



COMPASS

The Official Magazine of Sun City Lincoln Hills

January 2016

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Services... page 3**

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Board of Directors Report

Reflections

Ken Silverman, President, SCLH Board of Directors

"Follow effective action with quiet reflection. From the quiet reflection will come even more effective action." —Peter F. Drucker

My current term of office on our Board of Directors ends this February. The opportunity to serve as a Director and President over the past four years has offered me the chance to work with residents from a variety of backgrounds and interests. They volunteered many hours on community committees, task forces, and special projects. A sense of pride is inherent with some of these projects including the latest solar project at Orchard Creek Lodge, LED street lighting, solar water heating for the pools, the expansion of our Sports Bar, WiFi throughout our Lodges, and bringing all of our facilities into ADA compliance, to name a few.

The current Board recently initiated the Strategic Initiative Task Force (SIT). The planning for the future of the Association

is vital to the long-term health of our community. This task force will continue the development of an ongoing community strategic plan, research long-term options, and advise the Board on actions which will enhance the community and lifestyle.

Volunteering has offered me the chance to meet and work with people I respect and now call friends. I have had the opportunity to work with the three Executive Directors Lincoln Hills has had since it started, and I have served with great committees and boards.

In conclusion, thank you, Staff who each day work with the Board to ensure our quality lifestyle. I encourage *you* to volunteer, make a difference, and have some fun.



The Candidate's Campaigns Have Begun Be An Informed Voter!

Elections Committee

There are four candidates for three open positions on the Board of Directors. They are: David Conner, Michael Deal, Hank Lipschitz, and John Snyder

Get to know these candidates and support your choices. Take advantage of the opportunity to attend the third of the three Candidate Forums.

—Saturday, January 16, Presentation Hall (KS) from 6:00-7:30 PM

The first two Forum sessions, held January 12 and 14, were videotaped and are available to you on our Community website. The third one will be available after it has run.

In addition to the Forums there are display tables of campaign materials.

Voting packets were mailed the week of January 11. Look for yours in your incoming mail. If it does not arrive, please check with the Membership Desk (OC). You may also replace your soiled ballot or obtain a proxy materials packet at this desk. The Proxy packet contains use instructions as well as the proxy materials.

Be sure to follow the voting instructions and sign the outer envelope before mailing. One ballot per property. A separate packet will be mailed for each property owned. Votes are cumulative. You are allowed three votes for each household. You may cast them all for one candidate or spread your votes among the candidates.

Be an informed voter to ensure the continued excellent policy leadership of our home, Sun City Lincoln Hills.

On the cover

Ferrari Pond at dawn

Photo by Phil Robertson

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

SCLHCA Mission: “To provide Sun City Lincoln Hills’ residents, employees and guests with exceptional services.”

SCLHCA Vision: “We will maintain a community that is strong, proud, and sustainable for future generations.”

These are powerful statements, worthy of reiteration as we look back on the old and begin the New Year.

Providing exceptional services will continue to be our number one priority, and based on responses from the Resident Satisfaction Survey we conducted October 25-November 17, 2015, 94% of the 1,029 respondents rated their overall satisfaction as very satisfied or satisfied, indicating

our Mission is being served. Services staff provides to residents were rated highly and programs offered from Activities and WellFit were rated as “just about right.” Ninety-one percent of respondents concurred that the Association provides good value for the dues you pay. Your COMPASS magazine continues to be the primary

“Providing exceptional services will continue to be our number one priority, and based on responses from the Resident Satisfaction Survey..., 94% of the 1,029 respondents rated their overall satisfaction as very satisfied or satisfied...”

means of receiving information, but in addition both our eNews and website are largely accessed, which is encouraging since much of the day-to-day reminders and alerts are communicated through the latter two options. In 2016, we will continue our efforts

to earn your praise with regard to staff accessibility, timely response to your communications, and overall professionalism.

Our annual year-end employee appreciation party recognized 28 staff members (13%) for their years of service to the Association. Please see the photos on page 5

identifying those recognized this year. Our Vision to provide sustainability for future generations is evident by large projects throughout the community, like the installation of 2,800 solar panels and retrofitting street lights to LED lighting. On a much smaller scale, we are now serving
Please see “Connections” on page 5



Calendar of Events

January 15-February 29

Date	Event	Page #
01/16	KS Classic Movies: Rear Window	41
01/18	Astronomy: “Inflation Provides the Answer”	24
01/18	Astronomy: “The Quantum Origin of all Structure”	24
01/18	Genealogy: Member Sharing	29
01/19	NEV: City of Lincoln Economic Development Dir.	32, 41
01/19	Videography Group: “Editing Basics”	37
01/19	Performance: Speaker Series—General Wesley Clark	62*
01/21	Book Discussion: <i>Go Set a Watchmen</i>	25
01/21	Garden: Open Workshop Bonsai Pines & Junipers	29
01/21	Ski Group: CHP Officer will share winter driving tips	35
01/22	Concert: Creed Bratton Evening of Music and Comedy	45
01/25	Healthy Eating: Helpers in Your Digestive Tracts	30
01/25	Document Destruction	41
01/26	Tours/Leisure: San Francisco—Westfield Galleria	59
01/27	Forum: Crafting a Plan to Preserve Memory Function	21, 104
01/27	Alzheimer’s/Dementia: Caregiver Support Group	24
01/27	Extended Travel: Winter Train	62*
01/28	Astronomy: “Telescope Accessories”	24
01/28	Eye Contact: “The Three R’s of Vision Loss”	28
01/28	Garden: Speaker from <i>California Garden Project</i>	29
02/01	Antiques Appreciation: Crocker Art Museum History	24
02/01	Presentation: The Tibetan Monks “Inner Peace”	49
02/02	Eye Contact: Free Phones/Vision, Hearing, Mobility Issues	28
02/02	Performance: The Little Mermaid	52
02/03	Astronomy: “Measuring the Stars”	24
02/03	Extended Travel: Winter Train	62*
02/04	Investors Study: Speaker from Oppenheimer	30
02/05	KS at the Movies: The Martian	41
02/05	Forum: Speech Trek—Gender Bias and Inequality	104
02/08	Bird: Audobon Society Speaker	25
02/10	Computer: “Skype is for Staying in Touch!”	27
02/11	Concert: Spencer Day “Addicted to Love”	46
02/13-14	Players: Readers Theater “On the St. Where We Live”	33, 41
02/15	Painters Group: Professional artist, demo in oils	32
02/16	Concert: Tom Rigney and Flambeau	46
02/18	Book Discussion: <i>The Boston Girl</i>	25
02/18	Bus Trip: Jackson Rancheria	49
02/19-21	Painters Group: Fine Arts Show	32, 41
02/20	KS Classic Movies: All About Eve	41
02/21	Festival: Chinese New Year/San Francisco	49
02/23	Performance: Band of the Royal Marines	50
02/24	Forum: The Mind-Body Connection	104
02/26	Computer: Ask the Tech Informal Q&A	27
02/26	Music Group sponsored Friday Night Open Mic	31, 41
02/26	Concert: Jay Alexander—Mind Tricks 2	46
02/27	Performance: Cirque de la Symphonie	52

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

Upcoming Association-Related Meetings: Date, Time, Place	
January 15-February 29	
Golf Cart Registration.....	Thursday, January 21, February 4 & 18, 9:00 AM, OC Lodge
Finance Committee Meeting.....	Thursday, January 21, 9:00 AM
ARC/Architectural Review Committee.....	Monday, January 25, 9:00 AM
Board of Directors Meeting.....	Thursday, January 28, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, January 28, 10:30 AM
Board of Directors Executive Session.....	Thursday, January 28, 11:00 AM
CCOC/Clubs & Community Organizations...	Tuesday, February 2, 9:30 AM
Compliance Committee Meeting.....	Wednesday, February 3, 10:30 AM
Elections Committee Meeting.....	Friday, February 5, 10:00 AM
ARC/Architectural Review Committee.....	Monday, February 8, 9:00 AM
Listening Post.....	Wednesday, February 10, 9:00 AM
Finance Committee Meeting.....	Wednesday, February 17, 9:00 AM
Board of Dirs. Annual Mtg./Members.....	Thursday, February 18, 9:00 AM
Board of Directors Special Meeting.....	Thursday, February 18, Immediately Following
Board of Directors Organizational Mtg.....	Thursday, February 18, Immediately Following
ARC/Architectural Review Committee.....	Monday, February 22, 9:00 AM
Board of Directors Meeting.....	Thursday, February 25, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, February 25, 10:30 AM
Board of Directors Executive Session.....	Thursday, February 25, 11:00 AM

Meetings in OC Lodge unless noted otherwise.



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From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association

Welcome to 2016, best wishes for all of you for the coming year ... We have several projects to start the New Year, among them a lighting upgrade for the pickleball courts, some improvements to the Computer Lab (OC), as well as upgrades to the A.V. system in the OC Ballroom. We are confident that these will go a long way towards increasing the user enjoyment for these facilities ... The Board of Directors election gears up in January, with one final Forum left for the candidates. You can view the two Forums that have already happened on the Association Website and the third one, once it is done ... In



November and December, the Facilities team arranged for a cleanup of Azolla in the Upper Ferrari wetland area, adjacent to the Angler's Cove fishing pond. As part of the cleanup, cattails were trimmed along the banks, in order to aid the cleanup. This was also done in order to help control the amount of vegetation in this area, so that the wetland is not completely inundated with reeds. This is consistent with what we have done over the past 15 years. With the knowledge that there was a considerable amount of Azolla inhabiting the waterways that flow into the wetland area from the east, and that this Azolla would be carried into the wetland after the first heavy rains, the timing of this work was perfect. We were able to remove a considerable amount of Azolla in November/December,

and the Azolla that is now flowing into the Ferrari wetland is going to be manageable for us to remove. The cattails will begin to reestablish themselves along the bank in the spring and summer, but in an environment that is cleaner, with more open water for fish and waterfowl ... On January 7, the Association hosted the Lincoln High School Choir in the OC Ballroom. The event was to raise money for a trip to Austria, and I am happy we were able to assist. We can take pride in the fact that the residents of Lincoln Hills have been active in their support for local causes. The goodwill this engenders is priceless, and the people that are impacted by your efforts are very grateful ... Good luck with your resolutions for the coming year. Two of mine are to smile more (suggested daily), as well as to get a better picture for this article!

Connections

Continued from page 3

locally roasted Rogers coffee at both KS Café and Meridians. Perhaps evidence of our commitment to future generations was best demonstrated this past January 7, when 336 from our community attended the exhilarating concert performed by the Lincoln High School Choir as part of their fund-raising efforts to raise money to travel to Austria later this year. The combined amount for tickets sold and donations from the night totalled \$10,370. For those of us who have had the opportunity to travel, we know these young people will have eye-opening experiences that will help to direct their future. We should be proud to bolster these and other efforts in our community that support youth and strengthen our ties to our larger community in the city of Lincoln.

I hope you noticed our new COMPASS nameplate. After 16 years, your resident COMPASS staff writers thought it time for a change. We hope you like it! Best wishes for a healthy and happy new year. I look forward to seeing you in the Lodge.



10-year employees



7-year

5-year employees



15-year employees

Alphabetically listed, some not shown: **15-year employees:** Bertha Chavez, Marcella Fajardo, Teresa Pausch, Lavina Samoy, David Watson; **10-year employees:** Natalie Flynn, Maria Herrera, Amalia Padilla De La Fuente, Kelly Romis, Donna Tewart, Eusevia Uriarte; **7-year employees:** Abel Camacho, Barbara Dennis, Nancy Gabriele, Kathy Ann Gonzales, Kathleen Watts; **5-year employees:** Raquel Cuevas De Vargas, Don Giles, Marta Holm, Kim Houston, Crystall Martell, Kimberly Owen, Lily Ross, Christopher Ruen, Phil Savio, Ryan Toms, Laurel Whorf, Linda Wiegel



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Activities News & Happenings

Hello 2016!

Lavina Samoy, Lifestyle Manager

We say hello to the Year of the Monkey with anticipation and excitement! If the successfully concluded New Year's Ball is an indication of what's to come (see photos), then we are in for a good ride in 2016.

Starting with **The Music and Comedy of Creed Bratton on January 22**, Creed, of the hit TV show *The Office* and original member of *The Grass Roots*, will bring his brand of comedy and musicality into a show that combines singing and storytelling for a night of fun entertainment. In time for Valentine's Day, join us for **Addicted to Love starring Spencer Day on February 11**. In the style of Ol' Blue Eyes, Spencer will serenade you with hits and standards from the Great American Songbook (page 46). Michelle Whited is back with her show **A Tribute to the Carpenters on March 11** (page 46). Jack Gallagher, with his funny and charming personality, returns to the Ballroom with new material in his hit show, **An Evening with Jack Gallagher on March 18** (page 45). Easter Bunnies will pay another visit this year at our **Spring Egg Hunt on March 26**. This "eggstraordinary" event is a sure hit with the grandchildren (page 46)!



Experience the magnificent Redwoods when we tour the **Avenue of the Giants** plus a walk on the beach, a tour of Eureka's Victorian homes, and an exclusive visit and formal dinner at the Carson Mansion on our first trip to the north coast, **May 1 to 4** (page 61). See the only West Coast stop of the **Vatican Exhibit at the Reagan Library** as part of our four-day, three-night trip on **April 19-22** (page 61). The excursion combines sightseeing aboard the Amtrak Coast Starlight train plus wine tasting. A trip to the Sacramento Community Center Theater for the **Sacramento Philharmonic's Beethoven's Ninth on May 7**, is a perfect outing for classical music fans (page 54). Registration deadline is February 8.

Join Ray Ashton as he continues his exploration on **The History of Movie Musicals Part 2** focusing on MGM, **February 24-March 16** (page 79). Eager guitar learners now have two options to study guitar: **Bill Sveglini's Beginner Level Guitar** continues to accept new students and progresses all the way to advanced skills development, while **Darrel Effinger's Folk Guitar for Fun Folks** is a fun class you can take at any time.

Goodbye 2015, here's to more fun in 2016!

Committee Openings

There are ongoing openings to the seven standing committees of the Board of Directors; committees with openings are shown below. Complete details and contact information can be found on the resident website under HOME on the menu bar. Your interest and participation is paramount to the successful governance of your Association. Committee applications are available at the Activities Desks, or download one from the Association Resident Form folder in the Document Library on the resident website. Questions? Please email the committee chair, address on page 106.

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



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WellFit News

A Look Back in Time

Deborah McIlvain, WellFit Manager



If you were born in the 40's or 50's, you likely were not exposed to health clubs/gyms. This is probably why fitness equipment can be so overwhelming for the first time. Before they had gyms, I remember my first fitness class (Jazzercise) was at our local church. Let's take a look back in time and see how fitness has evolved.

In the 1940's, when the war was over, the public learned that the Armed Forces had rejected half of all draftees or had given them non-combat positions. The statistics helped focus the country's attention on fitness. University of Illinois' Dr. Thomas K. Cureton, often called "the Father of Physical Fitness," also introduced fitness testing for cardio endurance, muscular strength and flexibility, and identified exercise intensity guidelines.

In the 1950's and 60's, Baby Boomers were born and the focus shifted to children. Tests were done on school-age children to measure muscular strength and flexibility. Close to 60% failed at least one of the tests. Research in the 50's also suggested that mothers and grandmothers of today's generation burned well over 1,000 calories a day through their domestic lifestyle. Women would spend three hours a day doing housework, walking to and from shops, and making lunches and dinner. The way they relaxed was listening to "Housewives Choice" while washing dishes or "Mrs. Dales Diary" to enjoy a cup of tea. One of the first organized exercise classes was by Jack Lalanne, when in the late 50's TV sets became more popular.

In the 1970's and 80's, crazy gadgets started to appear, like the Toastmaster (the machine that jiggled your fat away), or Air Shorts that would inflate while you worked out and promised to shed weight. In the late 70's and early 80's, gyms started popping up everywhere and became a fad.

It's no wonder then, why walking into today's gyms can be so overwhelming—it's not what we grew up with. There are so many choices these days: "Where do I start?" "What is that thing?" or "I will never remember all that." You are so fortunate to live at SCLH, where we offer state-of-the-art equipment and programs, and have staff that can help you through it all.

Start your 2016 with a fresh approach by signing up for our **new resident orientation**. In one hour you will learn how to use a treadmill, learn basics on weight equipment, and be guided to appropriate classes/programs. Already been coming to the gym and need some motivation and guidance? Check out our **Team Challenge, Ready, Set...Go!** This six-week program starts February 1; for more information and details see page 89. Maybe you're looking for more of a Wellness/Nutrition approach for the New Year? In **Six Weeks to Wellness** (page 93), learn about gut health, hormonal harmony, metabolic makeover, and more!

Well Fit Classes: pages 87-100 • Class Grids: pages 101-103

A Fresh Start for the New Year

Mark Hutchinson, Architectural Review Committee Chair

"You are never too old to set another goal or to dream a new dream."

— C.S. Lewis

The Architectural Review Committee



(ARC) is anticipating that 2016 will be an exciting and busy year. We are looking forward to working with new revised design guidelines and are expecting an increase in the number of exterior improvement applications.

In order to process this increased volume effectively, all applications will need to be complete at the time of submittal in order to be on the agenda for the next ARC meeting. Complete applications include the following:

First Submittals

- ARC Application Form signed by the Owner.
- Plot Plan (8-1/2" x 11").

- Current color photographs of the home's front elevation and the area of work.
- Applicable Checklists, signed by the Owner, with the required:
 - Drawings
 - Calculations
 - Manufacturers' Information
 - Samples
 - Color Selections

Resubmissions

- ARC Resubmission Form signed by the Owner. (Not a new ARC Application Form.)
- All other items listed under First Submittals.
- A copy of the previous submittal must be included for comparison purposes. The Checklists are only an aid to both the Owners and the ARC. The specific design guidelines should also be consulted to make sure the submittal is meeting all

requirements.

If you need assistance completing your application, or would like to discuss your proposed improvements prior to formal submittal, the Architectural Review Committee members are available to meet with you after the regularly scheduled ARC meetings. The ARC meets on the second and fourth Monday of each month at 9:00 AM in the Orchard Creek Lodge. Individual appointments may also be arranged by sending an email to arc@schca.com.

Best wishes for a happy and healthy 2016.

Did You Know?

You can help us keep our membership information current by notifying membership staff, see page 106, when there are changes to your status and information must be updated. For example: phone numbers changing, emails changing, renters moving out, loss of spouse, etc.



It's a New Year—Now What?

Bill Attwater, Properties Committee Chair

The Properties Committee has a new meeting schedule and location for 2016.



The Committee will meet quarterly instead of monthly. The meeting dates are January 7, April 7, July 7 and October 6. Meetings will begin at 9:00 AM in the Heights Room (OC).

For those of you thinking of filing a Capital Improvement request for anything with an estimated cost greater than \$2,000, please use "Project Application Form," which can be found in the library of our resident website—click on "Forms." Please answer all the questions. The most

important question is why the project is needed. If the request involves construction of a physical facility, please do not try to get bids from a contractor. Bids will be taken care of by our staff. The Proper-

"The Properties Committee has a new meeting schedule and location for 2016.

The Committee will meet quarterly instead of monthly. The meeting dates are January 7, April 7, July 7 and October 6."

ties Committee will review the request during an open Committee meeting. The applicant will be notified of the meeting and is encouraged to attend, at which time

the applicant may explain why the item is needed. Explaining the need is, again, most important. The Committee may approve or deny the application. If approved, the application will move on to the Finance Committee for further consideration of the financial feasibility of the proposal. It should be noted at this point that the ultimate decision on such expenditures is with the Board of Directors, and that actions and decisions by the committees are only recommendations to the Board.

If a resident requests an asset under \$2,000 (for example, chairs, coat rack, or bookcase for one of the rooms in our common areas), the request should be sent directly to our Executive Director.

It Was a Very Good Year

Harriet Kaufman, Finance Committee Chair

Looking back on 2015, it was a very good year for the Finance Committee. Of all our accomplishments, the most important was our work on energy-saving projects. The Orchard Creek solar and hot water swimming pool projects will greatly save utility costs. Additionally, we advised on the feasibility of keeping our water costs down through improvements to two Village parks.

The Finance Committee made changes to conducting our meetings, making them more understandable and efficient. We accomplished this by having staff members present their monthly financials. Secondly, we instituted a presentation task force whose aim is to graphically represent financial data and trends. Throughout the year, the Finance Committee met with members of the Properties Committee in order to bring a balanced approach to many of the community issues we face in common, including the budgeting process.

From a communications perspective, the committee made certain that both our insurance package and our investments were on track. The community's insurance and investment brokers met with us at separate Finance Committee meetings. The audience and committee members

were free to ask questions and discuss our goals for the coming year.

Additionally, besides working together and with staff to maintain a solid financial footing, we welcomed three new committee members as three left due to attrition, family responsibilities, and illness.

The Finance Committee also learned lessons that will carry us through this new year and years to come. Our new year's resolution to be more communicative stands above all the others for its importance to our community—to be open and honest.

Another lesson we learned was that just because someone has left the committee, they are not gone forever. Their legacy is ever-present. While our chair, Mike Creasy, left, his guidance was there when we required his expertise to analyze

our insurance requirements. We appreciate that prior Finance Committee chairs aided in our analysis of the financing of the two energy saving projects.



A review of November's financials shows that we had \$7,296,560 of cash and investments in our Reserve Fund. The 2015 Reserve study we received from the Browning Reserve Group in October determined the present value of all Reserve Fund future expenditures is \$8,809,820. Our Reserve Fund is 82.8% funded, which places us in incredibly great shape.

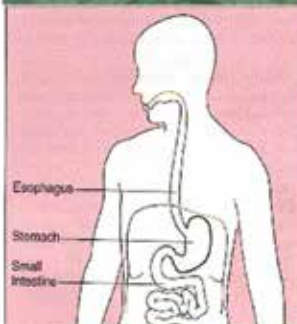
Regarding past due assessments, with the change in dues from \$108 to \$111 each month, some homeowners will need to change their automatic payment amounts with their banks.

Statement of Operations YTD—November 2015

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$7,026,223	\$7,007,323	\$18,900	7,640,863
Administration (Expense)	(1,853,021)	(1,878,264)	25,243	(2,047,930)
The Spa at Kilaga Springs	(34,045)	62,725	(96,770)	67,07C
Fitness	(354,182)	(372,620)	18,438	(410,250)
Activities	12,550	(150,350)	162,900	(173,450)
Rec. Center / Maintenance	(2,262,337)	(2,356,630)	94,293	(2,569,070)
Landscape Maintenance	(2,333,766)	(2,399,450)	65,684	(2,566,920)
Food & Beverage	(127,950)	(21,435)	(106,515)	(13,110)
Capital Asset	0	0	0	C
Net Revenues (Expense)	\$73,472	(\$108,701)	\$182,173	(\$72,799)

THE HUMAN GUT MICROBIOME

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UC Davis Dept. of Nutrition, Food Science and Technology

Monday JANUARY 25, 2016 2:00 p.m. Kilaga Springs Lodge

2:00 - 3:00 PRESENTATION HALL	Dr. Slupsky Presentation
3:00 - 3:30 KILAGA KITCHEN	Sampling of Foods Beneficial to a Healthy Gut

Monthly Healthy Eating Club Meetings Fourth Mondays - 2:00 p.m. Presentation Hall
Healthy Food Sampling Afterwards in the Kilaga Kitchen - 3:00 p.m.

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Orchard Creek Lodge*

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<i>February 20</i>	<i>9 am - 6 pm</i>
<i>February 21</i>	<i>9 am - 3 pm</i>

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Are You Ready for Valentine's Day?

