

COMPASS



The Official Magazine of Sun City Lincoln Hills

February 2017

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On the cover

*A beautiful rainbow captures our January-February weather. "Rainbows remind us that even after the darkest clouds and the fiercest winds there is still beauty." Katrina Mayer
Let your beauty shine this month, get involved in your community!*

Board of Directors Report

2016-2017 Board Winds Down

Jim Leonhard, President, SCLH Board of Directors



On February 16, the current Board of Directors year ends and a new Board will be seated. Personally, I am termed-out after four years of Board participation. During that time, it has been an honor to serve as Treasurer, Vice President, and, in the past 12 months, President of the Board.

How did this Board perform? I believe most homeowners would conclude that we instituted some very positive initiatives that will help secure the future of Lincoln Hills and preserve their home values. And we accomplished them in the most open and transparent manner this Community has experienced. For example:

- The Community Enhancement Fund (CEF) was established in July 2016 to ensure the Community remains vibrant and up-to-date thereby continuing to attract new owners.
- With Finance Committee approval, the Staff proposed a realistic budget incorporating the burdens our Association bears from the imposition of regulations and wage increases mandated by the State of California. The Board did not flinch from approving an ample increase in dues to accommodate increasing costs.
- Your ARC and Compliance Committees worked diligently to address an escalating problem of owners' properties falling into disrepair and out of compliance. After extraordinarily inclusive efforts to gather residents' the Committees proposed, and the Board approved, important clarifications and modifications of existing policies designed to improve the appearance of Lincoln Hills in accordance with the requirements of our governing documents.

During an unprecedented number of Committee/Board open meetings and workshops, the Community at large was invited to opine on all these and other proposals prior to any Board decision. Many residents' constructive/reasoned input had impact as modifications to proposals were often embraced. While free speech is always encouraged, it was disturbing to see how the spreading of rumors, untruths and misinformation, fomented by unfettered online discussion group/social media communications, continued to be a disservice to our residents. An unfortunate result was some unacceptable personal attacks, by a small number of apparently disgruntled residents, on volunteer Committee Chairs, Board members, and our Executive Director at meetings, in writing, in public forums, and even in person. It is my fervent hope that those individuals would instead channel their energies positively and become part of the solution by volunteering for a Committee or running for the Board.

I sincerely appreciate all Committee Chairs and members who volunteered their time and energy this year. I especially want to acknowledge our superb staff under Chris O'Keefe's leadership. As our Executive Director, Chris works tirelessly and is totally dedicated to SCLHCA—we are very fortunate to have a person with such character, intelligence, and skill in command. Finally, I thank my fellow Board members for their support and courage in making some difficult decisions and for allowing me to serve as their Board President.

News from SCLHCA Accounting Team

To better serve you, Sun City Lincoln Hills Community Association has upgraded our Homeowner and Accounting Management software. By now every homeowner should have received a letter of information about the change. As part of this upgrade, each property has been assigned a new account number.

In addition, all homeowners utilizing the automatic payment process must resubmit a new Direct Debit (ACH) Form to re-establish this service (included with the letter). Look for future correspondence from the Association on more exciting changes to come with the enhanced software!

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications



The much anticipated “It’s the Lifestyle” will be held Tuesday, February 28 throughout OC Lodge from 10:00 AM-1:00 PM. The event is an opportunity to meet club and community leaders, Board of Directors, committee members and staff and explore a variety of activities and volunteer programs. Come prepared to learn, have fun, and meet some engaging and passionate people.

Don’t miss another event at OC Lodge, our semi-annual **Home, Health and Business Showcase** on Wednesday, March 15 from 10:00 AM-2:00 PM. At least 90 small and large businesses will attend the Showcase to tell you about their products and services and answer your questions. Mark your calendar for this informative event that offers great giveaways to those who stop to chat with vendors.

Our Communications Department underwent changes this past month. We welcome a new **Advertising and Promotions Manager**, Jeff Caponera, and a new

Advertising and Communications specialist, Tim Rusher. David Ortiz, our Communications Specialist, remains with the team providing a good anchor as he continues, among other things, to create and send our daily eNews bulletins. Jeff, Tim, and David have visual, graphic, technical, and social media backgrounds



Welcome to our new Advertising and Promotions team, from left: David Ortiz (three years), Tim Rusher and Jeff Caponera

that will provide leadership and support to our management teams. Together they will provide you informative visual advertising, websites, and eNews to help you decide
Please see “Connections” on page 5

Calendar of Events

February 15-March 31

Date	Event	Page #
02/16	Book Discussion: <i>The Language of Flowers</i>	30
02/16	Veterans: Digital Avionics	40
02/16	Comedy: Comedy of Jason Love	49
02/17	Softball: Senior Softball Season Registration Closes	39
02/17	Forum: Kitec Plumbing	100*
02/17	Forum: What’s Up with the Equal Rights?	100
02/18	KS Classic Movies on Saturday: Michael Clayton	45
02/20	Astronomy: Black Holes Explained	29
02/20	Genealogy: DNA Testings	34
02/21	Painters: Atmospheric Perspective	37
02/21	Concert: Richard Glazier	49
02/21	Overnight: Las Vegas	60*
02/22	Forum: Healthy Aging in a Digital World	12, 100
02/22	Alzheimer’s/Dementia: The Dementia Whisperer	29
02/22	Music: Play and Sing	37
02/23	Eye Contact: Info for Medical Emergencies	34
02/23	Garden: “Floating Water Garden Creations”	34
02/23	Coffee with the Mayor	45
02/24	Music Group sponsored Open Mic Night	37, 45
02/24-26	14th Annual Fine Arts Show and Sale	45
02/27	Performance: Speaker Series Fareed Zakari	60*
02/28	It’s the Lifestyle	3, 35, 36, 38, 39, 41, 45
02/28	Performance: Five Irish Tenors	60*
03/01	Astronomy: How Light Affects Salmon and Elderly	29
03/01	Sports: Sacramento Kings vs. NY Nets	60*
03/02	Investor’s Study: Speaker from Goldman Sachs	36
03/02	Forum: Introduction to Big History	100
03/03	Concert: HouseBlend A Capella Quartet	49
03/04	KS at the Movies: Sully	45
03/05	Performance: Chinese New Year San Francisco	53
03/06	Antiques: Perfume Bottles	29
03/06	KS at the Movies: Sully	45
03/07	Eye Contact: Ocular Surface Diseases	34
03/07	Performance: Gentlemen’s Guide to Murder	60*
03/08	Computer: PC—Google Home and Amazon Echo Dot	33
03/09	Casino: Colusa Casino	53
03/10	Computer: PC—Windows Cortana and Google Chrome	33
03/10	Concert: Spencer Day	49
03/11	Tour: P.A.W.S. Open House	60
03/13	Bird: Wastewater Plant—Preserving Wildlife Habitat	30
03/14	Needle Arts: Needle Felting	37
03/14	Museum: Legion of Honor (Monet)	53
03/15	Home, Health and Business Showcase	3, 45
03/16	Book Discussion: The China Dolls	31
03/16	Concert: Rita Hosking and Sean Feder	49
03/18	KS at the Movies on Sat.: Thoroughly Modern Millie	45
03/22	Forum: Crimes Against Seniors	100
03/23	Forum: Mind & Body Winning Team in Healthy Aging	25
03/24	Computer: PC—Ask the Tech	33
03/24	Concert: Taylor Made	50
03/25	Performance: Sister Act, State Theater, Auburn	54
03/26	Tour: Macy’s Flower Show San Francisco	56

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

Upcoming Association-Related Meetings: Date, Time, Place

February 15-March 31

Finance Committee Meeting	Wednesday, February 15, 9:00 AM
Golf Cart Registration	Thursday, February 16, March 2 & 16, 9:00 AM, OC Lodge
Board of Directors Annual Mtg. of Members	Thursday, February 16, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, February 16, Immediately following Annual Mtg.
Board of Directors Organizational Meeting	Thursday, February 16, Immed. following Special Meeting
Board of Directors Meeting	Thursday, February 23, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, February 23, 10:30 AM
Board of Directors Executive Session	Thursday, February 23, 11:00 AM
ARC/Architectural Review Committee	Monday, February 27, 9:00 AM
Listening Post	Tuesday, February 28, 11:00 AM
Compliance Committee Meeting	Wednesday, March 1, 10:30 AM
Properties Committee	Thursday, March 2, 9:00 AM
Elections Committee	Friday, March 3, 10:00 AM
CCOC/Clubs & Community Organizations	Tuesday, March 7, 9:30 AM
ARC/Architectural Review Committee	Monday, March 13, 9:00 AM
New Resident Orientation	Tuesday, March 14, 1:00 PM
Finance Committee Meeting	Monday, March 20, 9:00 AM
Board of Directors Meeting	Thursday, March 23, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, March 23, 10:30 AM
Board of Directors Executive Session	Thursday, March 23, 11:00 AM
ARC/Architectural Review Committee	Monday, March 27, 9:00 AM
Listening Post	Tuesday, March 28, 11:00 AM

Meetings in OC unless noted otherwise.



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From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association

February is here, and as usual, got here much faster than we would have thought. It seems like we were just celebrating the New Year, and by the time this gets to you, we will be halfway through the month, the Super Bowl will have been played, and we will be looking forward to spring.



We have a lot of great things planned this year, and I hope you will enjoy the events, classes, and special offerings the staff will be rolling out. I am constantly inspired by the creativity that staff brings to every event they host. They are always looking for new opportunities and options, and their efforts are one of the reasons that this community remains so active.

The retractable awnings have been installed over the Meridians patio, and I think this is going to be a terrific addition and well received by our residents. The view from the patio is amazing, and the shade provided by the awnings will make this a much more pleasant area to enjoy a meal, a cocktail, and the company of your friends and fellow residents.

Construction will start on the Kilaga Springs Lodge solar array shortly, and we will provide as much prior notice as possible. Keep in mind that parking will be impacted during the project, and please make sure to watch out for folks as you drive through the lot.

I'd like to take some time at the end of this article to say thanks to a few people. Kathi Watts, an Activities monitor for about nine years, is retiring. I thoroughly

enjoyed my interactions with her over the years, and I appreciated the work ethic she displayed on a daily basis. Kathi is a kind and friendly soul, and she made us better. She will be missed. I'd also like to take time to acknowledge our custodians and kitchen staff. These unsung heroes labor each day to make sure that our residents are taken care of. We need to celebrate their efforts more often.

I'd also like to thank all of our residents who give their time and talents in support of our community, both in the Association and as volunteers for the city. No matter where you go in Lincoln, chances are that our residents are involved in some way. Whether it's bringing baseball to Lincoln, helping at-risk children, or volunteering at the library, our residents are reaching out to make this a better place to live. Not just in Lincoln Hills, but throughout the city. What a wonderful thing!

Connections

Continued from page 3

where and when you will spend your time and money. Will it be enjoying a meal at Meridians; a sandwich and coffee at the Café; a massage or facial at the Spa; personal training or class in WellFit; a concert, bus trip, or class? The opportunities are endless as is information from Committees, our Board of Directors, Clubs, and Community Forums.

I encourage you to keep informed and stay connected with eNews, the Resident Website, the COMPASS, and Community Directory for easily accessible rules and regulations, maps of Villages and trails, and Lincoln Hills contacts.

We continue to update and monitor the **new Resident Website**. We've been getting some odd error messages but they are harmless and we are working to resolve them. The classified section has been removed for now and will be reestablished once error messages are corrected. In the meantime, use the bulletin board located in the OC Lodge Business Office

www.sclhresidents.com

Employee of the Month Award

Our January "Employee of the Month" Award is Freddy Chavarria who joined our Facilities Department in June 2016 as a Set Up Technician. Here are just a few quotes shared by our staff:

"He has shown extreme dedication in making sure each and every event is set up properly and on time!" Most recently, at a club meeting, a resident gave Freddy praise. *"He gave it his all without giving up and stayed until he resolved the issue! Well done Freddy!"*

His demeanor and politeness

is without a doubt, top notch while providing excellent customer service!

We are fortunate to have Freddy as part of our SCLH Team. Thank you Freddy for your dedication, hard work and your drive in never giving up! You are an asset to our residents and our team.



From left: Nancy Gabriele, HR/Payroll Manager, Freddy Chavarria, Set Up Technician, and Erik Rosales, Operations Supervisor

next to the activities/membership desks to look for wanted items or to post items for sale. Other changes in the websites, including the need to have different passwords for our two main websites, are

explained on page 7.

I wish you all a healthy and active month and I look forward to seeing you in the Lodge.



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The Faces of Two Very Different Websites

*Jeannine Balcombe
Senior Director of Lifestyle and Communications*

Many residents have been understandably bewildered by recent major changes in our Lincoln Hills websites. I hope the following tips and pointers will make your web surfing more efficient and enjoyable.

Interlinked Websites

Lincoln Hills uses several different interlinked websites, creating the illusion they are one website. Our websites include: a Public Website; the Spa; Meridians; Orchard Creek Lodge; the Resident Website; and Lifestyle Online which is secured for making online purchases. For convenience, bookmark these websites in your browser!

The two most often confused websites are the ones that require a username and password: the Resident Website and Lifestyle Online. These are two different websites with different security needs. Let's look at these two.

Resident Website:

www.sclhresidents.com

The Resident Website provides information on everything related to your Association. The contents of the site can be viewed by the public, however videos and library documents are reserved for residents only. To see the resident-only information, you will need to login with your email address and password. No personal information is stored on the Resident Website. To get set up, visit www.sclhresidents.com, select the **Home** tab and choose **REGISTER** from the drop down

options. Proceed with registration instructions. To change your password for the Resident Website, please send us an email: help.desk@sclhca.com.

The Lifestyle Online Website:

[https://](https://webtrac.sclhca.com)

webtrac.sclhca.com

The Lifestyle Online Website is used for enrolling in classes, trips, and entertainment and requires you to login to register. Each household has (or must request) an account. Lifestyle Online is connected to the sales software used in the Lodges, and is kept very secure to access your personal information and process payments. To keep your private information secure, please do not give out your password. If you do not remember your password, use the "Forgot Login?" link located at the login screen. To get set up, or for assistance with Lifestyle Online, you can use the "Contact Us" form on the website, or send an email: LifestyleOnline@sclhca.com

Lifestyle Online can be reached by clicking on the link at the Resident Website, or by going directly to the web address. In either case, remember that you potentially have different usernames and passwords for each of these sites.

eNews Bulletins

To stay informed, we offer weekly eNews bulletins which are conveniently delivered to your email inbox with links to our websites. eNews is reserved for resident use only, and you must subscribe to receive it. You can opt out of your subscrip-



Lifestyle Online Website: <https://webtrac.sclhca.com>

tion at any time. If you aren't receiving eNews, you can subscribe at the Resident Website by scrolling down and clicking on the orange colored eNews box and completing the subscription form.

Questions?

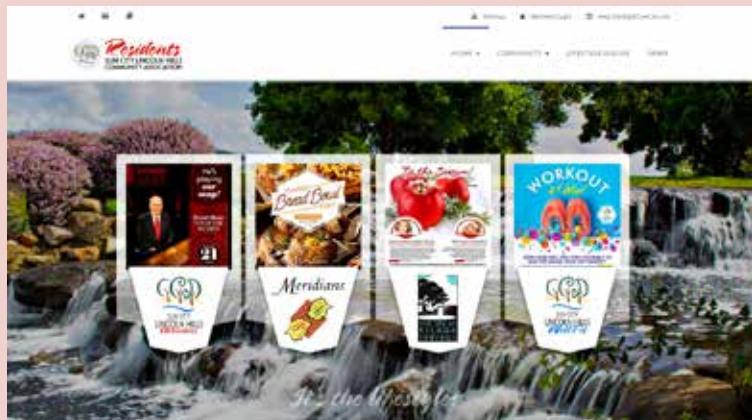
If you have questions about accessing and/or using these websites, please send us an email at help.desk@sclhca.com or call 625-4012.

Committee Openings

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

- ARC/Architectural Review Committee
- Compliance Committee
- CCRC/Communications and Community Relations Committee
- Elections Committee
- Finance Committee

Note: the deadline for applications for the Finance Committee is Tuesday, February 28.



Resident Website: www.sclhresidents.com

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GENERAL ADMISSION \$20

Tickets available at the Activities Desk (OC/KS) or online, LifestyleOnline.Suncity-LincolnHills.org



WellFit News

Things Are Happening in WellFit!

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

Less than 100 days until launching the Association's first Lincoln 5K/10K PACE race and kids run, promoting ageless commitment to exercise. This race will be held on beautiful trails in Lincoln Hills on Saturday, May 6. For more information and to register, go to www.lincolnpacerace.org.

PACE Race Prep Training Options:

Want to participate but not ready? Don't worry, WellFit is offering PACE Race Prep programs! Now is your chance to go from "couch to 5K" in a matter of weeks with Milly Nunez. Or maybe you're not a beginner and you're ready to take on a little more, like the 10K. Sign up with Danielle Lawlor for a six-week program—she will help you prepare for the 10K by working on specific muscles to help



prevent injury. Once you have signed up for either of these training programs or the PACE Race, bring in your receipt to one of the Fitness Centers and get loose with a 30-minute lower-body Bowen treatment with Rebecca for \$30. For more information on any of these programs, see page 84.



Wellness Studio with a Twist: There are rumors that WellFit is working on a business plan to expand into a larger studio. The rumors are correct! The vision is to provide a larger, serene, upscale, and welcoming space to offer yoga, Pilates Mat, meditation, healing practices, and Pilates Reformer. We anticipate that this space will help increase participation and create opportunities to implement new programs.

Activities News & Happenings

Let Love Bloom!

Lavina Samoy, Lifestyle Manager

Love is the reason and February is the season to celebrate love. I believe LOVE should be celebrated every day!



Please share your warm welcome and love to the new faces in our department. Both residents, Mary Frazier and Nita Satkowski, are our newest Activities Monitors who are eager to serve you at both Lodges. As a reminder, you can register at both Lodges! Also joining our team is Theresa Renken. Theresa will be handling room bookings while Shelvie is



Welcome, from left: Nita, Theresa and Mary!

preparing for her new baby. From February 6 to mid-April, the Room Booking office will be open from 9:00 AM-2:00 PM Monday through Friday. After hours emergency requests will be handled by yours truly.

We have had some requests and questions regarding access to Lifestyle Online, the gateway to accessing concert tickets, classes, and bus trips online. Please note that you need to log in separately for Lifestyle Online. Refer to Jeannine's article on page 7 for further details.

What's new in the coming months? Two new dance classes are coming your way: **Tap Choreography for Fun on Monday morning** beginning in March (page 71) and **Belly Dancing on Thursday evening** beginning in April (page 67). Both classes are open to all skill levels.

Want to have fun on the runway? Our **Model Call for our Spring Fashion Show, "Destinations," on April 27** is out! This event is a lot of fun and we are looking for

Questions I have been asked:

1. *Where is this space?* The building on the north side of the OC parking lot across from the Lodge.
2. *Will we buying this building?* No, we'll be leasing.
3. *Do we have a plan if this is not a "go"?* Yes.
4. *Will this increase our HOA dues?* No.
5. *Will the cost of classes increase?* Yes, yoga and mindfulness classes will be \$7-\$15 depending on the package you buy. Pilates Reformer will not increase.
6. *Will this be open to the public?* Yes, but nonresidents will pay 20% more.

For all the information, please attend the next Listening Post on Tuesday February 28 at 11:00 AM or contact me. I would love to hear from you.

Orchard Creek pool, Spa, and locker rooms will be closed Thursday, February 23 through Monday, February 27 for resurfacing of the pool deck and area between the locker rooms. All water classes will be cancelled on Thursday and Friday.

models of all shapes and sizes. **Deadline for model application is March 20.** For details on the event and model call, see page 50

Here's your special opportunity to share your love with the whole family! Our annual **Spring Egg Hunt on April 15 at 10:00 AM** (page 50), is open to kids one to ten years old. Spaces are limited so register early! We also have two wonderful concerts perfect for the family: **Joel: A Tribute to the Songs of Billy Joel, April 6** in the Ballroom (page 50) and **Two Of Us, an Acoustic Tribute to Lennon-McCartney, April 20** in Presentation Hall (page 50).

See pages 56-57 for information on the various local festivals and fairs we are visiting, from **Cherry Blossoms to Scottish Games**. For garden lovers, enjoy an overnight jaunt in **Sonoma, May 9-10**, exploring amazing gardens and parks, including the new Sunset Gardens and the Asian Quarryhill Botanical Gardens (page 58).

Peace and love to all!

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Come Join Us!

Mike Creasy, Finance Committee Chair

If you have ever wondered what you could do that would have an impact on the welfare of the community, think about joining the Finance Committee.



The work we do is essential to ensuring your dues dollars are well spent on essential services and to maintain and enhance the beauty of our campus, thereby maximizing the value of our homes.

We need people who are comfortable with financial statements, spreadsheets and budgets, along with a healthy dose of common sense.

It's extremely interesting work but it's not all fun and games. It's a serious responsibility.

Purpose

The Finance Committee has general oversight of the financial policy of the Association, subject to Board approval.

What we do

- Review monthly financial statements
- Review with Staff and Properties Committee recommendations for Building/Capital Enhancements to our community and make recommendations to the Board of Directors.
- Meet with Staff to review their budget presentations for the next fiscal year, and make recommendations to the Board.
- Work with the Properties Committee and Staff on Reserve Funding.
- Review the annual audit of the Association Financial Statements.
- Review and recommend to the Board our annual insurance renewals.

• Perform other Financial analysis as needed by the Board.
Some examples of recent work
 Recent projects include the detailed financial analysis of...

- the proposed solar panels for Orchard Creek and Kilaga Springs Lodges,
- shade structure for Meridians patio
- the 2017 Annual Budget

We also established, with Board approval, an Investment Policy governing Reserve Funds and Operating Funds. Results are reviewed regularly with our Investment Advisor.

Who should consider joining the Committee when a vacancy occurs?

If you have the background and interest, you are able to provide a service that has real value to the Community. Please apply by February 28 and contact us at finance.committee@schca.com. We are seven dedicated volunteers with backgrounds in finance, accounting, business, and/or administration. In addition to our monthly meetings, we hold several budget meetings in late September and other informational and financial analysis meetings during the year. Meetings generally run between one and-a-half and two hours.

Regarding December 2016 finances, the draft financials indicate \$6,155 better than budget for the month and \$28,212 for the year. Fitness, Activities, Maintenance and Landscape all had strongly positive year-end results. Errors in Administration expense estimates that produced the large deficit for 2016 have been adjusted in the 2017 budget. Operations cash balance on December 31, 2016 was \$1,085,682. Oper-

The Road to Aging Well

The Era of Connected Aging

Shirley Schultz, Health Reporter

We are the pioneers of "Connected Aging," a term coined by the Center for Technology and Aging, which points to a broadening array of mobile devices and internet-based technologies to support older adults to age in place. The changing demographics of the aging population are quickly outstripping the capacity of providers, family caregivers, and programs and services that serve that population. It is imperative that older adults be supported to thrive independently in their homes and communities as the need for health care, assisted living, long term care, and other programs cannot keep up with the demand.



There are four main categories based on primary location of use that provide the framework to organize connected aging technologies: body, home environment, community, and care-giving.

• **Body:** Technologies to help monitor and manage an older adult's physiological status and mental health such as vital sign monitors, activity monitors, sleep monitors, mood monitors, medication dispensers and adherence systems, mobility aids with GPS, and even smart toilets to monitor changes in discharges.

• **Home Environment:** Technologies that help monitor and maintain the person's functional status in the home environment such as fall detectors, video monitoring,

Please see "Connected Aging" on page 12

ations owed the Reserve Fund \$1,419,949, primarily for the Orchard Creek and Kilaga Springs solar panels. Total cash less the amount owed to the Reserve Fund was negative \$334,267. Our Reserves percent funded at year end reflects the addition of a little over \$3 million of additional assets in the Reserve Study, including the Orchard Creek Solar panels. Year-end Financials are subject to our annual audit which should be ready by the February Finance Committee meeting.

Preliminary Statement of Operations YTD December 2016

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$7,787,670	\$7,787,494	\$176	\$7,787,494
Administration (Expense)	(1,936,970)	(1,699,540)	(237,430)	(1,699,540)
The Spa at Kilaga Springs	(23,386)	47,290	(70,676)	47,290
Fitness	(438,238)	(481,430)	43,192	(481,430)
Activities	(430,161)	(540,030)	109,869	(540,030)
Rec. Center / Maintenance	(2,411,518)	(2,507,150)	95,632	(2,507,150)
Landscape Maintenance	(2,553,773)	(2,675,444)	121,671	(2,675,444)
Food & Beverage	(99,732)	(65,510)	(34,222)	(65,510)
Capital Asset	30,000	30,000	-	30,000
Net Revenues (Expense)	(\$76,108)	(\$104,320)	\$28,212	(\$104,320)
CEF	192,000	-	192,000	-

The Spa at Kilaga Springs

The Spa: More Transformations Coming Up in 2017!

