dance I/Beginning Line Dance. Offers more challenging beginning, and some easier intermediate dances with more turns and combinations of steps connected together, done to faster music. Dances include Full Turns, Three Quarter Turns, Sailor Steps, Syncopated Vines, etc.

• **Mondays, January 4-25 — 360216-12**

5:00-6:00 PM (KS). \$24 (four sessions).

Instructor: Audrey Fish.

• **Wednesdays, January 6-27 — 380216-12**

9:00-10:00 AM (KS). \$28 (four sessions).

Instructor: Sandy Gardetto.

Line Dance III — Intermediate

Prerequisite: Students should have the desire and ability to move up to the Level III Class (Intermediate/Advanced dances), taught at an accelerated pace. Steps could include: Combination Turns, i.e., Half Pivot followed immediately by a Quarter Pivot; Full Turns; Cross and Unwind Three-Quarter Turn Step Combination; Weaves with Syncopation; Tags and Restarts, many more. There is no limit to the number of turns but caution is applied not to exceed what the dancer is capable of comfortably and safely. Teaches mostly intermediate and some advanced line dances.

• **Wednesdays, January 6-27 — 380316-12**

10:00-11:00 AM (KS). \$28 (four sessions).

Instructor: Sandy Gardetto.

• **Thursdays, January 7-28 — 360316-12**

3:30-4:30 PM (KS). \$24 (four sessions).

Instructor: Audrey Fish.

Improver Line Dance Class

Thursdays, January 7-28 — 370416-12

10:00-11:00 AM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. **Prerequisite:** Knowledge of line dance terminology is a requirement. The “Improver” class is an in-between level for dancers moving from beginner to higher levels. This class will teach the student dances from high beginner to the beginner/intermediate and easy intermedi-

ate levels. Dancers can improve on their skills gained in the beginner class and learn slightly more complex dances to various speeds developing movements and steps that are just beyond that basic beginner level.

Vacation drop-in: LDance2—\$10 per session.

Line Dance Instructors

• **Audrey Fish**

Audrey started teaching line dance at SCLH in September 2000. With an undergraduate degree in Exercise Science, and a Masters degree in Kinesiology/Sport Performance from California State University, Sacramento. Audrey’s Master’s thesis study, “The Effect of Line Dancing on Balance and Mobility in Adults over the age of 55,” showed a significant improvement in balance after completing an eight-week line dancing intervention.



• **Sandy Gardetto**

Sandy has been line dancing for over 14 years, teaching in Sun City Roseville for 11 years and seven years in our community. Sandy teaches in workshops in California and Hawaii.



• **Yvonne Krause**

A Lincoln Hills resident, Yvonne started dancing at an early age and has been line dancing since the 90’s. She loves to teach and finds joy in seeing her students’ progress. She thinks it is so important to keep moving and stay healthy as we age and line dancing provides that opportunity in a fun way.



—Tap—

Tap Classes with Alyson

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



Beginning Tap

Thursdays, January 7-28 — 410116-12

11:00 AM-12:00 PM (KS). \$32 (four sessions). This is the perfect time to discover the joy of tapping. Class introduces students to basic tap dance steps and terminology. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. New students can join the class throughout the year. New students buddy up with more experienced students for mentoring. Minimum of 10 students required for the class.

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Performance Classes**Mondays, January 4-25 — 410716-12**

11:00 AM –12:00 PM (KS). \$32 (four sessions).

Mondays, January 4-25 — 410616-12

12:00 -1:00 PM (KS). \$32 (four sessions).

Thursdays, January 7-28 — 410316-12

12:00-1:00 PM (KS) \$32 (four sessions).

Technique Classes**Mondays, January 4-25 — 410516-12**

10:00-11:00 AM (KS). \$32 (four sessions).

Tuesdays, January 5-26 — 410216-12

10:00-11:00 AM (KS). \$32 (four sessions).

Thursdays, January 7-28 — 410816-12

10:00-11:00 AM. (KS) \$32 (four sessions).

Glass Art**Fusing Glass and Stained Glass Workshop****Monday, January 4 — GLASS**

4:30-6:30 PM, Sierra Room (KS). \$17. Moderator: Jordan Gorell. **Prerequisite:** For experienced students only. A moderator is present to supervise safe use of equipment but will not teach new methods. Fusing and stained glass enthusiasts share workshop time. Fusing enthusiasts: fee includes firing of items limited to a six-inch square kiln space. Pay extra if projects require more kiln space. Pay at Activities Desk before workshop.

**Stained Glass****Mondays, January 4-25 — 494116-12**

1:00-4:00 PM (KS). \$58 (four sessions). Supply fee: \$10 payable to instructor. Instructor: Jim Fernandez. **Requirements:** No open toe shoes or short pants. Come learn the art of stained glass. We will be learning the technique of cutting glass, foiling & soldering along with safety and the proper use of equipment. Create a beautiful sun catcher, candle holders and other projects. Class is also open to more experienced students. Instructor will evaluate students' skill level on the first day of class for proper project to be done by student. Lead glass technique now available. *About the Instructor:* Jim Fernandez has been working with stained glass for 25 years including 14 years working and teaching at Citrus Heights Stained Glass in Roseville.

**Jewelry****—Beading—****“Spiralin’ in Control” Necklaces****Flat Spiral Tuesday, January 5 — 513416-11A****Spiral Rope Tuesday, January 12 — 513416-11B****Loop Spiral Tuesday, January 19 — 513416-11C****Bonus Free Workshop! Tuesday, January 26 — 513416-11D**

9:00 AM-12:00 PM (KS). \$10 per session (three sessions plus bonus sessions). Instructor: Cathie Szabo. Spirals are pleasing to the eye. We'll explore three different ways of using spirals in jewelry. Projects can be bracelets, necklaces or, a strip of each spiral used as a sampler for future projects. First is the “Flat Spiral” built around large-ish beads. It's easy and a great way for beginners to get their feet wet in beading! Next up, the “Spiral Rope,” a fast way to achieve a sinuous look. A step up in difficulty, but still simple enough for beginners. Lastly the “Loop Spiral,” is a bit more difficult and great for beaders used to working with smaller beads. And for all students, a *free* special bonus session on January 26 for finishing projects and/or making matching earrings! Sign up early, get the material lists, and join us in “spiralin’ in control.”

—Silverware Jewelry—**Spoon Jewelry**

Discover the art of spoon jewelry! Create beautiful pieces of jewelry made from a spoon or fork. Spoon Jewelry has been around for many years and was a cultural thing in the 60's and 70's. Learn to identify the manufacturer, style and period, maker's mark, metal used, and some very interesting facts about silverware. Learn to use tools to cut, file, and polish. All supplies will be provided on the first session including silverware for making one ring or pendant (plated), books and tools needed. For the second part of the workshop, students will supply their own spoon, perhaps something that has been handed down from mom or grandma or something you cherish and want to give to a loved one. Please bring a few silverware pieces and we will discuss them in class. Students will take home one free spoon jewelry piece. *About the Instructor:* Charles Kampf has been making Spoon Jewelry since 1990 and has taught and sold all around the country.

**Ring****Mondays, January 11&18 — 542116-12**

9:00 AM-12:00 PM (KS). \$52 (two sessions).

Money Matters

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

2016 Investment Outlook**Tuesday, January 26 — 871000-01**

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. The last two years have seen low returns on Cash, Bonds, and Stocks, the Fed is active on interest rates again and worried about inflation, China is slowing down, oil is dropping, and emerging markets are in recession. Lots of things to consider for your portfolio.

*Continued on page 72*

Come hear the outlooks for some of the most prominent and respected analysts for 2016, as well as, how to navigate these markets for your investments. Instructor is Russ Abbott, a Certified Portfolio Manager with almost 30 years of investment experience and consultant for the SCLH Investor Study Group for the last five years. Handouts will be provided.

Movie

History of the Movie Musical

Wednesdays, January 20- February 10 — 521416-12

1:00-4:00 PM (KS). \$30 (four sessions). Instructor: Ray Ashton. In the spring of 2016 we will take a 12 part journey through the entire history of the movie musical. From 1927 and “The Jazz Singer” to the latest movie musicals of the 2000’s we will explore the people, the studios, and the music that has entertained and thrilled generations. In Part 1 we will discover the infancy of the musical with the advent of the “talkie” and take a look at the pioneers of this new industry. So, come join us and bring a friend as we travel through one of the great stories called “The History of the Movie Musical.”



