

COMPASS



The Official Magazine of Sun City Lincoln Hills

January 2017

**New Year, New Resident
Website... page 3**

**New Equipment at KS and
“Workout & Win”... page 9**

The Seep Trail... page 15

**Making a Difference Tutoring
Students... page 19**



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On the cover

The Seep Trail offers interesting history, views and welcome exercise to begin your new year. Turn to page 15 for details. Enjoy!

Board of Directors Report

Happy New Year!

John Snyder, Vice President, SCLH Board of Directors



I hope you, your family, and friends had a very merry Christmas, happy holiday season, and that your 2017 year will be the very best.

As usual, the Association will experience a significant amount of change this year. Many ongoing as well as new facility maintenance and improvement projects are in the works, including the solar array installation in the Kilaga Springs parking lot. Association committee chairs have been appointed for the coming year and committee members will be appointed as needed.

There are four Board positions open this year and because we have four qualified individuals volunteering, there will not be an election. Perhaps you have seen the familiarization material—which is available in Kilaga Springs and Orchard Creek Lodges until February 15—for each of the candidates. I hope you attended the Forum on January 12 in the Presentation Hall (KS) and heard these individuals introduce themselves and answer questions. If you were unable to attend the forum, you may view it once logged into the resident website at www.sclhresidents.com. Two current members of the Board of Directors (Molly Seamons and Donald De Santis) and two former board members (Marcia Van Wagner and Ken Silverman) will take their positions as Directors at the Association's

Meeting of the Members to be held at 9:00 AM on Thursday, February 16 in Orchard Creek Ballroom. Please make it a point to be there in support.

Our Association begins 2017 in good shape. Over the 11 years I have been involved in the Association's governance I have seen significant and extraordinary accomplishments and improvements. Our fine position is a tribute to the excellence and commitment of staff, managers, committee members, volunteers, and a Board of Directors all making a concerted effort to do the right things for all members.

This past holiday season I was again impressed with—and it is truly heartwarming to see—the extraordinary charitable efforts by so many of our members, groups, and clubs. The residents of Lincoln Hills are an especially active group when it comes to helping each other and extending a helping hand to the Lincoln community at large.

My experience with the Association has been very rewarding. I have learned and received so much more than I expected, and have met many very fine individuals. Let that be a strong invitation and recommendation for you to participate. There are openings on committees so pick one and get involved. When you get involved, everybody wins! Make it a great 2017!

Proposed ARC & Compliance Programs

At the December 15 Board of Directors meeting, the following documents were approved for community review and comment. Full content of each are available on the resident website:

www.sclhresidents.com

or you may pick up a printed copy of each from the Membership Desk at

Orchard Creek Lodge. Please send any written feedback to Executive Director, Chris O'Keefe, no later than Sunday, January 22.

**Community Wide Inspection Program
Handrail Waiver Process
Proposed Design Guideline Revisions**

Elections Committee Update

The Annual Board Meeting of Members will be held at 9:00 AM on Thursday, February 16 in the Presentation Hall (KS).

At this meeting the four candidates for open seats on the Board will be inducted.

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

To all who decorated your homes and villages for the community to enjoy with bright lights, simple displays, coordinated themes, and Christmas Eve luminaries. Thank you! It was a special treat for many to enjoy with family and friends and your spirit of the season helped to make it magical.

New Year, New Resident Website. First, my apologies for the inconveniences and frustrations many of you experienced trying to access our resident website this



After the rain, take time to enjoy our beautiful vistas

past year. While we kept you updated on the issues through eNews bulletins, we recognize we lost some credibility with you and have much to do in 2017 to regain your trust. Each of our four websites now have

their own control panel and virtual private server along with outside security to assist us in better managing any malicious hacks. Unlike many websites that are static, our resident website is feature-rich and our content changes daily to provide you with current information related to our Association business and Lifestyle programming. That said, the resident website continues to be a work in progress with library documents and some features yet to be migrated. Please bear with us a bit longer while we develop the site to meet our high standards. The new URL for the resident site is: www.sclhresidents.com, and all others remain the same.

In addition to our monthly COMPASS magazine whose purpose is to *inform, engage, and inspire*, the websites and our eNews bulletins are primary tools to communicate with you. eNews is an email subscription service managed by the Association to keep residents informed on important news, happenings, alerts, and special offers within the community. You can opt-in for eNews communications for each

Please see "Connections" on page 25



Calendar of Events

January 15-February 28

Date	Event	Page #
01/16	Astronomy: "Black Holes Explained" 27	
01/16	Genealogy: Exciting Changes to Club Website 32	
01/17	KS Comedy Night: Sandy & Richard Riccardi 47	
01/17	Forum: Forty Days and Forty Nights 100	
01/18	Presentation: Speaker Series Jay Leno 58*	
01/19	Book Discussion: <i>The Husband's Secret</i> 28	
01/19	Veterans: Speaker—Air National Guard Chaplain 38	
01/21	KS Classic Movies on Saturday: Same Time Next Year 43	
01/23	Healthy Eating: Sampling Warm Soups 33	
01/23	Document Destruction 43	
01/24	Concert: The Music of Simon & Garfunkel 47	
01/25	Forum: Heart to Heart 11, 100	
01/26	Eye Contact: "Jump-Start 2017" 31	
01/26	Garden: "Soil: Not Just a Dirty Word" 32	
01/26	Coffee with the Mayor 43	
01/27	Performing Arts Presentation 30, 38, 43	
01/30	Museum: Leland Stanford Mansion 58*	
01/31	Performance: Kinky Boots 55*, 58*	
02/01	Astronomy: "Variable Stars" 27	
02/02	Investor's Study: VP JP Morgan Asset Management 34	
02/02	Concert: The Everly Brothers Experience 47	
02/04	KS at the Movies: Money Monster 43	
02/06	KS at the Movies: Money Monster 43	
02/07	Eye Contact: "It's All a Matter of Balance" 31	
02/07	SCOOP: Speaker from Guide Dogs 4 the Blind 37	
02/07	Forum: Football: You Make the Call! 100	
02/08	Computer PC: Password Managers 30	
02/08	Performance: Russian National Ballet Theater 51	
02/09	Bosom Buddies: Speaker—Poet Jeanie Robertson 29	
02/09	Tour/Leisure: Buck Institute 56*, 58*	
02/10	Concert: Showbiz Divas & Dames 47	
02/11-12	Players: Readers Theater—"Mr. & Mrs. Smith" 36, 43	
02/12	Tour/Leisure: Tulipmania! Pier 39 San Francisco 56	
02/13	Bird: Western Bluebirds 28	
02/13	Museum: Leland Stanford Mansion 58*	
02/16	Book Discussion: <i>The Language of Flowers</i> 28	
02/16	KS Comedy Night: Jason Love 47	
02/17	Softball: Deadline for Summer League Applications 37	
02/17	Forum: What's Up with the Equal Rights Amendment? 100	
02/18	KS Classic Movies on Saturday: Michael Clayton 43	
02/21	Concert: Richard Glazier 48	
02/21-25	Extended Travel: Musical Legends Road Trip to Vegas 56	
02/22	Forum: Healthy Aging in the Digital World 100	
02/23	Coffee with the Mayor 43	
02/28	It's the Lifestyle 37, 43	
02/28	Performance: Five Irish Tenors 58*	

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

Upcoming Association-Related Meetings: Date, Time, Place

January 15-February 28

Golf Cart Registration.....	Thursday, January 19, February 2 & 16, 9:00 AM, OC Lodge
Finance Committee Meeting.....	Thursday, January 19, 9:00 AM
ARC/Architectural Review Comm.	Monday, January 23, 9:00 AM
Listening Post.....	Tuesday, January 24, 11:00 AM
Board of Directors Meeting.....	Thursday, January 26, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, January 26, 10:30 AM
Board of Directors Executive Session.....	Thursday, January 26, 11:00 AM
Compliance Committee Meeting.....	Wednesday, February 1, 10:30 AM
Elections Committee.....	Friday, February 3, 10:00 AM
CCOC/Clubs & Community Organizations...	Tuesday, February 7, 9:30 AM
ARC/Architectural Review Committee	Monday, February 13, 9:00 AM
Finance Committee Meeting.....	Thursday, February 16, 9:00 AM
Listening Post.....	Tuesday, February 23, 8:00 AM, Community Living Room (KS)
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
Properties Committee.....	Thursday, January 5, 9:00 AM
ARC/Architectural Review Committee.....	Monday, February 27, 9:00 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

Welcome to the new year! 2016 was a year that we can be proud of. We have a year of results in for the **solar array at Orchard Creek**, and the news is all good ... The **Community Enhancement Fund** was approved, and we ended up with over \$150K ... A recent review of the **Streetlight LED** project showed savings of over \$700K, and a return on our investment of over 12% ... The **solar project for Kilaga Springs** was approved, and construction will begin in February ... The **Food & Beverage Department** showed sustainable improvement financially, and is well positioned for 2017, despite Jerry McCarthy's departure in September. Kristy Woodin, Ian Elieff, Anoud Zaki, and the team stepped up to the plate and produced nice results over the last quarter ... **Activities and Fitness** both had stellar years, providing our



residents with great programming ... **The Spa** rebounded from a tough start, and with our new manager Trudy Smith now in place, we look forward to continued improvement from the team ...

All in all, I am proud of the team and their efforts, and the expectations for 2017 are high, as always ... 2016 produced some change in staffing, as we said goodbye to Jerry McCarthy, Meghan Louder, Janet Keller, Stacey Diemer, and Bertha Mendez. We are fortunate that talented individuals like Kristy Woodin, Kathy Cameron, Julie Ridolfi, Trudy Smith, and Amy Gonzales have been able to step in and keep the train moving down the tracks ...

New Year's is a time for reflection, and a time to plan. Lessons learned from the past year need to be incorporated into our procedures, and opportunities to grow or

enhance our operation need to be encouraged. We learned in 2016 that "why" might be the biggest three-letter word out there, and maybe the most important. We began to truly appreciate how limited our "reach" is in regards to communications, and how important it is to find ways to breach the gap between those we reach, and those we don't ... We learned (again) how important resident volunteers are to our community. The proposals and budgets brought forth this year were complex in nature, and the amount of time devoted to their study and eventual decision making is staggering. We ask a lot of our volunteers, and we have never been disappointed ...

Finally, we learned that we do need to look at our future, think "big picture," and not sacrifice long term success for short term comfort. A resolution for 2017? To remember these lessons and apply them. From the staff here at Lincoln Hills, we wish you all the best in 2017.

Year End Service Awards

The Association is fortunate to have a dedicated team of employees with diverse talents, expertise and experience. This year, surrounded by management, 27 employees received service awards. Staff awards by years of service include: Five 15-year awards; five 7-year; seven 10-year; and ten 5-year.



CCOC and SIT Members Recognized

The Board of Directors recognized the time, talent and volunteer efforts of members from the Communications and Community Relations Committee (CCOC) and the Strategic Initiatives Task Force (SIT) at their December Board Meeting. From left:

Dan Hardesty (SIT); Pete Savoia; (SIT) Pete Saco (SIT); Dede Barnhart (SIT); Mike Hilton (CCOC); Celeste Martella (CCOC); Joe Stewart (CCOC); Jeannine Newcum (CCOC); Jim Leonhard (BOD); Klara Kleman (CCOC); John Snyder (BOD); Hank Lipschitz (BOD); Don De Santis (BOD); Molly Seamons (BOD); Michael Deal (BOD); Jo Ann Dunaway (SIT); Greg Burke (SIT). Not pictured: Sarah Lambrose and Becky Nicholson (CCOC); Ray Dunaway, Mike Dawson, Dan Karleskint (SIT).

CIRQUE DU NE



W Y E A R 2 0 1 7



Thank you to volunteer photographers:
Jeff Andersen, Klara Kleman
and Brad Senn.

THE BIRD DOGS PRESENT

THE 

Everly Brothers

EXPERIENCE



THURSDAY, FEBRUARY 2 • BALLROOM (OC)
CONCERT AT 7:00 PM



The Bird Dogs bring a genuine and youthful Everly Brothers experience to the stage. The Zmed brothers, Zachary and Dylan celebrate the genetic intimacy so present in the harmonies created by Don and Phil Everly.



EVENT CODE: 5502-12
PREMIUM RESERVED SECTION SEATING \$24
GENERAL ADMISSION \$21

Tickets available at the Activities Desk (OC/KS) or online,
www.suncity-lincolnhills.org/residents "Lifestyle Online"



Activities News & Happenings

Happy New Year!

Lavina Samoy, Lifestyle Manager

Whether you are someone who welcomes the new year with resolutions or you are the spontaneous type, we hope you will be part of our exciting 2017!

The wait is over! Yes, we have tickets for **Hamilton, June 7 at San Francisco's Orpheum Theater** (page 52)! However, available quantity is limited to 55 tickets. To make it fair to all interested, we will be using lottery registration for the trip. **Lottery registration will run from January 23, 8:00 AM to January 24, 8:00 PM at the Activities Desks and Online.** Lottery winners will be contacted on January 25. Trip payment must be received no later than January 31. Please read complete **Hamilton Ticket Guidelines** on page 52.

In case you don't win the Hamilton lottery, there are some fantastic shows

scheduled right here in our community in the coming months. Celebrate Valentine's Day early with **"I'm the Greatest Star! Showbiz Divas and Dames" from the Sacramento Theater Company on February 10** (page 47). The show features songs of famous leading ladies of stage including Ethel Merman and Bernadette Peters.

Two great original artists are coming back with new concerts to wow the audience: **Spencer Day on March 10** in the Ballroom (page 48) and **Rita Hosking on March 16** in the Presentation Hall (KS) (page 48). Both artists received rave reviews for their rendition of original compositions as well as classic favorites. **On March 24, listen to The James Taylor Tribute Band, "Taylor Made"** in the Ballroom. JT fans will not be disappointed!

Elsewhere, watch a local production of

Sister Act in the State Theater in Auburn on March 27, directed by Instructor Ray Ashton (page 51).

From March 31 to Sunday, April 2, see the historic **Hearst Castle** in the twilight hours—just as Mr. Hearst's own guests did in the 1930s. A perfect weekend trip, the guided tour includes a visit to the Main House and the Cottage with docents dressed in 1930's period. The trip also includes shopping in quaint downtown Cambria, wine tasting at Tobin James and Hearst Ranch Winery, and more (page 58).

Start a new hobby in 2017. Try **Beginning Clogging**, or **Introduction to Line Dance**, or learn to play the guitar with **Guitar I A, Beginner Level**. Some of these classes have limited time accepting new students, so sign up now!

Wishing you a joyful, active, and exciting year ahead!

WellFit News

New Equipment at KS and "Workout & Win"

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

Have you had a chance to visit the Kilaga Springs Fitness Center? New flooring and new strength equipment were installed and the place looks beautiful! I have been hearing some questions regarding the new equipment.

1. Why did we purchase new equipment? Old equipment was getting harder to service and the equipment was up for replacement this year through our reserves.

2. How was the equipment chosen? I attended fitness conferences, visited universities, and worked with my Fitness Supervisor, Personal Trainers, and commercial fitness consultants. We also asked residents for their feedback.

3. Why this equipment? Taking into

consideration our demographics, size, and equipment functionality, we chose Freemotion equipment that's designed to move your body in different planes and to incorporate your "core." Core means your body's entire mid-section (abs and gluts), muscles that keep your body upright and lessen back strain.

4. How do I transition from the old equipment? We are offering free resident orientations. If the orientations fill up, check the front desk as we are adding more if we get enough people. You can also hire a trainer to design a specialized workout. Staff is available for questions and the equipment has pictures on them as well. Remember when starting out always go lighter with your weight.

Are you curious about the top five new year's resolutions? This is what I found:

1. Stay fit and healthy	37%
2. Lose weight	32%
3. Enjoy life to the fullest	28%
4. Spend less, save more	25%
5. Spend more time with family & friends	19%

If you're among those who have trouble fulfilling your resolutions, WellFit has a "healthy competition" planned just for you. During February, we are inviting you to join in as we "Workout & Win." How hard will you push yourself to win a Grand Prize Gift Basket? Or how about a bottled water and granola bar, a blue SCLH grocery tote, or WellFit's brand new logo-imprinted sports bottle? Score points with each exercise session (punch pass classes, SGT and personal training) all month long and even score double points when you bring your Valentine buddy along. Watch for our bright blue and orange marketing flyers for more information located in this *COMPASS* (page 104) and at both Fitness Centers.



2016 Year in Review

Mark Hutchinson, Architectural Review Committee Chair

"What good is the warmth of summer, without the cold of winter to give it sweetness." —John Steinbeck

With the winter months upon us, now is the ideal time to curl up with those landscape and home improvement magazines to get inspiration for new improvement projects. Planning and obtaining Architectural Review Committee (ARC) approval for your improvement projects during the winter months will help to avoid the springtime rush.

