

COMPASS

Navigate Your Way Through Sun City Lincoln Hills

Happy Holidays!



13 **GIVING** Back

21 **BRUSH UP** on your idioms

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Ad Directory

On the cover - Holiday Decorating Committee - Jane Tatalak, Marlene Carlson, Charlene Jones, Alice Crawford, Wendy-Jean Iannico, Sue Dambrosio, Sandra Hascall, Tina Pitt, LaDonna Cumiford. Find Buddy the Elf. Photo by Jeff Caponera





Board of Directors' Report **Space Utilization in Kilaga Springs Lodge and Orchard Creek Lodge**

Marcia VanWagner, President, Board of Directors

Since 2012, the Room Usage Task Force has analyzed how rooms are used at both lodges to provide data for making informed decisions on space allocation. WellFit facilities have not been included in previous studies. Because of increased interest in space utilization in the WellFit department, this year the Board asked the task force to include WellFit room usage and class participation in the 2018 update.

The study authors, Wally Etterbeek, Klara Kleman, and Pete Savoia, made four recommendations for the Board to review. The report highlighted the following conclusions:

Yoga, Pilates, and Pilates Reformer class hours have steadily increased while strength and cardio classes have steadily decreased. The Aerobics and Reformer rooms at both lodges have high usage rates with little room for future anticipated growth. A pilot offering evening and weekend classes has seen reluctance from residents thus narrowing the times classes can be offered.

Lifestyle class hours are also on a slight decrease. Dance class interest is waning; Art classes are slightly increasing. Music increased this year but is expected to drop next year. As interests change and the num-

ber of students declines, retaining the best instructors is a potential problem.

New residents with a variety of interests continue to join this community. They are forming new clubs which increases the challenge to find times and meeting spaces to meet all requests without considering adjustments to historical room and time assignments.

Three of the report's recommendations involve staff evaluations and decisions as they concern the operations of the facilities. Chris O'Keefe, our Executive Director, will keep us up to date on the progress of the staff work.

The final recommendation from the report authors suggests that the Board of Directors consider establishing a new policy governing room assignments for Clubs. This recommendation will be on the agenda for discussion at the December Board meeting (P-Hall (KS), Thursday, December 20 at 9:00 AM.) The Board will establish a process and a timeline, so the new policy will be ready to implement for the 2020 room assignments.

If you are interested in the 2015-2018 reports, they can be found in the Resident website Library; Facilities; Facilities Reports. Details regarding the study methodology can be found in each report.

Calendar of Events

December 15, 2018 – January 25, 2019

Date	Event	Page #
12/17	Brendan and James.....	55
12/19	SF Holiday Shopping.....	69
12/21	Sip and Paint	77
12/31	New Year’s Eve Celebration	55
1/4	Cloud Storage Made Easy.....	85
1/5	Crazy Rich Asians – Movie.....	51
1/7	Crazy Rich Asians – Movie.....	51
1/9	Android Smart Phone Basics	86
1/10	Chicago - The Tribute	55
1/10	Sacramento Kings	69
1/11	Amazon Echo Dot.....	86
1/14	Exploring Our Website – Forum.....	53
1/15	Wellfit Orientation.....	89
1/18	The Music of Nat King Cole.....	55
1/19	Ordinary People – Movie.....	51
1/21	Auburn Symphony	65
1/22	The Piano Men.....	57
1/23	The Truth and Science of Cannabis Use	53
1/23	Jackson Rancheria.....	61
1/23	Wellfit Orientation.....	89
1/25	Jersey Boys	65



From the Executive Director’s Desk

Chris O’Keefe, Executive Director,
SCLH Community Association

Welcome to the December edition of the *Compass* magazine! I hope that your Thanksgiving was joyful and that the rest of the holiday season is filled with good tidings for you and your families. This time of year is associated with the spirit of giving, and nowhere was that more evident than in our efforts to support the victims of the fires in Northern California. Thanks to our residents, staff, and volunteers, the Association raised well over \$15,000 which was delivered directly to those in need. Our Association team put the plan together and then reached out to our residents, and you responded in an amazing way. We should be so proud to live and work in a community that is so thoughtful and generous.

2018 was a great year for our Association in many ways, and it was a year that we can build on as we transition into the New Year. Staff was given more responsibility to match their expertise and the outcome has been the best team we have ever had. The care and concern for what we do and the support staff provides each other is a tribute to their integrity, commitment, and desire to provide the best for our residents.

Space does not allow me to acknowledge everyone on the team, but for those of you who clock in every day, please know that your efforts are acknowledged and appreciated. From the custodian to the accountant, from the dishwasher to the fitness trainer, you all play a part in making this the best community out there, and my thanks go out to each and every one of you.

For the team leaders, your desire and creativity (ably supported by your teams), set the benchmark. This is not a run of the mill Homeowners Association. We strive to set a higher standard, and your efforts get us there. To Deborah, Kristy, Trudy, Staci, Jeff, Christy, Lavina, Sam, Theresa, Don, Ian, Paula, Jeannette, Nancy, Jonathan, Julie, David D, David O, Tim, Cesar, Isabel, and Anoud – thank you for your passion.