Music

—Guitar—

Guitar classes offered below are not accepting new students without instructor approval. Instructor moves the students to the next level based on skills evaluation. Beginning Level (1A) class will be offered in January.

Guitar 1B

Mondays, January 4-25 — 535716-12

8:00-10:00 AM (OC). \$45 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** completion of Guitar 1B or Instructor’s approval. Class will cover more advanced note reading, chords, strumming, finger picking, rhythms and more advanced music theory providing a good foundation to move on to higher classes.



Guitar 1A—Beginner Level

Wednesdays, January 6-27 — 535116-12

8:00-10:00 AM (KS). \$45 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently open to new students. **Prerequisite:** completion of Guitar 1B or Instructor’s approval. Class will cover more advanced note reading, chords, strumming, finger picking, rhythms and more advanced music theory providing a good foundation to move on to higher classes.

Guitar 2B—Continuing Beginner Level

Wednesdays, January 6-27 — 535216-12

10:15 AM-12:15 PM (KS). \$45 (four sessions). Instructor: Bill

Sveglini. **Advisory:** Class is currently closed to new students.

Prerequisite: Completion of Guitar 2A or instructor approval: Bill, 899-8383. Class is designed for the person who has not played before or hasn’t played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory. **Recommendations:** Nylon string guitars are easier to press down, and allow more room for your fingers and easier access to learn and play chords. The teacher can advise students on the purchase of a guitar if needed.

Guitar 3—Intermediate

Thursdays, January 7-28 — 535316-12

8:00-10:00 AM (OC). \$45 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 2B or Instructor’s approval. Studies include reading music in the second, fifth, and seventh positions, learning moveable chords and chord patterns, strumming and advanced finger-picking and use of guitar pick.

Guitar 4 — Advanced

Thursdays, January 7-28 — 535416-12

10:00 AM-12:00 PM (OC). \$45 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Instructor’s approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. Continue to study more advanced styles of guitar music plus more advanced versions of ensemble playing, duets, trios, quartets.

New Class! Folk Guitar for Fun Folks

Tuesdays, January 5-26 — 536216-11

1:00-2:00 PM (KS). \$35 (four sessions). Instructor: Darrell Effinger. No prior music knowledge is necessary for these classes and a good singing voice is *not* a prerequisite! Emphasis will be on playing chords on the guitar to familiar songs while singing and having fun with fellow guitarists. Folk songs of the 50’s, 60’s and 70’s will be taught, including songs by artists such as the Kingston Trio, Peter, Paul and Mary, Simon and Garfunkel, John Denver and others. Various strumming styles will be shown, and at the intermediate level, finger picking will be taught. Basic music theory (notes) will be shown but not emphasized. Information on how to choose and purchase a guitar for your personal use as a beginner through an advanced player will be available. Guitar aides such as capos and tuners will be discussed at the first meeting. Come Learn, Sing, Enjoy, Have Fun and Join the Hootenanny! Darrell is a long-time teacher, musician, story teller and folk singer who was a member of the New Christy Minstrels, appeared on the PBS Folk Music Special “This Land Is Your Land,” has toured with Glenn Yarbrough, opened for the Kingston Trio, played with Peter, of Peter, Paul and Mary, and has appeared solo, or



Continued on page 75

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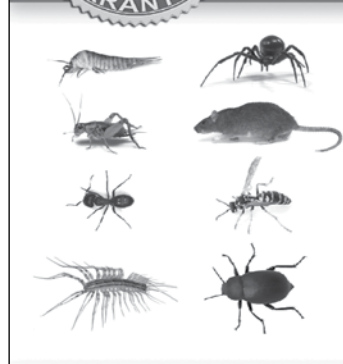


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—Voice—

Singer Vocal Boot Camp Continuation

Fridays, January 8-29 — 537216-12

10:30 AM-12:30 PM (KS). \$45 (four sessions).

Instructor: Bill Sveglini. Learn and improve on reading and following sheet music. We will study rhythm and work hard on notation recognition in treble and bass clefs.



Personal Improvement

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Two-day class! AARP Driver Safety Training

Wednesday and Thursday, January 6 & 7 — 481016-12

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

or \$30 (non-member). Fee includes a \$10 Association administrative fee. Instructor: Tom McMahon.

AARP Driver Safety Training is geared to the “over 50” driver, and covers how to adjust driving to age-related changes in our bodies, as well as common sense ways to drive more safely. Course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. There are no tests to pass. You must present your AARP membership card at registration and bring it to class in order to receive the discounted rate. Bring a valid driver’s license to class in order to receive a Certificate of Completion (required by many insurance companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver’s test. Class space is limited.



Getting Your Stuff Together: Organizing Your Estate

Monday and Tuesday, January 18 & 19 — 863000-01

9:00 AM-12:00 PM, Oaks & Gables

(OC). \$30 for both sessions + \$25

material fee paid to the instructor

on the first day of class. Instructor:

Marcia VanWagner. The unexpected happens unexpectedly. Are you organized and ready? One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is making decisions about accumulating, preserving, and distributing your “stuff.” Estate organizing is getting it all in order so your planning will be known and your wishes carried out. It’s important for others to know where you keep your “stuff.” Learn how to organize and preserve your personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual Legacy Ledger™, your catalog of the



legal, financial, and personal papers integral to your life. Be ready.

Living Through Transitions

January 23-April 2 — 823500-A1 (resident)

January 23-April 2 — 823500-GU (support person)

January 23 — 823500-JA (separate session support person)

9:00 AM-12:00 PM, P-Hall (KS). Resident \$135 (six sessions); support person \$135 (six sessions); or separate session regis-



tration opens five days prior to session date—support person; only \$35 per session. Your future in Sun City Lincoln Hills is about being prepared for the changes in your life, health, and environment that occur as you grow older. Get your keys to unlock the six secrets to meeting the predictable challenges ahead. The Six Keys support your planning: personal finances, legal protection, dealing with loss, navigating the healthcare system, housing options and driving and end of life choices. If you have questions or need help enrolling please email carol.zortman@sclhca.com or call 625-4032. Dates include: January 23, February 6, February 13, March 5, March 12, April 2. Residents Register: Fitness/Activities Desks or online.

The Sudoku Series

Tuesday, January 26 — 870000-01

Tuesday, February 23 — 870000-02

9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ

Abbott. Beginning Sudoku: Sudoku is sweeping the nation as one of the selected puzzles to appear in most major daily newspaper publications. From Easy to Ultra Extreme, Sudoku provides challenges for all levels of curiosity. Come learn how to master this puzzle and develop problem solving skills you never knew you had. The instructor, Russ Abbott, will teach you his “Box Rule of Two” strategy he personally developed, as well as, many other techniques to increase your joy and ability to complete Sudoku puzzles of many levels. Handouts will be provided.



Brain Gain® Core

Thursday, February 4-March 3 — 877000-01

9:30-11:30 AM, Cards Room (OC). \$40 (four

sessions; no class February 18). Instructor:

Dr. Alice Jacobs. Based on the latest research

on the importance of keeping the brain active as we age. The course provides memory enhancement techniques and interactive activities that exercise both hemispheres of the brain. Meet new friends, learn about a brain wellness lifestyle and enhance memory while doing engaging and fun exercises. Repeaters welcome.



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Sewing

—Certification—

Bernina Serger Certification

Monday, January 11 — 591116-12

1:00-2:00 PM (OC). \$15. Instructor: Sylvia Feldman. All supplies provided except, bring scissors and tweezers. Class limit three.

Bernina Sewing Machine Certification

Monday, January 11 — 592116-12

2:30-3:30 PM (OC). \$15. Instructor: Sylvia Feldman. Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class.



Janome Sewing Machine Certification

Monday, January 11 — 593116-12

3:30-4:30 PM (OC). \$15. Instructor: Sylvia Feldman. Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class.

Technology

—Mac—

Pages 5 for Mac

Thursday & Friday, February 18 & 19 — 267116-12

9:00-11:30 AM (OC). \$40. Supply fee \$5 payable to instructor. Instructor: Helen Rains. Do you enjoy creating letters, newsletters, flyers, cards. Do you record club minutes or keep personal checklists? Writing class notes or your life story? If you do, then Pages 5 is for you. It's a full featured word processing and page layout app. It is easy to use and fun to work with. You can even add photos, tables, and music too. This class will take you through the basic steps of new document creation and help you style it with your own ideas so it looks the way you imagined it, ready to print or send. You will learn how to share Pages documents beyond your Mac, through the iCloud, to all of your iDevices. You can also share your Pages documents with the world as PDF documents. **Prerequisite:** you must have Mac OS X El Capitan installed on your iMac or MacBook at home.