Kris Holland, Manager, The Spa at Kilaga Springs

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What could make your special someone feel so loved, pampered, and cared for? A couples' Valentine's Spa Day Package awaits you!

This time of year is the time to renew, revive, and refresh your spirit. Studies show that allowing time not only for yourself, but with your most special and loved person in a nurturing environment not only uplifts the spirits, but also allows for a new sense of well-being, inner peace, joy, and most of all, improvement in optimal health.

Remember that a couples' spa day may also be with a best friend, favorite relative or maybe a coworker, anyone who has made a difference in your life, or just someone with whom you can share and enjoy a nice relaxing day of rejuvenation.

Our special Valentine's Spa Day Package will be offered every Saturday in February

to celebrate the "Month of Love." This featured package will include:

- A Couples 60-Minute Swedish Massage
- A Couples Spa Pedicure that includes an exfoliating scrub and a mask foot treatment, served with strawberries, chocolate and champagne
- A beautiful Spa Lunch, served to you in our serene Sanctuary Room while still in your robe and slippers!

"This time of year is the time to renew, revive, and refresh your spirit. Studies show that allowing time not only for yourself, but with your most special and loved person in a nurturing environment not only uplifts the spirits, but also allows for a new sense of well-being, inner peace, joy, and improvement in optimal health."

This very special package will be offered at the one-time-a-year price of \$300 per couple and will include gratuity.

Schedule this amazing package before February 1 and receive a complimentary Valentine's gift to you of our DoTerra Essential Oil, the Serenity Blend, to help sleep and promote relaxation and calming by just using a couple of drops rubbed behind the neck, bottoms of the feet, or just sipped in cool water or added to your favorite herbal tea.

Make your appointment soon, while space is available, by calling the Spa appointment line at 408-4290.

On behalf of your Spa Team, Happy New Year and a loving and devoted Valentine's Day! See you at the Spa!

~Please see our ad on page 58.~

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Happy New Year from Meridians, Kilaga Springs Café, and Orchard Creek Lodge!

Jerry McCarthy, Director of Food & Beverage

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

Our new Winter Menu was just released and is getting great reviews. In addition, we have added Throwback Monday

Night with seven entrees under \$11. We have dancing every Tuesday, Prime Rib Wednesdays, and live music on Friday and Saturday evenings. All of our menus reflect, whenever possible,

local, fresh, and sustainable fruits and vegetables that capture the winter season.

Exciting 2016 happenings. We are proud to announce that beginning January 15, Meridians will begin serving Rogers Coffee in the restaurant as well as at Kilaga Springs Café. The resounding positive feedback on how tasteful the coffee is, and the fact that we would be strengthening our support of a local business committed to sustainable practices, made this a

win-win choice for all. We look forward to serving you a freshly brewed cup of Rogers Coffee soon.

Many delightful events are already on the books for the new year. We just held our annual New Year's Day Brunch, which was a complete sellout and a few residents missed out because they waited to make reservations! To give everyone a sneak peak for 2016, we already have plans for Valentine's Day, Super Bowl Sunday, Wine Maker's Dinners, Murder Mystery Dinners, St. Patrick's Day, Mardi Gras, Easter Brunch, Crab Feed, Mother's Day Brunch, National Night Out, and the list goes on. In addition, we will be announcing new menus, holiday events, and other special events on a monthly basis. It's not too early to start thinking about Valentine's Day. Make your reservations now by calling 625-4040.

Visit our website. The best way to stay in touch with Meridians is by looking at our website at www.meridiansrestaurant.com. I will be announcing all of our special events for Meridians on the website. Make sure to check in to see what exciting things we have planned. Don't forget, you may also sign up to receive Food & Beverage eNews, where you will find out more about our very successful resident rewards program. Keep your eyes open for more exciting discounts for residents only!

Once again, thank you for a great 2015 and we look forward to serving you in 2016. We realize that we have to earn your business each and every time you visit us. We will continue to change, improve, and enhance your dining experiences. Every dollar you spend with the Food & Beverage Department helps keep your HOA fees down. The entire team from the Food & Beverage Department wish you and your family a Happy New Year!

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Meet Christy Goodlove, Executive Assistant ...and Office Manager, Membership Services, and more!

Doug Brown, Resident Editor



By her own admission, Christy's favorite motto is "service with a smile," and she certainly embodies that expectation! Her friendliness also comes with a welcoming personality, a person-oriented approach, and an enthusiasm for her many roles and responsibilities.

the Community Association.

Some of this knowledge stems from her previous position here as the administrative support person for the Clubs and Community Organizations Committee and the Membership Desk. Further sources of her breadth of SCLH information are her current roles as staff liaison for the Board of Directors, Properties Committee, and Elections Committee.



Christy's favorite motto is "service with a smile"

But that's not all. As Office Manager, Christy works with more than 20 office staff members, supervising their individual efforts to work in optimal efficiency and camaraderie—skills that she developed in two decades of working as a manager of medical records, and as an assistant for a local college's peer assistance program for English and mathematics students. And—oh yes—as a mother of four boys, too!

Community Association? "A couple of thousand property owners here have for various reasons not signed up for membership," Christy noted. "This means those folks are not taking advantage of the many amenities we offer—Fitness Centers, pools, game rooms, Lodge facilities, classes, and resident discounts." If you—or people you know—are not members, Christy urges you to let them know what they're missing!

To top it off, another important role for Christy is supervising Membership staff Bertha Mendez and Amy Gonzales, whom you see at the Orchard Creek Membership Desk, poised to answer a multitude of residents' questions.

Christy's current goals are to complete her California Association of Community Managers (CACM) certification, and, of course, "to continue contributing to this vibrant community by enhancing opportunities for residents to fulfill their active lifestyle and enrich their relationships here in Lincoln Hills." You go, Christy!

Speaking of Membership, did you know that *not* all 11,000 Lincoln Hills residents are members of our amazing



As Office Manager, one of Christy's roles is supervising Membership staff, Bertha Mendez, left, and Amy Gonzales

As Executive Assistant, she is Executive Director Chris O'Keefe's right-hand person (almost literally, as her open office door, and a desktop bowl of candy, are positioned directly to the right of Christy's office). While her boss "makes my life easy," according to Christy, "because he manages his own executive functions so efficiently," we all know how essential such administrative partnerships are. Christy's engaging approach belies a highly organized person with an extensive command of the inner workings of

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Tuesday, January 26 • 10:00 AM • Oaks (OC)

Presenter: Vic DiMattia, Attorney at Law

Free Living Trust Seminar: No Living Trust more than \$495.

Speaker: Vic DiMattia, Attorney at Law #129382.

The seminar speaker will be Vic DiMattia, Attorney at Law #129382. Mr. DiMattia is a Lincoln Hills Resident, has 25 years experience and has created thousands of Living Trusts.

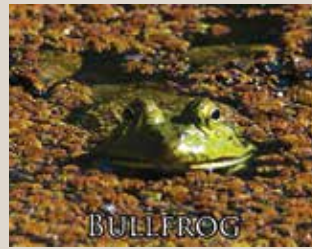
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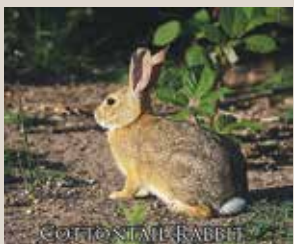
Red-eared Turtles



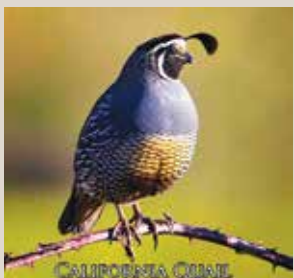
Redear Sunfish



Northern Shoveler



Cottontail Rabbit



California Quail

Ferrari Pond, An Ecological Gem

Al Roten, Roving Reporter

Many residents have ventured beyond Angler's Cove to stroll the trail bordering Ferrari Pond, this only slightly hidden treasure of our community. If you are not one who has done so, now is a fine time to make this discovery. As you see from accompanying photos by resident photographers Phil Robertson, Truman Holtzclaw, Tom Roach, and Larry White, this pond abounds with many forms of life.

Some may wonder about the name "Ferrari" attached to features of our community. The answer is that a large segment of Lincoln Hills was farm/ranch land owned by two generations of the Ferrari Family. I had the privilege of meeting and talking with Dario Ferrari, third generation Lincoln resident, who was raised on the ranch property and has fond memories of the land. The pond was used for agriculture since at least 1927, when Paul M. Ferrari arrived as a recent immigrant from Italy. Upon the retirement of Paul Sr., the ranch was run by Paul Jr. until the Del Webb acquisition in 1998. Water, which came via a NID canal from the Hemphill Trench off Auburn Ravine, was stored for irrigation of fields adjacent to the pond. As part of the Del Webb development, the wetlands channel from near St. Joseph's Church to the golf course pond, Angler's Cove, and Ferrari Pond was excavated and planted with native vegetation.

Ferrari Pond is part of our community's wetland preserve. As such, it is maintained by our Homeowners Association as specified by the U.S. Army Corps of Engineers, and Wildlife Heritage Foundation. The pond is an ecological gem, supporting both plant and wildlife for our viewing enjoyment. A casual walk by the pond may not reveal the diversity of life in and around the pond. Our local photographers have spent countless hours watching to catch the shots seen here. There is a covered patio complete with picnic bench at the edge of the pond for your patient viewing comfort. This is also a favorite spot for birders to watch and add to their lifetime record of bird species seen.



Ducks at dawn

There are many more things to see at Ferrari Pond than can be shown in this brief article. Come to the pond and take time to commune with nature.



Ring-necked Pheasant



River Otter Eating a Carp



Muskrat



Coyotes



Dragonfly



Bufflehead Duck



Snowy Egret

Orienteering

**Please, Don't Pass the Salt
Ferrari Pond Trail**

Dee Hynes, Roving Reporter

How many times have you heard, "Please, pass the salt?" Well, this time, the phrase is, "Please *don't* pass the salt, and don't pass the Ferrari Pond Trail salt spring!"



We have a unique piece of history at our fingertips, or footsteps as it were. A "T" along the Ferrari Pond Trail leads to the spring, once used by the Nisenan people.

An interpretive sign, "*Ba Mu Ma—A Natural and Cultural Resource*," describes the significance of the salt spring. Of note is their peaceful arrangement to share this resource between area groups.

Bench seating is available at the spring; pause here and visualize the activity of yesteryear.

Returning to the trail, turn left at the "T" continuing to Ferrari Pond. On this walk you'll enjoy one of our longest Open Space walks.

This expansive land is diverse, its hues altering each season. As you stroll to the pond you pass a bench and an interpretive sign, "*The Ferrari Family, Ranchers and Dairymen*."

A pavilion next to the pond includes two picnic tables. Stop here with your binoculars to watch the wildlife. A pond side interpretive sign, "*Wildlife at Ferrari Pond*," may help identify some animals.

The trail transitions to a sidewalk trail as you cross the Angler's Cove bridge. The trail as described in the directory continues with a right turn (north) on Ingram, a right (east) on Ferrari Ranch, and then another right (south) on Sun City to complete a "50-minute loop trail."

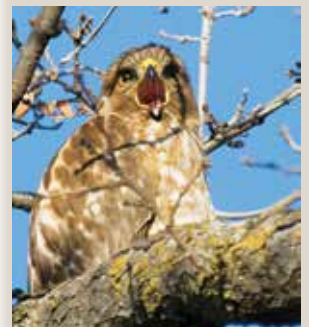
Trailhead directions: From OC, right on Del Webb, left on Sun City, left on Tiger Lily then left on Terra, parking near the Open Space trail.

This trail includes cement and decomposed granite paths and sidewalk trails. Trail access and parking is also available at Angler's Cove. The trailhead at Angler's Cove is slightly graded. A water fountain and restroom are available at the Angler's Cove parking lot.

See your Community Directory and Resource Guide Street Name Index, Foldout map 1, and Fitness Trails, Foldout Map 3, for details.



Canada Goose



Red-shouldered Hawk



Overlooking Ferrari Pond: A dichotomy in trail views, untamed Open Space and a manicured golf course



Great Blue Heron



Green Heron



American Mink



Hooded Mergansers



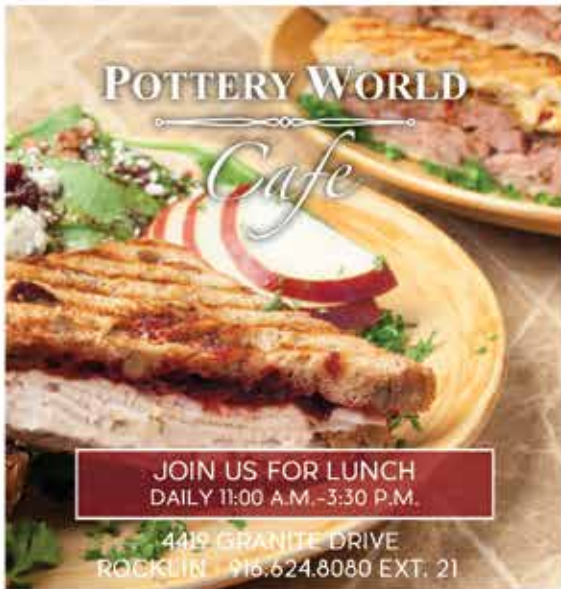
Mallard with Chicks



Anna's Hummingbird

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Revitalizing

Jeff Greenberg: Sportsman and Community Volunteer

Nina Mazzo, *Roving Reporter*

Resolutions once held me captive for weeks, but I'm now disinclined to torture myself with ideas for improvement that somehow wane as I turn the calendar pages. Frankly, I could not keep a straight face and tell you I will consume less coffee and coffeecake!



However, utilizing the assorted classes and Fitness Centers are easier resolutions. Residents I have interviewed indicated they took advantage of the variety of opportunities to pursue a new interest or challenge themselves physically. In the next few months, you will meet residents who have attempted something outside their comfort zone or taken existing skills and found a new outlet. Let's not forget fun and whimsy so you will also meet those with unique hobbies.

This month let's meet Jeff Greenberg. Does his name ring a bell but you can't place him? Here is a hint: He is quite tall and often has a pun or joke to share; his laughter will fill a room, and if

he does not know you, he'll make you feel you have known him for years. Originally from Boston, he has lived here 13 years.

He owned and operated an auto sales and leasing company for over 40 years. His father was a referee for the original Harlem Globetrotters. Jeff thoroughly enjoyed their talent, as well as the game of basketball, and was a referee for high school, college, and semi-pro basketball.

After attending a softball game shortly after moving here, Jeff started to play and then became an umpire. Today, he is the President of the LH Senior Softball League. He wanted to become involved in greater Lincoln and was appointed to

the Parks and Recreation Department. He formed a nonprofit organization (Friends of Lincoln Kids) to raise funds for children's programs in Lincoln. In ten years of operation, over 42 events have been held, from BBQ & Ribs and Italian fests to car shows. In 2006, Lincoln was awarded the All American City designation and Jeff was part of the committee that helped us achieve this distinction. Jeff has also been very active in the Friends of Lincoln Library, having served as President. You will find him regularly volunteering at the quarterly book sales.

Jeff is an excellent example of taking his occupational skills in sales and marketing and redirecting them—from an umpire on the softball field to a community volunteer.



Jeff Greenberg — When your playing days are over— Photos by Tony Machado

The Road to Aging Well

“To Live Is To Remember...”

Shirley Schultz, *Health Reporter*

The quote from which the title is taken is, “To live is to remember and to remember is to live” by Samuel Butler. No wonder



memory is such a health concern if remembering is equated with living. When someone says, “I am losing my mind,” I wonder if they realize the totality of that claim? The mind is the seat of consciousness by which one is aware of surroundings and is able to experience emotions, reason, learn, remember, imagine, make choices, and, in general, have consciousness. There is a lot to be said for maintaining and preserving a healthy mind.

Memory changes occur as we age. Have you ever picked up the phone to call a long-time friend, and you can't recall the phone number even though you have

“When someone says, ‘I am losing my mind,’ I wonder if they realize the totality of that claim? The mind is the seat of consciousness by which one is aware of surroundings and is able to experience emotions, reason, learn, remember, imagine, make choices, and, in general, have consciousness.

There is a lot to be said for maintaining and preserving a healthy mind.”

dialed it hundreds of times? If you have a smartphone, you may not have noticed this because you have your “peripheral brain” stored in your phone. Then you have to remember where your phone is and how


to use your phone. When you are talking, have you ever found that you cannot think of the word you want to use for a familiar, everyday object? Are these memory problems normal, or indicative of dementia?

It can be difficult to distinguish between what is considered normal changes in memory and various forms of dementia. There are some breakthrough studies that show that it is possible to turn back the clock on your aging mind so that you can recall names, dates, and facts with greater ease. There is some help to keep Alzheimer's disease at bay. Learn more about this by attending the upcoming **January 27 Community Forum by the popular speaker, Dr. John Schafer, “Crafting a Plan to Preserve Memory Function** (see page 104). If you want to delve into much more detail about memory preservation, go to

Please see “Aging Well” on page 23

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Neighborhood Watch

What Do You Want From Neighborhood Watch?

Information from Our New Executive Director

Patricia Evans

Emergency! Emergency! “A medical emergency is a frightening experience, and stress interferes with clear thinking.

Neighborhood Watch has a process in place to help you,” said Executive Director Larry Wilson.



Some residents in some mail stations have chosen to share their emergency contact information only with their captain. In that case, it is important for you and your neighbors to also know the name and telephone number of your Village coordinator, who will be the only other person with your emergency contact information. If either of these sources is available (and your captain has forwarded the emergency contact information to the Village coordinator, as requested), they can call your chosen relatives or friends immediately.

If you live in a mail station where all

neighbors share their emergency contact information, any of them have the ability to assist you. You are not dependent on

your captain or Village coordinator being available. Any neighbor can reach your chosen relatives/friends without delay, often contacting them before the ambulance reaches the hospital.

How many of you lock your doors, night and day? It’s just good judgment. Right?

However, if you have a heart attack, a stroke, or cannot get up from injuries from a fall, it could be critical to gain entry to your house quickly. Do you have one or two neighbors who have the key to your house? Do the other neighbors know who



New Neighborhood Watch Director Larry Wilson

they are? This information can be added to your emergency contacts information at any time.

Please turn to page 32 for more information on your safety!

Neighborhood Watch Contacts

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

Aging Well

Continued from page 21

www.healthafter50.com and obtain “The 2016 Memory White Paper.”

I once heard it said that we do not die

from a specific disease, but we die from our whole life. While this is not totally true, it certainly is true that our whole lifestyle indeed affects our mental and physical health. When it comes to preserving memory, we must consider such

factors as diet, exercise, sleep, smoking, physical conditions such as diabetes and depression, medications, and a host of other factors. See you at the Community Forum.

Library News

Sandy Melnick, Library Volunteer

Happy New Year to all you readers in SCLH. We are so happy to have the support from everyone, and your donations. Once again, we remind you that we are accepting donations copyrighted 2008 and later.

When returning hardbound books, please remember to return the covers also. We are finding a



lot of “naked” books that are looking for their covers. Also, please do not take any business and investment materials. If you need an article from one of these books/periodicals—you can make a copy at the front desk. Thanks for all your help.

With the rains we are getting soggy books—how about putting these books in plastic bags when you are returning the books?

I read a very good book this past month titled *What She Left Behind*, by Ellen Marie Wiseman. This is a novel about a

foster girl who happens upon a trunk full of the letters and journal of a mental patient at a psychiatric hospital. This is really a parallel story of these two women and it is fascinating. The book can be found in the hardbound section of novels.

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).



Club News



Alzheimer's/Dementia

Caregivers Support Group

We begin 2016 with a Caregiver Support Group discussion meeting Wednesday, January 27 at 1:00 PM in OC Lodge. At that time participants will have the opportunity to share year end events that may have caused them concern and will be able discuss any other issues. Participating in our support group gives members the opportunity to share with those who understand the daily responsibilities and concerns caregivers have and to offer some solutions.

As this support group begins its 11th year, topics planned thus far are: how to deal with issues related to seniors driving, and a presentation by an attorney who will discuss legal issues to consider when the diagnosis is Alzheimer's/Dementia.

In addition to the discussion meetings and presentations by specialists in the chosen topics, we have a wonderful selection of appropriate books that may be borrowed to read at home or to share with family and friends.

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



Antiques Appreciation

Monday, January 4, was the club's first of the New Year's biannual Show and Tell programs—always a popular event! Members brought one or two of their favorite or unusual items to share and once again it was a fascinating morning with many members sharing interesting items and stories.

Our February 1 program brings Jan



Some Antiques Appreciation Club 2015/2016 Officers

Geiger, who is a docent at the Crocker Art Museum. She will tell about the history of the museum and its collections, and will talk about the various programs, exhibitions and resources that the museum offers. Please join us for an entertaining and informative session.

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

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



Astronomy

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

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

On Wednesday, February 3, Dave Wood will present "Measuring the Stars." All we get from stars is a stream of photons—we get direction, intensity, and color. How do we learn all the things we do about stars? Dave will answer this question in the P-Hall (KS) starting at 6:45 PM.

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



Ballroom Dance

Dancing is fun. Why not "re-solve" to have more fun in your New Year? Plan to join us on Tuesday afternoons at KS. We are a group who enjoys getting together for lessons, open dancing, and dance themed events during the year. Every month, except December, a new dance style is taught. January fea-



Mary & Ron Swanson at our Roaring Twenties themed Ballroom Saturday Night Dance

tures the graceful, flowing Waltz. Then, heat up your February with the Rumba. Beginning level is taught from 2:00 to 3:00 PM, open dancing to a wide musical selection follows, from 3:00 to 4:00 PM. A more advanced level of the monthly dance is taught from 4:00 to 5:00 PM. We have many fun, special dance events during the year. Including, Dance Socials, Potlucks, and Ballroom Saturday Night Dances. Dues are only \$7 yearly. All the group lessons are included! So, join the fun. We welcome everyone! It would be a great New Year's gift to yourself!

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



Bereavement Support

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meeting will be February 10. 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 Red Robin, Thursday, January 28. Meet in front of OC Lodge by 11:15 AM to carpool to the restaurant. For more information or to put a Memoriam in the COMPASS, contact Joan.
Contact: *Joan Logue 434-0749, joanlogue@sbcglobal.net*



Billiards

Woman's Billiard Group Tournaments will be every Tuesday 12:45 to 3:00 PM.

Free Billiards Workshop to all Sun City Lincoln Hills residents: The Billiards Group would like to offer a free weekly Billiards lesson at KS. We will have a person there on Tuesdays from 9:00 to 10:30 AM. This is for new and returning players (men and

woman). 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. Contact Dan Oden 408-2687.



Marie Rucker and Larry Koenig;
Jerry Novak and Garry Hoffman;
Jack McAfee and Bob Whener,
Phil Delany and Bill Mayo, Oscar
Alvarez and Ted Komaki

Photos include Upstarts Tournament six-game winners Marie Rucker and Larry Koenig; Players Tournament winners—seven games, Jerry Novak, and six and a half of seven games, Garry Hoffman; Shooters Tournament—First place Jack McAfee and Bob Whener, second, Phil Delany and Bill Mayo, third, Oscar Alvarez and Ted Komaki. **Contact: Tony Felice, afelice@wavecable.com**

Bird

Monday, February 8, our guest speaker will be Heath Wakelee. Heath is past president of the Sierra Foothills Audubon Society and his presentations on Blue Birds are always informative. Join us at 1:30 PM in the P-Hall (KS).