Trudy Smith, Manager, The Spa at Kilaga Springs

www.facebook.com/SpaAtKilagaSprings www.twitter.com/KilagaSpa

Deborah and Stacy did an amazing job in 2016 with a number of constructive changes in the Spa. The trend continues in 2017, with lots of positive transformations coming up.



My observations since coming on board in December is that we have a very talented and dedicated group of service providers and Spa

Concierge at the Front Desk. The Front Desk staff really are your concierge as they create your experience starting with the first contact via phone. The experience continues when you walk through our doors, taking care of you from the moment you arrive to the moment you depart. We have you change into a luxurious robe and slippers and enjoying a cup of lemon water or tea. All our services and service providers are dedicated to your wellbeing in mind, body and spirit. We have some wonderful additions in mind for 2017 and beyond to enhance that experience.

We have added new service providers

and Spa Concierge as we continue to grow: Annie Miller, massage therapist; Becky Keys, a returning esthetician; and Leslie Slavens, nail technician.

Winter is a time to pay attention to hydration. The exposure to heat and dry air, even with all the rain, dries out the skin. For that reason we have continued our **Lift, Glow and Firm Facial** and Kilaga Springs Spa pedicure specials.

We also invite you to come experience our Spa Retail Boutique with lots of new fun healthy products.

Life is a journey and we invite you to the Spa to have that journey with us! Check us out on Facebook or Twitter:

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~Please see our ad on page 42.~

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Preserve Your Property Values!

2017: The Year of Property Maintenance Self-compliance

Melinda Rogers, Community Standards Manager

I'm sure we all agree that conscientious property maintenance ensures that our community of 6,783 homes continues to be the envy of Lincoln!

We would like to commend *many* of you for your diligent care of your property over the years, and we are pleased to have recent-

ly seen a marked increase in applications to the ARC for property improvements. The Compliance Committee is hoping for even more residents to do frequent self-checks of their properties. To help you do that, here's a handy checklist for you to consider to see if your property maintenance is up to date.

Answers are in the SCLH Design Guidelines.



- Are my landscape plants healthy and trimmed?
- Are my shrubs along the property line kept to a maximum height of four feet?
- If I have natural turf, is it mowed, edged, and weeded regularly?
- Is my landscape free of any bare dirt areas that need more bark?
- Are my landscape borders and flower beds healthy and weed free?
- If I have any dead plants or trees, have I replaced them?
- Do I have the required shade tree in my front yard?
- Are my trash containers stored out of view except on collection day?
- Is the paint on my house exterior in good condition?
- Are all my fences and/or gate painted and in good condition?
- If I used to have concrete mow curbs,

Connected Aging

Continued from page 11

and passive sensors monitoring for home safety such carbon dioxide or carbon monoxide, stove on/off status, motion sensors and many others.

• **Community:** Technologies that aid in maintaining and strengthening older adults' ties to other people in their local community, such as devices that connect them with activities like classes, clubs, and groups with similar interests.

• **Caregiving:** Technology-enabled products that provide platforms for coordination of informal care-giving and formal care coordination, such as websites or programs that provide tools for assessment of health risks, education, or behavior modification.

Explore these ideas in more detail at the Center for Technology and Aging, www.techandaging.org. Also, don't miss the upcoming Community Forum on February 17, "Healthy Aging in a Digital World" (see page 100).

Some who are "digitally challenged" may feel confused about all the technological changes in life. Like me, you may mourn the loss of personal contact, therapeutic touch, and other person-to-person aspects of our current health care models. Recognize, however, the reality is we must now embrace the digital age in order to thrive as we age. Our quality of life and even our survival depend on it.

- but now have no lawn, have the mow curbs been removed?
- Are items in my garage *not* visible through the windows?
- If I store items outside, are they out of sight of neighboring properties?
- If I have security lights, are the lights directed to shine only on my property?
- If I have a satellite dish, is it mounted to the roof behind the gate and is the base painted to match the house?
- If I live on a golf course or open space lot, does my backyard comply with standards?

We hope this list has been helpful in identifying a few small but significant aspects of your property that could use some touch-ups. Thank you!



Lincoln Hills Community Forum and Neighborhood Watch



Presents

THE PLACER COUNTY DISTRICT ATTORNEY'S OFFICE

Shannon K. Quigley, Deputy District Attorney
 Laura M. Mitchell, Senior Victim Advocate

Join us and learn about...

- Signs of Financial & Physical Elder Abuse
- Recognizing scams
- Protecting yourself from fraud
- What to do if you become a victim
- Resources and referrals

When: Wednesday, March 22, 2017

Time: 1:00 pm to 3:00 pm

Where: Orchard Creek Ballroom

The Placer County District Attorney's Office and their elder abuse task force team are committed to educating the community about the types of crime being perpetrated against the seniors in Placer County, informing our citizens about what to do if you are concerned for yourself or others, and prosecuting those who dare to take advantage of our senior citizens.



Seniors First provides program and service to help older adults maintain their independence and thrive. Staff from Seniors First will be available to answer any questions regarding programs and services in Placer County



Super-Size It!

Orchard Creek North and Fountain Hill Trails

Dee Hynes, Roving Reporter

Dancing sun rays tenderly stroke your cheeks. As you stroll next to the Open Space, your visual senses are stimulated as wild grasses and shrubs wearing coats of varied greens surround you.

You will feel an intimate connection with the natural setting of the Orchard Creek Preserve as the Orchard Creek North Trail has dropped below the rooftops and you are now one with the protected land.

Space/sidewalk loop trail with varied grade changes that offer variety to trail participants. The Open Space includes a narrative sign and a bridge to the Kingfisher Trail.

A bonus here: you'll find our TimeLife strength training equipment across the bridge at the end of the Open Space.



A second Orchard Creek North Trail entry leads from this personal park in Village 26B/C at the end of Emerald Lane (see trail at right). All Open Space names are posted; note their names and carry your cell phone should an emergency arise

You may view dashing rabbits, dove families cautiously scouring for food, or soaring red-tailed hawks.

Your enjoyment on the Orchard Creek North Trail Open Space is so pleasurable you may want to "super-size it" by doubling your trail enjoyment, adding the Fountain Hill Trail to your outdoor adventure. Located across from the North Orchard Creek Trail, find it by simply walking across Spring Valley Pkwy.

Directions to the trailhead: From OC, turn right on Del Webb Blvd., left on Fallen Leaf Lane then left on Norden Court and park.

The trail begins at Norden Court. When you reach Spring Valley Parkway, turn left and proceed to the corner. Cross the Parkway and continue walking on the Fountain Hill Trail.

See your *Community Directory and Resource Guide* foldout maps for details.

The Fountain Hill Trail is an Open



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Walk, Run and Just Have Fun!

The Lincoln PACE Race (Promoting Ageless Commitment to Exercise), a fundraiser for local schools and the Alzheimer's Association, is a 10K/5K and Fun Run to be held on Saturday, May 6 in our community. Having the race in Lincoln Hills gives us an opportunity to showcase our beautiful community, including our trail systems, Lodges, and Amphitheater.



Gladding, McBean is a key sponsor, providing medallions for race participants.

**10k/5k/Fun Run
Saturday, May 6
LincolnPaceRace.org**

The PACE website, www.LincolnPaceRace.org, is ready to take your registrations. Pass this website along to your family and friends and invite them to participate and enjoy the family fun festivities between 7:30 AM and 1:00 PM.

The back page of the *COMPASS* has more details. WellFit has designed a cost-friendly training program to tune-up your body in preparation for this event (see page 85 for details).

At the event, Clubs will be engaged in a salsa-making challenge where participants will vote for their favorite mild, medium, hot or "inferno" salsa. Are you into salsa *dancing* as well? Fine tune your moves and enter to participate in the salsa dancing contest! There will also be a beer garden with local breweries competing for prizes and Meridians will have their delicious street tacos for sale along with other beverages. Lee Hazeltine and his crew will be on site with newborn lambs and goats for the children to interact with (yes, by then his animals will be grazing along the trails for all the runners to see). The PACE race will be a



festive event to be involved in.

Not a runner/walker but interested in helping out? We are looking for volunteers to help with a variety of tasks to make this event spectacular. Please contact staff member Jonathan.Leung@sclhca.com for details and add your name to our list. This is a fundraiser and we are seeking sponsorships and donations from a variety of large and small businesses. If you have a connection, please share this information and have them contact the website for donor details, or they can contact me directly at Jeannine.Balcombe@sclhca.com We have a PACE race telephone hotline as well: 625-4045.

Get involved for three worthy causes: children, Alzheimer's research, and showcasing our attractive community. Thank you!

Introducing Chris Ruen, Your New Sous Chef

Kristy Woodin, Director of Food & Beverage
www.facebook.com/MeridiansRestaurant www.twitter.com/Meridians_SCLH

This month I would like to take the opportunity to introduce **Chris Ruen**, your new sous chef for the Food & Beverage



Chris Ruen, new sous chef for the Food & Beverage Department

Department. Many of you know Chris as the Supervisor from Kilaga Springs Café. What you may not know is that Chris was in the Meridians kitchen for a couple of years before that. Chris was hired here in Lincoln Hills in 2010 a a line cook after working in Sun City Roseville from 2007-2010. Chris is a hard worker, and was promoted to Supervisor at Kilaga Springs Café in 2013. While taking charge of the café, Chris and the team increased revenue each year, recently beating their budget for 2016. Chris is delighted and excited about his next step up the ladder in Lincoln Hills, and looking forward to serving the community for many more years to come.

Italian Night with Chef Ian was a blast! Everyone had so much fun, and even got to take home the raviolis they made. There will be many more events like this throughout the year, so don't miss out on the next one!

Our next event will be **Mardi Gras**, a three-course plated meal on February 28 for only \$19 plus tax and gratuity, and is available for lunch or dinner. There will also be a **Winemakers Dinner** on Thursday, March 2 featuring the Casque Winery from Loomis—\$85 inclusive per person. Make your reservations before it's all booked.



Just as a reminder, since we are still getting asked, the **Catering office** is open Tuesdays through Saturdays from 9:00 AM to 5:00 PM. The office is closed on Sundays and Mondays. In addition, this year we want to continue to reward you! Refer a banquet of 100 guests or more with food and beverage to Kathy Cameron, Banquet Sales Manager, and receive a \$100 gift card to use anywhere in Lincoln Hills.

Meridians Loyalty Club is still going, so don't forget to bring your card in and get it stamped for every \$15 you spend when you dine in the restaurant.

~Please see our ad on page 16.~

Meridians

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Doug Brown, Resident Editor

Most of us walk into a meeting, Ballroom event, or Amphitheater concert and simply *expect* efficiency and order—everything set up exactly as prescribed. About 99.9 percent of the time, we are abundantly rewarded!

How are all the setups and take-downs in Lincoln Hills performed with such reliability? Hundreds of chairs and tables every day? Along with requested tech specifications? And in a variety of templates—meetings, presentations, concerts, banquets, dance classes, and more?

The mastermind who weaves through this maze of setups and take-downs is Erik Rosales, Operations Supervisor, along with his right-hand man Andrew Roberts, Custodial Supervisor.

A 16-year veteran of working in Lincoln Hills, Erik has seen and done it all. Every morning his workday begins around 7:00 AM consulting what he called his “Bible”—the list of rooms being used that day, hour by hour, plus requirements for each room, which he accesses from Booking Coordinator Shelvie Smith.

Then, walkie-talkie in one hand and iPhone in the other (literally), Erik musters

a crew of eight people who ready all those spaces that you will be using that day. Meanwhile, Andrew, who has been working in SCLH for ten years, works with separate crews to ascertain the precise fulfillment of their “marching orders” for each room.

If anything is amiss, between Erik and Andrew, one is contacted immediately, and often within minutes, one of them or their co-worker appears in your meeting room with the needed extra microphone or chair. Or how about changing the burned out light bulb high above the Ballroom floor?

Are their days always perfectly routine? Not always! Erik recalled, “Once I had to put on scuba gear and dive into a well deep in Angler’s Cove to repair a pump. Soon after that, when I reported back to staff in the office, they wondered why I was wet and smelled *really* bad!”

Andrew fondly remembered building a foot-washing station for a traditional Indian wedding at Orchard Creek Lodge. “They wanted it, so we built it,” Andrew said, “and it’s still in our storage if anyone wants a foot-washing station!” Then he added, “And we also still have the boat race course that we made for Grandkids’ Day!”

These guys do it all—with humor, efficiency, and a warm smile on their faces. Thanks, Erik and Andrew! And *hats off* to yet another behind-the-scenes crew that enhances our lives here in Lincoln Hills!



Andrew and Erik check the book; Alex checks microphones; the team provides AV support; the crew sets up chairs; and adjusts lights



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What About Those Twelve Bridges?

Al Roten, Roving Reporter

In fall of 2015, an article titled “Where Are the Twelve Bridges?” by Gary Day was published in one of our local newspapers. Our neighbor Elaine Small read this article with interest and discussed it with a new neighbor Ed Bader. These two, with help from Elaine’s son Doug, set out to find and document which bridges are still around.



Culvert Bridge in Mansion Oaks

experimental grape and orange groves on the ranch, which he named Spring Valley Ranch. During the 1880’s he constructed a large home and several other buildings connected by 25 miles of roads. Where these roads passed over creeks and gullies, he had 12 granite bridges built. The granite was quarried from the Griffith Quarry, now a museum in Penryn.

After Elaine and Ed did the research, they drove the roads and trudged through the grasses and weeds to find what remains of these bridges on Spring Valley Ranch. The largest of the bridges is now the centerpiece of Clover Valley Park on Midas Avenue at the mouth of Clover Valley in Rocklin. Another is in a relocated position in Mansion Oaks Park, Rocklin. There are remains of bridges in the now closed Rocklin Golf Club (previously known as Sunset-Whitney). Three bridges can be found on the Whitney Oaks Golf Course.

Nine granite bridges constructed with keystone arches have been located. Three quarried granite bridges on the private Catta Verdera golf course were not a keystone design and may not have been on the original Whitney roads. No map of the Spring Valley Ranch road has been found.



One of the Twelve Bridges

We all are aware of the “Twelve Bridges” name, but may not know the origin. From the 1860’s through early 1900’s, Joel Parker Whitney amassed a fortune in gold and silver mining (mostly in Colorado) and acquired about 20,000 acres of land covering the hills between what are now the cities of Rocklin and Lincoln.

Whitney was a good businessman, grazing wool-bearing sheep on the land and establishing ex-



Elaine Small at Mansion Oaks



Whitney Oaks on 12th hole



Whitney Oaks on 13th hole



Catta Verdera on 15th hole

If you would like to join the ranks of history sleuths and tour the bridge route, Elaine Small will gladly respond to an email at esmall3525@aol.com, and share her research notes and a map of the bridges.

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Rebecca.Kang@sclhca.com

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Roamings

Genoa, Nevada

A Taste of the Old West

Richard Pearl, Roving Reporter

Roamings: An Offbeat Guide to Interesting Places

We're pleased to welcome Richard Pearl as he debuts a column that will entice *COMPASS* readers to embark on some easy adventures without having to travel very far. These close-to-home journeys are car trips that Richard and his wife Penny have recently taken. A day—or two, or more—it's a simple matter of getting in your car and going exploring!

Three hours from Lincoln, and a world away, lies Genoa [Gen-ó-ah] Nevada's first official settlement. Settled by Mormon pioneers in 1851, it was the capital until 1861, and boasted the state's first courthouse and newspaper. It was also the backdrop for several John Wayne and Clint Eastwood movies.

Things to do: (1) Mormon Station State Park—a great place to picnic, (2) Genoa Bar—the oldest bar in Nevada, (3) Genoa Cemetery—say hello to “Snowshoe Thompson”, who delivered mail across the Sierra on skis, and (4) Walley's Hot Springs Resort.

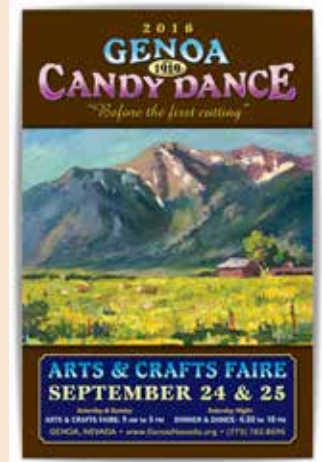
Walley's was built in 1862 at the outlet of several natural hot springs. As you take in beautiful views of mountains or the Carson Valley, lounge for a few hours at the spring-fed pools (plus a regular pool), get a spa treatment, dine in the restaurant, and if time permits, stay overnight. I stayed there originally in the 1980's, when it was fairly rustic; it's now gone upscale in terms of amenities, and pricing, but worth it for the ambience. Very nice rooms and it makes a great overnight or two-day getaway.

If you have more time to spend in the area, try some Basque cuisine at the Carson Valley Country Club or J.T. Bar and Grill, both in Garnerville, about ten miles from Genoa. I wouldn't be surprised if Basque translates into “you'll never go hungry” with their family style dinners and great food! Other places to explore include Virginia City for that Old West style, and the Carson Valley Inn in Minden for adult gaming.

There are some great places to eat en-route in Truckee and Kings Beach. For a real treat, there's the Lone Eagle Grill on Lakeshore Blvd., Incline Village, on the shore of Lake Tahoe.



Photos
clockwise,
from top:
Walley's
Hot Springs
Resort; Genoa
Bar; J.T. Bar
and Grill;
Candy Dance;
Welcome to
Genoa



All in all, a great two- or three-day getaway!

Genoa is 133 miles and 2.5 hours from SCLH. Suggested route: Interstate 80 to Truckee; follow Hwy. 89 south to Lake Tahoe; turn left on Hwy. 28 at Tahoe City to Incline Village; continue on Hwy. 28 around the lake to Spooner Pass; turn left onto Highway 50, then south on Nevada 395. Head a few miles south to State Route 57 to the Genoa turnoff.



Wishing you a Happy Valentine's Month!



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Lincoln Hills Foundation 15th Anniversary Celebration

Marcia VanWagner

2016 President, Lincoln Hills Foundation

This year, the Lincoln Hills Foundation proudly commemorates 15 years of service to seniors in the Lincoln community! Our story began in 2002 when the Lincoln

Hills Foundation was incorporated to support residents who were unable to fully participate in the “active” lifestyle of Sun City Lincoln Hills. The Foundation’s mission is “to promote and fund solutions and programs that will enhance the quality of life

for the senior residents of the Lincoln community.”

Each dollar donated to the Foundation is returned to the community in the form of a grant or service for specific needs of the seniors. Since 2002, the Foundation has received \$335,000 in donations and has distributed \$325,000, with an additional \$60,000 approved for 2017. The Foundation also generates funds through our very popular monthly Bingo in the Ballroom events.

In 2012, the Foundation expanded its scope by presenting community service programs. The Foundation offered a lecture series, quar-

terly presentations on legal and financial issues by local professional experts. Popular CPR/First Aid classes are taught by certificated instructors and raise the awareness of and the ability to respond and assist in emergencies.

In 2016, the Foundation awarded \$44,000 in grants to numerous local organizations: AARP Tax Aid Program; Alzheimer’s Dementia Caregivers Support Group; Bosom Buddies; Del Oro Caregivers Resource Center; Friends of the Lincoln Library; Multiple Sclerosis Support Group; Neighborhood Watch; SCLH Community Association; Seniors First; The Salt Mine

Because we share elements of the same mission, we often collaborate with the Community Association to strengthen each organization. The Community Association is generous in providing the OC Ballroom for Bingo, assigning meeting and training space, and publishing our accomplishments in the *COMPASS*. In return, the Foundation has supported the Association by donating Automatic External Defibrillators (AEDs),



which are placed in strategic locations for emergency use. The most recent gift was two additional AEDs to be used at the Sports Plaza for the hundreds of tennis, pickleball, and bocce ball players, and other event participants.

As we celebrate 15 years of service in Lincoln Hills, we are ready to do even more in this community. Our need is for talented people who are willing to donate their time and expertise for social media, corporate support, legacy planning, and administrative services, so that we can meet our expected community needs. Will you join us?



Lincoln Hills Foundation 2017 Board—from left: Standing—Bob Free, Jerry Johnson, Jeff Andersen, Jean Ebenholtz, Ralph Zitzler, Frima Stewart, Betsy Hanner, Rita McPeake, Ed Sullivan, Denise Bowden, Klara Kleman. Sitting—Treasurer Marsha Watkins, VP Doug Finch, President Denny Valentine, Secretary Joan Logue



Neighborhood Watch

A Saga of a Lost Dog

Patricia Evans

Neighborhood Watch Reporter

“This little dog was so frightened that she ran into several homes, but kept taking off,” said Mary Shelton, Neighborhood Watch Lost Pet Alerts Coordinator. The terrier was rescued by Michael & Judy Stoddard after she was found running in the streets near Sun City Blvd. The Stoddards calmed her down and saved her from

being run over by a car or eaten by a coyote. Neighborhood Watch to the rescue!

“As soon as she was comforted and felt more secure, I scanned the dog’s shoulder for an identifying chip,” explained Mary. She did, but the identified owner had given her away two months prior.

Emails were sent to our 650 volunteers asking for help finding the new owner. Mary credits Neighborhood Watch’s Pauline Watson, who sends out the emails, with a 99% rate of success thanks to the microchip reader purchased with funds from the Lincoln Hills Foundation. Time is important in returning lost pets to their owners!

From left—
Michael &
Judy Stoddard,
Mary Shelton
with Microchip
Reader
purchased with
funds from the
Lincoln Hills
Foundation.
Photo by John
Cho



explained, “Small dogs are in great demand for adoption.” The good news is this terrier went to a Jack Russell Rescue where she’ll find a home with a family who understands this special breed.

If you lose your pet, or find one, call Mary Shelton at 409-9923. For more information about our lost or found pets, please turn to page 37.

If you have moved or have a new pet: Mary Shelton, 409-9923. Neighborhood Watch Lost Pet Alert Coordinator, will bring the Microchip Reader to your house to see if your pet is chipped and to help you register your new information.

Contacts: Larry Wilson, 408-0667, lgwlincoln@gmail.com; Mary Cranston, 434-5362, marysclh@gmail.com. **Neighborhood Watch Website: www.SCLHWatch.org.**



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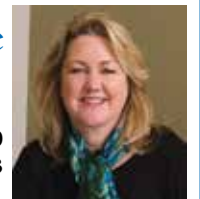
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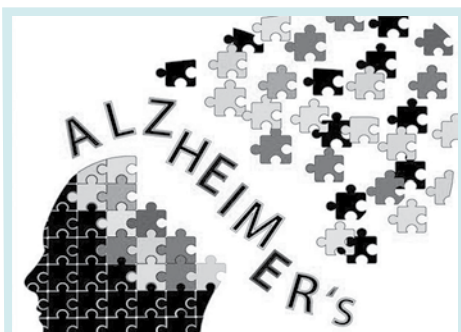


Club News

Alzheimer's/Dementia

Caregivers Support

Laura Wayman (The Dementia Whisperer) will be our speaker when we meet on Wednesday, February 22 in the Multimedia Room (OC) at 1:00 PM. She was well received here in the P-Hall (KS) last September in support of the 2016 Walk to End Alzheimer's. Laura has interacted with countless numbers of caregivers and patients during her career, and this is your unique opportunity to interact with her.



Gone with the Wind

Our group meets on the fourth Wednesday of the month, and we have featured speakers during the even-numbered months of the year (February, April, June, August, October). On odd-numbered months of the year (January, March, May, July, September, November) our format is open discussion moderated by a professional from Citrus Heights Del Oro Caregiver Resource Center.

We are beginning to plan for our next Senior Cafe event in March or April, and you'll get the date next month.

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



Amateur Radio

The Lincoln Hills Amateur Radio Group is an emergency communications group for the Lincoln Hills residents and the city of Lincoln. We are available if there is a natural disaster or terrorist attack. Should cell towers or base communications be destroyed, we have radio equipment with antennas and batteries to

handle emergencies. If you are an amateur radio operator and live within the Lincoln Hills community, we would like to know your call sign. If you are interested in our group, you are welcome to come to the South Gate Entrance Building any Monday night at 6:30 PM to check us out. You can participate as a net control operator, just visit and talk about radio. Or, just call into our net at 7:00 PM on Mondays to let us know you are there in case of an emergency. Our repeater frequency is 443.225, PL of 167.