Pages for iPad Workshop

Thursday, March 3 — 267216-12

9:00 AM-12:00 PM (OC). \$30. Supply fee \$5 payable to instructor. Instructor: Helen Rains. Do you enjoy the convenience of your iPad? Do you want to create letters, newsletters, flyers, cards, write club minutes, keep a travel journal, personal records, and more with ease from where ever you go? This

workshop is for you. The iPad version of Pages is a powerful word processor app. This class will take you through the basic steps of new document creation and help you style it with your own ideas so it looks the way you imagined it, ready to print or send. You will learn how to share documents through the iCloud, to all of your iDevices. You can also share your Pages documents with the world as PDF and Word documents. **Prerequisite:** Be on software update iOS 9 or higher, download the Pages app (most have it free), and bring your iPad to class.

—PC—

Getting the Most Out of Gmail

Wednesday, January 6 — 285316-12

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. Prerequisites: Basic computer



skills Gmail, also known as Google Mail, is the best free email service in the world. Many users rely on Gmail as their primary email address. Gmail is available everywhere, from any device—desktop, laptop, phone, or tablet. Learn to create a Gmail account and use the many features and options available in Gmail that make it a great email service. Learn to create special groups from your Gmail contacts that will make it easy to send announcements to the different groups in your Village. Prerequisites: Should have an individual Google or Gmail account set up before coming to class.

PC Fundamentals

Tuesday, January 12 — 286516-12

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. New to your computer? This class is for absolute beginners like you. In this class you will learn the very basics of computer operation, including turning the computer on and off, using the mouse and keyboard, and using basic computer terminology. Come to this class even if you have never used a computer before. You will experience a gentle-hands on approach to getting to know your computer. The goal of the class is to develop a life-long friendship between you and your computer.



Tips and Tricks for Beginning PC Users

Wednesday, January 27 — 282116-12

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. The beginning computer user



is often frustrated when it comes to cutting and pasting, using the scroll bar, downloading files, creating folders, right clicking, and much more. These are all essential Windows techniques that everyone assumes you know, but you don't. Computer tips and tricks can fill a book, but this class is a review of all those things my family, friends, and fellow club

Continued on page 80

members over the years did not know. Taking advantage of the tips and tricks you learn in this class will make using your computer more pleasurable and much less maddening. Please bring a flash drive.

More Tips and Tricks for Beginning PC Users

Thursday, January 28 — 282216-12

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo.

Prerequisites: Basic computer skills. In this class you will learn over 50 additional PC tips and tricks that weren't covered in the first session of "Tips & Tricks for Beginning PC Users." You need not have attended the first class to benefit from the new tips and tricks you will learn in this class. They will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive.



Windows 10 Basics

Monday & Tuesday, January 25 & 26 — 295116-11

Monday & Wednesday, February 15 & 17 — 295116-12

January 25 & 26 9:30 AM-12:00 PM; February 15 & 17 1:00-3:30 PM. (OC). \$45 (two sessions). \$5 class material fee. Instructor: Rita Wronkiewicz. Windows 10 is more user-friendly than Windows 8.1 and offers features unavailable in Windows 7. Class starts at novice level and shows how to utilize both its desktop and tablet features. Rita will help you transition from Win 7 or 8.1. You will learn to use the most common "apps." *Bring your Win 7 or 8.1 device with you if you have one.* Handout reinforces class work. Questions? Call Rita at 543-6962.



—SmartPhones and Tablets—

Introduction to Android SmartPhones

Wednesday, December 16 — 256215-11

Monday, January 18 — 256216-12

1:00-4:00 PM (OC). \$40. Instructor: Len Carniato. **Prerequisite:** Gmail account. Bring your Android phone fully charged. If you just bought an Android SmartPhone from Verizon, AT&T, TMobile, etc., (or a tablet) you could be feeling that it's too complicated to operate. In this *basic seminar* you will learn that SmartPhones are actually very easy to use and you will probably be able to master yours very quickly. On our large screen display we will explain how to navigate screens, manage calls, contacts, text messages, use email, the internet, photos, and more. Even if you haven't quite got the hang of your home PC, this seminar will get you off to a great SmartPhone start. **Note: This class is not for iPhone users.**



Beyond SmartPhones

Monday, January 25 — 256116-11

1:00-4:00 PM (OC). \$40. Instructor: Len Carniato.

Today's Android SmartPhones and Tablets like Samsung, LG and others, are powerful tools that go beyond simply placing phone calls. It's like carrying a PC and entertainment system in your pocket. To take advantage of these capabilities, you have to know they exist, and how to make them work. Many features are self-explanatory, but many are not, especially for "technology-challenged" people. We'll focus on common, useful tasks like Texting, watching Video on YouTube, Surfing the Web, managing Photos, loading Music and more. SmartPhone and Tablet users who are ready to learn more, this class is for you. **Note: Class is for Android.**



iPhone Camera Workshop

Thursday, January 28 — 262116-12

1:00-4:00 PM (OC). \$30. Supply fee \$5 payable to instructor. Instructor: Andy Petro. **Prerequisite:**

You must have an iPhone 5S or newer and you must be on iOS 9.0 or higher. Bring your iPhone to the Workshop. Are you using the camera on your iPhone? Do you want to learn how to use your camera better? And improve your photo editing and sharing capabilities on your iPhone camera? Then this workshop is for you. I will also show you how to integrate camera and photo apps into your photo taking and editing experience. If you have any other specific questions about the class call Andy Petro at 474-1544.



—Social Media—

Facebook 101

Saturdays, January 9 & 16 — 272116-12

9:00-11:00 AM (OC). \$40 (two sessions). Instructor: Janet Dixon-Dickens. **Prerequisite:** Must have personal working email. Get more out of your social networking. In addition to face-to-face, telephone and email communications, learn all about Facebook. This course will get you up to speed on how to create, use, and maintain a Facebook page of your own, including understanding the complex Facebook privacy policies and settings. The course format will use short videos and hands-on instruction. Videos for setting up a Facebook account, understanding privacy in Facebook, setting your privacy on Facebook, creating a profile and much more hands-on practice. Class size is limited so sign up early.



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WellFit

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

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

WellFit Orientations

Free Orientation: WellFit Staff

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

- **Thursday, January 7 — 700100-OC**
10:00-11:00 AM, Fitness Floor (OC)
- **Wednesday, January 6 — 700100-OA**
3:00-4:00 PM, Fitness Floor (OC)
- **Tuesday, January 19 — 700100-OB**
2:00-3:00 PM, Fitness Floor (OC)
- **Wednesday, January 13 — 700100-K2**
2:00-3:00 PM, Fitness Floor (KS)
- **Wednesday, January 27 — 700100-K1**
2:00-3:00 PM, Fitness Floor (KS)

Dance Classes

All dance classes will be on a hiatus the month of December and will return January 2016.

Disease Prevention & Management Session-Based Classes

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

Arthritis Class L1

Wednesdays, January 6-27 — 801100-01

Fridays, January 8-29 — 801100-1J

12:00-1:00 PM, Aerobics Room (OC). \$35 (four sessions). Instructor: Linda Hunter.

This class is designed for those with chronic symptoms of Osteoarthritis, Rheumatoid arthritis, and Fibromyalgia. This session involves chair exercises using a gentle range of motion from head to toe. We use slower moves to increase flexibility, endurance, and mobility. We work on strengthening muscles gently with light or no weights and improving balance. Come join your friends for the fun, socialization and increased feeling of well being. The class will conclude with a guided relaxation. Linda Hunter is a certified Arthritis Foundation instructor with many years of experience.



Arthritis Class L2

Tuesdays, January 5-26 — 801200-01

Thursdays, January 7-28 — 801200-1J

11:00 AM-12:00 PM, Aerobics Room (OC). \$35 (four sessions). Instructor: Linda Hunter. This class progresses from Arthritis L1 class. We continue to increase the intensity to include a combination of standing and marching exercise as well as chair exercise. This class will boost your stamina and strengthen muscles around the joints. We use a variety of weights, bars, balls, gliders, and sticks for added variety of exercise. We work on balance and functionality to help us prepare for our daily tasks and lessen our chance of injury. Come join the fun and socialize with your friends. All classes will conclude with a guided relaxation. Linda Hunter is a certified Arthritis Foundation instructor with many years of experience.

