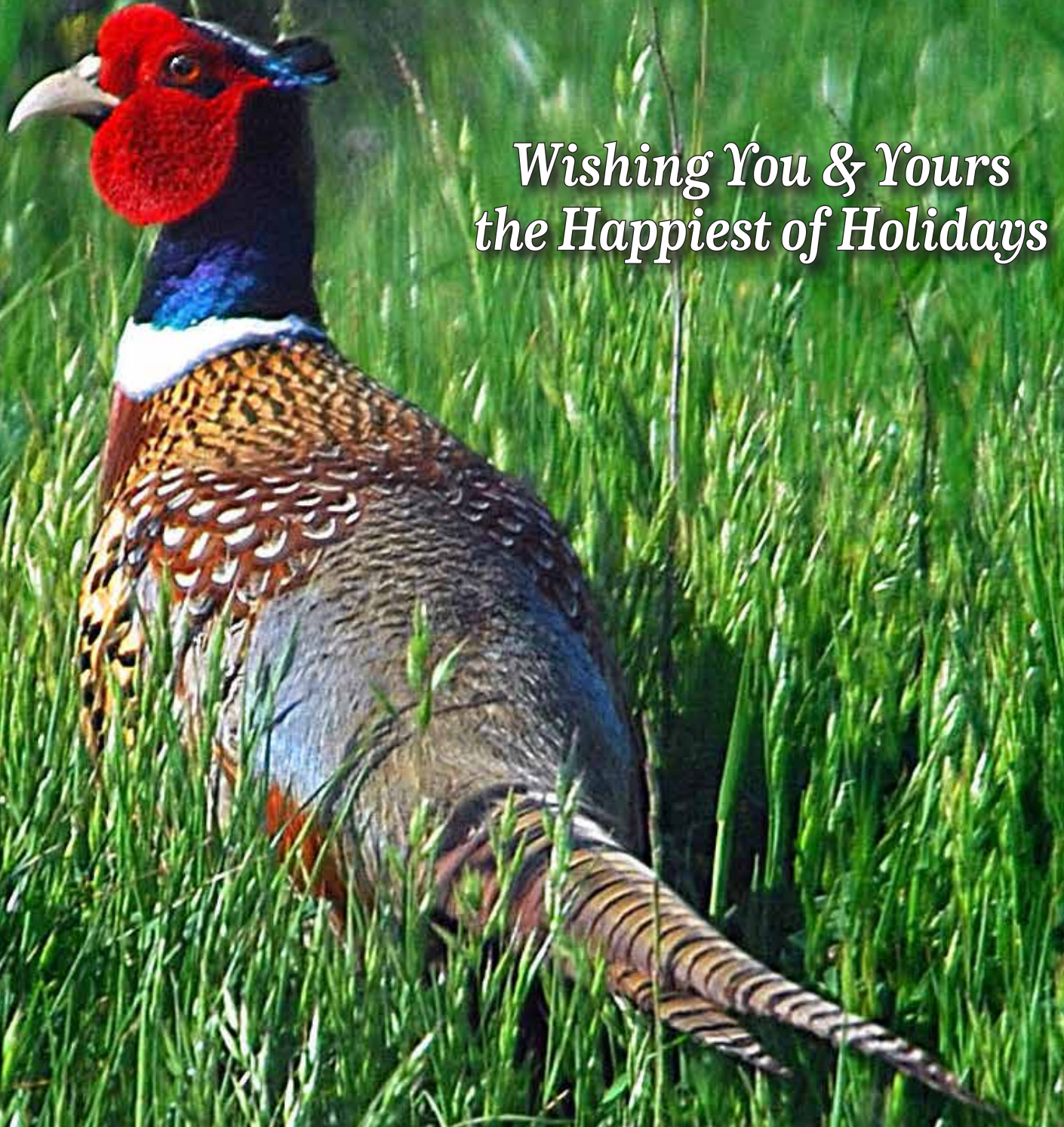


C MPASS

The Official Magazine of Sun City Lincoln Hills

December 2016



*Wishing You & Yours
the Happiest of Holidays*

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Board of Directors Report

Looking in the Rearview Mirror

Denny Valentine, Secretary, SCLH Board of Directors



As we cast a backward glance over 2016 we see some outstanding achievements, thanks to those who work for us and the committees that serve us. The pride, forward thinking, and ownership our staff places in our Lincoln Hills community could not have been exhibited in a more noteworthy manner than to have Sun City Lincoln Hills named the best retirement community in the Sacramento area by *Sacramento Magazine*.

We have enjoyed many upgrades and improvements during the year as a result of recommendations by our staff and diligent overview by the Properties and Finance Committees. These include the Café patio cover at Kilaga Springs and the soon to be completed Meridians patio awning. Adding comfort and enjoyment to our resident experience were the solar water heating shade structures at the Orchard Creek pool. Soon we will begin replacing the warped and deteriorating wood rail open space fencing with a wood appearing version made of concrete which not only looks great, but has a far superior life span.

The first full year of spectacular energy cost savings just came in for the Orchard

Creek parking lot solar project and approval has been granted to construct a similar project at Kilaga Springs, further reducing our electricity costs and providing much welcome shaded parking. When these projects are paid off, you are sure to see a favorable impact on dues. The Community Enhancement Fund, also created this year, will generate monies to be used for future improvements to our facilities.

If space allowed, I would expand on the work of other Association committees, including revising the Design Guidelines, revising and simplifying guidelines for clubs and organizations, enhancing compliance with community standards, and improving communications and community relations. Further examples of the positive things staff does behind the scenes are a new community website with significantly enhanced features launching in January, a new phone system installed this month, and longer hours at the Membership Desk.

Oh, did I mention, best retirement community in the Sacramento region?

Sun City Lincoln Hills Community Association Dues Increase effective January 1, 2017

Your quarterly dues increased to **\$354.00 per quarter effective January 1, 2017**. This increase is reflected in the quarterly Dues Statement you received in December.

If you use online bill payment from your bank or credit union, **please make**

the necessary change prior to paying your January 1 dues payment.

If you use our Preauthorized Electronic Assessment Payment service, we will adjust the payment. Please note the change when entering the amount in your check register.

Thank you.

On the cover

*A beautiful Ring-necked Pheasant caught on camera by resident photographer David Masche.
Happy Holidays!*



Annual Community-wide Holiday Open House

**Thursday, December 15 • 1:30-3:30 PM
Community Living Room (OC)**

Come and enjoy a hot drink and treat while visiting with your neighbors, Board of Directors and staff. Holiday piano music will be played by Cheryl Duncan and Donna Jenkins. Come and join in the holiday spirit.

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications



Have you ever noticed the name of my monthly article is “Connections”? I came up with that heading over 17 years ago with the first issue of our monthly communications newsletter. Now, as our community has grown to over 11,500 residents, making connections is as important as it was in August of 1999. As your Senior Director of Lifestyle and Communications, I’m very proud of our entire team of staff and volunteers who work tirelessly to design and deliver exceptionally high quality lifestyle offerings and ways to help keep you connected.

While face-to-face connections are essential and rewarding, your Association also recognizes the value of quality technology to keep us connected.

I am happy to announce that we will begin the New Year with a new telephone system that will enable staff to make direct calls

to staff in other buildings. When receiving calls from these facilities, you will see “Sun City Lincoln” listed on your caller ID plus the direct telephone number of the caller, which you may use to return the call.

If you call our main number, a personal answer will remain a high priority, and if necessary, a message will direct you to press a number to be connected to the exact person or department with whom you wish to speak. We hope you will like the change!

By the first of January we will also have a new, more robust, and tamper resistant resident website, optimized for easy access on mobile devices. We will keep you posted on these developments via our eNews bulletins, and have full information about the new site in the January COMPASS.

Please see “Connections” on page 5

Calendar of Events

December 15-February 28

Date	Event	Page #
12/15	Annual Community-wide Holiday Open House	2, 43
12/15	Performance: Beach Blanket Babylon	58*
12/17	Grandkids Event: Santa Adventure	48*
12/18	Tours: Victorian Christmas	58*
12/19	Tours: San Francisco Holiday Shopping	55
12/20	Concert: Classical Guitarist Matt Bacon	47*
12/21	Performance: Beach Blanket Babylon	58*
12/22	KS Holiday Movie Showings: Holiday Inn	43
12/23	KS Holiday Movie Showings: The Santa Clause	43
12/31	Cirque Du New Year 2017	46
01/02	Antiques: Show & Tell	25
01/02	KS at the Movies: The Big Short	43
01/03	WellFit Meet and Greet	10
01/03	Eye Contact: Neighborhood Watch Program	29
01/04	Astronomy: “Mysterious Moons in Our Solar System”	25
01/04	Sports: Sacramento Kings vs. Miami Heat	58*
01/06	Concert: California Cowboys	47
01/11	Presentation: The Five Greatest Films in American Cinema	48
01/11	Casinos: Cache Creek Casino	48
01/12	Forum: Board of Directors Candidates	6
01/12	Museum: Crocker Art Museum	51
01/16	Astronomy: “Quasars—Feasting Supermassive Black Holes”	25
01/16	Astronomy: “Gravitational Waves”	25
01/17	KS Comedy Night: Evening with Sandy & Richard Riccardi	47
01/17	Forum: Forty Days and Forty Nights	100
01/18	Presentation: Sacramento Speaker Series—Jay Leno	58*
01/21	KS Classic Movies on Saturday: Same Time Next Year	43
01/21-25	Extended Travel: Palm Springs Polo Matches & More	56
01/23	Document Destruction	43
01/24	Concert: The Music of Simon & Garfunkel	47
01/25	Forum: Heart to Heart: Gender Differences in Cardiac Care	100
01/26	Coffee with the Mayor	43
01/27	Performing Arts Presentation	43
01/30	Museum: Leland Stanford Mansion	58*
01/31	Performance: Broadway Sacramento—Kinky Boots	55*, 58*
02/02	Concert: The Bird Dogs Present The Everly Brothers	47
02/04	KS at the Movies: Money Monster	43
02/06	KS at the Movies: Money Monster	43
02/07	Forum: Football: You Make the Call!	100
02/08	Performance: Russian National Ballet Theater	51
02/09	Tours: Buck Institute—Novata	56
02/10	Concert: Showbiz Divas & Dames	48
02/12	Tours: San Francisco—Pier 39 Tulipmania!	56
02/13	Museum: Leland Stanford Mansion & California Museum	51
02/16	KS Comedy Night: The Award-Winning Comedy/Jason Love	47
02/17	Forum: What’s Up with the Equal Rights Amendment?	100
02/18	KS Classic Movies on Saturday: Michael Clayton	43
02/18	Tours: San Francisco Chronicle Wine Competition	56
02/21	Concert: Richard Glazier	48
02/21-25	Extended Travel: Musical Legends—Road Trip to Vegas	58
02/28	Performance: The Five Irish Tenors—Harris Center	52

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

Golf Cart Registration.....	Thursday, December 15, January 5 & 19, 9:00 AM, OC Lodge
Board of Directors Meeting.....	Thursday, December 15, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, December 15, 10:30 AM
Board of Directors Executive Session...	Thursday, December 15, 11:00 AM
Listening Post.....	Tuesday, December 27, 11:00 AM
CCOC/Clubs & Community Orgs.	Tuesday, January 3, 9:30 AM
Compliance Committee Meeting.....	Wednesday, January 4, 10:30 AM
Properties Committee.....	Thursday, January 5, 9:00 AM
Elections Committee.....	Friday, January 6, 10:00 AM
ARC/Architectural Revw. Committee...	Monday, January 9, 9:00 AM
CCRC/Communications & Comm. Rels...	Monday, January 9, 11:30 AM
Finance Committee Meeting.....	Thursday, January 19, 9:00 AM
ARC/Architectural Revw. Committee...	Monday, January 23, 9:00 AM
Listening Post.....	Tuesday, January 24, 11:00 AM
Board of Directors Meeting.....	Thursday, January 26, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, January 26, 10:30 AM
Board of Directors Executive Session...	Thursday, January 26, 11:00 AM

Meetings in OC Lodge unless noted otherwise.

2016 Holiday Hours

Holidays	Activities Desk OC/KS	Administration & Membership	Fitness Center OC/KS	The Spa at Kilaga Springs	Kilaga Springs Café	Meridians Restaurant
December 24, 2016	8:00 AM - 1:00 PM	Closed	7:00 AM - 2:30 PM	9:00 AM - 1:00 PM	6:00 AM - 3:00 PM	7:00 AM - 3:00 PM
December 25, 2016	Closed	Closed	Closed	Closed	Closed	Closed
December 26, 2016	9:00 AM - 3:00 PM	Closed	5:30 AM - 8:30 PM	Closed	6:00 AM - 4:30 PM	7:00 AM - 8:00 PM
December 31, 2016	8:30 AM - 1:30 PM	Closed	7:00 AM - 2:30 PM	9:00 AM - 2:00 PM	6:00 AM - 4:30 PM	7:00 AM - 3:00 PM (+) New Year’s Event; Sports Bar Closed after 3:00 PM
January 1, 2017	Closed	Closed	7:00 AM - 5:30 PM	Closed	Closed	Brunch Event Only 10:00 AM - 2:00 PM

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From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association



Happy Holidays! 2016 was an interesting and productive year, and we are ending the year on a high note. The Association will be favorable to budget for the year, and our Lifestyle and WellFit Departments were key to our overall success. Kudos to Jeannine Balcombe, Deborah McIlvain, Lavina Samoy, Lily Ross, Jeannette Mortensen and all of our great staff for their efforts. The Food & Beverage team did a great job despite some turnover in key positions, and should be close to budget at year end. My thanks to Kristy Woodin, Ian Elieff, Kathy Cameron, Marcos Salazar, Anoud Zaki and the rest of the team for their efforts. Facilities and Landscaping did a nice job controlling costs and coming in at budget, while maintaining the high service levels we have come to expect. My appreciation goes out to Cesar Orozco, Eric Rosales,

Paula Horsley, Dave Watson and Andrew Roberts, and the rest of the dedicated team. The Spa righted the ship in April, thanks to the efforts of Stacey Diemer, Jonathan Leung, and all of our wonderful technicians and front desk staff. On the administrative side of things, my thanks go out to Christy Goodlove who manages the admin staff and Membership Desk, Bruce Baldwin and his accounting team who watch over the financial assets of the Association, and Bertha Mendez and Amy Gonzales who take care of our residents at the front desk. Nancy Gabriele is our Human Resources guru, and we have never been in better shape in this area than we are now. Ben Baker and his team (Ryan Nichols-Roy and David Ortiz) provide the Association with the finest website, graphics, and marketing materials of any Association around. And finally, my thanks go out to the folks who make it happen on a daily basis: The custodians, dishwashers, set-up crews, monitors, line cooks and prep

staff, and all of our great trainers, who make it look easy, even though it's far from easy at times. We would be nowhere without them ... You might be interested to know that we won "Best Retirement Community" at the Sacramento Magazine "Best of Sac" awards night. The folks mentioned above are a big part of that. Our volunteers who support our committees and Association are also a huge part of the equation, as well as those who take part in the groups and clubs that we have. Your involvement makes this such a wonderful community, and we appreciate everything that you do for Lincoln Hills ... In keeping with the spirit of the season, if you find yourself sitting around the house between December 22 and 24, come up to one of our Lodges and hang out with us. I have asked Lavina Samoy to provide free holiday movies at Kilaga Springs, and you can come up and grab a bite to eat at Meridians, or just hang out by the fireplace and read. Remember—this is your home. Best wishes and I'll see you again in January.

Connections

Finally, we have recently been replacing our computer equipment with a high quality robust system for backup, replication, and recovery if needed. The new equipment efficiently integrates servers, storage, networking, and management. We are also replacing our old firewall with a new system. We are confident that this computer equipment will provide staff the necessary tools to work at a high level of competence in an up-to-date, secure environment.

So, when you pick up the telephone, go to our websites, or receive an email, know that technology plays an important role in keeping you connected, and your Association is serving you with advanced and secure computer systems.

Wishing you all a wonderful Christmas, a Happy Hanukkah, and a safe and healthy New Year. See you in the Lodge.

Employee of the Month Award

Our November "Employee of the Month" Award is Deborah Meyer who joined our Lifestyle Department in February 2014 as our Lifestyle Events Coordinator. Here are just a few quotes shared by our staff:

"Deborah is the unsung hero behind the success of the Lifestyle Entertainment program." Staff, Volunteers, and Vendors often comment on their love and appreciation for her contributions. "Deborah has a wonderful eye for detail, unique creative visions and a strong ability to prioritize and plan." "She is always pleasant, helpful, understanding and she is a Team Player!"



Deborah Meyer, Lifestyle Events Coordinator, right, with Nancy Gabriele, HR/Payroll Manager

Election News

Candidate Statements for SCLH Community Association Board of Directors 2017 Election

Elections Committee

With this introduction, you will see Ballot Statements by the four candidates who have come forward to fill the Board of Director positions available in February. Reading them will provide you with an insight into the community goals each candidate has shared in their statements. While there will be no formal voting, we will hold a Forum on January 12, 2:00 PM, at the Presentation

Hall (KS). The candidate statements and the boxes for submitting your questions will be in place in both Lodges through January. Look for them and submit your questions for discussion. Be a part of the process; take an active part in meeting our Board Directors and expressing your opinions and desires for governance of our fine community.

Ken Silverman

My Priorities Will Be:

- Safeguard and protect our financial integrity
- Maintain and improve the quality of our Lincoln Hills lifestyle, preserving our grounds and updating our facilities
- Communicate and be accessible to residents and staff and listen objectively making decisions in the best interest of the entire community



Objective: Year 2017

- Stay current with the ever changing world of technology
- Complete Solar Project for Kilaga Springs
- WiFi for Sports Pavilion
- Look into video upgrades for OC Ballroom

Community Involvement:

- Resident since 2003
- Member of SCLH Board of Directors 2007-2010 (as VP) 2012-2015 (as President)
- Instrumental in updating our Governing Documents in 2009 and saving thousands of dollars by providing documents on a CD
- Member of the Communications, Properties, and Compliance Committees
- Working knowledge of Governing Documents, clubs/groups, and community management
- Class instructor for Activities Department in technology
- Volunteer presenter for Community Forums dealing with technology
- Involved with the completion of the Orchard Creek Solar Project
ken.silverman@gmail.com www.kennethsilverman.com

Marcia VanWagner

My husband, Larry Wilson, and I moved to Lincoln Hills in May 2001. I hit the ground running... here's what I've been doing!



- Neighborhood Watch
- Veterans Group
- Lincoln Hills Foundation
- Neighbors InDeed
- Instructor/Speaker
- Community Forum Task Force, Health Education Team
- Living Through Transitions, Task Force Chair; Instructor
- SCLH Community Association Board of Directors, Director, Treasurer

Sun City Lincoln Hills is an entity with two faces. First, it is a business that must provide the structure for its residents within a fiscal framework. A Director owes **fiduciary duty** to the membership. One element is **due diligence: the duty to investigate**. This duty is the keystone to my work as a director.

Lincoln Hills is also a community of people. The challenge for a director is to protect, preserve, and prepare the corporation for the present and future of the community while considering the needs of the residents. Every year, our residents are a year older, and for some, this means transitioning from being an active adult to someone with more needs. What are those needs and how will this community respond as we all age in place? I want to be part of defining that response.

My vision is for a vibrant successful community, aging with grace, dignity, and vitality.

Another Valuable Project in the Works

Mike Creasy, Finance Committee Chair



Last month we discussed the value of projects that generate a savings or return on our investment. Here is another. As soon as we were certain about the benefits new Solar technology could bring us, the Orchard Creek Solar project became a reality and will contribute year after year to lowering the costs of running our Association.

After much analysis by Staff and the Finance Committee, a similar project, this time at Kilaga Springs Lodge, is becoming a reality. The project, providing power to KS Lodge,

was approved at the November 17 Board meeting and is expected to be operational in the second quarter of 2017.

Together, these two projects will generate close to \$500,000 per year (about \$6/month per home) in utilities savings in the early years. Because the cost of PG&E power is expected to continue to rise indefinitely, the part of the bill that is paid by the solar array becomes more and more valuable, so these projects not only pay dividends immediately, they provide a shield against dues increases that would otherwise be needed.

Here are some details:

- System life = 35-40 years. System warranty = 25 years.
- No special assessments required. No negative impact on

Molly Seamons

Treasurer

Board of Directors: (incumbent) Liaison for CCRC committee in 2015 and Liaison for Performing Arts Council for two years; presently Treasurer for Board and Liaison for Finance Committee; contributed to establishing CEF fund; 2017 Budget; Solar Project at OC in 2015; helped resolve recent solar negotiation with Billy Casper golf; and Chair and founder of Yard Educational Expo for two years.

SCLHCA Finance Committee 2010-2014: Co-chair Bi-Annual Club Audits; audited 72 SCLH clubs; worked with Properties Committee on capital assets; helped develop fixed asset inventory; developed four annual budgets; managed Reserves; created investment policy; and worked to contract new CPA and insurance firms.

Treasurer, Lincoln Hills Council for Performing Arts

Treasurer, LH Tap Company and performer

Thirty-five Years Professional Finance Experience

Controller in multiple different industries (majority of experience in clinical/medical) managed \$11-\$90 Million in corporate finances; consolidated banking; automated and liquidated fixed assets; corrected financial data; revised computer systems; renovated 9000 sq. ft of office space; wrote Accounting Policy Manual; restructured corporate insurance; provided tax planning; processed city and county reports and audits; and managed personnel.

I believe in financial stability, listening to all sides and working collaboratively to maintain a vibrant successful community in SCLHCA.



Donald De Santis

Priorities

- Work to enhance our financial strength and integrity.
- Listen to and be accessible to residents' concerns.
- Continue to improve Communications and Transparencies of proposed actions explaining *why* it is needed for our Community.
- Work toward updating our governing documents to meet the current and future needs of our community.

• Make decisions that will help improve our property values.

HOA Experience: Served two years as SCLH Board Director; Liaison to Properties, Club and Community Organization Committee (CCOC). Served on the Architectural Review Committee. Approved OC Solar Project. Served eight years on Los Lagos Board.

Service Organizations: President of Rotary, and the Granite Bay Advisory Council.

Educational Background: Obtained four degrees including a Doctorate in Finance and Administration from USC.

Military: Navy/Air Force

Employment: Business Owner, Teacher, Principal, Superintendent, Educational Coordinator for Chapman University, and Dean of University of Phoenix.

Business Background: Former owner of a Surplus Commodity Corporation, small Community Bank, a dog kennel, and current owner of an Investment Corporation.

Awards: Outstanding Superintendent, Outstanding Leadership from USC, with a Seminar Room named in my honor.



monthly dues. Helps to ensure future stable dues.

- Funded by borrowing \$1.4 million from Reserves at 2% interest, while the return is close to 5% in the first 10 years and over 13% for the life of the project, with zero risk.
- We will own the system in five years, and it will pay for itself in about eight and a half years, while churning out bankable power from the start.
- Bonus: Shade in most parking areas of Kilaga Springs Lodge.

For the month of October, all operations combined were \$46,427 behind budget and \$131,151 better than budget year to date. Operating cash amounted to \$1,782,329, while the Reserve fund total was \$7,822,253. There is still a large unspent balance in the amount set aside for repairs and replacements for 2016 because Staff has determined some scheduled items have several years of reliable life left. The items that do not require replacement or repair in 2016 will be sent

forward to future years.

The Finance Committee is proud to serve the community and we wish all our residents and Staff a very merry Christmas and a happy and successful new year.

If you have questions, comments or an interest in joining the Committee, please write to finance.committee@sclhca.com.

Preliminary Statement of Operations YTD October 2016

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$6,496,019	\$6,500,285	(\$4,266)	\$7,787,494
Administration (Expense)	(1,561,356)	(1,443,935)	(117,421)	(1,699,540)
The Spa at Kilaga Springs	(21,604)	38,140	(59,744)	47,290
Fitness	(353,484)	(405,960)	52,476	(481,430)
Activities	(321,710)	(436,939)	115,229	(540,030)
Rec. Center / Maintenance	(2,043,415)	(2,085,045)	41,630	(2,507,150)
Landscape Maintenance	(2,180,928)	(2,298,562)	117,634	(2,675,444)
Food & Beverage	(62,067)	(47,680)	(14,387)	(65,510)
Capital Asset	25,000	25,000	-	30,000
Net Revenues (Expense)	(\$23,545)	(\$154,696)	\$131,151	(\$104,320)
CEF	115,500	-	115,500	-

**Got Gifts?
We Do!**

Stop and shop at both WellFit Centers and do your Holiday Shopping with us!

SCLH Merchandise

- SCLH Golf Cart Flags
- SCLH Men's Caps
- SCLH Doggie Rain Jackets
- SCLH Limited Edition Ornaments

One-of-a-Kind Finds

- Jess & Jane Seasonal Tops for Her
- 100% Soy Candles
- Delightful "Yo Sox"
- Hanukkah Items

RETAIL



EXERCISE & WEIGHT MANAGEMENT

**TUESDAYS & THURSDAYS
AEROBICS ROOM (KS)**
 JAN 3-27 | 1:00 PM - 2:00 PM
 COST: \$80 (8 SESSIONS)
 ACTIVITY CODE: 865000-01

INSTRUCTOR: MARILYN HARDER

This session-based class will help you increase your activity through exercise while learning strategies to manage your food intake. Come learn new exercises and activities to boost your metabolism and increase your energy. This supportive environment will help you manage challenging issues surrounding food and lifestyle in a positive manner. Proper use of cardio and strength equipment will be included. An individual exercise and health assessment is included in the session.