Contacts: *Jim Darby 408-8599;*

Clare Schloenvogt 253-9155

Website: *www.lharg.us*



Antiques Appreciation

At our February 6 meeting, a member of our club shared some of his knowledge of Ivory with examples of carvings, scrimshaw, and other items. He explained the difference between "real ivory" and "fake ivory." It is so nice to have such knowledge in our club, we learned a great deal!

Our March 6 program will be presented by one of our members, who will share her collection of Perfume Bottles dating from 1880's to 1980's; she has recently joined the International Perfume Bottle Association. Club members may join this program by bringing one of their favorite perfume bottles.

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

Contacts: *Rose Marie Wildsmith 409-0644;*

Barbara Engquist 434-1415



Astronomy

Monday, February 20, the Cosmology Interest Group (CIG) continues the DVD series "Black Holes Explained," by U.C Berkeley professor Alex Filippenko. This month's lectures will be Lecture Eight "The Wildest Ride in the Universe," and Lecture Nine "Shortcuts through the Universe and Beyond?" in the Fine Arts Room (OC) at 6:45 PM.

Thursday, February 23, The Telescope Interest Group (TIG) will meet in the Mul-

tipurpose Room (OC) at 6:45 PM. Presentation topic will be "Preparing to Enjoy the Telescope Viewing Experience Through The Use of Mobile Apps and Websites."

Wednesday, March 1, at our monthly general meeting starting at 6:45 PM in the P-Hall (KS), Jack Sales of the International Dark-Sky Association (IDA) will introduce us to how light on our river and streams impacts Salmon and how with new technology and proper choices we can improve the life of all with emphasis on the elderly.

Contacts: *Morey Lewis 408-4469,*

eunmor@pobox.com; Cindy Van Buren

253-7865, rvcbvb@att.net

Website: *www.lhag.org*



Ballroom Dance

On February 4, our creative

Decorating Committee transformed the Multipurpose Room (KS) into New Orleans's Bourbon Street where we revelers danced and strutted to ballroom tunes in the spirit of Mardi Gras. The mirrored wall held a backdrop picturing wrought-iron balconies, bar fronts, and revelers. This street scene along with brightly colored table

decorations of brilliant gold, purple, and green beads, added to the Mardi Gras mood as the fancy-dressed participants danced and enjoyed delicious desserts and light refreshments.



Gale Miller and Emma Blanton; Nancy Lane; Mary & Ron Swanson

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

This was the first of our eight scheduled club dances for 2017. Membership (dues only \$7 per person per year) is open to SCLH residents, sponsored guests, couples and singles, who would like to mingle with friendly people who love ballroom dancing. Lessons are every Tuesday in KS: Beginners from 2:00-3:00 PM and Advanced from 4:00-5:00 PM. Open dance hour is 3:00-4:00 PM. We will be learning the Rumba in March.

Contacts: Sal Algeri 408-4752; Olivia Eckert 740-6972



Bereavement

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be March 8 and April 12. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be at Siinos on Thursday, February 23. Meet in front of Orchard Creek Lodge at 11:15 to carpool or meet us at the restaurant about 11:40 AM. For more information or to put a Memoriam in the COMPASS, contact Joan.

Contact: Joan Logue, joanlogue@sbcglobal.net



Billiards

Women's Tournaments will



Five/six games Bob Federick, four/six, Rita Finger, Joyce Warner, Larry Fox; Challengers winners, seven games Joe Perez, six/seven Lyle Moore; Cuemasters winners, first place, Bob Moze, second, Phil Delany

be every Tuesday, 12:45 to 3:00 PM. The Billiards Group is offering free lessons at KS to all residents Tuesdays, 9:00 to 10:00 AM. This is for new and beginning players (men and women) you do not need anything to play. Just show up and see what we have to offer. Remember it's free.

Contacts: Rich Lujan 408-781-5815; Tony Felice 955-0501, atfelice3@gmail.com



Bird

Monday, March 13, Joe Steer of the Lincoln Waste Water Plant will speak to our group about the facility's work to preserve wildlife habitat. He will also give a brief explanation of the plant which was designed as an example of environmental stewardship while creating an economical public works facility. We look forward to Joe's presentation and hope you will join us at the P-Hall (KS) at 1:30 PM.



At our January meeting Hawks, Honkers and Hoots, a wildlife educational organization, presented a wonderful program on raptors. These are two of the birds: a Barn Owl and a Red-tailed Hawk

Friday, February 24, the Bird Group will travel down to the Davis Water Treatment Ponds with a stop at a Burrowing Owl Habitat on our way home. During this day trip we see a nice variety of waterfowl, shorebirds, and raptors. A week later, on March 4 we drive to the Bobelaine Audubon Sanctuary which is located along the Feather River. Walking these woodland trails we see California and Spotted Towhee, Downy and Nuttall's Woodpeckers, Oak Titmice and Ruby-crowned Kinglets.

Contact: John Garfein 666-2364, johndgarfein@gmail.com Lh_bird_group@yahoo.com Website: www.sclhresidents.com



Bocce Ball, Mad Hatters

If you play Bocce on a regular basis you may have noticed that, during the recent very rainy weather, the Bocce courts turned into water features. At one point during recent rains the water on the front courts was two inches deep in places. We regret we did not take a picture at its worst. This is the first winter for the new surfaces after they were installed last summer. The rear courts, which were not re-surfaced last year, were wet but were not ponding like the front. We understand that along with the new turf they also put down a layer of decomposed granite when they redid the front courts. The handicapped court does not exhibit this behavior. Facilities Manager Cesar Orozco is aware of the situation and, in a brief conversation, indicated that he will be contacting the contractor to come and look at the situation.

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



Book, OC

On February 16, we will discuss *The Language of Flowers*, by Vanessa Diffenbaugh. This debut novel weaves past and present, creating a portrait of a woman whose gift for flowers helps her change the lives of others while struggling with her own troubled past.

Schedule, remainder of 2017:

- March 16, *The China Dolls*, by Lisa See
- April 20, *1776*, by David McCullough
- May 18, *The Sun Also Rises*, by Ernest Hemingway
- June 15, *A Man Called Ove*, by Fredrik Backman
- July 20, *The Virginian*, by Owen Wister
- August 17, *Liar, Temptress, Soldier, Spy: Four Women Undercover in the Civil War*, by Karen Abbott
- September 21, *Big Little Lies*, by Liane Moriarty
- October 19, *Alexander Hamilton*, by Ron Chernow
- November 16, *The Rosie Project*, by Graeme Simsion
- December 21, Holiday Luncheon

We meet on the third Thursday of the month at 1:00 PM in the Multipurpose Room (OC) for discussions.

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

If you've read or heard Jeanie Robertson's poetry, then you know what a treat it was for us to have her as our February speaker. Her works range from inspirational to humorous and always



Sharon Peck presents a prayer shawl to long-time member Marilyn Poole; Oncology surgeon Dr. Yona Barash spoke at our January meeting

connect on a personal level.

Our next meeting is March 9. If you wish to get together with other members and guests for lunch before the meeting, call Jan to make a reservation, 408-5034. This is a nice way to learn more about each other in a social setting with good food.

Although the weather doesn't give a hint of spring yet, the season soon will be upon us. With spring comes the annual "Relay for Life" in May. This event raises funds for cancer research, and Bosom Buddies always plays a major role. We're already planning our "car" to enter into the competition. If you wish to participate, it's not too early to register on-line.

Contacts: Marianne Smith 408-1818;

Val Singer 645-8553

Website: www.sclhresidents.com



Bridge, Duplicate

This year Jack Uppal repeated his last year's performance as the club overall top winner from the Monterey Regional Tournament. He won a total of 32 Master Points. Congratulations, Jack! High tribute is due Doug Allen, as well. Doug has achieved the American Contract Bridge League Status of Ruby Life Master. Congratulations, Doug!

Duplicate games are played in the KS Lodge on Wednesdays at 12:30 PM (includes a 199er section), Fridays at 5:00 PM, and Saturdays at 12:30 PM (includes a 299er section). Game fees are \$2 per person for club members and for the first three games of non-member SCLH residents. The fee is \$5 for non-resident visitors. If you need a bridge partner for any of the open games, call Barbara Dorf (434-8234), Squeak Conner (645-9085) or Lynne White (253-9882). For a partner in one of the limited games call Sheila Ross (434-6165) or Lynne White (253-9882).

Contact: Jim Collart 995-7233

Website: www.bridgewebs.com/lincolnhills



Bridge, Partners

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

after, and we must finish by 8:30 PM.

Winners: December 22—First: Kay/Ben Newton with a bridge trifecta, the high round of 2610, a grand slam, and the high total; second: Janet/Wayne Pittenger; third: Chris Jacobson/Chuck Dietz; fourth: Marlene Harner/Basil Molony.

January 5—First: Edith Kesting/Erika Wolf; second: Rose/Joe Phelan with the high round of 2190; third: Lorraine/Bob Minke; fourth: John Butler/Byron Hansen.

January 12—First: Bruce Fink/Stan Mutnick; second: Carol Mayeur/Dolores Marchand with the high round of 2020; third: Lydia King/Nancy Turrini; fourth: Hilla/Bob Fawcett.

January 19—First: Erika Wolf/Edith Kesting with the high round of 2480; second: Kay/Ben Newton; third: Joanna/Alan Haselwood; fourth: Nancy Turrini/Lydia King.

Contacts: First & Third Thursdays:

Kay & Ben Newton 408-1819;

Second & Fourth Thursdays: Dolores

Marchand 408-0147; Carol Mayeur 408-4022



Bridge, Social

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

December and January Winners—*First Place:* Bob Free, Bob Fawcett, Lynda Sader, Jodi Deeley; *second:* Linda Scott, Joe Phelan, Chet Winton, John Butler; *third:* Lynda Sader, John Woodbury, Bob Belknap, Joan Singer; *fourth:* Lee Willson, John Butler, Viren Sitwala, Byron Hansen. On January 6, Alan & Joanna Haselwood made a *Seven Spade Grand Slam!*

For reservations in January and February contact Byron Hansen at 408-7843 (byronhansen@aol.com) or Joe Phelan at 408-4066 (joephelan@sbcglobal.net).

The Free Bridge Refresher Class will continue using the book, *Bridge for Everyone*, by D.W. Crisfield, Wednesdays, 10:00 AM to 12:00 PM in Card Room (OC). If you play bridge but need a *refresher class*, you



are welcome to come.

**Contact: Jodi Deeley 208-4086,
jodideeley2@gmail.com**



Bunco

The history of bunco dates back to the late 1800's and was played by many different groups of people of all ages. This progressive dice game, under its original name of Eight Dice Cloth was played in England during the 18th century. It was unknown in the United States until 1855, when it was introduced into San Francisco during the Gold Rush by a crooked gambler.

The Bunco Group plays the third Thursday of the month in the Card Room (OC). Bunco is a non-membership group with a \$5 'pay to play' fee. Play starts promptly at 9:00 AM. It's a fun way to meet new friends! Join us sometime when your schedule permits.

January Winners: Most Buncos Carolyn Hughes; Most Wins Mary Swanson; Most Losses Chris Gomes; Traveler Kathy Chandler.

Next Bunco is Thursday, February 16.

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



Ceramic Arts

Our new steering committee members are excited to enhance the wonderful experience that is Ceramic Arts for Members and residents. Thank you to retiring members Mike Daley, Janice Davisson and Janet Roberts for their years of dedication to the group.

We just received news there is a plan for another round of art mini exhibits in the OC lobby. We will keep you posted.

Our OC studio windows currently show work created by Joan Enstrom, one of our beloved long-term members who passed away unexpectedly after Christmas. We will miss her greatly. Come view the many fine pieces she inspired and helped create.

CAG workshops OC Saturdays 9:00 AM-3:00 PM, Sundays 12:00-4:00 PM. KS workshops Monday 1:00-4:00 PM Earthenware, Sundays 1:00-4:00 PM Spanish Oils. Open studio available to all residents: OC Fridays 12:00-4:00 PM;



Hard at work building a dragon; Wheel work is hands on; A "Bid Deal" is taking shape

KS Sundays 1:00-4:00 PM. Please check bulletin boards and studio windows for changes or closures.

**Contacts: Mary Clark 502-1527; OC Pottery Gabriele Dawson 209-3683, Diane Mayer; KS Earthenware Marty Berntsen 408-2110; KS Spanish Oils Margot Bruestle 434-9575
Website: www.sclhresidents.com**



Chorus

A month after our acclaimed "Holiday Joy" performances, we reassembled in mid-January to begin rehearsing for our spring concert on April 30 and May 1-2. This time we're featuring Broadway song favorites.

Our pictured "Broadway Blast!" is a



Some music for our coming concert

delightful medley including "Lullaby of Broadway," "Forty-Second Street," "They're Playing My Song," "If My Friends Could See Me Now," and "Everything's Coming Up Roses." The accompanying "That's Entertainment" is really from an MGM movie musical but nicely fits our theatrical theme.

Among other actual Broadway show tunes we'll sing for you: "Anything Goes," the title song from Cole Porter's production; "Hernando's Hideaway," from The Pajama Game; "I Dreamed a Dream," from Les Miserables; "One," from A Chorus Line; and "Send In the Clowns," from A Little Night Music. "Can't take My Eyes Off of You," Frankie Valli's hit, was a Jersey Boys highlight.

Put those concert dates on your calendar now!

**Contacts: Suzanne Rosevold 587-3035,
suzannechorus@gmail.com**

**Bill Sveglini 899-8383, sveglini@gmail.com
Website: www.lincolnhillschorus.org**

Computer



Apple User Group—LHAUG

The latest operating system for the Apple Macintosh family of computers is macOS Sierra. For a couple of months, the Technical Team of your Apple User Group has been evaluating this free upgrade. The Team has now approved it and recommends downloading and installing it.



Andy Petro and Ken Silverman providing Technical Support before a presentation

Log onto lhaug.org and you will find, on the Home Page, the link to a printable pdf file providing very specific instructions, with illustrations, on how to download and install this latest iteration of the Mac OS series.

Please, before you proceed, follow this

extremely important first step: backup to Time Machine. If you are a member and don't have an external drive, one of our Technical Volunteers will deliver and install a new drive for just the cost of the drive itself, which is less than \$100. Call our Help Line at 668-0684 to make arrangements.

Contact: Vicki White, vickiawhite@me.com

Website: lhaug.org



PC

Main Meeting March 8, 6:30 PM—Google Home and Amazon Echo Dot are a source of entertainment, a personal assistant, and a smart home controller. Google Home sells for \$129 while Amazon Dot sells for \$50. Both the Home and the Dot can plug into your



Bob Ringo will present "Google Home and Amazon Echo Dot" on March 8; Terry Rooney will present "Cortana in Windows 10 or Google in Chrome" on March 10



existing sound system, both respond to your voice commands. Witness firsthand a live demonstration of the Home and the Dot in action. You'll be surprised at the number of "tricks" each of the devices can perform but also you will be amazed at how simple they are to use. Bob Ringo presenter. P-Hall (KS).

Clinic March 10, 3:30 PM—Whether its Cortana in Windows 10 or Google in Chrome, they are digital agents or assistants to help us with searches. Terry Rooney presenter. P-Hall (KS).

Ask the Tech: March 24, 10:00 AM Informal Q & A session for any and all technical questions. Multipurpose Room (OC).

Contact: Karl Schoenstein, sclhcc@gmail.com

Website: www.sclhcc.org



Country Couples

The Veterans Hall in downtown Lincoln was the location for our first ever New Year's Eve dance and party. We showed off our dance moves and socialized with friends while waiting for midnight. Snacks and cake were served along with champagne and sparkling cider. Festive holiday balloons filled the corners and the hall literally sparkled with decorations of white netting studded with twinkle lights, vases filled with glittery balls, beads, and horns set over black tablecloths. Thanks to the outstanding efforts of our planning committees, the effect was magical. Larry Brigleb stepped in as our DJ at the last minute and did a marvelous job. Thanks to everyone who made this event happen, and thanks to all who stayed to help clean up afterward, which was not a easy job at midnight.

If you haven't yet sent in your member-



Irene Hesson, event chair; Phyllis Svetich decorations chair; Deb & Jim Christie, Peggy Phillips; Alice & Al Martig, Jack & Shelley Coate

ship application and dues, please do so now.

Contacts: Marsha Brigleb 434-5460,

Laura Wermuth 253-7092



Cribbage

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

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

The weekly winners for the month of December were Hugh Duberley—week one; Rae Cook—two; Rae Cook—three, Sharon Cuchetti—four.

New players are always welcome!

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

Ken VonDeyler 599-6530.



Cyclists

Knee or back problems? Check your saddle. Most cyclists ride with their saddle lower than it should be. Seated, with your feet on the pedals, there should be just a slight bend in your knees. The nose should not be too low or too high. I find a slight tilt up in the nose to be comfortable. That way I am not sliding forward onto the nose while riding. Start with a neutral (horizontal) position. An ill fitting saddle can also cause numbness and irritation. If you ride a hybrid, a wide, well cushioned saddle may work well. When riding a road bike and longer distances, you need a saddle with more support. Softer, is not better. There are many configurations of saddles available. If you have prostate problems, try a cutaway or split saddle. Most bike shops will let you test ride a saddle and will measure sitbones width.

Contact: Steve Valeriote 408-5506,

lhcyclist.com

Website: www.LHcyclist.com



Eye Contact

Living Skills Meeting, Multimedia Room (OC), Thursday, February 23, 10:30 AM-12:00 PM. “Info for Medical Emergencies”—Facilitator Elaine Small will lead a discussion on keeping health information current for medical personnel in the event of an emergency. In Lincoln Hills, Neighborhood Watch provides Vial of Life forms for that purpose. Updating documents can be a special challenge for those with vision loss.

General Meeting, Fine Arts Room (OC), Tuesday, March 7, 2:00-3:30 PM. Our speaker will be Dr. Samuel Lee of Sacramento Eye Consultants. Dr. Lee will discuss ocular surface diseases as well as the Implantable Miniature Telescope (IMT)—a potential surgery option for someone with Dry Macular Degeneration. Sacramento Eye Consultants is affiliated with Twelve Bridges Vision Care in Lincoln.

Eye Contact meetings are open to all SCLH residents and can be especially helpful to those with low vision or those supporting loved ones with low vision.
Contact: Cathy McGriff 408-0169, cathy.mcgriff@yahoo.com



So good and gone; cooks at their best; Gary's beauty

aol.com.

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



Garden

Spark up your garden with ideas from guest speaker Sue Golden (Golden Ponds Nursery) at the February 23 General Meeting, KS, 2:00 PM when she presents “Floating Water Garden Creations & Kokedama String Balls!” Sue will be demonstrating her unique style



Kokedama String-Moss Balls; Floating Gardens

of combining aquatic plants and floral supplies to create a one-of-a-kind floating arrangement.

She will also demonstrate the art of Kokedama by creating a hanging string garden with succulents and natural materials.

Membership 2017 is due by the end of this month. Contact: Margie Anderson, 408-7685. You can renew or start new at the next General Meeting (February 23) or go to the website.

The Bonsai Group meets the third Thursday of each month, Terra Cotta Room (KS), 1:00-3:00 PM, and welcomes any members who have an interest to join us. There are no dues as this is an extension group of the Garden Group. Contact: Larry Clark, 409-5214.

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



Genealogy

Our Speaker for February 20 is Jim Rader who will talk about DNA testing. He will discuss DNA testings done for ethnicity and their accuracy. He'll also discuss the different kinds of DNA testing available and the companies that offer them.



Jim Rader will talk about DNA testing at our February 20 meeting

Jim has offered to individually review printed test results for those who have tested and don't know how to interpret their results after the formal meeting during the coffee time.

He will discuss the “next generation” of DNA tests, what they do and how to utilize them.

Our own DNA SIG meets monthly, first hour of the meeting beginners and intermediate/advanced the second hour. See website for more information



Fishing

Yes, I understand you can still fish just about anywhere in California, even though it's winter, but most of us hate fishing in the cold.

I attended the Sportsman's Expo in January, there are no shortages of fishing interests in the Sacramento region! Boats, tackle, bright new gear, some very innovative items to help you capture that elusive fish dream. Plenty of demos to keep you in awe, and cash machines everywhere to insure you buy that dream!

Our January Crab Fest was fun. Thanks for attending and thank you to those folks who really did the work!

You can fish from the shore, boat or float tube, just fish!

The Fishing Club gets together on the second Monday of each month, 7:00 PM, P-Hall (KS), to discuss the latest fishing hot spots, equipment, and other interests to members.

To join, contact Jim Kerbey, jmalcolm2@

Meeting is in the P-Hall (KS) at 6:30 PM. Members who arrive before 6:30 PM get a drawing ticket for door prizes: two DNA kits. Refreshments and a chance to network with others across the hall after the meeting.

Contact: Maureen Sausen 543-8594;

Arlene Rond 408-3641.

Website: lincolnhillsgenealogy.com



Golf, Ladies

Ladies XVIII

Donna Sanderson, incoming Captain for 2017, introduced her Board: Gayle Petersen, Co-captain, Edda Ashe, Secretary, and Rosemary Heckman, Treasurer, at the first general meeting with 48 attendees. Donna is emphasizing expanding the membership and honoring accomplishments. Also, three new local rules will be in effect to make the game more player-friendly.

Membership is 123, however good weather is expected to help grow our numbers. Amazingly, about ten of our members are in their 80s, and many play more than twice a week. Most of our ladies are retired and many began this sport after moving to Lincoln Hills. We are welcoming our newest members: Linda Chappellear, Sharon Hartley, Dori King, Diana Lilienthal, Julie Marquart, Donna Smith, Kathy Snelson, Monica Sperling and Connie Thomas. Membership is open year-round.

The first major ongoing event will be the monthly NetChix, and then the Spring Fling in May, chaired by Pat Lewis.

Contact: Donna Sosko 434-5527

Website: lhlgviii.com

Lincsters

The first three weeks of January have been rainy, and Captain Sharon McMillan of the Lincoln Hills Lincsters has been getting a great deal of practice in sending out emails cancelling play because of the wet weather. However, some ladies have been able to play golf with either GAL or Mamas, Lincster subgroups, on Mondays. Hopefully there will be a dry Wednesday afternoon in the near future.

The Lincsters welcome new members: Karen Bode, Ingela Butters, Gay Gladden,

Elaine Hagen, Susan Peterson, and Judy Radman.

Key 2017 dates for the nine-hole golf group are: March 22, June 21, and September 20, General Meetings; May 24, Bring a Friend Tournament; August 16 and 23, Club Championship Tournament; October 25, Breast Cancer Tournament which will be hosted this year by the Lincsters; December 6, Final General Meeting and Holiday Party.

Contact: Pat Shafer, gdskd70@aol.com

Website: lincsters.com



Golf, Men's

The courses had been getting saturated with days of rain. Hopefully the drought has ended, the courses will dry out and golfers will be playing. Next up is the Spring Fling tournament. This two-man scramble played on the Hills will be a blind draw to see who will be your partner. Next up is the Spring Fling, a two-



Winter exposes mistletoe that needs to be cut out to save our trees!

man scramble on the Hills, on March 14, sign up by March 7. This tournament is a blind draw for your partner, and a good way to mix and meet new players and friends. Mark your calendar for the NCGA two-man Best Ball Tournament on April 4, sign-up by March 28. This tournament will be played on the Orchard Course. Rain postponed the January Sloshfest Tournament, hopefully result next month.

Contacts: Gene Andrews,

eandgolf@sbcglobal.net;

Tom Traxel, tom.traxel@sbcglobal.net

Website: www.lhmgc.org



Healthy Eating

We've been introduced to the Kaiser Sugar Challenge, a plan we each can self-administer that "re-sets" our taste buds to cease demanding so much



Lucky Winners; Club Outing;

California Dragon Fruit

sweetness in the foods we consume. It's an ongoing plan that members can join anytime. Our monthly meetings will feature other tips for weaning ourselves off sugar-laden foods.

Our first "Soup as Community Builder" gatherings began in February, comprised of five-to-six members that each bring a pot of homemade soup of their choice along with the recipe for their soup. Each participant also brings their own containers to take home portions of each soup at their gathering. This, too, is an ongoing initiative that members can join anytime.

We plan to continue with occasional healthy food samplings following some meetings. Our new club website was launched in January. The next club meeting, guests invited, is Monday, February 27 in the P-Hall (KS) at 2:00 PM.