New! Healthy Living with Exercise

Monday and Wednesday, January 4-27 — 878000-01

3:00-4:00 PM, Aerobics Room (OC). \$80 (eight classes). Instructor Annamarie Estevez. This one-hour session class is designed for those with Cardiac Pulmonary Disease, Diabetes and Nervous system disorders (ALS, Parkinson's). Exercise is one of the best activities for disease management; it can assist in the reduction of body weight and blood pressure, LDL cholesterol (bad cholesterol) and increased HDL (good cholesterol). Additionally, exercise will naturally lower your blood glucose levels. The class will include nutrition counseling, lifestyle coaching and an introduction to all aspects of movement (cardio, strength, the mind/body connection and relaxation). Topics will range from exercise safety through nutrition to quality of life issues. The goal of the class is for residents to have the confidence to move on to the next level of exercise by the end of the session—Healthy Living with Exercise L2. **Note: Class requires pre-enrollment assessment prior to class.** See ad on page 104.

Pre-Enrollment Assessment—

Healthy Living with Exercise

Continuous Dates — 881000-12

Fitness Center (OC). \$30 (one session, one-hour long). This session is a pre-requisite for enrollment in our Healthy Living with Exercise program. Our exercise specialist will work with you one-on-one to assess your current condition, identify your needs and make recommendations for your exercise program.

Events

Activities happening around Sun City Lincoln Hills designed to keep you in touch with the Fitness Centers and the larger Community outside our Fitness Centers.

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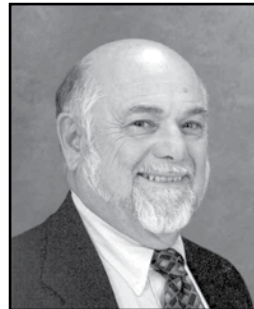
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Team Challenge—Get Ready, Set... Go February 1-March 11

Meet at OC or KS. \$150. Team Fitness Challenge is a fun way to kick start your healthy 2016. You can select an AM, midday, or PM time to train with your team and WellFit trainer. Your team earns points by attending punch pass classes; attending your assigned SGT two times a week and the weekly team “surprise challenge.” The team points will be displayed at both Fitness Centers. The team and individual winners will be announced March 11 at the final team challenge. Each team will be given an assigned trainer and a colored t-shirt to show team spirit. Space is limited so sign up January 17.



Lessons

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

Nordixx Pole Walking

Wednesday & Thursday, January 6 & 7 — 750000-01

10:00-11:30 AM meet in the OC Fitness Center. \$45 (two outdoor sessions or indoor track; weather dependent). Instructor: Dr. Richard Del Balso. Are you willing to add a new form of walking to your activities? Walking 30 minutes at least three times a week gives you a “Full Body Aerobic Exercise” by simply adding poles to your walking routine. Come and learn the latest exercise trend of Nordic Pole Walking in two 90-minute sessions. Incorporate 90% of all body muscles in one exercise; burn up to 46% more calories than exercise walking without poles; help to reduce high blood pressure; result in 25% less impact on hips-knees-and feet; and develop upright body posture with less risk of falling. Walking poles are available for each class at no charge with option to purchase at final session.



Martial Arts & Mindful Movement

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

Self-Defense and Martial Arts

Tuesdays, January 5-26 — 815000-01

6:00-7:30 PM, Aerobics Room (OC). \$60 (four sessions). Instructor: Paul Rossi. This self defense technique is based on Martial Arts skills designed to prepare you physically and mentally for any self-defense situation. Improve your strength, endurance, flexibility, and mental alertness through skills and drills that will challenge you in both standing and ground situations. You will also learn about legal justifications for the use of force in an altercation. Train your mind and your body to function together, increasing your ability to perform under stressful situations. Learn the physical skills needed for

varying levels of confrontation, mental skills like focus, awareness, and boundary setting, and gain knowledge in the areas of avoidance, de-escalation, and legal and appropriate use of force. Paul Rossi is a black belt martial artist with 21 years of experience; he has conducted self-defense lessons to law enforcement, seniors and children. He keeps the class fun and energetic. No previous experience required.



Tai Chi L1

Tuesdays, January 5-26 — 730100-01

Saturdays, January 9-30 — 730100-1J

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 11:00 AM-12:00 PM, Aerobics Room (OC). \$35 (four sessions). Instructor: Peli Fong. Tai chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, Tai chi teaches stress release and relaxation which brings about harmony of spirit and mind, known as the moving meditation. Tai chi and Qigong can be studied by anyone regardless of age, gender, or athletic ability. Peli Fong has been a teacher of tai chi and Qigong for over 15 years and teaches how to combine the mental and physical practices of both arts together.

Tai Chi Intermediate L2

Saturdays, January 9-30 — 730300-01

10:00-11:00 AM, Aerobics Room (OC). \$35 (four sessions). Instructor: Peli Fong. Designed for students of Ms. Fong's tai chi class who have studied with her for over six sessions. The class will continue perfecting the 24 Yang-style postures. The emphasis will be towards building a healthy, stronger body and focused mind leading to a peaceful spirit for a better quality of life. To accomplish this, student will learn two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The high level students will be introduced to the Tai chi 64 long form and begin moving towards more advanced levels.



Tai Chi Advanced L3

Tuesdays, January 5-26 — 730400-01

2:45-3:45 PM, Aerobics Room (KS). \$35.00 (four sessions). Instructor: Peli Fong. The progression of the most dedicated intermediate Tai chi students will continue with advanced cultivation of the 24 and 64 movement forms. Advanced Chi Gong systems known as the Eight Brocades, also known as the Eighth Treasure (The Eight-Section Exercises) and the Yi Jin Jing (Muscle and Tendon Strengthening Exercise) will be taught as well.

Nutrition

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

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

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Re-Start—Your Health in Just Five Weeks

Tuesday, January 5-February 2 — 860000-01

Thursday, January 7-February 4 — 860000-1A

Tuesday 1:00-2:30 PM, Fine Arts Room (OC); Thursday 6:00-7:30 PM, Multipurpose Room (OC). \$129 (five sessions).

Instructor: Audrey Gould RD, NTP. 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 processing the toxin sugar.

Pilates Reformer

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

Move better, feel better, live better.

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

Pilates Reformer/Bowenwork Open House — Free Wednesdays, January 6-27 (by appointment only)

8:30-9:30 AM, WellFit Studio (OC). Stop in to the WellFit Studio to see what Pilates Reformers are all about and meet Rebecca Kang our new Bowen Practitioner. Join Marilyn Clarey to take a free ride on a Pilates Reformer and learn how Pilates Reformer classes can help develop your core, mobilize the spine and build flexibility.

Open to residents that are not currently enrolled in the Pilates Membership Program. Also try out Bowenwork with our new Bowen Practitioner Rebecca Kang for a 15-minute Bowen session. By appointment only—please contact Carol Zortman at 625-4032.



Pilates Reformer Membership Packages

Members receive priority enrollment in Reformer classes. Members select monthly classes based on their schedule and are not tied to a session format. Members select classes for the following month using our online scheduling system. Ad-

ditional classes may be added as a member. Non-members select classes (after members) on the fourth week of the month on a drop-in as available basis. Our Reformer packages are as follows:

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

Membership packages require agreement for auto-pay upon enrollment. We require a 10-day written notice of cancellation of membership prior to the next billing cycle. Reformer classes must be used within the month and do not rollover into the next month. To enroll in Reformer Membership, speak with staff at OC or KS Fitness Desks. These packages are not available online. A temporary month-long suspension of membership is available.

Pilates Reformer Class Descriptions Introductory Reformer Session L1

Continuous Dates — 835110-01

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

SGT— Reformer Basics L1

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

SGT— Reformer Basics +

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

SGT — Reformer Intermediate L2

This class builds on Reformer Basics L1, adding more complex variations and longer sets. New exercises will be introduced to continue to refine your form and take you to the next level. Please note: Instructors reserve the right to suggest you continue with the Basics L1 if appropriate.

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SGT — Athletic Reformer L2

Are you looking for an opportunity to strengthen and stretch in between rounds of golf, tennis or softball? This is your class. You will use the reformer to strengthen the core as well as stretch common tight areas that occur from these types of activities.