SIGN UP FOR THE CLASS AT FITNESS AND ACTIVITIES DESKS (OC/KS) OR ONLINE

**DREAM A LITTLE DREAM:
Managing your sleep apnea
& other sleep issues**

**WEDNESDAY, JAN 25
TROUBLE SLEEPING?**

- A good night's sleep is necessary for optimal health.
- Sleep problems, including snoring, sleep apnea, insomnia, sleep deprivation, and restless legs syndrome are very common issues.
- This class is open to anyone who has experienced sleep apnea or other sleep disorders.
- Learn the best strategies for managing your sleep with respiratory equipment.
- Learn the facts from an expert in cardiopulmonary care! The class will be followed by a question and answer session.

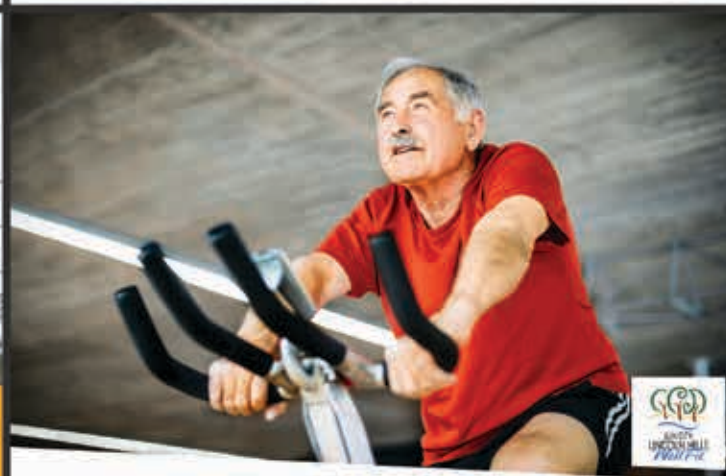
**ACTIVITY CODE:
850000-01**

**DATE/TIME:
Jan 25 • 10AM-12PM**

**LOCATION & COST:
Oaks Break Out Room
(OC) • \$20**

**Instructor Victoria Florentine,
RRT, Respiratory Care
Practitioner.**

**Contact: Carol Zortman
carol.zortman@sclhca.com
916.625.4032**



SMALL GROUP TRAINING PARKINSON'S INDOOR CYCLING

**WEDNESDAYS & FRIDAYS
AEROBICS ROOM (KS)**
 JAN 4-27 | 12:30 PM - 1:30 PM
 COST: \$135 (8 SESSIONS)
 ACTIVITY CODE: 835132-01

INSTRUCTOR: MILLY NUÑEZ & JJ MORTENSEN

Have you or a loved one been diagnosed with Parkinson's disease? Join this class and make friends facing some of the same challenges as you while a trainer guides you through class using the premise of "forced exercise". Studies have shown many individuals that have been diagnosed with PD have experienced symptomatic relief when they undergo a regular exercise program that includes "forced exercise" (exercise that is beyond a voluntary level). The first class will include an assessment and bike setup day. Participants must be able to sit unassisted on a spin bike and heart rate monitors are required. Feel free to contact JJ Mortensen with questions at 916-408-4825 or by email at jeannette.mortensen@sclhca.com.

SIGN UP FOR THE CLASS AT FITNESS AND ACTIVITIES DESKS (OC/KS) OR ONLINE



Activities News & Happenings

Holiday Cheers through 2017!

Lavina Samoy, Lifestyle Manager

Our Lincoln Hills community is buzzing with holiday activities! Capping a most fun and successful year is our glamorous **New Year's Eve Party: Cirque du New Year!** Party with your friends and neighbors Cirque style at Orchard Creek Lodge. Tables are still available in Meridians and the Pre-function Area with a few seats available in the Solarium and Ballroom. Our New Year's Eve Party offers the best value in town. But you have to buy soon! **Dinner package sales close December 21. Entertainment Only tickets remain available until December 30** (page 46).

More cheers come your way with **Free Holiday Movie Showings** in the Presentation Hall (KS) shown daily from **December 22-24**. See **Community Perks**, page 43 for the schedule.

2017 is brimming with new acts, trips and fresh programs. In January, watch the **California Cowboys on January 6** (page 47); **The Music of Simon and Garfunkel on January 24** (page 47) and a unique **comedy act with Sandy and Richard Riccardi on January 17** (page 47). A five day, four night trip to **Palm Springs** is the perfect vacation for horse lovers and polo match fans. Trip departs **January 21 and returns January 25** (page 56). Our next five day excursion, **Road Trip to Vegas** is scheduled **February 21-25** (page 58). Registering for both trips before the year ends is highly encouraged.

February brings fantastic shows at OC Ballroom including: **The Everly Brothers Experience from the Bird Dogs, February 6** (page 47); **I'm the Greatest Star! Showbiz Divas & Dames, a Sacramento Theater Company Cabaret Production on February 10** (page 48) and the return of award-winning pianist and master storyteller **Richard Glazier** on a musical tour of Broadway and Hollywood with **He's Playing Our Song on February 21** (page 48).

Experience San Francisco with **Pier 39's** annual flower show, **Tulipmania on February 12** (page 56) and the highly sought after **SF Chronicle Wine Competition on February 18** (page 56) where participants enjoy a limited sampling of competing wines and award-winning breads, cheeses, and meats to complement your drink. Trip price increases after December 30.

Remember, classes will be open to guests of residents, employees, and the public beginning in January. Class registration remains exclusive to residents until the 26th of the month.

From all of us, our best wishes for peace and love this holiday season to you and yours! To good health and joy in 2017!

The Road to Aging Well

Happy Holidays! Share the Gift of You

Shirley Schultz, Health Reporter



"Tis the season to be jolly..." Let's be honest, the holiday season can be a time of increased stress, loneliness, and unhappiness for some people. Many of our fellow residents are separated from family or have no family or don't want to be with family or have recently moved here and may not have formed friendships. There are things we can do to help each other to brighten up the holidays. **Consider giving a gift of yourself.** In the process of helping others, you help yourself. Look around your community for people who are alone and lonely and invite one or two to share a holiday meal with you or to attend some entertainment together. *"Sharing laughter helps people realize the most important part of the holiday is the gift of being together."* Talya Stone A book called *The 100 Simple Secrets of Happy People* by David Niven, PhD, provides many pithy ideas for how to be happy not just at holiday time but all the time. Here are some ideas from that book.

- **Cultivate friendships.** One of the most meaningful factors in happiness is close relationships with others. There are wonderful people here, so take the opportunity to get to know them.
- **Volunteer.** Volunteers experience rewards that cannot be attained in any other way. It decreases boredom and creates a sense of purpose in life.
- **Eat some fruit every day.** Reportedly, eating fruit makes you less likely to be interested in junk food, and ultimately makes you feel better about yourself.

- **Laugh.** The American Association for Therapy and Humor says, "Happiness is a laughing matter." Something as simple as a silly contest like seeing who can throw a paper airplane the farthest is enough to shake one out of the doldrums.

- **Join a group.** People feel more connected when they belong to a group, and this increases self confidence and satisfaction.

- **Smile.** When you smile, it makes other people happy, which in turn makes you happy. Besides, it takes fewer muscles to smile than to frown.

- **Surround yourself with pleasant aromas.** Good smells awaken our senses and brain at the subconscious level and remind us of good things

- **Listen to music.** Music typically raises one's mood and stirs excitement.

- **Don't forget to have fun.** Having fun is a central factor to leading a satisfied life. Enjoy the holidays!

Bertha Mendez of Membership is Retiring!

Many of you know Bertha as she most likely assisted you with your Membership paperwork and registration when you first joined the Association. Bertha has been a valued member of our team for 13 years. We encourage you to stop by and join us in thanking Bertha for her contributions and wish her well in retirement.

Amy Gonzales, our part-time Membership Clerk, will be taking on this full-time responsibility beginning Monday, January 2. She is looking forward to providing exceptional service for your Membership needs.



Bertha Mendez



WellFit News

2016... It Was a Very Good Year

And Healthy 2017 to All!

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

As I looked back at my COMPASS column of last December, I wrote these words... "We look forward to an exciting new 2016 filled with new events, expanded retail, and more functional and nutritional services..." Well, proudly I can say, we did all of that and more.

And thanks to a great team, we did it well! It has been a busy year with a substantial increase in Pilates Reformer Memberships, the expansion and branding of our "Lifestyle Retail" areas, and the popularity of Bowen Therapy services with Rebecca.

In October, with the help of so many, we raised over \$3,000 for Placer County Breast Cancer Foundation at our outdoor social event that combined food, drink, music, and exercise. Not a usual combina-

tion! The year will end with the complete refurbishing of Kilaga Spring's gym floor along with many new pieces of exercise

"Come by our WellFit Meet and Greet on January 3 in the Multipurpose Room (OC) where we will have some of our teachers and trainers standing by with information on this class [Parkinson's Indoor Cycling, see pages 8 & 91] and others (see page 84)."

equipment. Come January, an exciting launch will be our Parkinson's Indoor Cycling which uses the premise of "forced exercise" (exercise that is beyond a voluntary level). Studies have shown many individuals with PD have experienced

symptomatic relief when undergoing a regular fitness program that includes forced exercise. Come by our WellFit Meet and Greet on January 3 in the Multipurpose Room (OC) where we will have some of our teachers and trainers standing by with information on this class and others (see page 84).

If you are contemplating New Year's resolutions, consider regular exercise and how it can help maintain health and happiness as we age. We not only extend our lives, but we improve how we feel through the years. We move more freely. We think more clearly and we weather challenges more confidently. We continue to receive many testimonials from our residents who visit WellFit. Stop by our Inspiration Board at OC and see the faces and stories of success. We believe "it's never too late to start and it's always too soon to quit!"

My staff and I wish you all the best this holiday season and in the New Year.

Well Fit Classes: pages 82-99 • Class Grids: pages 97-99

It's the Holidays!

*Mary Lou Taverna
Compliance Committee Chair*

It's cold. It's dark. The days are short and the nights are long. It's a time when holiday lights brighten our nights and warm our hearts. Our homes become aglow with festive decorations and friends and family cheerfully come together in celebration. The beauty of the season and the memories and joy of the holidays are celebrated nationwide.

One of my greatest pleasures during this time is to take a long walk on a crisp cool night and take in all of the beauty created in our community. It is breathtaking and spectacular—a joy not to be missed.

It is also a time to remember that the Design Review Guidelines, Section 2.5, provide guidance on the time outdoor holiday decorations are allowed.

2.5 Holiday Decorations. Holiday yard decorations, including lights are allowed allowed, without approval, within a reasonable period prior to, during,

and after a holiday season.

2.5.1 For purposes of this provision, a reasonable period shall be two weeks prior to, and continuing until two weeks after, a regularly recognized major holiday (e.g., Memorial Day, 4th of July, etc.).

"...Holiday yard decorations, including lights are allowed, without approval, within a reasonable period prior to, during and after a holiday season..."

The winter holiday season shall be considered to begin on November 15 and end on January 15."

2.5.2 The winter "holiday season" shall be considered to begin on November 15 and end on January 15.

When January 15 arrives and our brightly lit community must return to the darker nights and we will no longer enjoy the glow of many festive lights, we are reminded that winter has arrived. The holidays have come and gone. Storage boxes and tall ladders take away all remnants of the holidays. Good books, travels

to warmer climates, winter activities and sports replace the time spent in holiday busyness. We begin to plan for a new year and new adventures.

My wish for you is that...
...Whatever is beautiful, whatever is meaningful, whatever brings happiness, may it be yours this holiday season. Happy holidays!

Committee Openings

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

- **Compliance Committee**
- **CCRC/Communications and Community Relations Committee**

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Where: Kilaga Springs Club House

\$5.00 a week, pay at the door
For more information call
Frank Reina 916-543-3132
Bob Hodge 916-543-4742

Happy New Year from the Food & Beverage Department!

Kristy Woodin, Director of Food & Beverage

www.facebook.com/MeridiansRestaurant www.twitter.com/Meridians_SCLH

2016 has been a wonderful year for Lincoln Hills. We in the Food & Beverage Department have truly enjoyed being a part of your lives, and look forward to a successful new year in 2017. We have gained many new friends, and mourn the ones we have lost but who will never be forgotten.

Each one of you is as important as the next, and we will continue to exceed your expectations.

With New Year's Eve right around the corner, we are sure you will appreciate joining us on **New Year's Day** for our **champagne brunch**. Who wants to cook after you partied all night? Only \$21 plus tax and service charge.

"Ye Olde Pie Shoppe" will once again be available selling your traditional holiday pies for only \$8.50. Your choice of apple or pumpkin. We will be selling the pies from December 17 to December 24. Please call Meridians at 625-4040 to order, and at least 24 hours prior to picking up.

Meridians Loyalty Club is in full swing, and getting many positive comments. If you haven't picked up your loyalty card yet, come on in! For every \$15 you spend, you will get a signature on your card. Fill your card with 10 signatures, and receive up to \$20 off your next bill.

Share an **Italian evening** with Chef Ian on **Thursday, January 19**. For one night only, join an intimate and interactive group and **learn how to make ravioli**.



"Ye Olde Pie Shoppe" will once again be available selling your traditional holiday pies for only \$8.50. Your choice of apple or pumpkin. We will be selling pies from December 17 to December 24. Please call Meridians at 625-4040 to order, at least 24 hours prior to picking up."

Complimentary wine is included, as well as a three-course Italian dinner prepared by Chef Ian, and goodies to take home. \$100 per person, inclusive. Che meraviglia!

~ Please see our ad on page 104. ~

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News from The Spa at Kilaga Springs

Is a Massage Calling Your Name?

Deborah McIlvain, Director, WellFit and The Spa at Kilaga Springs
www.facebook.com/SpaAtKilagaSprings www.twitter.com/KilagaSpa

It's with heavy heart that we say goodbye to Spa manager Stacey Diemer. She has done an amazing job at the Spa in the short nine months she was here! Between the WellFit team and Stacey, the Spa did a complete turnaround. We added a new nail sanctuary, updated membership services, and re-branded our boutique. She has left us in a great position, with a strong foundation and a wonderful team to work with. I am pleased to announce we have a new Spa Manager, Trudy Smith, who joined our team December 8. Trudy has over 20 years' experience in the Spa industry and will provide exceptional leadership and service as we continue our success into the New Year. Please come by the Spa to say hello and welcome Trudy to our community.

Take time to visit the Spa during this busy time of year. I think a massage is call-

ing your name after all the shopping and baking. Don't forget about getting ready for the holiday parties by getting your

"When booking your next appointment, ask for the Winter Apple Facial or Apple Body Treatment (December 15-January 15). The facial defends against harsh winter elements...The body treatment repairs rough dry skin... See our ad on page 14."

nails done. We offer holiday nail designs so don't forget to ask!

When booking your next appointment, ask for the Winter Apple Facial or Apple Body Treatment (December 15-January 15). The facial defends against harsh winter elements and will replenish dehydrated skin with a nourishing cranberry pomegran-

ate mask. The body treatment repairs rough dry skin while providing firm, smoothing, and tightened skin. Both these services offer take-home Hydro-peptide products that can be used at home to help you through the cold winter months. For more information please see our ad on page 14.



Holiday hours at The Spa at Kilaga Springs: Saturday December 24, 9:00 AM -1:00 PM; December 25 and 26, closed; December 31, 9:00 – 2:00; January 1, closed.

From everyone here at the Spa, we want to wish you happy holidays!

Call to book your appointment today
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McBean Park Expansion

Take a Second Look

Al Roten and Dee Hynes, Roving Reporters



How often have you motored along Ferrari Ranch Road between Highway 193 and Lincoln Boulevard noticing a large tract of trees and greenery across from Lincoln Hills?

This green acreage is city property designated as McBean Park Expansion. It is a protected nature area which includes a trail adjoining the preserve. You'll want to take a "second look" at the area while walking the trail as there's more going on than you'll see when driving.

The nature area visually pulls you into an intimate relationship with the recessed wetlands, stately trees nudging their neighbors, rustling green grasses galore and remnants of a sturdy cattle corral. As you enjoy this flat path, think of the significant history of the land...

In 1848, with the discovery of gold in the Auburn Ravine, both placer and hydraulic mining operations markedly altered the pristine landscape, filling the natural lowland adjacent to Auburn Ravine with rocks and soil.

The area we now see from Ferrari Ranch Road later became farmland. When Del Webb bought the 3,000 acres for what would become Lincoln Hills, part of the land purchase was the Ferrari Ranch, and you can still view remnants of the cattle corral and loading pen in that area. The Ferrari home was located in what is now known as McBean Park Expansion.

Development of Lincoln Hills required filling in some wetlands and regulations required that new or reclaimed mitigation wetlands be created. Approximately 60 acres between Ferrari Ranch Road and Auburn Ravine were restored to their natural condition and deeded to the city of Lincoln, converting a typical ranch into the pristine natural habitat we see today.

The park expansion area was designed as a flood control area to drain off excess water from Auburn Ravine during heavy rain periods as well as a wetland refuge for steelhead trout and salmon fingerlings.

There are several information plaques along the trail. Reviewing these provide interesting tidbits on history, fauna, and flora. Come out and take a "second look" at the past and present of this nature area.



The photos show the nature area, an information sign, and the remnants of the Ferrari Ranch cattle pens



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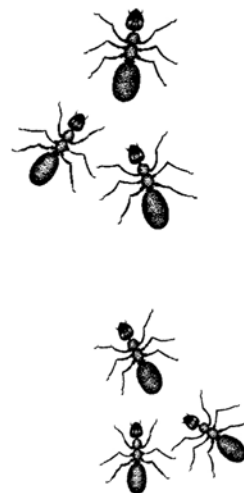
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Behind the Scenes**Hats Off to Our Holiday Decorators!***Doug Brown, Resident Editor*

Every holiday season we're treated to dazzling decorations in our Lodges, and this year is no exception!

How do those inspirational harbingers of winter festivities appear? Surely little green elves show up at midnight and, in the blink of an eye, put all those ornaments and trimmings into place? Well...

...Enter resident elfish holiday decorators Candy Koropp, Fran & Jim Farrell, and Carol Frilich.

Candy's the mastermind extraordinaire behind tree decor, wreaths, garlands, and arranging 30 elegant Santas. For Candy, it's a 12-month operation: after-Christmas sales, online bargain hunting, organizing her elves (seven residents on her team), and planning next year's decor.

As you appreciate these delightful seasonal adornments, the next time you are about to hustle by one of our exquisitely bedecked trees, stop! Ponder what you see. What's the overall theme? Then *notice* all the artistic details that together comprise a symphony of cheer. Do you see flowers, leaves, and branches here and there, a lacy garland adding texture, a hidden snowy owl (look for it!) in one tree, smatterings of color, and—Candy's special touch—a splay of embellishments bursting from treetops, subliminally lifting eyes upward?

Thank you, Candy, and your cadre of elves who make up an amazing team—and we're grateful to Association staff even more behind the scenes work!

But wait, that's not all! Stop by the Community Living Room (OC) for more visual candy, thanks to Fran and Jim. Here, the long bookshelf is transformed into a winter village, a cheerful snowy scene of 40 warmly-lit houses with lampposts, busy townspeople, and even Santa's own horse-drawn firetruck!

For nine years, the Farrells have merrily commandeered the artful arrangement of a multiplicity of miniature ceramic structures and figurines for our enjoyment. A closer look at this splendid replica of old-fashioned wintry holiday hustle and bustle and you'll see a charming old schoolhouse, courthouse, candy store, and much more.

Behind the scenes of this display is Fran and Jim's TLC of unpacking, packing, and arranging six crates full of whimsical *objets d'art*, donated by Lincoln Hills residents, together recreating a Dickensian scene for our pleasure.



Extraordinary Decorations and Resident Decorators



There's more! On the small table behind you, marvel at the artistic Hanukkah display, complete with traditional and non-traditional symbols, arranged by designer Carol Frilich and Judi Schane of the Shalom Group. Absorb this poignant reminder of a season of celebrating peace. Shalom!

Hats off to all who magnify our holiday spirit!

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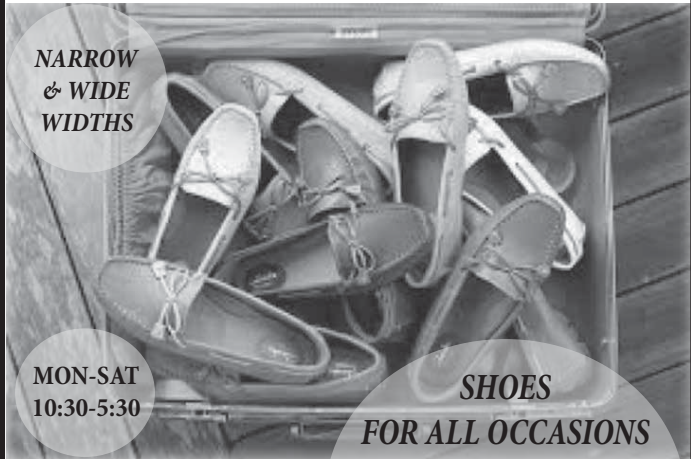


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Neighborhood Watch

The Making of an Executive Board

Patricia Evans, Neighborhood Watch Reporter

Six new Neighborhood Watch Directors have joined the five veterans on our Executive Board. These 11 directors are the hub of the wheel. The Village Coordinators are the spokes, and the Mail Box Captains are the rim, our grass roots, and source of vital communication. Each



Director oversees an assigned number of Villages, in addition to conducting the business of Neighborhood Watch.

What do these new board members have in common? They have experience in holding responsible positions.

A familiar volunteer in many groups, Klara Kleman has held offices in the Photography Club, the Computer Club, and the Needle Arts Group.

Two of our new Directors are still working. Stan Orr is a business analyst and works in high tech locally. "I like to help people and fix things," said Stan. Tom Groves was a telephone central of-



The 11 directors of the Neighborhood Watch Board include six new members and five veterans: (clockwise from back left) Fred Harris, Stan Orr, Tom Groves, LeeAnn Fischer, Ed Zychowski, Larry Wilson, Klara Kleman, Mary Cranston, Linda Minor, Karen Allen, (not shown, Lodge Carlton)

fice technician and a past governor of the Pacifica Moose Lodge. He is now a real estate agent.

Lodge Carlton has been a Coordinator of Village 6 since 2007, and treasurer of the Genealogy Club for over seven years.

A specialist in commercial property management, LeeAnn Fischer was in charge of leases for 12 years. Linda Minor was a senior director in information technology for an insurance company. She

worked on systems projects and headed a quality assurance program.

We are always looking for new Directors to bring in fresh ideas. How about you?

Please turn to page 33 to learn what you can do to help stamp out scams!

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

Lincoln Hills Foundation Donates Two AEDs to Lincoln Hills

Marcia VanWagner, President, Lincoln Hills Foundation

Did you know that automatic external defibrillators (AEDs) have been used successfully in our community six times? Six lives have been saved by staff and residents who recognized an emergency, reacted, and had equipment available to quickly resuscitate a resident who had collapsed.

Do you know where the AEDs are? Do you know how or when to use one? These lifesaving machines are available throughout our community: in Orchard Creek Lodge, Kilaga Springs Lodge, each Fitness Center, and at the Sports Plaza. They are available for softball games and for club use.

The Lincoln Hills Foundation, whose mission is provide funding for services that enhance the quality of life of our residents,

has donated two more AEDs to Lincoln Hills. These two AEDs will be found at the Sports Plaza, where tennis players, pickleball players, and Bocce Ball players participate in large numbers. In 2005, the Foundation gave two AEDs for use in Orchard Creek Lodge; in 2009, the Foundation shared the cost of an AED to be used when groups and clubs travel. One of the first successful uses of an AED in the community was to resuscitate a former Director of the Lincoln Hills Foundation.

The Foundation also provides CPR classes for residents. These classes provide instruction on the operation of AEDs along with other resuscitation methods. But remember, even if you have not had any training, you can still

use the machine. It's automatic, with clear written and auditory instructions once you open it up.

The next time you are in a Lodge or at the Sports Plaza, or in one of the Fitness Centers, locate an AED. Know that in an emergency, staff is well trained. And know that when you donate to the Lincoln Hills Foundation, your donation may have contributed to this gift from the Foundation to Lincoln Hills. Thank you!



Paul MacGarvey, Bocce Ball; Marcia VanWagner, President LHF; Chris O'Keefe, SCLH Executive Director; Bob Vincent, Bocce Ball

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LTT Testimonial
Marilyn Buckhorn

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Club News

Alzheimer's/Dementia

Caregivers Support

In the short time that I was a caregiver for my late wife Mia, after all my intellectual explanations and rationalizations had their way, Mia's condition—following a stroke—deteriorated significantly, and I struggled poorly to maintain. Patience, understanding, dedication, love and all the other adjectives were severely challenged by our ever-changing reality. I wish I was so much better then in embracing the beauty and significance of the “other” moments



You Float My Boat

of that time. At a Lincoln Hills Foundation Bingo event recently, a caregiver who I'll call Tom attended with his wife, and it was a beautiful thing. She didn't track the games well, but she was pleased to be a part of the event, and happy to be with her husband. It didn't matter what the progress or outcome was, only that they were together. That's the message: savor every moment, embrace every opportunity—let your love shine.