During 2016, for the first time in many years, landscape improvement projects topped the list of applications with 462

or 6.8% of all homes in Lincoln Hills. Landscape improvements were followed by paint with 364 applications, solar energy systems with 148 and artificial turf with 140.

We anticipate this trend will continue into 2017.

Reminder: Proposed Design Guideline Revisions

The latest proposed revisions to the Design Guidelines have been posted and published for Owner comment. Hard copies of these revisions are available at the

front desk in Orchard Creek Lodge. All comments should be directed to Chris O'Keefe.

Assistance with Applications

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

Best wishes from the Architectural Review Committee for a happy and healthy 2017.

Some Things Explained

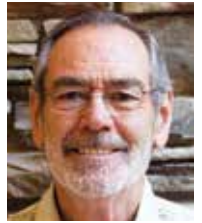
Mike Creasy, Finance Committee Chair

A couple of questions have come up recently. Here are some brief explanations:

You may have seen in the paper that PG&E had applied to the PUC to change the rate owners get paid for power generated by homes or businesses with solar. Solar owners have been getting paid for that power under what is called NEM 1. NEM (Net Energy Metering) allows solar owners to get paid for sending power back to the grid when they generate more power than they use. PG&E will change before year end from NEM 1.0 to NEM 2.0, making adjustments to the rates owners are paid. Orchard Creek Lodge will be grandfathered in on NEM 1 for the next 20 years but Kilaga Springs Lodge will be on NEM 2, again for 20 years. The new NEM schedule will, happily for us, have negligible impact on the Kilaga Springs solar array due to the usage patterns at the Lodge. It is expected that the change will have a larger impact on agricultural and industrial operations, according to our SunWorks contact. The new schedule was used in calculating financing for the KS solar array, so the net savings estimates remain as forecast.

Also, if you were at a Finance Committee or Board meeting recently, you heard we have changed our tax filing status. We have always been a "not-for-profit corporation" in California. That has not changed. However, there is more than one way to file our taxes. We have for years been filing as a corporation because it was to our advantage to do so. But now we find it advantageous to file as an IRS Section 501(c)(4) non-profit. The primary benefit of converting is that as a 501(c)(4) our investment income is exempt from the taxes we paid under our previous system. As our investment income has risen in the last few years, it makes sense to do whatever possible to avoid the increasing tax

burden. The income we have to recognize as "Unrelated Business Income" (think COMPASS advertising) is taxable under either system and so remains unchanged. Our Director of Finance estimated the tax savings to be as much as \$40,000 a year, and that savings will increase over the years.



We'll need two replacements for Finance Committee members who term out early next year, so if you have an aptitude and interest in the kind of work the Finance Committee does, please contact us at finance.committee@schca.com.

Preliminary Statement of Operations YTD November 2016

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$7,142,683	\$7,144,689	(\$2,006)	\$7,787,494
Administration (Expense)	(1,778,083)	(1,552,895)	(225,188)	(1,699,540)
The Spa at Kilaga Springs	(24,469)	46,045	(70,514)	47,290
Fitness	(392,399)	(441,195)	48,796	(481,430)
Activities	(379,574)	(486,820)	107,246	(540,030)
Rec. Center / Maintenance	(2,250,262)	(2,294,010)	43,748	(2,507,150)
Landscape Maintenance	(2,383,216)	(2,497,603)	114,387	(2,675,444)
Food & Beverage	(61,315)	(66,900)	5,585	(65,510)
Capital Asset	27,500	27,500	-	30,000
Net Revenues (Expense)	(\$99,135)	(\$121,189)	\$22,054	(\$104,320)
CEF	156,000	-	156,000	-



**Look for these future Painters Club Events:
Studio Tour – Spring, 2017
Artisans in the Lodge – Fall, 2017**

*The L4 Painters Club
Presents:*

14th Annual Fine Arts Show and Sale

*At Lincoln Hills –
Orchard Creek Lodge*

February 24 5:30-8 pm

February 25 9 am-6 pm

February 26 9 am-3 pm

*All dates free and open
to the public*

The Road to Aging Well

The Heart Truth: Women and Heart Disease

Shirley Schultz, Health Reporter

If someone told you that heart disease is the number one killer of women, you might not believe it because you always thought that heart disease is a “man’s” disease. Yet, the foregoing statistic comes from the Centers for Disease Control and Prevention. Depending on which site you go to for statistics, startling reports are that at least 43 million women in the U. S. are affected by heart disease, and one out of every three or four women will die from it.

In recent years, considerable gender-specific research has led to advancements in the diagnosis and treatment of heart disease in women. It has been found that many women have a non-obstructive form of heart disease, also called coronary microvascular disease (MVD) referring to

damage to blood vessels that branch off from the larger coronary arteries. Most men have obstructive coronary artery disease described as the narrowing of the larger arteries supplying blood to the heart muscle due to plaque buildup called atherosclerosis. Traditional tests for heart disease in men have frequently not detected heart disease in women.

Women often have different and broader symptoms of heart disease compared to men: nausea, fatigue and lack of energy, pain in the arms and neck rather than in the chest, shortness of breath, and sleep problems. Usually these symptoms are noticed during physical activity or time of mental stress. Women are more likely than men to develop a condition called broken heart syndrome brought on by extreme emotional stress that can lead to heart muscle failure, a condition from which they can usually recover.

The American Heart Association’s

Quality of Care and Outcomes Research Scientific Sessions released results in 2014 showing that women ages 55 or younger fared worse than their male counterparts following a heart attack. This was demonstrated by poorer physical and mental functioning, lower quality of life, more chest pain, and worse physical limitations. Research has shown that older women with a history of heart related issues are more likely to develop memory problems and dementia than those without heart disease. Prevention and early detection of heart disease is of utmost importance.



Now is your chance to learn the latest about heart disease in women by attending the **Community Forum on January 25, “Heart to Heart: Gender Differences in Cardiac Care, Symptoms, Research, and Treatment”** (see page 100).



Why Join the Lincoln Hill Tennis Group?

- ◆ Tournaments **Group Play**
- ◆ Social Events **Drop-In**
- ◆ Intermural Team Tennis— LITT



\$12 gets you a year's membership and loads of fun and great exercise



Join to participate in the tennis activities. Receive a roster with player names, emails & ratings.



LHTG



The 11 SCLH tennis courts are available to all residents. Membership in LHTG is purely an option. And a very good option at that. Even if you have not played in a while, come on out and we will help you get started. New to SCLH? We will help you get involved.

For more information, visit our website **⇒ sclhtg.com**

Contact Pam Flaherty at 531-0142 **pamflaherty@gmail.com**

2017 Tournaments & Social Functions: Valentine's Day, St. Patrick's Day, Men's Doubles, Women's Doubles, Spring LITT, Men's Singles, Women's Singles, Mixed Doubles, Oktoberfest, Fall LITT, Fall Dinner Dance, Men's & Women's Christmas luncheon.....

The Lincoln Hills Tennis Group invites you to become a member

FREE ! First Two Lessons FREE !

**Learn Modern Square Dancing
Professional Singing Caller Scott Byars**

No experience necessary

Just have fun and make new friends



SUN CITY SQUARES

New beginners Square Dance Class
Each Monday starting Feb. 6, 2017
Time: 1:00 PM-2:30 PM
Where: Kilaga Springs Club House

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



The Spa at Kilaga Springs

New Year, New Services New Products

Trudy Smith, Manager, The Spa at Kilaga Springs

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

I am very excited to join the team at The Spa at Kilaga Springs! I hope to bring new energy and apply my experience to the continued success of the Spa. I am honored to be joining the Spa's very talented team of service providers.

I have some fabulous new products coming in to the Boutique, both fun and fashionable. We will also be adding enhancements and updating treatments for your enjoyment. Our specials for the new year will be all about Lift, Glow and Firm Plush Hydration, which everyone could

use, especially in the winter months.

The Lift, Glow and Firm Facial will add four categories of hydration, including emollients for immediate softening and smoothness, humectants to draw in hydration, and ceramides to act as the glue, offering a perfect moisture balance to the skin. The eye enhancement relieves dry and puffy eyes and minimizes fine lines and wrinkles.

Kilaga Springs Spa Pedicure offers intensive repair for dryness and cracking, plus a choice of polish to take home.

We have the perfect gift for Valentine's Day! Come in for a gift card and we will have gift wrap and a free gift included.

Wishing everyone a Happy New Year from the team at the Spa and see you in the new year!

~Please see our ad on page 16!~

Call to book your appointment today
408-4290

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

Gift cards at: www.kilagaspringsspa.com



New Year, New Beginnings...

Kristy Woodin, Director of Food & Beverage

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

Your Food & Beverage Department hopes you had a wonderful holiday season and rang in the new year with a bang. It was such a joy to be part of all the laughter, fun and smiles enjoyed by all of you on New Year's Eve and New Year's Day!

Starting this year, the Catering office will have new hours. Kathy Cameron, Banquet Sales Manager, will be available Tuesdays through Saturdays from 9:00 AM to 5:00 PM. The office will be 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, and when they book with us, receive a \$100 gift card to use anywhere in Sun City Lincoln Hills.

If you haven't made your reservations yet, there are only a couple spots left for an Italian evening with Chef Ian on Thursday, January 19. For one night only, join an intimate and interactive group and learn how to make raviolis. Complimentary wine is included, as well as a three-course

Italian dinner prepared by Chef Ian, and goodies to take home. \$100 per person, inclusive. Reserve your space now by calling 625-4040.

Don't forget about Meridians' Loyalty Club! If you haven't picked up your loyalty card yet, come on in! For every

"Refer a banquet of 100 guests or more with food and beverage to Kathy Cameron, and when they book with us, receive a \$100 gift card to use anywhere in Sun City Lincoln Hills."

\$15 you spend, you will get a signature on your card. Fill your card with 10 signatures, and receive up to \$20 off your next bill.

Valentine's Day is right around the corner. Treat your honey or even yourself to an intimate three-course dinner with live piano music. Only \$45 inclusive per person. Meridians Valentine's Day Dinner sells out fast so make reservations early.

As always, we appreciate all feedback so please take the time to fill out the comment cards when you dine with us. Your feedback, which we share with the crew, helps us to serve you even better. We always like to hear great comments too, and celebrate successes. Thank you for letting us be a part of your lives!

~Please see our ad on page 46!~

Committee Openings

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

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



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Cover Article

The Seep Trail

What's in a name?

Dee Hynes, Roving Reporter

Many of you are familiar with the popular TV show, “The Big Bang Theory.” In our community, the Seep Trail is named for a “big bang story” and a seep that’s located in the Open Space below the trail. You won’t believe how our seep was created.



The seep’s origins date back four to eleven million years ago to volcanic activity in what is now Nevada. Just imagine! During repeated volcanic eruptions, mudflows occurred that reached our location.

Some flows were extremely hot, fusing molten rock and sediment together, creating a dense layer of impermeable rock. Where flows were cooler, the sediment was permeable, forming layers that could transmit water.

Our Seep Trail has wetlands formed by a seep (or seeps), a place where ground water percolates through permeable layers until it reaches an impermeable layer. It then flows laterally along the impermeable layer. Where the impermeable layer is close to the surface, a seep is formed.

We are touched by cataclysmic events millions of years in our past and hundreds of miles from our homes.

Enjoy this walk back through history along a trail that offers prolonged gradient transitions, two narrative signs, three Open Space benches, and a panoramic valley view.

As you walk next to the Open Space, where the path forms a “T” with the Stonecrest Trail. Next, right on Spring Valley turning right on Longspur Loop returning to the trailhead.

The Seep Trail is an Open Space/sidewalk loop trail, a walk of approximately 35 minutes.



Library News

Sandy Melnick, Library Volunteer

As we start out the new year, the Library would like to remind you of our requests when donating books. Please look at the copyright date (in back of the title page) and donate books published 2010 and later. This makes the volunteers’ job a lot easier and we appreciate your spending the extra time finding these dates. Donated books can be dropped off on the gray rolling cart in the Library.

Did you know what great extra-large books we have? These



Above: Norma Milligan pauses by the trailhead narrative sign titled, “Where the Central Valley Meets the Sierra Nevada Foothills.” Come read about the “Foothill Mosaic”; Jerry & Judy Dong arrive at the base of the feral land. Here, the trail meanders near a protracted thicket of trees

Directions to the trailhead: From OC, right on Del Webb, left on Spring Valley, right on Longspur Loop (V36) then park at Longspur Loop Park between #2277 and #2301.

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

are primarily “coffee table” books and are very interesting. Browse through them and find a subject that interests you. These books are found to the left of the fireplace.

My pick for good reading this month is *The Garden of Letters* by Alyson Richman. In this novel set in World War II, a young cello prodigy is caught up in the resistance movement. When she flees for her life, a doctor in Italy comes forward to help her.

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

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Nina Mazzo, Roving Reporter

Are you considering taking up a personal challenge this new year? Do you have some skills that you can redirect



into a hobby or volunteer effort in our community? In the coming months, I will introduce a few residents who have done so.

Maureen Meehan Deal spent over 35 years in the world of teaching and administration. Although

is able to adjust her approach, depending on a student's learning preferences and strengths. She also commented that the teachers and principal are very involved in the students' success.

Although Maureen was quite modest about her background, I was surprised to learn she has six credentials (each a specialty), two Masters degrees (in education and administration), and she has extensive experience in special education in both elementary and high school. She added, "At the end of the day, the reward is not only about offering help with math, but knowing that my time with students one-on-one, encouraging their efforts, might just make a difference."

Irma Mendez (Phoenix High School volunteer contact and tutor) told me, "The most important qualities of a tutor include a positive, encouraging manner, patience, and a sense of humor."

she has been enjoying her retirement and participating in a variety of activities and hobbies, she found herself missing being in the classroom so she decided to look closer at the S.C.H.O.O.L.S* tutorial program. She met Tracy Gruber, a teacher at Phoenix High School (located next to Lincoln High), and Maureen said Tracy's enthusiasm for her students was infectious, so she decided to try tutoring some of these students.

Maureen is now in her third year and volunteers once a week for a few hours. She spends her time there helping with math and appreciates the chance to work one-on-one with each student as she



Maureen meeting with teacher Dan Alcorn

*S.C.H.O.O.L.S. (Sun City Helping Our Outstanding Lincoln/Local Schools) is an educational support group of residents who tutor students from kindergarten through grade 12. They help in the classroom and for special projects. To join, you do not need to have a specific educational background and you can accommodate your busy life with a flexible schedule. There are only two requirements: a TB test and live scan fingerprinting—for information contact Crystal Elledge 543-8617, celledge@sbcglobal.net.

In upcoming articles, I would like to feature those who have unusual hobbies and /or collections. Please let me know if you or someone you know would fit that description.

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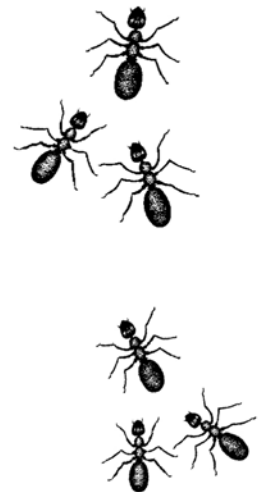
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The Winter Birds of Lincoln Hills

Al Roten, Roving Reporter

We are fortunate to live in this area rich in birds. Many bird species make our area their home year around, and some seasonally, all of which provides the Lincoln Hills Bird Group with plenty of rewarding activity.

One important annual event of the group is the Christmas Bird Count (CBC), which took place on December 28. The local count is part of the larger North American count, which includes over 2000 15-mile diameter circles across the continent. Lincoln Hills is part of the Lincoln Count Circle, which is one of eight Count Circles in the greater Sacramento region.

This year's local CBC was under the direction of Ruth Baylis, with Ed Pandolfino as compiler for the Lincoln Circle. Our Bird Group's 40 volunteers identified and counted 74 bird species in our area. A sampling of birds to be seen in Lincoln Hills, thanks to photos by Phil Robertson, accompanies this *COMPASS* article.

Winter brings Cinnamon Teal, Green-winged Teal, and Bufflehead ducks to our ponds. I marvel at the White-tailed Kites as they hover, ready to capture a meal. An American Kestrel perches alertly, high in one of our yard trees. The Kestrel is the smallest North American member of the falcon family. I was surprised to learn that recent genetic work has shown that the falcon family is a closer relative to parrots than, as we may assume, the hawks.

We all marvel at the hummingbirds as they flit around feeders and flowers. The Anna's Hummingbird is the hardiest of hummers, and a year-round resident of our area. On our Canyon Oaks Trail, which winds through meadows and oak trees, the Oak Titmouse and White-breasted Nuthatches will be found in the trees.

Many plants have berries in winter, so we may see Cedar Waxwings and possibly a Hermit Thrush making a feast of this fruit. Any winter morning the grasslands may ring with the wonderful song of Western Meadowlarks. Bewick's Wrens are found in brushy areas along with flocks of sparrows such as White-crowned and Golden-crowned Sparrows. Marshes host Marsh Wrens and still more sparrows including Lincoln's and Song Sparrows.