We have two outings coming up. Friday, January 22, we head to the Sierra foothills east of Linden. The oak woodlands and open farmlands are great for sighting Ferruginous Hawks, Loggerhead Shrikes and Lewis's Woodpeckers. February 5, we enjoy walking the Ferrari Pond Trail to the Salt Pond here in Lincoln Hills.

As we begin 2016, I would like to acknowledge our club's Chair and Co-Chair, Kathi & Larry Ridley; our Treasurer, Susan Davis; Secretary, Ruth Baylis; and



The Red-tailed Hawk, Nuttall's Woodpecker and Bald Eagle were photographed by Carole Haskell during our visit to the Sacramento National Wildlife Refuge in December

Field Trip Leader, Paul MacGarvey. Thank you all for your great work!
Contact: Kathi Ridley 253-7086, kathiridley@yahoo.com;
Lh_bird_group@yahoo.com
Website: www.suncity-lincolnhills.org/residents

Bocce Ball, Mad Hatters

The group we had for our Christmas Party at the Buffet at Thunder Valley was so large we didn't manage to get a picture of the whole group. We had 33 people attend, which has to be a record. The picture here is only half the group. If you are not in this picture we will make sure you make it into next year's picture. Maybe we should just do a formal picture next Thursday. As it was, due to rain, we didn't play Bocce the day of the party. As we write this we have had three straight days of rain but managed to play last week. Hopefully we will get rained out several



Bocce Christmas Party

times before you read this. We really need the water.

After last month's article we actually had a few more people wear their SCLH name tags. Thank you and keep it up.

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



Book, OC

We, the OC Book Group, wish all of you a Happy, Healthy New Year and invite you to join us for any or all of our meetings. We meet the third Thursday of the month from 1:00 to 2:30 PM in the Multipurpose Room (OC).

Schedule for 2016:

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



2015 Holiday Party

Contacts: Darlis Beale 408-0269; Penny Pearl 409-0510; Dale Nater 543-8755
Website: <http://LHocbookgroup.blogspot.com/>
Wiki: <http://ocbookgroup.pbwiki.com/>



Bosom Buddies

Breast Cancer Survivors

Bosom Buddies had their annual Christmas Luncheon at Patty McCuen's home. The smiles, chit chats and laughter



The Hills Bros; from left, Patty McCuen, Jean Ebenholtz, and Val Singer;

Holiday Cake;

were abundant. Cindy Redhair and Kay Brady made us beautiful gifts that were placed on our plates. Our lunch was pasta, garlic bread and salad. It was topped off with ice cream and cake. Our special guest was Jean Ebenholtz shown in the photo with Patty McCuen and Val Singer. The entertainment was lively with “The Hills Bros” from Lincoln Hills. They really enjoy singing to our group. This is their second year with us and we have them reserved for all of the Christmases in the future plus some other months.

Please join us so that you can be smiling and laughing during a very difficult time in your life. We meet the second Thursday at the Multipurpose Room (OC) every month.

Contact: Marianne Smith 408-1818

Website: www.suncity-lincolnhills.org/residents



Bridge, Duplicate

The annual club meeting will be held on Wednesday, January 20 at 10:30 AM. Your attendance is important because a quorum of members is required to approve the 2016 budget and make changes in the bylaws. In 2016, officers Sharon Neff, Jim Collart, Jim McElfresh, and Tom Rosen will continue as president, vice-president, treasurer, and secretary, respectively.

Duplicate games are played in the Kilaga

Springs 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 Nancy Rice (543-5275).

Contact: Sharon Neff 543-8897

Website: www.bridgewebs.com/lincolnhills



Bridge, Partners

Call for early sign-up or just show up with your partner and standby in the Sierra Room (KS); you get to play if we have even pairs up to 28 (14 tables). We must be seated by 5:50 PM, and we must finish by 8:30 PM.

November 26 winners—not the turkey, but you’re a winner because you live in Lincoln Hills where the hands are always 22 HCPs.

December 3 winners—first: Marlene Harner/Basil Molony; second: Bruce Fink/Stam Mutnick; third: Sue Cirerol/Dee Williams tied with Kurt Wolfe/Ed Page. Barbara Bryan/Pat Mullins had the night’s high round of 2010.

December 10 winners—first: Edith Kesting/Johann Kiesel; second: Carol Mayeur/Dolores Marchand with the night’s high round of 1520; third: Hilla/Bob Fawcett.

December 17 winners—first: Lydia King/Nancy Rice; second: Barbara Bryan/Pat Mullins; third: Carol Mayeur/Dolores Marchand. Kay/Ben Newton had the night’s high round of 1400.

Contacts: First/Third Thursday:

Kay/Ben Newton 408-1819

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



Bridge, Social

Join us for Social Bridge on Fridays from 1:00-4:00 PM in the Sierra Room (KS). Reservations required! We have a singles’ rotation. Choose a partner for the first round then you rotate. Arrive between 12:30 to 12:45 PM.

Winners: November and December—First place: Joe Phelan, Alan Haselwood (twice!) and John Butler. Second: Viren Sitwala, Nancy Griffin, Chet Winton and Byron Hansen. Third: Ed Page, Carol Mayeur, Rosanna Jensen and Mo Scarpitti. Fourth: Lynda Sader, Lee Willson, Jim Busey and Bev Dwyer.

The Grand Slam winners this month were Alan Haselwood and Byron Hansen. On December 4, they bid and made seven Spades. Congratulations to Alan Haselwood for achieving the Top Score two weeks running!

Class: Our free bridge class has instructors on the first and third Wednesdays in the Card Room (OC).

Reservations: January/February: Chet Winton, 408-8708, cnwinton@sbcglobal.net; Helen Helm, 408-0428, h89elen@att.net.

Contact: Jodi Deeley, 208-4086

Jodi2@wavecable.com



Bunco

In December, the Bunco Group had 32 players show up. It was a blast! Shirley Mohler’s no prize loss record has been broken, she won most wins. After playing three rounds, the Bunco Group had their annual gift exchange with only one steal. Good thing Mary Sweigert won most Buncos because every gift (four) she opened was stolen. After the gift exchange, the group continued on to Thunder Valley Casino for the buffet lunch and casino fun.

The Bunco Group plays the third Thurs-



The Bunco Group enjoying each other’s friendship and having a great time playing in December

day of the month in the Cards Room (OC). Join in the fun for only a \$5 player fee! Play starts promptly at 9:00 AM. Drop in when your schedule permits. It’s a fun way to meet new friends.

December Winners: Most Buncos Mary

Sweigert; Most Wins Shirley Mohler; Most Losses Bonnie Meyers; Traveler Janet DeWitt.

Next Bunco is Thursday, January 21.

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



Ceramic Arts

Hopefully you will get all those New Year's resolutions done. We would love to have one of them be joining the fun in our Ceramics Group. Please join us at our hours listed below or just talk to us about our classes listed in the COMPASS. Hope to see you soon.

CAG "Workshops" are held at OC on Saturdays, 9:00-3:00 PM and Sundays, 12:00-4:00 PM; KS workshops are Mondays, 1:00-4:00 PM for Earthenware and Sundays, 1:00-4:00 PM for Spanish Oils. "Open Studio" is available to all residents: OC Fridays only, 1:00-5:00 PM and KS Sundays only, 1:00-4:00 PM.

Again, check the bulletin board and studio windows for any changes in times/closures.

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-lincolnhills.org/residents, Clubs, Ceramic Arts



Chorus

Rehearsals are already underway for our spring concert, and you're going to love it! We'll be singing mostly what most of us grew up with—hits from the 50s and 60s like "Stand by Me," "California Dreamin'," "Yesterday," and "Aquarius/Let the Sunshine In" from "Hair." You'll especially enjoy our doo wop medley: "Book of Love," "Goodnight Sweetheart," "In the Still of the Night," "Save the Last Dance for Me," and others. And you won't want to miss "Surf City," "Surfin' USA," "Kokomo," "Little



Chorus director Bill Sveglini and accompanist Paul Melkonian

Old Lady from Pasadena," "Little Deuce Coupe," and more by the Beach Boys and Jan & Dean.

Put our concert dates—May 1-3—on your calendar now!

Contacts: Suzanne Rosevold 587-3035, sznnrsvld202@gmail.com; Bill Sveglini 899-8383, sveglini@gmail.com Website: www.lincolnhillschorus.org Email: lhchorus@yahoo.com



Computer

Windows 10 Forum: February 5, 9:00 AM a small group session where members give and get Windows 10 tips and How To's. Multipurpose Room (OC).

Main Meeting February 10, 6:30 PM "Skype Is for Staying in Touch!" by Rita Wronkiewicz. Haven't used Skype lately? It's time to review this valuable tool that



Rita Wronkiewicz presents "Skype Is for Staying in Touch!" on February 10

has joined Microsoft. It is for doing things together, when you're apart. You can catch up with your family and friends in video or audio format, hold a video meeting. You can use it on whatever device works best for you—phone, computer, TV. For a reasonable fee, you can do even more. Rita will show you how to get started and how to utilize more recent features. P-Hall (KS).

Clinic February 12 ***Canceled***

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

Contact: Karl Schoenstein, president@sclhcc.org Website: www.sclhcc.org



Mac User

The Mac Users Group is all about education and information. We present four seminars and two hands-on labs every month. But no matter how much we offer, there are still other sources of Apple info available from

different sources. My favorite is MacMost.com which provides narrated videos on lots of topics. Additionally, they maintain a searchable archive of



Mac User

these videos by type. And it is free. You can also sign up for a frequent newsletter which includes the latest videos. Another site is iMore.com that is a source of news about things pertaining to Apple products, Mac and Devices. MacWorld.com, MacRumors.com and CultofMac.com are several others. The Web is chock full of information about the use of Apple hardware and about the Apps we all need. And when you need individual assistance, MUG members can call the MUG Help Line at 668-0684.

Contact: Vicki White 960-6775, vickiawhite@me.com; Website: www.lhmug.org



Country Couples

We gathered in the Ballroom on December 2 dressed in our finest frocks to kick off the holidays. All I can say is "wow" you guys really looked good! A traditional holiday meal was devoured and topped off with pumpkin pie before we kicked up our boot heels and



2016 CC Board (from left): Rich Pick, Ern Hargis, Marsha Brigleb (Chair), Laura Wermuth, Margo Zamba; Christmas party dancers "Waltzing Across Texas"

danced the night away with tunes from our favorite DJ, Jim Keener. Gratitude was expressed to our outgoing Board President, Kathy Lopez, and Secretary, Terri Krcha. Also to Diane Carney for her *COMPASS* articles, and Terri Krcha for the *Sun Senior News* articles for the last two years. We wish to give thanks to all the dedicated volunteers who worked behind the scenes who were not officially recognized that evening and whose contributions this last year made our club a success. We couldn't have done it without you! 2016 Membership drive is now underway. "You all come back now, ya hear?"

**Contact: Marsha Brigleb 434-5460;
Laura Wermuth 253-7092**

I have read your articles in the newspaper and they are wonderful. You must have a "very good" typewriter.

It is not that your bike is "very good." The time you are spending riding those roads and hills is making your body stronger. Keep up the riding but challenge your body once in a while by riding with a stronger cycling group.

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



Eye Contact

Low Vision Support Group

We hold two meetings each month—a Living Skills meeting and a General Meeting featuring a speaker of interest.

Living Skills Meeting: Multimedia Room (OC), Thursday, January 28, 10:30 AM-12:00 PM. Topic: "The Three R's of Vision Loss—Your Rights, Resources, and Responsibilities." Patricia Locke, Director of Third Sector Resources, discusses our *rights* as citizens with disabilities; *resources* available to us and our *responsibilities* to access those resources.

General Meeting, Fine Arts Room (OC), Tuesday, February 2, 2:00-3:30 PM. Love Miller, representing the California Telephone Access Program (CTAP), will discuss *free* telephones provided to those with vision loss, hearing loss or mobility issues. A demonstration will show how these phones can make your life easier. Orders for phones can be submitted at the meeting.

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

Contact: Cathy McGriff 408-0169



Fishing

Happy New Year everyone!

Dan Jorgensen took new member Dan Holmes under his wing and showed him that fishing can be exciting and fun. They caught a few at Collins Lake as witnessed by these great pictures! Dan said the water was real low, but they walked down to the water and threw their lines out and just like that, hooked three! It really wasn't that easy. ;-)

You can meet real nice folks that will go

fishing with you, catch great fish, show a new friend a few tricks, tell a couple of tall tales, and later think about the great day you had and feel good about showing someone that fishing is fun. Join up today!



Dan and his band of three; The "new" guy caught the big one

Our club meets the second Monday of the month, 7:00 PM, KS, join us. Contact Henry (below) to join.

**Contacts: Jerry Messier,
jmessier@starstream.net;
Henry Sandigo, hsandigo@icloud.com**



Garden

A message from new President Larry Clark: January is a busy month both in the garden and in the Garden Group. Please join us—we have some exciting changes coming in the New Year!



Larry Clark, 2016 President; time to prune roses!; volunteers always needed!



Cribbage

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

We play four-handed partner games using a rotation system. 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 November were Hugh Duberley (for two consecutive weeks), Ken VonDeylen, and Nancy Murdick.

New players are always welcome!
**Contacts: Larry O'Donnell 406-672-6493;
Ken VonDeylen 599-6530**



Cyclist

After a good ride we sometimes sit around and converse with our fellow riders about how well our bikes did on this strenuous ride. We seem to give our bikes all the credit for climbing the hills so easily.

It reminds me of an old story about a photographer who was having a showing of her photos and the local newspaper reporter came to write an article. The reporter said that her photographs were beautiful and she must have a "very good" camera. The photographer came back with,

Bonsai Meeting (January 21), 2:00-4:00 PM, Terra Cotta Room (KS). Open workshop on pines and junipers with review of styles.

2016 new and renewal Membership will be available at 1:15 PM before the General Meeting, January 28, 2:00-4:00 PM, KS. Dues are \$20 per year (note the change) which includes two members per household for all activities. (Make checks payable to SCLH Garden Group.) A registration form is on the website (LHGardenGroup.org) or contact: Marjie Anderson (408-7685).

January 28—Guest Speaker is board member Frances Brandon from *The California Garden Project*. Ms. Brandon is a certified Master Gardener, facilitator, mediator and trainer in Sustainable and Edible Landscaping along with multiple certificates in Management and Horticulture.

**Contact: Lorraine Immel 434-2918, limmel@ssctv.net; Larry Clark 409-5214, lkclark@surewest.net
www.lhgardengroup.org**



Golf, Ladies

Ladies XVIII

Now is a good time to join the Lincoln Hills 18 hole Ladies Golf Group! Donna Sosko is our contact person. Once members have signed up with Donna, each new member will first play with a Board member. The group also has a New Member Liaison who helps introduce new players to the group.



Donna Sosko, Membership Chair; two new members are Julie Storer, left, and Doris Knorr



Sharon McMillan, Marie Bossert, Brenda D'Andre; Nancy



McDonald and Mary D'Agostini

were recognized. Carole Cain and Ruth Pennington presented awards to the players having the most Pars, Birdies, and Chip-ins in each flight during the year. Steve Treadway, Head Teaching Professional, presented a trophy to Darlyne Giorgi for showing the greatest improvement during the year. Clareen Bolton was awarded the Golden Putter; Marie Bossert was the winner of the Captain's Points award, and Kate Gold was the Most Dedicated Player. Edna Linville chaired the collection of gifts for the residents of Lincoln Meadows Care Center. A short WNHGA presentation was made by Alyce Stanwood.

Contact: Susan Pharis; firefly7554@aol.com

2015 new members include Suzanne Hutchinson, Nancy Gadsby, Fran Swart, Meredith Wilson, Ranny Eckstrom and Susan O'Laughlin. New members for 2016 are beginning to join now!

Organized play is every Thursday, except for the month of December. Play begins early morning. We play a "shotgun" so that all golfers start and end at the same time. Play includes individual, two-person team and four-person team games. Our tournament chairs put that all together every week. Golfers come out and play and have fun, meet new friends and perhaps enjoy lunch together. It is not all about golf!

Contact: Donna Sosko 434-5527

Website: lhgxviii.com

Lincoln Hills Lincsters

The Lincster holiday party was held on December 2. The Executive Board for 2016 was presented. The new officers are: Nancy McDonald, Captain; Sharon McMillan, Co-Captain; Marie Bossert, Tournament Chair; Mary D'Agostini, Treasurer; Brenda D'Andre, Secretary. Captain Darlyne Giorgi gave a review of the past year. Previous Club Champions and Golfers of the Month



Golf, Men's

As we start the New Year we are looking forward to another season of great tournaments. If you're not a member, we invite you to join us. Applications in the Golf Shop.

2016 Board Directors: Rodger Oswald President; Pete Saco Tournament Director; Tom Traxel Assistant Tournament Director; Roger Coummings Membership; Phil Steinbock Treasurer; Gil Lucas Secretary; Doug Hinchey Communication; John Garfein Social; Roger Val Rules; Dave Jansen Handicapping; Bob McCollum Sponsors; Karl Williams CVS (Central Valley Seniors).

The next Men's Club tournament is the ABCD Scramble on February 9, sign up by February 5. Some players will tee off from white tees, some from green. This will allow all players to be competitive on drives. ABCD computer generated tournament



Genealogy

Note time change for January general meeting! The SCLH Genealogy Club general meeting will be in the P-Hall (KS), January 18 and shall start promptly at 5:30 PM. President Bob Ringo, Vice President Arlene Rond, Recording Secretary Marlene Carlton and Treasurer Lodge Carlton have agreed to serve another year. However, they will have to be nominated from the floor and a vote taken by members.

The topic is *Member Sharing*, featuring your fellow members who will share their genealogy research.

Also, Bob Ringo will discuss Ancestry's retiring of Family Tree software.

The door prize drawing, limited to paid members only, will be six seven-inch Kindle Fire tablets. You are invited to attend the Social gathering following the general meeting at 7:00 PM. Check the website where members are advised of events and news of genealogy importance.

Contacts: Maureen Sausen 543-8594;

Arlene Rond 408-3641;

Website: lincolnhillsgenealogy.com

with all levels of players to form a team 100% of handicap. There will be team prizes and close to the pin prizes.

Please visit our website "www.lhmgc.org" for information.

Contacts: Rodger Oswald, rodgeroswald@gmail.com



spoke to our group two years ago and gave, as so many speakers do, his view of the world of investments and his personal insights which he shares freely. He's very entertaining and you'll enjoy him immensely if you haven't heard him before.

We will continue to collect dues at the February meeting. Checks only, no cash.



Healthy Eating

Club members started 2016 right with a gathering for a very special healthy dinner at Rum Thai Bistro January 12.

Renew your membership for calendar year 2016 by mailing your \$20 check payable to Healthy Eating Club to 2382 Swainson Lane in Lincoln 95648. Or, you can renew at the January 25 club meeting where we will learn about the trillions of little helpers residing in all our digestive tracts and their importance to our good health from guest speaker Dr. Carolyn Slup-



Huge turnout of hikers for our favorite hiking destination—Hidden Falls; hikers viewing Coon Creek from the overlook at Hidden Falls Park; Hidden Falls in all its glory!



Investors Study Group Christmas Party; Charlie Peloquin,

guest speaker from JP Morgan, Joan Brenning, photographer, and Russ Abbott, Consultant



Healthy Thai Food Dishes

more vivid and alive with the abundant rain in December. Breathing crisp clean air is another gift of being outdoors. If you are inspired to start hiking or walking this year, check out the Hiking Group's website—see below. There are hikes for all abilities—from easy to moderate to strenuous—and wonderful areas to explore away from Lincoln Hills. Check out the great variety of hikes by clicking on "Upcoming Hikes" on the website. Also there are getaways planned each year, and for 2016 there is one at Point Reyes Seashore—see "Special Events." The Walking subgroup, which walks at Lincoln Hills, has weekly Wednesday walks that are different and delightful each week.

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

sky of UC Davis Department of Nutrition and Food Science.

Join us as we learn about the importance and joy of healthy eating. Monthly meetings are the fourth Monday at 2:00 PM in the P-Hall (KS), so January's meeting is the 25th. Guests are welcome to join us for the meeting and to sample healthy foods prepared by volunteer members in the Social Kitchen after the meeting.

Contact: Don R. Rickgauer 253-3984, ScH13HealthyEating@gmail.com

Hiking and Walking

Happy New Year to everyone!! May this year be your happiest and healthiest!! Whether you are a hiker or a walker, Nature has marvelous gifts of beauty for you to enjoy!! Trees, shrubs, and grasses seem

Investors' Study

Dr. Jerry Webman of Oppenheimer will be our speaker on February 4, in the P-Hall (KS) at 2:30 PM. Dr Webman

Lavender Friends

The Lavender Friends Club is a social organization serving the LGBT Community and those in friendship in Sun City Lincoln Hills.

2015 closed off an active year highlighted by a celebration of the Supreme Court ruling on LGBT marriage rights and ended in a popular Christmas dinner/dance that drew over 100 members and guests. 2016 activities include January 27 Glow Bowling, February 3 Breakfast, and February 9 Movie and Happy Hour.

There will be a potluck at KS on February 20 where Professor Johnnie Terry will speak on the LGBT oral history project, which focuses on preserving the histories of LGBT civil rights pioneers in northern

California. Check email for details.

Community Activities include PFLAG on Monday, February 8, from 7:00 to 9:00 PM at Sutter Auburn Faith Hospital, 11815 Education Street in Auburn.

For more information:

Contacts: Sheila 408-2802,
Carol 295-0610 or Gina 209-3925

Website: www.lavenderfriends.com

Lincoln Hills

Line Dance

Welcome to all Line Dancers in 2016! Classes are in full swing now, and we look forward to several events this year. Mark your calendars for the following:

- March 22 Club Expo, OC, 10:00 AM-1:00 PM
- April 17 Free Dance, OC Ballroom, 1:00-4:30 PM
- April 23 Dancing for the Dream Workshop, Rocklin, 10:00 AM-4:00 PM
- April 24 John Robinson Workshop, Fair Oaks, TBA
- July 23 Yvonne and Carol's Workshop, KS, 10:00 AM-6:00 PM
- August 14 Free Dance, OC Ballroom, 1:00-4:30 PM
- December 5 Holiday Party, KS, 5:00-8:30 PM



Having fun at the Holiday Party!; Hats off to all the dancers!

It should be a great year! As other workshops in the area are announced during the year, we will keep you apprised of them. Happy Dancing, and check your COMPASS every month for upcoming classes. New club t-shirts will be available in the next few months, and the 2015 models are still available online.

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



Mah Jongg, Chinese

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

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



Tuesday is always a happening day in the Card Room (OC). National Mah Jongg is played from 12:30 to 4:00 PM every week. It is a wonderful place to meet your neighbors and make new friends.

If you don't know how to play, contact Fran Rivera at 434-7061 around the middle of January when she is ready to start a new session. Fran conducts free classes in her home.

Mah Jongg is a mentally stimulating game which keeps you on your toes and provides plenty of mental exercise and challenge. Hope to see you next week.

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



Mixed Media Collage Arts

New Year—new blank canvas—new opportunity to create. You don't paint you say? You do not know where to begin you say? You are not creative you say? Ahh, that is where Mixed Media Collage just might be the right club to check out. Our "recipe" uses acrylic paints, recycled, repurposed items from papers to leaves and fibers to old photos, book pages, etc. We then arrange on the canvas—perhaps add a vintage button, old coin or memento and wow you have created a mixed media collage canvas. All levels of experience. We each work on individual projects while

sharing ideas. We meet the third Wednesday of each month from 1:00-5:00 PM in the Ceramics Room (OC).