Contact: Don Rickgauer 253-3984,

sclh13HealthyEating@gmail.com



Hiking & Walking

It's the Lifestyle Event on February 28, in the Ballroom and Foyer (OC). If you want to know more about the Hiking & Walking Group, this is a good place to get started. You can visit with club



Hiking Lincoln in between rain storms; Hearty hikers! 39 degrees, Sacramento Northern Trail by Dry Creek

members and get any information you need to make a decision to give it a try. We should be located by the entrance to the Ballroom.

Attend Hike Leaders Meeting on March 2, Multipurpose Room (OC) at 6:30 PM. Learn about upcoming hikes being planned for May-August. Meet hike leaders and members, and see what social happenings are being planned. See you there!

This winter has been very wet for the Hiking Club. We need the rain and snow so this is good, but it makes hiking and walking difficult. Now is a great time to use the upstairs track at the Fitness Center (OC) for keeping in shape and walking.

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



Investors' Study

We meet Thursday, March 2, at 2:30 PM in P-Hall (KS). We look forward to hearing our guest speaker, John Tousely of Goldman Sachs. John has been with Goldman Sachs for 16 years. He concentrates on economic and market strategies as well as portfolio management. He is a graduate of BYU. Russ Abbot will update his Playbook as he does each month. Ev-

everything financial should continue to be interesting with the changes in Washington. Join us for coffee after the meeting. All residents are welcome.

The active investors sub-group meets the second Monday of each month at 3:00 PM in the Multimedia Room (OC). Norm Quattrin, 645-4675.

Contact: John Noon 645-5600



Lavender Friends

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

Dog Walkers and Friends gather on Saturdays at 9:00 AM, followed by coffee at Kilaga Springs Café, or just come join us for coffee at 10:00 AM. Call or check website for dog walk meeting place.

Movie Day is the third Tuesday of the month, with Happy Hour afterwards, or join us for Happy Hour. Call or check website for movie times and Happy Hour meeting place.

Breakfast at Thunder Valley is the first Wednesday in the month, 9:30 AM. Bring your Thunder Valley card to get the Senior Day discount.

Activities: Greater Placer PFLAG meets on the second Monday of the month, 7:00 to 9:00 PM at Sutter Auburn Faith Hospital, 11815 Education Street, Auburn, CA, Conference Room A, next to the cafeteria.

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



Line Dance

Classes have begun for the year. From the first class starting in October of 2000 with eight students taught by Audrey Fish, we now have nine classes of four different levels with over 200 dancers and three teachers. There is a level for anyone who wants to Dance for the Fun of It.

Come to the annual It's the Lifestyle on February 28 to get information about how you can get started line dancing. It will be held between 10:00 AM to 1:00 PM at OC Lodge.

It is shaping up to be a great year! As



Audrey's Intro Class

workshops in the area are announced, we will keep you apprised of them. Keep dancing and check the COMPASS each month for upcoming classes and events.

Contact: JoAnn Faria 434-6813
joannfaria@sbcglobal.net



Mah Jongg, Chinese

Greetings! Please join us on Monday mornings in the Card Room (OC). Play starts at 9:00 AM, with arrival time being 10 minutes before 9:00 AM. Play continues until 12:00 PM. Winter is a great time of year to join others in a friendly game of Chinese Mah Jongg.

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

If you have any questions, please call Bruce or Marsha:

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



Mah Jongg, National

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

We want you to join us every Tuesday in the Card Room (OC) from 12:30-4:00 PM. If you don't know how to play, Fran Rivera offers free lessons in her home

and you may contact her at 434-7061. If you would like to learn, please call Fran to arrange a time when you may begin. Within a couple of months you will be ready to show off your new skills.

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



Motorcycle

RoadRunners

With February's arrival it will soon be time for the club's Road Captains to present the riding schedule for 2017! The club schedules rides on the second Saturday of the month, March-November. Also, the club hosts numerous social events and impromptu rides throughout the year. If you like motorcycle touring and have a roadworthy motorcycle or trike—check us out! The RoadRunners



"Rest Stop"

meet on the fourth Thursday of the month at 6:00 PM, Multimedia Room (OC). The next meeting will be on February 23. Guests are always welcome.

"Ride Safe—Ride With Friends."

Contact: Manny Perez 253-9121, manwil412@wavecable.com



Music

Calling all SCLH residents and their guests. We play and sing next on Wednesday, February 22, 6:30 to 8:30 PM, Fine Arts Room (OC). Come early, join the fun and connect. Interested in a guitar jam or other special interest group?

Open Mic is next on Friday, February 24, 6:00 to 8:30 PM, P-Hall (KS). Performance sign-ups start at 5:30 PM For SCLH musicians, their guest (one each) and audience. No karaoke is permitted.

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

By Jay Stryker.

Contacts: Don Smith, donsmit6704@frontier.com; Steve Beede, sjbeede@att.net
Website: LincolnHillsMusicGroup.org



Needle Arts

Threads of Friendship

Needle Felting is a process which uses barbed needles to interlock wool fibers to form a more condensed material. Wool fibers have scales which, when rubbed against each other, catch and lock into place to create this denser material called felt.



Needle Felting Example

The March General Meeting will feature Sharon Mansfield, from The Tin Thimble in Loomis, speaking on the art of Needle Felting. Join us March 14 at 1:00 PM P-Hall (KS). Guests are always welcome.

Needle Arts has many breakout groups or small special interest groups—Appliqué, Beading, Community Service, Cross-Stitch, Hardanger, Knitting/Crochet, Machine Embroidery, Needlepoint, Quilting/Sewing, UFO (unfinished objects), Rug Braiding, Wearable Art. The Breakout Groups for both beginners and the experienced. You can join as many breakout groups as you wish.

You can find out more information about the Needle Arts Group at www.sclhna.com.

Contact: Jean Storms 408-1515, jsres@pacbell.net

Website: www.sclhna.com



Neighborhood Watch

"I am impressed by the number of residents who want to help locate the owners of pets found wandering in the neighborhood," said

Mary Shelton. Neighborhood Watch Lost Pet Coordinator. "Neighbors walk or drive around the area asking if anyone can identify the lost pet. After Pauline Watson sends out emails to our 650 volunteers asking for assistance, I receive inquiries of concern wanting to know if we have found the owner."

"It takes a village," said Mary, "to achieve our amazing success rate reuniting lost pets with their owners." Twenty-four of the 25 lost dogs reported are home with their owners.

"My dog was my only comfort. I have lost all hope of finding him," said a grieving gentleman. An alert resident overheard him and recognized the email description of this man's dog. Another happy ending!

If you have lost a pet, or find one, call Mary Shelton at 409-9923.

Contacts: Larry Wilson 408-0667, lgwlincoln@gmail.com; Mary Cranston 434-5362, marysclh@gmail.com
Website: www.SCLHWatch.org



Painters

Remember—our meeting day changed with the new year—new day, third Tuesday of the month, 2:00 to 4:00 PM, new location, Fine Arts Room (OC). Members found it in January for the annual review for the Fine Arts Show. Diane Pargament did her usual fine job of reviewing the rules and regulations and we are all set for the Show. Be sure to put it on your calendar for February 24, 25, and 26. We also had a good number of "show and tell" with some fine work shared by the members.

In February's meeting we look forward to a presentation from Patty Miller of Parties Studio in Sacramento. She will discuss atmospheric perspective and plein air painting with a limited palette.

Club Members—be sure to pay your dues! If you have not paid yet, you can pay at the meeting or contact Gordon Powers for information.

Contact: Joan Musillani 712-4393, joanmusillani@gmail.com

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



Paper Arts

At our January meeting, President Shirley Rainman introduced her daughter Jennifer as our guest speaker. Also an avid crafter, Jennifer spoke of another interest—sending and receiving postcards—and shared an online program, “Postcrossing.” Postcards may be purchased or designed by hand. For more information, go to www.postcrossing.com



Thank you cards in January's window

Shirley also outlined the group's activities for the year, including the annual, “It's the Lifestyle” set for February 28, from 10:00 AM to 1:00 PM in the Ballroom (OC). Interested in helping? Please contact Shirley. Don't forget to bring your friends and stop by the Paper Arts table to see some of our creations.

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

Contacts: Shirley Rainman 253-9534;
Pat DeChristofaro 408-1360



Photography

On January 3, the Video Special Interest Group (SIG.) The essence of both arts is visual communication, and both disciplines use pre-production, production and post production techniques.



*Mike Johnson—Swinging;
Carol Neece—Rotunda;
Becky Davis—Flower*

The Video SIG provides an excellent forum for the exchange of techniques and ideas. Their mission statement says it all, “The Video SIG is formed to expand one's knowledge of videography and related technology and have fun in the process. We provide enthusiastic and passionate support, education and training for all levels.” Merging with the Video Group is a very logical extension of the Photography Club. It reduces duplication of organizational duties and increases the ability of members to take advantage of both programs. The meetings for this SIG will be held on the third Tuesday of the month at 9:00 AM in the Multipurpose Room (OC).

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



Pickleball

The Pickleball Club offers two ways for those curious about our sport to

learn how to play.

Residents are invited to stop by a new monthly program called “Welcome Saturdays” at the courts. The inaugural event is March 25, weather permitting. Drop by between 11:00 AM and 1:00 PM for an introduction, enjoy beginner games with current players and snack on light complimentary refreshments. The welcome program for beginners will continue at the same time on the second Saturday of each month. Paddles provided; no reservations needed.



Carole Norman and Barb Peach are in position to return a shot

Can't make the Saturday event? No problem. Introductory lessons are held Wednesdays at 1:00 PM, weather permitting. Paddles provided; reservations not required.

All newer players are encouraged to participate in fun and challenging events. There are “ladders,” which are similar to leagues, and tournaments based on skill level. There are also fun social events throughout the year on and off the courts.

Contact: Mike Gardner 834-6549,
pickleballmike1@gmail.com
Website: www.lhpickleball.com



RV

January was a month to recover from the holiday season and begin plans for 2017. The RV Club will hold a rally in Chula Vista, just south of San Diego, at the end of February/early March, where we plan to take in the sights, golf and enjoy some sunshine. The following rally will be in Calistoga in April, where there will most likely be some wine tasting, mineral water spas and shopping.

The RV Club meets at KS on the second Thursday of the month at 4:30 PM. At our meetings we have a short business meeting then visit with shared appetizers. Visitors who may have an interest in the

RV life are always welcome.

Contact: Marlowe Skar 434-7799

Website: www.lhrvg.com

SCHOOLS

Volunteers from the SCHOOLS Group want to invite and encourage you to visit our display, which will be in the hall outside the Ballroom during the It's the Lifestyle on February 28 from 10:00 AM-1:00 PM. We look forward to meeting residents and sharing our rewarding inter-generational experiences. If you desire to be connected to Lincoln, then give our group a try. Our newest volunteer is Cyndi Colloton and she is excited, motivated and anxious to get involved. Cyndi moved here from Pismo Beach last April and read about the SCHOOLS Group in the COMPASS. She believed it was a great opportunity and a worthy activity to give back to the community she lives in. Cyndi is looking forward to supporting students and teachers and has been assigned to third grade at First Street School. "I already feel valued and appreciated and have only been in the class twice." See you at our display!

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

SCOOP

We invite you to join us at our bi-monthly SCOOP meetings that are held in the Fine Arts Room (OC). Our next meeting will be on Tuesday, April 4, 11:00 AM. We are a group of dog owners who enjoy meeting with other dog owners. Even if you don't currently have a dog, you are very welcome. Occasionally, we have information on dogs that are available for adoption. Our activities include speakers at our meetings and other social events that often include our dogs. At this time we are in the midst of planning our 2017 calendar. For more up-to-date information, please see our website.

Stop by and say hello at "It's a Lifestyle" on Tuesday, February 28.

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

We welcome you to join our group of Scrabble enthusiasts on Monday afternoons at 1:00 PM in the Card Room (OC). All materials are provided. No reservations needed. Newcomers are always welcome! Play one, two, or more games.

Look for us at It's the Lifestyle on February 28. Stop by and check it out.

Contact: Anne McMaster 409-5408, wiltonanne@yahoo.com



Shanghai

As the new year gets rolling, why not learn a new card game? Shanghai is a card game played by three-to-five people, three decks of cards, and a special scorecard. Free lessons are available. In order to learn, contact the name listed below. We meet every Thursday in the Card Room (OC) at 12:30 PM. We also play every second and fourth Friday nights at 5:45 PM.

Contact: Howard Beaumont 408-0395



Singles

We had a successful Pre-Super Bowl Party on January 26 at KS. Members who pre-paid their 2017 dues and RSVP'd got in Free. Again, great job by Sarah Lambrose and Mike Caporale chairing.

Upcoming Events: February 16 Dining Out at Cattlemens in Roseville at 4:30 PM; Cocktail Time on March 2 at 4:00 PM, location TBD; March 5 Birthday Celebration at 4:00 PM in Sports Bar (OC); March 9 Business Meeting at 6:00 PM in Ballroom (OC) with *Luck o' Irish* Pre-Tournament/learn to play Texas Hold 'em; March 11 at 9:00 AM Second Saturday Breakfast/Sports Bar.

Our February 23 Social is called *White Elephant Exchange* and it will be fun re-gifting something new you received and can't use.

Weekly Activities: Tuesdays—Lets Dance at Meridians (OC); Wednesdays—Bocce Ball at 3:00 PM; Fridays—Golf.

Pick up the Singles Flyer in the Lobby (OC) for contact names, or join for \$15/ year.

Contact: Kathy Shaddox 209-3307



Ski

A truly epic winter seems to be upon us. With a little luck, we should be able to ski well into Spring. Our ride-sharing day trips to the local resorts are in full swing. Contact us using the information below if you wish to be part of this amazing year.

Our next general membership meeting will be February 16 in the Multipurpose Room at OC.



Champagne & Skiing—
That's Living!

Our annual getaway trip will be to Park City, Utah from March 4-11. Although all the rooms we reserved are taken, let us know if you would like to meet us there for skiing and partying.

Plans are afoot for our annual post-season potluck party in late April. Details will be sent to members in early April.

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



Softball

Registration is now open for our 18th season of Senior Softball at Del Webb Field. Applications are available on our website, LHSSL.net, under the Recreation League tab. Registration closes February 17. Please get your forms in on time. In a recent survey, 98% of those polled rated their softball experience as "good or excellent." It's a great opportunity to meet new people and play a game most of us enjoyed as youngsters. If you don't feel you are up to playing we have opportunities for scorekeepers and umpires. Stop by and see us at this year's It's the Lifestyle in OC Lodge on February 28.

With the weather we've had for the past month or so Sunday practices have not happened. Check the website for the most current status on Sunday practice. Time to start stretching, oiling the old glove and tossing the ball around. Let's play ball.

Contact: Wendy Green,
wendygreenLHSSL@yahoo.com
Website: LHSSL.net

Coyotes

Regional Sierra League softball games this winter have been significantly hampered by all the wet weather, but upcoming home games at Del Webb Field are scheduled for February 16, and 23. These Thursday date double headers begin at 10:30 AM. The Coyote Sierra League team is a mixture of ages from the various Coyote tournament teams.

A successful end of year Coyote banquet was held at OC on January 16. Great food and great entertainment made for a lot of fun for all 68 attendees.

The Coyotes also will start up the regular traveling tournament team activities for 2017.

This year there will be five individual teams comprised of 60s, 65s, 70s, and 75s, plus a new 80s team that will participate in various local and regional tournaments.

Additional information and full calendar

of events will be available on the LHSSL.net website or you can contact the new Coyote Chair Bob Hunter at his email address.

Written by Henry Mutz.
Contact: Bob Hunter,
bluespritzer@yahoo.com
Website LHSSL.net



Sports Car

Our first meeting of 2017 was held on January 2, and despite the holiday date we had 50 members in attendance. We welcomed new members, Larry & Tamara Redmond, Ken Suiker and Floyd & Joyce Painter.

We also celebrated January Birthdays for Carol Schmidt, Jim Clark and Chuck Jacoby, and it was announced that Nikki & Joe Hobby are celebrating their 50th Anniversary in January. A new event was introduced titled "Who Are They Now," where old pictures of members are shown and we guess at who is pictured. This event is proving to be entertaining and we look forward to more "guessing" at future meetings.

With the rains coming down most members are keeping their cars warm and dry in their garages. However, Road Trips are being planned for the drier days ahead.

The first Social Event, a Saint Patrick's Day Dinner is scheduled for March 16.

By Rob Phillips.
Contact: Tom Breckon 434-6989,
Tom.Breckon@sbcglobal.net
Website: Lhsportscars.com



Sun City Squares

Sun City Squares is offering two free beginning square dance classes this month—Mondays from 1:00 to 2:30 PM at KS. Come Join the Fun!

- Plus level dancing from 2:30 to 4:00 PM with Round Dancing between tips
- Advanced level dancing on Thursdays from 1:00-3:00 PM at KS

For more information regarding the class, call Frank Reina 543-3132 or Robert Hodge 543-4742.

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



Table Tennis

Thank you Lawrence & Brenda Spencer for your generous table and robot

to our club! They are welcome additions. Save March 11 to see some very exciting matches at Inderkum High School when the U.S. Table Tennis Open starts at about 9:45 AM. I will provide sign-ups at our February play time for those interested in carpooling it to the event.

Want a little excitement right now... go online to The Duel: Timo Boll vs. Kuka Robot. You will see a robot vs. human table tennis event, about three minutes long, that makes our robot look like a wet noodle!

Want to play at KS? Come and join us Fridays 8:00-11:00 AM, Sundays 12:00-5:00 PM and Tuesdays 6:00 to 9:00 PM.

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



Tennis

Our Valentine's Day tournament was held February 11 with fun by all. Dave Ma-teer, Tournament Director, has scheduled all 2017 tournaments. Go to www.sclhtg.com then click on "events" in the left column for more information. Mark your calendars and be ready for all upcoming events.

New membership continues to be a high priority. We always look for ways to bring new players in. A great introduction to our club is our drop-in which will continue on Saturdays and Wednesdays, 9:00-11:00 AM PST and 8:00-10:00 AM DST. We are looking into adding scheduled ball machine practices on these days as well. Stay tuned. All suggestions are welcome.

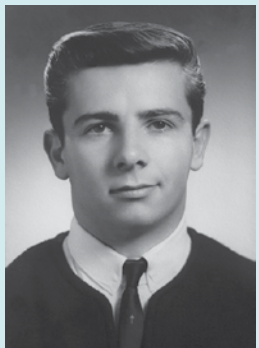
If you haven't sent in your \$12 dues for 2017, now is the time. Go to website www.sclhtg.com for all information.

Contacts: Pam Flaherty,
pamflaherty@gmail.com
Barbara Davis, barb7dick@att.net



Veterans

Lincoln Hills resident Russ Steele, who retired from the Air Force after serving as an electronic warfare officer in B-52s and FB-111s, will be the featured speaker at the February 16 general membership meeting in the P-Hall (KS) at 1:00 PM. His most widely recognized accomplishment during his military career was the development of a concept for



*Who am I?
I don't think I've changed a bit!*

reprogramming aircraft computers during combat operations. It was during his service as the FB-111 Category III Test and Evaluation Team Leader that he learned about the challenges created during the Air Force's transition to digital avionics, the subject of his presentation.

Mark your calendars now for the Veterans Group's annual St. Patrick's Day luncheon in the OC Ballroom on March 16.

**Contact: Fred Buhler 209-3529,
Ddinmont2@earthlink.net**



Water Volleyball

With 2017 well underway, the Water Volleyball Club competitive and recreational program subcommittees are hard at work. Our programs would not be possible without the tireless efforts of our volunteers. 2016 started a successful recreational orientation program. Thank you to those who are mentoring players on ball skills and game rules. Since December 1, nine members have been added to our growing club roster!

Our year round club plays a variety of times each week at KS. Come check us out having fun, laughing, and cheering. Not to be confused with other fitness programs, this is not a drop-in activity. Any LH resident interested in playing should contact Rhonda at (907) 242-3161. She will schedule an orientation meeting and get you started. Candy Castro has been appointed Communications Coordinator.

Please stop by our table at It's the Lifestyle on Tuesday, February 28.

**Contact: Rhonda George (907) 242-3161
Website: www.lhwatervolleyball.com**



Woodcarvers

For those who are interested in wood carving, the question is where do you start? You can learn a good deal from books or specialty magazines. However, you will learn much faster and save the aggravation of trial and error if you take a class, or even better, join a club. Within a club you can take advantage of the accumulated knowledge and experience that is available from the members of the club.

In my experience, I never carved anything except the point of a carpenter's pencil. I took some beginning classes which got me started, but being in the Woodcarvers Club brought me in contact with other carvers. Questions, suggestions, and help is always available to club members. Besides the personal help, the Woodcarvers Club has a large library of books, magazines, and videos.

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

Contact: Dick Skelton, 626-0895



Writers

The SCLH Writers Group invites you to come to an exciting evening with your neighbors sharing poems, biographies, and stories. We inspire each other's creativity and are sure you can inspire us too! Come

as you are and enjoy an evening just getting to know us. If you already have your own writing to share, please bring 20 copies for the group to read and provide feedback. Keep it under 1,500 words so everyone might present their stories also.

Come visit our Writers Group booth at It's the Lifestyle on Tuesday, February 28, between 10:00 AM and 1:00 PM in the OC Ballroom. Books published by some of our



2017 Officers:
Geoff Young,
President; Freddie
Dempster, Vice
President; Susan
Gust, Secretary

members will be displayed. Please come introduce yourself, we'd love to meet you.

Mark your calendar and come join us every second, fourth and fifth Monday in the Ceramics Room (OC) at 6:30 PM.

**Contacts: Geoff Young,
gwyong01@wavecable.com;
Freddie Dempster, fredeedee@gmail.com;
Susan Gust, srg2266@gmail.com**



Library News

Sandy Melnick, Library Volunteer

We want to thank all of the generous donors of books, magazines, and CDs. Without you our Kilaga

Springs Library and Community Living Room (OC) would not be as up to date and varied. Also, thank you to all of the Library's volunteers who put in many hours of work so that we all can enjoy diverse subjects at both Lodges.

Once again we want to remind you that we are accepting books copyrighted 2010 and later. Please look at the back of the title page to find this date. Also, regarding magazines, please feel free to take home the older magazines located in the basket next to the rolling cart. The latest editions of magazines are on the shelves and are there for all to enjoy at the Library.

Another good book from World War II is *The House at Tyneford*, by Natasha Solomons. A girl of privilege, Elise Landau, is forced to become a parlor maid in England in 1938. What she encounters and the times right before the war are extremely interesting.

Contacts: Sandy Melnick (408-1035) for donations, Pam Combes (1-530-613-4185) for investment materials and Nina Mazzo (408-7620) for the Community Living Room (OC).

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Bulletin Board

Please email your bulletin board articles to shelvie.smith@scfhca.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—2017 Tax Season is Here!

Lincoln AARP Tax-Aide volunteers are ready to assist you with your 2016 tax returns. The service will be available by appointment only at Granite Springs Church, 1170 E. Joiner Parkway. Beginning January 18, people can make income tax preparation appointments by calling 878-6249. The Intake/Interview Sheet is required of all clients and may be downloaded or completed online from www.irs.gov by entering Form 13614-c. The form is also available in the OC Lodge lobby or Kilaga Springs Library. These returns will be filed electronically (e-file) with the IRS and California FTB.

Caregiver Support Group

Did you know the statistic is that 65% of all caregivers have something happen to them before their loved one passes? The stress involved in caregiving can be great no matter what the disease or frailty of a person. Come join the group that can help you walk through this difficult journey. We meet at the 12 Bridges Lincoln Library the third Thursday of each month. Next meetings: February 16 and March 16, 9:00 to 11:00 AM. Please come in through the back employees' entrance. More info: Brenda Cathey, 253-7537. Thanks!

Cloggers

To add to your healthy activities, we invite you to a special clogging event and

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.

- Tuesday, February 21 • 9:30 AM C.R. Abrams Revocable Trust, Solarium (OC)
- Monday, March 6 • 10:00 AM Nautilus Society, Oaks (OC)

class in Danville, March 11. You'll see and experience the excitement, energy, and enthusiasm of the clogging dance! More info: Natalie Grossner, 209-3804.

Glaucoma Support Group

Next meeting: March 8, 4:00 PM in the Multimedia Room (OC). Our speaker: Dr. James Brandt, Chief of Glaucoma Services at U C Davis. Dr. Brandt's presentations always include the latest information about what is new in the diagnosis and treatment of Glaucoma. Due to limited space, reservations are needed. For reservations: Bonnie Dale, 543-2133 or Bjdale@aol.com.