Finally, thanks to our residents, and resident volunteers for your support. Through your enthusiasm and experience, you help to keep the fires lit, and the train on the tracks. With your support, we are able to evolve from departments to teams, and finally to family. Happy Holidays!

2018 Holiday Hours of Operations

Holidays	Lifestyle Desk OC/KS	Administration & Membership	WellFit OC/KS	The Spa at Kilaga Springs	Kilaga Springs Café	Meridians Restaurant & Bar
Christmas Eve, December 24	8:30 AM - 1:30 PM	8:30 AM - 2:00 PM	5:30 AM - 2:00 PM	9:00 AM - 3:00 PM	6:00 AM - 2:00 PM	7:00 AM - 3:00 PM
Christmas Day, December 25	Closed	Closed	Closed	Closed	Closed	Closed
Day After Christmas, December 26	8:30 AM - 4:00 PM	8:30 AM - 4:00 PM	7:00 AM - 8:30 PM	9:00 AM - 6:00 PM	6:00 AM - 4:30 PM	7:00 AM - 8:00 PM
New Year’s Eve, December 31	8:30 AM - 1:30 PM	8:30 AM - 2:00 PM	5:30 AM - 2:00 PM	9:00 AM - 5:00 PM	6:00 AM - 4:30 PM	7:00 AM - 2:00 PM (+) New Year’s Event
New Year’s Day, January 1	Closed	Closed	7:00 AM - 2:00 PM	Closed	Closed	Closed

(Hours subject to change)

Election News

Get Ready, GET SET, Vote!

Seven candidates are running for the four Board of Directors positions for two-year terms. Please take the time to read the candidates' Ballot Statements, to decide who, in your mind, should be elected as Directors. Their videotaped statements are posted on the SCLH website.

This table lists the dates for the Candidate Forums and other important elections events.

Date	Day	Event
Dec 17	Sun	Candidate yard signs may go up
Jan 7	Mon	Election Ballots mailed
Jan 15, 17, 19	Tue, Thu, Sat	Candidate Forums
Feb 13	Wed	All Ballots Due
Feb 14	Thu	New Board Seated



For more information contact: Al Roten, Elections Committee Chair at Roten.elections@gmail.com



Donald Negus

Friends and Neighbors,

I am a retired General Contractor with the desire and skills to make a difference in our community. As a former HOA Board President, CEO, and Building Construction Expert, I have the background our Board needs to work with the Executive Director in managing our community's aging infrastructure.

MY PRIORITIES

- Keeping our dues low without sacrificing the lifestyle we all love
- Ensuring all of our facilities are properly maintained
- Soliciting and honoring resident input *before* making major decisions
- Minimizing public access to our facilities and open spaces
- Increasing security for our properties and our residents

MY QUALIFICATIONS

- Experience in Leadership & Decision Making
 - Owned my own construction company for 30 years
- Accounting and Financial Analysis
 - UOP Grad with B.S. in Business/Finance
 - Worked as Securities Analyst for Major Stock Brokerage
- Hands-on Experience in Building Construction and Maintenance
 - I have bid jobs, selected subcontractors, made repairs, & built replacements
- 7 Years as HOA Board President in the Bay Area
 - Developed a collaborative problem-solving style
 - Led many successful community improvement projects

Once elected, I plan to advocate for increased communication between Board and residents. I will consistently support residents' requests while working within the system to achieve common goals. Please cast your vote for **Don Negus** so we may achieve the success our community deserves.



Kathy Shaddox

MY GOALS: retain the lifestyle quality we have; spend your dues wisely; encourage responsible growth for the future; ensure maintenance/replacement work is done in a timely fashion; and work to meet the needs of all our residents.

MY PRIORITIES: examine carefully the positive and challenging issues facing SCLH; keep our residents informed in the pre-decision making process; be prepared to make informed decisions; restore faith and trust between board members, staff and residents.

MY EXPERIENCES: 27 years of financial and budget experiences; 6 years as a Director and Treasurer for my HOA in the Bay Area. I was appointed as San Mateo County Regional Representative for CSEA which sharpened my negotiating skills. Spent many years volunteering services for my community, schools and church.

Having had leadership background can make me a valuable asset. I am energetic, an independent thinker, willing to accept challenges and stand strong for you.

If elected, I will make myself accessible, and encourage community input. I am a strong believer in due process, and want to be your VOICE on the SCLH Board.

I CAN BE THE RIGHT PERSON, AT THE RIGHT TIME, FOR THE RIGHT REASON.

I ask for your SUPPORT and your VOTE! • kathyshaddox@gmail.com • 916-209-3307



Denny Valentine

Soon you will select four people to represent your interest in managing our corporation with a \$17,000,000 and over \$65,000,000 in assets and makes decisions affecting the lives of our residents. The Board hires and oversees the performance of the Executive Director. With valuable input from our Committees they have built the Solar Array, Pickle Ball Courts and Maintenance Building to name a few.