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



Motorcycle

RoadRunners

The club is into our 11th year of organizing rides and social activities for the membership. Last year's activities had ten scheduled rides and several socials. We had one extended ride of three days touring the coast and taking in the Paso Robles area.

Our year culminated with a Christmas Party. We had a spectacular event at Buonarroti's restaurant where 42 members and guests enjoyed an excellent meal. Many thanks to our VP Membership Patrick Chaves for planning and hosting a great party

While the RoadRunners will not have a regular meeting in January, the Road Captains will meet to sketch out the riding agenda for 2016.

RoadRunners meet the fourth Thursday of the month at 6:00 PM in the Multimedia Room (OC). Our next meeting will be in February. Guests are always welcome.

"Ride safe, ride with friends!"

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



Music

Music group members are forming a new guitar study group. For information, come to the regular monthly music meeting on Wednesday, January 27 from 6:30 to 8:30 PM, Fine Arts Room (OC). SCLH residents and their guests are welcome.

The next SCLH Friday Night Open Mic is scheduled for Friday, February 26, from 6:00 to 8:30 PM, P-Hall (KS). Performance sign-ups begin at 5:30 PM. The event is open to SCLH performing musicians, their guests and audience members. No karaoke is permitted.

The SCLH Ukulele Jam Group, held Wednesdays from 1:00 to 3:00 PM (OC), is open to SCLH residents. Contact Ron Peck (409-0463) for information.

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



Needle Arts

Threads of Friendship

After the exciting meeting in January, the knitters are on their way with new projects. It is never too early to start your Christmas presents to avoid the last minute rush!! Of course, there is always knitting going on for our Veterans, cancer patients, new babies and other agencies needing our help. If you are interested, give Shirli Lent a call.

Coming in February, the Singer Featherweight sewing machine will take the stage. Rita & Ted Maddock from Pioneer, CA will be sharing the history of the Featherweight and telling how to properly care for it. They will address any problems the users may be experiencing as well. Bring your machine



Betsy McMullin at Mercy 2015; Linda Garrett at Mercy 2015; the Gamblers, Mercy 2015



if you like to P-Hall (KS) on February 9 at 1:00 PM. Guests welcome.

The Mercy Retreat will be here before you know it. Give Betsy McMullen a call for cost and dates. It is fun!!

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



Neighborhood Watch

Now that's scary! Very, very scary! Do you know someone who has fallen and not been able to get up? There seems to be an epidemic of this medical emergency. Within the "safety" of their own home some have spent days on the floor, waiting for help to happen by, followed by days in the hospital and skilled nursing.

Many of you know about personal alarms to wear around your neck or wrist, or keep in your pocket. But most of us are in denial that such a fall would ever happen to us.

A fall can also result from a heart attack, stroke, or other serious illnesses. This frightening scenario is not necessary. Your alarm company should have the name and telephone number of a neighbor with a key to your house.

Common sense will tell us that it *could* happen to us! A stitch in time saves nine!

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



NEV

Tuesday, January 19, at the P-Hall (KS), 10:00 AM, will be the next membership meeting for the NEV Group. Our speaker will be Shawn Tillman, Economic Development Director of the city of Lincoln. Shawn Tillman joined the city of Lincoln's staff in August, 2014, and among some of his goals is working to identify and reach out to companies that would be a good fit for Lincoln. All Lincoln Hills residents are welcome.

A reminder, our meetings for 2016 are now quarterly, January 19, April 19, July 19 and October 18, the third Tuesday of the month at 10:00 AM. Please join us January 19 at 10:00 AM for the membership meeting at the P-Hall (KS).

Contact: Dan Gilliam, President 209-3946



Painters

The December Club Holiday Luncheon was a treat for the attendees (see picture). It was a nice time to get acquainted with other members that may be new to you. Thanks to all who

worked so hard to make it a success—and congratulations to the lucky ones who won a drawing prize!



Members enjoying the Holiday Luncheon at Meridians

On January 18 the club meeting will review the process for entering the Fine Arts Show, which will be held February 19-21. Be sure to mark your calendar to attend the show and see the fine work produced by beginners and experts, and all of them are our neighbors.

The club will be hosting a professional artist, Abigail VanCannon, in the February meeting (on the 15th) who will present a demo in oils. Her reputation and recognition is growing fast, with local awards, shows, and classes keeping her name at the front of the local art scene.

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



Paper Arts

We started off the New Year with a project to keep us on track, a lovely garden flip calendar. The project leader and our new president was Shirley Rainman. Thank you Shirley for starting us off with a new paper arts project!

We ended the year with a festive luncheon attended by over 50 of our members. We shared our holiday spirit by bringing groceries, frozen turkeys and hams to be donated to the Salt Mine. Eric Long of the Salt Mine was very grateful for the generous donations for our local families.

Our thanks again to Sue Manas, outgoing President, for making the event so special. Sue's leadership and organizational skills contributed greatly to our club's growth over the past few years.

We look forward to a New Year along with new projects to spark our paper arts



Paper Arts members celebrate at Christmas luncheon; Paper Arts Club incoming President Shirley Rainman, left, and Sue Manas, outgoing President



creativity. Be sure to check our display in the OC window.

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 always happy to teach you the basics or refresh your memory.

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

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



Photography

For the second year in a row, the Photography Group's Christmas Brunch was held in the Sports Bar at OC and was a rousing success! A buffet, which included scrambled eggs, bacon, sausages, country potatoes and pancakes, would be hard to beat but we did it with a drawing for more than 60 items. These items were all supplied by our attendees, with the club pitching in for a couple of copies of Photoshop Elements and a few other items. Most folks walked away with a "prize" that varied from a Canon film camera with two telephoto lenses to a rubber ducky to a selfie stick made from scrap lumber, duct tape and a



clothes pin. It was all in good fun and what better way to end the year then with good friends and good times.

For more information about us and meeting times see our website.

Contact: Brad Senn (530) 409-2499,

bradleysenn@sbcglobal.net

Website: SCLHphoto.com



Pickleball

Early December was party time for 258 club members and guests to begin the Christmas Holiday Season. Thanks to Social Director Lynn's orchestration, we socialized, danced to DJ Tom Fretwell's tunes and enjoyed a delicious meal expertly served by Meridians' staff. Thanks also to Joanne Cisneros, LH resident and professional photographer, for capturing all those party smiles!

Eight club members traveled in December for a week-long Pickleball adventure to an all-inclusive resort at Dominican Republic's Punta Cana. Contact Andrea Mayorga *now* for details of the "2016 Pickle Jamaica 'Mon Adventure.'"

Club dues for 2016 must be paid by



Pickleball Partygoers: Margo Walters and Tom Peach, sister and brother;



Carol & Herb Wilson; Mike & Beth Moe, Ken & Nancee George, Gary & Carolyn Janikula, Michelle & Bruce Carson

January 31 to continue as a ladder participant. New or continuing member? Drop completed membership form with your \$15 check in metal membership box inside the courtside cabinet.

Our next Board of Directors meeting is February 10, 2:00 PM in the Ceramics Room (OC) and open to all club members.

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

Website: www.lhpickleball.com



Players

A grand time was had by all at the Players Christmas Party catered by Meridians. Entertainment was provided by the "Hills Brothers," and karaoke by Pat & Ross Pelton.

Readers Theatre cast is ramping up for an exciting production of "On The Street Where We Live." The cast of 20 actors and actresses will surely keep the audience on the edge of their seats. Free performance dates in the P-Hall (KS) are February 13 at 7:00 PM and February 14 at 2:00 PM.

Thanks go out to Kevin Smith, Betty Gordon, Julie Africa and Joanie Adams in providing entertainment for the children at the "Grandkids Santa Adventure."

Tickets for the hilarious comedy "The Curious Savage" will go on sale January 17 for performance dates of March 2 at 7:00 PM and March 3 at 2:00 PM and 7:00 PM.

Contact: Kevin Smith 408-1818, kbsmith17@yahoo.com

Website: www.lincolnhillsplayers.com



Julie Africa and Joanie Adams at your "Grandkids Santa" party



Poker

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

For Texas Hold 'em players, there is a separate table available on Monday, Tuesday and Friday—same times.

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

Contacts: Paul Marcorelle 925-658-2404;
Lynne Barsky 253-3730



RV

"Rock and Roll is Here to Stay"—that seemed to be the theme of the RV club's holiday party held at Turkey Creek Golf Course in December. Thanks to Vicki & Coleman White for putting together great food, entertainment, and decorations. Everyone twisted, shouted, waltzed, and shook their booties to music provided by musician/vocalist Doug Meredith, no injuries were reported! The club collected two tubs of Toys for Tots.



RV Group holiday party at Turkey Creek

Want to enjoy the splendor of California's spectacular scenery? In 2016, the RV group has trips planned for Palm Desert, Pismo Beach/Paso Robles, Lake Tahoe, Yosemite, Clio in the Graeagle area, Bodega Bay, Angel's Camp, and the wine country of Amador Co. in Plymouth.

The club meets the second Thursday of each month at KS; short business meetings, longer potlucks following! (I think that was the slogan used by the new board of directors.) We welcome all interested RVers.

Contact: David Africa 708-0009

Website: www.lhrvg.com



SCHOOLS

Sun City Helping Our Outstanding Lincoln Schools

The S.C.H.O.O.L.S. group welcomes a brand new year of imagination, inspiration and encouragement as we help students realize their potential. We are inspired and we are encouraged

as well. Please mark your calendars with these dates: Club and Community Expo—March 22, 10:00 AM-1:00 PM; Volunteer Appreciation Picnic at the Sports Pavilion—Tuesday, June 7, 5:00-8:00 PM; Annual S.C.H.O.O.L.S. Meeting—Thursday, September 8, 1:00-3:00 PM; Training Orientation for New Volunteers—Wednesday, September 14, 9:00 AM-12:30 PM; Annual SCLH Clubs Meeting—November 3, 10:00-11:00 AM.

We will provide updates on each of these events and meetings. We invite new volunteers to join us at any time. We work with your schedule and availability and are grateful for your talents! Let our New Year's resolution be this: "We will be there for one another as fellow members of humanity, in the finest sense of the word." —Goran Persson
Contacts: Sandy Frame 408-1453,
ssframe1963@gmail.com; Sandy Barry
209-3247, penneylane1944@yahoo.com;
Cindy Moore cindymoore@me.com



SCOOP

Sun City Organization of Pooches

We are looking forward to another year of excellent speakers and activities. If you have any ideas for a speaker or activity, please email SCOOP. Your ideas and participation are welcome!

We have three new members who have volunteered to serve on the SCOOP Board so there will be many new ideas and energy for 2016.

SCOOP makes an annual donation to dog groups with money in our treasury at the end of the year. This year we donated \$450 each to the Placer County SPCA and Healing Heroes Program RRUFF. Your dues help to support very worthy dog groups. Thanks!

Please send in your dues for 2016. It is \$12 per household and you can download the form on the SCOOP website.

Our next regular meeting will be on Tuesday, February 2, 11:00 AM in the Fine Arts Room. Look forward to seeing you there!

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

Happy New Year! This photo of our Scrabble group was taken in December after our Holiday Lunch at Meridians. We played Scrabble for prizes at the usual 1:00 PM time in the Cards Room (OC).



Scrabble Group Holiday Lunch

If you have been thinking of adding Scrabble to your activity list, the start of a new year is a great time to get started. We meet Mondays at 1:00 PM in the Card Room (OC). You are welcome to drop in for a game or two or play for the whole session until 4:00 PM (some of us diehards hang out until 5!). Let's Scrabble!

Submitted by Connie Protto.

Contact: Anne McMaster 409-5408



Singles

Dynamic Singles

It's time to settle down and get serious about a new year. Think back on 2015 and decide what activities you did that you enjoyed. Only repeat those which brought you pleasure. Investigate other interests and hobbies. Try the Singles Club. As well as two meetings a month, we have many other monthly activities, including golf, birthday celebrations, bocce ball, hiking, dining out, breakfasts, dancing and cocktail time. Dues are \$15 a year and if paid before January 28, you can attend the Pre-Superbowl Party at no charge. Details and contact people are on the Dynamic Singles Flyer which is available at OC, on the Resident Website and sent to you via email each week after you join. So if you're single, and especially if you're new here, give us a try. Meet people and make friends. If you already belong, join a committee. Get involved. You will have fun.

Contact: Judie Leimer 408-4308,

j.leimer@icloud.com



Ski

We have snow! Many members have used our weekly club emails to arrange ride-sharing day trips to the local resorts. This is an easy way to get to the mountains and have fun folks to ski with.



Holiday Party; Ric, Chuck and Dawna at Northstar

Our Holiday Party in December was well-attended and fun for all. Thanks to all who brought such great goodies, and to Sandy MacCullough and her crew for doing all the planning, set up and clean up.

Our next general membership meeting will be in the Multipurpose Room (OC) on Thursday, January 21, at 4:00 PM. CHP Officer David Martinez, who is based in Auburn, will be sharing winter driving tips with us. Our Prez has heard him before on this subject, and he says even experienced winter drivers are likely to learn something. This is also a good time for those questions you always wanted to ask the CHP.

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



Softball, Senior League

This year is the 17th season of softball here in Lincoln Hills. The new Board is busy putting together the plan for another great summer of softball. Opening Day is sure to be a festive occasion. Now is the time to get back in the gym and work out those kinks so we can minimize any chances of injury. Sunday practices are back in vogue, weather permitting. Please visit LHSSL.org for the most current information about our soft-

ball program. If you have any suggestions please pass them on to a board member. This year's board members are Jeff Greenberg, Ron Sato, John Moran, Vince Del Pozzo, Karl Wenzler, Wendy Green, and George Sylvia.

**Contact: George Sylvia 295-1957, geocath7@yahoo.com
Website: LHSSL.org**

Coyotes

Coyote teams will hold their organizational meetings in January for the 2016 season. Watch the LHSSL website for information on tryouts. If you are interested in joining the Coyote program, contact the appropriate team manager for additional information. The 2016 Banquet Dinner is scheduled for the Orchard Creek Ballroom on Monday, January 25. No-host bar opens at 5:45 PM with dinner planned for 7:00 PM. We will have a guest entertainer, prize drawings and a nice meal. Tickets are still available. Contact Bec Cannistraci immediately if you have not already signed up. Cost is \$32 per person.

The Coyote managers for 2016 will be Carlos Zavala/JR Jackson (60s), Montie Boatwright/Dale Stephens (65s), JD Diambrosio/Bob Smith (70s) and Bob Hunter (75s).

**Contact: Bec Cannistraci 408-4679 beccannistraci@sbcglobal.net
Website: LHSSL.org**



Sports Car

The LHSCG Holiday Evening at Catta Verdera County Club was a fantastic way to end the year. A surprise performance by the Hills Brothers of Lincoln Hills kicked off the evening. Our own Ron Hanson and Buzz Rognlien are part of the group and they sang a selection of holiday favorites.

Before the final meeting of 2015 we enjoyed an elegant sit-down dinner. We then celebrated the achievements of and gave thanks to the outgoing Board of Directors. Next we welcomed the 2016 Board of Directors, President Gary Musser, VP Tom Breckon, Secretary Rob Phillips, Treasurer Mary Olsen, Event Chair Ernie Drake, Historian Randy Lucchetti, Social Chair Kathy Mason and Webmaster Ron Goleno.

The festivities continued with dancing,



2016 Board, from left, Tom Breckon, Gary Musser, Ron Goleno, Kathy Mason, Ernie Drake, Randy Lucchetti, Rob Phillips (not pictured Mary Olsen)

visiting and reminiscing about the club's 2015 Rolling Events and Socials and planning for 2016. The evening ended with a New Year's Celebration including hats, streamers and noisemakers.

Written by Rob Phillips.

**Contact: Tom Breckon 434-6989, tom.breckon@sbcglobal.net
Website: LHsportscars.com**



Square & Round Dance

Sun City Squares

The Square Dance Club meets at 1:00 PM at Kilaga Springs Lodge. We are always ready to welcome experienced Square Dancers. Feel free to come in and watch or join, times listed below:

- Mainstream Level
Mondays, 1:00-2:15 PM (KS)
- Plus Level with Round Dancing between tips Mondays, 2:15-3:30 PM (KS)
Scott & Erin Byars, caller and cuer
- Advanced Class Mondays, 3:30-4:00 PM (KS)
- A-2 DBD Level—Thursdays, 1:00-3:00 PM (KS)

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

We are saying a sad good-bye to Don & Carole Clemons who are leaving the area.

Call Louis or Jean to join today!

**Contacts: Louis Bobrowsky 434-5932 louisbobrowsky@yahoo.com;
Jean Grupp 408-1868 jean@grupphomes.com**



Table Tennis

Any new year tends to inspire making New Year's resolutions and

they often involve either losing weight or exercising more, or both. If your resolutions include getting more exercise, you might consider looking into table tennis. The game is a very fast physical sport and requires agility, speed and quick responses. Absolutely tops for hand/eye coordination. The SCLH Table Tennis Group has a doubles format so just getting out of the way of your partner involves constant moving and should increase your agility.

Important to do some warm-up exercises and stretches. Warm-ups should include stretching of major muscle groups and some low intensity exercises. The areas that need stretching are neck and shoulders, lower back and abdomen, hips, thighs, lower legs and ankles.

KS, Tuesdays, 6:00-9:00 PM, Fridays, 8:00-11:00 AM, Sundays, 12:30-4:30 PM.

Contact: Ginger Nickerson 253-3322, gingerlee22@gmail.com



Tap Company

Hoping everyone had a wonderful Holiday and Happy New

Year. How many of you made a New Year's resolution to get more exercise this year—I know I did. One way to do that is to tap, tap, tap.

This month, in addition to perfecting our "Performance" numbers, we will also begin learning the "Production" number for "Hot Vegas Nights" and are back to our regular Performance

and Tech class schedule. This should help burn off those extra calories we all added to our diets during parties and dinners we all attended in December—now we pay the price.

The Production Number for "Hot Vegas Nights" will be taught during "Performance Classes" this time around and this year's Tap Company Show "Hot Vegas Nights" will prove to be just as outstanding as last year's show with a "Very Vegas" ending that you will all enjoy.

Written by Jennifer Lauchner.

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



Tennis

Congratulations to the new 2016 Lincoln Hills Tennis Group Board of Directors. From left, newly elected President Bob White, Communications BJ White, Co-Chairs Social Pamela Geernaert and Polly Smith, Treasurer Diane McLaughlin, Tournament Director David Mateer. Jack Ryder has volunteered to stay on as Webmaster.



New 2016 Tennis Group Board of Directors; some of the Friday Ladies Group



Besides the many events the LHTG puts on, we have side groups that organize tennis activities. One of them is Laurie Schuler's Friday Ladies Group, which she has been running for several years now. Some of the group is pictured here at a Christmas tennis/luncheon event—Laurie is fourth from the right.

Sign-up for 2016 and be included in a year of tennis action! Applications are at the tennis pavilion or <http://sclhtg.com>.

Social Drop-ins—Wednesday and Saturday, 9:00-11:00 AM, open to all Lincoln Hills residents.

Contacts: BJ White, bjw@starstream.net, Bob White, bobwhite@starstream.net
Website: <http://sclhtg.com>



Vaudeville Troupe

The Vaudeville Troupe hopes you had a very happy holiday season and a great start to the New Year.

Where did the year go? There were so many wonderful shows this past year. Not only the Vaudeville shows but the Tap Dance Company show, several Players shows and recently, the Chorus Holiday Show and a play called, "The Christmas



Vaudeville Steering Committee (from left) JoAnne Dennis, Ellie Hoekenga, Jackie Wilson, Yvonne Krause-Schenck, Pat Howle

Gift," a show also sponsored by the Players. What did they all have in common? Vaudeville Troupe Members. This just goes to show what talented friends and neighbors you have.

This New Year will bring lots of great shows featuring our friends and neighbors. Our Steering Committee has already started work on the July Vaudeville show with new ideas and unusual acts.

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



Veterans

A festive group of 146 members and guests gathered in the Ballroom (OC) for the Veterans Group's annual holiday party on December 15. Santa greeted members who brought gifts for the Marine Corps Reserve's Toys for Tots program. More than 150 toys were donated. A collection was also taken to cover the cost of flag poles, stands and toppers for the Sheridan Elementary School. Generous attendees not only covered the cost of the donated flag accessories, but also made possible a \$150 cash gift to the school's PTA. Thanks are due to all who contributed toys and cash, and to Lillian Nawman, social chair, for organizing another exceptional event.



An appreciative crowd of residents and guests enjoyed the Veterans Group's annual holiday luncheon in the OC Ballroom on December 15. Photos by Bob Stackhouse



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

Videography

The Lincoln Hills Videography Group is all about learning tips and techniques for creating quality videos that you can share with your friends, family, neighbors, or post to public websites. Our membership ranges from beginners to those with more advanced experience. In 2016 we are going to concentrate on helping you with the very basics of videography so that you can turn your footage, stills or a combination thereof, into a watch-worthy, boredom free video.

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

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

Water Volleyball

The New Year got off to a great start with our newly designed training program. The group has steadily grown over the years. This gave rise to a need

for a more organized way to integrate new players. A Red Ball sub-committee was chartered and many, many hours were spent on this program. A revised play schedule should please both the players who merely want a social game, and also those who want to advance their skill levels to compete in a more challenging game. One of the most exciting changes is the formation of a group of advanced players coaching as one-on-one mentors to help the Red Ball players to improve their game. We're all looking forward to the positive improvements in 2016.

*New players: please contact Ginger Nickerson to get started (253-3322).

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

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

West Coast Swing

Happy New Year! Want to make a difference? Then come on out and attend our General Membership Meeting on January 18 at 6:00 PM in the Multimedia Room (OC) and let us hear from you. Note: All positions on the Board will become vacant in 2016.

West Coast Swing Dance Practice: Second Friday of each month commencing on Friday, February 12, Fine Arts Room (OC) 6:00-8:00 PM (music provided by Dottie's Just Dancin'). Free to Club Members. Guests: \$2 per person. *Instructor:* Dottie of Dottie's Just Dancin'.

If you have any questions regarding the dance practices, please contact Dottie.

Contacts: Dottie Macken 543-6005,
justdottie@sbcglobal.net; Bob Roman
543-6618, BobRoman@starstream.net;
Paula Stollmeyer 434-7352,
pstollmeyer@sbcglobal.net



Woodcarvers

The Lincoln Hills Woodcarvers are more than a group of talented artists, we are friends who like spending time together with those who train, coach and support us. On December 2, we gathered with our spouses and friends to celebrate another year together,

the wonderful Holiday Season, and kick off a new year.



On December 2 we gathered with our spouses and friends to celebrate another year together, the season, and a new year

The gathering was managed by member Lionel Rainman and hosted by Woodcarver "Grand Puba," Dick Skelton. The Italian themed gathering was well attended and served as a great kick-off to the New Year.

"Carve" out some time to explore your creative side on Wednesdays from 1:00-5:00 PM at the Sierra Room (KS).

Remember, "Woodcarvers don't die... they just keep chipping away!!"

Contact: Dick Skelton 626-0895
Website: www.SCLHWoodcarvers.blogspot.com



Writers

The New Year is like a book with blank pages. This is the perfect time to start filling the pages with your short stories, personal essays, poetry, fiction and memoirs.

If "to write more" is on your list of activities to accomplish this year, join us on the second, fourth and fifth Mondays of each month at 6:30 PM in the Ceramics Room (OC). Bring 12-14 copies of your work to share (maximum 1,500 words). You don't have to be an expert to join. All SCLH writers or those striving to become writers are welcome.