Either by yourself or with a Bird Group member, get out to see and hear these delightful neighbors!



Bushtit



White-tailed Kite



Cedar Waxwing



White-crowned Sparrow



Cinnamon Teal



Western Meadowlark



Downy Woodpecker



Common Raven



Golden-crowned Sparrow



Hermit Thrush



Green-winged Teal

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Neighborhood Watch

Getting to Know You

Patricia Evans

Neighborhood Watch Reporter

Volunteers from Neighborhood Watch are at the sign-in tables to welcome new residents at the Association-sponsored orientations. Like magic, our newly developed data base locates each resident's Village and Mail Station number using the new resident's sign-in information.



"We learned the advantages and good qualities of living in Lincoln Hills at the New Resident Orientation," is a common comment. Department heads and Neighborhood Watch Executive Director Larry Wilson present tips and pointers to help make living in Lincoln Hills more enjoyable.

"This important data is the backbone of our safety and security system," said Wilson. As part of welcoming new residents, Mail Box Captains collect emergency names, numbers, and addresses. They build a reliable information network through contacting residents twice a year for changes.

Mail Box Captains tell us, "We look out for each other by knowing who is in our neighborhood." In case of a medical or house emergency in your area, contact your Captain for their residents' information, which, in some neighborhoods, all nearby residents share.

When we know our neighbors, we can spot unusual activity which might have a



Neighborhood Watch welcomes new residents at Association-sponsored orientations. Clockwise from left: Kathy Gire, Carroll Schumann, Mary Cranston, Elaine Small, Cora Peterson, Pauline Watson

criminal intent and report it to the Lincoln Police at 645-4040 or 911. We become "the eyes and ears" of the police. Our low crime rate is our reward.

If you have not attended a New Resident Orientation, whether you have lived here weeks or years, you are welcome. Watch page 3 of the *COMPASS* under Upcoming Association-Related Meetings for the next New Resident Orientation.

Connections

Continued from page 3

of the following categories: Community Association, Activities, Food and Beverage, Spa and Wellness & Fitness. You are encouraged to register for the Community Association eNews, which sends out a Sunday morning recap for the coming week from all departments. To manage your eNews subscription settings, click on

Please turn to page 35 to read about the happiness factor.

Neighborhood Watch Contacts

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

the "eNews" icon on the right side of the Resident website (you will need to scroll down a little bit to see it). You can always unsubscribe later by clicking "unsubscribe," located at the bottom of the eNews email message. If you need help with this service, contact Help.Desk@sclhca.com

I look forward to making this a stellar year and seeing you in the Lodge.

Care Coordination and Resource Referrals



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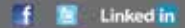
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Club News

Alzheimer's/Dementia

Caregivers Support

This is the time of year when writers are prone to use hackneyed new year "renewal" phrases that may have a hollow tone to a caregiver because caregiving feels like the "same old, and getting older." But it's not the same—it's ever changing, and it's called the New Norm. But here's the twist: the "new" behaviors to us (that we find so frustrating) are not even recognized by our patients (or our patience). What's new



Knowledge tree defoliation

for them is that what they knew or could do is no longer possible, and there's no explanation. To get some insight on how to cope and help your patient cope, join us on the fourth Wednesday of the month at the Multipurpose Room (OC) at 1:00 PM. We stand ready to provide you with knowledge, support, and understanding. Caregiving is not easy, but nothing really worthwhile ever is easy, is it? Happy New Year.

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

Amateur Radio

The Lincoln Hills Amateur Radio Group is made up of amateur radio enthusiasts who operate the W6LHR repeater for Lincoln Hills residents holding an amateur radio license. The group conducts a weekly network at 7:00 PM every Monday evening on the W6LHR Repeater at 443.2250 MHz. The LHARG also meets at 6:30 PM every Monday at the South Lincoln Hills Entry Facility. The LHARG Group is looking forward to supporting public events and, if necessary, to providing emergency communication for the community in 2017. If you have

an interest in becoming an amateur radio operator, or are an amateur radio operator, and want to participate in our community support activities, please contact one of the individuals listed below.

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



Antiques Appreciation

The January 2 meeting was our favorite Show and Tell, but this time the subject was *ephemera* (paper) items 50 years or older. It never ceases to amaze me what our members have in their collections and the stories that go along with them! Some of the items were: a map, poster, cards, advertisement, ticket, party favor, calendar, menu, passport, marriage license, photo, sheet music, old money, box, and a birth certificate.

On February 6, a member of our club will share some of his knowledge of Ivory with examples of carvings, scrimshaw, and other items. He will also discuss the difference between "real ivory" and "fake ivory". It should be an interesting meeting!

We meet on the first Monday of each



2017 Antiques Appreciation Club Board

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

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



Astronomy

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

in the Fine Arts Room (OC) at 5:45 PM.

The TIG will meet on January 26 in the Multipurpose Room (OC) at 6:45 PM. TIG members will demonstrate AstronomyApps used for planning observing nights and viewing sky maps of stars, Messier objects, planets and their moons, and our moon

On Wednesday, February 1, at our monthly general meeting starting at 6:45 PM in the P-Hall (KS), the presenter will be Bill Goff from AAVSO. The title will be "Variable Stars." Bill will describe the types of variable stars, what science we have learned from observing variable stars, including some recent contributions to astronomy.

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



Ballroom Dance

Why not "resolve" to put more fun in your new year? Join us on Tuesday afternoons at KS. We are a great group who enjoy getting together for lessons, open dancing, and dance themed events. Every month a new dance style is taught. January features the graceful, flowing Waltz. Then liven up February with the East Coast Swing. Beginning level is taught from 2:00 to 3:00 PM, open dancing to a wide musical selection follows, 3:00 to 4:00 PM. A more advanced level of the monthly dance is taught 4:00 to 5:00 PM. We have many fun dance events during the year including Socials, Potlucks, and Ballroom Saturday Night Dances. Dues are only \$7 yearly. All the group lessons are included! So, join in the fun. We welcome everyone! It would be a great new year's gift to yourself!

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



Chris & Pete Henshaw;
a group of our single
dancers at our recent gala
Christmas Potluck Dance





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 February 8 and March 8. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be at Red Robin on Wednesday, January 25. Meet in front of Orchard Creek Lodge at 11:15 AM 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



A morning at the Gray Lodge Wildlife Area. Our group spotted 64 species of birds; among them were the Northern Shoveler; and the Red-shouldered Hawk. Shoveler and Hawk photos by Larry White

Billiards

Women's Billiards Tournaments will be every Tuesday, 12:45 to 3:00 PM. The Billiards Group is offering free lessons at KS for all residents Tuesdays, 9:00 to 10:00 AM. This is for new and returning 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.



Nicki Hobby six games, Joan Wendell, Herb Trueblood five games

Upstarts five game winners were Paul Lingbergh, Bob Belkamp, Randy Ransdell five-game winners. Five out of six game winner was Oscar Alvarez, four/ six game winners were Jim Mason, George Black.

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

Bird

Monday, February 13, Heath Wakelee, past president of the Sierra Foothills Audubon Society, will present his program on Western Bluebirds. Heath

is always helpful in answering questions about our backyard Bluebird Boxes. Join us at 1:30 PM in the P-Hall (KS).

We have two great field trips coming up. On Friday, January 20, we head to the Sierra foothills east of Linden. The oak woodlands and open farmlands are great for sighting Ferruginous Hawks, Loggerhead Shrikes and Lewis's Woodpeckers. February 3, we head to the Davis area and Vic Fazio Yolo Bypass Wildlife Area.

Elections were held at our December meeting. Serving as our new Chair is John Garfein; Co-chair, John Redmond; and Treasurer, Lisa Viviano. A big thanks to our outgoing Chairs, Kathi & Larry Ridley and our outgoing Treasurer, Donna Sosko.

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

Bocce Ball, Mad Hatters

We need to update something we said in last month's COMPASS. We alluded to the fact that we had 30 people signed up for our Christmas party. As it finally turned out we sat 43 people at three tables at the Buffet at Thunder Valley. That's record attendance for us, and we weren't the only Lincoln Hills group there. We shared the room with 47 men from one of the tennis groups.

Among our guests, all pictured below, were Bobbie & Gene La Faunce, who have been with our group since the beginning, and Sam and Janet and Ken, who have just recently joined our group. We really enjoy seeing this kind of continuity. You may recognize Bobbie and Gene. They were recently featured on the front page of the *Sun Senior News*, putting the active in "Active Adult Community."



Bobbie and Gene, seated, with Sam and Janet and Ken

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

Book, OC

On January 19, we will discuss *The Husband's Secret*, by Liane Moriarty. At the core of Moriarty's novel is a husband's letter found by a wife, and a secret which could change many lives.

Schedule, remainder of 2017:

- February 16, *The Language of Flowers*, by Vanessa Diffenbaugh
- 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

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



- 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

Once again, our holiday party was a success with good friends, delicious food and great entertainment. Patty McCuen's beautifully decorated home set the scene for a festive celebration, and everyone agreed this annual event made our "spirits bright."

We started off the new year with one of the area's top oncology surgeons speaking at our January meeting. Dr. Yona Barash of the Sutter Health Group, spoke about the latest surgical procedures when dealing with cancer and answered questions from members.

Our February meeting will have a change of pace with Lincoln Hills' own Jeanie



Bosom Buddies Marianne Smith, Bobbie Wickersham, Barbara Mathot and Martha Chatoian join in the celebration; Members started off the holiday with a group shot

Robertson, a published poet known for her humorous and inspirational writings. Many of her works relate to everyday experiences, and her light tone brings smiles to those reading or listening to them. This is a presentation you won't want to miss!

Bosom Buddies meets the second Thursday of the month at 1:00 PM in OC. Before each meeting, members and guests are invited to lunch at Meridians. To make a reservation, call Jan Warren at 408-5034.

Contacts: Marianne Smith 408-1818;

Val Singer 645-8553

Website: www.sclhresidents.com

Bridge, Duplicate

Congratulations to Sharon Neff our club president for the last two years. In addition to her service, she has achieved the rank of Life Master from the American Contract Bridge League.

Douglas Allen led our 16 club winners from the Sacramento Winter Sectional last month. Congratulations to Doug and all those winners.

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 just show up with your partner in the Sierra Room (KS). You play if we have even pairs up to 28. We must be seated by 5:45 PM,

with standbys seated immediately thereafter, and we must finish by 8:30 PM. Please play at a pace to finish each table in 25 to 28 minutes.

Winners: November 24—Thanksgiving. December 1—First: Rosanna Jensen/Lynda Sader with the high round of 2810; second: John Butler/Byron Hansen; third: Carolyn/Bob Calmes; fourth: Erica Wolf/Edith Kesting. December 8—First: Kay/Ben Newton with a grand slam; second: Barbara Bryan/Reta Blanchard; third: Bev/Allan Blaine; fourth: Janet/Wayne Pittenger with the high round of 2000. December 15—First: Dolores Marchand/Carol Mayeur; second: Byron Hansen/John Butler; third: Joanna/Alan Haselwood; fourth: Jodi Deeley/Frank Kamienski. Edith Kesting/Erica Wolf had the high round of 2300.

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.

November and December Winners—First Place: Dee Williams, Bob Belknap, Kurt Wolff, Pat Fraas, Viren Sitwala; second: Viren Sitwala, Jean Richards, John Woodbury, Pat Mullins, Judy Olson; third: Chet Winton, Dick Lund (twice), Byron Hansen, Jean Richards; fourth: Lynda Sader, Ralph Madson, Bob Belknap, Joe Phelan, Chet Winton.

On December 2, Bob Belknap and Viren Sitwala had a Grand Slam!

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

The Continuous 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



Social Bridge is Fun!



Bunco

In December, the Bunco Group honored Claudette Rhoads-Kinman for perfect attendance in 2016. Sharon Chipman, Sandy Pavlovich and Paulette Rhoads, were close behind with each only missing one month. After Bunco play, there was a gift exchange for all with only three gifts being stolen that were eventually frozen (all in good fun!). The Bunco Group then headed over to Thunder Valley Casino for the lunch buffet and casino play time.



December—Bunco Group

The Bunco Group plays the third Thursday of the month in the Cards Room (OC). Bunco is a non-membership group with a \$5 'pay to play' fee. Play starts promptly at 9:00 AM. Please consider joining us for a morning of laughter, fun and friendship!

December Winners: Most Buncos Kathy Chandler; Most Wins Paulette Rhoads; Most Losses Anne Johnson; Traveler Phyllis Papagiannis.

Next Bunco is Thursday, January 19.

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



Ceramic Arts

Happy New Year! We hope that you had a great start into the New Year and have recovered from the festivities of the Holidays. This would be great time to make good on your resolution to try something new—come and spend some time with us on a Friday afternoon (12:00 to 4:00 PM) to play with clay. The studio at OC is open to Lincoln Hills residents each Friday. We have a tool set you can use during your visit and can also provide you with some clay so that you can test your creative abilities. Many of us have been completely new to ceramics when we came to the studio for the first time—we have all learned from our teachers and from each other and we will be happy to share tips and information with you.

Also a quick reminder about our Stu-

dent Gallery—please come and see the many talented pieces that are shown in the OC studio. Display pieces include Raku pieces, hand built items and thrown pottery.

There is no better place to be on a rainy day! We hope to see you soon.

Contacts: Janet Roberts 543-6015;

OC Pottery Mike Daley 474-0910;

KS Earthenware Marty Berntsen 408-2110;

KS Spanish Oils Margot Bruestle 434-9575

Website: www.sclhresidents.com



Chorus

The Community Chorus will join the Players Group, Tap Company, and Vaudeville Troupe in a free performing arts presentation at P-Hall (KS) on Friday, January 27 at 3:00 PM.

Many of you have long enjoyed these groups' performances, and all here should appreciate this opportunity to see and learn more. Each group will explain its mission and give you a taste of what it does—just enough to whet your appetite for its next regular production.



Performing Arts Presentation planners:
Natalie Grossner, Ron Hanson,
Yvonne Krause-Schenck, Sid Frame,
Celeste Martella, Jackie Lamb

Afterward you're invited to stay for free refreshments and conversation with the groups' directors and performers. You can find out what's involved in participating, or just thank them for the entertainment they provide and accept their thanks for your ongoing support. None of their performances could happen without it.

Sounds good? See you on January 27!

Contacts: Suzanne Rosevold 587-3035,

suzannechorus@gmail.com

Bill Sveglini 899-8383, sveglini@gmail.com

Website: www.lincolnhillschorus.org

Computer



Apple Users Group—LHAUG

Happy New Year! The core volunteers of the Apple User Group extend Seasons Greetings to all of our readers, with the hope that 2017 will be Happy & Healthy. The big news this month is that our Technical Support staff anticipates approving the installation of the new macOS Sierra sometime in January. At our January 5 meeting, Ken Spencer already demonstrated many of the new features in this operating system and provided upgrade preparation and instructions. You may view the video of this meeting at our website: lhaug.org.

On Wednesday, January 18, in the P-Hall (KS), Ken will show how to effectively use iCloud Drive. On Monday, January 23, at the earlier time of 10:30 AM, Bill Smith will present the Apple Health App for



Bill Smith teaching a seminar

capturing, organizing, and analyzing our health data.

Contact: Vicki White, vickiawhite@me.com

Website: lhaug.org



PC

Password Managers, Wednesday February 8, 6:30 PM in the P-Hall (KS), presented by Jim Prosser. How many internet logins do you have? Email? e-reader? Cell phone provider? More than you can remember? How strong are your passwords? Trivial (12345)? Easy (jimp1234)? Hard to remember? Do you use same password on all accounts? Do you have a spreadsheet with dozens of email addresses and passwords?

If you constantly reset passwords and usernames, or worse, recycle the same password you've been using for the past seven years, it's time for an upgrade. You

need a password management tool. Password managers are great because they store all your passwords, generate strong ones for you, and in general, the only password you have to remember is the one to open your password manager.

In this talk Jim will discuss and compare three of the highest rated password managers, Last Pass, Dashlane, RoboForm.

Contact: Karl Schoenstein, sclhcc@gmail.com

Website: www.sclhcc.org



Country Couples

At our Christmas dance we took a moment to recognize the people who work so hard to make our club special. Sue & Jim Kirby were recognized for designing and printing the tickets and colorful flyers. Margo Zamba, our outgoing board member, served as Public Relations coordinator for one year and then as Secretary/Sunshine person for a year. We can't thank enough those who decorate, serve, clean up, take tickets, and photograph each of our dances. Special thanks to our leader, Marsha Brigleb, who plans and coordinates these activities so no detail is omitted.