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

Amateur Radio

The Lincoln Hills Amateur Radio Group is made up of amateur radio enthusiasts who operate the W6LHR repeater for the Lincoln Hills residents holding an amateur radio license. The group conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 443.2250 MHz. The LHAR Group meets at 6:30 PM every Monday at the South Lincoln Hills Entry Facility to share amateur radio information and discuss upcoming local events. In December, LHARG members joined with the Western Placer County

Amateur Radio Club to provide communications support for the annual Lincoln Lions Food Distribution Drive. They answer questions and help keep the traffic flowing during the distribution event. Amateur Radio supports multiple civic events throughout the year, if you have an interest, please join the group on Monday nights and they can help you get started in an exciting community service hobby.

Contacts: Jim Darby 408-8599;
Clare Schloenvogt 253-9155
Website: www.lharg.us



Antiques Appreciation

For our December 5 meeting, we had a wonderful Christmas Luncheon in the OC Ballroom. We always enjoy bringing Toys for Tots to start the event, then getting to know one another better along with good food, door prizes, entertainment and all the other fun surprises our wonderful Social Director dreams up!

The January 2 meeting will be our favorite Show and Tell. You are asked to bring 2 Ephemera (paper) items that are 50 years or older. Examples? Matchbooks, posters, cards, books, advertisements, tickets, party favors, calendars, passports, marriage licenses, photos, sheet music, old money, boxes, birth certificates.

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



Astronomy

Monday, January 16, the Cosmology Interest Group (CIG) continues the DVD series “Black Holes Explained,” by U.C. Berkeley professor Alex Filippenko. This month's lectures will be Lecture 6 “Quasars—Feasting Supermassive Black Holes,” and Lecture 7—“Gravitational Waves—Ripples in Space-Time” in the Fine Arts Room (OC) at 6:45 PM.

In January on Wednesday, January 4, at our monthly general meeting starting at 6:45 PM, our Lunar Goddess Nina Mazzo will present “Mysterious Moons in our Solar System” in the P-Hall (KS). Join Nina

as she moves out from Earth's Moon to explore 10 strange moons in our solar system.
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 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 elegant Waltz. Beginning group class is from 2:00 to 3:00 PM, followed by one hour of social dancing featuring many dif-



Suzanne Hutchinson and Sal Acosta

ferent musical styles. More advanced group instruction is from 4:00 to 5:00 PM. Our dance instruction includes: Rumba, Foxtrot, Tango, Cha Cha, East Coast Swing, Night Club Two Step, and of course, the Waltz. Dues are a mere \$7 per year. Unbelievably, that includes *all* lessons! There will be lots of fun dance themed events to look forward to during 2017. So, let's all plan on waltzing into the New Year!

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

Bereavement



The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be January 11 and February 8. 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 Casa Ramos on Tuesday, December 27. Meet in

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

front of OC Lodge at 11:15 AM to carpool or meet us at the restaurant at 11:40 AM. For more information or to put a Memoriam in the *COMPASS*, contact Joan.

Contact: Joan Logue, joanlogue@sbcglobal.net



Billiards

Women's Billiard Tournaments will be every Tuesday, 12:45 to 3:00 PM. The Billiards Group is offering free lessons at KS for all residents on Tuesdays from



Five/seven games Remy Giannini, Wes Hamamura, Bill

Huth, Dan Oden, Ted Baker, Bill Kim; Linda Scott five/six games. Shirley Varner, Elaine Kalani, Bianca Reckling four/six games; First Phil Delany, Second Doyle Coker

9:00 to 10:00 AM. This is for new and returning players (men and women). You do not need anything to start other than the desire to play, Just show up and see what we have to offer. Remember it's free.

Contacts: Dan Oden 408-2687; Tony Felice 955-0501, afelice@gmail.com



Bird

Winter is a fun time to be birding with thousands of migratory birds flocking to northern California wetlands. December 23, we have scheduled a walk at Ferrari Pond. Join us and check out the birds that have arrived to spend the winter.

This year's Christmas Bird Count will take place on December 28. The volunteers count birds along seven different trails in the Lincoln Hills area.



Some November arrivals were spotted at the Lincoln Hills Salt Ponds. A pair of Cinnamon Teal, the Hooded Mergansers and a Green-winged Teal

January 6, a Friday, we travel to Staten Island and the Isenberg Sandhill Crane Preserve. The group will leave Lincoln at 1:00 PM and stop for Mexican food in Woodbridge before returning home.

Our monthly meetings continue to be on the second Monday of the month. The first meeting of 2017 is on January 9 at 1:30 PM in the P-Hall (KS).

Contact: Kathi Ridley 253-7086, kathiridley@yahoo.com
Lh_bird_group@yahoo.com
Website: www.suncity-lincolnhills.org/residents



Bocce Ball, Mad Hatters

November has been a good month for Bocce. We've had good attendance at our Thursday 10:00 AM Bocce sessions. The day the picture below was taken, we had 30 people on the courts,



November Bocce

including a lot of new residents. We were surprised to have new people we know from the Table Tennis Group and the Bird Group show up to play Bocce with us. As you can tell from the picture we are a little past peak color but the grounds crews are still trying to keep ahead of the falling leaves. Notice the long shadows. We had 30 people sign up for our Christmas Party, which was held last week, December 8, at the Buffet at Thunder Valley. Of course we ate too much, but we played Bocce before we ate so it wasn't a problem. We look forward to seeing you in the new year.

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



Book, OC

"So many books, so little time."

—Frank Zappa

Dozens of books have been recommended by our members throughout the year. Last month, the group voted on the final selection for 2017. The categories include: biography, classic, historical fiction, history non-fiction, humor, mystery, and modern fiction/non-fiction. The list will be announced at our holiday luncheon and posted later on the Website.

We meet for discussions on the third Thursday of the month at 1:00 PM in the Multipurpose Room (OC). Do you like to read? Do you enjoy sharing your critiques with others? Stop by. Newcomers are always welcome.

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

"A jolly good time was had by all" certainly can be said of our holiday party at Patty McCuen's home. Amidst colorful decorations from the traditional tree and garlands to Santa figurines, we celebrated the season with a catered lunch and wine. Afterwards, the renowned Hills Brothers serenaded us with a medley of seasonal songs. As a special treat, each guest received a gift handcrafted by Kay Brady and Cindy Redhair—a reindeer jar full of hot chocolate mix.

Our first speaker of the new year is Dr. Yona Barash, an oncology surgeon from Sutter Health. He will present information on the different procedures dealing with cancer and answer questions we might have. This should be an interesting and informative talk, so mark your calendar for January 12.



Kay Brady and Cindy Redhair designed and made the clever reindeer jars for our holiday luncheon guests; Mae Gagnon with the November speaker, Debbie Lucas, Sutter Health dietician



Before each meeting, members and guests are invited to lunch at Meridians at 11:30 AM. For reservations, call Jan Warren at 408-5034.

Bosom Buddies welcomes cancer survivors as well as those still dealing with treatments.

Contacts: Marianne Smith 408-1818;

Val Singer 645-8553

Website: www.suncity-lincolnhills.org/residents



Bridge, Duplicate

Dan Rogers is our clubs latest member to achieve the ACBL rank of Life Master. Congratulations Dan for earning that honor! Our annual Holiday party was scheduled December 14! We had good fellowship, good food and nice dancing music for this fun night out with friends.

Duplicate games are played in the KS Lodge on Wednesdays at 12:30 PM (includes a 199er section), Fridays at 5:00 PM, and Saturdays at 12:30 PM (includes a 299er section). Game fees are \$2 per person for club members and for the first three games of non-member SCLH residents. The fee is \$5 for non-resident visitors. If you need a bridge partner for any of the

open games, call Barbara Dorf (434-8234), Squeak Conner (645-9085) or Lynne White (253-9882). For a partner in one of the limited games call Sheila Ross (434-6165) or Lynne White (253-9882).

Contact: Sharon Neff 543-8897

Website: www.bridgewebs.com/lincolnhills



Bridge, Partners

Call for early sign-up, or show up with your favorite partner, Sierra Room (KS). You play if we have even pairs up to 28. We must be seated by 5:45 PM, with standbys seated immediately thereafter, and we must finish by 8:30 PM.

Winners: October 27—First: Carol Mayeur/Dolores Marchand with a bridge trifecta, the high round of 2900, a grand slam, and the high total; second: Lorraine/Bob Minke; third: new residents Nancy/Bob Gager; fourth: Reta Blanchard/Gay Gladden.

November 3—First: Dolores Marchand/Carol Mayeur; second: Marlene Harner/Basil Molony; third: Johann/Paul Kiesel with the high round of 1550; fourth: Pat/Frank Kamienski.

November 10—First: Janet Pinnell/Linda Theodore; second: Pat/Frank Kamienski; third: Harry Collings/Stam Mutnick; fourth: Sharon/Jerry Kluball. Mary Bailey/Judy Barkhurst had the high round of 1900.

November 17—First: Linda Theodore/Janet Pinnell; second: Janet/Wayne Pittenger; third: Ralph Madsen/Chet Winton with the high round of 1710; fourth: Didi Martin / Susan Petersen.

Contacts: First & Third Thursdays:

Kay & Ben Newton 408-1819;

Second & Fourth Thursdays: Dolores

Marchand 408-0147; Carol Mayeur 408-4022



Bridge, Social

September and October Winners—First Place: Sarah Free, Nancy Griffin (twice), Bob Faucett; second: Joan Singer, Linda Scott, Phil Sanderson, Helen Helm; third: Flo Hunt, Jyoti Sitwala (twice), Pat Mullins; fourth: Nancy Griffin, Beverlee Blaine, Pat Fraas (twice).

On November 4, Lynda Sader and Lois Burke had a Grand Slam!

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

contact Joanna Haselwood, 209-3392, ajhaselwood@yahoo.com.



Merry Christmas; Happy Holidays; Happy New Year

The Continuous Bridge Refresher Class will start over again in January using the book, *Bridge for Everyone*, by D.W. Crisfield, Wednesdays, 10:00 AM to 12:00 PM in Card Room (OC).

We look forward to the holidays and wish you all a Merry Christmas and a Happy Holiday Season.

Contact: Jodi Deeley 208-4086,

jodideeley2@gmail.com



Bunco

In November, the Bunco Group started off the first game with lots of buncos. Shelley got three of her buncos in the first three games. That is crazy lucky! Shirley won something again? Three months in a row...

As we wind down the year, the Bunco Group is planning their holiday luncheon. We would like to wish you a happy holiday season with your family and friends. Maybe next year you will consider joining our fun group. The Bunco Group plays the third Thursday of the month in the Cards Room (OC). Bunco is a non-membership group with a \$5 'pay to play' fee. Play starts promptly at 9:00 AM. Consider joining us for a morning of laughter and fun!

November Winners: Most Buncos Shelley Coate; Most Wins Barbara Conner; Most Losses Vickie Cooper; Traveler Shirley Mohler.

Next Bunco is Thursday, December 15.

Contact: Kathy Sasabuchi 209-3089,

ksasabu@icloud.com



Ceramic Arts

Season's Greetings! Merry Christmas and Happy Holidays from all of us at CAG to all of you!

We have changed the OC studio win-

dows for the change of seasons. We now have Christmas, Hanukkah and Holiday themed displays.

The year is coming to an end quickly and we had a great run with the Art in the Lodge display and the creation of the Student Gallery. Please come and visit to see the many talented pieces on display in the Gallery. We are planning a studio Open House for the beginning of the year and will provide more details soon.

A big thank you to all Lincoln Hills residents who came to see us during the All American Art Fair at McBean Pavilion—we appreciate your time and patronage.

Contacts: Janet Roberts 543-6015;
 OC Pottery Mike Daley 474-0910;
 KS Earthenware Marty Berntsen 408-2110;
 KS Spanish Oils Margot Bruestle 434-9575
Website: www.suncity-lincoln hills.org/residents, Groups, Ceramic Arts



Chorus

Our thanks to all of you who attended and applauded our “Holiday Joy” concerts on December 11-13. We couldn’t continue this annual community tradition without your support, and your enjoyment of our performances rewards all the time and effort we devote to them.



Lincoln Hills Community Chorus

Rehearsals for our spring concert on April 30 and May 1-2 begin January 17, when we’ll welcome new members. Visit and sing with us for three weeks to see how you like it with no obligation. You’ll get help from computerized music files for home practice, sectional and full rehearsals Tuesday afternoons, and individual tutoring as needed. Check our website and contact our membership chair, Suzanne Rosevold, or our director, Bill Sveglini, for more information.

Contacts: Suzanne Rosevold 587-3035,
 Bill Sveglini 899-8383, sveglini@gmail.com
Website: www.lincolnhillschorus.org
Email: lhchorus@yahoo.com

Computer



Lincoln Hills
 Apple User Group

**Apple Users
 Group—LHAUG**

We cannot overstate the concept of backing up your iMac and MacBook Computers. Apple equips every one of these with the Time Machine utility. All you have to do is connect to an external drive via USB port. One of the most popular of these is made by Seagate and is available at Best Buy or Fry’s. And prices are not bad: a 1.5 Terabyte drive (three times the typical hard drive capacity) should cost less than \$100, cheap insurance for your irreplaceable photos and important papers.

Happy Holidays!; Happy Chanukah!; Merry Christmas!

On the subject of Sierra, the new OS for the Mac, there will be a couple of seminars presented in January. After these, the Apple User Group expects to give its blessing to the installation of this Operating System.

The Apple User Group Board and all of our volunteers wish you a Happy and Healthy Holiday Season. See you all in 2017.

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



PC

“Cutting the Cord,” Wednesday January 11, 6:30 PM, presented by Jim Simmons of Cord Cutter Pros (www.cordcutterpros.com).

Are you tired of ever increasing cable/satellite bills? Have you been hearing about cutting the cable cord? Cord Cutter pros will be performing a presentation on everything you need to know about cutting the cord.

We will demonstrate the new HD digital broadcast. This is a higher level of HD quality than you can get from cable or satellite. It’s free once you’re equipped to receive it.

We will demonstrate streaming video, from hundreds of free services to inexpen-

sive services like Netflix and Hulu.

Cord cutters are the fastest growing segment of the tv viewing world. And now there aren’t really any channels you can’t get without big cable.

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



Country Couples

Our Holiday Dance was an elegant evening affair held in the Ballroom. The dinner buffet was a selection of salmon, short ribs, salad, vegetables, potatoes, rolls, and dessert. The decorating committee outdid themselves once again and we thank all the volunteers who helped make the evening special.



Halloween Dance best costume:
 Phyllis & Ralph Svetich;
 Dave Millican;
 Rachele & Ray Paiz;
 Al Martig, Karen & Randy Robinson



Tickets are still available for the New Year’s Eve dance to be held at the Lincoln Veterans Memorial Hall on 5th Street in downtown Lincoln from 8:00 PM to 12:00 AM December 31. We hope you plan on bringing in the new year with your Country Couples friends. DJ Jim Keener will be playing our music. Sparkling cider, snacks, and dessert will be served and you may BYOB to this venue.

As 2016 draws to a close we thank all our members for making our club the special

group that it is and we look forward to the coming year.

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



Cribbage

We welcome you to come join the fun at OC 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. Every game you end up with a new partner as the losing players move on to the next table, and the winning players stay. Each player keeps track of his or her own score.

The weekly winners for the month of October were Joyce Lund, week one, Dennis, week two, Ken VonDeylen, week three, and Bob Frank, week four.

New players are always welcome!

**Contact Larry O'Donnell 406-672-6493;
Ken VonDeyler 599-6530.**



Eye Contact

Low Vision Support

Eye Contact generally holds two monthly meetings; a Living Skills meeting and a General Meeting. However, due to the holiday season, there are no meetings in December

Annual Eye Contact Holiday Luncheon: In lieu of a December general meeting, we celebrated a festive Holiday Luncheon in the Solarium (OC) on December 9. Music was provided by SCLH resident Dottie Neil, as she led all of the attendees in a merry sing-along.

General Meeting, Fine Arts Room (OC), Tuesday, January 3, 2:00-3:30 PM: Larry Wilson and Pauline Watson of SCLH Neighborhood Watch will discuss the NW program including the Vial of Life Form, the Medication Record Card, the Lost Pet Alerts Program and How to Safely Secure Your House.

Eye Contact 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,
cathy.mcgriff@yahoo.com**

Fishing

Happy Holidays everyone!

With this rain we're having, I hope the lakes and rivers fill, so we can fish with the knowledge that the seasons to follow will be better.

I misspoke when I said many of you would be putting up your gear, heck you were out trying to get another Trout, Kokanee, Salmon, Bass of the season. Good for you!

Our guest speaker in November was Jon Baiocchi, Premier Fishing Guide of the Northern Sierras. Insightful PowerPoint and great pointers about fishing Lake Davis and surrounding area. More speakers to come in 2017.

The club gets together on the second Monday, 7:00 PM, P-Hall (KS), to discuss the latest hot spots, equipment or changes in fishing that might interest our members. To join our outstanding group, contact Jim, jmalcolm2@aol.com

Happy New Year



*Gardner gets a 31" 15# cutthroat;
Jack Smith hits big gold in
Ketchikan; Lake Collins Fish-out*

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



Garden

Happy Holidays!

There is no General Meeting in December. Regular meetings will resume in January, on the fourth Thursday, KS, 2:00 PM. The Steering Committee is currently working on Programs for 2017. We encourage you to check out the Website for the Garden Groups events.



*Planning
Programs and
Activities—
Carol
Thompson,
Joyce Higgins,
Marie Salers,
Madelynn*

*Mossar, Lois Wagner, Burna Jamieson;
Al Soares—Webmaster-lhgardengroup.
org. Check Out Our Website!*



Cyclists

We are one of the few clubs that do not have regular monthly meetings but we do get together several times a year. Our ride leaders meet for breakfast about three times a year to discuss how their ride group is doing and suggest any needed changes. There are two meetings coming up that you need to put on your calendar. On January 12, we will have our annual general meeting at the P-Hall (KS) from 10:00 to 11:30 AM. Since all of our officers are still filling out their terms, there will be no elections. Our officers decided that since December and January were busy holiday months that we would have our annual Christmas party after the holiday season. Our Christmas party will be at Catte Verdera on February 14 (Valentine's Day). Watch for notices and updates. Have a happy holiday season.

**Contact: Steve Valeriotte 408-5506,
lhcyclist.com**

Website: www.LHcyclist.com

Master Gardener Calendars 2017 are available (\$10 each or five for \$45) and are chock-full of local gardening "tips & guides"...great gifts! Contact: Pam Effa, 408-1227.

Other "great gift" ideas are House Plants! NASA discovered that houseplants can absorb harmful toxins from the air, especially in enclosed spaces with little air flow. This study has been the basis for newer studies about indoor plants and their air cleaning abilities. While plants have less horse power than air purifiers, they're more natural, cost effective, and therapeutic.

Plants are also known to increase mood and productivity, enhance concentration and memory, and reduce stress and fatigue.

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

Website: www.lhgardengroup.org



Genealogy

There will be no general meeting of the Genealogy Club for the month of December. We wish our members a delightful holiday season and look forward to seeing you again in January.

The January 16 meeting will include the election of Steering Committee officers for the coming year. Also volunteers are needed for a few functions that keep our group alive and arranging speakers for monthly meetings.

There is no date set for the next Irish SIG meeting in 2017. Members will be notified of new date via email.

The DNA SIG will meet again on January 2. The DNA SIG will have a pilot trial of a new format for the monthly meetings: first hour presentation on basic DNA research skills and the second hour for intermediate advanced skills.

Dues are due for 2017 now, the application form is on the website.

Contact: Maureen Sausen 543-8594; Arlene Rond 408-3641.

Website: lincolnhillsgenealogy.com



Golf, Ladies Ladies XVIII

The season ended beginning with a play-off tourney for overall NetChix. Simultane-

ously, a separate tournament was held for low gross and low net for the day, among 32 players. The NetChix found three players tied with a net 74, but it was Judy Dong who came away with the win. Low Gross went to Patti Tilton, carding 87.

The Turkey Shoot was a two best balls format. Gobbling up first place were flight winners: Pilgrim team of Edda Ashe, Donna Brinkerhoff, Judy Emge and Chris Jacobson; Turkey flight team of Chris Biswell, Joyce Herrerias, Janet Pinnell and Rebecca Shoaf; Cranberry team led by Mikie Briggs, Joyce Hults, Barbara Korenthal and Gayle Petersen; and the Stuffing team of Sue Cirerol, Judith Meyer, Kathy Kimura, and Sandra Rushing.

Finally, a Cha, Cha ended November play with Ida Cicci, Ofra Unger and Pat Ward stepping up to first place among 32 players.

Contact: Donna Sosko 434-5527

Website: lhgxviii.com

Lincsters

The final round of golf for 2016 was a Captain's Scramble, played on November 30. All who participated enjoyed the day. There are no regular play days during December; golf will resume in January. On December 7, in the Orchard Creek Lodge Ballroom, the Lincster's held their final general meeting of 2016, and, at the same time, celebrated a year of good golfing at the Holiday Par Tee. This was a lovely luncheon, with a continuously running slide show showing photos of the members during events throughout the year. The new board for 2017 was presented, and numerous yearly awards were given to golfers who have played in at least half of the Lincster play days. As in previous years, the Lincsters brought gifts for the residents of Lincoln Meadows; these brightly wrapped gifts, which lined the stage in the ballroom, gave the room a festive look.

Contact: Pat Shafer, gdskd70@aol.com

Website: lincsters.com



Golf, Men's

Despite threat of rain, the Men's Golf Club was able to play the Tournament of Champions, followed by the lunch member meeting in the Ballroom.



Penny Carolyn Shootout winners: Dennis Cummiford, Carl Zierman, John Michel

Recent Tournament/Champions Gross/Net winners: Flight one: Steve Mumma, Mike Munro; two: Jack Drinkard, Bill Mayo; three: Herb Trueblood, Joe McLeod. Just For Fun Gross/Net winners were Flight one: Stan Hing, Duane Hansen; two: Gary Anderson; three: Dave Jansen, Ron Waisner. Penny Carolyn Shootout (closest to pin from 150 yards) winners: Carl Zierman, Dennis Cumiford, John Michel. Monster Tournament Gross top score winners: Tom Anthony/Mark Hamilton, Phil Steinbock/Rich Yoshikawa, Ron Hartman/Bob Bonomini, Al Martig/Simon Palaroan, Rick Lamb/Jerry Woodard, Denny Wong/Roy Craig. Team top Net winners: Mike Munro/Steve Mumma, Les Hanson/George Bullwinkel, Jim Smyrak/Paul Fellner, Jim McCarthy/Bill Zeek, Bill Rapp/John Preuss, Ron Waisner/Duane Hansen. Last tournament of the year: Pinehurst, results next issue.

Contacts: Rodger Oswald, rodgeroswald@gmail.com; Roger Cummings, cummingspct@sbcglobal.net

Website: www.lhmgc.org



Healthy Eating

At November's general meeting, club members enjoyed a presentation by local mountain mandarin orange grower Gordon Paulsen. We learned all about the ins and outs of growing these marvelous little citrus fruits and why these particular oranges do so well here in Placer County. We also learned about how a US Dept of Agriculture study determined that our local mandarins have synephrine concentrations up to six times that of other orange juices and are reputed to be an excellent way to ward off those wintertime sniffles that plague us all.

The meeting also featured a tasting/sampling of other competing small oranges,

along with our local mandarins and there was a consensus that our local ones are easily the best.



Farmers Market Scenes

The club will soon announce a new slate of officers for 2017 and a fresh, new approach to how we promote the importance and joy of healthy eating to our members.

Contact: Don Rickgauer 253-3984, sclh13HealthyEating@gmail.com



Hiking & Walking

Recently, 65 club members enjoyed a breakfast buffet in the Sports Bar at Meridians. They chose from three different walks around our beautiful neighborhood afterwards.

As we end 2016, we are appreciative to our exceptionally dedicated volunteer Board, Committee Members, and Hike Leaders who work hard to give you a great experience. They are truly responsible for the inviting camaraderie we enjoy in the club. We are particularly lucky to have many hike leaders who are knowledgeable and familiar with our region. They also realize the importance of safety while hiking. We are grateful to live in a region that provides many diverse and high quality walking and hiking trails.

“Then the Grinch thought of something

he hadn't before! What if Christmas, he thought, doesn't come from a store, What if Christmas... perhaps... means a little bit more!” Dr. Seuss, *How the Grinch Stole Christmas!* Merry Christmas and Happy New Year!



Three Groups of Hikers took to the trails in Sun City in November. Join us in the future

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



Investors' Study

Merry Christmas and Happy Holidays! We look forward to a new year which, for Investors' Study, begins on Thursday, January 5 at 2:30 PM in



Russ Abbott (Consultant) and Linda Duessel (Federated)

P-Hall (KS). Russ Abbott will be our speaker and surely there will be a lot to talk about. As always, Russ is well-prepared to answer our questions and accept our challenges. He always makes our January a special meeting to kick-off the New Year. Already

the year has a list of speakers for each month. All residents are welcome to attend. We will be collecting dues in January and February. We have refreshments immediately after our meeting.

The Active Investors Subgroup meets on the second Monday of each month at 3:00 PM in the Multimedia Room (OC). Norm Quattrin, 645-4675 Contact: John Noon 645-5600



Lavender Friends

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

Upcoming activities include:

- Dog Walkers and Friends gather on Saturdays at 9:00 AM, followed by a Coffee Klatch at the Kilaga Springs Café.

- Movie Day is on the second Tuesday of the month, with Happy Hour afterwards. Check the website for movies, times, and location of the Happy Hour get-together.

- Breakfast at Thunder Valley is on the first Wednesday of the month, 9:30 AM. If you have a Thunder Valley membership card, bring it to get the Senior Day discount.