Contacts: Bruce Robinson,
bbrob1281@gmail.com; Mike Hensley,
mike.1943.ok@gmail.com; Susan Gust,
Susan Gust srg2266@gmail.com

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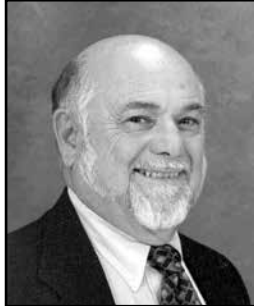

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Bulletin Board

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.

AARP

AARP Tax-Aide volunteers are ready to assist you with your 2015 tax return! This service will be available by appointment only this year at Lincoln City Hall, Second Floor, 6th and "F" Streets. Beginning January 18, people can make appointments by calling 878-6249. The Intake/Interview Sheet is required of all clients; it may be downloaded or completed online from www.irs.gov. The form is available in City Hall lobby, in the rack under the agenda cabinet in Orchard Creek Lodge lobby, and in Kilaga Springs Lodge Library. Contact: Mark Burke, 878-6249.

Bocce Fun, Friends and Neighbors

Plan ahead for spring fun! Mark your calendar. Learn how to play bocce at a clinic on Saturday, March 5 and/or on March 12, 11:00 AM to 1:00 PM, at the courts. Then play with us on your available Friday nights at 6:30 PM starting March 18 and continuing through Friday, July 1. Contact Brenda Spencer at brenda@spencerbrenda.com for detailed information.

Caregiver Support Group

The Caregiver Support Group will be meeting on January 21 to start the New Year! We meet at the Twelve Bridges Lincoln Library on the third Thursday of each month from 9:00-10:30 AM. This group is open to caregivers of family members or friends with any illness. We would love to have you join us. Please enter through employees' entrance in the back of the building. Call Brenda Cathey at 916-253-7537 for more information.

Cloggers

Happy New Year! We wish you a joyful, happy, and healthy 2016! (And we can help with all of that.) Come join us and learn to clog—I'm not talking about a clog in your

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.

- **Monday, January 25** • **10:00 AM** All About Vision Seminar Oaks (OC)
- **Tuesday, January 26** • **10:00 AM** Living Trust Seminar Oaks (OC)

sink, but "clogging" as an energetic, fast, calorie-burning dance. Do you want to dance to great country and Appalachian music, make a lot of noise with a bouncy beat, have fun with friends new and old, and burn off calories? Then clogging is for you. Get that body moving (fast) and come join us as we clog our way into 2016. Contact: Anita Tyson, 543-5330.

Glaucoma Support Group

Glaucoma, a disease that affects the optic nerve, if left untreated is a major cause of vision loss. Living with this chronic disease can sometimes be challenging. If you are living with glaucoma and would like some information and support, please plan to attend our meeting on February 10, at 4:00 PM in the Multimedia Room (OC). More info: Bonnie Dale, 543-2133 or Bjdal@aol.com.

Grief Support Group

GriefShare is a weekly seminar/support group for people grieving the death of someone close to them. Whether the loss is recent or some time ago, you are welcome. It's a place where you can be around people who understand how you feel and the pain of your loss. At GriefShare, you'll learn valuable information that will help you through this difficult time. A new group starts on February 16 through May 10. We meet each Tuesday from 9:30-11:30 AM at Granite Springs Church, 1170 E Joiner Parkway, Lincoln. Contact: Cheryl Edwards, 505-5777 or LincCa.GS@gmail.com.

LH Foundation Bingo

Join your friends and neighbors for the first Bingo game of the New Year on Thursday, January 28 in the OC Ballroom. Play and root for your team to take home one of the many cash prizes, and maybe even a fabulous door prize. In addition, there is a luncheon special in Meridians before the 1:00 PM kick-off. All you cheerleaders out there grab your pompoms and call Ed Sullivan at 408-1480 to reserve your own

bleacher section for seven or more. Visit www.lincolnhillsfoundation.org for a free pop-up coupon. See you there.

LH Italian Club (LHIC)

On February 19, from 6:00-9:00 PM, the Lincoln Hills Italian Club will gather for Pairings in Roseville to participate in an oil and vinegar tasting. This is an opportunity to taste many oils and vinegars and learn how to pair them. While there, the oils and vinegars will be available to purchase. There will also be some very light refreshments. If you or your spouse/significant other is of Italian descent and live in Lincoln Hills, you can submit an application for membership. See our website, www.lhitalianclub.org, for membership information or you can call Virginia Halstenrud, Membership, at 543-3293.

LH Parkinson's Disease Support Group

LH Parkinson's Support Group meets at the Raley's Shopping Center Conference Room in Lincoln. We meet on the third Tuesday of the month making it January 19 this month. We will be having a special speaker, Marsha Killian, who has Yoga classes for those with Parkinson's and their caregivers. She has found some good results with those who have tried it being more mobile and less shuffling. We meet from 10:00-11:30 AM. Come join in as we discover more information on how to deal with this disease. More info: Brenda Cathey, 253-7537.

LH Travel Group www.lh-travelgroup.com

Our meeting this month is on Tuesday, February 2 at 6:30 PM, P-Hall (KS). *We will meet the first Tuesday of each month at 6:30 PM throughout 2016. Please note this change.* Our presenter will feature land tours and cruises currently being offered and those in planning. Everyone is welcome to attend our meetings. See our website for details about all our trips.

Continued on page 41

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Team Fitness Challenge!

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The SCLH Team Fitness Challenge is a fun way to kick start your healthy New Year! Your team earns points by attending assigned punch pass classes, twice-a-week Small Group Training, and a weekly Team "Surprise" Challenge! The team points will be displayed at the Fitness Centers. The team and individual winners will be announced on March 11th, at the Final Team Challenge. Each team will be given an assigned trainer and colored T-shirt to show off your team spirit!

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SCHEDULE

TUE/THURS	FEBRUARY 2 - MARCH 11 @ 12PM	#835100 MD
MON/WED	FEBRUARY 1 - MARCH 11 @ 4PM	#835100 PM
TUE/THURS	FEBRUARY 2 - MARCH 11 @ 9AM	#835100 AM

Sign up for the Team Fitness Challenge at the OC/KS Fitness Desks, starting January 17, 2016

Continued from page 39

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

Dr. Bob Derlet, a candidate for our Congressional District, will speak at the January 21 meeting of Lincoln Democrats. Dr. Derlet had a distinguished career as Professor and Chief of Emergency Medicine at UC Davis Medical Center and, prior to his retirement, served as

Chief of Staff for the academic Medical Center. He and his wife live in Sonora. The meeting starts at 6:45 PM in the Placer Room (KS). Join us and have a chance to meet the candidate personally. For questions, see the club website at www.democraticclublincolnca.org/next-meeting.

Continued on page 43

~ Community Perks ~

Billiards Lessons on Tuesdays — Free

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



ingenuity, wit and spirit to subsist and find a way to signal to Earth that he is alive. Directed by Ridley Scott.

Readers Theater:

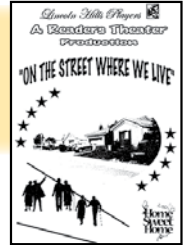
On the Street Where We Live

Saturday, February 13 — Free

Or Sunday, February 14 — Free

Saturday 7:00 PM; Sunday 2:00 PM. P-Hall (KS).

The cast of 20 actors and actresses will surely keep the audience on the edge of their seats.



KS Classic Movies on Saturday: Rear Window

Saturday, January 16 — Free

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



Annual Fine Arts Show

February 19-21 — Free

Friday 5:00-8:00 PM, Saturday 9:00

AM-6:00 PM, Sunday 9:00 AM-3:00 PM.

Ballroom (OC). The Annual Fine Arts

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



City of Lincoln's Economic Development Director

Tuesday, January 19 — Free

The NEV Club meeting will feature the Economic Development Director for the city of Lincoln, Shawn Tillman, at 10:00 AM in the P-Hall (KS). All residents are invited to attend.



Document Destruction

Monday, January 25

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



KS Classic Movies on Saturday: All About Eve

Saturday, February 20 — Free

1:30 PM, P-Hall (KS). Not Rated, 138 minutes.

Comedy/Drama. Starring Bette Davis, Anne

Baxter, George Sanders, Celeste Holm, and

Gary Merrill. Eve (Anne Baxter) is waiting

backstage to meet her "idol," aging Broadway

Star, Margo Channing (Bette Davis). It all

seems innocent enough as Eve explains that

she has seen Margo in every performance of the current play

she is in. Only Playwright critic DeWitt sees through Eve's evil

plan, which is to take her parts and fiancé.



KS at the Movies: The Martian

Friday, February 5 — Free

1:30 PM, P-Hall (KS). Rated PG-13, 144 minutes.

Drama/Adventure/Sci-Fi. Starring Matt Damon,

Jessica Chastain, Kristen Wiig, Jeff Daniels,

and Michael Pena. During a manned mission

to Mars, Astronaut Mark Watney is presumed

dead after a fierce storm and left behind by his crew. But Watney

has survived and finds himself stranded and alone on the hostile

planet. With only meager supplies, he must draw upon his



Music Group Sponsored "Open Mic Night"

Friday, February 26 — Free

6:00 to 8:30 PM. P-Hall (KS). Performance

sign-ups begin at 5:30 PM. The event is open

to SCLH performing musicians, their guests

and audience members. Singers must be

accompanied by a musician. No karaoke or back-tracking

permitted.



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Continued from page 41

html or email lincolnindems@gmail.com.

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.

Prostate Cancer Guys!!

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

Racquetball Group

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

Shalom Group

The Shalom Club is a social group with the purpose to cultivate social, educational and integrated relationships among SCLH residents who have an appreciation for Jewish traditions and celebrations. We welcome all religious and ethnic backgrounds however; diversity enhances growth in many ways. Our 2016 campaign for membership starts in January; it's a nominal fee and covers all of 2016.

Last month, our Hanukkah party was a success attended by 90 members. We had a blast with the holiday traditions of Menorah lighting, songs, dinner and other Hanukkah activities. More info: Vida Morrison, membership chair, 984-1043.

Shooting Group

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

Reminder for Residents

Use Your Association's Electronic Payment Program to Pay Your Quarterly Dues

What could be simpler—Sun City Lincoln Hills Community Association offers electronic payment of your regular Association assessments through Community Association Banc. When you sign up for preauthorized electronic payments, your Association will process your payments in the first few days of each calendar quarter through the Federal Reserve System's

ACH program. Your payments are sent automatically from your bank directly to Community Association Banc. You don't need to remember to write and mail a check or remember to log into your bank to send the payment. It happens every quarter, whether you are at home or away. You don't need to worry or try to remember if you sent the check—it happens automatically.

A simple one-page form is all it takes. Please visit the Membership Desk at Orchard Creek Lodge, or call Marcy at 625-4024 and sign up today to receive peace of mind, knowing your assessments are paid on time, every quarter.

Remember: 1016 dues are \$333 per quarter.

In Memoriam

Mike Baker

Mike lived as an optimist, musician, Christian, and frequent world traveler. He was born in St. Louis, graduated high school in Wisconsin where he played baseball and football. He enlisted in the Navy in 1949 and eventually settled in southern California. He married Clara and raised five children. Mike worked for several companies as business manager. He remarried Bridgette and, after she passed away, he moved to Lincoln Hills, joining the St. Joseph Catholic community and the

Knights of Columbus. Mike never really retired, continuing to work part time. His wit and wisdom will be missed by his nine children and stepchildren and numerous grandchildren and great-grandchildren.

Herb Dorfman

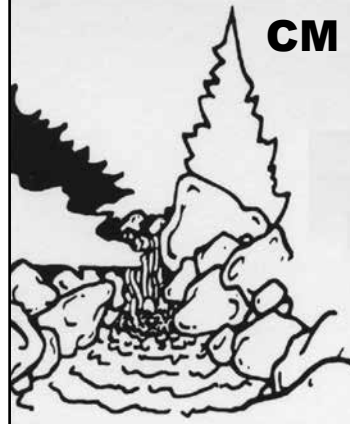
Born and raised in Brooklyn, New York, Herb served in the Pacific with the Army during the War. He graduated from a university in Wisconsin. Herb was a staff scientist at Lockheed and lived in Sunnyvale for many years. His wife of

more than 40 years, Terrie, describes him as a kind and generous man who was a special stepfather and grandfather to her two sons, three grandchildren and four great-grandchildren. Herb loved living here and was addicted to going to the Fitness Center! He was also a member of the Veteran's Group.

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

Entertainment

—Club Performance—

Lincoln Hills Players Present “The Curious Savage”

Wednesday, March 2; 7:00 PM — 5402-01A

Thursday, March 3; 2:00 PM Matinee — 5402-01B

Thursday, March 3; 7:00 P.M. — 5402-01C

Imagine you are a wealthy widow. For the first time in your life you are free to do as you please and take great pride in helping others. However, three adult step-children resent your actions as they believe the inheritance was theirs. To stop your ‘foolishness’ they have you committed to a residential facility so this deviant behavior can be cured. While a resident at The Cloisters, you encounter other guests who although they are each emotionally challenged, display the compassion and humanity lacking in your step-children. This is the journey of Mrs. Ethel Savage in “The Curious Savage,” a comedy by John Patrick. Ballroom (OC). **Premium Reserved Section Seating, \$15.** General admission, \$10.



—Comedy—

KS Comedy Night: Keith Ross Nelson

Tuesday, March 22

6:00 PM — 5422-01A

8:00 PM — 5422-01B

Keith Ross Nelson has been doing comedy for over 25 years. He is the director, co-writer, and star of the TV series *Electives*. He has performed in all fifty states, as well as all over the world. He was in the independent movies: “Mobsters and Mormons,” and “The R.M.” He has been seen on “Comedy Time,” “HuLu,” “Evening at the Improv,” and “Entertainment Tonight.” He was included in the 2011 edition of Who’s Who, won the Portland Comedy Competition in 2005, and has been featured in the *LA Times* and the *Daily News*. He held the Masters High Jump record in his age group for seven years, and won three National championships in high-jumping—two outdoors and one indoors. He was ranked number one in the world for outdoor high-jumping in 2000, and number one for indoor high-jumping in 2006. He also finished second in the World Championships in 1998. He has a Black Belt in Kung Fu, as well. Save \$1 off \$4 or more at KS Café on show night. 6:00 PM and 8:00 PM performances. P-Hall-(KS). **Reserved Seating, \$12.**



An Evening of Comedy with Jack Gallagher

Friday, March 18 — 5418-01

Jack is back and you won’t want to miss him! He is bringing new material about his observations on everyday life, relationships and family. Jack started his professional comedy career in Boston during the early 80’s. He helped establish such clubs as The Comedy Connection, Stitches and the legendary Ding-Ho Comedy. After moving to Los Angeles, Jack became a regular at The Improv and landed a major role in the feature film “Shakes the Clown” with Bob “Bobcat” Goldthwait. He has also appeared in “Heartbreak Ridge” with Clint Eastwood and the TV movie “Incident at Ruby Ridge.” Jack is currently co-hosting the nationally syndicated Public television show “MoneyTrack.” Gallagher’s work on network television includes his own ABC sitcom “Bringing Up Jack” as well as a recurring role on the HBO Original Series “Curb Your Enthusiasm.” Jack made numerous appearances on “The Tonight Show” with Johnny Carson and Jay Leno, and “Late Night with Conan O’Brien.” Show 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$20.** General admission, \$17.



—Concerts—

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

Friday, January 22 — 5422-11

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



James Garner’s Tribute to Johnny Cash Tuesday, January 26 — Sold Out — 5426-11

James Garner’s Tribute to Johnny Cash celebrates the life and music of the legendary “Man in Black” with strong conviction and stunning accuracy. Garner and his band faithfully recreate Cash’s biggest hits and present historical accounts and personal anecdotes about America’s most beloved singing storyteller in this not-to-be-missed musical event. The show is a fun, toe-tapping trip down memory lane, honoring Johnny Cash’s life and music. This is the closest experience to seeing



Continued on page 46

the “Man in Black” in person today. Don’t miss it! 7:00 PM. Ballroom (OC). Premium Reserved Section sold out. General admission, sold out.

Spencer Day: “Addicted to Love” Thursday, February 11 — 5411-12

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



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

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



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

Magician and mentalist Jay Alexander returns to Sun City Lincoln Hills to perform *more* of his unique comedy, magic and illusions for the mind! Find out why his fans include celebrities like David Crosby, Bono, John Cleese, and the Rolling Stones. Jay Alexander is the great grandson of the legendary vaudeville performer, Gentleman Ben Darwin. As a child, Jay found a trunk in his grandparent’s attic that was filled with magical apparatus and escape illusions. His interest in magic, mind reading and unusual skills was born with this discovery. At the age of 14, Jay was honored to be the youngest recipient of the Society of American



Magicians Gold Medal of Honor. For over 25 years, Jay has pursued his passion of creating unique live entertainment by mystifying audiences young and old with miraculous effects of the mind and the hands. At a comedy club you may laugh, but here you will get the triple experience of comedy, mentalism, and Human Lie Detection. Can you lie to Jay? Don’t fool yourself—grab your tickets now. 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$20.** General admission, \$17.

A Tribute To The Carpenters Featuring Michelle Whited Friday, March 11 — 5411-01

Sun City Lincoln Hills is going back to the 70’s to celebrate the classic songs and sounds of the ever-popular music duo, The Carpenters. With songs like “We’ve Only Just Begun,” “For All We know,” and “Rainy Days and Monday,” The Carpenters left an indelible mark in the hearts and minds of the culture and music of 1970’s and 1980’s. Their story and legacy lives on. Michelle Whited leads this popular musical group which pays tribute to them and their music with a stunning presentation. Reproducing Karen’s unique vocals along with Don Stamey on piano and a live band consisting of skilled musicians, they recreate the signature sounds which made The Carpenters so distinctive. Some of the classic songs include “Top of the World,” “I Won’t Last a Day Without You,” “Superstar,” and, of course, “Close to You.” The result is a memorable show that keeps audiences of all ages enthralled as they revisit the remarkable musical interlude from an era we cherish for a lifetime. 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$21.** General admission, \$18.



—Grandkids Event—

Spring Egg Hunt Saturday, March 26 — 5426-01

An eggciting time for all the kids and kids at heart! Bring your grandchildren at 10:00 AM to the outdoor Amphitheater terrace to enjoy our traditional egg hunt and festive surprises. Plus, there will be a special visit from the Easter Bunny! Fun egg hunt prizes and activities await your grandchildren during the event. Don’t forget your cameras for picture-perfect photo opportunities! *Please make sure to bring a basket for collecting eggs. Limited number of bags for egg hunting will be provided.* Sign up your grandchildren, **toddler to ten years only please.** Please make sure you indicate the ages of your grandchildren during registration at the desk and online. Hunt will be divided by age groups: **Toddlers—one to four-years-old; children—five to seven-years-old; children—eight to ten-years-old.** Toddlers’ hunt begins sharply at 10:30 AM. Wristbands are required to participate in the festivities. Wristband for online



Continued on page 49



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buyers will be available for pick up starting at 10:00 AM on Saturday, March 26. **General Admission, \$11 per child.** Limited space. Event may be cancelled due to rain.

—Presentation—

The Tibetan Monks “Inner Peace in Uncertain Times”

Monday, February 1 — 5401-12

Everyone wishes for happiness or, more appropriately, Inner Peace. What is inner peace and what is the basis for it? What can one do to cultivate these aspirations, the positive minds that lead to one's inner peace and that in others? To achieve inner peace, we must conquer ourselves



first. We must identify the obstructions, the negative minds within and their antidotes and face this heroic deed within oneself. Only then can it spread to family, friends, community and even one's enemies. Please join the Tibetan Monks from Gaden Shartse Phukhang Monastery as they share their peace, love and compassion for all, and their concern for the earth through a lecture. The presentation will include a slide show, chanting, plus a question and answer period. This event is part of the Monks' annual tour to help support the Gaden Shartse Monastic College, originally founded in Tibet in the 15th century. The college is the forefront of the revival of Tibetan monastic education with more than 1,600 resident students, teachers, scholars, and spiritual practitioners. Don't miss this enlightening experience! 2:00 PM lecture. P-Hall (KS). **Reserved Seating, \$8.**

Day Trips & Extended Travel



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

—Casino/Races—

Jackson Rancheria Thursday, February 18 — 1951-12

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



Colusa Casino Thursday, March 24 — 1950-01

Enjoy a nice drive in the country and view one of the world's smallest mountain ranges, the Sutter Buttes, on our way to resident favorite Colusa Casino. Receive casino credits: New members \$15; Current members \$10 plus any additional based on prior play. All residents and their guests over 50 years of age will receive \$5 additional slot and \$5 food credit towards the buffet. There may be additional promotions in March. *Casino promotions subject to change.* Five-hour stay at casino. Leave OC 9:00 AM, return ~ 5:00 PM. \$23.



Off to the Races Thursday, March 31 — 1845-01

Enjoy the beginning of spring and enjoy the heart-pounding intensity of live horse racing at Golden Gate Fields in Berkeley. Relax in the climate-controlled comfort and luxury of the Turf Club with an elaborate buffet while watching the races. Races go rain or shine. Dress code: Collared shirts and



dress slacks are preferred for men while women may wear dresses or tailored pants. No denim, sweat pants, t-shirts, wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: admission, buffet lunch served from 11:30 AM-3:00 PM and complimentary racing program. Leave OC at 10:00 AM, return ~ 7:00 PM. \$79.

—Festivals—

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

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



—Museums—

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

The Pro Football Hall of Fame, as part of its 50th Anniversary celebration, is bringing the largest traveling exhibition in its

Continued on page 50

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



Legion of Honor "Pierre Bonnard: Painting Arcadia" Tuesday, March 29 — 1764-01

Pierre Bonnard: Painting Arcadia is the first major international presentation of Pierre Bonnard's work to be mounted on the West Coast in half a century. The exhibition will feature approximately 75 works that span the artist's complete career, from his early Nabi masterpieces, through experimental photography, to the late interior scenes for which he is best known. Bonnard was a student and follower of Paul Gauguin. Gauguin's teaching inspired a group of young painters known as *Les Nabis*, with whom Bonnard joined. By the early years of the 20th century, the Nabis had disbanded, and for the remainder of his career, Bonnard resisted affiliation with any particular school. Instead, he alternated between themes and techniques of the Impressionists and the abstract visual modes of modernism. This exhibit offers a fresh interpretation of Bonnard's repertoire, and a reconsideration of the artist as one of the foremost practitioners of modernism. Also enjoy *Sublime Beauty: Raphael's "Portrait of a Lady with a Unicorn"* along with the rest of the Legion of Honor art collections. For more information on this and other currently running exhibits: <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 ~ 8:30 PM. \$63.