Classes have begun after the December hiatus. Welcome back old friends and hello to newcomers. We look forward to getting



2017 Board members:
Jim & Shari Kiley; Marsha & David Hathaway; Ern Hargis, Rich Pick, Marsha Brigleb, Phyllis Svetich, & Laura Wermuth



to know you. Information will be forthcoming about our Valentines Dance to be held February 11, 5:00-9:00 PM (KS).

Our membership drive is underway and applications have been mailed to our members.

Contacts: Marsha Brigleb 434-5460,

Laura Wermuth 253-7092



Cribbage

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

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

The weekly winners for the month of November were Hugh Duberley, week one, Frank Cuchetti, week two, Grant Lee, week three, Rae Cook, week four.

New players are always welcome!

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

Ken VonDeyler 599-6530.



Cyclists

The cold weather has returned again, as it always does. I can't stress too much the need to keep warm on your bike ride. Thirty percent of body heat is lost through the head. Use a winter cycling cap with ear flaps. Your helmet strap will hold the flaps against your ears. Cycling glasses that curve around the eyes help. Long fingered, insulated cycling gloves are a must. Keep your fingertips from contacting the ends of your gloves. Leave an airspace. For your core, you must layer to trap insulating air between layers. Wicking fiber next to the skin, polyester next to retain warmth and an outer garment with a thermal barrier. For your feet, use toe covers or booties. Try not to overdress since you will heat up after about 15 minutes of cycling. Below 50 degrees, knees should be covered. A hot drink during the ride helps your core.

Contact: Steve Valeriote 408-5506,

lhcyclist.com

Website: www.LHcyclist.com



Eye Contact

Low Vision Support

Living Skills Meeting, Multimedia Room (OC), Thursday, January 26, 10:30 AM-12:00 PM. "Jump-Start 2017!" Our discussion, facilitated by Elaine Small, centers on energizing ourselves this year by using techniques to diminish accumulated stress.

General Meeting, Fine Arts Room (OC), Tuesday, February 7, 2:00-3:30 PM. "It's All a Matter of Balance!" When people have a fear of falling, they often limit their activities. How do you move on without fear? How do you reduce the risk of falls? Connect with others as we delve into a discussion on the Fear of Falling and ways to prevent it. Our guest speaker, Brenda Cathey, has worked with Senior's First, BrightStar Care, given classes on Aging Parents at Sierra College, and currently leads classes on balance.

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

Contact: Cathy McGriff 408-0169,

cathy.mcgriff@yahoo.com



Fishing

Happy New Year! It's always nice to have a fresh beginning. I hope your plans are coming together with more trips in 2017. I also hope you don't have to buy new gear, and your old reliables will continue to serve you for another season. Insure all your lines and gear have been cleaned, all oiled and hooks sharpened for the new season. The fish are recuperating, reproducing and getting ready for the season to come, by laying low and waiting for you to return.

Our Holiday Dinner was special with a few Carolers thrown in. Thanks for attending the event and a special thank you goes to those folks who put it together.

The club gets together on the second Monday, 7:00 PM, in the P-Hall (KS), to discuss the latest hot spots, equipment or changes in fishing that might interest our

members. To join our group, contact Jim, jmalcolm2@aol.com.



*Sing along; Jingle Bell Rock;
There's a party going on*

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



Garden

The first General Meeting, January 26, 2:00 to 4:00 PM, KS, features

Organic Horticulturist Steven Zien. He will "kick-off" the new season with a presentation titled "Soil: Not Just A Dirty Word." He will be utilizing a PowerPoint Presentation to convey his informative and entertaining program with photos, graphs, charts, cartoons, diagrams, quotes, and more. The subject matter will range from informative to humorous and of course a little



Horticulturist Steve Zien; Growing in good soil

romance will be included! Steven will be a guest on Farmer Fred's radio program January 29. Anyone registered by 2:00 PM will receive a ticket for the door prizes donated by Home Depot!

Membership registration (renewal and new) for 2017 begins this month. You may sign-up at the January meeting 1:00 PM or by going to the webpage (lhgardengroup.org) and printing a form to send-including a check for \$20 (made out to Lincoln Hills Garden Group). Contact: Margie Anderson, 408-7685.

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



Genealogy

We are in for a treat at our third Monday, January 16, 5:30 PM Genealogy Club meeting at P-Hall (KS). Arlene Rond and Dave Lewis will be telling us about exciting and extensive changes to the Club Website and David Lewis will be our featured speaker. David's talk will be about the Steele Family of Kern County. He'll share how a relative's curiosity about her family lead him to Tennessee and to a murder within her family!



Dave Lewis will be our featured speaker January 16

Renew your membership now. Download the application from the website and bring it with your \$20 check. Current members as of 5:30 PM on the 16th are eligible for a drawing ticket for the five door prizes. The prizes are two Amazon Echo Dots and three 2F-56 GB flash drives.

Refreshments will be available across the hall after the meetings. This is your time to chat with others who have similar interests to your own.

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



Golf, Ladies

Ladies XVIII

Annual awards are given for Birdies and Chip-ins, Eclectic (a compilation of the best score on each hole, figured with handicap), Hole-In-One and the Most Improved Golfer. The first two categories are flighted so that many can enjoy the fruits of their labor with a nice payoff. Seventy-eight players had one or more birdies or chip-ins to qualify, however, Warren topped the chart with 20. Art was second with 17. Remark-



Donna Sanderson, 2016 Most Improved

ably, two of our most senior ladies, Parker and Ward had more than a handful each. For Eclectic, Sanderson and Ward shared the lowest net with 42, on the Hills. For the Orchard Course, which plays a little tougher for the women, it was Cicci with the lowest net of 49. For the Hole-in-One award, Habecker had the only ace of the year. Finally, Sanderson's handicap fell by five strokes, from 22 to 17, earning the Most Improved.

Candice Koropp, Publicity.

Contact: Donna Sosko 434-5527
Website: lhlgxviii.com

Lincsters

The Lincsters held their holiday party and final meeting on December 7 with a gala luncheon in the OC Ballroom. Numerous members were recognized, including all past captains and club champions. Judy Josse was named the Most Improved Golfer of 2016. Kate Gold was the Captain's Points Winner, and was also named the Most Dedicated Lincster. Cindy Atkinson was the Most Inspirational Golfer. Pat Dangerfield won the golden Putter, and Alyce Stanwood was honored for her Outstanding Service to the group. In addition, awards were given to the first, second and third place winners in each flight for the most pars, birdies and chip-ins during the year. The new board for 2017 was presented. The



Clockwise from top left: Judy Josse, Most Improved Golfer; Kate Gold, Captain's Points and Most Dedicated Lincster; Cindy Atkinson, Most Inspirational Lincster



stage was lined with brightly wrapped gifts for the residents of Lincoln Meadows Care Center. It was a delightful way to end a successful year of Lincster golf.

Contact: Pat Shafer, gdskd70@aol.com
Website: lincsters.com



Golf, Men's

The next tournament is the A B C D Scramble which pairs players by their handicaps. This fun tournament is a good way to meet, play with a range of skill levels and win Golf Shop credit. It will be played on the Orchard Course, February 9. Sign up by February 2. Thank you to our termed-out president, Rodger Oswald, for the leadership he brought to the LH Men's Golf Club. Thanks also



Bruce Lyau smiling after his recent hole in one

to Roger Cummings, Karl Williams and Dave Jansen for serving on the Board. Results of the recent Pinehurst Tournament. Green tee net winners were: Carl Zierman and L. Schulz, James Chan and Al Olivieri. Green tee gross winners: Jason Hong and Richard Long, John Griggs and Dennis Beldon. White tee net score winners were: Howard Hamilton and Jay

Stockton, Bruce Lyau and Steve Thornton, Charles Kendall and Joel Kaufman, Jim McCarthy and Bill Zeek. White tee gross score winners were: John Michel and Paul Yeager, Jim Smyrak and Paul Fellner, Gene Andrews and T. Chappellear, George Porzio and Greg Didion.

Contacts: Gene Andrews, eandgolf@sbcglobal.net;
Tom Traxel, tom.traxel@sbcglobal.net
Website: www.lhmgc.org



Healthy Eating

Winter is soup time and at our January 23 club meeting we will celebrate this by sampling several hearty warm soups in the Social Kitchen (KS) that were made by club members in their own kitchens, guests welcome. We do healthy food samplings from one particular food group after each monthly meeting, offering up everything from soup to nuts as the saying goes. We'll also view a short video and hear a short presentation about a book on food for the healthy heart.

We promote the concept that food is more than mere sustenance. Food is a topic everyone from all walks of life and from all different parts of the world can share, talk about and enjoy. There are endless ways to prepare thousands of varieties of foods available, enabling us to never run out of new experiences in food selection and preparation methods. The 2017 membership (\$20) is due.



Farmers Market Scenes



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



Hiking & Walking

Welcome to the new year! It's time you came on a walk around our beautiful Lincoln Hills or joined the Hiking Group for some very interesting hikes close by and some with travel involved. The group plans hikes for Tuesdays or Thursdays generally. The hikes are varied as easy, moderate or strenuous. Rain does not always cancel a hike, check the website. The Walking Group meets every Wednesday, see the website for trail locations.



Phil Huntingdale, Monique Woods and new members, Karen & Ken Suiker; Cherry Island Hike December 1

Our two getaways, Cambria and Woodfords were very successful. Our summer hike at Tahoe Donner, followed by a BBQ, and the newly added Buffet Breakfast in the Sports Bar were very well attended. 2017 is going to be a busy year as well. Cannon Beach in Oregon is our first getaway, information is on the website. Come join us, you are very welcome. Get the new year off to a healthy and fun start!

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



Investors' Study

Investors' Study Group meets throughout the year on the first Thursday of each month at 2:30 PM in P-Hall (KS) with refreshments afterwards to meet the speakers and visit with fellow members. February 2 will welcome Daniel Goldberg a vice-president with J.P. Morgan Asset Management. Dan is responsible for product management, portfolio oversight, client communications across fixed income portfolios and providing insight on the fixed income markets. Dan graduated with distinction from Ross School of Business at the University of Michigan (even though they lost to Ohio State). Join us for an interesting afternoon.



Russ Abbotts holiday greetings; John Noon announcing gifts; These cakes didn't last very long



Our Christmas party was a great a success as attested to in the photos above taken by Joan Brenning.

The Active Investors subgroup meets on the second Monday of the month in the Multimedia Room (OC) at 3:00 PM. Norm Quattain, 645-4675

Contact: **John Noon 645-5600**

Lavender Friends

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

Upcoming activities include: Dog Walkers and Friends gather on Saturdays at 9:00 AM, followed by coffee at the Kilaga Springs Café. Join us for coffee at 10:00 AM,

even if you don't do dog walking. Movie Day is on the second Tuesday of the month, with Happy Hour afterwards. Check the website for movies, times, and location of the Happy Hour get-together. Breakfast at Thunder Valley is the first Wednesday of the month, 9:30 AM. Bring your Thunder Valley card to get the Senior Day discount.

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

Contacts: Sheila 408-2802; Carol 295-0610

Website: www.lavenderfriends.com

Lincoln Hills

Line Dance

Marlene Woodbury began line dancing over four years ago in Escondido. She has worked up to the easy intermediate level here in Lincoln Hills. "Dancing for the fun of it" is what it's all about for her. Ginger Fullerton began here seven years ago and although she likes all types of music, her heart belongs to the ballroom style and opera/rock combo. She dances almost



Our New Line Dance Steering Committee!

every day, and has met so many wonderful people. Ginger dances Intro, L1 and Improver, and is also a practice teacher. Cheryl began 11 years ago in L1 and has worked herself up to L3. She prefers rock or pop. She thinks LD is a great way to get away from problems for a little while. Joann Faria began line dancing 11 years ago here and loves the waltzes the most. She appreciates line dancing because when her husband passed away she could still continue to dance.

Contact: JoAnn Faria 434-6813,

joannfaria@sbcglobal.net

Mah Jongg, Chinese

Greetings! Please plan to join us on Monday mornings in the Card Room

(OC). Play starts at 9:00 AM, with arrival time being 5-10 minutes before 9:00 AM. Play continues until Noon, with an optional extension to 12:30 PM (which is to be decided at the table where you play).

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

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

Contacts: Bruce Castle 846-1500;

Marsha Ross 253-9551

Mah Jongg, National

"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 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 please contact Fran Rivera at 434-7061. Fran offers free lessons in her home. Please call her to arrange a time when you may begin. Within a couple of months you will be ready to show off your new skills.

Contacts: Patti Kingston 587-3056, Elsa

Paszek 253-9709, Fran Rivera 434-7061

Contacts: Patti Kingston 587-3056; Elsa

Paszek 253-9709; Fran Rivera 434-7061

Motorcycle

RoadRunners

As the club begins its 12th year, a look back at the activities in 2016 show what an exciting year it was. During 2016, the club went on nine scheduled rides, an overnight ride to Yosemite National Park, two dinners and a barbecue/ bocce ball tournament. The year wrapped up with a great Christmas party at Tahoe Joes in Roseville. A special thanks to Patrick Chaves and wife Shirley for putting together a great party!



RoadRunners 2016 Christmas party

There is no scheduled meeting in January, but the Road Captains will be getting together to plan the riding schedule for 2017. The RoadRunners meet on the fourth Thursday of the month at 6:00 PM in the 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



Needle Arts

Threads of Friendship

With the advent of 2017, Needle Arts has several new Board and Committee members led by our new president, Shirli Lent. Together they plan and organize the year’s programs, teas, and workshops.

Needle Arts General Meeting is always the second Tuesday of the month at 1:00 PM in P-Hall (KS). Everyone is welcome. To participate in any of the 11 subgroups, you need to become a member.



Hardanger Embroidery

At this writing (mid-December) we have not secured a speaker for our February program. However, you can go to our website and the program description will be there. Please visit www.sclhna.com for details as well as a description of our subgroups. We hope to see you soon.

Contact: **Marsha Ross 253-9551,**
marshaross1123@gmail.com

Website: www.sclhna.com



Neighborhood Watch

The happiness factor is alive and well among Lincoln Hills residents who live in active Neighborhood Watch mail stations. They tell us that the

warmth of neighbors who know and look after each other is priceless.

Wise sages throughout the ages have told us that helping others is not only the right thing to do, it increases our happiness and leads to better mental and physical health. “When you volunteer, you vote every day about the kind of community you want to live in.” —*Unknown*

Please call our contacts below if you want to increase your happiness factor by volunteering in our vibrant and well-organized community service.

Whatever help you need to make your volunteering experience richly fulfilling is available. We offer one-on-one assistance and our workshops will begin in April. Your time and effort will be sincerely appreciated by Neighborhood Watch and by your neighbors!

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



Painters

Our last meeting of the year was a holiday luncheon at Meridians—enjoyed by many club members. We added a special thank you for two of our critical Board members who are “retiring”



Club members enjoying a great lunch at Meridians; Members also enjoyed a time to visit; Thanks to *Joyce Bisbee and Paulette Pesavento*

from the Board, Joyce Bisbee and Paulette Pesavento. They have been a vital team for many years. Their contributions have shaped the club into the positive environment it is today. Joyce has been President and Paulette Vice President and Programs Chair. We thank them both for their hard work and positive attitudes!

January’s meeting (January 17) starts the new schedule—*new day*, third Tuesday of the month, 2:00 to 4:00 PM, *new location*, Fine Arts Room (OC). The program will provide instructions for the annual Fine Art Show to be held on February 24-26 in the Ballroom (OC). Watch for announcements of future programs, we have some great speakers being lined up for 2017!

Contact: **Joan Musillani 712-4393,**
joanmusillani@gmail.com
Website: <http://lhpainters.org/index.html>



Paper Arts

Happy New Year to all! Our members enjoyed the annual Christmas Luncheon and the beautiful table centerpieces created by President Shirley Rainman. Thank you to those who brought non-perishable foods for the Salt Mine. And, thanks to the planning committee that helped make the luncheon so special.



Paper Arts Group President, *Shirley Rainman*; Festive table decorations



If you have paper crafting ideas to share at future meetings, please contact Shirley.

We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS). New members are welcome.

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



Pedro

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

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

edition calendars, lens cleaners and wine. No one left empty handed as we had more prizes than we had people and it was all in good fun.

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



Pickleball

Is your New Year's resolution to meet new people and take up a healthy, fun sport? Then pickleball can help you meet that goal!

The Pickleball Club's 2017 resolution is to reach out to all residents who have wanted to give it a try.

Want to play but don't know where to start? Drop by the courts at 1:00 PM Wednesdays. See Cal for free introduction. No reservations or paddles necessary. Also look for a "New Player Get Together" on Saturdays starting in February. Or just drop by the courts and ask one of us how to get started.

New board members have joined the team: Craig Fraser, president; Ron Slagle, vice president; Jay Messick, treasurer, Karyl Freeman, membership; and Gary Janikula, tournaments. Barb Peach and Sally Coates are the new co-social directors.

Changes to encourage players to attend board meetings include: a new date to the first Thursdays at 3:30 PM; publishing the agenda 10 days ahead and updating our website.