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

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



Line Dance

On December 5, 100 line dancers gathered in KS Lodge to celebrate another successful year of classes and events. During the first hour while people socialized and enjoyed appetizers, salads and des-

serts, Open Dancing was happening on the dance floor. These 16 dances had no walk-throughs, and included such classics as Electric Slide, New York New York, and Islands in the Stream.



Our Music Maestro Mike Schenck

After a short business meeting during which a new Steering Committee was elected (more on that topic next month), the teacher-led portion of the evening ensued. Our instructors—Audrey, Sandy, and Yvonne—led dances that were taught in their four levels of classes, such as Winter Wonderland, Frankie Fever, and Blessed.

The current Steering Committee has had a fabulous two years in office, and are proud of bringing some new ideas to our program. We hope the new committee will have as much fun as we did!

Contact: Sheridan Brown 408-5674, shrdnbrwn@yahoo.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, 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 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

“Mah Jongg, an ancient game from China that you play using tiles, gained popularity in the United States in the 1920’s. This game of intelligence requires concentration. Mah Jongg is a difficult game to learn and master, but once you do, your ability to excel in the game is limitless.” This quote sums up the fun and excitement of the game.

We invite you to join every Tuesday in the Card Room (OC) from 12:30-4:00 PM. If you don’t know how to play, please contact Fran Rivera at 434-7061. Fran offers free lessons in her home. Please call her to arrange a time when you may begin. Within a couple of months you will be ready to show off your new skills.

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



Mixed Media Collage Arts

Texture, collage, cut, tear, squish magazine papers, tissue, parchment paper; paint with unique papers and found objects; experiment with colors; wow with words; stamp with foil and bubble wrap; paint on canvas, cardboard, old books, wooden boxes, etc. Get the drift? If you want to explore a unique art form, check out Mixed Media Collage Arts. We meet on the third Wednesday of each month in the Ceramics Room (OC) from 1:00-5:00 PM.

Contacts: Frima Stewart 253-7659 frimastewart@gmail.com; Patricia Branham 408-5057, pbranham56@aol.com



Motorcycle

RoadRunners

On November 12, the RoadRunners held their annual “Icicle Ride,” this year heading to the waterside town of Benicia. Along the way were some interesting stops in Suisan City and at the Specialty Sales Classics custom car showroom in Benicia. Special thanks to VP/Head Road Captain John Marin for leading a great ride!

The club’s annual Christmas dinner was held on December 8. A hearty meal at Tahoe Joe’s in Roseville was followed by the installation of the club’s new officers for 2017. The officers for 2017 are Presi-

dent Doug Sterne; VP/Membership Manny Perez; VP/Head Road Captain Don Heyde; Treasurer Larry Ridley; Secretary Richard & Millie Eslinger; Safety Officer Peter Boyle.



Ready to head out on the road

If you like motorcycle touring and have a road worthy motorcycle or trike—check us out!

The RoadRunners meet the fourth Thursday of the month at 6:00 PM, Multimedia Room (OC). Guests are always welcome!

“Ride Safe—Ride With Friends.”
Contact: Patrick Chaves 408-1223, patmcspeed@gmail.com



Needle Arts

Threads of Friendship

Our homes are decorated, our hearts are full of love and joy, hope and peace. In various ways we gather together to celebrate family and friendship. This is the season to reflect on all that is good in our lives, the season to give of ourselves in meaningful ways, the season to honor ourselves for our uniqueness.



Advent Calendar

The Needle Arts members want to thank all the residents of Lincoln Hills for your donations of fabric, knitting materials, and finished projects for Community Service. We thank you for attending our

general meetings, our teas, and especially our Wearable Arts Fashion Show. We have had too much fun this year!

We hope you renew your membership or become a first-time member in 2017. Our next General Meeting is Tuesday, January 10 at the P-Hall (KS) at 1:00 PM.

Wishing you Happy Holidays!

Marsha Ross 253-9551

Contact: **Marsha Ross 253-9551,**

marshaross1123@gmail.com

Website: www.sclhna.com

at the Luncheon or send your \$15 to Gordon Powers (contact info below).



Challenge winners: Diana Chan, Winners' Circle first place; Peter Gonis, second; Joan Musillani, third

The November Challenge meeting presented a great variety of paintings that include people. We had over 20 interesting entries. See the photo above for winners and their artwork. The general competition was won by Peter Gonis, second place was Margot Comer, and third was Joan Musillani. First Place in the Winners' Circle (comprised of previous competition winners) was Diana Chan.

January 2017's meeting will discuss instructions for the Fine Art Show, to be held on February 24-26 in the Ballroom (OC). Watch for it!

Contact: **Joyce Bisbee 672-7252,**

Website: <http://lhpainters.org/index.html>



Paper Arts

Shirley Rainman, our group's president, led our November project. We made two cute snowmen as table decorations for each member's place setting at the Christmas Luncheon held earlier this

Susan Long with donations for Sleep Train Foster Kids; Holiday wishes from the Paper Arts Group



month. (See photo.)

Also at the November meeting, we collected lots of toys and gifts for the Sleep Train Foster Kids program that helps children and teens. Thank you to those who brought generous donations.

With the New Year coming, projects for future meetings are needed. Do you have paper crafting ideas to share? Would you like to lead a project? Contact Shirley. Let's make 2017 another super year for Paper Arts!

We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS). New members are always welcome. Come for the paper crafting and enjoy the camaraderie.

Contacts: **Shirley Rainman 253-9534;**

Pat DeChristofaro 408-1360



Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro before, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets in the Card Room (OC) on the first and third Friday of the month from 9:00 AM to 12:00 PM. We hope to see you there.

Contacts: **Denise Jones 543-3317,**

djonesea@att.net; Doris DeRoss

253-7164, dorisderos@gmail.com



Photography

The Photography Club, on the evening of Saturday, November 13, held a "flash field trip" to shoot the moon. This particular moon was called the "Full Beaver Moon" and is the largest/brightest moon since 1948. Photographers enjoy



Photography by Don Bowden; Ron Darville; Bill Szabo



Neighborhood Watch

It's still happening! Some residents are not receiving Neighborhood Watch warnings and are responding to scams. If you know someone who does not receive our Alerts by email or other notification, please tell them about several recent incidents.

The grandson scam is still popular. A resident sent \$6000 in response to a telephone scam claiming that her grandson was in an accident and needed money. The scammer tries to trick the resident into saying the grandson's name and will then assume that identity. Insist that the caller, "Tell me my grandson's name," to close the conversation.

Another resident sent \$200 to a scammer claiming to represent Microsoft computer insurance.

In the past five months 10 threatening, phony, IRS telephone calls or emails have been reported. These residents have recognized them as scams. Many calls are not reported. The IRS says that they never notify delinquents by email or telephone.

Contacts: **Larry Wilson 408-0667,**

lgwlincoln@gmail.com; Pauline Watson

543-8436, frpawatson@sbcglobal.net;

Website: www.SCLHWatch.org

Painters

December brings our annual Holiday Luncheon on December 19, and changes in the new year – effective in January, meetings are returning to the Fine Arts Room (OC), the new day is the third Tuesday of every month, 2:00-4:00 PM.

Members—Dues are due! If you didn't pay at the November meeting you can pay

these outsized lunar events because it gives us more light to work with and the moon makes a great backdrop for silhouetting images in front of it. About 10 to 15 of our members descended on Ferrari Pond to stake out locations to get the best shot. These flash field trips are a lot of fun as it gets people of all capabilities together to focus on a particular type of photography; in this case low light but with a very bright subject. You get to hear a lot of opinions, get to try different techniques and get to enjoy the camaraderie of your fellow club members... and we got some really cool shots!

**Contact: Brad Senn, (530) 409-2499,
LHPPhotoClub_President@mail.com
Website: www.lhphotoclub.com**



Pickleball

The Pickleball Club and Lincoln Hills Foundation united behind a lifesaving goal last month.

They jointly subsidized a special training program for 19 players to learn CPR and First Aid—skills they hope to never use but want to have.

Instructor Richard Murray spent about four hours guiding players through the program. It included how to resuscitate, spotting signs of stroke, heart attack and heat exhaustion, and using an automated external defibrillator (AED).

The club thanks the Foundation for its generosity. The foundation also donated toward new AEDs.

Players are saying goodbye and thanks to outgoing board members who led us during a period of tremendous growth—now a record 520 members.

Departing are President Marty Rubin, Treasurer Nancee George, Tournament Director Rein Lem-



Emily Madrid-Koszalka prepares to help choking "victim" Judie Panneton; Instructor Richard Murray demonstrates proper CPR steps using player Dave Sausen

berg, and Membership Director Katie Bloom.

Co-social directors Marilyn McCullough and Sherry Mosby, who put together several fun activities this year, also bowed out.
**Contact: Mike Gardner 834-6549,
pickleballmike1@gmail.com
Website: www.lhpickleball.com**



Players

Another year is ending and plans are being made for the year ahead. Time seems to fly by, and we all have so much to be grateful for. We, of the Players, hope you enjoyed our last shows of the year—Readers theater “39 Steps” and Main Stage production “Happy Holidays: A Musical Tribute to Movie Musicals”. We enjoyed the planning, rehearsals and the final presentations to our audiences—it is what we do. If you love the theater, then you will enjoy the work involved in bringing a show to life. The camaraderie is amazing, the satisfaction of a show well done and the appreciation of the audiences is fulfilling. Come join us for next year’s productions. We meet on the second Monday of each month at 4:00 PM—see what we are all about and hopefully you will join us in our endeavors of entertainment for our community.

**Contact: Kevin Smith 408-1818,
kbsmith17@yahoo.com
Website: www.lincolnhillsplayers.com**



RV

In 2017, the RV Group will enjoy trips to the vast variety of landscapes that California has to offer: Ocean bays; redwoods; wine country; Gold Country foothills; and a high Sierra lake. If you are interested in joining our group here is a sample of what we do on a rally: Pontoon boat trips, golf, dinner cruises; street and craft fairs, museum tours, game nights, wine tasting contests and winery tours. Many nights are filled with pot-lucks, campfires and outdoor barbecues. Plenty of opportunities to go hiking and biking. There have been excursions to rodeos and local attractions. Many club members are gifted musicians, putting together performances and sing-alongs. What we do best however is sit around

telling travel stories, fish stories, golf stories, enjoying each other’s company. A little wine gets consumed as well, and the stories get even better. Club meets at 4:30 PM in KS the second Thursday of each month.

**Contact: David Africa 708-0009, lhrvg.com
Website: www.lhrvg.com**



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

Wishing all residents the very best during this Holiday Season and hopefully thinking of how you can be a gift to our Lincoln community in 2017. Today’s retirees are considered a natural resource and the “new” trustees of civic life in America. We are healthier, talented, more vigorous, better educated, willing to share and care, and have amazing experiences. Seniors are better equipped to fill society’s most pressing needs... schools. Our group invites you to invigorate your life while supporting students, kindergarten through grade 5 and grades 9 through 12. This is a golden opportunity and a rewarding intergenerational experience. A teaching background is not necessary, just the desire to be with kids and go back to school on your own terms. Volunteers choose the day, time and grade level that accommodates your lifestyle and you still get to continue your current activities and travel. Consider being a valuable gift to local students in 2017.

Contacts: Crystal Elledge (Elementary) 543-8617, ceelledge@sbcglobal.net; Irma Mendez (High School), jmeidm@aol.com; Sandy Frame 408-1453, ssframe1963@gmail.com



SCOOP

SCOOP is closing the year with donations of \$350 each to the Placer SPCA and Healing Heroes. We are pleased to be able to make these donations to such worthy organizations at the end of the year. It is our way of putting membership money we collect to doing good in the community. We are now accepting dues for 2017. Dues are \$12 per household and can be mailed to SCOOP, 1635 Hackberry Lane, Lincoln, CA 95648. We will plan our calendar for the coming year after the holidays. We are always looking for interesting speakers to address our

group at our bimonthly meetings. Our first meeting will be on Tuesday, February 7, at 11:00 AM in the Fine Arts Room (OC). If you know of someone who can speak to our group, please email us. Wishing you and your pets very Happy Holidays!

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

Scrabble players meet in the Card Room (OC) on Mondays at 1:00 PM. No reservations are needed. All materials are provided and help for beginners too. We've been happy to have some new players join us in the past few weeks.

Come try it out and increase your vocabulary! Happy Holidays from the Scrabblers!

Contact: [Anne McMaster 409-5408](mailto:AnneMcMaster@409-5408),
wiltonanne@yahoo.com



Singles

Dynamic Singles

Our Annual Christmas Luncheon held on December 10 was again a lovely event, keeping all of us in the true spirit of the holidays to come. We were entertained by the outstanding Lincoln High School Chorus.

Upcoming events are: On December 15 at 4:30 PM we will be having our monthly Dining Out at Rubino's Restaurant in Rocklin; On December 29 at 6:00 PM we will have our Pre-New Year's Party and Dinner at Kilaga Springs; On January 5 at 4:00 PM we will be going to Old Town Pizza for Cocktail Time; On January 8 at 4:00 PM we will have our Birthday Celebration at the Meridians Sports Bar; On January 12 at 6:00 PM we will have our General Meeting in the Ballroom (OC) with a speaker who's topic is Counterfeiting; and on January 14 at 9:00 AM we have a second Saturday Breakfast in the Meridians Sports Bar.

Weekly Activities: Tuesdays are Let's Dance at Meridians (OC) at 5:00 PM; Wednesdays are Bocce Ball at Sports Park at 3:00 PM and Fridays are Golf at various courses.

Pick up the Dynamic Singles Flyer in the lobby (OC) for contact person for each event. Better yet join our club for \$15 a year and get ready to have fun!

Contacts: [Kathy Shaddox 209-3307](mailto:KathyShaddox@209-3307)



Ski

At our November general membership meeting, Any Mountain's lead ski salesperson related ski shapes and other technical specs to performance on the slopes. He also provided very detailed and useful information on ski boot fittings. As you can tell from the picture, he had our undivided attention.



New Skis Anyone?

As of the writing of this article, several of the local ski resorts were in operation, with forecasts of more snow headed our way. By now, the weekly email notification of our ride-sharing ski day trips should be in full swing. If you have yet to pay your annual dues, you will want to do so right away to ensure you are on our distribution list. This is a great way to enjoy a day on the mountain with fellow skiers of all skill levels.

If you are reading this on December 15, remember that tonight is our Holiday Party!
Contacts: [Bill Smith or Mike Hilton 258-2150](mailto:BillSmith@258-2150)
lhskiclub@gmail.com



Softball

Coyotes

The Coyote breakfast on December 6, was held at OC Lodge with over 60 attendees. The Coyotes are planning on fielding five teams for the 2017 season. The new Board for the 2017 season will include Bob Hunter, Chairman, Henry Mutz, Secretary and Mick Privett, Treasurer. Team managers will be, 60's Barry Sasabuchi, 65's Montie Boatwright and Dale Stephens, 70's JD Dambrosia and Bob Smith, 75's Bob Hunter and Larry Manley and 80's Bob Hunter and Pete Savoia.

There will be a tryout day on January 7 at 9:00 AM at Del Webb Field. Anyone who did not play Coyote ball in 2016 but would like to give it a try should plan on attending the tryout and should contact

the manager of the team you desire to join prior to the tryout date. Please monitor the LHSSL website for information concerning tryouts and the 2017 season.

Contact: [Bec Cannistraci, beccannistraci@sbcglobal.net](mailto:BecCannistraci@sbcglobal.net)

Website: LHSSL.net



Sports Car

Our 2016 Events began in February with a trip to Grass Valley and culminated in November with a Turkey Run, along with Rods & Relics, where we donated to the Lincoln Fire Department.

There were trips to Mendocino and Pa-



LHSCG Involvement in the Community; Turkeys for the Lincoln Fire Department Food Drive

cific Grove and rides to the Sierra Nevada Brewery, the Hilmar Cheese Factory and to Lockeford. We visited the Crocker, the Sacramento Auto, the Schultz, and the Sierra College Natural History Museums. We visited unique destinations such as the Cowboy Campfire in Volcano and the Ironstone Concourse D' Elegance in Murphys.

Our social events, of course, revolved around food. In March we dined at Kobe's Teppanyaki's. July had us celebrating the 4th with a Great American Bar-B-Que followed by a Fall Dinner at Beerman's Brewery. In December we finished the year in style at our Holiday Dinner and Dance.

The LHSCG wishes a Happy Holiday to all.

By Rob Phillips.

Contact: [Tom Breckon 434-6989](mailto:TomBreckon@434-6989),

Tom.Breckon@sbcglobal.net

Website: Lhsportscars.com



Sun City Squares

Sun City Squares Holiday Party was held in November with Potluck Dinner and great Dancing. New Beginner Dance Class will start in February. If you are interested in joining us, call Jean Grupp.

- Dark in December, Mondays,



Sun City Squares Holiday Party

beginning January 9—Round Dance 1:00-1:45 PM

- Plus Level 1:45-3:30 PM
- Advanced Dancing 3:30-4:00 PM

New Officers for 2017 are Frank Reina, President 543-3132; Jean Grupp Vice President 408-1868; Treasurer, Robert Hodge 543-4742, and Secretary, Elaine Small 543-5999.

Contact: Jean Grupp 408-1868, jean@grupphomes.com



Table Tennis

Thank you Cyndi Rinde for organizing our October 22 Potluck/Bocce Ball social! May & Bernie Leung helped set up tables. Jim & Betty Baker gave us Bocce Ball instructions. What a good time we had.

The next time you are walking by the P-Hall (KS) look directly across the hallway and watch our table tennis players exercising their titanium knees and arti-

ficial hips... all in an effort to raise their endorphin levels.

Need a lesson? Call Tim Frank 408-2765 for a lesson on the basic positions and moves to start you on the road to good exercise and fun with a great bunch of people. As of today our December schedule is Fridays, December 23 and 30 from 8:00 to 11:00 AM and Tuesday, December 27 from 5:00-9:00 PM.

For armchair table tennis, go to you tube to see Jackie Bellinger and Lisa Loma set the 1993 World Record... hitting the ball 173 times in 60 seconds! The experience may better prepare you for playing Robert's Robot. Merry Christmas to all.

By Warren Akey.

Contact: Warren Akey 408-1658 akeywarren@att.net



Tap Company

Anybody out there have a "Bucket List"? You know, kind of like a Honey-Do list, only it's things you want to do, not things you want your Honey to do. If you do, you should bring it to the attention of the Tap Company for our April Show. We held auditions December 6 and 7, but would like to hear from you if you think you have something of interest. Please contact Elle Hoekenga with any questions. She can be reached at 474-1930 or pihoky@sbcglobal.net

Our annual Holiday Luncheon was held on Wednesday, December 14 in the OC Ballroom. We had a short club meeting, a lovely luncheon and then we were thoroughly entertained by Alyson Meador's young tappers. What a delight to see such talented young dancers. Thank you Alyson!

As you already know, there are no dance classes during the month of December, but be prepared to hit the floor running (or tapping as it may be) in January to prepare for our upcoming show in April. Dates and times will follow. Anyone interested in being in the show should get in touch with Natalie Grosner or Jennifer Lauchner (emails below).

Contacts: Natalie Grossner 209-3804, natalie_g@msn.com;

Jennifer Lauchner

543-2858, jenniferlauchner@yahoo.com



Tennis

The first week of December kept the LHTG membership busy. December 8, the Christmas luncheons were held—men at Thunder Valley; ladies at Catta Verdera. A fun time to reminisce the past year's tennis activities.

The annual LHTG meeting was held December 9. Chris O'Keefe, Executive Director, was invited to give an update on mandated changes at the Sports Pavilion and positive effects for tennis area. Thank you, Chris.

LHTG President, Bob White, thanked the board for a job well done, David Mateer—tournaments; Diane McLaughlin—financials; Polly Smith/Pam Geernaert—social; BJ White—communications.

Final USTA league for 2016, Mixed Doubles, Linda Burke, captain, ended season 6-3 to qualify for league playoffs.

The LHTG board thanks Cesar Orocco and his crew for maintaining the tennis courts during 2016.

Contact: Bob White 543-1350, bobwhite@gmail.com or bjwhiteca1@gmail.com



2016 Tennis Group Dinner Dance



Vaudeville Troupe

The Vaudeville Troupe wishes you a Happy Holiday Season. We look forward to seeing you at our next show in July.
Contact: Yvonne Krause-Schenk 408-2040, ykrause@yahoo.com



Veterans

More than 300 attendees turned out for the annual community Veterans Day ceremony in the Ballroom (OC) on November 11. The celebration included presentation of the colors and placement of a wreath next to the veterans' memorial monument by cadets of the Whitney High School Air Force Junior ROTC. Orchestral music was performed by the Roseville Community Concert Band. The 2017 board of directors was elected at the November 17 meeting. Directors for the New Year will be Fred Buhler, Chuck Peterson, Jack Everett, Wayne Gallant, Margie Buhler, Wyatt Lazenby and Mike Schultz.

Contact: Bob Ringo 543-5310, bobringo@starstream.net



Nice team-work ladies!; post game photo



November 2016 match; bouquet preparation by Sue Pick, Sandy, and Harriet

Water Volleyball

Welcome in the 2017 Steering Committee. Please take a moment to thank each member for volunteering their time for the club: Chair Claudia; Secretary Henry; Treasurer and Membership Mike Mosca; Trainer Mel; Competitive Play Coordinator Linda; Recreational Coordinator Sandy; Equipment Manager Greg; Webmaster Sidne; Social Coordinator Marianne; Email Coordinator Valerie; Communications TBD.

We are looking for a volunteer for the Communications position. Please consider.

The William Jessup Lady Warrior rematch was a great success last month. Peter Beckett's footage should be available soon. And the presentation was not only fun, but also very well received. We had representation from Rec. Ball, Net 1, Net 2, William Jessup, and the LH Lifestyle Photography group. Even Manny's mom attended. Fantastic job by Sue, Mel,

Shasta, Sandy, Harriet, Jeff, Charlie, Gary Rogers...

Merry Christmas and Happy New Year.

Contact: Jim Puthuff, 768-3936

Website: www.lhwatervolleyball.com



Woodcarvers

I'm sure woodcarvers have heard a number of discussions whether woodcarving is a craft or an art. If an item is carved from a pattern or an idea is copied from someone else, does that make me an artist or does it have to be an original idea? I'm not sure it really matters. The important thing is to try and do it and enjoy what you are doing. Recently I was looking through an old carving magazine and the variety of carved objects were so well done that in some cases a carved quail looks like it could just fly away or you could almost hear the laughter from a clown carving.

The club has a very large library of magazines, books and some DVD's that

may help or inspire the current project of the next one.

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

Contact: Dick Skelton, 626-0895



Writers

Happy Holidays Writers!

The SCLH Writers Group wants you to come spend an evening sharing great poems, adventure stories, biographies, even nature stories. Almost anything goes. We inspire each other's creativity and are sure you can inspire us too!

Just come as you are and share an evening to get to know us. There are no dues or hidden fees, just the fun of meeting with others who like to write as much as you do.



Happy Holidays from Bruce, Susan and Mike

We encourage you to bring 15 to 18 copies of your story or poem to share with the group. Just please keep it to under 1,500 words so everyone will be able to present their stories also.

So get out of that comfortably warm easy chair, put down the cookies and eggnog and come join us every second, fourth and fifth Monday in the Ceramics Room (OC) at 6:30 PM.

Contacts: Bruce Robinson,

bbrob1281@gmail.com;

Mike Hensley, mike.1943.ok@gmail.com;

Susan Gust, srg2266@gmail.com





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Wishing you the best of health and happiness this holiday season!
 Happy New Year too!



XOXO

The Wong Family -
 Nelson, Audri and The Boys -
 Christopher, Jonathan,
 and Timothy
 (who are now 5 years old!)

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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.

Caregiver Support Group

There is no Caregiver Support Group for the month of December. See you at the Lincoln Twelve Bridges Library on January 19 at 9:00 AM! Be sure to come in through the back entrance for employees only. More info: Brenda Cathey, 253-7537.

Glaucoma Support Group

Come join us as we begin another year of sharing information about living with Glaucoma. The Glaucoma Support Group meets the second Wednesday of each month at 4:00 PM in the Multimedia Room (OC). If you, or a family member, are living with Glaucoma and would like to learn more about your disease, please plan to attend our meeting on January 11. More info: Bonnie Dale, 543-2133.

LH Foundation

Movie Transportation offered by the Lincoln Hills Foundation. Are you a resident (or do you know a resident) who would enjoy viewing a free movie at Kilaga Springs but has no transportation to get there? The Lincoln Hills Foundation provides door-to-door service to the first Monday of the month Movie at KS with LH resident drivers, at no charge. For more info or to sign up for your ride to the

You are invited to attend...

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

- **Sunday, December 18 • 10:00 AM** Birchfield Jewelry Show, Oaks (OC)
- **Thursday, January 12 • 10:00 AM** What To Do When Your Loved One Passes Seminar, Oaks (OC)

movies, contact Jean Ebenholtz, 434-6852.

LH Italian Club (LHIC)

December's Christmas luncheon should have whetted your appetite for our annual Crab Feed, to be held at McBean Pavilion on January 13. If you like eating crab, this is the place to be! And if you like having fun with a lot of friends, then prepare for February's Pizza Party on the 16th. Stay tuned for details. If you are of Italian heritage and are interested in any of these events, please contact Virginia Halstenrud, mistergeh@att.net or 543-3293. Or, check the Club's website at www.lhitalianclub.org for more information about any of these events, or other club-related LHIC questions.