—Performances—

Band of the Royal Marines Featuring the Pipes & Drums of the Scots Guards Harris Center — Folsom Tuesday, February 23 — 1701-11

Pipes skirl and kilts swirl as the Band of the Royal Marines,

Continued on page 52

Important Information: Entertainment, Trips, Classes

- **Registration:** Required for all activities unless otherwise noted. Resident finger vein or I.D. is required for registration at the Desks. **All sales are final.** SCLHCA Rules and Regulations states "Activities expenses are generally paid in advance of the event. Therefore, the fee would not normally be refunded." Registration for **Entertainment** is open to residents and public except for events involving food. Events with food are exclusive to residents and their guests. For **Trips**, limited to two per household for the first month of sales; additional guests may be registered after. Guests must be at least 21 years old for casino trips; 18 years old for other destinations. For **Classes**, registration is exclusive to residents. Early registration is encouraged, classes may be canceled up to one week prior to class start due to low enrollment.
- **Want to Sell?** Contact the Activities Desk (OC/KS) if unable to attend an event, trip or Activities Department class.
- **Weather:** Association trips and events are held regardless of inclement weather.
- **Scents:** When attending any activity, class, or meeting at OC or KS Lodges, or going on trips, please refrain from wearing perfume, cologne, and scented bath & body products. Many residents have serious allergies exacerbated by scents.
- **Activities that include a Meal:** Please advise the coordinator/monitor if you have any dietary restrictions upon registration. We will work with vendors for your dietary accommodations.
- **Special Accommodations:** Please inform the Monitor during registration as follows. For Entertainment, special needs patrons will be seated first. For Trips, we accommodate wheelchair bound passengers to the best of our abilities.
- **Show Time:** For Entertainment, doors open 30 minutes prior to show time unless noted.
- **Premium Reserved Section Seating:** No need to wait in line before a show. Limited premium seats available for all Ballroom shows.
- **Departures:** All bus trips leave from OC Lodge unless otherwise noted. We load the bus 15 minutes prior to departure times stated on these pages. As a courtesy to all, we leave on time. Buses are air conditioned, please dress accordingly.
- **Parking:** For all trips, please park beyond OC Fitness Center in lanes 11-13 unless noted otherwise. Passengers are dropped off by the Fitness Center entrance on return.
- **Event Ticket for Trips:** Are handed to guests when boarding.
- **Travel Insurance:** Highly recommended as trips are non-refundable. A list of trip insurance providers from the US State Department is available at the Activities Desks.

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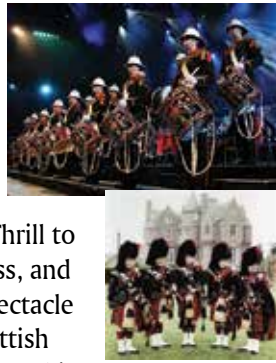
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Sacramento Philharmonic Cirque de la Symphonie
Sacramento Community Center Theater
Saturday, February 27 — 1786-10

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



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

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



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

After conquering Broadway, the King of the Universe is coming to San Francisco for the first time ever! God takes the form of Emmy Award winner Sean Hayes in An Act of God,

a 90-minute comedy where the Almighty and His devoted Angels answer some of the deepest questions that have plagued mankind since Creation. He’s finally arrived to set the record straight... and He’s not holding back! An Act of God, straight from Broadway, is based on the critically acclaimed book written by God and transcribed by David Javerbaum. Javerbaum is a 13-time Emmy Award winner for his work as a head writer and executive producer for *The Daily Show with Jon Stewart*. Middle Orchestra seating, 6:30 PM performance. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square before the 6:30 PM show. Leave OC at 12:30 PM, Return ~ 11:00 PM. \$125. For more show information: www.anactofgod.com. **Vendor deadline to purchase: February 22 at 12:00 PM.**



Broadway Sacramento 2015-2016

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



Now Open to Grandchildren, eight years old & up!

The Little Mermaid
Tuesday, February 2 — 4561-06C

Disney storytelling at its best! Music by the team from Disney’s Beauty and the Beast, including “Part of Your World” and “Under the Sea.” Unsatisfied with her life at sea, young mermaid Ariel longs to experience the human world above. The classic love story captivates audiences of all ages. \$93.



Book of Mormon — 4561-06D & 4561-08

Both dates sold out!

Newsies
Tuesday, April 12 — 4561-06E

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



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“Star Wars” & more!****Sacramento Community Center Theater**

Saturday, April 23 — 1777-01

May the force be with you! Relive your favorite movie moments, as scenes come to life through the live performance of some of John Williams' most beloved movie scores: *Superman*, *Raiders of the Lost Ark*, *Harry Potter*, *E.T.*, and, of course, *Star Wars*! An evening of adventure and magic awaits! Reserved seats located in mid-orchestra section. Leave OC at 6:45 PM, return ~ 11:00 PM \$62.

**Sacramento Philharmonic—Beethoven's Ninth****Sacramento Community Center Theater**

Saturday, May 7 — 1794-01

Grammy-award-winning conductor David Alan Miller joins the Sacramento Philharmonic & Opera to conduct the season's finale all-Beethoven concert.



The evening begins with dramatic movements from Beethoven's only opera, *Fidelio*, and concludes joyously with the always magnificent, always rousing, *Symphony No. 9, Ode to Joy*. Reserved seats located in mid-to-rear orchestra section. Vendor deadline to purchase this event February 8 at 12:00 PM. Leave OC at 6:45 PM, return ~ 11:00 PM \$42.

Kinky Boots**Golden Gate Theater, San Francisco**

Sunday, May 22 — 1774-01

“Kinky Boots” is the exhilarating Broadway musical that will lift your spirits to new high-heeled heights!



Winner of six Tony Awards® including Best Musical, this inspirational story follows a struggling shoe factory owner who works to turn his business around with help from Lola, a fabulous entertainer in need of some sturdy stilettos. Together, this unlikely pair finds that they have more in common than they ever dreamed possible... proving that when you change your mind about someone, you can change your whole world. Inspired by a true story, “Kinky Boots” features a joyous, Tony-winning score by Cyndi Lauper, and a hilarious, uplifting book by four-time Tony winner Harvey Fierstein. Come join the sold-out audiences who've discovered why—sometimes—the best way to fit in is to stand out! Orchestra seating. Dinner on your own at Union Square before the 6:30 PM show. Leave OC at 12:30 PM, return ~ 11:30 PM. \$130.

—Sports—**San Francisco Giants**

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

- **Giants vs. Chicago Cubs**

Sunday, May 22 — 1800-12A

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

- **Giants vs. Los Angeles Dodgers**

Sunday, June 12 — 1800-12B

Seats located in club level 230. Depart OC 2:00 AM (5:37 PM game time). Return ~ 11:00 PM.

- **Giants vs. St. Louis Cardinals**

Sunday, September 18 — 1800-12C

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

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

River Cats

The River Cats are the AAA affiliate of the San Francisco Giants with up-and-coming



future stars! Who knows what Giants players you may spot on injury rehab? In addition to the exhibition game, we have five River Cats games to enjoy at beautiful Raley Field in West Sacramento. Senate Box seating, section TBA. All games depart at 5:45 PM ~return 11:30 PM. \$52 per game. Separate pricing for exhibition game listed below.

- **River Cats vs. OKC Dodgers (LA Dodgers)**

Friday, May 27 — 1927-01A

- **River Cats vs. Fresno Grizzlies (Houston Astros)**

Thursday, June 16 — 1927-01B

- **River Cats vs. Iowa Cubs (Chicago Cubs)**

Tuesday, August 16 — 1927-01C

- **River Cats vs. Reno Aces (Arizona Diamondbacks)**

Thursday, September 1 — 1927-01D

Exhibition Game: TBA

- **River Cats vs. SF Giants (Exhibition)**

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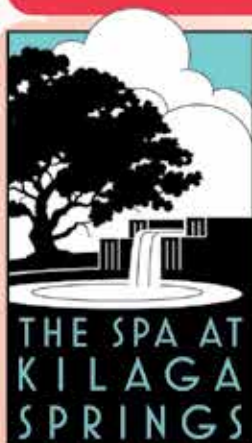
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—Tours/Leisure—

San Francisco Day Trip — Westfield Galleria

Tuesday, January 26 — 1845-12

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



Baseball & Beer!

Sunday, March 20 — 1751-12

Celebrate the first day of spring with a special tour of AT&T park, home of your San Francisco Giants! On your behind-the-scenes ballpark tour, you will visit places only the players and staff go including: a major league dugout, the field warning track, visitors' clubhouse, press box and more! Lots of walking on this tour. Included boxed lunch from our own Meridians will be served after the tour at the Promenade behind the outfield. *Boxed lunch includes choice of Turkey, Roast Beef or Vegetarian Sandwich. Comes with fruit, bottled water and dessert. Choose at time of registration.* Enjoy a tour and tasting on our trip home at Anheuser-Busch brewery in Fairfield. Tour includes a souvenir glass! Leave OC 8:00 AM, return ~ 6:30 PM. \$85.



San Francisco Flower and Garden Show at the San Mateo Event Center

Wednesday, March 16 — 1750-01

Get ready for spring and new ideas for landscaping and gardening by visiting the San Francisco Flower and Garden Show.



Show covers more than five-acres and includes full-sized designer showcase gardens with artfully arranged plants, trees and flowers in full bloom. Learn ways to grow, prepare, preserve your own fresh, organic food. See hundreds of **flowers** and **floral designs** and watch the demonstrations by world-class floral designers. Browse a wide selection of specialty shops featuring unique flowers, plants, gifts, tools

and more. Meet professional gardeners and nursery owners who can answer all your questions... and help solve those nagging problems. Enjoy a full range of free seminars, exhibits and demonstrations provide continuous opportunities to learn about landscaping, gardening, and creating fantastic garden spaces in your home. Food is available at the show or bring your own bag lunch. Bring a basket, pushcart or big bags to make shopping easier. Package check will be available and also assistance to bring your purchases to the bus. Five hours at the show. Leave the Lodge at 8:30 AM, return ~ 6:30 PM. Includes admission \$59.

—Overnight & Extended Travel—

Four days, three nights! Hooray for Hollywood!

Sunday, March 6-Wednesday, March 9 — 1973-11

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

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



Continued on page 61



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

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

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

Museum, train ride, wine tasting. Join Katrina, your Trip Coordinator for a trip down to The Ronald Reagan Presidential Library and Museum in Simi Valley to visit the *only* West Coast destination for *Vatican Splendors: A Journey through Faith and Art.*

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



Just Added! Four days, three nights!

Avenue of the Giants, Redwoods and Eureka Excursion

Sunday, May 1-Wednesday, May 4 — 1970-01

Join Katrina, your Trip Coordinator, on a visit to California's gorgeous north coast! If you've never been to the Redwoods, this is your opportunity! We've even secured an exclusive tour and dinner at the Carson Mansion which is not open to the public. Our step-on guide is a local historian, professor and author with quite an insight into local architecture, flora and fauna and history!



Trip Includes:

- Three nights at Best Western Plus Humboldt Bay Inn and breakfast every morning!
- Ranger led tour of the historical Joss House (Taoist Temple) in Weaverville
- Step-on guide led tour of Eureka's architectural heritage from the Victorian Era and historical interest points
- Exclusive tour and formal dinner at the privately owned Carson Mansion
- Visit to Redwood National and State Parks which include an UNESCO World Heritage Site including the Humboldt State University marine laboratory and a "Bounty of Humboldt County" in-park picnic lunch of local goodies! Easy strolls in scenic areas with our step-on guide.
- World famous Avenue of the Giants ancient redwoods tour
- Included "Family-Style" dinner at the Historic Samoa Cookhouse (the last surviving lumberjack cookhouse in the west)
- Included lunch at the historic Benbow Inn in Garberville
- Meals included: Three breakfasts, two lunches and two dinners.

Detailed trip itinerary, menus and US State Department trip insurance providers list available at the Activities Desk or view online. Be aware some of the roads are curvy. Trip size limited to 48. *A signed liability waiver is required for each participant.* Leave OC at 8:00 AM, May 1, return May 4 ~ 7:30 PM. \$685 per person double occupancy. \$894 single.

Four days, three nights!

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

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

Art show, Outlet shopping, Museum. Join your trip coordinator, Katrina, on an amazing trip down to the world-famous Festival of the Arts in Laguna Beach. The Pageant of the Masters is where "Art comes to life!" This year's theme is "Partners." See famous paintings recreated in full detail right before your eyes

Continued on page 62

with premium reserved side loge seating. We'll also be stopping at the California Science Center for a group visit to the space shuttle Endeavor and time to explore their permanent exhibits including "Ecosystems" which offers walking through an 188,000 gallon tank "kelp forest" and its inhabitants! This excellent trip includes:

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

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

Sold Out Trips thru February 20

Trip • Date • Departure Time

- **Speaker Series—General Wesley Clark**
Tuesday, January 19 — 6:45 PM
- **Winter Train—January**
Wednesday, January 27—10:30 AM
- **Winter Train — February**
Wednesday, February 3—10:30 AM

Activities Department Classes



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

Classes

Vacation Drop-In

In response to students' request, 2016 brings additional classes offerings 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 first time students/beginners and offers limited guidance from moderator/instructor.

Art

—Drawing—

Beginner Drawing

Thursdays, February 4-25 — 132216-01

10:00 AM-12:00 PM (OC). \$52 (four sessions). In-

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

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



—Oils, Pastels & Acrylics—

Paint Your Vision in Oils or Acrylics

Wednesdays, February 3-24

9:00-11:30 AM Class — 113116-01

Or 1:30-4:00 PM Class — 113216-01

AM and PM sessions are not interchangeable. (OC). \$52 (four sessions)
Continued on page 64

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sessions). Instructor: Marilyn Rose. Students receive expert guidance in creating original paintings of their chosen subjects, whether landscape, still life, portrait or a clothed figure. Those with little or no art training can gain a solid grounding in the basic principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples and individual instruction are used to advance students' understanding and implementation of techniques. *About the Instructor:* Marilyn has over 25 years experience in landscape, portrait, figure and still life painting, with hundreds of works in private collections across the U.S. More info: www.artistmarilynrose.com. Questions? Call Marilyn at 409-0397. Supply list available at the Activities Desks and online.



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

Painting Pastels and Oils with Barry
Mondays, February 1-29 — 105116-01

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 has 45 years painting explorations in various media and has studied nationally with a number of pastel and oil painters. He has over a decade's experience teaching and encouraging artistic expression to many ages, and owns a studio in Folsom. Supply list available at Activities Desks, online, or on instructor's website. www.pastelpainter.com.



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

—Watercolor—

Beginning Watercolor Painting
Thursdays, February 4-25 — 132116-01

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



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

Mixed Media

Art Journaling

Tuesdays, February 9 & 23 — 143116-01

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



Ceramics

—Lladro—

Spanish Oil Painting

Wednesdays, February 3-24 — 206116-01

1:00-4:00 PM (KS). \$40 (four sessions). Instructor: Barbara Bartling. **Prerequisite:** Lladro requires a steady hand and concentration. A beginning & continuing class on how to paint 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, February 2-23 — 212116-01

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



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

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Advanced Ceramics

Tuesdays, February 2-23 — 212216-01

9:00 AM-12:30 PM (OC). \$54 (four sessions). Instructor: Jim Alvis.

This class is for the Self-motivated students/artists with established ceramic skills. Students explore their individual craft and sculpture projects with guidance from instructor. Course includes demonstrations, assignments, group discussion and constructive critique.

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



Ceramics — All Levels

Thursdays, February 4-25 — 221116-01

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Terry Accomando. Open to all skill levels.

The class teaches hand-building techniques and working on the potter's wheel. Students are encouraged to work at their own pace receiving individual instruction to achieve goals on any project they choose. Frequent demonstrations are given introducing new and exciting projects. *About the Instructor:* Terry brings 34 years experience teaching ceramics, drawing and painting to help you work independently on any project. Supply list available at the Activities Desks and online.

Vacation drop-in: CERD2—\$17 per session.



Bridge

New Date! Bridge Plus with Laurie

Thursdays, February 11- March 31 — 164116-11

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

enjoyment of Bridge. This eight-week course covers basics of modern Standard American Bridge, including conventions with emphasis on partnership communication, and as much play as time permits. Learn more and enjoy the wonderful, challenging game of bridge.



Crafts

—Card Making—

Intro to Card Making 101—Level 1

Mondays, February 8-22 — 317116-01

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. Have you ever wanted to make a greeting card, but you just weren't sure how to get started?

Then this class is for you! This class will teach all of the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards and/or proj-



ects at each session. This is a fun three-hour class. Class size is limited, so sign-up early to reserve your space. All supplies will be provided.

Card Making Level 2—Intermediate

Tuesdays, February 9-23 — 317216-01

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. **Prerequisite:** Completion of at least three-to-four sessions of Intro to Card Making 101—Level 1, or instructor's approval.

This class will build on your card making skills, while introducing you to some new and different card making and paper craft techniques. This class is not for beginners. Class size is limited, so sign-up early to reserve your space. All supplies will be provided.



Card Making Level 3—Intermediate / Advanced

Wednesdays, February 10-24 — 317316-01

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. **Prerequisite:** This class will build on your skills from Level 2, while introducing you to some new and different card making and

paper craft techniques. This class is **not** for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided.



Card Making Level 4—Advanced

Fridays, February 12-26 — 317416-01

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. **Prerequisite:** This class is designed for the more experienced card maker and for those who have completed Levels 1 through 3, or have instructor's approval. The class will continue to build and explore different card making and paper craft techniques, dies, inks, and much more. Class size is limited, so sign-up early to reserve your space in the class. All supplies and equipment will be provided.

—Craft Corner—

Garden Pot People

Thursday, February 11 — 302016 -01

1:00-3:30 PM (KS). \$15 plus supply fee (\$1-\$8 depending on the number of pots you use in your project). Instructor: Judy Masters. Just in time for spring! Wake up your garden with these cute clay pot people or pets. Using flower pots, create unique pot sculpture that best suits your garden. This class will teach you how to paint pots and connect them to create fun garden art.





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—Flower Arrangements—

Romantic Arrangement

Thursday, February 11 — 301016-01

1:00-3:00 PM. (KS) \$55. Instructors: Jen Steele and Sally Hernandez. Join us in creating a luscious and romantic arrangement in deep jewel tones of reds, pinks and purples. We will guide you step by step while learning easy techniques. Class will include all flower materials and container, shears and knife not provided.



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, February 2-23 — 332116-01

10:00-11:00 AM (KS). \$28 (four sessions). Instructor: Janice Hanzel. Open to new students. Low impact, not as hard as you think. Bring your friends, bring your enthusiasm. Class will move through the eight basic traditional clogging movements at a relaxed pace. Learn fun clogging dances with basic and easy level steps. Special attention to balance skills is part of the lessons. Join us and move to the music. No special shoes required; flat-soled shoes recommended.



Easy-to-Intermediate Clogging

Tuesdays, February 2-23 — 332216-01

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

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

Intermediate Plus Clogging

Tuesdays, February 2-23 — 332316-01

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

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

—Country Western Dancing—

Country Couples Western Dance

Beginner Level One & Two

Mondays, February 1-22 — 344216-01

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

Country Couples Western Dance

Beginner/Intermediate Level Three & Four

Mondays, February 1-22 — 344416-01

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



Country Line Dancing

Fridays, February 5-26 — 346116-01

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

—Dancing with Dolly—

Lyrical Jazz/Ballet

Thursdays, February 4-25 — 353516-01

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



Performance Dance—Intermediate to Advanced Level

Fridays, February 5-26 — 354516-01

2:15-4:15 PM (OC Fitness). \$58 (four sessions). Instructor: Dolly Schumacher James. **Prerequisite:** By audition or teach-

Continued on page 71

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—Hula—

Hula

Thursdays, February 4-25 — 390216-01

1:00-2:15 PM (KS). \$30 (three sessions, no class February 11). Instructor: Pam Akina. Begin or continue your study of hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for mind, body, and spirit! Performance techniques are also shared and occasional performance opportunities are available for students. New students, please contact Pam prior to first class: Pamahoa@hulapono.com or 521-0474.

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



—Jazz—

Jazz Class for the Beginner

Thursdays, February 4-25 — 353016-01

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

Vacation drop-in: JAZZ1—\$13 per session.

Jazz Technique 2

Tuesdays, February 2-23 — 353116-01

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

Vacation drop-in: JAZZ2—\$13 per session.



—Line Dance—

We offer various levels of Line Dance classes taught by three different instructors. Choose the skill level, schedule and

instructor that will best fit your needs. Listed below are the instructors and classes listed in order of difficulty.

Intro to Line Dance

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



Intro to Line Dance

- **Mondays, January 4-February 29 — 360016-12**
4:00-5:00 PM (KS). \$54 (nine sessions).
Instructor: Audrey Fish.
- **Thursdays, January 7-February 25 — 370016-12**
9:00-10:00 AM (KS). \$48 (eight sessions).
Instructor: Yvonne Krause-Schenck.

Line Dance I Beginner

Prerequisite: Not for newbies, students must be familiar with line dance terminology. Class reviews fundamentals of line dance, including basic steps such as Grapevine, Jazz Box, Shuffle Quarter and Half Turns at a slow tempo.

- **Mondays, February 1-29 — 370116-01**
9:00-10:00 AM (KS). \$30 (five sessions).
Instructor: Yvonne Krause-Schenck.
Vacation drop-in: LDANCE1—\$10 per session.
- **Thursdays, February 4-25 — 360116-01**
2:30-3:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish.
- **New Schedule! Tuesdays, February 2-23 — 380116-01**
9:00-10:00 (KS). \$24 (four sessions).
Instructor: Sandy Gardetto

Line Dance II — Beginner / Intermediate

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

- **Mondays, February 1-29 — 360216-01**
5:00-6:00 PM (KS). \$30 (five sessions).
Instructor: Audrey Fish.
- **Wednesdays, February 3-24 — 380216-01**
9:00-10:00 AM (KS). \$28 (four sessions).
Instructor: Sandy Gardetto.

Line Dance III — Intermediate

Prerequisite: Students should have the desire and ability to move up to the Level III Class (Intermediate/Advanced dances), taught at an accelerated pace. Steps could include: Combination Turns, i.e., Half Pivot followed immediately by

Continued on page 72

a Quarter Pivot; Full Turns; Cross and Unwind Three-Quarter Turn Step Combination; Weaves with Syncopation; Tags and Restarts, many more. There is no limit to the number of turns but caution is applied not to exceed what the dancer is capable of comfortably and safely. Teaches mostly intermediate and some advanced line dances.

- **Wednesdays, February 3-24 — 380316-01**
10:00-11:00 AM (KS). \$28 (four sessions).
Instructor: Sandy Gardetto.
- **Thursdays, February 4-25 — 360316-01**
3:30-4:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish.

Improver Line Dance Class

Thursdays, February 4-25 — 370416-01

10:00-11:00 AM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. **Prerequisite:** Knowledge of line dance terminology is a requirement. The “Improver” class is an in-between level for dancers moving from beginner to higher levels. This class will teach the student dances from high beginner to the beginner/intermediate and easy intermediate levels. Dancers can improve on their skills gained in the beginner class and learn slightly more complex dances to various speeds developing movements and steps that are just beyond that basic beginner level.

Vacation drop-in: LDANCE2—\$10 per session.

Line Dance Instructors

- **Audrey Fish**

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



- **Sandy Gardetto**

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



- **Yvonne Krause**

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



—Tap—

Tap Classes with Alyson

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



Beginning Tap

Thursdays, February 4-25 — 410116-01

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

Performance Classes

Mondays, February 1-29 — 410716-01

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

Mondays, February 1-29 — 410616-01

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

Thursdays, February 4-25 — 410316-01

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

Technique Classes

Mondays, February 1-29 — 410516-01

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

Tuesdays, February 2-23 — 410216-01

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

Thursdays, February 4-25 — 410816-01

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

—West Coast Swing—

Introduction to West Coast Swing

Wednesdays, February 10-24 — 318116-01

6:00-7:00 PM (KS). \$30 (three weeks). Instructor: Dottie Macken. Learn the basics of this great dance from WCS instructor Dottie, and how it can be applied to various types and styles of music. Join this fun and very social dance class.



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Intermediate I and II West Coast Swing

Wednesdays, February 10-24 — 318216-01

7:00-8:00 PM (KS). \$30 (three weeks). Instructor: Dottie Macken. **Prerequisite:** Must know the basics of West Coast Swing Dancing and have completed at least three sessions of the three –week classes of the Introduction to “West Coast Swing” or have instructor’s approval—not for beginners.