Grief Support Group

GriefShare is a faith-based 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. You'll learn valuable information that will help you through this difficult time. A new group started February 7 and goes through May 2. We meet each Tuesday 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 Italian Club (LHIC)

If you like pizza, having fun with friends, and being entertained by a comedian,

come to our Pizza Party March 18 at KS. Delizioso! Curious about your Italian cultural heritage, including art, history and food? Be sure to attend the fourth in our Regions of Italy series: "All things Puglia/Basilicata," on April 22 at KS. If you are of Italian heritage, and are interested in any of these events, or have club-related questions: www.lhitalianclub.org.

Lincoln Democratic Club

Thursday, February 9, our guest speaker will be Kathleen Newton, a volunteer with the National Committee to Preserve Social Security and Medicare. Check out the organization's website at www.ncpssm.org. Our meeting will focus on proposals/potential changes by Congress to Medicare and Social Security. We meet at 6:30 PM in the P-Hall (KS); meeting starts at 6:45 PM. Questions: www.democraticclublincolnca.org or email Al Witten at lincolndems@gmail.com.

Lincoln Multiple Sclerosis Group

The Lincoln Multiple Sclerosis Group cordially invites all interested to our supportive meetings on the first Tuesday of each month. Next meeting: Tuesday, March 7, 1:00 PM in the Sierra Room (KS). Questions: Marilyn Sharp, 837-4464.

Movie Lovers Group

The Movie Lovers Group meets monthly on the second Thursday of the month, 6:30-8:30 PM. Next meetings: March 9 and April 13. At monthly meetings we review and discuss two or three movies, selected by members the prior month, and which are showing locally. We focus on quality movies rather than "special effects blockbusters." Recently we reviewed "La La Land" and "Fences." Award season is here so there are many excellent current movies. Anyone interested in joining our group please let me know, cliffroe@ix.netcom.com or cell 408-205-8765.



Bingo in the Ballroom

Thursday, March 30 • Ballroom (OC)

Doors open at 12:30 PM • Bingo Games begin at 1:00 PM

The Lincoln Hills Foundation brings Bingo to the OC Ballroom on Wednesday, Thursday, March 30. Doors open at 12:30 PM; games begin at 1:00 PM and end about 3:00 PM. Enjoy a pregame lunch special in Meridians.

Cost: \$20 for 12 games. Daubers: \$1.50 each. Prizes include drawing prizes; win-

nings up to \$100 per game and \$250 for final blackout game. No alcohol permitted. Cold bottled water available; \$1.

For groups of seven or more, email a message to Bingo@lincolnhillsfoundation.org.

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Continued on page 43

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Correction) is available to you with the Wavelight EX500, the most advanced system available in the U.S. Dr. Wilmarth has over 20 years experience with LASIK. He is Founder of Horizon Vision with 6 centers in northern California and he serves as Medical Director of the Horizon Roseville Center.

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Continued from page 41

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
Continued on page 45

~ Community Perks ~

KS Classic Movies on Saturday: Michael Clayton

Saturday, February 18 — Free

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



Now Two Showings! KS at the Movies: Sully

Saturday, March 4—6:00 PM — Free
Monday, March 6—1:30 PM — Free

P-Hall (KS). Rated PG-13, 96 minutes, Biography/Drama. Starring Tom Hanks, Aaron Eckhart, Laura Linney. The story of Chesley Sullenberger, an American pilot who became a hero after landing his damaged plane on the Hudson River. Directed by Clint Eastwood.



Coffee with the Mayor

Thursday, February 23 — Free

8:00 AM, Community Living Room (KS). Please join Peter Gilbert, SCLH resident and mayor for the city of Lincoln, at his monthly *Coffee* meetings the fourth Thursday of every month. Pick up a free cup of coffee from the Kilaga Springs Café prior to the meeting. The *Coffee* is an informal setting to provide residents an opportunity to ask questions and hear about what is going on within the city of Lincoln. This month City Manager, Matt Brower, will accompany the Mayor. They will share the latest on City news and answer SCLH questions. After the meeting, please join our SCLHCA Board of Directors at their monthly meeting at 9:00 AM in the P-Hall (KS).



Home, Health & Business Showcase

Wednesday, March 15 — Free

10:00 AM to 2:00 PM in the OC Lodge. Learn about the latest products and services for your home, health, garden, transportation and personal and financial matters. Meet *COMPASS* advertisers and other local businesses that will showcase their services, a great opportunity to meet service providers in person and pick up some of their great freebies! Be sure to thank advertisers for supporting the *COMPASS* and many of our Association and Group activities.



14th Annual Fine Arts Show and Sale

February 24-26 — Free

Friday 5:30-8:00 PM, Saturday 9:00 AM-6:00 PM, Sunday 9:00 AM-3:00 PM. OC Lodge. The Annual Fine Arts Show is an opportunity to see what our community's have been working on—approximately 60 artists each submit up to four works of art. If you haven't attended in the past, mark your calendar to see the talent of our neighbors.



Music Group Sponsored “Open Mic Night”

Friday, February 24 — Free

6:00 to 8:30 PM. P-Hall (KS). Performance sign-ups begin at 5:30 PM. For SCLH performing musicians, their guest (one each) and audience. Singers must be accompanied by a musician. No karaoke.



KS at the Movies on Saturday: Thoroughly Modern Millie

Saturday, March 18 — Free

1:30 PM, P-Hall (KS). Rated G, 138 minutes, Comedy/Musical/Romance. Starring Julie Andrews, Mary Tyler Moore, Carol Channing, James Fox. A zany romantic spoof of the Roaring Twenties and a musical that won an Oscar for Best Original Music Score! Millie, an innocent country girl, comes to the city in search of a husband. She becomes the secretary of the rich and famous Trevor Graydon, befriends the sweet Miss Dorothy, fights off white slaver Mrs. Meers and hooks up with a lively paper clip salesman. It takes a rich nutty jazz baby to unravel all these complications, give a great party, and match up lovers.



It's the Lifestyle

Tuesday, February 28 — Free

10:00 AM to 1:00 PM, OC Lodge. Looking to become involved in a club or join an organization to volunteer your time and talent? This event will showcase our 70-plus clubs and other SCLH groups, local nonprofit organizations and the Association. Information will be available as well as people to chat with about becoming involved. We look forward to seeing you there!



Now Two Showings! KS at the Movies: The Girl on the Train

Saturday, April 1 — 6:00 PM — Free

Monday, April 3 — 1:30 PM — Free

P-Hall (KS). Rated R, 112 minutes, Drama/Mystery/Thriller. Starring Emily Blunt, Haley Bennett, Rebecca Ferguson, Justin Theroux, Allison Janney. A divorcee becomes entangled in a missing persons investigation that sends shock waves throughout her life.



Document Destruction

Monday, April 24

10:00 AM-12:00 PM, Look for the truck in the Fitness Center Parking Lot (OC). Shred-It offers state-of-the-art shredding trucks onsite. Paper clips and staples on files okay, but no plastics or cardboard. \$10 cash or check per average file box payable to SCLHCA.





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Continued from page 41

play. All LH residents welcome. Tables are first-come, first-served.

Parkinson's Support Group

Next meeting: February 21 at the Granite Springs Church on E. Joiner Parkway. We meet from 10:00-11:30 AM on the third Tuesday of each month. In addition to interesting speakers, we provide encouragement, friendship, and information about this disease. Our speaker for February will be Nancy Barcal. She is the Founding Director

of Granite Bay Speech and has over 32 years experience treating individuals who stutter and clutter. Come join us! More info: Brenda Cathey, 253-7537.

Racquetball Group

We play Mondays and Thursdays at the 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, double and/or singles. Ladies are welcome. See you on the court!

Contact: Armando Mayorga, 408-4771 or amoon38@sbcglobal.net.

Shooting Group

Our purpose is to make friends among residents who are interested in shooting. 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: John Kightlinger, 408-3928 or johnnpat@sbcglobal.net. Residents interested in rifle or pistol shooting: Jim Trifilo at 434-6341 or trifilo@sbcglobal.net.

In Memoriam

Peggy Collings

Peggy Collings passed away peacefully on Friday, January 6, at Sutter Hospital. Peggy and her husband, Harry, spent the first 48 of their 64 years of marriage living in various locations around the country. The past 16 years, Lincoln Hills has been their home. Peggy volunteered, sang at church and Singers, gardened, played bridge and other games and raised her family in a loving, nurturing, welcoming home. She will be sorely missed by Harry, her daughter, son, four grandchildren, four great-grandchildren, relatives and friends. She has been a positive inspiration to all.

Myron Ellsworth Gire, Jr.

Born in Ohio and raised in Cincinnati, Myron graduated from the University of Cincinnati with a degree in Marketing. He served in the U. S. Air force. He met his wife, Katharine in college and they married in 1963. Myron worked with computers at Airojet-General and several state offices and did consulting. The Gires have lived in Placer County since 1970 raising thoroughbred horses at their Oakfair Farm in Loomis. They also lived in Granite Bay before moving here. Myron served as president of the Sacramento Horseman's Association, chairman of the Loomis MAC, and president of the Roseville Model Railroad Club. He loved cruising and he dearly loved his family of three children and 10 grandchildren.

Patrick McLane

Pat was born in Maui and grew up on the Big Island of Hawaii. His father worked for the Wailuku Sugar Plantation and Paauhau Sugar Plantation. Pat was an athlete in High School, graduated with a degree in Economics from Pomona College and graduated from Harvard Law School in 1960. He practiced law in Honolulu for 43 years. He and his wife of 51 years moved to Lincoln Hills where his favorite activity was hitting golf balls in the warm evenings. Pat met his wife in fifth grade and married her 19 years later. Pat is known for being loving and supportive to his family and friends. He is survived by his two children, their spouses, four grandchildren and his dear wife, Gretel. He is greatly missed by all who knew him.

Charlotte Williams

An accomplished, elegant and beautiful woman, Charlotte had an interesting life. Born in Philadelphia, she became a Certified Registered Nurse Anesthetist. She joined the U.S. Army Nurse Corps and was commissioned as an officer and stationed in Texas where she met her husband Maurice Williams. They had four sons together. Maurice tragically was lost during the Vietnam War. She then married three more times. Her last 17 years were spent with her loving husband, Joseph Sailor. Charlotte was active in Lincoln Hills Choir, Veterans Group and the Bicycle Club. She was a devout Catholic and was

a member of many other organizations. In the California State Military Reserve she received the state's third highest military award, the Order of California. During her life she traveled and was a competitive athlete. She is survived by her husband, Joseph, and five sons and their families.

Carol Ericson Wilson

Carol was born and raised in Jamestown, New York, graduated from Kent State University with a degree in education and a masters degree from Eastern Michigan University. She worked as a biology teacher in the public school system and as a researcher in industrial toxicology at the University of Michigan. After marrying Herb, they moved to Milan, Michigan where they raised their two daughters. Carol and Herb moved to Lincoln Hills in 2011 to be near their children and grandchildren. Carol was involved with pickleball, the Sports Car Club, and Healthy Eating Group. She loved all things in nature and marveled at the roses she could grow in sunny California, which were never possible in Michigan. She enjoyed the food and activities associated with her Swedish heritage. She will be missed by her husband of 51 years, her two daughters and four grandchildren.

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

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

Entertainment

—Comedy—

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

6:00 PM Show — 5516-12A

8:00 PM Show — 5516-12B



One of Hollywood's hottest comedians, Jason Love has appeared on Comedy Central, HBO, America's Got Talent, and over 20 national TV Broadcasts. Jason's quick wit and self-deprecating approach have endeared him to audiences the world over, from Hollywood Improv to Carolines on Broadway to the Comic Strip in Edmonton. He has performed overseas for the troops and on the seas for cruise lines. Jason was a standout at the Cabo Comedy Festival and at the World Series of Comedy in Vegas. "Jason Love is comedy that brings people together." —*L.A. Weekly*. Save \$1 off \$4 or more at KS Café on show night. 6:00 PM and 8:00 PM performances. P-Hall (KS). **Reserved seating, \$15.**

—Concerts—

Richard Glazier He's Playing Our Song

Tuesday, February 21 — 5521-12



Join award-winning pianist and master storyteller Richard Glazier on a musical tour of Broadway and Hollywood, featuring sensational songs written by everyone from George Gershwin to Marvin Hamlisch. Glazier is famous for combining fascinating stories, hilarious anecdotes and unforgettable performances, and this new show is one you'll never forget. And chances are he'll play a lot of your favorites! Some of his selections will include the "One" from "A Chorus Line," "People" from "Funny Girl," "Medley" from "Fiddler on the Roof," music from the Hitchcock film "Vertigo," "An American in Paris," and "Someone to Watch Over Me." Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$21. General admission, \$18.**

HouseBlend: Award-winning A Capella Quartet Friday, March 3 — 5503-01



HouseBlend is an a cappella male quartet performing its own pop, jazz, seasonal, folk, country, and other assorted musical

genres, such as "Blue Moon," "Put Your Head on My Shoulder," "Stand By Me," "The Lion Sleeps Tonight," and "The Theme from Mighty Mouse." HouseBlend was born in 1998. Almost immediately, they were in demand to sing at various occasions in the area. Their repertoire expanded with each performance, their style emerged and their sleek presentation unfolded. They have won awards at the prestigious San Francisco Harmony Sweepstakes in each of the five times that they have competed. Twice this has included the Audience Favorite award. Always in rich a cappella harmony, the quartet moves with ease through myriad musical styles with an abundance of rhythm and humor. Save \$1 off \$4 or more at KS Café on show night. Concert 7:00 PM. P-Hall (KS). **Reserved seating, \$24.**



Back By Popular Demand!

Spencer Day

Friday, March 10 — 5510-01



Widely regarded for his original songs that blend compelling melodies, smart lyrics and lush arrangements, Day has wooed audiences at venues as diverse as Birdland in New York, the Hollywood Bowl in Los Angeles, Feinstein's at the Nikko in San Francisco, Jazz Alley in Seattle, the Pacific Rim Jazz Festival in Manila, the Kennedy Center in Washington, DC, Tanglewood Music Center in Boston, and on national television on *The Late, Late Show* with Craig Ferguson. His hit song "Till You Come to Me" reached the number one spot on the Contemporary Jazz Billboard charts. His recent album *Daybreak* debuted at Number One on the iTunes Jazz Chart and reflects Day's roots in the Great American Songbook, with a contemporary, upbeat twist that has become his signature sound. *Cabaret Scenes Magazine*: "Spencer Day is one of the most exciting performers on the stage today." Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$23. General admission, \$20.**

Rita Hosking and Sean Feder

Thursday, March 16 — 5516-01



"In scorching form" (*Telegraph*), Northern California's Rita Hosking sings original country-folk about culture clash, dishes, forest fires, the working class, and hope. Her latest of six albums, the hero's journey themed "Frankie and the No-Go Road," was praised by *Maverick* as having "more authenticity and integrity than you can shake a stick at." With her stories in song and soul-stirring voice, Rita partners with Sean Feder on sparkling dobro and banjo to deliver what *Acoustic Magazine* calls "timeless, unhurried elegance." Save \$1 off \$4 or more at KS Café on show night. Concert 7:00 PM. P-Hall (KS). **Reserved seating, \$16.**

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

Taylor Made**Friday, March 24 — 5524-01**

How sweet it is! Taylor Made, The James Taylor Tribute Band, consists of a group of musicians who are dedicated to bringing the uplifting, soulful and memorable sounds of the legendary singer-songwriter to be enjoyed in any setting. Paying close attention to the details of each song, this distinctive group has crafted a sound that captures the live and recorded experience of listening to James Taylor in concert. The next best thing to JT himself! This special presentation of “Unplugged” Taylor Made is dedicated to an intimate version of the band where guitar, bass, percussion, and the occasional horn perform many of the tunes that the full band plays. This show is like hearing the classic tunes of James Taylor as if they were played in your living room! Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$24. General admission, \$21.**

Joel: A Tribute to The Songs of Billy Joel**Thursday, April 6 — 5506-02**

Joel is the premier rock and roll Billy Joel Tribute band on the West Coast. Fresh off the national tour of Billy Joel's Tony Award-winning rock musical “Movin' Out,” Piano Man Kyle Martin and his group of professional musicians continue to tour California and play events and clubs throughout the country. Forrest Hartman of The Reno Gazette Journal says, “Kyle Martin isn't just good, he is spectacular!” The band performs Billy Joel's timeless repertoire including songs like “Big Shot,” “Only the Good Die Young,” “An Innocent Man,” and “New York State of Mind.” They are blazing hot, and will have you singing along all the songs that you know and love. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$24. General admission, \$21.**

Two of Us**An Acoustic Tribute to Lennon-McCartney****Thursday, April 20 — 5520-02**

Two of Us brings together a pair of top-notch vocalists/musicians whose passion for the music of The Beatles shines through in their performances. The group features The Sun Kings' Lennon-McCartney duo, Drew Harrison and Jim Funk. *Two of Us* presents an evening of your favorite Beatles songs, performed acoustically. Their unparalleled vocals and musicianship will amaze you. This is a must-not-miss! Save \$1 off \$4 or more at Kilaga Springs Café on show night. Concert 7:00 PM. P-Hall (KS). **Reserved Seating, \$20.**

—Grandkids Event—**Spring Egg Hunt****Saturday, April 15 — 5515-02**

An eggciting time for all the kids and kids at heart! Bring your grandchildren 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.* 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 buyers will be available for pick up starting at 10:00 AM on Saturday, April 15. Event hours: 10:00 AM to Noon. **General Admission, \$12 per child.** Limited space. *Event may be cancelled due to rain.*

—Fashion Event—**Fashion Show — Model Call
March 20 Submission Deadline**



Calling all ladies interested in modeling and having fun! We need 20 models of *all* ages and sizes to walk the runway for our Spring Fashion Show on April 27. Modeling is a great way for those new to the community to make new friends and meet new people! Models will be required to visit the fashion store within the two weeks prior to the show and be available for rehearsal the day before show. Please pick up and complete the information sheet available at the Activities Desks or online. Information sheets require some measurements and contact information. Submission deadline is March 20 to Deborah Meyer, Entertainment Coordinator, at the Activities Department (KS).

**“Destinations”****Spring Fashion Show Luncheon****Thursday, April 27 — 5527-02**

Destinations unknown! Whether playing pickle ball in our community or cruising to Alaska, we will showcase beautiful collections to whisk you away on your adventures in style. Spring is a great time to check out the latest trends to help you plan for those upcoming trips. Casual wear, social, sport, and semi-formal outfits will be presented by local boutique shops as well as established fashion stores including outfits from our

Continued on page 53



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of guests at your table and their food choice upon registration. Doors open at 11:00 AM. Lunch served at 11:30 AM. Show 12:30 PM. Ballroom (OC). General admission, \$33. Even if you do not attend the show, come and shop from unique vendors displaying the latest accessories and fashion items in the Pre-Function Area from 10:30 AM-2:30 PM.

Day Trips & Extended Travel



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

Day Trips

—Casino/Races—

Colusa Casino

Thursday, March 9 — 170117-01

Enjoy a nice drive in the country with spring blooms 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 \$3 additional slot credit. Additional credits to be applied based on your prior play. 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.



Jackson Rancheria

Thursday, April 13 — 170717-02

Very popular with residents, we are returning to Jackson Rancheria Casino in Amador County! Receive \$20 in gaming credits. Enjoy a nice spring drive to Amador County and the foothills. Four hour stay at the recently remodeled and expanded casino. Leave OC 9:00 AM, return ~ 5:00 PM. \$23.



—Museum—

Second Bus Added!

Legion of Honor "Monet: The Early Years"

Tuesday, March 14 — 176417-01

Monet: The Early Years will be the first major US exhibition devoted to the initial phase of Claude Monet's (French, 1840–1926) career. Through approximately 60 paintings, the exhibition demonstrates the radical invention that marked the artist's development during the formative years of 1858 to 1872. In this period the young painter developed his unique



visual language and technique, creating striking works that manifested his interest in painting textures and the interplay of light upon surfaces. This exhibition is an once-in-a-lifetime opportunity to experience Monet's mastery before Impressionism, and includes paintings that are profoundly daring and surprising. Depictions of moments both large and small, with friends and loved ones, in the solitude of forests and fields and in the quiet scenes of everyday, offer new revelations about an artist that many consider to be ubiquitous. Also enjoy the special exhibitions of Rodin Centenary and the Future of the Past—Mummies and Medicine, along with the rest of the Legion of Honor art collections. For more information on this and other currently running exhibits, please go to <http://legionofhonor.famsf.org/legion/exhibitions>. Lunch on your own at the museum's café, or bring your own. Leave OC at 8:30 AM, return ~ 6:30 PM. \$75.

—Performances—

Roman Holiday

Golden Gate Theater, San Francisco

Saturday, June 10 — 180417-02

A runaway princess. A dashing reporter. A Roman holiday neither one will ever forget. Based on the classic Academy Award-winning film and featuring such unforgettable Cole Porter songs as "Night and Day", "Ev'ry Time We Say Goodbye", and "Easy to Love", *Roman Holiday* comes to San Francisco in the pre-Broadway premiere of the musical sure to steal your heart. In the midst of a whirlwind tour of European capitals, a young princess yearns to experience life – to explore the world beyond diplomatic dinners and Royal balls. Enter an American reporter, who almost overnight goes from covering the royal family to covering up her great escape. And in the span of 24 unforgettable hours, they discover the magic of Rome, the promise of love, and a secret they will share forever. Matinee performance, dinner on your own at Union Square after the show. Bring your own lunch to eat en route to the theater. Leave OC 10:45 AM, return ~ 9:45 PM. \$129.



Chinese New Year — San Francisco

Finale of the Annual Chinese Play!

Sunday, March 5 — 185117-12

Come celebrate the Year of the Rooster in San Francisco's Chi-

Continued on page 54

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



Sister Act — State Theater, Auburn Saturday, March 25 — 185917-01

The State Theatre Acting Company and the Auburn Placer Performing Arts Center are pleased to present the musical Sister Act. Sister Act is the feel-good musical comedy smash based on the hit 1992 film that has audiences jumping to their feet! Featuring original music by Tony and eight-time Oscar winner, Alan Menken, this uplifting musical was nominated for five Tony Awards including Best Musical. Filled with powerful gospel music, outrageous dancing and a truly moving story, Sister Act is a sparkling tribute to the universal power of music and friendship. Directed by one of our great instructors, Ray Ashton. Matinee show, floor seating. Leave OC at 12:30 PM, return ~ 5:30 PM. \$47.



Mamma Mia! Farewell Tour Harris Center, Folsom Friday, April 7 — 181917-12

A mother, a daughter, three possible dads and an unforgettable trip down the aisle... *Mamma Mia!*, the hit musical based on the songs of ABBA, returns to the Harris Center for five performances. It’s one of the most successful musicals ever—the eighth longest running show in Broadway history, and for good reason. On the eve of her wedding, a daughter’s quest to discover the identity of her father brings three men from her mother’s past back to the Greek island they last visited 20 years ago. An enchanting tale of love, laughter and friendship that plays so very well to the intimacy of the Harris Center. Not to be missed! Middle-orchestra seating at the Harris Center for the Arts in Folsom (formerly Three Stages). Leave OC at 6:00 PM, return ~ 11:00 PM. \$121. **Vendor deadline to purchase, Tuesday, March 7 at 12:00 PM.**



Men are from Mars, Women are from Venus Marines Memorial Theater, San Francisco Sunday, April 30 — 185017-12

The Off-Broadway hit comedy *Men are from Mars — Women Are From Venus LIVE!*, is a one-man fusion of theatre and stand-up, and is a light-hearted theatrical comedy based on *The New*

York Times #1 best-selling book of the last decade by John Gray. Moving swiftly through a series of vignettes, the show covers everything from dating and marriage to the bedroom. This hysterical show will have couples elbowing each other all evening as they see themselves on stage. Sexy and fast paced, this show is definitely for adults, but will leave audiences laughing and giggling like little kids! When Mars and Venus collide, the adventures are earth-shatteringly hysterical. It’s a great recipe for a day out: a little storytelling blended with some comedy and a dash of sage wisdom from the book. A delicious afternoon of entertainment! Front Orchestra seating matinee performance. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square after the 2:00 PM show. Depart at 10:45 AM, return ~ 9:45 PM. \$93.