Private Reformer Training

- **One-on-One Training:** One client and one trainer. One hour session cost is \$50
- **Duet Training:** Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person.

Private training is convenient and efficient. All Private training is done by appointment. When working one-on-one, our trainers will customize a reformer program to meet your specific goals. Pilates is an excellent pre/post rehab, back injury or nerve impingement therapy since it focuses on “Core Strength”. Most injuries are caused a weak muscle and other hidden muscular weaknesses or skeletal imbalances. Pilates works to balance the body to bring proper alignment and function to the body. For more information regarding Private Reformer Training, please contact Carol Zortman at 625-4032.

Training Services

- **One-on-One Training:** One client and one trainer. One hour session cost is \$50, half hour session \$30.
- **Buddy Training:** Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person.
- **Small Group Training:** Classes designed for specific goals in mind, working directly with a personal trainer in a small group setting with no more than six people.

For more information regarding personal trainers and/or qualifications, please contact Jeannette Mortensen, 408-4825, or inquire at either Fitness Center.

Small Group Training (SGT)

Small group training classes are designed for specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting and with no more than six people.

Classes fill quickly, please register at least seven days prior to class start date. Register online or at either Fitness Center.

SGT—TRX Express L1

Mondays & Wednesdays, January 4-February 1 — 835210-01

3:30-4:00 PM, Aerobics Room (KS). \$70 (eight sessions; no class 1/18). Instructor: Julia Roper. Are you curious about small group training? This class teaches the basic moves of the TRX with a sampling of bootcamp, all in 30 minutes. Have a safe/effective workout while getting oriented with new equipment.



SGT—TRX Express L2

Tuesdays & Thursdays, January 5-28 — 835211-01

5:30-6:00 PM, Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. This is the 30-minute intermediate progression from TRX Express L1 workout. You will develop strength and stability needed in the core, hips and throughout the body.

SGT—TRX Interval Training L3

Mondays & Wednesdays, January 4-February 1 — 835800-01

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class January 18). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that builds power, strength, flexibility, balance, mobility, and prevents injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX!



SGT—Fit 101 L1

Tuesdays & Thursdays, January 5-28 — 835500-01

Mondays & Wednesdays, January 4-27 — 835500-B1

Tuesday & Thursdays 1:00-2:00 PM; Mondays & Wednesdays 10:30-11:30 AM, Fitness floor (OC). \$135 (eight sessions). Instructor: Marilyn Clarey. Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. This class will incorporate a little of everything. It will give you a chance to learn the proper form for many of the weight machines on the floor, work on the TRX, weights, exercise bands, walking, stretching, and more. By the end of the session you will have a customized workout routine that includes the correct settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.



SGT—“Fun”ctional Fitness L3

Tuesdays & Thursdays,

December 17-31 — 835600-BN

January 5-28 — 835600-01

12:00-1:00 PM, Aerobics Room (KS). December \$70 (four sessions; no class on December 24); January \$135 (eight sessions). Instructor: Deanne Griffin. Join us for a fun-filled class which incorporates strength training and high intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on “Functional Fitness” using a variety of equipment including TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. In this SGT you will safely perform exercises that effectively build strength and cardiovascular health. You will



Continued on page 91

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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.

SGT—Bootcamp L2

Tuesdays & Thursdays, January 5-28 — 835300-A1

6:15-7:15 AM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Mike Yamamoto. Whether you are a bootcamp veteran or new to SGT come and see what working out in a small group can do for you. A variety of equipment will be used to challenge and change you.

SGT—Morning Burst Group Training L2

Mondays & Wednesdays, December 21-30 — 835300-B1

Mondays & Wednesdays, January 4-27 — 835300-1J

7:15-8:15 AM, Aerobics Room (KS). December \$70 (four sessions); January \$135 (eight sessions). Instructor: Milly Nuñez. Rise and shine to enjoy a fun and energizing workout in a small group setting. Discover ways to challenge yourself at your own level or pace while getting a full body workout. A full body workout will help you to develop and build balance, coordination, and strength in your entire body. Learn to use your own body weight and various pieces of equipment available to you, including dumbbells, steps, TRX, and so much more!



SGT—Morning TRX Bootcamp L2

Fridays, January 8-29 — 835200-01

7:15-8:15 AM, Aerobics Room (KS). \$70 (four sessions). Instructor: Kathryn Shambre. Need to add another day to your current routine? This small group training will make use of the TRX to improve power, strength, flexibility, balance, and mobility just for starters! Other pieces of equipment may be used in this total body workout.

SGT—Bootcamp L3

Mondays & Wednesdays, January 4-27 — 835400-01

5:00-6:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Mike Yamamoto. Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness.



SGT—Healthy Back L1

Mondays and Wednesdays, January 4-27 — 835700-01

11:30-12:30 PM, Aerobics Room (KS). \$135 (eight sessions).

Instructor: Kathryn Shambre. This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. Class will include flexibility (stretching correctly), lifting and squatting correctly, and education regarding the spine and mechanics. Participants must be able to stand for one hour and possess the ability to get up and down from the floor.



SGT—Low Impact Core for the Back L2/L3

Mondays and Wednesdays, January 4-27 — 835701-01

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Kathryn Shambre. This class will focus on core exercises for strength, balance, and mobility. We will use hand weights, tubing, stability balls, and steps as we progress from balance and flexibility to low impact circuit exercises that are safe for the back. Participants must be able to get up and down from the floor. Please bring a towel and water.

SGT—Balance & Fall Prevention L1/L2

Mondays & Wednesdays, January 4-27 — 835710-01

2:00-3:00 PM, Aerobics Room (OC). \$135 (eight sessions). Instructor: Kathryn Shambre. Learn simple stretches and exercises that will help improve your balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

Tennis Pro Services

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

One client and one trainer. One hour session cost is \$50, half hour session \$30.

- **Buddy Training:**

It is more fun to work out with a friend! \$15 per person. Need four students per session.

New Time: Group Clinic

Tuesdays, January 5-26 — 790401-01

11:00 AM -12:00 PM, Court #11. \$35 (four sessions). Instructor: Eldon Wilson. Come join the drills and skills class to practice what you've learned from your lessons in a fun/energizing environment! Taught by an equally fun/energizing National USTPA Pro.



New! Drop-in Group Clinic Pass

Tuesday, January 5-26

11:00 AM-12:00 PM, Court #11. \$12. Attend one of the group clinic dates as a drop in. Purchase drop-in group clinic pass at Fitness Centers prior to your training or drop-in class. Purchase the initial drop in class at the Fitness Centers, after that you can re-new passes online.

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Beginner Clinic

Thursday, January 7 — 790400-01

11:30-12:30 PM, Court #11. \$15 (one session). Instructor: Eldon Wilson. *Beginner:* Repetition is the key to all life—the more you repeat the proper technique the more automatic it becomes. In our Thursday group, we will be helping you develop the proper patterns for all the strokes or in some cases enhance those strokes along with game play at the end.

Service Clinic

Saturday, January 16

2.5-3.0 players 11:00 AM-12:00 PM — 790403-01

3.5-4.0 players 12:00-1:00 PM — 790403-1J

Court #11. \$15 (one session). Instructor: Eldon Wilson. *Service:* The serve is the most important stroke in the game of tennis, without the serve points can't be started. You will learn upper body techniques, trunk rotation along with what you should do with your legs. Also how to handle the ball toss and how important the toss is.

WellFit Services

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

Updated! Bowenwork Services

Natilee Riordan will be leaving SCLH end of December and she will be greatly missed. Please welcome Rebecca Kang to SCLH. She will be taking over Bowen services effective January. Rebecca is a Certified Bowen Practitioner, she has also completed Specialized Bowen Procedures 1 and Bowen Procedures 2—Masters for the experience Bowen Practitioner. The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. It's a new concept in natural healthcare that gets results. Bowen addresses core issues, not just symptoms. Bowenwork is known for its profound, long-term effects. It can help with chronic conditions from asthma to bunions, as well as acute injuries like sciatica and knee problems. In essence, the practitioner helps your body heal itself utilizing the original Bowen technique, and it's safe and gentle enough for those with compromised health. For more information about Bowenwork or for an appointment, please contact Carol Zortman at Bowenwork@schca.com or 625-4034.



Punch Pass Class Descriptions

Please see the colored grids on pages 96-99 for days and times.

Classes are designated with a level. Level 1 is designed for the beginner or returning exerciser. Level 2 is designed for an intermediate exerciser with established exercise ability and Level 3 is a class designed for the advanced exerciser.