Glass Art

Fusing Glass and Stained Glass Workshop

Monday, February 1 — 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.



Stained Glass

Mondays, February 1-22 — 494116-01

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



Jewelry

—Beading—

Chain Fancies Necklace

Tuesday, February 23 — 513116-01

9:00 AM-12:00 PM (KS) \$15 Instructor: Cathie Szabo. Rescheduled class. Want to incorporate a bit of chain into your jewelry but don’t like the heavy look and feel of most chain? Delicate strands of chain form half the necklace and accent the beaded half of the necklace. Class is easy enough for beginners and gives experienced beaders a new way to incorporate chain into their creations. Students should be able to complete necklace, the project, in class. Check out the sample in the OC display window. Be sure you get the proper materials list when you register—look for the name and code # for Chain Fancies Necklace as well as the photo of the necklace.



WWE/“Leftovers” Necklace

Tuesday, March 8 — 513216-01

9:00 AM-12:00 PM (KS) \$15 (one session) Instructor: Cathie Szabo. No it’s not wrestling. WWE, in this case, means “wear with everything.” Imagine a necklace made from “leftover beads,” all shapes and sizes, that goes with almost everything in your wardrobe. Different colors, and sizes of large beads are connected with a rainbow of seed beads, all in different sizes. Choose the length of necklace from short to “long enough to double.” And the best part, no going to a bead store. Cathie has accumulated all her “leftovers” for you to use and will be bringing her stash of seed beads to choose from! All the beads you’ll need will be on hand for the class. Students should complete at least one necklace in class! Material fee of \$5 due to the instructor at start of class. Sign up, get the “materials list”—it’s just a listing of basic items from home you’ll need to complete your necklace.



“Spiralin’ in Control” Necklaces

Flat Spiral Tuesday, January 5 — 513416-11A

Bonus Free Workshop! Tuesday, January 26 — 513416-11D

9:00 AM-12:00 PM (KS). \$10 per session. Instructor: Cathie Szabo. Spirals are pleasing to the eye. Project options: bracelets, necklaces or, a strip of each spiral used as a sampler for future projects. The “Loop Spiral” is a bit more difficult and great for beaders used to working with smaller beads. Enjoy a free special bonus session on January 26 for finishing projects and/or making matching earrings! Get the material lists and join us in “spiralin’ in control.”

—Silverware Jewelry—

Spoon Jewelry

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



Pendant

Mondays, February 8 & 15 — 542116-01

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

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2016 Investment Outlook

Tuesday, January 26 — 871000-01

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. The last two years have seen low returns on Cash, Bonds, and Stocks, the Fed is active on interest rates again and worried about inflation, China is slowing down, oil is dropping, and emerging markets are in recession. Lots of things to consider for your portfolio. Come hear the outlooks for some of the most prominent and respected analysts for 2016, as well as how to navigate these markets for your investments. Instructor: Russ Abbott, a Certified Portfolio Manager with almost 30 years of investment experience and consultant for the SCLH Investor Study Group for the last five years. Handouts will be provided.



Retirement Community Option Financial Planning

Tuesday, February 23 — 871000-02

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Retirees have choices now where they can choose to retire, planned communities, smaller living resources involving a buy in price, and retirement apartments to name a few. How do you decide financially which is the best option and how do you quantify the value of each. Come learn how to make better informed decisions at this timely discussion.

If Interest Rates Go Up, then What?

Tuesday, March 22 — 871000-03

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Bonds have long been the staple for investors seeking a respite from volatile stock markets and to earn more stable income. However, if rates start going up, what happens to bonds? Is this a positive for me or not? Do they drop in value and what type of bonds should I have to withstand this potential outcome? Come learn about how interest rates and the economy work and what to do with your bond portfolio if rates rise.



Movie

History of the Movie Musical Class 1

Wednesdays, January 20-February 10 — 521416-12

History of the Movie Musical Class 2

Wednesdays, February 24-March 16 — 521416-01

1:00-4:00 PM (KS). \$30 each class. Instructor: Ray Ashton. We will take a 12-part journey through the entire history of the movie musical from 1927 and "The Jazz Singer" to the latest

movie musicals of the 2000's. **Class 1:** Discover the infancy of the musical with the "talkie" and learn about the pioneers of this new industry. **Class 2:** focus on the studio system and the movie musical factory called MGM. Join us as we travel through the history of movie musicals.



Music

—Guitar—

Guitar classes offered below are not accepting new students without instructor approval. Instructor moves the students to the next level based on skills evaluation.

Guitar 1B—Continuing Beginner Level

Mondays, February 1-29 — 535716-01

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, chords, strumming, finger picking, rhythms and more advanced music theory providing a good foundation to move on to higher classes.

Guitar 1A—Beginner Level

Wednesdays, February 3-24 — 535116-01

8:00-10:00 AM (KS). \$45 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently open 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.



Guitar 2B—Continuing Beginner Level

Wednesdays, February 3-24 — 535216-01

10:15 AM-12:15 PM (KS). \$45 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 1B or instructor approval: Bill, 899-8383.

Guitar 3—Intermediate

Thursdays, February 4-25 — 535316-01

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



Guitar 4—Advanced

Thursdays, February 4-25 — 535416-01

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

Folk Guitar for Fun Folks

Tuesdays, February 2-23 — 536216-01

1:00-2:00 PM (OC). \$35 (four sessions). Instructor: Darrell Effinger. No prior music knowledge is necessary for these classes and a good singing voice is *not* a prerequisite! Emphasis will be on playing chords on the guitar to familiar songs while singing and having fun with fellow guitarists. Folk songs of the 50’s, 60’s and 70’s will be taught, including songs by artists such as the Kingston Trio, Peter, Paul and Mary, Simon and Garfunkel, John Denver and others. Various strumming styles will be shown, and at the intermediate level, finger picking will be taught. Basic music theory (notes) will be shown but not emphasized. Information on how to choose and purchase a guitar for your personal use as a beginner through an advanced player will be available. Guitar aides such as capos and tuners will be discussed at the first meeting. Come Learn, Sing, Enjoy, Have Fun and Join the Hootenanny! Darrell is a long-time teacher, musician, story teller and folk singer who was a member of the New Christy Minstrels, appeared on the PBS Folk Music Special “This Land Is Your Land,” has toured with Glenn Yarbrough, opened for the Kingston Trio, played with Peter, of Peter, Paul and Mary, and has appeared solo, or with various groups at numerous venues. Questions: Call Darrell at 989-8532.



—Voice—

Singer Vocal Boot Camp Continuation

Fridays, February 5-26 — 537216-01

10:30 AM-12:30 PM (KS). \$45 (four sessions). Instructor: Bill Sveglini. Learn and improve on reading and following sheet music. We will study rhythm and work hard on notation recognition in treble and bass clefs.



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Getting Your Stuff Together: Organizing Your Estate

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

9:00 AM-12:00 PM, Oaks & Gables (OC). \$30 for both sessions + \$25 material fee paid to the instructor on the first day of

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



Living Through Transitions

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

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

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

9:00 AM-12:00 PM, P-Hall (KS). Resident \$135 (six sessions); support person \$135 (six sessions); or separate session registration opens five days prior to session date—support person;



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

Brain Gain® Core

Thursday, February 4-March 3 — 877000-01

9:30-11:30 AM, Cards Room (OC). \$40 (four sessions; no class 2/18) Instructor: Dr. Alice Jacobs. Research continues to prove the importance of keeping the brain active as we age.

The Brain Gain Core class provides memory enhancement techniques and interactive activities that exercise both hemispheres of the brain. Meet new friends, learn about a brain wellness lifestyle and enhance memory while doing engaging and fun exercises. Repeaters welcome.



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

Monday, February 22 — 850000-02

10:00 AM-12:00 PM, Oaks Breakout Room (OC). \$20. Instruc-

Continued on page 83

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tor 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.*

The Sudoku Series

Tuesday, January 26 — 870000-01

Tuesday, February 23 — 870000-02

Tuesday, March 22 — 870000-03

9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. Beginning Sudoku: Sudoku is sweeping the nation as one of the selected puzzles to appear in most major daily newspaper publications. From Easy to Ultra Extreme, Sudoku provides challenges for all levels of curiosity. Come learn how to master this puzzle and develop problem solving skills you never knew you had. The instructor, Russ Abbott, will teach you his “Box Rule of Two” strategy he personally developed, as well as, many other techniques to increase your joy and ability to complete Sudoku puzzles of many levels. Handouts will be provided.



Two-day class! AARP Driver Safety Training

Wednesday and Thursday, March 23 & 24 — 481016-01

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.



Sewing

—Certification—

Bernina Serger Certification

Monday, February 8 — 591116-01

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, February 8 — 592116-01

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



Janome Sewing Machine Certification

Monday, February 8 — 593116-01

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

Technology

—Mac—

Pages 5 for Mac

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

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



—PC—

Windows 10 Basics

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

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

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



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Tips and Tricks for Beginning PC Users

Wednesday, January 27 — 282116-12

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

Bob Ringo. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. The beginning



computer user is often frustrated when it comes to cutting and pasting, using the scroll bar, downloading files, creating folders, right clicking, and much more. These are all essential Windows techniques that everyone assumes you know, but you don't. Computer tips and tricks can fill a book, but this class is a review of all those things my family, friends, and fellow club members over the years did not know. Taking advantage of the tips and tricks you learn in this class will make using your computer more pleasurable and much less maddening. Please bring a flash drive.

More Tips and Tricks for Beginning PC Users

Thursday, January 28 — 282216-12

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

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



YouTube

Wednesday February 3 — 286316-01

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.



RoboForm

Friday, February 5 — 286516-01

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.

Organizing Your Windows Information Files & Folders

Tuesday, February 9 — 283116-01

1:00-3:30 PM (OC). Instructor: Bob

Ringo. \$20. **Prerequisite:** Basic computer skills. The average PC user collects many types of information—music, letters, recorded TV programs,



photographs, videos, and the like. It becomes frustrating when you can't find the records that you stored earlier on your computer. This class will teach you simple methods for organizing your Windows information and creating folders for your personal computer that are easy to set up, simple to use and understand, and flexible to modify. In these folders, you can store the images of the thousands of photographs, songs and scanned documents you have collected. Once you have your files in an organized manner, you can easily incorporate these items into your favorite application programs. Remember, when you can find things, using your computer is much more fun!

Google Play

Friday, February 19 — 286616-01

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

Google Play is Google's official online store for purchasing and downloading digital media such as music, magazines, books, movies, and television programs. All Google Play content is capable of being shared across Android devices as well as PC and iOS devices. Google Play Music is Google's music streaming service and online music storage. Users can upload and listen to up to 20,000 songs at no cost. In this class instructor, Bob Ringo, will show you how to find your favorite apps and to have your favorite music, movies, and books available everywhere you have Internet access.



—SmartPhones and Tablets—

iPhone Camera Workshop

Thursday, January 28 — 262116-12

1:00-4:00 PM (OC). \$30. Supply fee \$5 payable to

instructor. Instructor: Andy Petro. **Prerequisite:**

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



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Beyond SmartPhones

Monday, January 25 — 256116-11

Monday, February 15 — 256116-01

1:00-4:00 PM (OC). \$40. Instructor: Len Carniato. Today's Android SmartPhones and Tablets like Samsung, LG and others, are powerful tools that go beyond simply placing phone calls. It's like carrying a PC and entertainment system in your pocket. To take advantage of these capabilities, you have to know they exist, and how to make them work. Many features are self-explanatory, but many are not, especially for "technology-challenged" people. We'll focus on common, useful tasks like Texting, watching Video on YouTube, Surfing the Web, managing Photos, loading Music and more. SmartPhone and Tablet users who are ready to learn more, this class is for you. Note: Class is for Android.



Introduction to Android SmartPhones

Tuesday, February 9 — 256216-01

9:00 AM-12:00 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.**



Pages for iPad Workshop

Thursday, March 3 — 267216-12

9:00 AM-12:00 PM (OC). \$30. Supply fee \$5 payable to

instructor. Instructor: Helen Rains. Do you enjoy the convenience of your iPad? Do you want to create letters, newsletters, flyers, cards, write club minutes, keep a travel journal, personal records, and more with ease from where ever you go? This workshop is for you. The iPad version of Pages is a powerful word processor app. This class will take you through the basic steps of new document creation and help you style it with your own ideas so it looks the way you imagined it, ready to print or send. You will learn how to share documents through the iCloud, to all of your iDevices. You can also share your Pages documents with the world as PDF and Word documents. **Prerequisite:** Be on software update iOS 9 or higher, download the Pages app (most have it free), and bring your iPad to class.



—Social Media—

Facebook 101

Saturdays, February 13 & 20 — 272116-01

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.



WellFit Classes

WellFit

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

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

WellFit Orientations

Free Orientation: WellFit Staff

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

ed on your fitness journey. Register: Fitness Desks or online.

- **Tuesday, January 19 — 700100-OB**
2:00-3:00 PM, Fitness Floor (OC)
- **Thursday, February 4 — 700100-O3**
3:00-4:00 PM, Fitness Floor (OC)
- **Thursday, February 11 — 700100-O4**
10:00-11:00 AM, Fitness Floor (OC)
- **Tuesday, February 16 — 700100-O5**
2:00-3:00 PM, Fitness Floor (OC)
- **Wednesday, January 27 — 700100-K1**
2:00-3:00 PM, Fitness Floor (KS)
- **Wednesday, February 10 — 700100-KC**
1:00-2:00 PM, Fitness Floor (KS)
- **Wednesday, February 24 — 700100-KD**
1:00-2:00 PM, Fitness Floor (KS)

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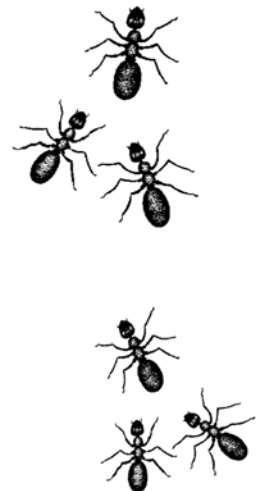
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Dance Classes

A variety of dance classes are offered through the Activities Classes starting on page 68. From beginner, intermediate, to advanced skill level; dance classes provide great exercise for both mind and body. 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

Wednesdays, February 3-24 — 801100-02

Fridays, February 5-26 — 801100-1F

12:00-1:00 PM, Aerobics Room (OC). \$35 (four sessions). Instructor: Linda Hunter. This class is designed for those with chronic symptoms of Osteoarthritis, Rheumatoid arthritis, and Fibromyalgia. This session involves chair exercises using a gentle range of motion from head to toe. We use slower moves to increase flexibility, endurance, and mobility. We work on strengthening muscles gently with light or no weights and improving balance. Come join your friends for the fun, socialization and increased feeling of well being. The class will conclude with a guided relaxation. Linda Hunter is a certified Arthritis Foundation instructor with many years of experience.



Arthritis Class L2

Tuesdays, February 2-23 — 801200-02

Thursdays, February 4-25 — 801200-1F

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

New! Healthy Living with Exercise—Part 2

Monday and Wednesday, February 3-29 — 878000-02

3:00-4:00 PM, Aerobics Room (OC). \$80 (eight sessions). Instructor: Annamarie Estevez. This one-hour session class is designed for those with Cardiac Pulmonary Disease, Diabetes and Nervous system disorders (ALS, Parkinson's). Exercise is one of the best activities for disease management; it can assist in the reduction of body weight and blood pressure, LDL cholesterol (bad cholesterol) and increased HDL (good cholesterol). Additionally, exercise will naturally lower your blood glucose levels. The class will include nutrition counseling, life-

style 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. **Note: Class requires completion of Healthy Living Part 1.**

Pre-Enrollment Assessment—Healthy Living with Exercise Continuous Dates — 881000-02

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.

Spotlight On... Healthy Living with Exercise Monday, February 1 — Free

3:00-4:00 PM, Aerobics Room (OC). Instructor: Annamarie Estevez. Have you recently been diagnosed with Diabetes, Cardiac/Pulmonary Disease, or Parkinson's? Are you unsure where to start with your exercise program? Come join us for a free informational session regarding our Health Living with Exercise Program. This program will assist in maintaining normal range for glucose levels and blood pressure while providing a regular routine for exercise. Learn about common health problems encountered as well as diet and medications. Take control over your health issues with exercise.

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

Monday, February 22 — 850000-02

10:00 AM-12:00 PM, Oaks Breakout Room (OC). \$20. Instructor Victoria Florentine, RRT, Respiratory Care Practitioner. See page 80 for more information.

Events

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

A Fun Way to Kick Off 2016—Team Challenge—Ready, Set... Go

Monday & Wednesday, February 1-March 11 — 835100-PM

4:00-5:00 PM, 12:00-1:00 PM

Tuesday & Thursday, February 2-March 11 — 835100-AM

9:00-10:00 AM

Tuesday & Thursday, February 2-March 11 — 835100-MD

Meet at OC or KS. \$150. Team Fitness Challenge is a fun way to kick start your healthy 2016. You can select an AM, midday, or PM time to train with your team and WellFit trainer. Your

Continued on page 91

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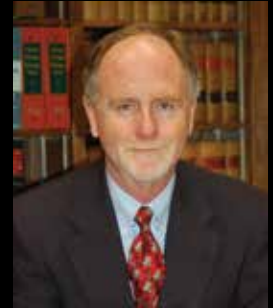
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In the community, Scott serves on the South Placer Rotary Board of Directors as President-Elect for 2015. Also actively engaged with his Masonic Lodge and Ben Ali Shrine/Shriner's Hospital for Children.



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team earns points by attending punch pass classes; attending your assigned SGT two times a week and the weekly team “surprise challenge.” The team points will be displayed at both Fitness Centers. The team and individual winners will be announced March 11 at the final team challenge. Each team will be given an assigned trainer and a colored t-shirt to show team spirit. Space is limited.



Martial Arts & Mindful Movement

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

Self-Defense and Martial Arts

Tuesdays, February 2-23 — 815000-02

6:00-7:30 PM, Aerobics Room (OC). \$60 (four sessions). Instructor: Paul Rossi. This self defense technique is based on Martial Arts skills designed to prepare you physically and mentally for any self-defense situation. Improve your strength, endurance, flexibility, and mental alertness through skills and drills that will challenge you in both standing and ground situations. You will also learn about legal justifications for the use of force in an altercation. Train your mind and your body to function together, increasing your ability to perform under stressful situations. Learn the physical skills needed for varying levels of confrontation, mental skills like focus, awareness, and boundary setting, and gain knowledge in the areas of avoidance, de-escalation, and legal and appropriate use of force. Paul Rossi is a black belt martial artist with 21 years of experience; he has conducted self-defense lessons to law enforcement, seniors and children. He keeps the class fun and energetic. No previous experience required.



New Event! Meet the Legend: Dennis Ralston Dennis Ralston Lunch

Tuesday, March 1 — 7116-01

11:00 AM-2:00 PM in the OC Ballroom. \$35 resident and non-resident. Join us for a buffet lunch and inspirational speaker Hall of Fame Tennis Professional, Dennis Ralston. Hear his inspirational story. Sign-ups for this Lincoln Hills exclusive lunch will end February 25.



Special Guest!

Dennis Ralston Tennis Clinics

Wednesday, March 2

Beginner Clinic (\$50) — 792400-03

11:00 AM-1:00 PM

Intermediate/Advance Clinic (\$50) — 792400-3M

1:30-3:30 PM

Join Lincoln Hills residents for this once in a lifetime tennis clinic with Hall of Fame Tennis Professional Dennis Ralston. The last 30 minutes will be question and answers with Dennis. Space is limited.

Lessons

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

Nordixx Pole Walking

Wednesday & Thursday, February 3 & 4 — 750000-02

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



Tai Chi L1

Tuesdays, February 2-23 — 730100-02

Saturdays, February 6-27 — 730100-1F

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

Tai Chi Intermediate L2

Saturdays, February 6-27 — 730300-02

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



Continued on page 93

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begin moving towards more advanced levels.

Tai Chi Advanced L3

Tuesdays, February 2-23 — 730400-02

2:45-3:45 PM, Aerobics Room (KS). \$35 (four sessions). Instructor: Peli Fong. The progression of the most dedicated intermediate Tai chi students will continue with advanced cultivation of the 24 and 64 movement forms. Advanced Chi Gong systems known as the Eight Brocades, also known as the Eighth Treasure (The Eight-Section Exercises) and the Yi Jin Jing (Muscle and Tendon Strengthening Exercise) will be taught as well.

Nutrition

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

New! Exercise and Weight Management Program

Mondays & Wednesdays, February 1-24 — 865000-02

6:30-7:30 PM, Aerobics Room (OC). \$80 (eight sessions). Instructor Marilyn Clarey. 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. An individual exercise and health assessment is included in the session. Proper use of cardio and strength equipment will be included.

New! Six Weeks to Wellness

Tuesday, February 9-March 15 — 860000-2A

1:00-3:00 PM, Multipurpose Room (OC) \$150. Instructor Audrey Gould, Registered Dietitian and Nutrition Therapy Practitioner. The Six Weeks to Wellness program offers insight and guidance to common health issues due to diet and lifestyle. This series will empower you with information to improve your health, quality of life, productivity and energy. During this interactive class session, we will discuss both foundational nutrition and preventative wellness, helping you live a more vibrant life. An individual assessment and workbook is included in the cost. Topics include Eating Clean, Gut Health, The Skinny on Fats, Fight from Fatigue, Hormonal Harmony, Metabolic Makeover, and Turning Back Time. Come join us for this unique workshop to improve your health.

Pilates Reformer

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 the Pilates principles to transform the way you

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

Pilates Reformer 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 & 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, speak with 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-A2

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

Continued on page 94

springs provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone.

SGT— Reformer Basics +

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

SGT — Reformer Intermediate L2

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

Private Reformer Training

- **One-on-One Training:** One client and one trainer. One hour session cost is \$50.
- **Duet Training:** Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person.

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

Training Services

- **One-on-One Training:** One client and one trainer. One hour session cost is \$50, half hour session \$30.
- **Buddy Training:** Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person.
- **Small Group Training:** Classes designed for specific goals in mind, working directly with a personal trainer in a small group setting with no more than six people.

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

Small Group Training (SGT)

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

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

Register online or at either Fitness Center.

SGT—TRX Express L1

Mondays & Wednesdays, February 3-29 — 835210-A2

3:30-4:00 PM, Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. Are you curious about small group training? This class teaches the basic moves of the TRX with a sampling of boot-camp, all in 30 minutes. Have a safe/effective workout while getting oriented with new equipment.



SGT—TRX Express L2

Tuesdays & Thursdays, February 2-25 — 835211-A2

5:30-6:00 PM, Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. This is the 30-minute intermediate progression from TRX Express L1 workout. You will develop strength and stability needed in the core, hips and throughout the body.

SGT—TRX Interval Training L3

Mondays & Wednesdays, February 3-29 — 835800-A2

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that builds power, strength, flexibility, balance, mobility, and prevents injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX!



SGT — Fit 101 L1

Tuesdays & Thursdays, February 2-25 — 835500-A2

Mondays & Wednesdays, February 1-24 — 835500-B2

Tuesday & Thursdays 1:00-2:00 PM; Mondays & Wednesdays 10:30-11:30 AM, Fitness floor (OC). \$135 (eight sessions). Instructor: Marilyn Clarey. Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. This class will incorporate a little of everything. It will give you a chance to learn the proper form for many of the weight machines on the floor, work on the TRX, weights, exercise bands, walking, stretching, and more. By the end of the session you will have a customized workout routine that includes the correct settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.



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SGT—“Fun”ctional Fitness L3**Tuesdays & Thursdays, February 2-25 — 835600-A2**

12:00-1:00 PM, Aerobics Room (KS). \$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.