Broadway Sacramento The Bodyguard Tuesday, April 18 — 1793-06D

Based on the smash hit film, the award-winning musical will star Grammy® Award-nominee and R&B superstar Deborah Cox! Former Secret Service agent turned bodyguard, Frank Farmer, is hired to protect superstar Rachel Marron from an unknown stalker. Each expects to be in charge; what they don’t expect is to fall in love. A breathtakingly romantic thriller, *The Bodyguard* features a host of irresistible classics including “Queen of the Night,” “So Emotional,” “One Moment in Time,” “Saving All My Love,” “Run to You,” “I Have Nothing,” “I Wanna Dance with Somebody” and one of the biggest selling songs of all time – “I Will Always Love You.” \$97. Leave OC at 6:45 PM, return ~ 11:30 PM. \$97.



—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 with 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 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. Specific rules for the stadium will be with your receipt.* Seats located in Club Section 230. All games depart OC 8:45 AM, return ~ 8:00 PM. There will be a rest stop on the way home. All game start times are 12:45 PM. See individual games below for price.



Continued on page 56

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- **Giants vs. Los Angeles Dodgers**
Thursday, April 27 — 186017-1A
\$154.
- **Giants vs. Los Angeles Dodgers**
Wednesday, May 17 — 186017-1B
\$154.
- **Giants vs. Kansas City Royals**
Wednesday, June 14 — 186017-1C
\$154.
- **Giants vs. Cleveland Indians**
Wednesday, July 19 — 186017-1D
\$154.
- **Giants vs. World Series Champion Chicago Cubs**
Wednesday, August 9 — 186017-1E
\$192.

—Tours/Leisure—

San Francisco — Macy's Flower Show
Sunday, March 26 — 179917-01

Join us for a spring trip to the city by the bay and enjoy a behind the scenes tour at the Macy's annual Flower show! Don't worry about the traffic, the bridge, parking, etc. Relax and let our comfortable coach take you to the heart of San Francisco (Union

Square) for a day of shopping, lunching and people watching. Includes a 10% off Macy's Certificate. To make your shopping more comfortable, we have made arrangements with the bus company to meet you at 2:15 PM at the side of the St. Francis Hotel (Post & Powell) to load all the packages from your morning shopping so you can do more shopping. Lunch on your own. Rest stop on way home. Leave OC at 8:30 AM, return ~ 8:00 PM. \$44.



Cherry Blossom Festival—San Francisco
Saturday, April 8 — 173317-02

The 2017 Northern California Cherry Blossom Festival® celebrating its 50th year, is one of California's most prominent



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Continued on page 57

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American Community. The festival will be held on Post Street between Laguna and Fillmore Streets and includes food booths, cultural performances, martial arts, live bands, the annual Queen Program, and more. The 50th year celebration will be filled with special events and new attractions. The Northern California Cherry Blossom Festival® is said to be the second largest festival outside of Washington, D.C. to celebrate the blooming of cherry blossoms; and held at one of three remaining Japantowns in the United States. Leave OC 8:30 AM, return ~ 6:30 PM. \$44.

San Joaquin Asparagus Festival

Friday, April 21 — 172117-02

Visit the biggest Asparagus Festival in the West! The San Joaquin Asparagus Festival offers everything from food to fun.



Enjoy asparagus alley, live entertainment, health & wellness Fair, countless vendors, craft beer and wine pavilion, and so much more! Enjoy many types of dishes including, deep fried asparagus, asparagus ice cream, asparagus lumpia, asparagus chicken bowl, asparagus corn dogs, asparagus nachos, bacon wrapped asparagus and more! The event is now held at the San Joaquin County Fairgrounds in Stockton with indoor and outdoor venues and plenty of seating areas. We'll arrive at opening of event and stay for four hours. Leave OC at 8:30 AM, return 4:00 PM. \$37. (Includes admission, food and drink on your own.)

Scottish Games & Festival

Saturday, April 29 — 171917-02

Want a fun day of adventure, music, competitions, and a flavor of things Scottish? Experience a taste of Scottish culture



without having to travel thousands of miles. Join us on a trip to the Scottish Games Festival at the Yolo County Fairgrounds in Woodland. Enjoy competitions related to Scottish culture; athletics, highland dance, piping and drumming, and activities that include country dance, fiddling and harps, historical area, Scottish animals, take part in a Scottish Whisky seminar and tasting, view the march of the clans, and more! There is something Scottish for everyone, including the food, and you don't have to be Scottish to have fun. Indoor and outdoor venues. Leave OC 10:15 AM, return ~ 4:45 PM. \$38. (Includes admission, food and drink on your own.)

Important Information: Entertainment, Trips, Classes

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


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

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

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

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

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

• **Assisted Listening Device (ALD):** To align audience sound expectations for shows, Entertainment articles will include ALD symbols when show has ALD compatibility. Due to show requirements and/or performer sound set up, not all shows will have ALD compatibility. ALD is available for check out from the Activities Desk using a valid ID, first come, first served. ALD 

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

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

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

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

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

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

Lodi Street Faire

Sunday, May 7 — 172817-02

Due to many requests, we're going back to the Lodi Street Faire! This event attracts vendors from throughout California and takes up a 10-square block area of downtown Lodi. More than 600 vendors participate in this biannual event, selling antiques, arts & crafts and commercial items. While shopping, visitors can satisfy their appetite with their choice from 25 food vendors offering everything from hamburgers, to hot dogs, sausages, to pizza. Mexican, Chinese and Filipino dishes are also available for those craving a more international fare. And, no faire is complete without sweet treats and cold drinks. You'll have four hours to spend to shop, lunch (On your own) and explore downtown Lodi. Leave OC at 8:00 AM, return ~ 3:00 PM. \$29.



—Overnight/Extended Travel—

Overnight! Sonoma Valley Gardens and Parks

Tuesday, May 9-Wednesday, May 10 — 197417-02

Join us on an overnight trip to the Sonoma Valley for a special spring gardens and parks tour! We'll be visiting the new location of Sunset Gardens at Cornerstone Sonoma. Enjoy a docent-led tour at Quarryhill Botanical Gardens, one of the pre-eminent Asian botanical gardens globally that features one of the largest collections of documented wild collected Asian plants in the world. We'll finish our trip at Jack London State Historic Park for a docent led "Beauty Ranch" tour and museum visit. We'll be staying at the Best Western Sonoma Valley Inn just a short block off the main plaza offering the Valley of the Moon Certified Farmer's Market that includes live music and a variety of local vendors. **Trip Inclusions:**



- Cornerstone Sonoma—Sunset Gardens and Marketplace visit. Box lunch choices: *Meridians Box Lunch: Turkey, Roast Beef or Vegetarian wrap with fruit, chips, cookie and a bottle of water.*
- Docent led tour and free-time at Quarryhill Botanical Gardens
- Terrain can be uneven and has several low- to mid-grade hills. A golf cart is available for accessibility. Please advise in advance if needed due to limited availability.
- Free time at downtown Sonoma plus dinner on your own
- Overnight stay at Best Western Sonoma Valley Inn with hot breakfast buffet
- Luggage handling and gratuities for bus driver
- Docent led tour and free-time at Jack London State Historical Park. Box lunch choices from Basque Boulangerie: *Organic Green Salad with Roasted Chicken & Champagne Vinaigrette, Prosciutto & Brie on a baby baguette,*

Basque Club Sandwich of Turkey, Bacon and Avocado with organic greens and tomato on wheat. Roasted Seasonal Veggie on sliced sourdough. Includes Fruit Salad, cookie and bottle of water.

Be prepared to give your meal choices when you register. Complete menu descriptions for both lunches available at Activities Desks or from our website. Please advise of any dietary issues during registration. **A signed liability waiver is required for each participant.** \$291 per person double occupancy, \$398 single. Depart Tuesday, May 9, 8:00 AM, return Wednesday, May 10, ~ 5:30 PM. **Deadline to meet minimum count for vendor is Thursday, March 23 at 12:00 PM.**

Three Night Stay!

Getty Museums, Los Angeles

Sunday, April 23-Wednesday, April 26 — 197017-12

Join Katrina, your Trip Coordinator, on a tour of the Getty Villa and the J. Paul Getty Museums in Los Angeles. The Getty Villa is a visit to ancient Greece and Rome located in Malibu. The Getty Villa has over 1200 works in 23 galleries with antiquities dating from 6,500 B.C. to 400 A.D. along with beautiful roman style gardens. Special featured exhibit of Roman Mosaics across Europe. The next day, you'll have a full day at The Getty Center which has breathtaking views along with exhibits of masterpiece paintings and drawings from the Middle Ages to the Impressionist period, sculptures, antiques, rare books, manuscripts and a 134,000 square foot central garden. Feature exhibits include Degas and the life of J. Paul Getty. Lunch on your own at the casual café or enjoy the full service white tablecloth experience of the Getty Restaurant.



Trip Inclusions:

- Three night stay at Best Western Plus Sherman Oaks with hot cooked-to-order breakfast each day of stay
- Admission to Getty Villa Museum and Getty Center
- Includes six meals: three breakfasts, two lunches (Harris Ranch and Bubba Gump's at Santa Monica Pier) and one dinner (Bucca di Beppo)
- Free time to explore the Santa Monica Pier and beach
- Shop and dine on your own at Universal Citywalk
- Shop and dine on your own at The Original LA Farmer's Market & the Grove Center
- Lunch on your own at Bravo Farms in Kettleman City on return to LH
- Luggage handling and gratuities for bus driver and included meals

Continued on page 60

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Two Night Stay!

Hearst Castle Evening Tour

Friday, March 31-Sunday, April 2 — 195017-01

Here's a perfect long weekend for you and your friends to wine, dine and tour the grandeur of Hearst Castle! Join Katrina, your Trip Coordinator, as we visit Hearst Castle for their famous "Evening Tour." View this historic California mansion in the twilight hours—just as Mr. Hearst's own guests

did in the 1930s. This tour winds through Casa Del Mar (Cottage A) and

Casa Grande (Main house) including some upstairs areas. Docents dressed in 1930's period attire complete the experience, bringing the Castle to life once again. There will be stop at Harris Ranch on the way down for an included lunch and we'll be staying at a resident favorite, Cambria Pines Lodge. Enjoy a private welcome



The Evening Tour
Travel back in time and experience Hearst Castle in the evening as one of Mr. Hearst's own visitors might have during the 1930s.

dinner with an entrée choice of *Grilled Salmon or Teriyaki Chicken* and a hot buffet breakfast daily. Explore the village of Cambria with its many wine tasting rooms and quaint shops with lunch on your own. We'll also partake of an included dinner at Linn's Restaurant with several entrée choices and a piece of their famous pie before our evening tour at Hearst. On our way home, we'll be stopping at Tobin James Winery where you can belly up to an antique 1860's western bar for an included wine tasting before we stop for lunch on your own at Bravo Farms in Kettleman City. Leave OC 8:00 AM, Friday, March 31, return Sunday April 2 ~ 5:30 PM. A signed liability waiver is required for each participant. Trip insurance highly recommended. Trip insurance providers list from the US State Department is available at the Activities Desks or view online. Complete menus available at Activities Desks or online. Driver gratuities and tips for all included meals included. \$497 per person double occupancy; \$685 single.

Sold Out Trips

Trip • Date • Departure Time

- **Las Vegas Overnight**
Tuesday, February 21 • 8:45 AM — 1977-10
- **Speaker Series – Fareed Zakaria**
Monday, February 27 • 6:45 PM
- **Five Irish Tenors**
Tuesday, February 28 • 6:00 PM — 1786-10
- **Sacramento Kings vs. NY Nets**
Wednesday, March 1 • 5:30 PM — 1800-09B
- **Gentlemen's Guide to Murder**
Tuesday, March 7 • 6:45 PM — 1793-06C
- **P.A.W.S Open House**
Saturday, March 11 • 7:45 AM — 177517-01
- **Phantom of the Opera**
Tuesday, May 23 • 6:45 PM — 1793-06E & EE
- **Hamilton**
Wednesday, June 7 • 10:45 AM — 180017-01

Activities Department Classes



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

Classes

Vacation Drop-In

In response to students' request, a number of classes are now offering drop-in sessions to accommodate your vacation plans! Drop-in sessions will allow current students who are able to work independently on their projects but are not available to attend class full time due to vacation plans, to register one session at a time. Sessions are held in conjunction with

ongoing regular classes. Class space is on a first-come, first-served basis. Students must check with the instructor prior to registration each time to ensure space is available and that they meet the prerequisite. Registration for drop-in sessions is only available within one hour prior to the start of class at the Activities Desk. Classes that offer drop-in sessions will be noted in the class description. Cost varies by class. **Prerequisite:** Must have completed at least a full month of class instruction in the past. Some classes may require longer class experience. Drop-in sessions are not for first time students/beginners and offers limited guidance from moderator/instructor.

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Art

—Announcement—

Fine Arts Class Gallery Featuring the Art of Marilyn Rose and Lincoln Hills Students Friday, March 17

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



—Drawing—

Beginner Drawing Thursdays, March 2-30 — 132217-02

6:00-8:00 PM (OC). \$65 (five sessions). Instructor: Michael Mikolon. The artistic journey starts with basics of drawing. Drawing is about observing. We will focus on materials and techniques and developing your sense of design. Learn to look at shapes that make up your subject and translate what you see into an accurate depiction with the understanding of measurement and proportions, use of line and shadow and developing good daily drawing habits. Live demos will be performed weekly showing how to use materials with one-on-one instruction. Supply list available at Activities Desks and online.



Mixed Media

Art Journaling Tuesdays, March 14 & 28 — 143117-02

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



—Oils, Pastels & Acrylics—

Paint Your Vision in Oils or Acrylics Wednesdays, March 1-29 9:00-11:30 AM Class — 113117-02 Or 1:30-4:00 PM Class — 113217-02

AM and PM sessions are not interchangeable. (OC). \$65 (five sessions). Instructor: Marilyn Rose. Maybe you have always wanted to try oil or acrylic painting, or perhaps you haven't painted in years. Or you paint already and want some congenial company and tips to improve. All of these are great reasons to stop by the Fine Arts Room at Orchard Creek any Wednesday morning or afternoon and see what this fun and informative class is all about! Students receive expert guidance in creating original paintings of their chosen subjects, whether landscape, still life, portrait or a clothed figure. Those with little or no art training can gain a solid grounding in the basic principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples, and individual instruction are used to advance student understanding and implementation of techniques. About the Instructor: Marilyn has over 25 years experience in landscape, portrait, figure, and still life painting, with hundreds of works in private collections across the U.S. Take a look at her work on <https://artistmarilynrose.com>. Questions? Call Marilyn at 409-0397. Supply list available at the Activities Desks and online. Please request supply list at the Activities Desks and online.



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

Painting Pastels or Oils with Barry Mondays, March 6-27 — 105117-02

9:00-11:30 AM (OC). \$52 (four sessions). Instructor: Barry Jamison. Let out your creative soul and have fun doing it! Learn pastelling and oil painting with Barry Jamison. Start to finish, beginners through advanced, Barry will guide you through an enjoyable process of creating attention-getting works. About the Instructor: Barry is an award-winning artist, most recently a first place in the 2016 Plein Air Competition in Shelter Cove CA held in September. He has vast experience with over 50 years of painting explorations in various media. Barry owns a studio in Folsom (follow him on Facebook at Sutter Street Pastels), and his paintings are sought by collectors and clients worldwide. He has over 15 years experience teaching and encouraging artistic expression to many ages. Supply list available at Activities Desks, online, or on instructor's website, www.pastelpainter.com.




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

Sip and Paint

"Aqua" Friday, February 24 — 122217-01 "Cherry Blossoms" Friday, March 24 — 122117-02

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

Continued on page 65



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Artist Unni Stevens studied art in Norway, Japan and at the Laguna College of Art. She has been painting, teaching and selling her art for over 30 years and has been a member of the High Hand Gallery for four years. More info: www.unniart.com.



—Watercolor—

Beginning Watercolor Painting Thursdays, March 2-30 — 131117-02

1:00-4:00 PM. (OC). \$75 (five sessions). Instructor: Michael Mikolon. Learn the basics of painting with watercolors. This beginner class will focus on: materials and painting techniques; developing your sense of color; looking into basics of color theory; how to use the color wheel; and mixing fresh and vibrant color with the use of a well organized palette. Learn to create your own voice in art by discussing design, composition, and value controlling the focal point. We will also discuss master colorists: Dutch, English, and Impressionists, Post Impressionists and late 19th and early 20th century painters. Live demos performed weekly showing how to use the medium first-hand with one-on-one instruction provided by the instructor during class. *About the Instructor:* Artist Michael Mikolon is an accomplished watercolorist and owner of 12th & S Art, in Downtown Sacramento. Supply list available at the Activities Desks and online.



Ceramics

—Lladro—

Spanish Oil Painting Wednesdays, March 1-29 — 206117-02

1:00-4:00 PM (KS). \$50 (five sessions). Instructor: Barbara Bartling. **Prerequisite:** No new students will be accepted in February.

Lladro requires a steady hand and concentration. A beginning and continuing class on how to paint porcelain figurines. Learn basics painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order.

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



—Pottery—

Beginning/Intermediate Ceramics Tuesdays, March 7-28 — 212117-02

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

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



Advanced Ceramics Tuesdays, March 7-28 — 212217-02

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

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



Ceramics: Beginner/ Intermediate and Advanced Thursdays, March 2-30 — 221117-02

1:00-4:00 PM (OC). \$67 (five sessions). Instructor: Terry Accomando. Open to all skill levels. The class teaches hand-building techniques and working on the potter's wheel. Students are encouraged to work at their own pace receiving individual instruction to achieve goals on any project they choose. Frequent demonstrations and techniques are given to introduce new and exciting projects. *About the Instructor:* Terry brings 34 years experience teaching ceramics, drawing and painting to help you work independently on any project. Supply list available at the Activities Desks and online.

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



Crafts

—Card Making—

Intro to Card Making 101 — Level 1 Mondays, March 6-20 — 317117-02

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



Continued on page 66

projects 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, March 7-21 — 317217-02

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, March 8-22 — 317317-02

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.

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Card Making Level 4 — Advanced**Fridays, March 10-24 — 317417-02**

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dotie 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.

—Flower Arranging—**Wreath Class****Tuesday, March 28 — 301017-02**

10:00 AM-12:00 PM (KS). \$30. Plus supply fee \$75. Payable to instructor. Instructor Selia Yrlas and Jennifer Steele. Spring Garden. Let's get together and make a beautiful Spring faux floral wreath. Instructor's Selia Hernandez and Jennifer Steele will go step by step with the class to get creative and fun using high quality permanent botanicals. This wreath will be a great addition to your home year after year. Please bring your wire cutters.

Cooking**Fowl in Love with Cooking with Chef Ian****Tuesday, February 21 — Sold Out**

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

**Dance****—Belly Dancing—****Beginning Basic Belly Dance Class****Thursdays, April 6-27 — 420117-02**

The purpose of this class is to have fun, improve your womanly posture, build your core, and strength. You will learn one of the oldest art forms of dance. This class will consist of a warm up, technique, and a very basic monthly choreography. This class is a non-performance class. The most exciting part of this class is to dance to fabulous sensual rhythms fast and slow. Wear leggings and t-shirts. Belly dance belts will be available for class use.

—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, March 7-28 — 332117-02**

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

**Easy-to-Intermediate Clogging****Tuesdays, March 7-28 — 332217-02**

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. Good for beyond beginners. Check with the instructor before signing up for this class.

Vacation drop-in: CLOG1 — \$10 per session.**Intermediate Plus Clogging****Tuesdays, March 7-28 — 332317-02**

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. This class will move a bit faster in the new year and really get into more Intermediate level dances.

Vacation drop-in: CLOG2 — \$10 per session.**—Country Western Dancing—****Country Couples Western Dance****Beginner Level One & Two****Mondays, March 6-27 — 344217-02**

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

Country Couples Western Dance**Beginner/Intermediate Level Three & Four****Mondays, March 6-27 — 344417-02**

8:00-9:00 PM (KS). \$24 (four sessions). Instructors: Jim & Jeanie Keener. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed your

Continued on page 68

Country Couples Beginner Class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You've learned some of the basics, now it's time to add a few more steps and turns. Dances this month will be "Sidekick and River City Cha Cha."

Country Line Dancing

Fridays, March 3-31 — 346117-02

3:00-4:00 PM (KS). \$30 (five 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—

Beginning Dance for Life

Thursdays, March 3-31 — 353517-02

5:00-6:30 PM, (OC). \$60 (five sessions). Instructor: Dolly Schumacher. You've always wanted to try it! Master teacher, Dolly Schumacher James will gently guide you through a variety of dance styles. No memorization required, no experience needed, just a willingness to try. Each week will be something new and fun. Whether it's Jazz, Soft Shoe, Musical Theater, Country, Folk, Lyrical or Comedic, you'll get a great workout and learn basics of various dance styles. Dance will strengthen your core, help with balance, stretch and lengthen your muscles, increase memory and co-ordination. Have fun with your neighbors and friends while learning the basics of dance movement. You'll leave class smiling!

Dance for Life Intermediate

Fridays, March 3-31 — 354717-02

2:15-3:45 PM OC. \$60 (five sessions). Instructor: Dolly Schumacher. "Dance For Life"—The perfect class for students interested in learning the many different styles of dance. Every week is something new and innovative, to challenge the mind, strengthen the body, develop and improve rhythm, coordination and balance. Dance is the ultimate body conditioner and beyond that... it's *fun*!! From Modern Jazz, Contemporary, Musical Theater, Comedic, Lyrical, Folk, Country Western & Character—these dance styles will be taught in a friendly, non-competitive way by Master Teacher Dolly Schumacher James. This class is for intermediate students. Class size is limited, so register early. Not open to new students.

—Hula—

Hula Basics

Thursdays, March 2-30 — 390117-02

12:00-1:00 PM (KS). \$40 (five sessions). Instructor: Pam Akina. Learn and practice basic hand and foot motions which are foundational to hula. Highly recommended for new students of hula and also beneficial for experienced dancers. Essential hula terms, cultural and historical information are also taught.

This class may be taken alone or in conjunction with regular Hula class. Please contact Pam prior to first class: Pamahoa@hulapono.com or 521-0474.

Hula

Thursdays, March 2-30 — 390217-02

1:00-2:15 PM (KS). \$40 (five sessions). Instructor: Pam Akina. Begin or continue your study of hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances.

Hula is good for mind, body, and spirit! Performance techniques are also shared and occasional performance opportunities are available for students.

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



—Jazz—

Jazz Class for the Beginner

Thursdays, March 2-30 — 353017-02

11:00 AM-12:00 PM (KS). \$40 (five sessions). Instructor: Melanie Greenwood. This class will leave your mind, body, and spirit feeling empowered, energized, and more flexible. Melanie will demonstrate different styles of Jazz to ensure proper execution in a fun and positive way. Come join her! You'll leave with a smile on your face and a love of jazz dancing in your heart. *About the Instructor:* Melanie started teaching at 16 years old and turned professional at 18. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, Reno, Nashville, Branson, Tokyo Disneyland, as well as on TV and video.

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

Jazz Performance

Tuesdays, March 7-28 — 353117-02

1:00-2:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. Not open to new students. At this time this class is a closed performance class. Must have instructor approval. Class is geared toward stage performances throughout the year.

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



Continued on page 71

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

- **Mondays, March 6-April 24 — 360017-02**
4:00-5:00 PM (KS). \$48 (eight sessions).
Instructor: Audrey Fish.
- **Thursdays, March 2- April 27 — 370017-02**
9:00-10:00 AM (KS). \$54 (nine sessions).
Instructor: Yvonne Krause-Schenck.

Line Dance I—Beginner

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

- **Mondays, March 6-27 — 370117-02**
9:00-10:00 AM (KS). \$24 (four sessions).
Instructor: Yvonne Krause-Schenck. Substitute Ginger Fullerton on March 27.
- **Thursdays, March 2-30 — 360117-02**
2:30-3:30 PM (KS). \$30 (five sessions).
Instructor: Audrey Fish.
- **Tuesdays, March 7-28 — 380117-02**
9:00-10:00 AM (KS). \$24 (four sessions).
Instructor: Sandy Gardetto

Line Dance II—High Beginner/Improver Class

Prerequisite: This level is a great way to help experienced beginners improve on their skills to learn slightly more complex dances. Dances will range from High Beginner to Improver dances, with students developing movements and steps that are beyond the basic beginner level. Various rhythms and tempos will also be taught reflecting different timing and styling. High beginner/Improver dances will be taught, at the teacher discretion.

- **Mondays, March 6-27 — 360217-02**
5:00-6:00 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish
- **Wednesdays, March 1-29 — 380217-02**
9:00-10:00 AM (KS). \$30 (five sessions).
Instructor: Sandy Gardetto
- **Thursdays, March 2-30 — 370417-02**
10:00-11:00 AM (KS). \$30 (five sessions).
Instructor: Yvonne Krause-Schenck
Substitute for March 30—Ginger Fullerton.