Cal Meissen offers free, no reservations needed introductory classes most Wednesdays, 1:00 PM; Pickleball Board, from left: Gary Janikula, Cal Meissen, Sally Coates, Jay Messick, Craig Fraser, Ron Slagle, Peggy Holt, Karyl Freeman, (not pictured: Mike Gardner)

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



Players

The Players held their last meeting of 2016 on December 12; following the meeting, a Christmas party was held for the members and guests in the Lincoln Room (KS). A buffet dinner



Singing Karaoke: Kevin Smith; Ken Reiss, Mary Brown



was provided with an open bar and, the entertainment for the evening was music to dance by, or if you liked, music to sing by—"karaoke style." What a great way to celebrate a successful year!

The planning sessions for the new year are well underway. The first show of 2017 will be a Readers Theater production, "Mr. & Mrs. Smith," a mystery/comedy play from a Lux Radio Theater Show first presented in 1941. Readers Theater, one of our free shows presented in the P-Hall (KS), will be performed Saturday, February 11 at 7:00 PM and Sunday, February 12 at 3:00 PM. Come on out for an enjoyable hour of comedy and drama!

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



RV

Sparkle was the theme as we donned our finest for our holiday gala. The restaurant at Turkey Creek Golf Course was transformed into a beautiful and festive site where we conducted a little business, had

Photography

For the third year in a row, our Christmas "extravaganza" was held at the Meridians Sports Bar. With a membership of 130 folks and a limit of 75 people allowed in the Sports Bar, we sold out our allotted tickets much too quickly. The breakfast buffet provided by Meridians was great and all you could eat. However, the highlight was the fun of getting together and the camaraderie that ensued topped off by the ever popular drawing. All attendees were encouraged to bring a gift to be placed on the table which got piled high with all the stuff for the drawings. Some of the prizes that people walked away with included cameras, tripods, mat cutters, magazines, books, prints, limited

Breakfast Buffet; drawing prizes; part of the crowd—photos by Holtzclaw





2017 RV
Club Officers;
2017 RV Club
President
Marlowe Skar



a fabulous buffet and then proceeded to demonstrate that we still have the moves on the dance floor. The music of Doug Meredith inspired those moves with a wide repertoire that kept us on our feet throughout the evening. Many thanks to Vicki White for organizing another outstanding event!

The club took advantage of this gathering to thank the outgoing 2016 officers and to introduce the incoming group. Marlowe Skar will serve as President for 2017.

We continued our tradition of bringing a toy for Toys For Tots and we managed to fill a large box with new toys.

The club meets at 4:30 PM on the second Thursday of each month at KS.

Contact: Marsha Richardson 708-6621

Website: www.lhrvg.com



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

Our volunteers look forward to another year of rewarding intergenerational experiences as we support students so they can realize their full potential and exceed academically. What a productive way to think of this new year! We applaud all the men and women who have shared their time, talents and gifts for a job well done. We invite you to give tutoring a try as we place residents throughout the school year. Making a commitment to volunteer is flexible and individualized to meet your needs, lifestyle and interests.

Mark your calendars with these important dates: It's the Lifestyle (Club and Community Expo) on February 28, 10:00 AM-1:00 PM. Visit our display and meet some volunteers. The Celebration Picnic

for all volunteers will be at the Sports Pavilion, June 7 from 5:00-8:00 PM. Our annual meeting will be September 14, at KS from 10:00 AM-12:00 PM and Scott Lehman, Superintendent of WPUSD will be our speaker. He will be addressing Measure N and how the money will be allocated. Everyone is invited!

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



SCOOP

Anne Touloukian, with Guide Dogs 4 The Blind, will be our first speaker of the year at our meeting Tuesday, February 7, 11:00 AM in the Fine Arts Room (OC). Ann will share a lot of information about the organization, puppy raising, and what it takes to pass all the necessary training. There are several local groups of volunteers in our area who serve as puppy raisers, including Anne and her husband Scott. She should have a puppy with her. It will be a very interesting presentation.

The SCOOP board is in the process of planning our events for 2017. If you know of a person or organization that would be of interest to our group, let us know.

We meet every other month. Happy New Year to you and your furry companions!

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

The Scrabble Group meets on Mondays at 1:00 PM in the Card Room (OC). All materials are provided. No reservations needed. Newcomers welcome! Play one, two, or more games.

We enjoyed a holiday lunch at Meridians in December with 12 of our players.

Come try out a game of Scrabble in the new year!

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



Softball

With 2016 firmly in the record books, we look forward to our 18th year of softball. The Board is busy with plans for our Opening Day and

organizing the 2017 Summer League. Applications for play this year are available on the website and should be submitted not later than February 17. You can download the form and submit it per the instructions. If you have questions, please contact any LHSSL Board Member.

If the weather permits, Sunday practices are being scheduled, 10:00 AM-12:00 PM. If you have not seen the new website, please take the time to visit it. Wendy Green and George Sylvia did a very nice job of updating and organizing it. Questions or comments should go to Wendy.

Contact: Wendy Green, wendygreenLHSSL@yahoo.com

Coyotes

The organizational meetings for the 2017 season show an ambitious schedule with teams playing their first games in late February and early March. We are trying to field five teams this year with the introduction of an 80s Coyote team headed by Bob Hunter and Larry Manley. All teams are practicing at Del Webb Field on Fridays and Saturdays, weather permitting. If you are interested in participating in the Coyote program for 2017 please see the LHSSL website for further information.

Contact: Bec Cannistraci, beccannistraci@sbcglobal.net
Website LHSSL.net



Sports Car

The final 2016 meeting of the LHSCG was a combination Meeting and a *Holiday Evening* held at the Catta Verdera County Club. After being greeted by Santa and reminiscing about Tour and Social Events members enjoyed a delicious sit down dinner followed by the final LHSCG Meeting for the year.

After thanking outgoing Board Members, Treasurer Mary Olsen and Historian Randy Lucchetti, the 2017 Board of Directors were introduced. The 2017 Officers are President Gary Musser, Vice President Tom Breckon, Secretary Rob Phillips, Treasurer Marie Ramos, Event Chair Dave Steinkraus, Historian Rich Hoffman, Social Chair Kathy Mason and Webmaster Ron Goleno.

The party continued after the meeting as Members took to the dance floor.



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



Tap Company

Performing Arts Presentation
by Barry Mackintosh—Free. To

thank you for your past support and acquaint more of you with them, the Lincoln Hills Community Chorus, Players Group, Tap Company and Vaudeville Troupe invite you to a free presentation at the P-Hall (KS) on Friday, January 27 at 3:00 PM.



Thanks to Mary Olsen for four years as Treasurer; 2017 LHSCG Board; Members; the Board is ready for 2017

While the calendar said there were a number of days left before New Year's Eve the party-goers celebrated early with streamers, noisemakers and flashing 2017 glasses. Plans are already in the works for Social and Tour Events for the upcoming year.

By Rob Phillips.

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



Table Tennis

We invite you to consider table tennis as a great way to increase your fun level and build a better brain at the same time. Never played? No problem. Call Tim Frank for a lesson, 408-2765. We play Tuesdays 6:00 to 9:00 PM, Fridays 8:00 to 11:00 AM and Sundays 1:00 to 5:00 PM at KS. You will learn basic body positions, how to hold your paddle and how to serve the ball. In a few months, some of us will be going to some of the U.S. Table Tennis matches at Inderkum High School in Sacramento. If you would like to know more about this event please call Warren Akey at 408-1658 and he will get you the information. We hope to have several cars going.

Have a great new year and put some "ping" in your "pong"!



Yvonne Krause-Schenk, Celeste Martella, Natalie Grossner, Ron Hanson, Jackie Lamb, Sid Frame

These four groups, coordinated by Performing Arts Council, entertain our community with song, dance, drama, and comedy in scheduled productions every year. Many of you have long enjoyed their performances, which regularly fill the OC Ballroom and Presentation Hall (KS).

Even those familiar with them will appreciate this opportunity to see and learn more. Representatives from each group will explain their mission and give you a taste of what they do—just enough to whet your appetite for another of their regular productions.

Afterward you're invited across the hall for free refreshments and conversation with the group's directors and performers. You can find out what's involved in participating, whether on stage or behind the scenes. Or just thank our talented performing arts groups for all the entertainment they've provided over the years.

Sound like a good idea? See you on the 27th.

Contacts: Natalie Grossner 209-3804,
natalie_g@msn.com; Jennifer Lauchner
543-2858, jenniferlauchner@yahoo.com



Tennis

Time for LHTG members to think spring by getting ready to play in our first 2017 tournament. The Valentine's Tournament will be held on Saturday, February 11, and mixed doubles will be the format of play. Flyers with information will be sent.



2017 LHTG Board: Pam Flaherty, President; Cathy Garrison, Finance; David Mateer, Tournaments; Social: Polly Smith/Pam Geernaert; Communications: Barbara Davis

Drop-in tennis on Wednesdays and Saturdays—9:00 to 11:00 AM, on courts 1, 2, 8 & 9. A great venue for "newcomers" to meet "old members" and enjoy good tennis. Ask about LHTG membership and all it provides—dues are \$12. Check out website www.sclhtg.com for all information.

Thanks to Rene Fuog, USTA coordinator and ball machine contact. And, Bob White, LHTG webmaster. Both serving second terms.

LHTG thanks our 2016 tournament sponsors: Lyon Real Estate/Vitek Mortgage, Mr. Pickle's Sandwich Shop and Schack Physical Therapy. We had a great year!

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



Veterans

Norris Burkes, who served as an Air National Guard chaplain in Afghanistan, will be the featured speaker at the January 19 general membership meeting in the P-Hall (KS) at 1:00 PM.

As a military and hospital chaplain, Burkes routinely observes stories of faith in the everyday lives of real people. He tells those faith stories in a humorous, hope-filled, and honest way.

As a hospital and military chaplain and a syndicated columnist in 38 secular newspapers around the country, he has been successful in communicating shades of the

sacred with his audiences.

Burkes is a Sutter hospice chaplain and the author of *Hero's Highway*. He retired from the Air National Guard in 2014.

Come early and enjoy a half hour of socializing with your fellow vets beginning at 12:30 PM.

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



Water Volleyball

Welcome in 2017, for it will be an exciting new year! Be sure to update any contact information that is not current through Mike Mosca, as he is our new Membership Chair. Mel has some exciting plans in store towards competitive play training.

The club is in need of a volunteer for the Communications Coordinator position. Please contact Claudia if you would be willing to help out. The board could sure use your help. Also be sure to provide your dues of \$20 to Henry, if you have not yet paid for 2017.

As of January 2016, we discontinued our "drop in policy" for new players. Please contact Rhonda George, our recreational



Jeanne Reinhardt goes up for the ball at the William Jessup Match; Harriet Rogers, being the perfect hostess to the Lady Warriors; Sidne George helps orient the Lady Warriors to our pool

level coordinator. Her contact information is below. She will help you through the orientation process. Then she will set you up with Harriet Rogers to be rated.

New Members contact Rhonda George at (907) 242-3161, or rhonda.l.george@gmail.com.

Photos are of the William Jessup match September 2016, by Charlie Schuman.

Contact: Claudia Berndt 408-5948, clberndt@yahoo.com

Website: www.lhwatervolleyball.com



Woodcarvers

Although club members carve items of their own choosing, a club project was suggested and many members carved one or more of an item called a comfort bird. This was a small stylized bird sanded smooth and either



Rough cutout and some completed birds; A flock of completed birds

finish painted or polished. These little birds are a joy to hold and may give comfort to people who are anxious or have been through trauma. They are also used by people in physical pain, who may be grieving a loss or facing end of life. The comfort birds carved by members were donated to Sutter Hospice to be delivered in the local area.

Woodcarvers Club has a very large

library of magazines and books as well as some DVD's that may help inspire the current project or the next one.

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

Contact: Dick Skelton, 626-0895



Writers

Welcome this new year filled with your stories, poems and written explorations! Let those creative imaginations run wild and come share them here in the Writers Group.

There will be poetry, adventure stories, science fiction and everything in between. You'll soon have more inspiration for your own writing than you ever thought possible. A couple of our writers will be bringing recent medical experiences; Tom hobbling around on crutches and Andy with a great new heart valve. There are bound to be some wonderful stories from those two.



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

Just come as you are and share a few copies of your work with the group. Keep to under 1,500 words so everyone will be able to present their story too. Don't let the thought of receiving suggested changes keep you from sharing your work. 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, frededee@gmail.com; Susan Gust, srg2266@gmail.com

Imagine a cancer center designed by cancer survivors. It's here.



Welcome to the new Sutter Cancer Center, Roseville

Together with cancer survivors, doctors and health care professionals, we created an advanced center for cancer treatment in a peaceful, healing environment. The center provides everything you and your loved ones may need in one convenient location. Our genetic counselors, nurse navigators and financial counselors are here to help you every step of the way.



Sutter Cancer Center, Roseville

8 Medical Plaza Dr., Roseville, CA 95661
916-781-5000



To learn more about the new destination for cancer care visit sutterroseville.org/CancerCare

Bulletin Board

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

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 this year 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 Lobby or KS Library. These returns will be filed electronically (e-file) with the IRS and California FTB.

Caregiver Support Group

The Lincoln Caregiver Support Group will be meeting on January 19, 9:00-11:00 AM. We meet at the Twelve Bridges Lincoln Library the third Thursday of each month. Anyone who is caring for a loved one with any ailment is welcome to attend. The statistic is that 65% of all caregivers will have something happen before their loved one due to the stress. Come join others who are walking this journey. We have many resources and this month are privileged to have Jamee Horning of Senior's First with us to share how they can assist in your journey. You will need to enter through the back door employee's

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, January 24** • **11:00 AM** Eskaton Village, Solarium (OC)
- **Thursday, February 2** • **11:00 AM** Retirement Funding Solutions—Reverse Mortgage Seminar, Oaks (OC)
- **Wednesday, February 8** • **6:00 PM** Senior Cruise Experts, Oaks & Gables (OC)

entrance. More info: Brenda Cathey, 253-7537.

Glaucoma Support Group

Living with Glaucoma can sometimes present challenges. If you are looking for a place to find out how others face those challenges, please join us. Our February 8 meeting will be held at 4:00 PM in the Multimedia Room (OC). More info: 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. At GriefShare, you'll learn valuable information that will help you through this difficult time. A new group starts on February 7 through May 2. We meet each Tuesday from 9:30-11:30 AM at Granite Springs Church, 1170 E Joiner Parkway, Lincoln. Contact: Cheryl Edwards, 505-5777 or LincCa.GS@gmail.com.

Lincoln Democratic Club

Supervisor Robert Weygandt will be our guest speaker Thursday, January 19. He will discuss draft plans for the Sunset Area Plan recently presented to the Placer County

Supervisors. The Sunset Area includes plans for residential, entertainment, corporate, educational and industrial districts. The area covers 8,900 acres in unincorporated Placer County between the cities of Roseville, Rocklin and Lincoln. Come hear what's in store for Placer County. We meet at 6:30 PM in the Placer Room (KS); meeting starts at 6:45 PM. For questions, see our club website www.democraticclublincolnca.org/ or email Al Witten c/o lincolndems@gmail.com.

LH Italian Club (LHIC)

Grab your sweetie, brush up on some of your best dance moves, and join us at our "Senior Prom," on February 17 at OC. Have a photo from your high school senior yearbook? Email it to Karen Zimmerman at bobzkarenz@att.net. And if you like having fun with a bunch of friends, then prepare for March's Pizza Party, on the 18th at KS. If you are of Italian heritage, and are interested in any of these events, check the club's website at www.lhitalianclub.org for more information about these events or any club-related questions.

Lincoln Multiple Sclerosis Group

Feeling a bit low after the Holidays? The February 7 Multiple Sclerosis meeting is going to focus on Multiple Sclerosis and your emotions. All are welcome on Tuesday, February 7 at 1:00 PM in the Sierra Room (KS). Jeri Di Fiore, Group Leader. More info: Marilyn Sharp, 837-4464.

Movie Lovers Group

Movie Lovers Group meets monthly the second Thursday of the month, 6:00-8:00 PM. Next meetings: February 9, March 9. 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."

Continued on page 45



Bingo in the Ballroom

Tuesday, January 31 • 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, Tuesday, January 31. 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, call Klara to reserve a table: 408-4496.

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Michael Renyer
343-6044
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Bill & Jan Rexrode
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Loree Risi
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Holly Stryker
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#01900767



Margaret & Karl Thompson
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#01483633 / #01033383



Doreen Traxel
698-0801
#00822877



Tangi Walker
316-1112
#00620609



Tony Williams
521-3400
#01390054



Sharon Worman
408-1555
#00905744

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~ Community Perks ~

KS Classic Movies on Saturday: Same Time Next Year Saturday, January 21 — Free



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



Readers Theater—Mr. & Mrs. Smith Saturday, February 11—7:00 PM — Free Sunday, February 12—3:00 PM — Free



P-Hall (KS). What did we do when there was no TV and no smart phones? The whole family gathered around the radio to listen to their favorite show. Let us transport you back to the 1940s to listen to a great comedy, Mr. & Mrs. Smith. The Players' Readers Theater will take you right into the studio where the show is broadcast. And here's the best part—it's absolutely free! So come listen to the old time radio and watch our talented cast.