**SGT— Bootcamp L2****Tuesdays & Thursdays, February 2-25 — 835300-A2**

6:15-7:15 AM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Mike Yamamoto. Whether you are a bootcamp veteran or new to SGT come and see what working out in a small group can do for you. A variety of equipment will be used to challenge and change you.

SGT— Bootcamp L3**Mondays & Wednesdays, February 1-24 — 835400-A2**

5:00-6:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Mike Yamamoto. Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness.

**SGT — Morning Burst Group Training L2****Mondays & Wednesdays, February 1-24 — 835310-A2**

7:15-8:15 AM, Aerobics Room (KS). February \$135 (eight sessions). Instructor: Milly Nuñez. Rise and shine to enjoy a fun and energizing workout in a small group setting. Discover ways to challenge yourself at your own level or pace while getting a full body workout. A full body workout will help you to develop and build balance, coordination, and strength in your entire body. Learn to use your own body weight and various pieces of equipment available to you, including dumbbells, steps, TRX, and so much more!

**SGT— Morning TRX Bootcamp L2/3****Fridays, February 5-26 — 835200-A2**

7:15-8:15 AM, Aerobics Room (KS). \$70 (four sessions). Instructor: Kathryn Shambre. Need to add another day to your current routine? This small group training will make use of the TRX to improve power, strength, flexibility, balance, and mobility just for starters! Other pieces of equipment may be used in this total body workout.

SGT— Healthy Back L1**Mondays and Wednesdays, February 1-24 — 835700-A2**

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

**SGT— Low Impact Core for the Back L2/L3****Mondays and Wednesdays, February 1-24 — 835701-A2**

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Kathryn Shambre. This class will focus on core exercises for strength, balance, and mobility. We will use hand weights, tubing, stability balls, and steps as we progress from balance and flexibility to low impact circuit exercises that are safe for the back. Participants must be able to get up and down from the floor. Please bring a towel and water.

SGT— Balance & Fall Prevention L1/L2**Mondays & Wednesdays, February 1-24 — 835710-A2**

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

Tennis Pro Services

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$50, half hour session \$30.
- **Buddy Training:**
It is more fun to work out with a friend! \$15 per person. Need four students per session.

See page 89 under events for Dennis Ralston Lunch.

New Time! Group Clinic**Tuesdays, February 2-23 — 790401-02**

11:00 AM -12:00 PM, Court #11. \$35 (four sessions). Instructor: Eldon Wilson. Come join the drills and skills class to prac-

tice what you've learned from your lessons in a fun/energizing environment! Taught by an equally fun/energizing National USTPA Pro.

Drop-in Group Clinic Pass

Tuesday, February 2-23

11:00 AM-12:00 PM, Court #11. \$12. Attend one of the group clinic dates as a drop in. Purchase drop-in group clinic pass at Fitness Centers prior to your training or drop-in class. Purchase the initial drop in class at the Fitness Centers, after that you can re-new passes online.

Beginner Clinic

Thursday, February 4 — 790400-02

11:30-12:30 PM, Court #11. \$15 (one session). Instructor: Eldon Wilson. *Beginner:* Repetition is the key to all life—the more you repeat the proper technique the more automatic it becomes. In our Thursday group, we will be helping you develop the proper patterns for all the strokes or in some cases enhance those strokes along with game play at the end.



Service Clinic

Saturday, February 20

2.5-3.0 players 11:00 AM-12:00 PM — 790403-02

3.5-4.0 players 12:00-1:00 PM — 790403-2F

Court #11. \$15 (one session). Instructor: Eldon Wilson. *Service:* The serve is the most important stroke in the game of tennis, without the serve points can't be started. You will learn upper body techniques, trunk rotation along with what you should do with your legs. Also how to handle the ball toss and how important the toss is.

WellFit Services

Services available to assist you in furthering your health and wellness.

Bowenwork Services

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.



Discover Bowenwork—Information Session

Thursday, February 18 — Free

1:00-2:00 PM, Aerobics Room (OC). Free. Come discover what Bowenwork is and if it can help you. Rebecca Kang will host a discussion followed by a question and answer session

Punch Pass Class Descriptions

Please see the colored grids on pages 100-103 for days and times. Classes are designated with a level. Level 1 is designed for the beginner or returning exerciser. Level 2 is designed for an intermediate exerciser with established exercise ability and Level 3 is a class designed for the advanced exerciser.

Each class is \$3.50; purchase your first pass at either Fitness Center front desk. Passes can be renewed online.

- **20/20/20 L3:** Enjoy a class that offers a little bit of everything; 20 minutes each of fun cardio segments, strength exercises and stretches. A variety of cardio drills will be followed by strength exercises that cover all the muscle groups followed by a series of stretches to lengthen all of those muscles groups worked.

- **Aqua Pilates L1:** The pool has become the new destination for mind-body classes and is a wonderful medium for performing Pilates techniques that gently improve alignment, posture, and balance. This practice gains additional benefits with water resistance to improve core strength and stabilization, muscle tone and coordination. Exercises are done in different positions—standing, floating and using the wall for assistance. Noodles, water weights, balls and belts are used. This non-impact setting is suitable for most levels and beneficial for people with arthritis, osteoporosis and other conditions that can limit traditional exercises or those with balance challenges on land. Relaxation and rhythmic breathing techniques are incorporated to increase mind/body awareness and reduce stress.

- **Aqua Yoga L1:** Refreshing water supports your body making it an amazing environment to experience yoga benefits. Increase blood flow and range of motion; develop strength and static balance while loosening tense muscles, joints and renewing energy. This is accomplished in coordination with breathing techniques to improve respiratory capacity allowing for a deeper sense of mind-body connection. Beneficial for those normally challenged on a yoga mat, with physical limitations or for de-stressing. Experienced yogis will notice the release of gravity and find a new element for the restorative practice to unwind and relax.

- **Aqua Fitness L2/3:** Enjoy the buoyancy effect of water by lessening the impact on your joints while getting a great workout. The intensity level is up to you, but you will be challenged in this class with high intensity intervals for your

Continued on page 98

heart as well as exercises to strengthen your muscles.

- **Arthritis Foundation Aqua Class L1-L2:** This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or those wanting to prevent arthritis. This class uses range of motion and endurance and resistance exercise to improve balance, increase flexibility and strengthen the body. Participants are encouraged to work at their own pace and be in or near a chair for exercising. Come prepared to improve your body, balance and to have fun!
- **Athletic Stretch L1/2:** Are you looking for an opportunity to stretch in between rounds of golf, tennis or softball? This is your class. We will be stretching common tight areas that occur from these types of activities. Unwind before your day begins!
- **Barre L2:** Barre is a higher energy workout, set to up-tempo music that fuses the best of Pilates and Ballet, providing a unique and fun experience. The moves include low impact but high intensity intervals of strength training followed by deep stretching. This routine will sculpt and begin to transform the entire body, resulting in a stronger core and better muscle tone.
- **Basic Chair L1:** Beginner level chair class designed to improve function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio, endurance & brain exercise.
- **Body Trim L3:** Experience a workout like nothing before. We will blend three styles of exercise (yoga, strength & Pilates) to create the perfect triad. We will experience a moving meditation with sun salutations, a sculpting series of movements to effectively work your muscles and challenge your heart with Pilates based dance movement, rounding out the perfect class and awakening the champion that lies within!
- **Cardio Strength L3:** This class combines short cardio drills between strength sets. Working the whole body through the use of hand-held weights, Body Bars, disks, and more! Become stronger for your everyday activities.
- **Chair with Flair L1:** Have fun & move to the music! Work at your own level. Class is designed for individuals to have the option to sit or stand during class. Use of hand weights, bands, and small stability balls. A low-impact cardio workout with motivating music you can enjoy!
- **Chair Yoga L1:** Experience a unique yoga style that adapts yoga positions and poses through the use of a chair. The chair offers support in seated, standing and reclined positions that allows students to safely perform yoga poses with more

stability. Chair Yoga is suitable for all ages, fitness levels and physical conditions.

- **Core-N-More L3:** Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while increasing resistance. Interval class combines exercises that can improve your core, strength and cardiovascular endurance.
- **Core-N-Strength L2:** A class combining strength training with core work for a full body workout! Works the core muscles to increase stability and improve posture. A full body strengthening class!
- **Cycle-N-Strength L2:** Do you enjoy the cardio benefits of indoor cycling, but don't enjoy an entire cycle class? Then this class is for you! Join us for 30 minutes of cycling followed by strength exercises using bands, weights, and more! This class will challenge your cardiovascular system as well as give you a total body workout!
- **Everybody Can Aerobics L2:** This class is perfect for those 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 Aerobics L3:** Motivating moves to fun music followed by a stretching session. Work at your own level. Class is designed to increase cardio endurance, upper body strength, and flexibility. Class includes floor work. A fun workout guaranteed to increase your energy and stamina!

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

- **Low Impact Sculpt L1:** If you are looking for a total body workout with L1 low impact cardio look no further! Enjoy 20 minutes of low impact cardio followed by strength, balance, and flexibility work to sculpt your body.

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

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

- **Piloga L2:** Piloga blends Pilates and yoga. For residents seeking to strengthen their core-back and belly muscles—using the well-known work of Joseph Pilates. This mixes seamlessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders, and weights.

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

- **Power Vinyasa L3:** Vinyasa yoga is a challenging, dynamic, flow-based yoga which links movement with breath. Each class is different from the last providing variety and helps you find your edge. When linking breath with movement, the practice becomes like a moving meditation, alternating

between stillness and motion. Strength, flexibility and cardio come into harmony. Some experience in yoga is recommended, but all levels of experience can practice together, because each practice is your own, honoring your practice and your body.

- **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!

- **Sticks & More L2:** This class makes use of drumsticks in a fun and innovative way. We will focus on common trouble spots such as; inner thighs, outer thighs, and core. We will spend 30 minutes total for warm up, cardio and cool down. The remainder of the class will be mat work and stretch.

- **Strictly Strength L2:** A class set to fun energetic music to motivate and inspire you through a full body strength workout. The focus will be on proper form and technique to strengthen and tone the major muscle groups of the body.

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

- **Water (H2O) Bootcamp L3:** This high intensity bootcamp style class includes a variety of exercises to increase cardiovascular and muscular strength. This class provides variety, intensity and fun! Mondays and Wednesday PM class will be held outside while the outdoor pool is open. Enjoy the sun and fresh air while getting an outstanding workout!

- **Water Works L2/3:** Includes a variety of exercises to increase cardiovascular and muscular strength. Noodles and hand buoys may be used. This class is designed for an intermediate/advanced aqua fitness class member.

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

- **Yoga L2:** This class builds on Beginning Yoga by focusing on movement through the postures rather than the teaching of the postures. This class will challenge you while improving balance, flexibility and reducing stress. All levels are welcome to this fun class.

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

- **Yoga for Osteoporosis L1:** This class is designed to help maintain bone strength, balance and flexibility. We lift small hand weights, sitting in chairs, to strengthen the upper arms. Then, we do standing poses at the wall that are weight-bearing, to strengthen the bones of the hips and legs and

maintain balance. We end the class on the floor, where we stretch to bring flexibility and agility to the joints. We do deep breathing exercises, and finish with a restorative deep relaxation.

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

- **Yoga Strength L2/3:** Come to this class and enjoy the hip-opening body work of yoga with challenging upper body work using hand weights. In each series of yoga based pose sequences, hand weights are added to both increase physical coordination and the intensity of your workout. Make the class as easy going as you like with light weights, or as tough as you like with heavy weights...it's up to you! Leave feeling invigorated, stretched, and strengthened.

- **Yoga Stretch L1:** This class incorporates Mind/Body awareness to achieve your optimal stretch. We use a series of yoga poses designed to gently stretch the body while focusing the mind & breath to allow the body to completely relax before flowing into next pose. 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:** The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.



OC Aqua WellFit Class Schedule February 1-29, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Water Works L2/3- Theresa		Water Works L2/3- Cynthia		Water Works L2/3- Theresa <i>New Instructor!</i>		
8:30	Aqua Fitness L2- Theresa		Aqua Fitness L2- Theresa		Aqua Fitness L3 - Kirsti		
9:30		Water Works L2/3 -Deanne	Core n More L3- Annette	Water Works L2/3 -Deanne	Core n More L3- Marilyn		
10:30	H2O Bootcamp L3- Annamarie	Water Works L2/3 -Deanne	Splash Dance L2- Annette	Water Works L2/3 -Deanne	H2O Bootcamp L3- Annamarie		
11:30	AF Aqua L1- Annette		AF Aqua L1- Annette <i>New Instructor!</i>		AF Aqua L1- Annette		
12:30	Aqua Pilates L1- Marilyn <i>New Class!</i>		Aqua Pilates L1- Marilyn		Aqua Pilates L1- Marilyn		
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	H2O Bootcamp L3 Annamarie	Water Works L2/3- Annamarie	H2O Bootcamp L3- Annamarie	Aqua Pilates L1- Cynthia			

WellFit Pilates Reformer Class Schedule February 1-29, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Ref Intermediate L2 - Kirsti				Ref Intermediate L2 - Kirsti		
8:30	Ref Basics + L1/L2 - Sarah	Ref Intermediate L2 Marilyn	Ref Basics L1 - Marilyn	Ref Intermediate L2 - Marilyn	Ref Basics + L1/L2 - Sarah		
9:30	Ref Intermediate L2 - Sarah	Ref Basics + L1/L2 - Marilyn	Ref Basic L1 - Marilyn	Ref Basics L1 - Julie	Ref Intermediate L2 - Sarah	Ref Basics L1 - Julie	
10:30	Ref Basics L1 - Valerie		Ref Basics L1 - Valerie	Ref Basics+ L1/L2 Julie			
11:30	Basics+ L1/L2- Valerie	Ref Basics + L1-L2 - Julie			Ref Basics + L1/L2- Valerie		
12:30	Bowenworks Sessions - Contact for Appt. 625-4034						
5:00							
5:30	Ref Basics+ L1/L2 - Marilyn	Ref Basics+ L1/L2 - Lori		Ref Basics+ L1/L2 - Lori <i>New Time!</i>			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

OC WellFit Class Schedule February 1-29, 2016

	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 - Julia	Zumba L3- Summer	Core & Strength L2- Kim	20/20/20 L3- Gretchen	Yoga Basics L1- Sarah <i>Ursula - Jan-Feb</i>	Cardio Strength L3- Kim
10:00	<i>New!</i> Slow Flow Yoga L2/3- Sarah	Yoga Flow L2 - Ashley	Sticks & More L2- Linda	Yoga Flow L2- Sarah	Strictly Strength L2 - Valerie	Tai Chi L2- Peli	Zumba L3- Carrie
11:00	Piloga L2 - Lola	Arthritis L2- Linda	Piloga L2 -Lola	Arthritis L2- Linda	Piloga L2- Lola	Tai Chi L1- Peli	
12:00	Barre L1- Julie	12:15-1:15pm 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	1:30-2:30pm Chair Yoga L1 - Ashley	Chair with Flair L1- Julie	1:00-2:00pm SGT- Fit 101 L1 - Marilyn	Basic Chair L1- Julie		Yoga Flow L2- Ashley
2:00	SGT- Balance & Fall Prevention L1- Kathryn		SGT- Balance & Fall Prevention L1- Kathryn				
3:00	Healthy Living with Exercise L1 - Annamarie	Healthy Living Exercise Program L2 - Annamarie	Healthy Living with Exercise L1 - Annamarie	Healthy Living Exercise Program L2 - Annamarie	Activities	SCLH Booking	
4:00	Healthy Living with Exercise L1 - Annamarie	Activities	Healthy Living with Exercise L1 - Annamarie				
5:00	Zumba L3 - Summer		Zumba Gold L2 - Joanie	Activities			
6:00	<i>New Class!</i> Exercise and Weight Mgmt L1 - Marilyn	6:00-7:30pm Self Defense - Paul	Exercise and Weight Mgmt L1 - Marilyn				
7:00							
			Group Exercise Classes (punch pass) \$3.50			Wellness Classes (session based) Small Group Training (session based)	

All classes are subject to change without notice.

All classes are 55 minutes, unless otherwise noted.

KS WellFit Class Schedule February 1-29, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15	KS	KS 6:15am SGT - Bootcamp L2 - Mike	KS	KS 6:15am SGT - Bootcamp L2 - Mike	KS	KS	KS
7:00	7:15-8:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT - TRX Bootcamp L2 - Kathryn	8:00am HI NRG Cycle L3-Poige	
7:30							
8:30	Low Impact/Sculpt Interval L2 - Jeannette	Low Impact L3 - Annamarie	Power Vinyasa L3 - Deanne	Low Impact L3 - Annamarie	Zumba Gold L2 - Joanie		
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3 - Annamarie	Strictly Strength L2 - Linda	Cardio Strength L3 - Annamarie	Strictly Strength L2 - Jeri	
10:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Cycle & Strength L2-Gretchen	Body TRlm L3 - Jeannette	Everybody Can L2 - Linda	Yoga Stretch L2 - Jeri	
11:30	SGT - Healthy Back L1 - Kathryn		SGT - Healthy Back L1 - Kathryn		Waldan Gong L1 - Joann		
12:30	SGT Healthy Back L2 - Kathryn	12:00pm Functional Fit L2 - Deanne	SGT - Healthy Back L2 - Kathryn	12:00pm SGT - Functional Fit L2 - Deanne			
1:30	Yoga Basics L1 - Ursula	Tai Chi L1 - Peil	NEW! Yoga Basics L1 - Ursula <i>Beginning Feb. 4th</i>				
2:30	SGT - TRX Interval L2 - Julia		SGT - TRX Interval L2 - Julia				
3:30	SGT-TRX Express L1 - Julia	(2:45-3:45) Tai Chi L3 - Peil	SGT-TRX Exp. L1 - Julia		SCLH Booking		
4:00		Yoga for Osteo L1 - Julie		Yoga for Osteo L1 - Julie			
5:00	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.



Crafting a Plan to Preserve Memory Function

Wednesday, January 27 — Free

7:00 PM, Ballroom (OC). The idea of living with memory loss is a scary one. Minor memory loss may be acceptable, but the farther down the spectrum you get, the more debilitating the results. What causes Alzheimer’s? What causes dementia? It’s all quite confusing and sometimes even contradictory. Dr. John Schafer discusses the latest in research—diet, exercise, social activity—to help craft a purposeful approach to preserving memory function.



Speech Trek: Gender Bias and Inequality

Friday, February 5 — Free

4:00 PM, Ballroom (OC). Come hear about Gender Bias and Inequality. Our regional high school students will clue you in. Listen to five extraordinary regional high school students who have advanced to the final round of competition in the 10th annual Speech Trek contest sponsored by the local branch of the American Association of University Women (AAUW-RSP). Students have each prepared an original five-to-six minute speech and will be judged on research, organization, and oratorical skills. The winner of the local final round progresses to a competition at the AAUW State Convention in April. Top prize is \$750 at the local level and \$1,500 for the state winner, plus a lot of brownie points for their college applications.



The Mind-Body Connection: Restoring Wholeness in Body, Mind, and Spirit

Wednesday, February 24 — Free

7:00 PM, Ballroom (OC). Join us as we learn of an alternative approach to chronic care medicine—Functional Medicine. Functional Medicine focuses on the impact of your lifestyle on the development and persistence of chronic illness—including nutrition, stress, sleep, movement, relationships, environment and mind-body-spirit health. It seeks to understand how someone became ill in the first place and looks at what needs to be included in a healing plan



so that the body is able to come back into balance and into its own healing rhythm. Join Dr. Maxine Barish-Wreden, Sutter Health, to explore together your own healing map so that you can begin to identify the core issues keeping you from living your best life.

Surviving the Silence: Love and Impossible Choices

Tuesday, March 8 — Free

1:00 PM, Ballroom (OC). Throughout their life together, Colonel Pat Thompson and Barbara Brass had to make impossible choices: Pat, in order to maintain a career, and Barbara, in order to be with Pat and not jeopardize that career. Despite the stress of long-distance separations and phone-tapped calls while Pat served as the First Army National Guard Chief Nurse at the Pentagon and on tours in Panama, they remained deeply committed to each other and were married twice. The first time, in 2004—only to have their marriage declared invalid the next day - and again in 2008 when the CA Supreme Court ruled in favor of marriage equality. Join us to hear this remarkable and poignant story.



Placer County Sheriff’s Office: Identity Theft Prevention Workshop

Wednesday, March 23 — Free

1:00 PM, Ballroom (OC). Neighborhood Watch and the Community Forum Task Force are co-sponsoring an Identity Theft Prevention Workshop presented by the Placer County Sheriff’s Office. The presenters include Detective Andrew Lyss and Detective Dan Meier. Expect to hear tips on reducing your risk of becoming a victim; safeguarding your identity; how criminals obtain information; and what steps to take if you become a victim of identity theft.



Don’t Let Your Stomach Upset You

Wednesday, March 23 — Free

7:00 PM, Ballroom (OC). Optimize Your Digestive Health: Learn how to fine tune your diet and lifestyle to avoid common digestive ailments including heartburn, acid reflux, ulcers, bowel dysfunction, and cancer. Dr. John McCracken, a Gastroenterologist at Kaiser Permanente Medical Center, is also an Associate Professor of Medicine at UC Davis.



Community Forums, Date, Time, Location

<ul style="list-style-type: none"> • Crafting a Plan to Preserve Memory Function Wednesday, January 27, 7:00 PM, Ballroom (OC) • Speech Trek Friday, February 5, 4:00 PM, Ballroom (OC) • The Mind-Body Connection: Restoring Wholeness Wednesday, February 24, 7:00 PM, Ballroom (OC) • Surviving the Silence: Love and Impossible Choices Tuesday, March 8, 1:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Placer County Sheriff’s Office: Identity Theft Prevention Wkshop. Wednesday, March 23, 1:00 PM, Ballroom (OC) • Don’t Let Your Stomach Upset You Wednesday, March 23, 7:00 PM, Ballroom (OC) • Got Kibbutz? The Role of this Communal Settlement in Israel Tuesday, April 5, 7:00 PM, Ballroom (OC) • Internet Safety for Silver Surfers Wednesday, April 13, 1:00 PM, Ballroom (OC)
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and his family:
his wife Audri, and their
three boys, Christopher,
Timothy and Jonathan.



Sun City Lincoln Hills Community Association

965 Orchard Creek Lane

Lincoln, CA 95648

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OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

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www.suncity-lincolnhills.org/residents

Public Website:

www.suncity-lincolnhills.org

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408-4290

Spa Manager

Kris Holland 408-4071 kris.holland@slhca.com

Hours

Orchard Creek & Kilaga Springs Lodges

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

Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

Activities Registration: OC & KS

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

Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

Administration Offices & Membership

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

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

Fitness Center Hours: OC & KS

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

Saturday/Sunday—OC 7:00 AM-8:00 PM

Saturday/Sunday—KS 6:30 AM-6:00 PM

Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM

Sunday 7:30 AM-3:30 PM

Meridians Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

Dinner Friday & Saturday 5:00-9:00 PM

Sunday Brunch 10:30 AM-2:00 PM

The Spa at Kilaga Springs

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

Saturday 9:00 AM-5:00 PM

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Broken Water Line on Association

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Curator Security, Inc.

(916) 771-7185

Golf Shop

Website: lincolnhillsgolfclub.com

General Manager, LH Golf Club

Ryan Peterson 543-9200, ext. 4

Lincoln Police & Fire 645-4040

Neighborhood Watch

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Pauline Watson 543-8436

Neighbors InDeed 223-2763

Pulte Homes Customer Care

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