Easy Intermediate Class

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

- **Wednesdays, March 1-29 — 380317-02**
10:00-11:00 AM (KS). \$30 (five sessions).
Instructor: Sandy Gardetto

Intermediate/Advanced Class

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

- **Thursdays, March 2-30 — 360317-02**
3:30-4:30 PM (KS). \$30 (five sessions).
Instructor: Audrey Fish.

Line Dance Instructors

- **Audrey Fish**

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



- **Sandy Gardetto**

Sandy is an excellent line dance instructor, with over 15 years of experience. She has been trained in all disciplines of dance since she was 8 years old. To encourage people to sign-up for her classes, she has simplified her Beginner Class (LD I) as well as her High Beginner/Improver Class (LDII). She also is offering an Easy Intermediate Class for those who want easier dances with great music. Come join Sandy for a lot of dancing, laughter and most of all fun.



- **Yvonne Krause**

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



—Tap—

Tap Classes with Alyson

Enjoy tap classes, make new friends, and challenge your mind and body. Alyson Meador is a highly accomplished educator in the art of tap dance whose successes as a choreographer and mentor have brought her a great deal of prestige and recognition. As the daughter of a Radio City Rockette and an Arthur



Continued on page 72

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, March 2-30 — 410117-02

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

New Class!

Tap Choreography Fun Class

Mondays, March 6-27 — 410417-02

11:00 AM-12:00 PM (KS). \$32 (four sessions). Instructor: Alyson Meador. Learn a routine just for fun! This class is designed to teach tap dancers how to learn and retain choreography. Have fun bonding with teammates as you work through the challenges of learning a routine. This class is ideal for people who love the challenge of learning a routine but do not want to perform on stage. Class will run in segments of 10 to 12 weeks, depending on the routine, with a fresh start every new segment. New students may start in the middle of a segment. Open to all skill levels.

Technique Classes

- **Mondays, March 6-27 — 410517-02**
10:00-11:00 AM (KS). \$32 (four sessions).
- **Tuesdays, March 7-28 — 410217-02**
10:00-11:00 AM (KS). \$32 (four sessions).
- **Thursdays, March 2-30 — 410817-02**
11:00 AM-12:00 PM. (KS) \$40 (five sessions).

Glass Art

Fused Glass and Stained Glass Workshop

Monday, March 6 — 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 on the day of the workshop.

Fused Glass Jewelry

Monday, March 20 — 495117-02

9:00 AM-12:00 PM (KS). \$25. Supply fee: \$10 payable to instructor. Instructors: Jim Fernandez and Danielle Echeverria. Learn how to make fused



glass jewelry with the focus on Dichroic glass. Beginners & experienced artists are welcome. The fused glass class is designed to teach the fundamentals of Dichroic glass jewelry designing. We will go over designs, finishing schedules and cold working techniques. The \$10 supply fee provides enough compatible glass and dichroic glass to create about four to five pieces of jewelry.

Stained Glass

Mondays, March 6-27 — 494117-02

1:00-4:00 PM (KS). \$44 (three sessions, No class March 13). Supply fee: \$10 payable to instructor. Instructor: Jim Fernandez. Requirements: No open toe shoes or short pants. Come learn the art of stained glass. We will be learning the technique of cutting glass, foiling and soldering along with safety and the proper use of equipment. Create a beautiful butterfly sun catcher, candle holders and other projects. Class is also open to more experienced students. Instructor will evaluate students' skill level on the first day of class for proper project to be done by student. Lead glass technique now available. About the Instructor: Jim Fernandez has 26 years of stained glass experience.



Jewelry

—Beading—

Tila Checkerboard Bracelet

Tuesday, February 21 — 513217-12

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



Thick & Thin Spiral Necklace

Tuesdays, March 14 - 28 — 513517-01

9:00 AM-12:00 PM (KS). \$25 (three sessions). Instructor: Cathie Szabo. Time to add a showstopper necklace to your wardrobe? Then this is the one for you. A simple twist necklace takes all the drama you can heap on with accent beads of all types. Add some interesting end caps and fine chain and be ready for those compliments when you wear it! Class is for intermediate to advanced beaders, or those who are comfortable working with seed beads. Check the sample in OC for ideas to spark your creativity. Be sure you get the proper materials list when you register - look for the name and code # for Thick & Thin Spiral Necklace as well as the photo of the necklace.



Continued on page 75

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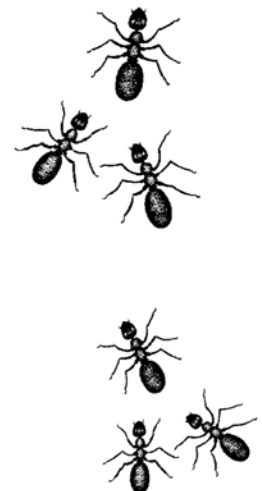
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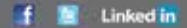
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Money Matters

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

Managing Your Investment Emotions

Tuesday, February 28 — 871000-02

10:30-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Why is it that some investors just seem to always do well when others can't seem to get ahead? Often times the difference is emotions, the excitement towards markets going up and the fear of them dropping. In either case, decisions made from emotions tend to be the wrong ones. Come learn how to manage your emotions and manage your finances with a sound mind.

Getting Your Stuff Together: Organizing Your Estate

Thursday & Friday, March 9 & 10 — 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.



Focus on Financial Goals and Budgeting so Your Money Lasts as Long as You Do

Tuesday, March 14 — 877500-02

1:00-3:00 PM, Oaks and Gables (OC). \$35. Instructor Denise Ash. Research shows that people who have a blueprint to their goals have a higher achievement rate than those without. This class focuses on financial goals. Whether your goal is to get out of debt, leave a legacy or save for the trip of a lifetime, you need a plan. We will discuss the steps necessary to realize your financial goals. Once your goal is decided, you need a true picture of where you are right now. In this class you will learn a system for determining that. Come to class with a goal or two in mind!

Financial Strategies for Paying for Long Term Care

Tuesday, March 21 — 877600-02

1:00-3:00 PM, Gables and Heights (OC). \$35. Instructor Denise Ash. What is your plan if you find yourself in an extended care situation? Where will you be cared for? Who will provide that care? How will you pay for care? This class explores options for all of those questions.

Estate Planning 101

Tuesday, March 28 — 877800-02

1:00-3:00 PM, Oaks and Gables (OC) \$35. Instructor Juliette Robertson esq. An estate plan is a process that provides for the management and disposition of a person's estate during incapacity and after death. This class will explain the use of Wills, Trusts and Powers of Attorney and other documents in an estate plan.

Estate Planning 201

Tuesday, April 4 — 877900-02

1:00-3:00 PM, Oaks and Gables (OC) \$35. Instructor Juliette Robertson esq. Estate planning can address a variety of life's special circumstances. This class will go into details of Special Trusts for people and pets, End of Life legal issues and the possible consequences of not having any planning.

How to Invest in Stocks

Tuesday, March 28 — 871000-03

10:30-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. This class is taught once per year and is a SCLH favorite.

Come learn how to evaluate stocks to buy and sell as well as how to manage in a portfolio. Up to date methods are taught to gauge valuation, quality, momentum, and industry trends. Even if you just buy mutual funds and ETFs, you will find this class informative.



Music

—Guitar—

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

Guitar 1A — Beginner Level

Wednesdays, March 1-29 — 535117-02

8:00-10:00 AM (KS). \$55 (five sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. Class is designed for the person who has not played before or hasn't played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory. Recommendations: Nylon string guitars are easier to press down, and allow more room for your fingers and easier access to learn and play chords. The teacher can advise students on the purchase of a guitar if needed. Questions? Call Bill, 899-8383.



Guitar 1B — Continuing Beginner Level

Mondays, March 6-27 — 535717-02

8:00-10:00 AM (OC). \$44 (four sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. Prerequisite: completion of Guitar 1A or Instructor's approval. Class will cover more advanced note reading, open and moveable chords, strumming, for many types of music, basic finger picking in simple

Continued on page 77

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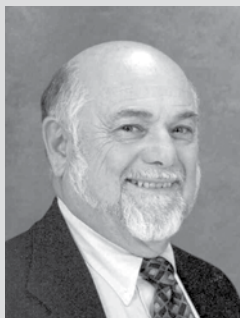
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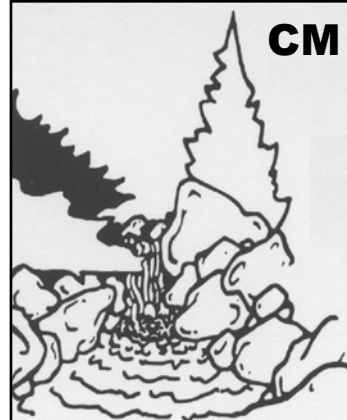


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and compound meters, singing and strumming to basic folk and popular songs will be continued. Theory relative to all course of study will be taught. Questions? Call Bill, 899-8383.

Guitar 2B — Entry to Intermediate Level

Wednesdays, March 1-29 — 535217-02

10:15 AM-12:15 PM (KS). \$55 (five sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. Prerequisite: Completion of Guitar 1B or instructor approval: This class will cover more advanced note reading, chords written in notation, more advanced rhythms and more advanced ensemble music in duets, trios and quartets. New positional study will be started in second, fifth, and seventh positions. We will also study how to play solo literature and basic chord melody. Music theory, pertinent to all course work, will be taught. Questions? Call Bill, 899-8383.

Guitar 3 — Intermediate

Thursdays, March 2-30 — 535317-02

8:00-10:00 AM (OC). \$55 (five sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. Prerequisite: Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. Continue to study more advanced styles of guitar music plus more advanced versions of ensemble playing, duets, trios, quartets. Questions? Call Bill, 899-8383.



Guitar 4 — Advanced

Thursdays, March 2-30 — 535417-02

10:00 AM-12:00 PM (OC). \$55 (five sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. Prerequisite: Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. Continue to study more advanced styles of guitar music plus more advanced versions of ensemble playing, duets, trios, quartets. Questions? Call Bill, 899-8383.

Folk Guitar for Fun Folks 101 Beginner Class

Tuesdays, March 7-28 — 536217-02

1:00-2:00 PM (KS). \$35 (four sessions). Instructor: Darrell Effinger. No prior music knowledge necessary for these classes; a good singing voice is not a prerequisite! Emphasis on playing chords on the guitar to familiar songs while singing and having fun with fellow guitarists. Folk songs of the 50's, 60's and 70's will be taught, including songs by artists such as the Kingston Trio, Peter, Paul and Mary, Simon and Garfunkel, John Denver, others. Various strumming styles will be shown, and at the intermediate level, finger picking will be taught. Basic music theory (notes) will be shown but not emphasized. Information on how to choose and purchase



a guitar for personal use as a beginner through an advanced player will be available. Guitar aides such as capos and tuners will be discussed at first meeting. Learn, sing, enjoy, have fun and join the Hootenanny! About the Instructor: Darrell is a long-time teacher, musician, story teller and folk singer who was a member of the New Christy Minstrels, appeared on the PBS Folk Music Special "This Land Is Your Land," has toured with Glenn Yarbrough, opened for the Kingston Trio, played with Peter, of Peter, Paul and Mary, and has appeared solo, or with various groups. Questions: Call Darrell at 989-8532.

Folk Guitar for Fun Folks 102 Intermediate Class

Tuesdays, March 7-28 — 536317-02

2:00-3:00 PM (KS). \$35 (four sessions). Instructor: Darrell Effinger. Prerequisite: Knowledge of playing guitar using basic chords while doing a simple strum and singing (no vocal training required). This class is an intermediate class with emphasis on harder chord fingerings; more transitions of chords in songs; different strumming patterns; and various finger picking styles used by folk artists. Class can be taken in conjunction with the 1:00 PM Beginning class, as long as student feels comfortable they have met this prerequisite and their fingers can withstand the pain! The more, the merrier! Questions: Call Darrell at 989-8532.

—Presentation—

The History of Jazz (Part Four)

Wednesdays, March 8-29 — 521417-02

1:00-3:00 PM (KS). \$30 (four sessions). Instructor: Ray Ashton. In the next leg of our Jazz journey, we will continue with the great Swing Era and then travel to Kansas City and discover a new and exciting Jazz. We will remember WWII and hear how swing music became America's soundtrack in fighting and winning the war. So, come along with us as we continue our American musical journey through the history of America's art form.



—Voice—

Singer Vocal Boot Camp Continuation

Fridays, March 3-31 — 537217-02

10:30 AM-12:30 PM (KS). \$55 (five sessions). Instructor: Bill Sveglini. We will continue to sing special SAT and SATB arrangements that have been written by the teacher. We will also be working on vocal exercises to increase range and tone quality as well as the warm up exercises and sight singing exercises specifically written for this class by the instructor.



Personal Improvement

Hormone Balancing

Monday, February 20 — 840000-01

6:00-7:30 PM, Oaks and Gables (OC). \$35. Instructor: Denise Bogard, M.D. Hormonal challenges for many men and women previously attributed to aging are now known to stem from imbalanced or depleted hormones. The symptoms often include: low libido, chronic fatigue, male and female pattern baldness, weight gain, hot flashes, vaginal dryness, mood swings, lack of mental clarity, trouble focusing, loss of lean muscle, fibromyalgia, insomnia, and depression. Hormone balancing specifically addresses these problems by restoring and rejuvenating the body's natural hormones, with the most popular type of treatment being bio identical hormone replacement therapy. Dr. Bogard is a board certified Anesthesiologist and has completed a fellowship through the American Academy of Anti-Aging and regenerative medicine.

Beginning/Intermediate Sudoku

Tuesday, February 28 — 870000-02

9:00-10:30 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Come learn the next step beyond the basics of Sudoku, one of the most popular puzzles in America today. Puzzle layout, logic, and playing methods will be discussed and reviewed. The instructor's own Box Rule of Two strategy will be taught, making you feel much more comfortable with Sudoku. Come learn how to break through the easier puzzles in the media and start to advance into the Intermediate Levels of Sudoku.



Intermediate Sudoku

Tuesday, March 28 — 870000-03

9:00-10:30 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Come learn how to fully move into the Intermediate Level of Sudoku. Puzzle techniques, logic, and how to get unstuck on this Level will be discussed and reviewed. The instructor's own Box Rule of Two strategy as well as Areas of Five will be explored to further to help you tackle and master this next Level of Sudoku. Two Intermediate puzzles will be played to help you learn.

New! Mindfulness 101

Wednesday, March 1-29 — 820000-01

4:00-5:00 PM, Aerobics Room (OC). \$55 (five classes). Instructor: Michelle Jamieson. Just as exercising our muscles strengthens our body, training the mind makes it more resilient, improves focus and attention, and assists in working with emotions to maneuver more easily through life. Studies have proven numerous benefits of "Mindfulness," including reduced stress and anxiety, greater self-awareness, increased calm and relaxation, improved sleep, and the development of pain management skills. Come and learn what Mindfulness is and discover ways to introduce it into your life! Michelle Jamieson leads Mindfulness-Based Stress Reduction (MBSR) and other mindfulness programs for adults, teens, and children. Prior to joining the Integrative Medicine Team at

Sutter Health, Michelle led MBSR and wellness programs at the Mayo Clinic.

Brain Gain 1

Mondays March 6-March 27 — 877000-01

1:00-3:00 PM Fine Arts (OC). \$45 (four sessions) Instructor: Dr. Alice Jacobs. Research continues to prove the importance of keeping the brain active as we age. The Brain Gain 1 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.



Two-day class! AARP Driver Safety Training

Monday & Tuesday, March 20 & 21 — 481017-02

9:00 AM-12:00 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.



How to Get a Good Night's Sleep with CPAP

Wednesday, March 29 — 850000-03

10:00 AM-12:00 PM, Heights (OC). \$20. Instructor: Victoria Florentine. *Laugh and the world laughs with you. Snore and you sleep alone.* This two-hour class will tell you everything you need to know to stop snoring and sleep soundly with CPAP therapy. Do you struggle with your mask, mouth dryness, cold air, stomach discomfort, a noisy machine, or you just don't want to use your CPAP machine at all? This class will answer all of your questions and help you make the right choices that will lead you to quiet, restful nights with sleep therapy equipment. Victoria Florentine is a Registered Respiratory Therapist and sleep therapy expert who will share with you the tips and advice you need to get your sleep apnea under control. Let her help you discover the secrets to success and end the struggle with your CPAP equipment once and for all.

Let's Talk About Advance Health Care Directives

Friday, March 31 — 863100-01

9:00 AM-12:00 PM, Oaks and Gables (OC). \$10. Instructor Marcia

Continued on page 80

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Van Wagner. Every adult needs an Advance Health Care Directive. Regardless of age or health, none of us knows when a future event may leave us unable to speak for ourselves. What should I consider before completing an Advance Directive? What scenarios might I encounter that having an Advance Directive would help? How do I choose an agent? What is a POLST? Do I need one? How do I talk to my family about my wishes? This interactive class will explore all these questions with handouts and resource materials.

The Magic of Color Analysis

Tuesday, April 11 — 123117-02

9:30 AM-1:30 PM (KS). Fee \$35 + \$25 supply fee. Instructor: Nancy Matlin. Have you ever considered changing your makeup - style of dress - hair color -to get that special look? If you answer yes to any of the above you need The Magic of Color Analysis. At this fun filled class you will learn why there are outfits in your closet you've never worn, what colors, makeup, and styles look best on you and discover the real Magic of Color Analysis.

Sewing

—Certification—

Bernina Serger Certification

Monday, March 13 — 591117-02

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, March 13 — 592117-02

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



Janome Sewing Machine Certification

Monday, March 13 — 593117-02

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

—Quilting—

Mystery Quilting Class

Mondays, April 10 & 17 — 596217-02

9:00-1:00 PM (OC). \$55. (pattern included). Instructor: Betty Kisbey. Join in on the fun of making a quilt while solving a mystery! Come to class prepared to sew. You will be sewing and working on solving the puzzle to end up with a completed quilt top. You will be given only fabric and cutting requirements at registration as some sewing will be done in class and some at home. Pieces of the design will be given to you in



steps throughout the class but the final quilt design will not be revealed until the end of the class. This is a great way to meet other quilters and have fun working together to solve the quilt mystery! Please select your fabric before the class because fabric pre-cutting is required.

Technology

—PC—

New! Tips and Tricks for Windows 10

Thursday, February 23 — 282117-01

Or Tuesday, March 14 — 282117-02

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



This class is designed for users that have already begun using Windows 10 but want to take a step forward. You will learn **Tips** that will let you access advanced features of Windows 10. You will learn **Tricks** to supercharge your Windows 10 computer by tweaking settings to your liking. Lastly, you will discover the very best content available from the Windows Store to enhance your Windows 10 experience.

Windows 10 Basics

Monday & Tuesday, February 27 & 28 — 295117-01

Or Monday & Tuesday April 10 & 11 — 295117-02

9:30 AM-12:00 PM (OC). \$45 (two sessions). \$7

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



Google Chrome

Thursday, March 23 — 288217-02

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

Google Chrome is a free Internet browser that allows you to access the Internet and view web pages. It is an alternative to the malware exploited Internet Explorer. Chrome is fast, streamlined, clean, and simple. It keeps you safe and secure on the web with built-in auto-updates and malware and phishing protection. It is easy to tweak Chrome settings and add apps, extensions, and themes from the Chrome Web Store. Chrome is the most widely used browser in the world and is available for desktop, laptop, tablet, and phone computers. You can download Chrome Windows, OSX, and Linux versions.



New! Microsoft Word for Beginners

Monday, March 27 — 282317-02

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

Continued on page 82

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—Smart Phones and Tablets/Mac—

Introduction to Android Smart Phones

Wednesday, February 15 — 256217-01

Or Wednesday, March 22 — 256217-02

1:00 -4:00 PM February 15, 9:00 AM -12:00 PM , March 22. (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.

Chromebook, Your Next Laptop

Friday, February 24 — 257117-12

1:00-3:00 PM (OC). \$30. Instructor: Len Carniato. Most of us are wasting money on overpowered, overpriced laptops because we've been sold on the idea that we need them, and we don't. There's a better-suited alternative—the Chromebook. Chromebooks are simple and very fast, so if you're looking to replace a laptop then



you really should take a look. If you already have a Chromebook, come and learn more. In this class we'll explain many capabilities of these new laptops. Although incredibly affordable, will serve you nicely with everyday tasks, in a secure yet simple environment. So bring your Chromebook to class, or your Windows Laptop if you don't yet have a Chromebook, and join our class.

macOS X Sierra Workshop

Monday, March 27 — 267917-02

1:00-4:00 PM (OC). \$30. Plus class material \$5 payable to instructor. Instructor: Andy Petro. **Prerequisite:** You must have an Apple computer with macOS Sierra (Version 10.12.2 or later) installed on it. Do you want attend a workshop on Sierra, the newest Mac Operating System? Then this workshop is for you. We will explore and review all of the items that appear on Sierra's desktop. We will also review some of the basic Apps like Safari, Mail, Siri, Dictation, and Messages. There are only 10 iMac's in the lab and space is limited, so register early. If you have any other specific questions about the class call Andy Petro at: 916-474-1544.



—Social Media—

Facebook 101

Saturdays, March 11 & 25 — 272117-02

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

- **Friday, March 3 — 700100-OA**
3:00-4:00 PM, Fitness Floor (OC)
- **Wednesday, March 15 — 700100-OB**
2:00-3:00 PM, Fitness Floor (OC)
- **Wednesday, March 8 — 700100-K1**
3:00-4:00 PM, Fitness Floor (KS)
- **Wednesday, March 15 — 700100-K2**
1:00-2:00 PM, Fitness Floor (KS)
- **Thursday, March 23 — 700100-K3**
3:30-4:30 PM, Fitness Floor (KS)

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Dance Classes

A variety of dance classes are offered through the Activities Classes starting on page 67. From beginner, intermediate, to advanced skill level; dance classes provide great exercise. You may register for these classes at the Activities Desks and online.

Disease Prevention & Management Session-Based Classes

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

Arthritis Class L1/L2

Tuesdays, March 7-28 — 801100-3A

Wednesdays, March 1-29 — 801100-3B

Thursdays, March 2-30 — 801100-3C

Fridays, February 3-31 — 801100-3D

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



Pre-Enrollment Assessment Healthy Living with Exercise

Continuous Dates — 881000-03

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

Healthy Living with Exercise Part 1 — 878000-03

Mondays and Wednesdays, March 6-29

3:00-4:00 PM, Aerobics Room (OC). \$80 (eight sessions). Instructor: Annamarie Estevez. This one-hour session class is designed for those coming back to, or starting, a new exercise program. Exercise is one of the best activities for disease management; it can assist in the reduction of body weight and blood pressure, LDL cholesterol (bad cholesterol) and increased HDL (good cholesterol). Addition-



ally, exercise will naturally lower your blood glucose levels. The class will include nutrition counseling, lifestyle coaching and an introduction to all aspects of movement (cardio, strength, the mind/body connection and relaxation). Topics will range from exercise safety through nutrition to quality of life issues. The goal of the class is for residents to have the confidence to move on to the next level of exercise by the end of the session—Healthy Living with Exercise L2. Note: Class requires completion of Healthy Living Assessment.

Events

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

February's Workout and Win!!!

How far will you push yourself to win the Grand Prize?

There is still time!

(Information posted at both Fitness Centers)



Lincoln PACE Race 10k/5k/Fun Run SCLH

May 6

8:00 AM-1:00 PM

Walk, Run or Just Have Fun!

New! PACE Race Prep! Couch to 5K Training L1-L2

Fridays, March 17-April 28 — 835190-A4

3:30-4:30 PM, KS Fitness Center entrance. \$99. (six sessions). Instructor: Milly Nuñez. Have you ever wanted to successfully complete a 5K? Now's your chance to go from Couch to 5K in a matter of weeks. Participants will follow a guided training schedule with the coaching of experienced coach and runner, Milly Nuñez. Whether you want to "Walk, Run or Just Have Fun!" this group will give you the confidence and endurance you need to succeed. We will progress through the use of intervals and speed so your body will adapt over time. The sessions include a thorough warm-up and cool-down as well. Our goal is to have you all ready to participate and complete the Lincoln PACE Race on Saturday, May 6.