LH Travel Group www.lh-travelgroup.com

The next Travel Group meeting is on Wednesday, January 25, 6:30 PM, Social Kitchen (KS). Everyone is welcome. Collette's Jay Fehan's presentation includes: South Africa with London; Islands of New England; Canadian Rockies and Glacier National Park; Washington D.C.; Niagara Falls-to NYC; New Orleans/Memphis/Nashville. Committee members will provide information on offered and planned cruises: Amsterdam-Basel; Scandinavian Capitals and Norway Coastal Cruise.

See our website for details. 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.

Lincoln Democratic Club

The annual Holiday Celebration will be Thursday, December 15, from 6:00 to 8:00 PM in the Placer Room (KS). This is a potluck event with guests asked to bring finger food, appetizers and desserts to share. There will be a no host bar. Come and share food and conversation with fellow Democrats. For questions, see our club website <http://www.democraticclublincolna.org/> or email Al Witten c/o lincolndems@gmail.com.

Lincoln Multiple Sclerosis Group

Here's an opportunity to "ReGift" that present you just don't know what to do with. Bring it to the January MS Meeting, where we'll have fun exchanging \$15 and under ReGift presents. Do you like everything you received? Then bring a consumable gift, not over \$15. Tuesday, January 3, 1:00 PM, Sierra Room (KS).

Continued on page 45

Library News

Sandy Melnick
Library Volunteer



Have you been to the Kilaga Springs Library lately? Big changes took place in the last month. New shelves were added for paperbacks and we did a lot of reshuffling. The history/politics section is now by the window (near the DVD section) and the large print section has been expanded. Also, the investment folders are

in dark green binders on the counter above the DVD's. If you can't find what you are looking for, just ask one of our volunteers. They will be happy to help you

The latest book I have read is *A Man Called Ove* by Fredrik Backman. This story is set in Sweden about a very dour and curmudgeonly man. When a new family moves into his neighborhood, everything is turned upside down for him. I highly recommend this very heartwarming and fast reading book.

The volunteers of both the Kilaga Springs Library and the Orchard Creek Community Living Room wish you a wonderful Holiday season and a Happy New Year!

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



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~ Community Perks ~

New Date! Annual Community-wide Holiday Open House

Thursday, December 15 — Free

Our Open House has been rescheduled to Thursday, December 15 between 1:30-3:30 PM. Plan to pick up your *COMPASS* magazine and enjoy a hot drink and treat while visiting with your neighbors, Board of Directors and staff. Holiday piano music will be played in the Community Living Room (OC) by Cherilyn Duncan and Donna Jenkins. Come and join in the holiday spirit.



KS Holiday Movie Showings: Holiday Inn

Thursday, December 22 — Free

1:30 PM, P-Hall (KS). Not Rated, 100 minutes—Musical/Comedy/Drama. Starring Bing Crosby, Fred Astaire, and Marjorie Reynolds. At an inn which is only open on holidays, a crooner and a hooper vie for the affections of a beautiful up-and-coming performer.



KS Holiday Movie Showings: The Santa Clause

Friday, December 23 — Free

1:30 PM, P-Hall (KS). Rated PG, 97 minutes—Family/Comedy/Drama. Starring Tim Allen, Judge Reinhold, Wendy Crewson, and Eric Lloyd. When a man inadvertently kills Santa on Christmas Eve, he finds himself magically recruited to take his place.



KS at the Movies: The Big Short

Monday, January 2 — Free

1:30 PM, P-Hall (KS). Rated R, 130 minutes—Biography/Comedy/Drama. Starring Christian Bale, Steve Carell, and Ryan Gosling. Four denizens in the world of high-finance predict the credit and housing bubble collapse of the mid-2000s, and decide to take on the big banks for their greed and lack of foresight.



KS Classic Movies on Saturday: Same Time Next Year

Saturday, January 21 — Free

1:30 PM, P-Hall (KS). Rated PG, 119 minutes—Comedy/Drama/Romance. Starring Alan Alda and Ellen Burstyn. When Doris (Burstyn), a young housewife from Oakland, and George (Alda), an accountant from New Jersey, meet by chance at a rural California inn in 1951, they embark on an affair that brings them together on the same weekend, in the same place, for the next 26 years. As time passes, events in their personal lives impact their special once-a-year romance in this heartwarming comedy.



Document Destruction

Monday, January 23

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

New Time and Location! Coffee with the Mayor

Thursday, January 26 — Free

8:00 AM. SCLH resident, Peter Gilbert, is the new mayor for the city of Lincoln. Please join Mayor Gilbert at his monthly *Coffee* meetings to be held the 4th Thursday of every month at 8:00 AM in the Community Living Room (KS). Pick up a free cup of coffee from the Kilaga Springs Café prior to the meeting. The *Coffee* is an informal setting to provide residents an opportunity to ask questions and hear about what is going on within the city of Lincoln. This month the Mayor will introduce the city's new Chief of Police. After the meeting, please join our SCLHCA Board of Directors at their monthly meeting at 9:00 AM in the P-Hall (KS).



Performing Arts Presentation

Friday, January 27 — Free

3:00 PM, P-Hall (KS). The Community Chorus, Players Group, Tap Company, and Vaudeville Troupe will show and tell you what they do in brief stage presentations. Stay for the free refreshments and conversation with the performers in the Social Kitchen (KS) across the hall to learn more about participating, or just to thank them for their entertainment and accept their thanks for your support.



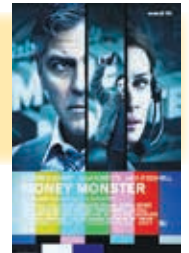
Now Two Showings!

KS at the Movies: Money Monster

Saturday, February 4—6:00 PM — Free

Monday, February 6—1:30 PM — Free

As requested, we are adding an evening screening for our new movie releases on the first Saturday of the month. For February watch George Clooney, Julia Roberts, and Jack O'Connell in this crime/drama/thriller (Rated R, 98 minutes). Financial TV host Lee Gates (George Clooney) and his producer Patty (Julia Roberts) are put in an extreme situation when an irate investor takes over their studio. Directed by Jodie Foster.



KS Classic Movies on Saturday: Michael Clayton

Saturday, February 18 — Free

1:30 PM, P-Hall (KS). Rated R, 119 minutes—Crime/Drama/Thriller. Starring George Clooney, Tilda Swinton, Sydney Pollack, and Tom Wilkinson. A law firm brings in its "fixer" to remedy the situation after a lawyer has a breakdown while representing a chemical company that he knows is guilty in a multi-billion dollar class action suit.





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Continued from page 41

Questions? Contact Marilyn Sharp, 837-4464.

Lincoln Police Department—Volunteer Program

The Lincoln Police Department is recruiting for its LPD Volunteer Program. The program is open to Lincoln Residents who are 21 years old or older. This ongoing recruiting effort is for those individuals who would like to volunteer either as Front Office Staff (informational, meet and greet) or Patrol (vehicle patrol, “eyes and ears” in the community). Qualified individuals will receive training on all aspects of Police Volunteer work. More info: Roy Osborne, 645-4081.

Movie Lovers Group

Movie Lovers Group meets monthly on the second Thursday of the month. Our next meetings are January 12 and February 9. At monthly meetings we review and discuss two or three movies, selected by members the prior month, and which are known to show locally. We focus on quality movies rather than “special effects blockbusters.” Recently we reviewed “Sully” and “The Girl on the Train.” Award season approaches so there are many excellent current movies. If you are interested in joining our group, please let me know: cliffroe@ix.netcom.com or cell 408-205-8765.

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.

Parkinson's Support Group

The Parkinson's Group will be meeting at Granite Springs Church on December 20. We meet from 10:00 to 11:30 AM. This month we will have a celebration and food! If you are wondering about this

great group of people who live life with Parkinson's, come join in the festivities! More info: Brenda Cathey, 253-7537.

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

Shalom Group

The Shalom Social Group has a variety of activities planned. Upcoming events include cooking classes, a festive Chanukah dinner celebration on December 28, Women's Group luncheon in January and ice cream social in February. Throughout the year we plan sporting and social events, have monthly meetings with informative speakers and host discussion groups. Jewish culture and holidays are celebrated. You are invited to join us. The Shalom Group welcomes all residents of SCLH. Contact: Vida Morrison, membership, 984-1043 or vidamorrison@yahoo.com.

In Memoriam

Elsa Vidal Emery

Born and raised in El Salvador where she received her nursing degree, Elsa was a Public Health Nurse. She immigrated to San Francisco in 1955, learned English and worked at hospitals there. After meeting and marrying Robert they moved to Napa, California. Elsa worked at various hospitals in the area and mentored many young nurses. After retiring she volunteered in her Community as an interpreter and counselor. Elsa loved to laugh and had a sharp wit. After moving here in 2004 she made new friends and enjoyed many activities. Elsa was a Neighborhood Watch Captain and volunteered for Neighbors InDeed. She started the Hand and Foot Club. She enjoyed cooking, decorating and entertaining. Gardening and nature were loves of hers. She especially loved her family including her two children, six grandchildren, and three great grandchildren. She is missed by a large extended family.

Mike Schmidt

Mike was born in Concord, California and graduated from University

of California at Berkeley. He received his Masters in Engineering and a MBA from Santa Clara University. He met his wife, Sue in College and they spent their careers in Silicon Valley where they raised their daughter. Lucky to retire at age 55, he and his wife traveled the world and Mike enjoyed golfing and softball. A scholar in math and science, Mike also loved theater and music. Camping and hiking were favorite pasttimes, but his biggest love was his grandson, Christopher. Mike was 69 years old and will be dearly missed.

Julio Cirerol

Growing up in Arizona into a musical family, Julio went to Arizona State and then into the Army Air Force. He married Sue in 1962 in San Jose and their blended family of 5 children eventually gave them 11 grandkids and 14 great-grandkids. Julio was an avid golfer in the Men's 18 hole group, played piano at events at the clubhouse and he loved gardening. His gentle, polite and loving spirit will be missed by all who knew him.

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



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DJ Tom is back in the Ballroom to play your favorite dance music while the **Ron Davis Trio** will play Dance Band Memories, a live, interactive music entertainment concept with live performances of popular Dance Band songs through the years, including a Tribute to the Rat Pack Era. Join us under the Big Top and **try your luck at the tables** to win fun prizes, taste the goodies at the **candy bar**, and other surprises that will add to your merriment!

Tailored Dinner Package options start at \$100 per person, available for purchase until December 21.

For those who wish to have dinner elsewhere, join the celebration from 9:00 pm-Midnight with our Entertainment Only option for \$60. Open seating in designated areas for Entertainment Only ticket patrons are available throughout the Lodge and on sale until December 30.

**DOORS OPEN 7:00 PM • DINNER SERVED 7:30-8:00 PM
DANCING AND ENTERTAINMENT 9:00 PM-MIDNIGHT
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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. Ballroom & Solarium Seating - Sold Out.

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

Entertainment

—Comedy—

KS Comedy Night An Evening with Sandy & Richard Riccardi Tuesday, January 17

6:00 PM Show — 5517-11A 


8:00 PM Show — 5517-11B

"You could almost call it a musical version of Saturday Night Live. Sandy & Richard Riccardi's show was a fun-filled hour of lampoons, jabs, and jibes on a host of topical subjects."

—Peter Leavy, New York. Sandy and Richard are here to make you scream with laughter and tap your toes to their all-original, all-comedy cabaret, describing their cracked and bushwhacked road to marital bliss, social consciousness, and menopause. With well over five million views on YouTube, their unique juxtaposition of modern, socio-relevant lyrics, and tune-smithy jazz piano/vocal arrangements will charm your socks off. Richard has accompanied such entertainers as Joel Grey, Tom Jones, Martha Raye, Mel Torme, Robert Goulet, and Wesla Whitfield. Sandy Riccardi spent 11 years on the NYC musical theater circuit, performing with the New York Gilbert and Sullivan Players, Playwright Preview Productions, and Westchester Broadway Theater. A night of fun and music! 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, \$16.



KS Comedy Night The Award-Winning Comedy of Jason Love Thursday, February 16

6:00 PM Show — 5516-12A 

8:00 PM Show — 5516-12B

One of Hollywood's hottest comedians, Jason Love has appeared on Comedy Central, HBO, America's Got Talent, and over 20 national TV Broadcasts. Jason's quick wit and self-deprecating approach have endeared him to audiences the world over, from Hollywood Improv to Carolines on Broadway to the Comic Strip in Edmonton. He has performed overseas for the troops and on the seas for cruise lines. Jason was a standout at the Cabo Comedy Festival and at the World Series of Comedy in Vegas. "Jason Love is comedy that brings people together." —L.A. Weekly. 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, \$15.



Concerts—

KS Music Night presents Classical Guitarist Matt Bacon

Tuesday, December 20 — Sold Out! 

Concert starts at 7:00 PM, doors open at 6:30 PM. P-Hall (KS).


California Cowboys

Friday, January 6 — 5506-11

R.W. Smith and the California Cowboys deliver a powerful sound, with the clear punch of tight three-part harmonies and such rowdy, foot stompin' original songs as "We Ride' em We Rope' em" and "Double Shot of Hank." Lead singer and songwriter, R.W., with drummer Hal Atkinson (CCMA's Drummer of the year, 1994), guitar player Gary Potterton (producer of "Grandma Got Run Over by a Reindeer"), bass player, Cary Atkinson and legendary Steel Guitarist, Bobby Black form one of California's most successful country-western bands. They will perform your favorite country hits, such as, "The Devil Went Down to Georgia," "Boot Scootin' Boogie," "Delta Dawn," and "By the Time I get to Phoenix," as well as "Sons of the Pioneers" songs like "Water" and "Tumbling Tumbleweeds." The band has appeared with such country favorites as Alabama, Dwight Yoakam, Clint Black, Willie Nelson, and Toby Keith, to name a few. Concert 7:00 PM. Ballroom (OC). Premium Reserved Section Seating, \$21. General admission, \$18.



The Music of Simon & Garfunkel Performed by AJ Swearingen and Jayne Kelli

Tuesday, January 24 — 5524-11 

AJ Swearingen and Jayne Kelli recreate the music, memories, and magic of the most famous folk-rock duo of our time, Simon and Garfunkel. Swearingen has been performing this music for 20 years with mastery of Paul Simon's intricate guitar playing. His deep baritone blends perfectly against Kelli's angelic vocals, which invoke a true sound in the spirit of Art Garfunkel. The duo has been performing music together since 2010. Together and separately, they have shared the stage with Kenny Rogers, Crystal Gayle, Livingston Taylor, John McCutcheon, and many more. Two voices in perfect harmony balanced against one acoustic guitar delivers a true tribute to the sound of the 1960's Greenwich Village, NY coffeehouse performances. Enjoy such hits as, "Homeward Bound," "Mrs. Robinson," "Bridge Over Troubled Waters," and "Sounds of Silence." Concert 7:00 PM. Ballroom (OC). Premium Reserved Section Seating, \$23. General admission, \$20.



The Bird Dogs Present The Everly Brothers Experience

Thursday, February 2 — 5502-12 

The Bird Dogs bring a genuine and youthful Everly Brothers experience to the stage. The Zmed brothers, Zachary and Dylan,

Continued on page 48

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

celebrate the genetic intimacy so ever present in the harmonies created by Don and Phil Everly. When the guitar became electric, the Everly Brothers bridged the gap between Country and Rock 'n Roll with countless hits and classics. The Everly Brothers inspired bands like The Beatles, Simon and Garfunkel, The Kinks, Buddy Holly, and many groups that utilize the blend of two part harmony. Their career spanned three decades and continue to influence artists around the world. Concert 7:00 PM. Ballroom (OC). Premium Reserved Section Seating, \$24. General admission, \$21.



selections will include the "One" from "A Chorus Line," "People" from "Funny Girl," "Medley" from "Fiddler on the Roof," music from the Hitchcock film "Vertigo," "An American in Paris," and "Someone to Watch Over Me." Concert 7:00 PM. Ballroom (OC). Premium Reserved Section Seating, \$21. General admission, \$18.

—Grandkids Event—

Santa Adventure
Saturday, December 17 — Sold Out!

Doors open at 9:45 AM, activities and games start at 10:00 AM and go to 12:00 PM. Kilaga Springs Lodge.

Sacramento Theatre Company's
I'm The Greatest Star! Showbiz Divas & Dames 
Friday, February 10 — 5510-12


We are proud to bring a special presentation of Sacramento Theatre Company's Cabaret production to our very own Ballroom. From Ethel Merman to Carol Channing, from Bernadette Peters to Kristin Chenoweth, Show Business has long-produced leading ladies known for their artistry, big personalities, and that certain "It" factor. Enjoy great music, from toe-tappers to powerhouse ballads, in this evening that reminds us... "There is nothing like a Dame!" Starring Kayla Johnston, Martha Omiyo Kight, Michael Laun, Miranda D. Lawson, Claire Soulier, Nicole Sterling, with Jeremy Bolt on Trumpet and Bass and Musical Direction by Samuel Clein. Concert 7:00 PM. Ballroom (OC). Premium Reserved Section Seating, \$25. General admission, \$22.



Marc Lapadula
The Five Greatest Films in American Cinema 
Wednesday, January 11 — 5511-11

Marc Lapadula, Senior Lecturer in the Film Studies Program at Yale University, is returning to the Presentation Hall (KS) to discuss the Five Greatest Films in American Cinema. "Citizen Kane," "Some Like It Hot," "Psycho," "The Godfather," "2001: A Space Odyssey." Could these be the five greatest American movies ever made? Orson Welles, Billy Wilder, Alfred Hitchcock, Francis Ford Coppola and Stanley Kubrick were all operating at the pinnacles of their respective talents when they created what many movie scholars and critics consider the greatest masterworks in the history of American Cinema. Beyond revolutionary, these films not only defined the turbulent social and cultural eras in which they were made but successfully transcended those eras by casting a giant, awe-inspiring shadow of influence across the entire film industry that is still being reflected on movie screens to this very day. Each film is beyond noteworthy for its virtuoso directorial style, shrewd presentation of complex narrative structure, trailblazing technical innovations, mesmerizing editing sequences, painstaking attention to period detail, intentional shattering of classical genre conventions, bold depictions of taboo sexual subject matter and deft handling of controversial political themes. If you are a movie fan, this is not to be missed. Save \$1 off \$4 or more at KS Café on lecture day. 1:00 PM. P-Hall (KS). **Reserved seating, \$16.**



Richard Glazier
He's Playing Our Song 
Tuesday, February 21 — 5521-12

Join award-winning pianist and master storyteller Richard Glazier on a musical tour of Broadway and Hollywood, featuring sensational songs written by everyone from George Gershwin to Marvin Hamlisch. Glazier is famous for combining fascinating stories, hilarious anecdotes and unforgettable performances, and this new show is one you'll never forget. And chances are he'll play a lot of your favorites! Some of his



Day Trips & Extended Travel



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

Day Trips

—Casino/Races—

Cache Creek Casino
Wednesday, January 11 — 1772-11



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, dependent, veteran, retired veteran or retired veteran dependent ID'S to obtain an additional \$20 in bonus play! Lots of slots and

Continued on page 51

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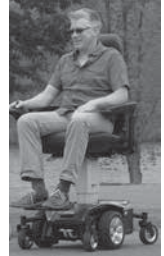
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table games to choose from! Receive \$10 in gaming credits or \$20 match play and \$5 food credit. Spend four hours at the casino. Food credit available at all restaurants except buffet. Buffet closed on Wednesdays. Leave OC at 9:30 AM, return ~ 4:30 PM. \$26.

—Museum—

Crocker Art Museum

Thursday, January 12 — 1765-11

View several interesting exhibitions at the gorgeous Crocker Art Museum in downtown Sacramento. Japan America: Points of Contact, 1876–1970, more than 100 works examines the influence of Japanese aesthetics on painting and printmaking, ceramics and metalwork, and graphic design, advertising, bookbinding, and illustration. Reuniting the Masters: European Drawings from West Coast Collections. This innovative exhibition reunites European drawings that have traveled across centuries and continents to different modern collections on the West Coast. By coincidence or by design, drawings by the same artist, for the same project, and even from the same sketchbook, have made their way separately to the West Coast. Bringing these long-estranged drawings together again both illuminates the work and process of specific artists in the rich history of European draughtsmanship. Also enjoy Highest Heaven: Spanish and Portuguese Colonial Art from the Roberta and Richard Huber Collection and the Crocker's permanent collection of more than 15,000 works of art. Includes museum admission. Lunch is on your own at the Crocker Café. Depart OC 9:00 AM, return ~ 3:00 PM. \$32.



New date added!

Leland Stanford Mansion & California Museum

Monday, February 13 — 1700-11B

First date sold out! Join Katrina, your Trip Coordinator, on a docent led tour of the Leland Stanford Mansion in downtown Sacramento. Leland Stanford was a former California Governor, railroad baron & co-founder with his wife of Stanford University. After a 14 year, \$22 million restoration, the mansion is now open to the public. It is a stunning example of the splendor and elegance of the Victorian era in California. We continue learning about the history and people past and present of California as we head over to the California Museum for another docent led tour. Trip includes a deluxe box lunch at the museum with choice of: Mediterranean Vegetarian Feta Wrap, Ham and Swiss on Wheat, Cobb Salad or Chicken Caesar Salad including a fruit, cookie



and beverage. Complete menu at Activities Desks. Depart OC 9:00 AM, return ~4:00 PM. \$59.

Legion of Honor “Monet: The Early Years”

Tuesday, March 14 — 176417-12

Monet: The Early Years will be the first major US exhibition devoted to the initial phase of Claude Monet's (French, 1840–1926) career. Through approximately 60 paintings, the exhibition demonstrates the radical invention that marked the artist's development during the formative years of 1858 to 1872. In this period the young painter developed his unique visual language and technique, creating striking works that manifested his interest in painting textures and the interplay of light upon surfaces. This exhibition is an once-in-a-lifetime opportunity to experience Monet's mastery before Impressionism, and includes paintings that are profoundly daring and surprising. Depictions of moments both large and small, with friends and loved ones, in the solitude of forests and fields and in the quiet scenes of everyday, offer new revelations about an artist that many consider to be ubiquitous. Also enjoy the special exhibitions of Rodin Centenary and the Future of the Past—Mummies and Medicine, along with the rest of the Legion of Honor art collections. For more information on this and other currently running exhibits, please go to <http://legionofhonor.famsf.org/legion/exhibitions>. Lunch on your own at the museum's café, or bring your own. Leave OC at 8:30 AM, return ~ 6:30 PM. \$75



—Performances—

“Hamilton an American Musical”

Group tickets have not been released for sale. Watch for the January *COMPASS* for sale details.

Sleeping Beauty—Russian National Ballet Theater Harris Center

Wednesday, February 8 — 1701-11

In the great tradition of Russian ballet, this accomplished company performs the classic Fairy Tale *Sleeping Beauty* set to Tchaikovsky's magnificent score.

Founded in Moscow in the late 1980s, the Russian National Ballet Theatre is committed to both preserving the timeless tradition of classical Russian ballet and features more than 50 dancers. Join us for an afternoon matinee performance with middle-orchestra seating at the Harris Center for the Arts in Folsom (formerly Three Stages). Leave OC at 12:15 PM, return ~5:45 PM. \$98.



The Five Irish Tenors-Harris Center in Folsom

Tuesday, February 28 — 1786-10

Following in the footsteps of the great John McCormack, these five exquisitely trained singers—David Martin, Morgan Crowley, Ciarán Kelly, George Hutton, and Alan Leech—have amassed more awards and prestigious performances than can be mentioned: from the London Critics Choice Awards to a Grammy; from the Royal Albert Hall to the White House, the Academy Awards, and the Olympics. We'll be seeing the Salute to Ireland where the Tenors present a sensational program of the most famously beloved Irish Songs, fusing Irish wit and boisterous charm with lyricism, dramatic flair and operatic style. Program includes "Toora-Loora-Looral," "My Wild Irish Rose," "When Irish Eyes Are Smiling," "As She Moved Through the Fair," and the glorious "Danny Boy." Center orchestra seating. Leave OC at 6:00 PM, return ~ 10:30 PM. \$85.



Chinese New Year — San Francisco

Sunday, March 5 — 185117-12

Come celebrate the Year of the Rooster in San Francisco's Chinatown. Enjoy a Chinese family-style lunch at Little Szechuan followed by a performance of "Will Auntie Face Justice?" The largest Buddhist church in America, Buddha's Universal Church is back with the finale of their annual play. Peony is still missing, and now her innocent baby may fall victim to Golden Pearl's jealousy! What fateful scheme will Auntie devise to indulge her spoiled daughter's wishes? Be aware, there is a slight hill to the entrance of the restaurant and the church. Rest stops are scheduled both ways of the trip. Depart OC 8:00 AM, return ~ 8:00 PM. \$79.



Music from Downton Abbey

Saturday, March 18 — 1794-11

Do you love Downton Abbey? The Sacramento Choral Society and Orchestra are presenting music from the popular TV Series by Emmy Award-winning composer John Lunn. There will be narrations about memorable Downton Abbey events with audience member participation. They will also be performing British chorus and orchestra gems from the era by Vaughan Williams, Stanford, Parry, Elgar and Holst. To add to the experience, attendees are welcome to attend in post-Edwardian England dress. Sacramento Community Center front orchestra seating. Depart OC 6:45 PM, return ~ 11:00 PM. \$69.