Document Destruction Monday, January 23



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

New Time and Location! Coffee with the Mayor Thursday, January 26 — Free Thursday, February 23 — Free



8:00 AM, Community Living Room (KS). SCLH resident, Peter Gilbert is the new mayor for the city of Lincoln. Please join him at his monthly *Coffee* meetings the 4th 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 the Mayor will introduce the city's new Chief of Police. After the meeting, please join our SCLHCA Board of Directors at their monthly meeting at 9:00 AM in the P-Hall (KS).

Performing Arts Presentation Friday, January 27 — Free



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



Now Two Showings! KS at the Movies: Money Monster Saturday, February 4—6:00 PM — Free Monday, February 6—1:30 PM — Free



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



KS Classic Movies on Saturday: Michael Clayton Saturday, February 18 — Free



1:30 PM, P-Hall (KS). Rated R, 119 minutes—Crime/Drama/Thriller. Starring George Clooney, Tilda Swinton, Sydney Pollack, 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.



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: 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.



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 big 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. In the end it takes a rich nutty jazz baby like Muzzy to unravel all these complications, give a great party, and match up lovers.



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Continued from page 41

Recently we reviewed "Arrival" and "Billy Lynn's Long Halftime Walk." 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.

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 between 12:00 and 4:30 PM, Wednesdays 12:30-4:30 PM, and the Sierra Room (KS) Fridays 8:30-11:30 AM. Bring your own resources and meet your friends and neighbors to play. All SCLH residents are welcome. Tables are first-come, first-served.

Parkinson's Support Group

Start the new year out right with good information! The Lincoln Parkinson's Group will be meeting on January 17, 10:00-11:30 AM at Granite Springs Community Church on E. Joiner Parkway. Those with Parkinson's and their caregivers are invited to come. This month we will have Jamee Horning from Seniors First share the ways that they can assist you in your journey. Senior's First is a non-profit organization in Placer County and has a great number of services. Come and join us! More info: Brenda Cathey, 253-7537.

Racquetball Group

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

Shalom Group

We start the new year with a warm welcome to current members and we welcome all residents of SCLH to join our group. You don't have to be Jewish to enjoy the festivities, educational opportunities, and friendships in this social group. We have general evening

meetings bi-monthly at KS and special events in between. Some activities are bowling, bocce ball, miniature golfing, hiking, spectator sports outings, game night, ice cream socials, cooking classes, informative presentations/discussions, Chanukah Party, Passover Seder and more!! We have a Men's Group and most recently, a Women's Group ("Women Together"). More info: Vida Morrison, 984-1043.

Shooting Group

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

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

In Memoriam

Harlan Johnson

A South Dakota native, Harlan attended the University of South Dakota where he played football and other sports. He spent his career as an engineer for 36 years at AT&T. Harlan loved golfing, fishing, and especially spending time with family. He volunteered for Neighbors InDeed and he and Charlotte volunteered for the Summer Concert Series here. They were married for 21 years and besides Charlotte, he leaves his children, grandchildren and 18 great grandchildren.

Bill Martin

Born in Illinois, Bill served in the Army Air Corps during World War II. Afterwards he used the G.I. Bill to get his education at the University of Southern California. He had several jobs during his career. At Sears he set up the first charge account system. He worked with Civil Engineers and retired as Vice President of a tech company. Bill and Laurie were among the first residents here and Bill worked with Del Webb on our street designs. Bill was a member of Rotary, Lions and St. Vincent De Paul. He enjoyed camping, fishing, golf, and traveling. He leaves his wife, Laurie, five children, two stepchildren, and 18 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.

John Blake Shroyer

John was born in Glendale, California and he was an alumnus of Fullerton Junior College and UCLA, and spent eight years in the Navy Reserve. He worked at the Bank of America in San Francisco for 25 years, Hibernia Bank in Petaluma for seven years and Sanwa Bank in San Francisco for eight years before retiring. He and his wife of 45 years, Elena, lived in Pengrove, California before moving here. John volunteered for the Lincoln Police Department and volunteered to license golf carts. He played softball with the Coyotes for four years. He really enjoyed golf, Mexican train, cribbage, dominoes, and was an avid fisherman. John also enjoyed cruising and reading. He is missed by Elena, three sons and wives, and four granddaughters.

Regina Rebecca Werthman

Regina "Jean" Werthman recently passed away at age 96. Born in Schenectady, New York, she was one of the original residents of Lincoln Hills. She will always be remembered for her sense of humor, her exceptional Bridge expertise with beloved partner, Elmer, and her monthly wine socials. As she always said, "It's 4:00 somewhere." Predeceased by her husband Lewis and daughter Toby, she is survived by her son, daughter-in-law, son-in-law, five grandchildren and five great grandchildren.

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Entertainment

—Comedy—

KS Comedy Night An Evening with Sandy & Richard Riccardi

Tuesday, January 17

6:00 PM Show — 5517-11A

8:00 PM Show — 5517-11B



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

—Peter Leavy, New York. Sandy and Richard are here to make you scream with laughter

and tap your toes to their all-original, all-comedy cabaret, describing their cracked and bushwhacked road to marital bliss, social consciousness, and menopause. With well over five million views on YouTube, their unique juxtaposition of modern, socio-relevant lyrics, and tune-smithy jazz piano/vocal arrangements will charm your socks off. Richard has accompanied such entertainers as Joel Grey, Tom Jones, Martha Raye, Mel Torme, Robert Goulet, and Wesla Whitfield. Sandy Riccardi spent 11 years on the NYC musical theater circuit, performing with the New York Gilbert and Sullivan Players, Playwright Preview Productions, and Westchester Broadway Theater. A night of fun and music! Save \$1 off \$4 or more at KS Café on show night. 6:00 PM and 8:00 PM performances. P-Hall (KS). Reserved seating, \$16.

KS Comedy Night The Award-Winning Comedy of Jason Love

Thursday, February 16

6:00 PM Show — 5516-12A

8:00 PM Show — 5516-12B



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

Concerts—

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



Tuesday, January 24 — 5524-11

AJ Swearingen and Jayne Kelli recreate the music, memories, and magic of the most famous folk-rock duo of our time, Simon and Garfunkel. Swearingen has been performing this music for 20 years with mastery of Paul Simon's intricate guitar playing. His deep baritone blends perfectly against Kelli's angelic vocals, which invoke a true sound in the spirit of Art Garfunkel. The duo has been performing music together since 2010.



Together and separately, they have shared the stage with Kenny Rogers, Crystal Gayle, Livingston Taylor, John McCutcheon, and many more. Two voices in perfect harmony balanced against one acoustic guitar delivers a true tribute to the sound of the 1960's Greenwich Village, NY coffeehouse performances. Enjoy such hits as, "Homeward Bound," "Mrs. Robinson," "Bridge Over Troubled Waters," and "Sounds of Silence." Concert 7:00 PM. Ballroom (OC). Premium Reserved Section sold out. **General admission, \$20.**

The Bird Dogs Present The Everly Brothers Experience



Thursday, February 2 — 5502-12

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

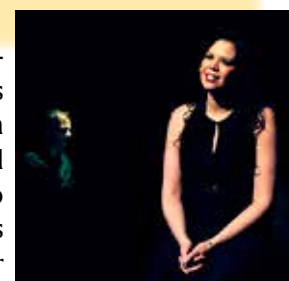


Sacramento Theatre Company's I'm The Greatest Star! Showbiz Divas & Dames



Friday, February 10 — 5510-12

We are proud to bring a special presentation of Sacramento Theatre Company's Cabaret production to our very own Ballroom. From Ethel Merman to Carol Channing, from Bernadette Peters to Kristin Chenoweth, Show Business has long-produced leading ladies known for their artistry, big personalities, and that certain "It" factor. Enjoy



STC SACRAMENTO THEATRE COMPANY

Continued on page 48

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

great music, from toe-tappers to powerhouse ballads, in this evening that reminds us...“There is nothing like a Dame!” Starring Kayla Johnston, Martha Omiyo Kight, Michael Laun, Miranda D. Lawson, Claire Soulier, Nicole Sterling, with Jeremy Bolt on Trumpet and Bass and Musical Direction by Samuel Clein. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$25. General admission, \$22.**

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.**



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.**





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

Day Trips

—Casino/Races—

Colusa Casino

Thursday, March 9 — 18017-01

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.



—Museum—

Legion of Honor “Monet: The Early Years”

Tuesday, March 14 — 176417-12

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



—Performances—

Sleeping Beauty — Russian National Ballet Theater Harris Center

Wednesday, February 8 — 1701-11

In the great tradition of Russian ballet, this accomplished company performs the classic Fairy Tale *Sleeping Beauty* set to Tchaikovsky's magnificent score. Founded in Moscow in the late 1980s, the Russian National Ballet Theatre is committed to both preserving the timeless tradition of classical Russian ballet and features more than 50 dancers. Join us for an afternoon matinee performance with middle-orchestra seating at the Harris Center for the Arts in Folsom (formerly Three Stages). Leave OC at 12:15 PM, return ~5:45 PM. \$98.



Chinese New Year—San Francisco Sunday, March 5 — 185117-12

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



Music from Downton Abbey Sacramento Community Center Theater Saturday, March 18 — 1794-11

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



Sister Act—State Theater, Auburn Saturday, March 25 — 186917-01

The State Theatre Acting Company and the Auburn Placer Per-

Continued on page 52

forming 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.



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.



Hamilton **Orpheum Theater, San Francisco** **Wednesday, June 7 — 189917-01**

Winner of 11 Tony Awards and the 2016 Pulitzer Prize for Drama, *Hamilton*, one of Broadway's biggest hits comes to San Francisco's Orpheum Theater on a limited engagement. From the mind of Lin-Manuel Miranda and Ron Chernow's landmark bestselling biography comes a new musical about the scrappy young immigrant who forever changed America, Alexander Hamilton. Matinee performance, dinner on own at Union Square after the show. Bring your own lunch to eat en route to theater. Leave OC at 10:45 AM, return ~ 10:00 PM. \$325.



See below for information regarding lottery sign-up dates.

Hamilton Ticket Guidelines

Due to high ticket demand, tickets will be awarded by lottery.
Any questions regarding the trip or final placement on the lotto should be directed to our Trip Coordinator, Katrina Ferland at KatrinaFerland@SCLHCA.com or 625-4002.

Lottery Enrollment

- Lottery registration begins January 23 at 8:00 AM and closes at 8:00 PM January 24;
- Lottery enrollment is available at the Activities Desks, and Lifestyle Online.
- Please complete a Lotto Entry form.
- Lottery enrollment is free.
- Per standard trip enrollment guidelines, lottery winners will be entitled to a maximum of two spaces.

Trip Enrollment

- Lottery will be drawn January 25 at 8:00 AM.
- Lottery winners will be contacted by Katrina Ferland via phone/email on January 25.
- Once notified, winners must pay for the trip no later than 8:00 PM on January 31.
- Payments must be made at the Activities Desk (OC/KS).
- After January 31, any unpaid tickets will be awarded to the next lottery space and the recipient will be notified on February 1.
- The bus will be loaded based on lottery drawing order.

Refunds and Ticket Handling

- Due to exceptionally high interest in this trip, and to uphold the contractual agreement with our ticket vendor, ticket exchanges and transfers will be processed through the Association by Katrina Ferland or Lavina Samoy.
- Show tickets will only be handed out at the time of bus boarding.
- Residents who missed the window for the lottery may be added to the waitlist.

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Broadway Sacramento 2016-2017

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Kinky Boots

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

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A Gentleman's Guide to Love & Murder

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

The Bodyguard

Tuesday, April 18 — 1793-06D

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



The Phantom of the Opera

Tuesday, May 23 — Sold Out!

—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



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.

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.

- **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—

Buck Institute—Novato

Thursday, February 9 — 172517-12 — Sold Out

Tulipmania!

Pier 39, San Francisco

Sunday, February 12 — 178117-12

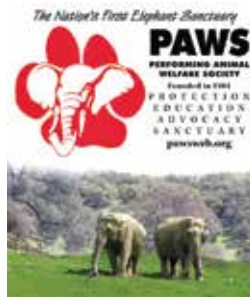
Pier 39 comes alive with the vibrant colors of more than 39,000 blooming tulips and seasonal garden favorites during Tulipmania! Enjoy the flowers' beauty and learn helpful gardening tips by taking free guided and self-guided tours. You'll also receive a free Pier 39 Fun Pack coupon booklet. Shop, have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



Performing Animal Welfare Society Open House

Saturday, March 11 — 177517-01

Join us on a very special visit to the Performing Animal Welfare Animal Sanctuary (PAWS) in San Andreas gold country. At PAWS sanctuaries, rescued animals live in peaceful and natural habitats, free from fear, chains, and harsh confinement. They are at complete liberty to act out natural behaviors in the comfort of their individually designed enclosures. PAWS animals are not bred, traded, sold, rented or forced to perform in any way. Groups get to arrive one hour before the general public for this special open house. Our tour bus will take us through the ARK 2000 facility



to visit the bear, lion, tiger, leopard and elephant habitats. Once you exit, the bus you will be walking on grass, dirt, gravel, and some paved surfaces, *so please wear comfortable shoes*. PAWS staff and volunteers will be on hand to tell you about the animals and answer questions. A gift shop area will be available for some souvenirs during the tour. Box lunch from Meridian's included to allow you more time with the animals. Boxed lunch includes choice of *Turkey or Roast Beef Sandwich or Vegetarian Wrap*. Comes with fruit, bottled water and dessert. Trip size is limited to 33 people. Leave OC 7:45 AM, return ~ 4:30 PM. \$87.

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.



—Overnight/Extended Travel—

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Musical Legends—Road trip to Vegas

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

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



Trip Package includes:

- Ten meals (three breakfasts, four lunches, three dinners)
- Lunch at Black Bear Diner
- Overnight stay at Red Lion Bakersfield—next to the



Continued on page 58

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- Entrance to Buck Owens Museum at the Crystal Palace



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

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

Leave OC at 8:45 AM, Tuesday, February 21, return Saturday, February 25 ~ 4:30 PM. *A signed liability waiver is required for each participant.* Two price options based on seating for the Reba/Brooks & Dunn show. Second Mezzanine Rows H-K \$842 per person double occupancy, \$1037 single. First Mezzanine seating \$888 per person double occupancy, \$1083 single. Pick up detailed trip itinerary, seating chart, and menus at activities desk. Trip insurance highly recommended. Trip insurance providers list from the US State Department is available at Activities Desks or view online.

Just added! Three days, two nights!
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 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**
- **Sacramento Speaker Series — Jay Leno**
Wednesday, January 18 • 6:45 PM — 1730-1733.04
 - **Leland Stanford Mansion**
Monday, January 30 • 9:00 AM — 1700-11A
 - **Kinky Boots**
Tuesday, January 31 • 6:45 PM — 1793-06B & BB
 - **Buck Institute**
Thursday, February 9 • 7:45 AM — 172517-12
 - **Leland Stanford Mansion**
Monday, February 13 • 9:00 AM — 1700-11B
 - **Five Irish Tenors**
Tuesday, February 28 • 6:00 PM — 1786-10
 - **Gentlemen’s Guide to Murder**
Tuesday, March 7 • 6:45 PM — 1793-06C
 - **Phantom of the Opera**
Tuesday, May 23 • 6:45 PM — 1793-06E & EE

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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.

Art

—Announcement—

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

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



—Drawing—

Beginner Drawing Thursdays, February 2-23 — 132217-01

6:00-8:00 PM (OC). \$52 (four sessions). Instructor: Michael Mikolon. The artistic journey starts with basics of drawing. Drawing is about observing. We will focus on materials and techniques and developing your sense of design. Learn to look at shapes that make up your subject and translate what you see into an accurate depiction with the understanding of measurement and proportions, use of line and shadow and developing good daily drawing habits. Live demos will be performed weekly



showing how to use materials with one-on-one instruction. Supply list available at Activities Desks and online.