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

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

- **Aqua Pilates L1:** The pool has become the new destination for mind-body classes and is a wonderful medium for performing Pilates techniques that gently improve alignment, posture, and balance. This practice gains additional benefits with water resistance to improve core strength and stabilization, muscle tone and coordination. Exercises are done in different positions—standing, floating and using the wall for assistance. Noodles, water weights, balls and belts are used. This non-impact setting is suitable for most levels and beneficial for people with arthritis, osteoporosis and other conditions that can limit traditional exercises or those with balance challenges on land. Relaxation and rhythmic breathing techniques are incorporated to increase mind/body awareness and reduce stress.

- **Aqua Yoga L1:** Refreshing water supports your body making it an amazing environment to experience yoga benefits. Increase blood flow and range of motion; develop strength and static balance while loosening tense muscles, joints and renewing energy. This is accomplished in coordination with breathing techniques to improve respiratory capacity allowing for a deeper sense of mind-body connection. Beneficial for those normally challenged on a yoga mat, with physical limitations or for de-stressing. Experienced yogis will notice the release of gravity and find a new element for the restorative practice to unwind and relax.

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

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

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

- **Barre L2:** Barre is a higher energy workout, set to up-tempo music that fuses the best of Pilates and Ballet, providing a unique and fun experience. The moves include low impact but high intensity intervals of strength training followed by deep

Continued on page 94

stretching. This routine will sculpt and begin to transform the entire body, resulting in a stronger core and better muscle tone.

- **Basic Chair L1:** Beginner level chair class designed to improve function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio, endurance & brain exercise.
- **Body Trim L3:** Experience a workout like nothing before. We will blend three styles of exercise (yoga, strength & Pilates) to create the perfect triad. We will experience a moving meditation with sun salutations, a sculpting series of movements to effectively work your muscles and challenge your heart with Pilates based dance movement, rounding out the perfect class and awakening the champion that lies within!
- **Cardio Strength L3:** This class combines short cardio drills between strength sets. Working the whole body through the use of hand-held weights, Body Bars, disks, and more! Become stronger for your everyday activities.
- **Chair with Flair L1:** Have fun & move to the music! Work at your own level. Class is designed for individuals to have the option to sit or stand during class. Use of hand weights, bands, and small stability balls. A low-impact cardio workout with motivating music you can enjoy!
- **Chair Yoga L1:** Experience a unique yoga style that adapts yoga positions and poses through the use of a chair. The chair offers support in seated, standing and reclined positions

that allows students to safely perform yoga poses with more stability. Chair Yoga is suitable for all ages, fitness levels and physical conditions.

- **Classical Mat Pilates L2:** Classical Pilates is the art of controlled movements, which should look and feel like a workout (not a therapy) when properly manifested. If practiced with consistency, Pilates improves flexibility, builds strength and develops control and endurance in the whole human body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.
- **Core-N-More L3:** Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while increasing resistance. Interval class combines exercises that can improve your core, strength and cardiovascular endurance.
- **Core-N-Strength L2:** A class combining strength training with core work for a full body workout! Works the core muscles to increase stability and improve posture. A full body strengthening class!
- **Cycle-N-Strength L2:** Do you enjoy the cardio benefits of indoor cycling, but don't enjoy an entire cycle class? Then this class is for you! Join us for 30 minutes of cycling followed by strength exercises using bands, weights, and more! This class will challenge your cardiovascular system as well as give you a total body workout!
- **Everybody Can Aerobics L2:** This class is perfect for those

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wishing to start a cardiovascular program. The easy to follow moves will be low impact and simple, no “fancy dance” moves. Light hand weights, and other strength training “toys” will be used to increase your total body strength. Come enjoy the benefits of a workout designed just for you!

- **Hatha Yoga L2:** Experience a yoga class where you will feel energized, stretched and relaxed by the end of class. We begin with warm ups then move to standing poses and inversions which challenge balance and strength. The class will end with a guided deep relaxation and meditation. This is a challenging class that is open to all levels.

- **Healthy Living with Exercise L1:** This class is designed especially for those with diabetes, heart conditions or nervous system disorders (Parkinson’s, ALS) who have completed the Healthy Living with Exercise session. This program is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio.

- **Hi-NRG Cycle L3:** This cycle class will take you through many techniques unique to indoor cycling that will strengthen your legs, lungs, and heart. A fun and challenging cycle workout!

- **iRest—Meditation for Yoga:** This class is a guided meditation. It’s a process that is designed to help people relax and resolve symptoms, such as insomnia, anxiety, fear, depression, chronic pain, post-traumatic stress. As we learn and strengthen the skills in deep relaxation, we will learn how to stay relaxed even during an intense experience. No experience needed, all you need to do is come with an open mind and follow directions. You cannot do this incorrectly. This is a guided practice which consists of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. Wear comfortable clothing. You can experience this class sitting down on a chair or bring a pillow if you chose to practice the class lying down on a yoga mat on the floor.

- **Low Impact Aerobics L3:** Motivating moves to fun music followed by a stretching session. Work at your own level. Class is designed to increase cardio endurance, upper body strength, and flexibility. Class includes floor work. A fun workout guaranteed to increase your energy and stamina!

- **Low Impact Sculpt Interval L2:** Participants in this class will reap cardiovascular and strength training benefits in one fun class. The low impact moves will be easy to follow and will be done in interval fashion with the strength exercises. We will utilize free weights, tubing, bands, balls and more! Come change up your workout and get fit while having fun!

- **Low Impact Sculpt L1:** If you are looking for a total body workout with L1 low impact cardio look no further! Enjoy 20 minutes of low impact cardio followed by strength, balance, and flexibility work to sculpt your body.

- **Mixed Level Indoor Cycling L2:** A low-impact workout on the bike that is easy on the joints while improving cardiovascular endurance. A great group cycle workout for both the beginner and experienced class member. A fun and

effective way to get fit!

- **Piloga L2:** Piloga blends Pilates and yoga. For residents seeking to strengthen their core-back and belly muscles—using the well-known work of Joseph Pilates. This mixes seamlessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders, and weights.

- **Piloga Flow L2:** Piloga Flow is a unique non-impact class which combines Pilates and yoga. This class is designed to develop the strength, toning and body alignment of Pilates with the balance, flexibility, inner focus and calmness of yoga. Imagine this combination of yoga postures and core Pilates exercises set to beautiful world music and ending with meditation to relieve stress and connect mind and body.

- **Power Vinyasa L3:** Vinyasa yoga is a challenging, dynamic, flow-based yoga which links movement with breath. Each class is different from the last providing variety and helps you find your edge. When linking breath with movement, the practice becomes like a moving meditation, alternating between stillness and motion. Strength, flexibility and cardio come into harmony. Some experience in yoga is recommended, but all levels of experience can practice together, because each practice is your own, honoring your practice and your body.

- **Relaxing Yoga and Meditation L1:** This early evening yoga class consists of restful and healing yoga postures, done on the floor, that are held a bit longer and use yoga props. This effect is a deeper stretch which releases and relaxes the body. A restorative deep relaxation followed by a brief meditation, rounds out the experience.

- **Splash Dance L2:** This class emphasizes cardio endurance, toning, and balance. Buoys and noodles add to the fun! Come join the fun and enjoy upbeat music you can really move to.

- **Step It Up L3:** Step up and be challenged! Enjoy a dance based choreographed workout on the step. This class will keep your mind busy and your heart pumping. Choreography includes faster transitions, more movements, and a higher intensity. This class is designed for individuals with intermediate to advanced stepping skills. A great challenge... a great workout!

- **Sticks & More L2:** This class makes use of drumsticks in a fun and innovative way. We will focus on common trouble spots such as; inner thighs, outer thighs, and core. We will spend 30 minutes total for warm up, cardio and cool down. The remainder of the class will be mat work and stretch.

- **Strictly Strength L2:** A class set to fun energetic music to motivate and inspire you through a full body strength workout. The focus will be on proper form and technique to strengthen and tone the major muscle groups of the body.

Continued on page 96

• **Wai Dan Gong L1:** Wai Dun Kun is an ancient Chinese exercise. It is exercise that promotes your blood circulation, activating your organs, soothing your joints, energizing your body, and making you feel great. It generates energy but does not use your energy. Practicing Wai Dan Gong 30-45 minutes every day, you will feel healthier, happier, and much stronger. Your body will tell you the difference after you practice a few times.