Mamma Mia! Farewell Tour


Harris Center

Friday, April 7 — 181917-12

A mother, a daughter, three possible dads and an unforgettable

Continued on page 55

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.
- **Assisted Listening Device (ALD):** To align audience sound expectations for shows, Entertainment articles will include ALD symbols when show has ALD compatibility. Due to show requirements and/or performer sound set up, not all shows will have ALD compatibility. ALD is available for check out from the Activities Desk using a valid ID, first come, first served. ALD 
- **Show Time:** For Entertainment, doors open 30 minutes prior to show time unless noted.
- **Premium Reserved Section Seating:** No need to wait in line before a show. Limited premium seats available for all Ballroom shows.
- **Departures:** All bus trips leave from OC Lodge unless otherwise noted. We load the bus 15 minutes prior to departure times stated on these pages. As a courtesy to all, we leave on time. Buses are air conditioned, please dress accordingly.
- **Parking:** For all trips, please park beyond OC Fitness Center in lanes 11-13 unless noted otherwise. Passengers are dropped off by the Fitness Center on return.
- **Event Ticket for Trips:** 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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trip down the aisle... *Mamma Mia!*, the hit musical based on the songs of ABBA, returns to the Harris Center for five performances. It's one of the most successful musicals ever—the eighth longest running show in Broadway history, and for good reason. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the Greek island they last visited 20 years ago. An enchanting tale of love, laughter and friendship that plays so very well to the intimacy of the Harris Center. Not to be missed! Middle-orchestra seating at the Harris Center for the Arts in Folsom (formerly Three Stages). Leave OC at 6:00 PM, return ~11:00 PM. \$121.



Men are from Mars, Women are from Venus Marines Memorial Theater—San Francisco

Sunday, April 30 — 185017-12

The Off-Broadway hit comedy *Men are from Mars — Women Are From Venus LIVE!*, is a one-man fusion of theatre and stand-up, and is a light-hearted theatrical comedy based on *The New York Times* #1 best-selling book of the last decade by John Gray. Moving swiftly through a series of vignettes, the show covers everything from dating and marriage to the bedroom. This hysterical show will have couples elbowing each other all evening as they see themselves on stage. Sexy and fast paced, this show is definitely for adults, but will leave audiences laughing and giggling like little kids! When Mars and Venus collide, the adventures are earth-shatteringly hysterical. It's a great recipe for a day out: a little storytelling blended with some comedy and a dash of sage wisdom from the book. A delicious afternoon of entertainment! Front 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 at 10:45 AM, return ~9:45 PM. \$93.



Broadway Sacramento 2016-2017

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 to the theater and not having to worry about driving and parking in downtown Sacramento. Leave OC at 6:45 PM, return ~ 11:30 PM.



Kinky Boots

Tuesday, January 31 — 1793-06BB — Sold Out

Both busses Sold Out! Unable to add a third bus due to vendor ticket limitation.

A Gentleman's Guide to Love & Murder

Tuesday, March 7 — 1793-06C — Sold Out

The Bodyguard

Tuesday, April 18 — 1793-06D

Based on the smash hit film, the award-winning musical will star Grammy® Award-nominee and R&B superstar Deborah Cox! Former Secret Service agent turned bodyguard, Frank Farmer, is hired to protect superstar Rachel Marron from an unknown stalker. Each expects to be in charge; what they don't expect is to fall in love. A breathtakingly romantic thriller, *The Bodyguard* features a host of irresistible classics including "Queen of the Night," "So Emotional," "One Moment in Time," "Saving All My Love," "Run to You," "I Have Nothing," "I Wanna Dance with Somebody" and one of the biggest selling songs of all time – "I Will Always Love You." \$97.



Second bus added!

The Phantom of the Opera

Tuesday, May 23 — 1793-06EE

First bus sold out! Critics are raving that this breathtaking production is "bigger and better than ever before" and features a brilliant new scenic design by Paul Brown, Tony Award®-winning original costume design by Maria Björnson, lighting design by Tony Award®-winner Paule Constable, new choreography by Scott Ambler, and new staging by director Laurence Connor. The production, overseen by Matthew Bourne and Cameron Mackintosh, boasts many exciting special effects including the show's legendary chandelier. The beloved story and thrilling score – with songs like "Music of the Night," "All I Ask Of You," and "Masquerade"—will be performed by a cast and orchestra of 52, making this *Phantom* one of the largest productions now on tour. \$100.



—Tours/Leisure—

Second bus added!

San Francisco Holiday Shopping

Monday, December 19 — 1841-10

Limited seats available. Enjoy a lovely holiday trip to the city by the bay and don't worry about the traffic, the bridge, parking, etc. Relax and let our comfortable coach take you to the heart of San Francisco (Union Square) for a day of shopping, lunching and people watching. Includes a 10% off Macy's Certificate. To make your shopping more comfortable, we have made arrangements with the bus company to meet you at 2:15 PM at the side of the St. Francis Hotel (Post & Powell) to load all the packages from your morning shopping so you can do more shopping. Lunch on your own. Departure from SF will be 6:00 PM to allow you more dining and shopping time and less traffic on the way home. Leave OC at 8:30 AM, return ~ 8:30 PM. \$44.



Buck Institute—Novato**Thursday, February 9 — 172517-12**

Marvel at the magnificent architecture of The Buck Institute, the nation's first independent research facility focused solely on understanding the connection between aging and chronic disease. Designed by world-renowned architect, I.M. Pei, the architecture of the Buck Institute is as distinctive as its science. With the mission to increase the healthy years of life, world-class scientists work in a uniquely collaborative environment to understand how normal aging contributes to the development of conditions specifically associated with getting older such as Alzheimer's and Parkinson's diseases, cancer, stroke, osteoporosis, heart disease, diabetes, macular degeneration and glaucoma. Architect I.M. Pei was so interested in the mission of the Institute that he unexpectedly responded to a request to submit a proposal to design the research facility. Our docent-led tour will have an opportunity to appreciate Pei's trademark use of varied geometric elements and floating staircases, which are featured throughout both the administrative and research buildings. The Institute atrium is accentuated by a 75 foot-high skylight, similar to the Louvre Museum pyramid in Paris, which is another design of I.M. Pei's. We'll also explore the biological mysteries of aging, experience and discover what scientists are learning about Alzheimer's, cancer, stroke and other age-related diseases. A boxed lunch from Meridians is included on the trip. Boxed lunch includes choice of *Turkey or Roast Beef Sandwich or Vegetarian Wrap*. Comes with fruit, bottled water and dessert. Choose lunch at time of registration. Leave OC at 7:45 AM, return ~ 3:45 PM. \$73. **Due to tour size limitations, registration limited to 32.**


**San Francisco—Pier 39/Tulipmania!****Sunday, February 12 — 178117-12**

Pier 39 comes alive with the vibrant colors of more than 39,000 blooming tulips and seasonal garden favorites during Tulipmania! Enjoy the flowers' beauty and learn helpful gardening tips by taking free guided and self-guided tours. You'll also receive a free Pier 39 Fun Pack coupon booklet. Shop, have lunch, grab a cab or cable car and explore! There will be a 30 minute rest/meal (on your own) stop at Cordelia on the return. Leave OC 8:30 AM, return ~ 8:00 PM, \$44.

**San Francisco Chronicle Wine Competition****Fort Mason Center****Saturday, February 18 — 179017-12**

The *San Francisco Chronicle* Wine Competition is the largest competition of American wines in the world. Each year, wine

lovers experience exciting new award-winning wines at what has become an annual tradition for many friends and families to gather and enjoy a delightful day on the Bay with amazing wines and delicious food. Taste the best from thousands of entries of the country's finest wines judged by the top professional wine judges. This popular event encourages guests to taste, learn and enjoy. The event also features food sampling of hand crafted creations from premier artisan food purveyors, which will include award winning artisan breads, savory meats, exotic oils, hand crafted cheese, delicious desserts, exotic chocolates, sumptuous sauces and other exquisite delicacies. Some will be offering their products for sale. Raise a glass and cheer to an exciting new wine experience and let us handle the driving for you. Lunch on own at Fisherman's Wharf/Pier 39 prior to the event. Rest stop on way home. Leave OC at 9:00 AM, return ~8:00 PM. Purchase before Friday, December 30 at 12 noon \$122, price increases to \$142 after this deadline due to vendor price hike.



**SAN FRANCISCO CHRONICLE
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—Overnight/Extended Travel—**Five days, Four nights!****Palm Springs Polo Matches & More!****Saturday, January 21 to Wednesday, January 25 — 1970-11**

This special excursion is perfect for all horse lovers! We are heading back to Palm Springs to see the much requested Polo Matches. Witness the exciting games from a VIP area plus enjoy an exclusive and specially prepared Sunday Brunch at the Empire Polo Club in Indio. To break up the trip, we will be staying the first night in Ontario at Ayres Hotel right next to the Ontario Mills Outlets before heading into Palm Springs the next day. While you're enjoying the Polo



matches, your luggage will be dropped at our hotel, the Palm Mountain Resort in downtown Palm Springs so you'll be ready to hit downtown Palm Springs or the pool after the matches for some shopping and dinner on your own! Experience a Safari Tour with included lunch when we visit the Living Desert Zoo & Gardens followed by a docent led tour of the Palm Springs Art Museum on the following day. On the return, we'll be staying at Harris Ranch Inn and visiting the Harris Farms Horse Division to check out the thoroughbreds. We cap our trip with a stop in

Continued on page 58



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Trip Package includes:

- Eight meals: three breakfast, one brunch and four lunches)
- Lodging for four nights: Ayres Hotel-Ontario Mills (one night); Palm Mountain Resort—downtown Palm Springs (two nights) and Harris Ranch Inn (one night)
- VIP Admission to Empire Polo Club to watch the exciting Polo matches
- Safari Tour at The Living Desert Zoo & Gardens;
- Docent led tour at Palm Springs Art Museum featuring a special visiting exhibition “Go West—Art of the American Frontier” from the Buffalo Bill Center of the West
- Tour at Sargent Equestrian Center and Laurelvale Clydesdales
- All gratuities for included meals and bus driver

For everyone’s comfort and convenience, there will be rest stops along the way. Leave OC at 8:00 AM, Saturday, January 21, return Wednesday, January 25 ~ 4:00 PM. \$1104 single; \$798 per person double occupancy. A signed liability waiver is required for each participant. Pick up detailed trip itinerary, menus and trip insurance providers list from the US State Department at Activities Desk or view online. **Deadline to purchase, Tuesday, December 20 at 12 noon.**

Five days, Four nights!

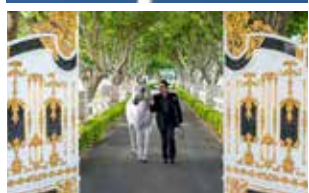
Musical Legends—Road trip to Vegas

Tuesday, February 21 to Saturday, February 25, 2017 — 1977-10

Join Katrina, your Trip Coordinator, as we go on a Legends of Music tour that will take us through Bakersfield for classic country music and to Las Vegas for new country legends Reba and Brooks & Dunn at Caesar’s Palace! You’ll have one free afternoon/evening to do as you please and maybe attend a favorite Cirque Du Soleil show, see other favorite performers, shop, or check out downtown and rest of the strip. There will be rest stops, movies and games on trip!

Trip Package includes:

- Ten meals (three breakfasts, four lunches, three dinners)
- Lunch at Black Bear Diner
- Overnight stay at Red Lion Bakersfield—next to the Crystal Palace with hot breakfast
- Welcome dinner at Buck Owens Crystal Palace with live music and dancing
- Entrance to Buck Owens Museum at the Crystal Palace
- Buffet Brunch/Lunch at The Flamingo Las Vegas which



- includes a “make your own Bloody Mary” or Mimosa Bar!
- Two-night stay at Harrah’s Las Vegas in the center of the strip with included luggage service
- One Buffet Breakfast at Harrah’s—check out the omelet station!
- Dinner Buffet at your choice of several Vegas strip casinos (see list at Activities Desks)
- Reserved ticket to the Reba McIntire-Brooks & Dunn show at Caesar’s Palace (**two price options for seating**)
- Wayne Newton’s Casa de Shenandoah Estate Platinum Tour
- Buffet Lunch at Paris Las Vegas—enjoy a sampling of fare from five French regions
- Stop at Borax Museum and Mine
- Woolgrowers Basque style dinner in Bakersfield
- Return overnight stay at Red Lion Bakersfield with hot breakfast
- Free time for dancing and music on your own at Crystal Palace
- Lunch at Hilmar Cheese Factory

Gratuities included for Black Bear Diner, Welcome dinner, Hilmar Cheese Factory, Woolgrowers dinner, and luggage service at Harrah’s and bus driver.

Leave OC at 8:45 AM, Tuesday, February 21, return Saturday, February 25 ~ 4:30 PM. *A signed liability waiver is required for each participant.* Two price options based on seating for the Reba/Brooks & Dunn show. Second Mezzanine Rows H-K \$842 per person double occupancy, \$1037 single. First Mezzanine seating \$888 per person double occupancy, \$1083 single. Pick up detailed trip itinerary, seating chart, menus, show listings for free time in Vegas. All registrations are final, no refund policy applies (unless trip cancelled by Association). Trip insurance highly recommended. Trip insurance providers list from the US State Department is available at Activities Desks or view online. Trip limited to one bus with the possibility of adding future dates. Don’t miss this one!

Sold Out Trips

Trip • Date • Departure Time

- **Beach Blanket Babylon**
Thursday, December 15 • 1:45 PM — 1915-09
Wednesday, December 21 • 1:45 PM — 1921-09
- **Victorian Christmas**
Sunday, December 18 • 12:30 PM — 1857-10
- **SF Holiday Shopping**
Monday, December 19 • 8:30 AM — 1841-10
- **Sacramento Kings vs. Miami Heat**
Wednesday, January 4 • 5:30 PM — 1800-09A
- **Sacramento Speaker Series — Jay Leno**
Wednesday, January 18 • 6:45 PM — 1730-1733-04
- **Leland Stanford Mansion**
Monday, January 30 • 9:00 AM — 1700-11A
- **Kinky Boots**
Tuesday, January 31 • 6:45 PM — 1793-06B & BB
- **Gentlemen’s Guide to Murder**
Tuesday, March 7 • 6:45 PM — 1793-06C

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Classes

Vacation Drop-In

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

Art

—Announcement—

Fine Arts Class Gallery Featuring the Art of Michael Mikolon and Lincoln Hills Students Friday, January 20

5:30-7:30 PM, Fine Arts Room (OC). The Activities Department, in cooperation with art instructors and students, welcome all residents to stop by the Fine Arts Room to view the work of Michael Mikolon and community art students. Focus is on Drawing and Watercolor. Pieces will remain on display and can be viewed anytime an art class is being held.



—Drawing—

Beginner Drawing Thursdays, January 5-26 — 132217-12

6:00-8:00 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 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 with one-on-one instruction. Supply list available at Activities Desks and online.

Mixed Media

Art Journaling

Tuesdays, January 10 & 24 — 143117-12

9:00 AM-12:00 PM (OC). \$45 (two sessions). Supply fee paid to instructor, \$5. Instructor: Kerry Dahlin. A variety of media will be used as we "play" on the pages of our art journals. You will learn how to visually and artistically record your days and express yourself while exploring color theory, composition, balance, and texture. You will love creating interesting, interactive mixed media pages in a journal that is uniquely you. Supplies to bring to class: Mixed Media spiral-bound artist paper pad (available at Michaels, Hobby Lobby, Aaron Brothers), glue stick, scissors, small paint brush, Sharpie pen, white gesso, plus any favorite mixed media supplies you have.



—Oils, Pastels & Acrylics—

Paint Your Vision in Oils or Acrylics

Wednesdays, January 4-25

9:00-11:30 AM Class — 113117-12

Or 1:30-4:00 PM Class — 113217-12

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 student understanding and implementation of techniques. About the Instructor: Marilyn has over 25 years experience in landscape, portrait, figure, and still life painting, with hundreds of works in private collections across the U.S. More info: www.artistmarilynrose.com. Questions? Call Marilyn at 409-0397. Supply list available at the Activities Desks and online. Please request supply list at the Activities Desks and online



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

Painting Pastels Or Oils with Barry

Mondays, January 2-30 — 105117-12

9:00-11:30 AM (OC). \$65 (five 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 is an award-winning artist, most recently a first place in the 2016 Plein Air Competition in Shelter Cove CA held in September. He has vast experience with over 50 years



Continued on page 65



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of painting explorations in various media. Barry owns a studio in Folsom (follow him on Facebook at Sutter Street Pastels), and his paintings are sought by collectors and clients worldwide. He has over 15 years experience teaching and encouraging artistic expression to many ages. Supply list available at Activities Desks, online, or on instructor's website, www.pastelpainter.com.

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

Sip and Paint

"Waterfall in Winter" Friday, December 23 — 122216-11

"Aurora over Glaciers" Friday, January 27 — 122117-12

5:00-8:00 PM (OC). \$55 Instructor: Unni Stevens. Relax and enjoy cheese and wine while painting. This style of casual learning is a popular past time for first-timers and seasoned artists, alike. Paint a finished acrylic painting in one day, with step-by-step instruction from a professional artist, who will teach you how to mix colors, use media, brush stroke techniques, use of pallet knife, and offer students help and advice.



All supplies are included, and will be set up and ready to go when you arrive. Canvases will be under-painted and ready to hang. Class fee includes a glass of wine, a selection of cheese, crackers and fruits. Extra wine available on a pay-as-you-order basis. About the Instructor: Artist Unni Stevens studied art in Norway, Japan and at the Laguna College of Art. She has been painting, teaching and selling her art for over 30 years and has been a member of the High Hand Gallery for four years. More info: www.unniart.com.

—Watercolor—

Beginning Watercolor Painting

Thursdays, January 5-26 — 131117-12

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



Ceramics

—Lladro—

Spanish Oil Painting

Wednesdays, January 4-25 — 206117-12

1:00-4:00 PM (KS). \$40 (four sessions). Instructor: Barbara Bartling. Prerequisite: Lladro requires a steady hand and concentration.

A beginning and continuing class on how to paint porcelain 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: LADD — \$12 per session.



—Pottery—

Beginning/Intermediate Ceramics

Tuesdays, January 3-31 — 212117-12

1:00-4:00 PM (OC). \$67 (five sessions). Instructor: Jim Alvis. Introductory class for residents who have never worked with clay, and continuing students who want to further develop 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 3-31 — 212217-12

9:00 AM-12:30 PM (OC). \$67 (five sessions). Instructor: Jim Alvis. This class is for self-motivated students/artists with established ceramic skills. Students explore their individual craft and sculpture projects with guidance from instructor. Course includes demonstrations, assignments, group discussion and constructive critique.

Vacation drop-in: CERD3 — \$17 per session.



Ceramics: Beginner/ Intermediate and Advanced

Thursdays, January 5-26 — 221117-12

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 and techniques are given to introduce 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.



Crafts

—Card Making—

Card making classes will be on hiatus for the months of December and January and will return in February.

—Cooking—

Fowl in Love with Cooking with Chef Ian Tuesday, February 21 — 322117-12

9:00-11:00 AM (KS). \$20. Chef Ian invites you to an appetizing morning demonstration of how to cook a couple different types of fowl dishes, an appetizer, along with a “Spring Tart” dessert. Impress your friends and family at your next dinner party with these amazing dishes.



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 3-31 — 332117-12

10:00-11:00 AM (KS). \$35 (five sessions). Instructor: Janice Hanzel. New students welcome. Low impact, not as hard as you think. Bring your friends, bring your enthusiasm. 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. Welcome the new year with enthusiasm. Join us for fun class.



Easy-to-Intermediate Clogging

Tuesdays, January 3-31 — 332217-12

11:00 AM-12:00 PM (KS). \$35 (five sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We'll also learn new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate. Good for beyond beginners. Check with the instructor before signing up for this class.

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

Intermediate Plus Clogging

Tuesdays, January 3-31 — 332317-12

12:00-1:00 PM (KS). \$35 (five 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. This class will move a bit faster in the new year and really get into more Intermediate level dances.

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

—Country Western Dancing—

Country Couples Western Dance Beginner Level One & Two

Mondays, January 2-23 — 344217-12

7:00-8:00 PM (KS). \$24 (four sessions). Instructors: Jim & Jeanie Keener. Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles with some being mixers. Instruction will be at a slower pace for beginners.

Country Couples Western Dance Beginner/Intermediate Level Three & Four

Mondays, January 2-23 — 344417-12

8:00-9:00 PM (KS). \$24 (four sessions). Instructors: Jim & Jeanie Keener. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed your Country Couples Beginner Class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You've learned some of the basics, now it's time to add a few more steps and turns. Dances this month will be “Castaways and Mexican Wind”.



Country Line Dancing

Fridays, January 6-27 — 346117-12

3:00-4:00 PM (KS). \$24 (four sessions). Instructor: Jim & Jeanine Keener. This class is a mixture of beginner, high beginner, and intermediate dances and features the popular “old” line dances that are done at country dances around the area.

—Dancing with Dolly—

New! Beginning Dance for Life

Thursdays, January 5-26 — 353517-12

5:00-6:30 PM, (OC). \$50 (four sessions). Instructor: Dolly Schumacher. You've always wanted to try it! Master teacher, Dolly Schumacher James will gently guide you through a variety of dance styles. No memorization required, no experience needed, just a willingness to try. Each week will be something new and fun. Whether it's Jazz, Soft Shoe, Musical Theater, Country, Folk, Lyrical or Comedic you'll get a great workout and learn the basics of various dance styles. Dance will strengthen your core, help with balance, stretch and lengthen your muscles, increase memory and co-ordination. Have fun with your neighbors and

Continued on page 68

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friends while learning the basics of dance movement. You'll leave class smiling!

Dance for Life intermediate

Fridays, January 6-27 — 354717-12

2:15-3:45 PM OC. \$50 (four sessions). Instructor: Dolly Schumacher. "Dance For Life"—The perfect class for students interested in learning the many different styles of dance. Every week is something new and innovative, to challenge the mind, strengthen the body, develop and improve rhythm, coordination and balance. Dance is the ultimate body conditioner and beyond that... it's *fun*!! From Modern Jazz, Contemporary, Musical Theater, Comedic, Lyrical, Folk, Country Western & Character—these dance styles will be taught in a friendly, non-competitive way by Master Teacher Dolly Schumacher James. This class is for intermediate students. Class size is limited, so register early. Not open to new Students!

—Hula—

Hula Basic

Thursdays, January 5-26 — 390117-12

12:00-1:00 PM (KS). \$32 (four sessions). Instructor: Pam Akina. Learn and practice basic hand and foot motions which are foundational to hula. Highly recommended for new students of hula and also beneficial for experienced dancers. Essential hula terms, cultural and historical information are also taught. This class may be taken alone or in conjunction with regular Hula class. Please contact Pam prior to first class: Pamahoa@hulapono.com or 521-0474.



Hula

Thursdays, January 5-26 — 390217-12

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. Not open to new students.

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

—Jazz—

Jazz Class for the Beginner

Thursdays, January 5-26 — 353017-12

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 Performance

Tuesdays, January 3-31 — 353117-12

1:00-2:00 PM (KS). \$40 (five sessions). Instructor: Melanie Greenwood. Not open to new students. Enrollment must be with instructor approval.

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. Ultra to low Beginner dances will be taught, at the teacher's discretion.



- **Mondays, January 9-February 27 — 360017-12**

4:00-5:00 PM (KS). \$48 (eight sessions).

Instructor: Audrey Fish.

- **Thursdays, January 5-February 23 — 370017-12**

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

Instructor: Yvonne Krause-Schenck.

Line Dance I—Beginner

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

- **Mondays, January 9-30 — 370117-12**

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

Instructor: Yvonne Krause-Schenck.

- **Thursdays, January 5-26 — 360117-12**

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

Instructor: Audrey Fish.

- **Tuesdays, January 3-31 — 380117-12**

9:00-10:00 AM (KS). \$30 (five sessions).

Instructor: Sandy Gardetto

Line Dance II—High Beginner/Improver Class

Prerequisite: This level is a great way to help experienced be-

Continued on page 70

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ginner improve on their skills to learn slightly more complex dances. Dances will range from High Beginner to Improver dances, with students developing movements and steps that are beyond the basic beginner level. Various rhythms and tempos will be also taught reflecting different timing and styling

- **Mondays, January 9-30 — 360217-12**
5:00-6:00 PM (KS) \$24(four sessions).
Instructor: Audrey Fish.
- **Wednesdays, January 4-25 — 380217-12**
9:00-10:00 AM (KS) \$28 (four sessions).
Instructor: Sandy Gardetto
- **Thursdays, January 5-26 — 370417-12**
10:00-11:00 AM (KS). \$24 (four sessions).
Instructor: Yvonne Krause-Schenck

Easy Intermediate Class:

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

- **Wednesdays, January 4-25 — 380317-12**
10:00-11:00 AM (KS) \$24 (four sessions).
Instructor: Sandy Gardetto

Intermediate/Advanced Class

Dances will be taught at a faster pace to usually a smaller group of dancer's who are eager to push the boundaries and challenge themselves, learning newly choreographed dances that are voted popular on the world line dance surveys. If you have a good foundation and are comfortable with easy intermediate dances, you will be able to master these dances. Come and join this enthusiastic group and see how much fun you can have! Dances in this class will be taught, at the teacher's discretion

- **Thursdays, January 5-26 — 360317-12**
3:30-4:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish.

Line Dance Instructors

- **Audrey Fish**

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

- **Sandy Gardetto**

Sandy is an excellent line dance instructor, with over 15 years of experience. She has been trained in all disciplines of dance since she was 8 years old.