Mixed Media

Art Journaling

Tuesdays, February 14 & 28 — 143117-01

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, February 1-22

9:00-11:30 AM Class — 113117-01

Or 1:30-4:00 PM Class — 113217-01

AM and PM sessions are not interchangeable. (OC). \$52 (four 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, February 6-27 — 105117-01

9:00-11:30 AM (OC). \$52 (four sessions). Instructor: Barry Jamison. Let out your creative soul and have fun doing it! Learn

Continued on page 63

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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

“Aurora Over Glaciers” Friday, January 27 — 122117-12

“Aqua” Friday, February 24 — 122217-01

5:00-8:00 PM (OC). \$55. Instructor: Unni Stevens. Relax and enjoy cheese and wine while painting. This style of casual learning is a popular past time for first-timers and seasoned artists, alike. Paint a finished acrylic painting in one day, with step-by-step instruction from a professional artist, who will teach you how to mix colors, use media, brush stroke techniques, use of pallet knife, and offer students help and advice. All supplies are included, and will be set up and ready to go when you arrive. Canvases will be under-painted and ready to hang. Class fee includes a glass of wine, a selection of cheese, crackers and fruits. Extra wine available on a pay-as-you-order basis. *About the Instructor:* Artist Unni Stevens studied art in Norway, Japan and at the Laguna College of Art. She has been painting, teaching and selling her art for over 30 years and has been a member of the High Hand Gallery for four years. More info: www.unniart.com.



—Watercolor—

Beginning Watercolor Painting

Thursdays, February 2-23 — 131117-01

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



by the instructor during class. *About the Instructor:* Artist Michael Mikolon is an accomplished watercolorist and owner of 12th & S Art, in Downtown Sacramento. Supply list available at the Activities Desks and online.

Ceramics

—Lladro—

Spanish Oil Painting

Wednesdays, February 1-22 — 206117-01

1:00-4:00 PM (KS). \$40 (four 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, February 7-28 — 212117-01

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

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



Advanced Ceramics

Tuesdays, February 7-28 — 212217-01

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, February 2-23 — 221117-01

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Terry Accomando. Open to all skill levels. The class teaches hand-building techniques and working on the potter's wheel. Students are encouraged



Continued on page 64

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, February 6-20 — 317117-01

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. Have you ever wanted to make a greeting card, but you just weren't sure how to get started? Then this class is for you! This class will teach all of the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards and/or 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, February 7-21 — 317217-01

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. **Prerequisite:** Completion of at least three-to-four sessions of Intro to Card Making 101—Level 1, or instructor's approval. This class will build on your card making skills, while introducing you to some new and different card making and paper craft techniques. This class is not for beginners. Class size is limited, so sign-up early to reserve your space. All supplies will be provided.



Card Making Level 3 — Intermediate/Advanced

Wednesdays, February 8-22 — 317317-01

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. **Prerequisite:** This class will build on your skills from Level 2, while introducing you to some new and different card making and paper craft techniques. This class is **not** for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided.



Card Making Level 4 — Advanced

Fridays, February 10-24 — 317417-01

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. **Prerequisite:** This class is designed for the more

experienced card maker and for those who have completed Levels 1 through 3, or have instructor's approval. The class will continue to build and explore different card making and paper craft techniques, dies, inks, and much more. Class size is limited, so sign-up early to reserve your space in the class. All supplies and equipment will be provided.

—Flower Arranging—

Sweets and Blooms

Monday, February 6 — 301017-01

10:00 AM-12:00 PM (KS). \$25 plus supply Fee \$20. Instructor Selia Yrlas and Jennifer Steele. Join us this month to make an adorable floral arrangement adding sweet treats to give to any of the sweethearts in your family or to friends. It will surely warm the heart to receive this lovely and unique creation that we will go step by step in helping you make. Beginners welcome. Instructors Selia and Jennifer enjoy sharing their love for flowers with others. Hope to see you there. Shears not included.



—Cooking—

Fowl in Love with Cooking with Chef Ian

Tuesday, February 21 — 322117-12

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



Dance

—Clogging—

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Beginning Clogging

Tuesdays, February 7-28 — 332117-01

10:00-11:00 AM (KS). \$21 (three sessions; no class February 21). 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.





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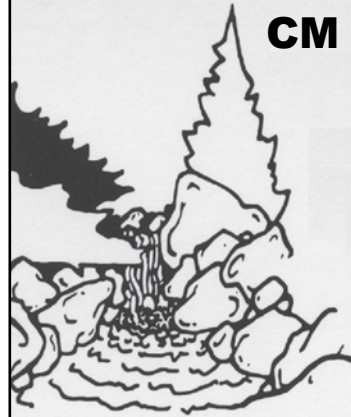
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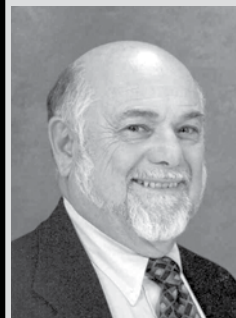
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Easy-to-Intermediate Clogging**Tuesdays, February 7-28 — 332217-01**

11:00 AM-12:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We'll also learn new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate. 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, February 7-28 — 332317-01**

12:00-1:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval. Students are strongly encouraged to take 11:00 AM class. Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events. 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, February 6-27 — 344217-01**

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, February 6-27 — 344417-01**

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

**Country Line Dancing****Fridays, February 3-24 — 346117-01**

3:00-4:00 PM (KS). \$18 (three sessions; no class February 17). 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, February 2-23 — 353517-01**

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

Dance for Life Intermediate**Fridays, February 3-24 — 354717-01**

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

—Hula—**Hula Basic****Thursdays, February 2-23 — 390117-01**

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

**Hula****Thursdays, February 2-23 — 390217-01**

1:00-2:15 PM (KS). \$40 (four sessions). Instructor: Pam Akina. Begin or continue your study of hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and

Continued on page 69



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motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for mind, body, and spirit! Performance techniques are also shared and occasional performance opportunities are available for students. **Not open to new students.**

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

—Jazz—

Jazz Class for the Beginner

Thursdays, February 2-23 — 353017-01

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

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

Jazz Performance

Tuesdays, February 7-28 — 353117-01

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

Next Intro to line dance dates start in March.

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, February 6-27 — 370117-01**
9:00-10:00 AM (KS). \$24 (four sessions).
Instructor: Yvonne Krause-Schenck.
- **Thursdays, February 2-23 — 360117-01**
2:30-3:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish.
- **Tuesdays, February 7-28 — 380117-01**



9:00-10:00 AM (KS). \$28 (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, February 6-27 — 360217-01**
5:00-6:00 PM (KS) \$24 (four sessions).
Instructor: Audrey Fish.
- **Wednesdays, February 1-22 — 380217-01**
9:00-10:00 AM (KS) \$28 (four sessions).
Instructor: Sandy Gardetto
- **Thursdays, February 2-23 — 370417-01**
10:00-11:00 AM (KS). \$24 (four sessions).
Instructor: Yvonne Krause-Schenck

Easy Intermediate Class

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

- **Wednesdays, February 1-22 — 380317-01**
10:00-11:00 AM (KS) \$28 (four sessions).
Instructor: Sandy Gardetto

Intermediate/Advanced Class

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

- **Thursdays, February 2-23 — 360317-01**
3:30-4:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish.

Line Dance Instructors

- **Audrey Fish**

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



Continued on page 70

completing an eight-week line dancing intervention.

• **Sandy Gardetto**

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



• **Yvonne Krause**

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



—Tap—

Tap Classes with Alyson

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



Beginning Tap

Thursdays, February 2-23 — 410117-01

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

Technique Classes

- **Mondays, February 6-27 — 410517-01**
10:00-11:00 AM (KS). \$32 (four sessions).
- **Tuesdays, February 7-28 — 410217-01**
10:00-11:00 AM (KS). \$32 (four sessions).
- **Thursdays, February 2-23 — 410817-01**
11:00 AM-12:00 PM. (KS) \$32 (four sessions).

Glass Art

Fused Glass and Stained Glass Workshop

Monday, February 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, February 20 — 495117-01

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, February 6-27 — 494117-01

1:00-4:00 PM (KS). \$58 (four sessions). Supply fee: \$10 payable to instructor. Instructor: Jim Fernandez. Requirements: No open toe shoes or short pants. Come learn the art of stained glass. We will be learning the technique of cutting glass, foiling 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.



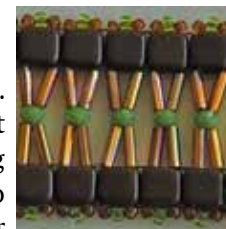
Jewelry

—Beading—

X Marks the Spot Bracelet

Tuesdays, February 7 & 14 — 513317-12

9:00 AM-12:00 PM (KS). \$20 (two sessions). Instructor: Cathie Szabo. Calling all bracelet lovers! Flat two-hole beads form the frame along a parade of bugle bead X's. The possibilities to make this your own are endless – choose your color combo, vary the length of the bugle beads - do it your way! Beginners who are comfortable handling smaller beads can make this bracelet. For the more experienced, here's a chance to use up some of that stash! Picture here is a close-up of the



Continued on page 75

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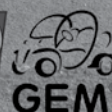


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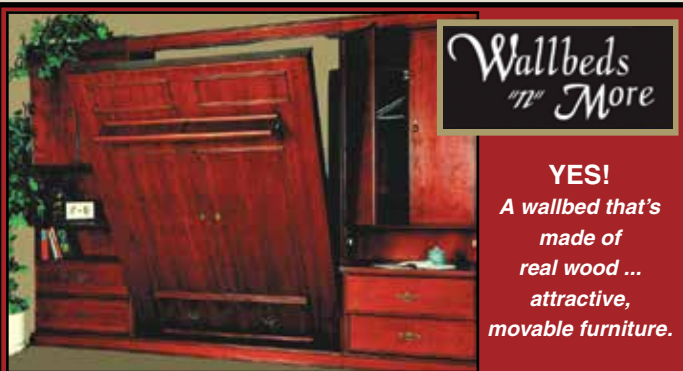
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design - check the samples in OC for the complete look! Be sure you get the proper materials list when you register - look for the name and code # for X Marks the Spot Bracelet as well as the photo of the bracelet.

Tila Checkerboard Bracelet

Tuesday, February 21 — 513217-12

9:00 AM-12:00 PM (KS). \$15. Instructor: Cathie Szabo. Checkers or chess anyone?

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



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.



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The Markets According to Trump

Tuesday, January 24 — 871000-01

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

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.

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, February 1-22 — 535117-01

8:00-10:00 AM (KS). \$44 (four sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. Class is designed for the person who has not played before or hasn't played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory. Recommendations: Nylon string guitars are easier to press down, and allow more room for your fingers and easier access to learn and play chords. The teacher can advise students on the purchase of a guitar if needed. Questions? Call Bill, 899-8383.



Guitar 1B — Continuing Beginner Level

Mondays, February 6-27 — 535717-01

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 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, February 1-22 — 535217-01

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



Guitar 3 — Intermediate

Thursdays, February 2-23 — 535317-01

8:00-10:00 AM (OC). \$44 (four sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. Prerequisite: Instructor's approval. Continuation of knowledge and concepts

Continued on page 76

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, February 2-23 — 535417-01

10:00 AM-12:00 PM (OC). \$44 (four sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. Prerequisite: Instructor’s approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. Continue to study more advanced styles of guitar music plus more advanced versions of ensemble playing, duets, trios, quartets. Questions? Call Bill, 899-8383.

**Folk Guitar for Fun Folks 101
Beginner Class**

Tuesdays, February 7-28 — 536217-01

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, February 7-28 — 536317-01

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 Three)

Wednesdays, February 1-22 — 521417-12

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



—Voice—

Singer Vocal Boot Camp Continuation

Fridays, February 3-24 — 537217-01

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



Personal Improvement

**Two-day class! AARP Driver Safety Training
Monday & Tuesday, January 23 & 24 — 481017-12**

9:00 AM-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.



Beginning Sudoku

Tuesday, January 24 — 870000-01

9:00-10:30 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Come learn the basics of Sudoku, one of the most popular puzzles in America today. Puzzle layout, logic, and playing methods will be

Continued on page 78

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discussed and reviewed. The instructor's own Box Rule of Two strategy will be taught, making you feel much more comfortable with Sudoku. Come enjoy something the American Medical Association has cited as a worthwhile activity to do every day.



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.

Back By Popular Demand!

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

Wednesday, January 25 — 850000-02

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

Spotlight On Brain Health and Memory

Monday, January 30 — Free

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



New! Memory: The Long and Short of It

Monday, February 6 & 13 — 877400-02

1:00-3:00 PM, Fine Arts Room (OC) \$30. Instructor: Alice Jacobs. This two session interactive workshop will cover current scientific information about memory - including the components of memory, memory changes with age—reviewing normal and

abnormal changes, tips and techniques for improving memory, and new advances in memory diagnosis. Participants will create a personal memory improvement plan. Educational physiologist, Dr. Alice Jacobs is a pioneer in brain wellness and memory training, and is the founder and CEO of Brain Gain™ (www.braingain.info). She has taught health and health-related courses for several universities including private and public institutions.

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.

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 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.

Hormone Balancing

Monday, February 20 — 840000-01

6:00-7:30 PM, Oaks and Gables (OC). \$35. Instructor: Denise Bogard, M.D., FAARFM, ABAARM. Hormonal imbalance is quickly becoming recognized as a serious medical condition. The problems that many men and women previously attributed to aging are now known to stem from imbalanced or depleted hormones. Hormonal imbalance causes many symptoms often associated with aging. Symptoms that can be addressed with **hormone balancing** include: low libido, chronic fatigue, male and female pattern baldness, weight gain, hot flashes, vaginal dryness (women), mood swings, lack of mental clarity, trouble focusing, loss of lean muscle, fibromyalgia, insomnia, and depression. Hormone balancing is a treatment created to rectify this problem by restoring and rejuvenating the body’s natural hormones. The most popular type of hormone balancing treat-

Continued on page 80

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ment is bioidentical hormone replacement therapy. Dr. Bogard is a board certified Anesthesiologist. She attended medical school at the University of NE Medical Center. While she enjoyed the practice of anesthesiology, the hours were demanding and the workload heavy, she found it taking a toll on her own health and sought out an anti-aging, longevity physician to turn her health around. After seeing the effects of healing and return of health, she became interested in the field of anti-aging and regenerative medicine. She completed a fellowship through the American Academy of Anti-Aging and regenerative medicine. Her love for continuing education and improved health has been her goal throughout her medical career.

New! Mindfulness 101

Thursday, March 2-30 — 820000-01

4:00-5:00 PM, OC Aerobics Room \$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.

Presentation

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

Wednesday, January 25 — 541117-12

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



and progress. What does appear on the horizon are reactors that will “burn” their own radwaste and that stored elsewhere, transmuting it to benign elements. A second hour will be given over to questions and discussion with the audience. There will be handouts.

Sewing

—Certification—

Bernina Serger Certification

Monday, February 13 — 591117-01

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

Bernina Sewing Machine Certification

Monday, February 13 — 592117-01

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, February 13 — 593117-01

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

—Quilting—

Finishing Your Quilt

Fridays, February 3 & 17 — 596617-12

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

Technology

—PC—

Windows 10 Basics

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

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

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

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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.



New! Tips and Tricks for Windows 10

Thursday, February 23 — 282117-01

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.



RoboForm

Thursday, January 26 — 286517-12

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

Google Play

Monday, January 30 — 286617-12

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. Google Play is Google's official online store for purchasing and downloading digital media such as music, magazines, books, movies, and television programs. All Google Play content is capable of being shared across Android devices as well as PC and iOS devices. Google Play Music is Google's music streaming service and online music storage. Users can upload and listen to up to 20,000 songs at no cost. In this class instructor, Bob Ringo, will show you how to find your favorite apps and to have your favorite music, movies, and books available everywhere you have Internet access.



Getting Most Out of Gmail

Tuesday, February 7 — 285317-01

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. Prerequisites: Basic computer skills Gmail, also known as Google Mail, is the best free email service in the world. Many users rely on Gmail as their primary email address. Gmail is available everywhere, from any device — desktop, laptop, phone, or tablet. Learn to create a Gmail account and use the many features and options available in Gmail that make it a great email service. Learn to create special groups from your Gmail contacts that will make it easy to send announcements to the different groups in your Village. Prerequisites: Should have an individual Google or Gmail account set up before coming to class.

—Smart Phones and Tablets/Mac—

Introduction to Android Smart Phones

Monday, January 16 — 256217-12

Or Wednesday, February 15 — 256217-01

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

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



Editing in Photos on the iMac

Tuesday, January 24 — 262217-12

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

iPhone Basics Workshop

Thursday, January 26 — 262817-01

& Saturday, February 4 — 262917-01

1:00-4:00 PM (OC). \$30 + \$5 paid to instructor. In-

structor: Andy Petro. **Prerequisite:** You must have an iPhone SE, iPhone 6, iPhone 6 Plus, iPhone 6S, iPhone 6S Plus, iPhone 7, or iPhone 7 Plus; and you must be on iOS 10.1.1 or higher. Bring your iPhone to the Workshop. Do you want to learn how to get the most out of you iPhone? Do you want to learn how to use the Settings App to personalize your iPhone. Do you want to learn some tips and tricks that will make your iPhone one of your most prized possession? Then



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Chromebook, Your Next Laptop Friday, February 24 — 257117-12

1:00-3:00 PM (OC). \$30. Instructor: Len Carniato. Most of us are wasting money on overpowered, overpriced laptops because we've been sold on the idea that we need them, and we don't. There's a better-suited alternative—the Chromebook. Chromebooks are simple and very fast, so if you're looking to replace a laptop then you really should take a look. If you already have a Chromebook, come and learn more. In this class we'll explain many capabilities of these new laptops. Although incredibly affordable, will serve you nicely with everyday tasks, in a secure yet simple environment. So bring your Chromebook to class, or your Windows Laptop if you don't yet have a Chromebook, and join our class.