• **Water (H2O) Bootcamp L3:** This high intensity bootcamp style class includes a variety of exercises to increase cardiovascular and muscular strength. This class provides variety, intensity and fun! Mondays and Wednesday PM class will be held outside while the outdoor pool is open. Enjoy the sun and fresh air while getting an outstanding workout!

• **Water Works L2/3:** Includes a variety of exercises to increase cardiovascular and muscular strength. Noodles and hand buoys may be used. This class is designed for an intermediate/advanced aqua fitness class member.

• **Yin Yoga L1-L3:** When starting your day with this early morning yoga class, you will find yourself moving from activity to activity in a peaceful, refreshed and revitalized way. Based on the principles of Yin yoga, done on the floor, poses will be held longer to moderately stretch the deep connective tissues—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility and range of motion for daily living. The pose sequences are also designed to improve the flow of qi, the subtle energy said in Chinese medicine to run through the meridian pathways of the body. Improved qi flow is hypothesized to improve organ health, immunity, and emotional well-being. This class is for all fitness and flexibility levels, and modifications will be offered throughout each session.

• **Yoga L2:** This class builds on Beginning Yoga by focusing on movement through the postures rather than the teaching of the postures. This class will challenge you while improving balance, flexibility and reducing stress. All levels are welcome

OC Aqua Wellfit Class Schedule January 1-31, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Water Works L2/3- Theresa		Water Works L2/3- Jeannette		Water Works L2/3-Annamarie		
8:30	Aqua Fitness L2- Theresa		Beginning January 6th Aqua Fitness L2- Theresa		Aqua Fitness L3 - Kirsti		
9:30		Water Works L2/3 -Deanne	Core n More L3- Annette	Water Works L2/3 -Deanne	Core n More L3- Marilyn		
10:30	H2O Bootcamp L3- Annamarie	Water Works L2/3 -Deanne	Splash Dance L2- Annette	Water Works L2/3 -Deanne	H2O Bootcamp L3- Annamarie		
11:30	AF Aqua L1- Annette		AF Aqua L1- Marilyn		AF Aqua L1- Annette		
12:30	Aqua Yoga L1- Annette		Aqua Pilates L1- Marilyn		Aqua Pilates L1- Marilyn		
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	H2O Bootcamp L3 Annamarie	Water Works L2/3- Annamarie	H2O Bootcamp L3 Annamarie	Aqua Pilates L1 Cynthia			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

to this fun class.

• **Yoga Basics L1:** Come learn the fundamentals of yoga. This class is designed for those with little or no yoga experience and will help you improve balance, flexibility and stress reduction.

• **Yoga for Osteoporosis L1:** This class is designed to help maintain bone strength, balance and flexibility. We lift small hand weights, sitting in chairs, to strengthen the upper arms. Then, we do standing poses at the wall that are weight-bearing, to strengthen the bones of the hips and legs and maintain balance. We end the class on the floor, where we stretch to bring flexibility and agility to the joints. We do deep breathing exercises, and finish with a restorative deep relaxation.

• **Yoga Flow L2:** Yoga Flow is a challenging, dynamic, movement-based yoga which links movement with breath. Residents will flow through the asanas connecting each sequence with a vinyasa. This is beautiful, dynamic style of flow Yoga that maintains a playful and dance-like quality. There is no set sequence, the teacher brings her own style.

• **Yoga Strength L2/3:** Come to this class and enjoy the hip-opening body work of yoga with challenging upper body

work using hand weights. In each series of yoga based pose sequences, hand weights are added to both increase physical coordination and the intensity of your workout. Make the class as easy going as you like with light weights, or as tough as you like with heavy weights...it's up to you! Leave feeling invigorated, stretched, and strengthened.

• **Yoga Stretch L1:** This class incorporates Mind/Body awareness to achieve your optimal stretch. We use a series of yoga poses designed to gently stretch the body while focusing the mind & breath to allow the body to completely relax before flowing into next pose. Ideal for all levels to improve flexibility & range of motion to maintain a healthy FUNCTIONAL lifestyle.

• **Zumba L3:** This class fuses Latin rhythms and easy-to-follow moves to create a high energy, calorie burning and total body dance based workout. Let the party begin!

• **Zumba Gold L1/2:** The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.

Wellfit Pilates Reformer Class Schedule January 1-31, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Ref Intermediate L2 - Kirsti				Ref Intermediate L2 - Kirsti		
8:30	Ref Intermediate L2 - Sarah	Ref Intermediate L2 - Janine	Ref Open House - Marilyn <i>(non members only - for appt. 625-4032)</i>	Ref Basics L1 - Marilyn			
9:30	Ref Intermediate L2 - Sarah	Ref Basics L1 - Janine	Ref Basic L1 - Marilyn	Ref Basics L1 - Julie	Ref Intermediate L2 - Sarah	Ref Basics L1 - Julie	
10:30	Ref Basics L1 - Valerie		Ref Basics L1 - Valerie	Ref Basics+ L1/L2 Julie	Ref Basics + L1/L2 - Sarah		
11:30	Basics+ L1/L2- Valerie	Ref Basics + L1-L2 - Julie			Ref Basics + L1/L2- Valerie		
12:30	Bowenworks Sessions - Contact for Appt. 625-4034						
5:00				Ref Basics+ L1/L2 - Lori			
5:30	Ref Basics+ L1/L2 - Marilyn	Ref Basics+ L1/L2 - Lori					
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

OC WellFit Class Schedule January 1-31, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	OC	OC	OC	OC	OC	OC	OC
8:00	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Athletic Stretch L1/3 - 7:15-8:00am Marilyn	Low Impact L3- Jeri	
9:00	Zumba L3 - Annamarie	Core & Strength L2 - Julia	Zumba L3- Summer	Core & Strength L2-Kim	20/20/20 L3-Gretchen	Yoga Basics L1-Sarah Urula - Jan-Feb	Cardio Strength L3- Kim
10:00	Yoga Strength L2/3- Sarah	Yoga Flow L2 - Ashley	Sticks & More L2- Linda	Yoga Flow L2- Sarah	Strictly Strength L2 - Valerie	Tai Chi L2-Peli	Zumba L3- Carrie
11:00	Piloga L2 - Lola	Arthritis L2- Linda	Piloga L2 -Lola	Arthritis L2- Linda	Piloga L2-Lola	Tai Chi L1-Peli	
12:00	Barre L1- Julie	12:15 - 1:15 iRest Meditaton and Yoga L1 - Iram	Arthritis L1/2 -Linda	Yoga Stretch L1- Julie	Arthritis L1/2 - Linda		
1:00	Chair with Flair L1 -Julie	1:00-2:00 SGT- Fit 101 L1 meet at lobby in fitness center- Marilyn	Chair with Flair L1- Julie	SGT-Fit 101 (1:00-2:00) L1- Marilyn	Basic Chair L1-Julie		
2:00	SGT- Balance & Fall Prevention L1- Kathryn	1:30-2:30 Chair Yoga L1 Ashley	SGT- Balance & Fall Prevention L1- Kathryn				Yoga Flow L2- Ashley
3:00	3:00-4:15pm Healthy Living with Exercise L1 - Annamarie	Healthy Living Exercise Program L2 - Annamarie	3:00-4:15pm Healthy Living with Exercise L1 - Annamarie	Healthy Living Exercise Program L2 - Annamarie	Activities	SCUH Booking	
4:00		Activities		Activities			
5:00	Zumba L3 - Summer		Zumba Gold L2 - Joanie				
6:00		6:00-7:30 Self Defense - Paul					
7:00							
			Group Exercise Classes (punch pass) \$3.50				
							Wellness Classes (session based)
							Small Group Training (session based)
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