To encourage people to sign-up for her classes, she has simplified her Beginner Class (LD I) as well as her High Beginner/Improver Class (LDII). She also is offering an Easy Intermediate Class for those who want easier dances with great music. Come join Sandy for a lot of dancing, laughter and most of all fun.

- **Yvonne Krause**

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 5-26 — 410117-12

10:00 -11:00 AM (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.



Performance Classes

Mondays, January 2-30 — 410717-12

11:00 AM –12:00 PM (KS). \$40 (five sessions)

Mondays, January 2-30 — 410617-12

12:00 -1:00 PM KS). \$40 (five sessions).

Thursdays, January 5-26 — 410317-12

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

Technique Classes

• **Mondays, January 2-30 — 410517-12**


10:00-11:00 AM (KS). \$40 (five sessions).

• **Tuesdays, January 3-31 — 410217-12**

10:00-11:00 AM (KS). \$40 (five sessions).


• **Thursdays, January 5-26 — 410817-12**

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

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Glass Art

Fused Glass and Stained Glass Workshop

Monday, January 2 — GLASS

4:30-6:30 PM (KS). \$17. Moderator: Jordan Gorell. Prerequisite: For experienced students only. A moderator is present only to supervise safe use of equipment. 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.

Fused Glass Jewelry

Monday, January 9 — 495117-12

9:00 AM-12:00 PM (KS). \$25. Supply fee: \$10 payable to instructor. Instructors: Jim Fernandez and Danielle Echeverria. Learn how to make fused glass jewelry with the focus on Dichroic glass. Beginners & experienced artists are welcome. The fused glass class is designed to teach the fundamentals of Dichroic glass jewelry designing. We will go over designs, finishing schedules and cold working techniques. The \$10 supply fee provides enough compatible glass and dichroic glass to create about four to five pieces of jewelry.



Stained Glass

Mondays, January 9-30 — 494117-12

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 and soldering along with safety and the proper use of equipment. Create a beautiful butterfly 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 26 years of stained glass experience.



Jewelry

—Beading—

Ribbon Candy Necklace

Tuesdays, January 10 & 17 — 513417-12

9:00 AM-12:00 PM (KS). \$20 (two sessions). Instructor: Cathie Szabo. Still craving sugar after the holidays? Here's a non caloric way to satisfy that appetite—a curvy necklace reminiscent of old-fashioned ribbon candy! Bugle beads form the solid side while a variety of small seed beads add the colorful candy colors on the other. Go monochromatic or choose a flurry of colors – it's all up to you. This is a good project for those who have some familiarity with working with smaller beads. Check the sample in OC for the look you can

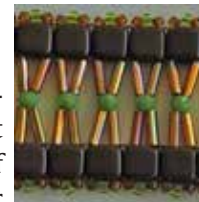


achieve. Be sure to get the materials list for the class when you register - look for the class number and photo of the necklace.

X Marks the Spot Bracelet

Tuesdays, February 7 & 14 — 513317-12

9:00 AM-12:00 PM (KS). \$20 (two sessions). Instructor: Cathie Szabo. Calling all bracelet lovers! Flat two-hole beads form the frame along a parade of bugle bead X's. The possibilities to make this your own are endless – choose your color combo, vary the length of the bugle beads - do it your way! Beginners who are comfortable handling smaller beads can make this bracelet. For the more experienced, here's a chance to use up some of that stash! Picture here is a close-up of the design - check the samples in OC for the complete look! Be sure you get the proper materials list when you register - look for the name and code # for X Marks the Spot Bracelet as well as the photo of the bracelet.



Tila Checkerboard Bracelet

Tuesday, February 21 — 513217-12

9:00 AM-12:00 PM (KS). \$15. Instructor: Cathie Szabo. Checkers or chess anyone? Here's a simple yet, oh so interesting, bracelet. Just two kinds of beads are needed to form this checkerboard. Did I hear someone say—do it in black and white? Whatever the color combination you choose, it's bound to be gorgeous. Easy enough for beginners who can work with smaller beads; a way to use two different shapes for the “old pros” among us. Picture here is a close of the design - check the sample in OC for the complete look and be sure to get the materials list when you register. Be sure the name and class number are on the list.



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Tuesday, January 24 — 871000-01

10:30-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. How things in the investment markets will change during a Trump Administration. What will happen with interest rates, the bond and stock market, real estate, and taxes? How much can a President really control or affect the economy. Come learn from this timely and informative meeting to prepare you financially for the next President.

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—Guitar—

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Guitar 1A—Beginner Level**Wednesdays, January 4-25 — 535117-12**

8:00-10:00 AM (KS). \$44 (four sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. Class is designed for the person who has not played before or hasn't played 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. Questions? Call Bill, 899-8383.

**Guitar 1B—Continuing Beginner Level****Mondays, January 2-30 — 535717-12**

8:00-10:00 AM (OC). \$55 (five sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. Prerequisite: completion of Guitar 1A or Instructor's approval. Class will cover more advanced note reading, open and moveable chords, strumming, for many types of music, basic finger picking in simple and compound meters, singing and strumming to basic folk and popular songs will be continued. Theory relative to all course of study will be taught. Questions? Call Bill, 899-8383.

Guitar 2B—Entry to Intermediate Level**Wednesdays, January 4-25 — 535217-12**

10:15 AM-12:15 PM (KS). \$44 (four sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. Prerequisite: Completion of Guitar 1B or instructor approval: This class will cover more advanced note reading, chords written in notation, more advanced rhythms and more advanced ensemble music in duets, trios and quartets. New positional study will be started in second, fifth, and seventh positions. We will also study how to play solo literature and basic chord melody. Music theory, pertinent to all course work, will be taught. Questions? Call Bill, 899-8383.

Guitar 3—Intermediate**Thursdays, January 5-26 — 535317-12**

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

**Guitar 4 — Advanced****Thursdays, January 5-26 — 535417-12**

10:00 AM-12:00 PM (OC). \$44 (four sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students.

Prerequisite: Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. Continue to study more advanced styles of guitar music plus more advanced versions of ensemble playing, duets, trios, quartets. Questions? Call Bill, 899-8383.

Folk Guitar for Fun Folks 101**Beginner Class****Tuesdays, January 3-31 — 536217-12**

1:00-2:00 PM (KS). \$44 (five sessions). Instructor: Darrell Effinger. No prior music knowledge necessary for these classes; a good singing voice is not a prerequisite! Emphasis 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, 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 personal use as a beginner through an advanced player will be available. Guitar aides such as capos and tuners will be discussed at first meeting. Learn, sing, enjoy, have fun and join the Hootenanny! About the Instructor: Darrell is a long-time teacher, musician, story teller and folk singer who was a member of the New Christy Minstrels, appeared on the PBS Folk Music Special "This Land Is Your Land," has toured with Glenn Yarbrough, opened for the Kingston Trio, played with Peter, of Peter, Paul and Mary, and has appeared solo, or with various groups. Questions: Call Darrell at 989-8532.

**Folk Guitar for Fun Folks 102****Intermediate Class****Tuesdays, January 3-31 — 536317-12**

2:00-3:00 PM (KS). \$44 (five sessions). Instructor: Darrell Effinger. Prerequisite: Knowledge of playing guitar using basic chords while doing a simple strum and singing (no vocal training required). This class is an intermediate class with emphasis on harder chord fingerings; more transitions of chords in songs; different strumming patterns; and various finger picking styles used by folk artists. Class can be taken in conjunction with the 1:00 PM Beginning class, as long as student feels comfortable they have met this prerequisite and their fingers can withstand the pain! The more, the merrier! Questions: Call Darrell at 989-8532.

—Presentation—**The History of Jazz (Part Three)****Wednesdays, February 1-22 — 521417-12**

1:00-3:00 PM (KS). \$30 (four sessions). Instructor: Ray Ashton. In the next leg of our Jazz journey, we will continue with the great Swing Era and then travel to Kansas City and discover a new and exciting Jazz. We will remember WWII and hear how Swing Music

became America's Soundtrack in fighting and winning the war. So, come along with us as we continue our American Musical journey through the history of America's Art form.

—Voice—

Singer Vocal Boot Camp Continuation

Fridays, January 6-27 — 537217-12

10:30 AM-12:30 PM (KS). \$44 (four sessions). Instructor: Bill Sveglini. We will continue to sing special SAT and SATB arrangements that have been written by the teacher. We will also be working on vocal exercises to increase range and tone quality as well as the warm up exercises and sight singing exercises specifically written for this class by the instructor.



Personal Improvement

Two-day class! AARP Driver Safety Training

Monday & Tuesday, January 23 & 24 — 481017-12

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.



Beginning Sudoku

Tuesday, January 24 — 870000-01

9:00-10:30 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Come learn the basics of Sudoku, one of the most popular puzzles in America today. Puzzle layout, logic, and playing methods will be discussed and reviewed. The instructor's own Box Rule of Two strategy will be taught, making you feel much more comfortable with Sudoku. Come enjoy something the American Medical Association has cited as a worthwhile activity to do every day.



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Saturday, January 28—823500-HC (The Health Care System)

Saturday, February 4—823500-TN (Transportation & Housing)

Saturday, February 11—823500-LS (Moving Beyond Loss)

Saturday, February 25—823500-ED (End of Life Choices and Plans)

9:00 AM-12:00 PM. P-Hall (KS). Resident \$135 (six sessions); or separate session registration \$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 you're 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@scilhca.com or call 625-4032. Dates include: January 7, 14, 28, February 4, 11, 25. Residents Register: Fitness/Activities Desks or online.

Back By Popular Demand!

Dream a Little Dream—Managing your Sleep Apnea and other Sleep issues

Wednesday, January 25 — 850000-02

10:00 AM-12:00 PM, Front Ballroom (OC) \$20. Instructor Victoria Florentine, RRT, Respiratory Care Practitioner. This class is open to anyone who has experienced sleep apnea or other sleep disorders. Learn the best strategies for managing your sleep with respiratory equipment. Learn the facts from an expert in cardiopulmonary care! There will be a question and answer session at the end of the 75-minute presentation. *This class is the first in a series of classes on cardiopulmonary health and wellness.*

Spotlight On...

Brain Health and Memory

Monday, January 30 — Free

11:00 AM-12:00 PM, Oaks and Gables (OC). Instructor: Dr. Alice Jacobs. Have you experienced "word grope" in the middle of sentence? Are you concerned about "senior moments"? Come explore why these occur, learn about new brain research and how you can manage your "tip of the tongue" syndrome. You'll learn about the memory process, the many different types of memory, changes as we age, and tips and techniques for improving memory. You'll discover the one type of brain function that actually improves with age. Join our very own SCLH educational physiologist, Dr. Alice Jacobs, founder of the internationally recognized Brain Gain program, as we explore brain health and managing what Dr. Jacobs calls "Static in the Attic."



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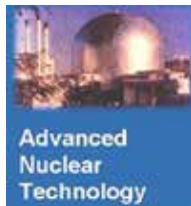
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Presentation

Get the Scoop on New Advances in Nuclear Energy, Good or Bad?

Wednesday, January 25 — 541117-12

1:00-4:00 PM (KS). \$20 Instructor: Dr. Alan Rice. Concern over rising temperatures which correlate with increasing levels of atmospheric CO₂ has led to a large number of countries to re-examine the implementation of nuclear reactors. These are the European Community, England, Russia, India, China, South Korea and Japan. Nuclear reactors release no greenhouse gases, occupy far less valuable space and can provide astronomically more power than fossil fueled plants or even renewable power generation. These efforts are overriding the previous stigma attached to nuclear energy arising from the devastation wreaked by the atomic bomb, the accumulation of radio-active waste that is a by-product of nuclear reactor operation and fear for its accidental release and incidents such as Three Mile Island, Chernobyl, Fukushima. These difficulties led public opinion to impose no further reactor emplacement or development. New concepts have come to the fore which mitigate these concerns. A one hour lecture will give an explanation of how nuclear power works. This includes a history of its development to present day, dealing with mishaps and progress. What does appear on the horizon are reactors that will “burn” their own radwaste and that stored elsewhere, transmuting it to benign elements. A second hour will be given over to questions and discussion with the audience. There will be handouts.



Sewing

—Certification—

Bernina Serger Certification

Monday, January 9 — 591117-12

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 9 — 592117-12

2:00-3:00 PM (OC). \$15. Instructor: Sylvia Feldman. Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class.



Janome Sewing Machine Certification

Monday, January 9 — 593117-12

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

—Quilting—

Finishing Your Quilt

Fridays, February 3 & 17 — 596617-12

1:00-4:00 PM (OC). \$60 (two sessions). Instructor: Betty Kisbey. **Prerequisite:** Must have taken a beginning quilting class and have a quilt top that is not larger than 50” x 50”. You have made a quilt top so let’s put it all together and get the quilting and binding done so you have a finished quilt. Bring a small quilt top (not larger than 50” x 50”) that is ready to be quilted, batting, backing, and binding material to class and learn how to do basic machine quilting and binding. Discussion will be on preparation of quilt top for quilting, measuring for the backing and batting, types of batting, basic machine quilting techniques, and the procedure for binding the quilt. The student will be expected to complete some of the various activities as homework.

Technology

—PC—

Windows 10 Basics

Thursday & Friday, January 19 & 20 — 295117-12

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



RoboForm

Thursday, January 26 — 286517-12

1:00-3:30 PM (OC). \$20 Instructor: Bob Ringo. RoboForm is a password management and form filling program that automates password entering and form filling. Your RoboForm Master Password is the only password you must remember. When you first login to a website, RoboForm saves your login information. Once RoboForm has remembered your login information, when you revisit a website RoboForm logs you in automatically. RoboForm securely stores your personal information like names, addresses, and credit card information in order to fill web forms automatically. One \$9.95/year license allows you to use RoboForm on all of your Windows, Mac, and Linux computers and iOS, Android, and Windows mobile devices.



Google Play

Monday, January 30 — 286617-12

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. Google Play is Google’s official online store for purchasing and downloading

Continued on page 82

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—Smart Phones and Tablets/Mac—

Introduction to Android Smart Phones

Monday, January 16 — 256217-12

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.



Editing in Photos on the iMac

Tuesday, January 24 — 262217-12

9:00 AM-12:00 PM (OC). \$30 + \$5 class material fee paid to instructor. Instructor: Andy Petro. **Prerequisite:** You must have an iMac or MacBook with mac OS Sierra or newer. If you want to learn how to edit your photographs on your *on the latest release of the Photos app, then this class is for you.* Edit your pictures on your iMac/MacBook with the built-in editing features of the improved Photos app and other apps from the App Store. Also learn how to create photo books, calendars, and slideshows. If you have any *other specific questions about the class call Andy Petro at 474-1544.*



Chromebook, Your Next Laptop

Friday, February 24 — 257117-12

1:00-3:00 PM (OC). \$30. Instructor: Len Carniato. Most of us are

wasting money on overpowered, overpriced laptops because we've been sold on the idea that we need them, and we don't. There's a better-suited alternative—the Chromebook. Chromebooks are simple and very fast, so if you're looking to replace a laptop then you really should take a look. If you already have a Chromebook, come and learn more. In this class we'll explain many capabilities of these new laptops. Although incredibly affordable, will serve you nicely with everyday tasks, in a secure yet simple environment. So bring your Chromebook to class, or your Windows Laptop if you don't yet have a Chromebook, and join our class.

—Social Media—

Facebook 101

Saturdays, January 14 & 21 — 272117-12

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.



YouTube

Tuesday, January 24 — 286317-12

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. Google-owned YouTube has become the worldwide video sensation enabling you to watch everything from home videos, comedy clips, TV episodes, and full length movies. YouTube is no longer about kids saying and doing crazy things—you can also view quality TV programs. YouTube is simple to access and can be used to share videos with friends online. In this class, you will learn to exploit YouTube's full potential. Learn to upload images from your phone, subscribe to complete TV series, set up your own channels, and generally get more from this voluminous video site.



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Continued on page 84

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4:00-5:00 PM, Fitness Floor (OC)
- **Wednesday, January 25 — 700100-O2**
2:00-3:00 PM, Fitness Floor (OC)
- **Tuesday, December 20 — 700100-KD**
11:30-12:30 PM, Fitness Floor (KS)
- **Thursday, December 22 — 700100-KE**
1:00-2:00 PM, Fitness Floor (KS)
- **Wednesday, December 28 — 700100-KF**
2:00-3:00 PM, Fitness Floor (KS)
- **Wednesday, January 4 — 700100-K1**
3:00-4:00 PM, Fitness Floor (KS)
- **Friday, January 6 — 700100-K2**
11:00-12:00 PM, Fitness Floor (KS)
- **Tuesday, January 10 — 700100-K3**
1:00-2:00 PM, Fitness Floor (KS)
- **Thursday, January 12 — 700100-K4**
10:00-11:00 AM, Fitness Floor (KS)
- **Wednesday, January 18 — 700100-K5**
11:00-12:00 PM, Fitness Floor (KS)
- **Friday, January 20 — 700100-K6**
2:00-3:00 PM, Fitness Floor (KS)
- **Monday, January 23 — 700100-K7**
3:00-4:00 PM, Fitness Floor (KS)
- **Thursday, January 26 — 700100-K8**
1:00-2:00 PM, Fitness Floor (KS)
- **Tuesday, January 31 — 700100-K9**
2:00-3:00 PM, Fitness Floor (KS)

WellFit Happenings 2017, Meet & Greet — Free Tuesday, January 3

12:00-2:00 PM, Multipurpose Room (OC). Stop by our Open House and learn about our Wellness Happenings for 2017! What is Wellness? Wellness is a conscious decision to make a change in lifestyle resulting in a quality state of mental and physical health. Come and chat with some of our instructors about the following programs—Arthritis, Healthy Living including Diabetes and Parkinson's, Nutrition and Bowenwork.

Dance Classes

A variety of dance classes are offered through the Activities Classes starting on page 66. From beginner, intermediate, to advanced skill level; dance classes provide great exercise. You may register for these classes at the Activities Desks and online.

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/L2

Tuesdays, January 3-31 — 801100-1A
Wednesdays, January 4-25 — 801100-1B
Thursdays, January 5-26 — 801100-1C
Fridays, January 6-27 — 801100-1D

Wednesday & Friday 12:00-1:00 PM, Aerobics Room (OC). Tuesday & Thursday 11:00 AM-12:00 PM, Aerobics Room (OC). Tuesday, 43.75 (five sessions) Wednesday, Thursday and Friday \$35 (four sessions). Instructor: Linda Hunter. This class is designed for those with Arthritis and other diseases that cause muscle and joint pain. The goal of the class is to increase range of motion, increase flexibility, endurance and mobility, improve balance, and strengthen muscles using weights, bars, balls and bands. The class includes some standing but sitting in the chair is always an option. As we age it becomes important physically and emotionally to train the body to react to unexpected daily events. According to instructor Linda Hunter, "By training with movements that work mentally to accomplish a physical move we are less likely to have an injury and are more able to handle daily tasks. This class is fun; we laugh, move to music and find companionship." Linda Hunter is a certified Arthritis Foundation instructor with many years of experience.



Pre-Enrollment Assessment Healthy Living with Exercise Continuous Dates — 881000-11

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.

Healthy Living with Exercise — 878000-01 Mondays and Wednesdays, January 9-30

3:00-4:00 PM, Aerobics Room (OC). \$70 (seven sessions). Instructor: Annamarie Estevez. This one-hour session class is designed for those coming back to, or starting, a new exercise program. Exercise is one of the best activities for disease management; it can assist in the reduction of body weight and blood pressure, LDL cholesterol (bad cholesterol) and increased HDL (good cholesterol). Additionally, exercise will naturally lower your blood glucose levels. The class will include nutrition counseling, lifestyle coaching and an introduction to all aspects of movement (cardio, strength, the mind/body connection and relaxation). Topics will range from exercise safety through nutrition to quality of life issues. The goal of the class is for residents to have the confidence to move on to the next level of exercise by the end of the session—Healthy Living with Exercise L2. Note: Class requires completion of Healthy Living Assessment.



Exercise and Weight Management Program Tuesdays & Thursdays, January 3-26 — 865000-01

1:00-2:00 PM, Fitness Room (KS). \$80 (eight session). Instructor
Continued on page 87

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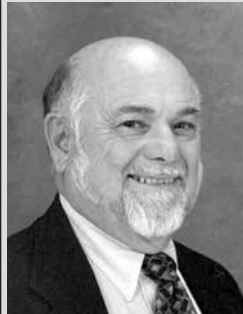
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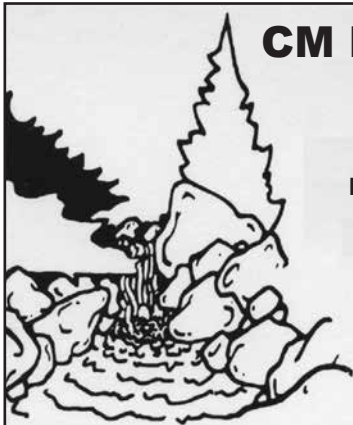
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Marilyn Harder. This session-based class will help you increase your activity through exercise while learning strategies to manage your food intake. Come learn new exercises and activities to boost your metabolism and increase your energy. This supportive environment will help you manage challenging issues surrounding food and lifestyle in a positive manner. Proper use of cardio and strength equipment will be included. An individual exercise and health assessment is included in the session.



Events

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

~ Lifestyle Retail ~

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*Stop in our Fitness Centers for Holiday Shopping!
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*Watch for our New Year's Retail Sale
in both Fitness Centers!*

Lessons

Programs that provide learning the mental and physical

Nordic Pole Walking

Tuesday & Wednesday, January 3 & 4 — 750000-01

9:00-10:30 AM, meet in the OC Fitness Center. \$45 (two outdoor sessions or indoor track; weather dependent). Instructor: Dr. Richard Del Balso. Are you willing to add a new form of walking to your activities? Walking 30 minutes at least three times a week gives you a “Full Body Aerobic Exercise” by simply adding poles to your walking routine. 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.

Tai Chi Qigong L1

Tuesdays, January 3-31 — 730100-01

Saturdays, January 7-28 — 730100-1A

Saturdays 11:00 AM-12:00 PM, Aerobics Room (OC). \$35 (four sessions). Tuesdays 1:30-2:30 PM, Aerobics Room (KS). \$43.75 (five sessions). Instructor: Peli Fong. Tai Chi and Qigong are century old practices that focus on soft and gentle movements known as the 24 postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi and Qigong offers harmony of the mind and body as it relieves stress and induces relaxation. Through the cultivation and flowing of the body's life force known as “Chi,” this form of exercise has been scientifically proven to improve a variety of ailments such as arthritis, osteoporosis, cardiovascular disease, asthma, Parkinson's disease, digestive disorders, and more. People of all fitness levels will benefit from this complementary health system that improves health and longevity.

Tai Chi Qigong L2

Tuesdays, January 3-31 — 730300-1A

Saturdays, January 7-28 — 730300-01

Saturday, 10:00-11:00 AM, Aerobics Room (OC). \$35 (four sessions). Tuesdays, 2:45-3:45 PM, Aerobics Room (KS). \$43.75 (five sessions). Instructor: Peli Fong. This class is for Tai Chi and Qigong students who wish to bring a higher awareness and understanding to their lifelong practice of complimentary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short forms. Practicing the 48 short forms will enhance and complement all of the Tai Chi classical movements. In addition, practitioners will learn Qigong sets of movements such as the White Crane Qigong, eight Treasures, 18 movements, and I-Xuan Qigong. These Qigong sets paired with stillness and moving meditation will improve body mechanics, muscle memory, muscle tone, and will heighten the understanding of these century old art forms of health, mindfulness, and wellbeing.

Nutrition

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

Re-Start—Your Health in Just Five Weeks

Tuesday, January 10-February 7 — 862000-01

1:30-3:00 PM, Multipurpose Room (OC), \$129 (five sessions). Instructor Audrey Gould, Registered Dietitian and Nutrition Therapy Practitioner. Restart is a five-week program with a three-week sugar detox built right in, the program focuses on how to use real food to boost your energy and cut cravings. Enjoy the side effects of weight loss, better sleep, increased energy and boosted immune system. Discover how good you can feel when you give your body a vacation from processed foods and sugar.

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Re-Start—Re-Up—Alumni Reunion

Tuesday, January 10-February 7 — 865200-01

12:00-1:15 PM, Multipurpose Room (OC). \$119 (five sessions). Instructor Audrey Gould, Registered Dietitian and Nutrition Therapy Practitioner. Have you slipped a little with the 80/20 rule of eating and need to Restart after the holidays? Would you like to have a Restart class with other Restart Alumnus who are also eating a whole food, nutrient dense diet? Come prepared to share your favorite recipes, what worked/didn't work, resources, success stories, and challenges. This is an opportunity for Alumni's to get the Re-Start course at the discounted price of \$119. Only 18 slots available!