—Social Media—

YouTube

Tuesday, January 24 — 286317-12

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. Google-owned YouTube has become the worldwide video sensation enabling you to watch everything from home videos, comedy clips, TV

episodes, and full length movies. YouTube is no longer about kids saying and doing crazy things—you can also view quality TV programs. YouTube is simple to access and can be used to share videos with friends online. In this class, you will learn to exploit YouTube's full potential. Learn to upload images from your phone, subscribe to complete TV series, set up your own channels, and generally get more from



Facebook 101

Saturdays, February 11 & 25 — 272117-01

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



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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.

- **Wednesday, January 25 — 700100-O2**
2:00-3:00 PM, Fitness Floor (OC)
- **Friday, February 10 — 700100-O3**
3:00-4:00 PM, Fitness Floor (OC)
- **Wednesday, February 15 — 700100-O4**
2:00-3:00 PM, Fitness Floor (OC)
- **Wednesday, January 18 — Sold Out**
11:00-12:00 PM, Fitness Floor (KS)

- **Friday, January 20 — Sold Out**
2:00-3:00 PM, Fitness Floor (KS)
- **Monday, January 23 — Sold Out**
3:00-4:00 PM, Fitness Floor (KS)
- **Thursday, January 26 — Sold Out**
1:00-2:00 PM, Fitness Floor (KS)
- **Tuesday, January 31 — Sold Out**
2:00-3:00 PM, Fitness Floor (KS)
- **Thursday, February 2 — 700100-KB**
11:00-12:00 PM, Fitness Floor (KS)
- **Wednesday, February 15 — 700100-KA**
1:00-2:00 PM, Fitness Floor (KS)

Dance Classes

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

Disease Prevention & Management Session-Based Classes

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

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Arthritis Class L1/L2

Tuesdays, February 7-28 — 801100-2A

Wednesdays, February 1-22 — 801100-2B

Thursdays, February 2-23 — 801100-2C

Fridays, February 3-24 — 801100-2D

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

**Pre-Enrollment Assessment****Healthy Living with Exercise**

Continuous Dates — 881000-02

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

Healthy Living with Exercise Part 2 — 878000-02

Mondays and Wednesdays, February 1-27

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). Additionally, exercise will naturally lower your blood glucose levels. The class will include nutrition counseling, lifestyle coaching and an introduction to all aspects of movement (cardio, strength, the mind/body connection and relaxation). Topics will range from exercise safety through nutrition to quality of life issues. The goal of the class is for residents to have the confidence to move on to the next level of exercise by the end of the session—Healthy Living with Exercise L2. Note: Class requires completion of Healthy Living Part 1.

**Exercise and Weight Management Program**

Tuesdays & Thursdays,

January 31-February 23 — 865000-02

1:00-2:00 PM, Fitness Room (KS). \$80 (eight session). Instructor Valerie Cota. This session-based class will help you increase your activity through exercise while learning strategies to manage your food intake. Come learn new exercises and activities to boost your metabolism and increase your energy. This supportive environment will help you manage challenging issues surrounding food and lifestyle in a positive manner. Proper use of cardio and strength equipment will be included. An individual exercise and health assessment is included in the session.

**Events**

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

Workout and Win!!!

How far will you push yourself to win the Grand Prize? Score points with each exercise session during February's four-week period.

Reach These Levels and Win

Week One/Level One February 1-10 Goal: 10 Points

Win: Bar & Water

Week Two/Level Two February 11-19 Goal: 20 Points

Win: SCLH Blue Tote

♥ Bring Your Valentine and Earn Double Points!

Week Three/Level Three February 20-28 Goal 25 Points

Win: WellFit Logo Water Bottle

Punch Passes: One Point; SGT: Two Points; PT: Three Points

Fill Your Card with Just Ten Points

Option: Trade in your Completed Cards for Level Prize or Enter it into Grand Prize Drawing

Grand Prize Winner is Drawn from Completed Cards on March 1

Please see our ad on page 104.

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Lessons

Programs that provide learning the mental and physical

Nordic Pole Walking

Tuesday & Wednesday, February 14 & 15 — 750000-02

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



Martial Arts & Mindful Movement

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

Tai Chi Qigong L1

Tuesdays, February 7-28 — 730100-02

Saturdays, February 4-25 — 730100-2A

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, February 7-28 — 730300-02

Saturdays, February 4-25 — 730300-2A

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, February 14 – March 14 — 862000-02

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

Re-Start—Re-Up—Alumni Reunion

Tuesday, February 14-March 14 — 865200-02

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

Strength in Numbers—My Fitness Pal

Thursday, January 26 — 867250-01

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



Continued on page 90

and health goals. *Tracking your progress is a motivating and fun way to maximize your workout!*

Pilates Reformers and Towers

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

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

Pilates Reformer Membership Packages

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

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

Membership packages require agreement for auto-pay upon enrollment. We require a 10-day written notice of cancellation of membership prior to the next billing cycle. Reformer classes must be used within 45 days of issue. To enroll in Reformer Membership, contact Carol Zortman at 625-4032 or carol.zortman@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-A2

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

or at the Fitness Centers. The trainer will call you to set up appointment.

SGT—Reformer Basics L1

This class allows you to precisely develop good alignment, core strength, muscular strength, and flexibility. By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The reformer's 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 a friend! One hour session \$30 per person.

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

Training Services

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

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

- **Clinical Training:**

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

- **Buddy Training:**

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

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

Small Group Training (SGT)

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

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

New! Are you a current SGT participant, but need some extra work-

outs; 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, February 1-24 — 835132-A2

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

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SGT—Winter Sports Conditioning**Mondays & Wednesdays, February 6-March 1 — 835131-A2**

3:30-4:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Julia Roper. Looking to jump start the winter season? Join this fun class and learn to use different pieces of equipment to increase your endurance, strength, and agility. **This class is available for the SGT Drop-in Pass.**

SGT—TRX Express L2**Tuesdays & Thursdays, January 31-February 23 — 835211-A2**

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

**SGT—TRX Interval Training L3****Mondays & Wednesdays, February 6-March 1 — 835800-A2**

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

SGT—Fit 101 L1**Mondays & Wednesdays, January 30-February 22 — 835500-A2****Tuesdays & Thursdays, January 31-February 23 — 835500-B2**

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, January 31-February 23 — 835600-A2**

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Deanne Griffin. Join us for a fun-filled class which incorporates strength training and high intensity interval training for optimal cardiovascular benefits. This team-oriented class

focuses on “Functional Fitness” using a variety of equipment including TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. In this SGT you will safely perform exercises that effectively build strength and cardiovascular health. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual, intermediate to advanced fitness levels encouraged. **This class is available for the SGT Drop-in Pass.**

**SGT—Bootcamp L3****Mondays & Wednesdays, February 6-March 1 — 835400-A2**

4:30-5:30 PM, Aerobics Room (KS). \$135 . 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, February 6-March 1 — 835310-A2**

7:15-8:15 AM, Aerobics Room (KS). \$135. Instructor: Milly Nuñez. Rise and shine to enjoy a fun and energizing workout in a small group setting. Discover ways to challenge yourself at your own level or pace while getting a full body workout. A full body workout will help you to develop and build balance, coordination, and strength in your entire body. Learn to use your own body weight and various pieces of equipment available to you, including dumbbells, steps, TRX, and so much more! **This class is available for the SGT Drop-in Pass.**

**SGT—TRX L1****Thursdays, February 2-23 — 835214-A2**

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, February 3-24 — 835200-02**

7:15-8:15 AM, Aerobics Room (KS). \$70 (four sessions). Instructor: Danielle Lawlor. Let’s kick off the weekend right with a great total body workout. Use this class to enhance your current workout routine or to learn the basics of the TRX. Other pieces

of equipment may also be used. *This class is available for the SGT Drop-in Pass.*

SGT—Healthy Back L1

Mondays and Wednesdays,

January 30-February 22 — 835700-A2

11:30 AM-12:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Marilyn Harder.

This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. Class will include flexibility (stretching correctly), lifting and squatting correctly, and education regarding the spine and mechanics. Participants must be able to stand for one hour and possess the ability to get up and down from the floor.



SGT—Balance & Fall Prevention L1/L2

Mondays & Wednesdays, January 30-February 22 — 835710-A2

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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Services available to assist you in furthering your health and wellness.

Bowenwork Services

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



Punch Pass Class Descriptions

Please see the colored grids on pages 96-99 for days and times.

Classes are designated with a level. Level 1 is designed for the beginner or returning exerciser. Level 2 is designed for an intermediate exerciser with established exercise ability and Level 3 is a class designed for the advanced exerciser.

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

• **20/20/20 L3:** Enjoy a class that offers a little bit of everything; 20 minutes each of fun cardio segments, strength exercises and stretches. A variety of cardio drills will be followed by strength

exercises that cover all the muscle groups followed by a series of stretches to lengthen all of those muscles groups worked.

• **Aqua Pilates L1:** The pool has become the new destination for mind-body classes and is a wonderful medium for performing Pilates techniques that gently improve alignment, posture, and balance. This practice gains additional benefits with water resistance to improve core strength and stabilization, muscle tone and coordination. Exercises are done in different positions—standing, floating and using the wall for assistance. Noodles, water weights, balls and belts are used. This non-impact setting is suitable for most levels and beneficial for people with arthritis, osteoporosis and other conditions that can limit traditional exercises or those with balance challenges on land. Relaxation and rhythmic breathing techniques are incorporated to increase mind/body awareness and reduce stress.

• **Aqua 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 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 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 February 1-28, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC Water Works L2/3- Theresa	OC	OC Water Works L2/3- Theresa	OC	OC Water Works L2/3- Jeannette	OC	OC
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 4:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
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 February 1-28, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
	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			
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 February 1-28, 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 Meditation and Yoga L1 - Iram	Arthritis L1/2 -Linda	Yoga Stretch L1- Julie	Arthritis L1/2 - Linda			
1:00	Chair with Flair L1 -Julie	1:30-2:30pm Chair Yoga L1 - Ashley	Chair with Flair L1- Julie		Basic Chair L1-Julie			
2:00	SGT- Balance & Fall Prevention L1- Danielle		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			
5:00	Zumba L3 - Summer			Activities				
6:00		Mixed Levels Yoga L1-3- Jennifer						
			Group Exercise Classes (punch pass) \$3.50			Wellness Classes (session based)		
						Small Group Training (session based)		
			All classes are subject to change without notice.					
			All classes are 55 minutes, unless otherwise noted.					

KS WellFit Class Schedule February 1-28, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7:15	KS	KS	KS	KS	KS	KS	KS	
7:30	7:15-8:15am SGT- Morning Bootcamp L2- Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT- Morning Bootcamp L2- Milly	Mixed Level Cycle L2- Deanne	7:15-8:15am SGT- TGIF TRX L2- Danielle/JJ			
8:30	Low Impact/Sculpt Interval L2 - Jeannette	Zumba Gold L2 - Joanie	Power Vinyasa L3- Deanne	Low Impact/Sculpt Interval L2 - Annamarie	Zumba Gold L2 - Joanie	8:00am HI NRG Cycle L3- Paige		
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3- Annamarie	Strictly Strength L2- Linda	Cardio Strength L3- Annamarie	Strictly Strength L2 - Jeri		
10:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2-Gretchen	Piloga Flow L2 - Cynthia	Everybody Can L2- Linda	Yoga Stretch L2- Jeri		
11:30	SGT - Healthy Back L1- Marilyn		SGT - Healthy Back L1- Marilyn		WaiDan Gong L1- Joan			
12:00		12:00pm SGT- Functional Fit L2- Deanne	NEW! 12:30-1:30pm SGT- Indoor Cycling for Parkinson's L1- Milly/JJ	12:00pm SGT- Functional Fit L2- Deanne				
1:00		1:00-1:30pm Exercise & Weight Mgmt L1 - Valerie	NEW! 12:30-1:30pm SGT- Indoor Cycling for Parkinson's L1- Milly/JJ	1:00-1:30pm Exercise & Weight Mgmt L1 - Valerie	NEW! 12:30-1:30pm SGT- Indoor Cycling for Parkinson's L1- Milly/JJ			
1:30	Yoga Basics L1- Cynthia	Tai Chi Qigong L1- Peli		SGT- TRX L1- Milly				
2:30	SGT- TRX Interval L3- Julia		SGT - TRX Interval L3- Julia					
3:30	SGT- Winter Sports Conditioning L2- Julia	(2:45-3:45) Tai Chi Qigong L2 - Peli	SGT- Winter Sports Conditioning L2- Julia		SCLH Booking			
4:00		Yoga for Osteo L1 - Julie	SGT- Bootcamp L3- Mike	Yoga for Osteo L1 - Julie				
4:30	SGT- Bootcamp L3- Mike							
5:30		SGT - TRX Exp. L2 - Julia		SGT- TRX Exp. L2- Julia				
6:00		Water Volleyball PreMeeting						
	Group Exercise Classes (punch pass) \$3-\$50							Wellness Classes (session based)
								Small Group Training (session based)
	All classes are subject to change without notice.							
	All classes are 55 minutes unless otherwise noted.							



Forty Days and Forty Nights

Tuesday, January 17 — Free

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



Heart to Heart: Gender Differences in Cardiac Care Symptoms, Research and Treatment

Wednesday, January 25 — Free

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



Football: You Make the Call!

Tuesday, February 7 — Free

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



to validate the rulings on the field. Buckle your chinstraps for an exciting morning.

What's Up with the Equal Rights Amendment?

Friday, February 17 — Free

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



Healthy Aging in the 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.



Mind & Body: A 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"> Forty Days and Forty Nights Tuesday, January 17, 9:00 AM, P-Hall (KS) 	<ul style="list-style-type: none"> What's Up with the Equal Rights Amendment? Wednesday, February 17, 7:00 PM, Ballroom (OC)
<ul style="list-style-type: none"> Heart to Heart: Gender Differences in Cardiac Care Wednesday, January 25, 7:00 PM, Ballroom (OC) 	<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"> Football: You Make the Call! Tuesday, February 7, 9:00 AM, P-Hall (KS) 	<ul style="list-style-type: none"> Mind & Body: A Winning Team in Healthy Aging Thursday, March 23, 7:00 PM, P-Hall (KS)

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OC Main Fax: **(916) 625-4001**

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: **(916) 408-4013**

Website for residents:

www.sclhresidents.com

Public Website:

www.suncity-lincolnhills.org

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Lifestyle Entertainment Coordinator

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•Food & Beverage•

Meridians Reservations 625-4040

Kilaga Springs Café 408-1682

Director of Food & Beverage

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Banquet Sales Manager

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•The Spa at Kilaga Springs•

408-4290

Spa Manager

Trudy Smith **408-4071** trudy.smith@sclhca.com

Hours

Orchard Creek & Kilaga Springs Lodges

Monday-Friday 8:00 AM-9:00 PM

Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

Activities Registration: OC & KS

Monday-Friday 8:00 AM-8:00 PM

Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

Administration Offices & Membership

Monday-Friday 8:30 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

General Numbers

Broken Water Line on Association

Community Property

645-4501 Landscape Office

Curator Security, Inc.

(916) 771-7185

Golf Shop

Website: lincolnhillsgolfclub.com

General Manager, LH Golf Club

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

Pulte Homes Customer Care

Norcal@delwebb.com

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WORKOUT & Win!



HOW HARD WILL YOU PUSH YOURSELF TO WIN THE GRAND PRIZE GIFT BASKET?

SCORE POINTS WITH EACH EXERCISE SESSION DURING **FEBRUARY**
(PUNCH PASS CLASSES, SGT AND PERSONAL TRAINING)

REACH THESE LEVELS AND WIN:

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LEVEL 2	FEB 11-19	GOAL: 20 PTS	WIN: SCLH TOTE (♥bring your Valentine & earn X2 points!)
LEVEL 3	FEB 20-28	GOAL: 25 PTS	WIN: WELLFIT LOGO WATER BOTTLE

CONTEST RULES:

- ➔ Punch Pass = 1 Point SGT = 2 Points Personal Training = 3 Points
- ➔ 2 ways to Win! Surrender completed 10 Point cards for level prizes or enter completed cards in Grand Prize Drawing for more chances to win. ➔ Cards available at both Fitness Locations.
- ➔ Winner to be drawn from completed cards March 1.

More information posted at OC/KS Fitness Desks