10k/5k/Fun Run
Saturday, May 6
LincolnPaceRace.org

New! PACE Race Prep! 10K Preparation L1-L2

Wednesdays, March 29-May 3 — 835190-B4

8:00-9:00 AM, KS Fitness Center entrance. \$99. (six sessions; no class April 14) Instructor: Danielle Lawlor. Have you already done a 5K and you are ready to take the next step? Prepare for the 10K with specific muscle conditioning for walking, jogging, or running to help prevent injury. We will also learn specific stretching to help prevent shin splints, cramping or tendinitis. Have fun while preparing your body for the 10K Lincoln PACE Race on Saturday, May 6.



Continued on page 87

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Lessons

Programs that provide learning the mental and physical

Nordic Pole Walking

Monday & Tuesday, March 27 & 28 — 750000-03

9:00-10:30 AM, meet in the OC Fitness Center. \$45 (two outdoor sessions or indoor track; weather dependent). Instructor: Dr. Richard Del Balso. Are you willing to add a new form of walking to your activities? Walking 30 minutes at least three times a week gives you a “Full Body Aerobic Exercise” by simply adding poles to your walking routine. Come and learn the latest exercise trend of Nordic Pole Walking in two 90-minute sessions. Incorporate 90% of all body muscles in one exercise; burn up to 46% more calories than exercise walking without poles; help to reduce high blood pressure; result in 25% less impact on hips-knees-and feet; and develop upright body posture with less risk of falling. Walking poles are available for each class at no charge with option to purchase at final session.



Pro Tennis Lessons

Sundays, April 23-May 28

Beginner 8:00-8:50 AM — 790700-02

Intermediate 9:00-9:50 AM — 790600-02

Advanced 10:00-10:50 AM — 790500-02

Courts #10/11. \$75 (six sessions). Instructor: Mike Gardetto. Mike is USPTA-certified and has been giving SCLH tennis lessons for the past eight years. Group lessons with four to 12 participants per group. Focus: Basics of forehand, backhand, and serves. Proper doubles strategies are also covered. Register: Fitness Desks or online.



Martial Arts & Mindful Movement

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

Tai Chi Qigong L1

Tuesdays, March 7-28 — 730100-03

Saturdays, March 4-25 — 730100-3A

Saturdays 11:00 AM-12:00 PM, Aerobics Room (OC). \$35 (four sessions). Tuesdays 1:30-2:30 PM, Aerobics Room (KS). \$35 (four sessions). Instructor: Peli Fong. Tai Chi and Qigong are century old practices that focus on soft and gentle movements known

as the 24 postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi and Qigong offers harmony of the mind and body as it relieves stress and induces relaxation. Through the cultivation and flowing of the body's life force known as “Chi,” this form of exercise has been scientifically proven to improve a variety of ailments such as arthritis, osteoporosis, cardiovascular disease, asthma, Parkinson's disease, digestive disorders, and more. People of all fitness levels will benefit from this complementary health system that improves health and longevity.

Tai Chi Qigong L2

Tuesdays, March 7-28 — 730300-3A

Saturdays, March 4-25 — 730300-03

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

Nutrition

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

Re-Start—Your Health in Just Five Weeks

Tuesday, March 28-April 25 — 862000-03

1:00-2:30 PM, Multipurpose Room (OC). \$129 (five sessions). Instructor Audrey Gould, Registered Dietitian and Nutrition Therapy Practitioner. Restart is a five-week program with a three-week sugar detox built right in, the program focuses on how to use real food to boost your energy and cut cravings. Enjoy the side effects of weight loss, better sleep, increased energy and boosted immune system. Discover how good you can feel when you give your body a vacation from processed foods and sugar.

Re-Start—Your Health in Just Five Weeks

Evening session

Wednesday, March 29-April 26 — 862000-3A

6:00-7:30 PM, Fine Arts Room, March 29, April 5, 12, Multipurpose Room April 19, 26 (OC). \$129 (five sessions). Instructor Audrey Gould, Registered Dietitian and Nutrition Therapy Practitioner. Restart is a five-week program with a three-week sugar

Continued on page 90

Know how the tax rules change for Senior Taxpayers



The tax law has certain requirements and tax breaks that apply just to senior taxpayers. Being familiar with these rules could cut your taxes or prevent tax penalties. These rules include:

- A higher standard deduction at age 65
- A requirement to take out a certain portion of your retirement holdings every year once you reach age 70½, or face a 50% penalty
- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

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detox built right in, the program focuses on how to use real food to boost your energy and cut cravings. Enjoy the side effects of weight loss, better sleep, increased energy and boosted immune system. Discover how good you can feel when you give your body a vacation from processed foods and sugar.

Healthy Cooking with Chef Serena

Monday, April 3 — 860002-4A

12:00-2:00 PM. Social Kitchen, (KS) \$35. Instructor: Serena Olson, Certified Personal Chef. Let's spring into April with a fun healthy cooking class brought to you by Chef Serena Olson. She will teach you the fun and easy way to put together a nutritious dish using the super food, Quinoa (can you say "keen-wa")! In this hands-on cooking class you to learn how to prepare this protein rich, gluten free grain and add your favorite vegetables, meats, nuts and herbs for a delicious and quick lunch or dinner side dish.

Pilates Reformers and Towers

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

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

Pilates Reformer Membership Packages

Members receive priority enrollment in Reformer classes. Members select monthly classes based on their schedule and are not tied to a session format. Members select classes for the following month using our online scheduling system. Additional classes may be added as a member. Non-members select classes (after members) on a drop-in as available basis. Our Reformer packages are as follows:

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

Membership packages require agreement for auto-pay upon enrollment. We require a 10-day written notice of cancellation of membership prior to the next billing cycle. Reformer classes must be used within 45 days of issue. To enroll in Reformer

Membership, contact Carol Zortman at 625-4032 or carol.zortman@sclhca.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-A3

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

SGT—Reformer Basics L1

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



SGT—Reformer Basics + L1-L2

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

SGT—Cardio Jump and Core Reformer L2

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

SGT—Mixed Equipment Class L1-L2

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

Private Reformer Training

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

Continued on page 91

a friend! One hour session \$30 per person.

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

Training Services

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$50, half hour session \$30.
- **Clinical Training:**
One client and one trainer. One hour session cost is \$60, half hour session \$40.
- **Buddy Training:**
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person.

For more information regarding personal trainers and/or quality
Continued on page 92

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fications, please contact Jeannette Mortensen, 408-4825, or inquire at either Fitness Center.

Small Group Training (SGT)

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

Classes fill quickly, please register at least seven days prior to class start date. Participants must register prior to class start date. Register online or at either Fitness Center.

New! Are you a current SGT participant, but need some extra workouts; or does your schedule require a little flexibility with your SGT classes? Try our new SGT Drop-in Pass. \$25 per drop-in and you can take as many days as you would like of the eligible SGT classes. SGT Drop-in passes can be purchased at any time and saved for a later date. Your first pass must be purchased at either Fitness Center front desk. Sign-ups for SGT Drop in passes vary by SGT class start date. Please note not all classes are eligible for drop-ins. Resident must sign up for classes at the Kilaga Springs Fitness Center front desk. Please see descriptions for each class.

New! SGT—Parkinson’s Indoor Cycling

Wednesdays & Fridays, March 1-24 — 835132-A3

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

SGT—TRX Express L2

Tuesdays & Thursdays, February 28-March 23 — 835211-A3

5:30-6:00 PM, Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. This class is an intermediate class and a great way to get a full body workout in a short amount of time. You will develop strength and stability needed in the core, hips and throughout the body. *This class is available for the SGT Drop-in Pass.*

SGT—TRX Interval Training L3

Mondays & Wednesdays, March 6-29 — 835800-A3

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! *This class is available for the SGT Drop-in Pass.*

SGT—Fit 101 L1

Mondays & Wednesdays, February 27-March 22 — 835500-A3
Tuesdays & Thursdays, March 7-30 — 835500-B3

Mondays & Wednesdays 10:30-11:30 AM, Fitness floor (KS). \$135 (eight sessions). Instructor: Danielle Lawlor. Tuesdays & Thursdays 12:00-1:00 PM, Fitness floor (KS) (eight sessions). Instructor: Marilyn Harder. Are the new machines at Kilaga a little overwhelming? Take this class and not only will you finish class with a complete understanding of the new equipment at KS, but you will also work on the TRX, weights, exercise bands, walking, stretching, and more. By the end of the session you will have a customized workout routine that includes the correct settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.

SGT—“Fun”ctional Fitness L3

Tuesdays & Thursdays, February 28-March 23 — 835600-A3

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. *This class is available for the SGT Drop-in Pass.*

SGT—Bootcamp L3

Mondays & Wednesdays, March 6-29 — 835400-A3

4:30-5:30 PM, Aerobics Room (KS). \$135. (eight sessions) Instructor: Mike Yamamoto. Take your workout to the next level! L3 Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you’ve never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness. *This class is available for the SGT Drop-in Pass.*

SGT— Morning Burst Group Training L2

Mondays & Wednesdays, March 6-29 — 835310-A3

7:15-8:15 AM, Aerobics Room (KS). \$135. (eight sessions) Instructor: Milly Nuñez. Rise and shine to enjoy a fun and energizing

Continued on page 94



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

SGT—TRX L1

Thursdays, March 2-23 — 835214-A3

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

SGT—TGIF TRX & More L2

Fridays, March 3-31 — 835200-A3

7:15-8:15 AM, Aerobics Room (KS). \$85 (five sessions). Instructor: Danielle Lawlor. Let’s kick off the weekend right with a great total body workout. Use this class to enhance your current workout routine or to learn the basics of the TRX. Other pieces of equipment may also be used. *This class is available for the SGT Drop-in Pass.*

SGT—Healthy Back L1

**Mondays and Wednesdays,
March 6-29 — 835700-A3**

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

SGT—Balance & Fall Prevention L1/L2

Mondays & Wednesdays, February 27-March 22 — 835710-A3

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

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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@sclhca.com or 625-4034. See page 87 for special pricing.

Punch Pass Class Descriptions

Please see the colored grids on pages 97-99 for days and times. Classes are designated with a level. Level 1 is designed for the beginner or returning exerciser. Level 2 is designed for an intermediate exerciser with established exercise ability and Level 3 is a class designed for the advanced exerciser.

Each class is \$3.50; purchase your first pass at either Fitness Center front desk. Passes can be renewed online.

- **20/20/20 L3:** Enjoy a class that offers a little bit of everything; 20 minutes each of fun cardio segments, strength exercises and stretches. A variety of cardio drills will be followed by strength exercises that cover all the muscle groups followed by a series of stretches to lengthen all of those muscles worked.
- **Aqua Pilates L1:** The pool has become the new destination for mind-body classes and is a wonderful medium for performing Pilates techniques that gently improve alignment, posture, and balance. This practice gains additional benefits with water resistance to improve core strength and stabilization, muscle tone and coordination. Exercises are done in different positions—standing, floating and using the wall for assistance. Noodles, water weights, balls and belts are used. This non-impact setting is suitable for most levels and beneficial for people with arthritis, osteoporosis and other conditions that can limit traditional exercises or those with balance challenges on land. Relaxation and rhythmic breathing techniques are incorporated to increase mind/body awareness and reduce stress.
- **Aqua Fitness L2/3:** Enjoy the buoyancy effect of water by lessening the impact on your joints while getting a great workout. The intensity level is up to you, but you will be challenged in this class with high intensity intervals for your heart as well as exercises to strengthen your muscles.
- **Arthritis Foundation (AF) Aqua Class L1-L2:** This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or those 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. 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

Continued on page 95

from these types of activities. Unwind before your day begins!

- **Basic Chair L1:** Beginner level chair class designed to improve function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio, endurance & brain exercise.

- **Cardio Strength L3:** This class combines short cardio drills between strength sets. Working the whole body through the use of hand-held weights, Body Bars, disks, and more! Become stronger for your everyday activities.

- **Chair with Flair L1:** Have fun & move to the music! Work at your own level. Class is designed for individuals to have the option to sit or stand during class. Use of hand weights, bands, and small stability balls. A low-impact cardio workout with motivating music you can enjoy!

- **Chair Yoga L1:** Experience a unique yoga style that adapts yoga positions and poses through the use of a chair. The chair offers support in seated, standing and reclined positions that allows students to safely perform yoga poses with more stability. Chair Yoga is suitable for all ages, fitness levels and physical conditions.

- **Core-N-More L3:** Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while increasing resistance. Interval class combines exercises that can improve your core, strength and cardiovascular endurance.

- **Core-N-Strength L2:** A class combining strength training with core work for a full body workout! Works the core muscles to increase stability and improve posture. A full body strengthening class!

- **Everybody Can Aerobics L2:** This class is perfect for those wishing to start a cardiovascular program. The easy to follow moves will be low impact and simple, no “fancy dance” moves. Light hand weights, and other strength training “toys” will be used to increase your total body strength. Come enjoy the benefits of a workout designed just for you!

- **Healthy Living with Exercise L2:** This class is designed especially for those with diabetes, heart conditions or nervous system disorders (Parkinson’s, ALS) who have completed the Healthy Living with Exercise session. This program is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio.

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

- **IRest—Meditation for Yoga:** This class is a guided meditation. It’s a process that is designed to help people relax and resolve symptoms, such as insomnia, anxiety, fear, depression, chronic pain, post-traumatic stress. As we learn and strengthen the skills in deep relaxation, we will learn how to stay relaxed even during an intense experience. No experience needed, all you need to do is come with an open mind and follow directions. You cannot do this incorrectly. This is a guided practice which consists of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. Wear comfortable clothing.

You can experience this class sitting down on a chair or bring a pillow if you chose to practice the class lying down on a yoga mat on the floor.

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

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

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

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

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

- **Piloga L2:** Piloga blends Pilates and yoga. For residents seeking to strengthen core-back and belly muscles—using the well-known work of Joseph Pilates. This mixes seamlessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders, and weights.

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

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

- **Slow Flow Yoga L1/2:** Join mind and body as we move through

Continued on page 96

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

• **Splash Dance L2:**

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

• **Step It Up L3:** Step up and be challenged! Enjoy a dance based choreographed workout on the step. This class will keep your mind busy and your heart pumping. Choreography includes faster transitions, more movements, and a higher intensity. This class is designed for individuals with intermediate to advanced stepping skills. A great challenge... a great workout!

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

• **Strictly Strength L2:** A class set to fun energetic music to motivate and inspire you through a full body strength workout. The focus will be on proper form and technique to strengthen and tone the major muscle groups of the body.

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

• **Water (H2O) Bootcamp L3:** This high intensity bootcamp style class includes a variety of exercises to increase cardiovascular and muscular strength. This class provides variety, intensity and fun! Mondays and Wednesday PM class will be held outside while the outdoor pool is open. Enjoy the sun and fresh air while getting an outstanding workout!

• **Water Works L2/3:** Includes a variety of exercises to increase cardiovascular and muscular strength. Noodles and hand buoys may be used. Designed for an intermediate/advanced aqua fitness class member.

• **Yin Yoga L1-L3:** When starting your day with this early morning yoga class, you will find yourself moving from activity to activity in a peaceful, refreshed and revitalized way. Based on the principles of Yin yoga, done on the floor, poses will

be held longer to moderately stretch the deep connective tissues—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility and range of motion for daily living. The pose sequences are also designed to improve the flow of qi, the subtle energy said in Chinese medicine to run through the meridian pathways of the body. Improved qi flow is hypothesized to improve organ health, immunity, and emotional well-being. This class is for all fitness and flexibility levels, and modifications will be offered throughout each session.

• **Yoga L2:** This class builds on Beginning Yoga by focusing on movement through the postures rather than the teaching of the postures. This class will challenge you while improving balance, flexibility and reducing stress. All levels are welcome to this fun class.

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

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

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

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

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

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



OC Aqua WellFit Class Schedule March 1-31, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Water Works L2/3- Theresa		Water Works L2/3- Theresa		Water Works L2/3- Annamarie		
8:30	Aqua Fitness L2- Theresa		Aqua Fitness L2- Theresa		Aqua Fitness L3 - Kirsti		
9:30	Core n More L3- Danielle	Water Works L2/3 - Deanne	Core n More L3- Annette	Water Works L2/3 - Deanne	Core n More L3- Marilyn		
10:30	H2O Bootcamp L3- Annamarie	Water Works L2/3 - Deanne	Splash Dance L2- Annette	Water Works L2/3 - Deanne	H2O Bootcamp L3- Annamarie		
11:30	(11:30am-12:15pm) AF Aqua L1- Annette		(11:30am-12:15pm) AF Aqua L1- Annette		(11:30am-12:15pm) AF Aqua L1- Annette		
12:30	(12:35pm-1:30pm) Aqua Pilates L1- Marilyn		(12:35pm-1:30pm) Aqua Pilates L1- Marilyn		(12:35pm-1:30pm) Aqua Pilates L1- Marilyn		
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	H2O Bootcamp L3 Annamarie		H2O Bootcamp L3- Annamarie				
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

WellFit Pilates Reformer Class Schedule March 1-31, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Mixed Equipment L1- L2 - Kirsti				Mixed Equipment L1- L2 - Kirsti		
8:30	Ref Basics + L1-L2 - Sarah	Mixed Equipment L1-L2 Marilyn	Ref Basics L1 - Marilyn	Mixed Equipment L1- L2 - Marilyn	Ref Basics + L1-L2 - Sarah		
9:30	Mixed Equipment L1- L2 - Sarah	Ref Basics + L1/L2 - Marilyn	Ref Basic L1 - Marilyn	Ref Basics L1 - Julie	Mixed Equipment L1-L2 - Sarah	Mixed Equipment L1-L2 - Julie	
10:30	Ref Basics L1 - Valerie	Mixed Equipment L1-L2 Carol	Mixed Equipment L1-L2- Julie	Mixed Equipment L1- L2 Julie	Ref Basics + L1-L2 - Sarah	Cardio Jump & Core L2 - Julie	
11:30	Mixed Equipment L1-L2- Valerie	Ref Basics + L1-L2 - Julie		Cardio Jump & Core L2 - Gretchen	Mixed Equipment L1-L2- Valerie	Ref Basics + L1-L2 - Julie	
12:00			Cardio Jump & Core L2 - Gretchen				
	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625- 4034			
5:30	Mixed Equipment L1-L2 - Marilyn	Ref Basic+ L1-L2 - Lori		Mixed Equipment L1- L2 - Lori			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

OC WellFit Class Schedule March 1-31, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:15					Athletic Stretch L1/3 - 7:15-8:00am Marilyn		
8:00	Strictly Strength L3 - Annamarie	Step It Up L3- Kim	Strictly Strength L3 - Annamarie	Step It Up L3- Kim	Yin Yoga L1-3 - Marilyn	Low Impact L3- Jeri	
9:00	Zumba L3 - Annamarie	Core & Strength L2 - Kim	Zumba L3- Summer	Core & Strength L2- Kim	20/20/20 L3- Gretchen	Yoga Basics L1- Sarah	Cardio Strength L3- Kim
10:00	Slow Flow Yoga L2/3- Sarah	Yoga Flow L2 - Ashley	Everybody Can L2- Linda	Yoga Flow L2- Sarah	Strictly Strength L2 - Valerie	Tai Chi Qigong L2- Peli	Zumba L3- Carrie
11:00	Piloga L2 - Lola	Arthritis L2 - Linda	Piloga L2 - Lola	Arthritis L2 - Linda	Piloga L2- Lola	Tai Chi Qigong L1 - Peli	
12:00	Yoga Stretch L1- Julie	12:15-1:15pm IRest Meditaton and Yoga L1 - Iram	Arthritis L1/2 - Linda	Yoga Stretch L1- Julie	Arthritis L1/2 - Linda		
1:00	Chair with Flair L1 -Julie		Chair with Flair L1 - Julie		Basic Chair L1- Julie		
2:00	SGT- Balance & Fall Prevention L1- Danielle	1:30-2:30pm Chair Yoga L1 - Ashley	SGT- Balance & Fall Prevention L1- Danielle				Yoga Flow L2- Ashley
3:00	Healthy Living with Exercise L1 - Annamarie	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)	Healthy Living with Exercise L1 - Annamarie	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)	Activities	SCLH Booking	
4:00	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)	Activities	Mindfulness 101 - Michelle	Activities			
5:00	Zumba L3 - Summer		Mixed Levels Yoga L1-3- Jennifer				
6:00							
			Group Exercise Classes (punch pass) \$3.50			Wellness Classes (session based)	
						Small Group Training (session based)	

All classes are subject to change without notice.
All classes are 55 minutes, unless otherwise noted.



Kitec Plumbing

Friday, February 17 — Sold Out!

Free. 10:00 AM. Ballroom (OC). Seats are sold out for this presentation. *This Forum will be videotaped for those owners who cannot attend.* Watch for Enews announcing when the video is ready for viewing. Remember to bring your Registration Receipt for Ballroom admission. List of affected homes are available at the Activities Desks (OC/KS).



What's Up with the Equal Rights

Friday, February 17 — Free

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



Healthy Aging in a Digital World

Wednesday, February 22 — Free

7:00 PM, Ballroom, (OC). Now and in the future, health expertise will be coming to you in your living room. Through technology, individuals can feel more independent and confident about managing their health. Dr. Heather Young, Dean of the UC Davis School of Nursing, a researcher of healthy aging, will highlight the interface between older adults, health care systems and how technology can enable individuals to remain in their homes as they age. Dr. Young will also discuss health trends, how to advocate for yourself and others with health providers and using apps to track health indicators such as medications, nutrition, and fitness.



Introduction to Big History

Thursday, March 2 — Free

6:30 PM, P-Hall (KS). Allison Lipp, Big History Project Senior Manager, introduces Big History, the story of humanity and how we got to where we are today. Thresholds include: the Big Bang, earth formation, life origins, early humans, civilizations, global exploration, and the industrial and digital ages. This may lead to some great discussions with your friends and family!



Crimes Against Seniors

Wednesday, March 22 — Free

1:00 PM Ballroom (OC). Seniors First partnering with the Placer County District Attorney's Office and their elder abuse task force team, Shannon K. Quigley, Deputy District Attorney and Laura M. Mitchell, Senior Victim Advocate, are committed to educating the community about the types of crime being perpetrated against the seniors in Placer County, informing our citizens about what to do if you are concerned for yourself or others, and prosecuting those who dare to take advantage of our senior citizens. Learn about signs of financial and physical elder abuse, recognizing scams, protecting yourself from fraud, what to do if you become a victim and available resources and referrals. There will be a Question & Answer period.



Mind & Body: Winning Team in Healthy Aging

Thursday, March 23 — Free

7:00 PM, P-Hall (KS). Exciting research is accumulating on what strategies we can take to promote healthy brain aging. Studies are debunking myths that cognitive decline (problems with our thinking abilities) is an inevitable aspect of aging. Dr. Linda J. Trettin, Neuropsychologist, will address the frustrating challenges that some may experience; these can include problems with memory, attention, and organization. The presentation will cover functional, concrete strategies to tackle those hurdles successfully. The discussion will also focus on lifestyle changes that can reduce your risk for cognitive disorders, including dementia. Topics will include nutrition, exercise, cognitive activities, psychological well-being and social engagement.



Community Forums, Date, Time, Location	
<ul style="list-style-type: none"> Kitec Plumbing Friday, February 17, 10:00 AM, P-Hall (KS) 	<ul style="list-style-type: none"> Crimes Against Seniors Wednesday, March 22, 1:00 PM, Ballroom (OC)
<ul style="list-style-type: none"> What's Up with the Equal Rights Amendment? Friday, February 17, 7:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> Mind & Body: Winning Team in Healthy Aging Thursday, March 23, 7:00 PM, P-Hall (KS)
<ul style="list-style-type: none"> Healthy Aging in the Digital World Wednesday, February 22, 7:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> Advances in Ophthalmology: Hope for the Present and Future Wednesday, April 19, 7:00 PM, Ballroom (OC)
<ul style="list-style-type: none"> Introduction to Big History Thursday, March 2, 6:30 PM, P-Hall (KS) 	<p>Watch for more Community Forums in upcoming issues of the <i>COMPASS</i>, on our website and <i>eNews</i>.</p>

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KS Main Phone: (916) 408-4013

Website for residents:

www.sclhresidents.com

Public Website:

www.suncity-lincolnhills.org

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Kilaga Springs Café 408-1682

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•The Spa at Kilaga Springs•

408-4290

Spa Manager

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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 8:30 AM-5:00 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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645-4501 Landscape Office

Curator Security, Inc.

(916) 771-7185

Golf Shop

Website: lincolnhillsgolfclub.com

General Manager, LH Golf Club

Tony Marino 543-9200, ext. 4

Lincoln Police & Fire 645-4040

Neighborhood Watch

Larry Wilson 408-0667

Pauline Watson 543-8436

Neighbors InDeed 223-2763

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