Strength in Numbers—My Fitness Pal

Thursday, January 26 — 867250-01

2:30-3:30 PM, Aerobics Room (KS) \$20 (Single Session). Instructor: Milly Nunez. So... what about those Fitness Apps? We all hear how useful they are in helping us achieve our goals but let's be honest, the thought of learning a new technology can be overwhelming. Come learn about "MY FITNESS PAL" – the most popular Fitness app available for Apple iPhone, Android, and Microsoft devices. "My Fitness Pal" is a simple and straightforward diet and fitness tracking system perfect for the person who wants basic features without a lot of bells and whistles. In this informative session you will learn how to: set up an account, set goals, enter your own personal data/food log, and create recipes, track exercise and calories all while monitoring your progress. ***Most importantly you will learn why this is important and how to easily use this data to reach your fitness and health goals. Tracking your progress is a motivating and fun way to maximize your workout!***



Pilates Reformers and Towers

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

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

Pilates Reformer Membership Packages

Members receive priority enrollment in Reformer classes. Members select monthly classes based on their schedule and are not tied to a session format. Members select classes for the following

month using our online scheduling system. Additional classes may be added as a member. Non-members select classes (after members) on a drop-in as available basis. Our Reformer packages are as follows:

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

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

Pilates Reformer Class Descriptions

Introductory Reformer Session L1

Continuous Dates — 835110-A1

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 + L1-L2

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

SGT—Cardio Jump and Core Reformer L2

Step up the intensity of your work out with 30 minutes of jump and 30 minutes of reformer. The Cardio Jump class creatively integrates core Reformer and cardio exercises. Thirty minutes of jump will raise your heart rate while strengthening glutes, abdominals, legs and arms but won't put the stress on your body. Then activate and strengthen your core, increase your coordination and flexibility via traditional reformer exercises for 30 minutes.

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SGT — Mixed Equipment Class L1-L2

An apparatus class using a variety of equipment to maximize the fun, energy, and results! This class mixes different types of equipment for 30 minutes and then moves on to another piece of equipment. Class types include Reformer, Tower, Jump Board, Mat or TRX. Appropriate for all Levels.

Private Reformer Training

- **One-on-One Training:**

One client and one trainer. One hour session cost is \$50.

- **Duet Training:**

Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person.

Private training is convenient and efficient. All Private training is done by appointment. When working one-on-one, our trainers will customize a reformer program to meet your specific goals. Pilates is an excellent pre/post rehab, back injury or nerve impingement therapy since it focuses on “Core Strength.” Most injuries are caused by hidden muscular weaknesses or skeletal imbalances. Pilates works to balance the body to bring proper alignment and function to the body. For more information regarding Private Reformer Training, please contact Carol Zortman at 625-4032.

Training Services

- **One-on-One Training:**

One client and one trainer. One hour session cost is \$50, half hour session \$30.

- **Clinical Training:**

One client and one trainer. One hour session cost is \$60, half hour session \$40.

- **Buddy Training:**

Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person.

For more information regarding personal trainers and/or qualifications, please contact Jeannette Mortensen, 408-4825, or inquire at either Fitness Center.

Small Group Training (SGT)

Small group training classes are designed for specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting and with no more than six people.

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

Register online or at either Fitness Center.

New! Are you a current SGT participant, but need some extra workouts; or does your schedule require a little flexibility with your SGT classes? Try our new SGT Drop-in Pass. \$25 per drop-in and you can take as many days as you would like of the eligible SGT classes. SGT Drop-in passes can be purchased at any time and saved for a later date. Your first pass must be purchased at either Fitness Center front desk. Sign-ups for SGT Drop in passes vary by SGT class start date.

Please note not all classes are eligible for drop-ins. Resident must sign up for classes at the Kilaga Springs Fitness Center front desk. Please see descriptions for each class.

New! SGT—Parkinson’s Indoor Cycling

Wednesdays & Fridays, January 4-27 — 835132-01

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructors: Milly Nuñez & JJ Mortensen. Have you or a loved one been diagnosed with Parkinson’s disease? Join this class and make friends facing some of the same challenges as you while a trainer guides you through class using the premise of “forced exercise.” Studies have shown many individuals that have been diagnosed with PD have experienced symptomatic relief when they undergo a regular exercise program that includes “forced exercise” (exercise that is beyond a voluntary level). The first class will include an assessment and bike setup day. Participants must be able to sit unassisted on a spin bike and heart rate monitors are required. Feel free to contact JJ Mortensen with questions at 408-4825 or jeannette.mortensen@slhca.com.

SGT—Winter Sports Conditioning

Mondays & Wednesdays, January 4-February 1 — 835131-01

3:30-4:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class January 16). Instructor: Julia Roper. Looking to jump start the winter season? Join this fun class and learn to use different pieces of equipment to increase your endurance, strength, and agility. **This class is available for the SGT Drop-in Pass.**

SGT—TRX Express L2

Tuesdays & Thursdays, January 3-26 — 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. **This class is available for the SGT Drop-in Pass.**

SGT—TRX Interval Training L3

Mondays & Wednesdays, January 4-February 1 — 835800-01

2:30-3:30 PM, Aerobics Room (KS). \$35 (eight sessions; no class January 16). 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! **This class is available for the SGT Drop-in Pass.**



SGT—Fit 101 L1

Mondays & Wednesdays, January 2-25 — 835500-A1

Tuesdays & Thursdays, January 3-26 — 835500-B1

Mondays & Wednesdays 10:30-11:30 AM, Fitness floor (OC).

Continued on page 93

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\$135 (eight sessions). Instructor: Danielle Lawlor. Tuesdays & Thursdays 12:00-1:00 PM, Fitness floor (OC) (eight sessions). Instructor: Marilyn Harder. Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. This class will incorporate a little of everything. 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, January 3-26 — 835600-01

12:00-1:00 PM, Aerobics Room (KS) and Fitness Floor (OC). \$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 challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual, intermediate to advanced fitness levels encouraged. *This class is available for the SGT Drop-in Pass.*



SGT—Bootcamp L3

Mondays & Wednesdays, January 4-February 1 — 835400-01

4:30-5:30 PM, Aerobics Room (KS). \$135 (eight sessions no class January 16). Instructor: Mike Yamamoto. Take your workout to the next level! L3 Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness. *This class is available for the SGT Drop-in Pass.*



SGT— Morning Burst Group Training L2

**Mondays & Wednesdays,
January 4-February 1 — 835310-12**

7:15-8:15 AM, Aerobics Room (KS). \$135 (eight sessions; no class January 16). Instructor: Milly Nuñez. Rise and shine to enjoy a

fun and energizing workout in a small group setting. Discover ways to challenge yourself at your own level or pace while getting a full body workout. A full body workout will help you to develop and build balance, coordination, and strength in your entire body. Learn to use your own body weight and various pieces of equipment available to you, including dumbbells, steps, TRX, and so much more! *This class is available for the SGT Drop-in Pass.*



SGT—TRX L1

Thursdays, January 5-26 — 835214-01

1:30-2:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: Milly Nuñez. Curious about the TRX? This class will teach you the basics about the TRX in a non-intimidating atmosphere. Join this class and learn the basics about the TRX and "boot-camps" so that you can feel comfortable taking any small group training class.

SGT—TGIF TRX & More L2

Fridays, January 6-27 — 835200-01

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

SGT—Healthy Back L1

Mondays and Wednesdays, January 2-25 — 835700-01

11:30 AM-12:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Marilyn Harder. This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. Class will include flexibility (stretching correctly), lifting and squatting correctly, and education regarding the spine and mechanics. Participants must be able to stand for one hour and possess the ability to get up and down from the floor.



SGT—Balance & Fall Prevention L1/L2

Mondays & Wednesdays, January 2-25 — 835710-01

2:00-3:00 PM, Aerobics Room (OC). \$135 (eight sessions). Instructor: Danielle Lawlor. Learn simple stretches and exercises that will help improve balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

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The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. Bowenwork addresses core issues, not just symptoms. This technique is known for its profound, long-term effects. It can help with chronic conditions from asthma to bunions, as well as acute injuries like sciatica, knee problems and more. It is safe and gentle enough for those with compromised health. Rebecca Kang is a Certified Bowen Practitioner; she has also completed Specialized Bowen Procedures 1 and Bowen Procedures 2—Masters for the experience Bowen Practitioner. For more information about Bowenwork or for an appointment, please contact Rebecca Kang at rebecca.kang@schca.com or 625-4034.



Punch Pass Class Descriptions

Please see the colored grids on pages 97-99 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 Fitness L2/3:** Enjoy the buoyancy effect of water by lessening the impact on your joints while getting a great workout. The intensity level is up to you, but you will be challenged in this class with high intensity intervals for your heart as well as exercises to strengthen your muscles.
- **Arthritis Foundation (AF) Aqua Class L1-L2:** This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or those want-

ing to prevent arthritis. This class uses range of motion and endurance and resistance exercise to improve balance, increase flexibility and strengthen the body. Participants are encouraged to work at their own pace. Come prepared to improve your body, balance and to have fun!

- **Athletic Stretch L1/2:** Are you looking for an opportunity to stretch in between rounds of golf, tennis or softball? This is your class. We will be stretching common tight areas that occur from these types of activities. Unwind before your day begins!
- **Basic Chair L1:** Beginner level chair class designed to improve function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio, endurance & brain exercise.
- **Cardio Strength L3:** This class combines short cardio drills between strength sets. Working the whole body through the use of hand-held weights, Body Bars, disks, and more! Become stronger for your everyday activities.
- **Chair with Flair L1:** Have fun & move to the music! Work at your own level. Class is designed for individuals to have the option to sit or stand during class. Use of hand weights, bands, and small stability balls. A low-impact cardio workout with motivating music you can enjoy!
- **Chair Yoga L1:** Experience a unique yoga style that adapts yoga positions and poses through the use of a chair. The chair offers support in seated, standing and reclined positions that allows students to safely perform yoga poses with more stability. Chair Yoga is suitable for all ages, fitness levels and physical conditions.
- **Core-N-More L3:** Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while increasing resistance. Interval class combines exercises that can improve your core, strength and cardiovascular endurance.
- **Core-N-Strength L2:** A class combining strength training with core work for a full body workout! Works the core muscles to increase stability and improve posture. A full body strengthening class!
- **Everybody Can Aerobics L2:** This class is perfect for those wishing to start a cardiovascular program. The easy to follow moves will be low impact and simple, no “fancy dance” moves. Light hand weights, and other strength training “toys” will be used to increase your total body strength. Come enjoy the benefits of a workout designed just for you!
- **Healthy Living with Exercise L2:** This class is designed especially for those with diabetes, heart conditions or nervous system disorders (Parkinson’s, ALS) who have completed the Healthy Living with Exercise session. This program is designed

as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio.

- **Hi-NRG Cycle L3:** This cycle class will take you through many techniques unique to indoor cycling that will strengthen your legs, lungs, and heart. A fun and challenging cycle workout!

- **IRest—Meditation 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 Sculpt Interval L2:** Participants in this class will reap cardiovascular and strength training benefits in one fun class. The low impact moves will be easy to follow and will be done in interval fashion with the strength exercises. We will utilize free weights, tubing, bands, balls and more! Come change up your workout and get fit while having fun!

- **Mat Pilates L2:** Mat Pilates is the art of controlled movements, which should look and feel like a workout (not a therapy) when properly manifested. If practiced with consistency, Pilates improves flexibility, builds strength and develops control and endurance in the whole human body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

- **Mixed Level Indoor Cycling L2:** A low-impact workout on the bike that is easy on joints while improving cardiovascular endurance. A great group cycle workout for both beginner and experienced class members. A fun and effective way to get fit!

- **Mixed Levels Yoga:** Whether you are unwinding from your day or preparing your body for a night's sleep this class has something for you. Class will begin with a slow warm-up, some gentle flow and one balance pose. We will then conclude the restore/yin for the last 20 minutes. Take 60 minutes for yourself and join class, you deserve it!

- **Pilates Fusion L1/2:** Enjoy a Pilates based core strength work out with a mix of other disciplines. This class is designed to strengthen and tone the total body, ending with stretching and relaxation. A variety of equipment may be used.

- **Piloga L2:** Piloga blends Pilates and yoga. For residents seeking

to strengthen core-back and belly muscles—using the well-known work of Joseph Pilates. This mixes seamlessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders, and weights.

- **Piloga Flow L2:** Piloga Flow is a unique non-impact class which combines Pilates and yoga. This class is designed to develop the strength, toning and body alignment of Pilates with the balance, flexibility, inner focus and calmness of yoga. Imagine this combination of yoga postures and core Pilates exercises set to beautiful world music and ending with meditation to relieve stress and connect mind and body.

- **Power Vinyasa L3:** Vinyasa yoga is a challenging, dynamic, flow-based yoga which links movement with breath. Each class is different from the last providing variety and helps you find your edge. When linking breath with movement, the practice becomes like a moving meditation, alternating between stillness and motion. Strength, flexibility and cardio come into harmony. Some experience in yoga is recommended, but all levels of experience can practice together, because each practice is your own, honoring your practice and your body.

- **Slow Flow Yoga L1/2:** Join mind and body as we move through a yoga sequence designed to deepen your understanding of anatomy & alignment within your yoga practice! Longer holds in standing poses build stronger muscles, and longer holds in seated/supine poses access the ligaments and fascia in a truly restorative way. This is a class to not just “go through the motions,” but to strengthen your yoga foundation—at an easygoing pace that is accessible for all.

- **Splash Dance L2:** This class emphasizes cardio endurance, toning, and balance. Buoys and noodles add to the fun! Come join the fun and enjoy upbeat music you can really move to.

- **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!

- **Strength and Flexibility L2:** Add a new dimension to your strength routine. Develop strength in your core and more while stretching in every class to increase your flexibility. Stretching increases blood flow to the muscle and better flexibility lowers your risk of injury. Enjoy a well rounded workout that will benefit your daily activities!

- **Strictly Strength L2:** A class set to fun energetic music to motivate and inspire you through a full body strength workout.

Continued on page 96

The focus will be on proper form and technique to strengthen and tone the major muscle groups of the body.

- **Wai Dan Gong L1:** Wai Dun Kun is an ancient Chinese exercise. It promotes your blood circulation, activating your organs, soothing your joints, energizing your body, and making you feel great. It generates energy but does not use your energy. Practicing Wai Dan Gong 30-45 minutes every day, you will feel healthier, happier, and much stronger. Your body will tell you the difference after you practice a few times.

- **Water (H2O) Bootcamp L3:** This high intensity bootcamp style class includes a variety of exercises to increase cardiovascular and muscular strength. This class provides variety, intensity and fun! 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. Designed for an intermediate/advanced aqua fitness class member.

- **Yin Yoga L1-L3:** When starting your day with this early morning yoga class, you will find yourself moving from activity to activity in a peaceful, refreshed and revitalized way. Based on the principles of Yin yoga, done on the floor, poses will be held longer to moderately stretch the deep connective tissues—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility and range of motion for daily living. The pose sequences are also designed to improve the flow of qi, the subtle energy said in Chinese medicine to run through the meridian pathways of the body. Improved qi flow is hypothesized to improve organ health, immunity, and emotional well-being. This class is for all fitness and flexibility levels, and modifications will be offered throughout each session.

- **Yoga L2:** This class builds on Beginning Yoga by focusing on movement through the postures rather than the teaching of the postures. This class will challenge you while improving balance,

flexibility and reducing stress. All levels are welcome to this fun class.

- **Yoga Basics L1:** Come learn the fundamentals of yoga. This class is designed for those with little or no yoga experience and will help you improve balance, flexibility and stress reduction.

- **Yoga for Osteoporosis L1:** This class is designed to help maintain bone strength, balance and flexibility. We lift small hand weights, sitting in chairs, to strengthen the upper arms. Then, we do standing poses at the wall that are weight-bearing, to strengthen the bones of the hips and legs and maintain balance. We end the class on the floor, where we stretch to bring flexibility and agility to the joints. We do deep breathing exercises, and finish with a restorative deep relaxation.

- **Yoga Flow L2:** Yoga Flow is a challenging, dynamic, movement-based yoga which links movement with breath. Residents will flow through the asanas connecting each sequence with a vinyasa. This is beautiful, dynamic style of flow Yoga that maintains a playful and dance-like quality. There is no set sequence; the teacher brings her own style.

- **Yoga Stretch L1 & L2:** This class incorporates Mind/Body awareness to achieve your optimal stretch. We use a series of yoga poses designed to gently stretch the body while focusing the mind & breath to allow the body to completely relax before flowing into next pose. Yoga stretch is ideal for all levels to improve flexibility & range of motion to maintain a healthy FUNctional lifestyle.

- **Zumba L3:** This class fuses Latin rhythms and easy-to-follow moves to create a high energy, calorie burning and total body dance based workout. Let the party begin!

- **Zumba Gold L1/2:** This easy-to-follow program lets you move to the beat at your own speed. An invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.



OC Aqua WellFit Class Schedule January 1-31, 2017

	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- Theresa		Water Works L2/3- Jeannette		
8:30	Aqua Fitness L2- Theresa		Aqua Fitness L2- Theresa		Aqua Fitness L3 - Kirsti		
9:30	Core n More L3- Danielle	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	(11:30am-12:15pm) AF Aqua L1- Annette		(11:30am-12:15pm) AF Aqua L1- Annette		(11:30am-12:15pm) AF Aqua L1- Annette		
12:30	(12:35pm-1:30pm) Aqua Pilates L1- Marilyn		(12:35pm-1:30pm) Aqua Pilates L1- Marilyn		(12:35pm-1:30pm) 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		H2O Bootcamp L3- Annamarie				
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

WellFit Pilates Reformer Class Schedule January 1-31, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Mixed Equipment L1- L2 - Kirsti				Mixed Equipment L1- L2 - Kirsti		
8:30	Ref Basics + L1-L2 - Sarah	Mixed Equipment L1-L2 Marilyn	Ref Basics L1 - Marilyn	Mixed Equipment L1- L2 - Marilyn	Ref Basics + L1-L2 - Sarah		
9:30	Mixed Equipment L1- L2 - Sarah	Ref Basics + L1/L2 - Marilyn	Ref Basic L1 - Marilyn	Ref Basics L1 - Julie	Mixed Equipment L1-L2 - Sarah	Mixed Equipment L1-L2 - Julie	
10:30	Ref Basics L1 - Valerie	Mixed Equipment L1-L2 Carol	Mixed Equipment L1-L2- Julie	Mixed Equipment L1- L2 Julie	Ref Basics + L1-L2 - Sarah	Cardio Jump & Core L2 - Julie	
11:30	Mixed Equipment L1-L2- Valerie	Ref Basics + L1-L2 - Julie		Cardio Jump & Core L2 Gretchen	Mixed Equipment L1-L2- Valerie	Ref Basics + L1-L2 - Julie	
12:00			Cardio Jump & Core L2 - Gretchen				
	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625- 4034			
5:30	Mixed Equipment L1-L2 - Marilyn	Ref Basic+ L1-L2 - Lori		Mixed Equipment 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, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:15					Athletic Stretch L1/3 - 7:15-8:00am Marilyn		
8:00	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Yin Yoga L1-3 - Marilyn	Low Impact L3- Jeri	
9:00	Zumba L3 - Annamarie	Core & Strength L2 - Kim	Zumba L3- Summer	Core & Strength L2- Kim	20/20/20 L3- Gretchen	Yoga Basics L1- Sarah	Cardio Strength L3- Kim
10:00	Slow Flow Yoga L2/3- Sarah	Yoga Flow L2 - Ashley	Everybody Can L2- Linda	Yoga Flow L2- Sarah	Strictly Strength L2 - Valerie	Tai Chi Qigong L2- Pell	Zumba L3- Carrie
11:00	Piloga L2 - Lola	Arthritis L2 - Linda	Piloga L2 -Lola	Arthritis L2- Linda	Piloga L2-Lola	Tai Chi Qigong L1 -Pell	
12:00	Yoga Stretch L1- Julie	12:15-1:15pm 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		Chair with Flair L1- Julie		Basic Chair L1-Julie		
2:00	SGT- Balance & Fall Prevention L1- Danielle	1:30-2:30pm Chair Yoga L1 - Ashley	SGT- Balance & Fall Prevention L1- Danielle				Yoga Flow L2- Ashley
3:00	Healthy Living with Exercise L1 - Annamarie	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)	Healthy Living with Exercise L1 - Annamarie	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)	Activities	SCLH Booking	
4:00	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)	Activities		Activities			
5:00	Zumba L3 - Summer		Mixed Levels Yoga L1-3- Jennifer	Activities			
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.							

KS WellFit Class Schedule January 1-31, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	KS	KS	KS	KS	KS	KS	KS	
7:15	7:15-8:15am SGT- Morning Bootcamp L2 Milly		7:15-8:15am SGT- Morning Bootcamp L2- Milly		7:15-8:15am SGT- TGIF TRX L2- Danielle/JJ			
7:30		Mixed Level Cycle L2 - Deanne		Mixed Level Cycle L2- Deanne				
8:30	Low Impact/Sculpt Interval L2 - Jeannette	Zumba Gold L2 - Joanie	Power Vinyasa L3- Deanne	Low Impact/Sculpt Interval L2 - Annamarie	Zumba Gold L2 - Joanie	8:00am HI NRG Cycle L3- Paige		
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 - Jerl		
10:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2-Gretchen	Piloga Flow L2 - Cynthia	Everybody Can L2- Linda	Yoga Stretch L2- Jerl		
11:30	SGT - Healthy Back L1- Marilyn		SGT - Healthy Back L1- Marilyn		WaiDan Gong L1- Joan			
12:00		SGT- Functional Fit L2- Deanne	NEW! 12:30-1:30pm SGT- Indoor Cycling for Parkinson's L1- Milly/JJ	12:00pm SGT- Functional Fit L2- Deanne				
1:00		1:00-1:30pm Exercise & Weight Mgmt L1 - Marilyn (Moved to OC during KS Closure)	NEW! 12:30-1:30pm SGT- Indoor Cycling for Parkinson's L1- Milly/JJ	1:00-1:30pm Exercise & Weight Mgmt L1 - Marilyn (Moved to OC during KS closure)	NEW! 12:30-1:30pm SGT- Indoor Cycling for Parkinson's L1- Milly/JJ			
1:30	Yoga Basics L1- Cynthia	Tai Chi Qigong L1- Peli (Moved to OC during KS closure)						
2:30	SGT- TRX Interval L3- Julia		SGT - TRX Interval L3- Julia					
3:30	SGT-TRX Express L1- Julia	(2:45-3:45) Tai Chi Qigong L2 - Peli (Moved to OC during KS closure)	SGT-TRX Exp. L1- Julia					
4:00		Yoga for Osteo L1 - Julie		Yoga for Osteo L1 - Julie				
4:30	SGT- Bootcamp L3- Mike		SGT- Bootcamp L3- Mike					
5:30		SGT - TRX Exp. L2 - Julia		SGT-TRX Exp. L2- Julia				
6:00		Water Volleyball PreMeeting						
	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.							



Forty Days and Forty Nights
Tuesday, January 17 — Free

9:00 AM, P-Hall, KS. Lincoln Hills' resident, Bruce Quick, 65, decided to take a walk after he retired. Why not walk the Camino de Santiago (The Way of St. James Pilgrimage) across northern Spain? Starting in St. Jean Pied de Port, France, Bruce walked over the French Pyrenees to Santiago, Spain. From Santiago, he walked to the Atlantic coast. Still needing more exercise, he walked from Pontevedra, Spain to Porto, Portugal, where he ended his forty day/ 700 mile journey. He is excited to share his adventure with anyone interested.



Heart to Heart: Gender Differences in Cardiac Care Symptoms, Research and Treatment
Wednesday, January 25 — Free

7:00 PM, Ballroom (OC). Dr. Marjon Fariba, Cardiologist, practices at Kaiser Permanente and cares for patients with chronic and acute conditions. Coronary artery disease is the leading cause of death of men and women worldwide. However, coronary artery disease manifests differently in women and men. The presentation will focus on risk factors and symptoms of coronary disease and how they differentiate between the genders. Women are finally being included in clinical trials for coronary artery disease and merging management strategies specific for women will be highlighted.



Football: You Make the Call!
Tuesday, February 7 — Free

9:00 AM, P-Hall, KS. Back by popular demand, Bill Richardson is the new Supervisor of Instant Replay for the PAC-12 Conference. He will share exciting videos of his last season on the field when he was assigned both the PAC-12 championship game, and the National Championship final between Alabama and Clemson. Bill is the only one who has worked three national championship games since the playoffs began after the 1998 season. You will learn about the first year of centralized instant replay in the NCAA and what the future holds. Those who attended Bill's presentations in the past know that there are always challenges for the third team on the field (the officials), and the team in the instant replay booth who are there to validate the rulings on the field. Buckle your chinstraps for an exciting morning.



What's Up with the Equal Rights Amendment?
Friday, February 17 — Free

3:00 PM. P-Hall (KS). What is happening with the Equal Rights Amendment? Five high school student finalists, in the American Association of University Women's **Speech Trek Contest**, will deliver speeches addressing this question: Is it Time to Pass the Equal Rights Amendment? Introduced to Congress in 1923, this amendment has never become law. Why? Speakers will compete for substantial money...and a place in your hearts. Who will be the winner? Afterward, a complimentary reception with refreshments, sponsored by AAUW Roseville-South Placer. **Contest: 3:00-4:00 PM. Reception: 4:00-5:00 PM.**



Community Forums, Date, Time, Location

<ul style="list-style-type: none"> • Forty Days and Forty Nights Tuesday, January 17, 9:00 AM, P-Hall (KS) • Heart to Heart: Gender Differences in Cardiac Care Wednesday, January 25, 7:00 PM, Ballroom (OC) • Football: You Make the Call! Tuesday, February 7, 9:00 AM, P-Hall (KS) 	<ul style="list-style-type: none"> • What's Up with the Equal Rights Amendment? Wednesday, February 17, 7:00 PM, Ballroom (OC) • Healthy Aging in the Digital World Wednesday, February 22, 7:00 PM, Ballroom (OC) <p>Watch for more Community Forums in upcoming issues of the <i>COMPASS</i>, on our website and <i>eNews</i>.</p>
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