KS WellFit Class Schedule January 1-31, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15		6:15am SGT - Bootcamp L2 - Mike		6:15am SGT - Bootcamp L2 - Mike			
7:00	7:15-8:15am SGT - Morning Bootcamp L2 - Milly		7:15-8:15am SGT - Morning Bootcamp L2 - Milly		7:15-8:15am SGT - TRX Bootcamp L2 - Kathryn		
7:30						8:00am HI NRG Cycle L3 - Polge	
8:00		Mixed Level Cycle L2 - Deanne		Mixed Level Cycle L2 - Deanne	Zumba Gold L2 - Joanie		
8:30	Low Impact/Sculpt Interval L2 - Jeannette	Low Impact L3 - Annamarie	Power Vinyasa L3 - Deanne	Low Impact L3 - Annamarie			
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3 - Annamarie	Strictly Strength L2 - Linda	Cardio Strength L3 - Annamarie	Strictly Strength L2 - Jeri	
10:30	Classical Mat Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Cycle & Strength L2-Gretchen	Body TRIM L3 - Jeannette	Everybody Can L2 - Linda	Yoga Stretch L2 - Jeri	
11:30	SGT - Healthy Back L1 - Kathryn		SGT - Healthy Back L1 - Kathryn		WaiDan Gong L1 - Joon		
12:30	SGT Healthy Back L2 - Kathryn	12:00pm SGT - Functional Fit L2 - Deanne	SGT Healthy Back L2 - Kathryn	12:00pm SGT - Functional Fit L2 - Deanne			
1:00							
1:30	Yoga Basics L1 - Ursula	Tai Chi L1 - Pell					
2:00							
2:30	SGT - TRX Interval L2 - Julia		SGT - TRX Interval L2 - Julia				
3:30	SGT-TRX Express L1 - Julia	(2:45-3:45) Tai Chi L3 - Pell	SGT-TRX Exp. L1 - Julia		SCLH Booking		
4:00		Yoga for Osteo L1 - Julie		Yoga for Osteo L1 - Julie			
5:00							
5:30	SGT - Bootcamp L3 - Mike	SGT -TRX Exp. L2 - Julia	SGT - Bootcamp L3 - Mike	SGT -TRX Exp. L2 - Julia			
6:00							
Group Exercise Classes (punch pass) \$3.50							
Wellness Classes (session based) Small Group Training (session based)							
All classes are subject to change without notice. All classes are 55 minutes unless otherwise noted.							



High Speed Rail

Thursday, January 14 — Free

10:00 AM, Ballroom (OC). The California High Speed Rail Project is the most complex and expensive undertaking ever attempted in the State's history. When completed in 2029 at an estimated \$68 billion, it will connect northern and southern California, with 800 miles of track and 24 stations. The construction obstacles are unprecedented, including 35-45 miles of tunnels through earthquake zones and faults. Join Scott Jarvis, Chief Engineer for the California High-Speed Rail Authority, as he presents an overview of the project with information about engineering challenges and project benefits.



Crafting a Plan to Preserve Memory Function

Wednesday, January 27 — Free

7:00 PM, Ballroom (OC). The idea of living with memory loss is a scary one. Minor memory loss may be acceptable, but the farther down the spectrum you get, the more debilitating the results. What causes Alzheimer's? What causes dementia? It's all quite confusing and sometimes even contradictory. Dr. John Schafer discusses the latest in research—diet, exercise, social activity—to help craft a purposeful approach to preserving memory function.



Speech Trek: Gender Bias and Inequality

Friday, February 5 — Free

4:00 PM, Ballroom (OC). Come hear about Gender Bias and

Inequality. Our regional high school students will clue you in. Listen to five extraordinary regional high school students who have advanced to the final round of competition in the 10th annual Speech Trek contest sponsored by the local branch of The American Association of University Women (AAUW-RSP). Students have each prepared an original five-to-six minute speech and will be judged on research, organization, and oratorical skills. The winner of the local final round progresses to a competition at the AAUW State Convention in April. Top prize is \$750 at the local level and \$1,500 for the state winner, plus a lot of brownie points for their college applications.



The Mind-Body Connection: Restoring Wholeness in Body, Mind, and Spirit

Wednesday, February 24 — Free

7:00 PM, Ballroom (OC). Join us as we learn of an alternative approach to chronic care medicine—Functional Medicine. Functional Medicine focuses on the impact of your lifestyle on the development and persistence of chronic illness—including nutrition, stress, sleep, movement, relationships, environment and mind-body-spirit health. It seeks to understand how someone became ill in the first place and looks at what needs to be included in a healing plan so that the body is able to come back into balance and into its own healing rhythm. Join Dr. Maxine Barish-Wreden, Sutter Health, to explore together your own healing map so that you can begin to identify the core issues keeping you from living your best life.



Community Forums, Date, Time, Location

<ul style="list-style-type: none"> • High Speed Rail Thursday, January 14, 10:00 AM, Ballroom (OC) • Crafting a Plan to Preserve Memory Function Wednesday, January 27, 7:00 PM, Ballroom (OC) • Speech Trek Friday, February 5, 4:00 PM, Ballroom (OC) • The Mind-Body Connection: Restoring Wholeness Wednesday, February 24, 7:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Surviving the Silence: Love and Impossible Choices Tuesday, March 8, 1:00 PM, Ballroom (OC) • Belly Aches, GERD and More Wednesday, March 23, 7:00 PM, Ballroom (OC) • Internet Safety for Silver Surfers Wednesday, April 13, 1:00 PM, Ballroom (OC) • Watch for more Community Forums in upcoming issues of the <i>Compass</i>
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Did You Know?

Not every dog is a man's (or woman's) best friend. Some individuals have allergies or fears regarding dogs. When walking your pet, please don't allow your pet to jump on others,

or to speedily approach others. If others are passing you, consider placing yourself between the other person and your pet, and shortening your leash to a shorter length (1-2').



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Lincoln, CA 95648

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OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

www.suncity-lincolnhills.org/residents

Public Website:

www.suncity-lincolnhills.org

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Kilaga Springs 408-4013

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KS Fitness Center 408-4683

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•Food & Beverage•

Meridians Reservations 625-4040

Kilaga Springs Café 408-1682

Director of Food & Beverage

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Catering

Banquet Sales Manager

Meghan Louder 625-4043 meghan.louder@slhca.com

•The Spa at Kilaga Springs•

408-4290

Spa Manager

Kris Holland 408-4071 kris.holland@slhca.com

Hours

Orchard Creek & Kilaga Springs Lodges

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

Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

Activities Registration: OC & KS

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

Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

Administration Offices & Membership

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

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

Fitness Center Hours: OC & KS

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

Saturday/Sunday—OC 7:00 AM-8:00 PM

Saturday/Sunday—KS 6:30 AM-6:00 PM

Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM

Sunday 7:30 AM-3:30 PM

Meridians Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

Dinner Friday & Saturday 5:00-9:00 PM

Sunday Brunch 10:30 AM-2:00 PM

The Spa at Kilaga Springs

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

Saturday 9:00 AM-5:00 PM

Holiday Hours by Department—see page 3

General Numbers

Broken Water Line on Association

Community Property

645-4501 Landscape Office

Curator Security, Inc.

(916) 771-7185

Golf Shop

Website: lincolnhillsgolfclub.com

General Manager, LH Golf Club

Ryan Peterson 543-9200, ext. 4

Lincoln Police & Fire 645-4040

Neighborhood Watch

Ron Wood 434-0378

Pauline Watson 543-8436

Neighbors InDeed 223-2763

Pulte Homes Customer Care

Norcal@delwebb.com

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December 2015



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with Exercise *IMPROVE YOUR LIFE!*

This session is part one of a two part program, specifically designed for those with chronic conditions such as Cardiac Pulmonary Disease, Diabetes and Nervous system disorders (ALS, Parkinson's)

Exercise is one of the best activities for disease management

This 4 week program begins January 4 - 27

- Assists in maintaining normal range for diabetic numbers and blood pressure
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- Helps you have control over your health issues by exercising



Mon/Wed 3:00-4:00pm | OC Fitness Aerobics Room

Session price: \$80 for 1 month, (8 classes)

Activity: #878000-01

Meet Marilyn *Duration of Program Participation: 3 years*



Case Study	Before Program	After 9 months	Current
Weight Loss		25 lbs	60 lbs total
Cholesterol	Over 200	178 - Normal Range	173
HDL (Good Cholesterol)	47	50 - Norman Range	50
LDL (Bad Cholesterol)	113	94 - Normal Range	88
Triglycerides	239	168 - Normal Range	170
A1C	6.7	6.1	6.0
Estimated Ave. Glucose	146	128 - Normal Range	126
ALT	25	13 - Normal Range	12
Medications (# of daily meds)	4		3

"When I started the program, my goal was to avoid adding any medications for diabetes.

My doctor suggested exercise, diet and weight loss.

I signed up on-line. I have achieved my goal of avoiding any new meds plus ramping down on my current medications."

- Marilyn

Sign up for the Healthy Living

Pre-enrollment Assessment: 881000-12

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Have Questions?

Please contact Carol Zortman at 625-4032