I'm aware of this because I've done it before. I enjoy serving the community and know from experience that strong institutional memory on the Board will be most beneficial as we transition to younger leadership.

As you would expect Board members need strong fiscal management skills, a desire to maintain and enhance our property values and an ability to listen to our residents and be responsive to their concerns. This is what my career was built around. I was Executive Director of the Ca. State Assoc. of Counties and the Ca. Municipal Utilities Assoc., President of a leading Governmental Consulting Firm and before that served in Europe as Army Intelligence Special Agent.

Since moving here I've served as Grand Jury Foreperson, President Lincoln Hills Foundation and the Lincoln Community Foundation.

This is a wonderful community made up of people Sheilah and I care about. In serving I can give something back.

sdvalentine@aol.com • 916-408-3407



Laura Thiele

My focus:

- Our HOA's financial integrity and strength
- Ensuring residents know where their money is going and how decisions are made
- Safeguarding and improving our wonderful facilities and lifestyle
- Listening and responding to all residents

Speci cally, I'l ght for:

- Improved accounting practices – as I am currently doing on the Finance Committee
- More competitive bidding – to ensure we get the most from our money
- More accessibility for residents to understand and provide input on major projects

Our Board is losing three financial specialists in a three-year time span. As a retired CPA in a career running accounting departments and implementing accounting systems, I want this community to continue to have the finances to meet our changing needs. I know we can continue to improve Lincoln Hills – in a fiscally responsible way – by better managing our money and assets.

I love this community. I volunteer and participate in many groups and serve on the Finance Committee. I regularly attend Finance, Properties, and Board meetings – I am involved and dedicated to Lincoln Hills.

When you vote in this election, please consider not just who will best oversee our community and finances but also what skills you think our Board should have.

I ask for your vote!



Marcia VanWagner

My vision is for a vibrant successful community that thrives and endures.

Approaching our 20th Anniversary, our changing demographics signal the **need for strategic analysis, planning, and execution** to attract younger active adults to Lincoln Hills, while acknowledging the realities of the choice many have made to age in place. I want to be part of this challenge!

The Association is fiscally strong, in budget and Reserves. The role of the Board of Directors is to manage the budget to meet the goals of the community, continue our financial stability, and protect the value invested by the owners. **I want to be on the Board that assures our business thrives!**

As a retired Colonel from the US Army Nurse Corps, I have become an active volunteer for 17 years, serving on the Board of Directors, working with the Lincoln Hills Foundation, Neighbors InDeed, teaching classes on getting ready for our future, trying out ideas to improve the community. Some have been accepted; some have not. **I want to be part of the challenge as we move our community into the future.**

I have the interest, the time, the energy, and experience to serve on the Board of Directors. **I ask you to elect me!**



Alice Crawford

It is time for fresh ideas and new faces on the Sun City Lincoln Hills (SCLH) HOA. As a member of your board of directors, I want to:

- Ensure that our money is spent wisely and dues remain reasonable
- Provide sound management, disciplined accounting practices, and financial transparency
- Enhance due diligence and the decision making process to involve residents
- Heighten accountability of HOA management

We are the Association. We collectively own the facilities and pay for their upkeep. I want you to know how your dues are being spent with clear financial reporting. I want input from the extremely well-versed and talented residents of this community to shape SCLH, and will listen to your concerns. I want our architectural review and compliance to be resident friendly, easy to understand, consistently applied, and above all, respectfully delivered.

I am confident that my experience as a project manager, contract negotiator, and procurement specialist along with my accounting and financial analysis skills, will serve to achieve those objectives. As an HOA board member and officer at two other residences, I am educated in the complexities of the Davis-Stirling Act and am confident that I will be able to perform the duties of a board member on day one of my term.

It is time for a change! I would appreciate your vote.



Ken Silverman

Incumbent – Experience Counts

My Priorities Continue To Be:

- Excellent management of Com-munity Enhancement Funds (CEF), ensure healthy Reserves
- Tech management: monitor technology along with energy efficiency to keep bills low
- Amenities: maintain and improve our valuable resources from buildings, parks, sports areas and lodges
- Lifestyle: support for continued services in WellFit, entertainment, classes, and clubs

Volunteer Community Involvement:

- Current member of the Board of Directors
- Past member of the Communications, Properties and Compliance Commi ees
- Class instructor in areas of technology – Activities Department
- Active in the Apple Club
- Presenter for Community Forums on technology
- Integral part of the solar electric projects at Orchard Creek & Kilaga and solar water project for our pools
- Instrumental in the updating of our governing documents and saving a great deal of money by providing those documents on a CD

Experience:

Corporation CEO: President/CEO of International Datawares for 20 years, bringing experience in nance, budgeting, human resources, and marketing.

Board of Directors: I have served on other boards giving me a vital knowledge and experience in working with a team of professionals.

Early Career: President of a not-for-pro t organization and worked with paid sta , volunteers, and Board of Directors. Helped establish several not-for-pro t organizations with emphasis on how to write by-laws and other governing documents.

Navy Veteran

www.kennethsilverman.com

★ ★ ★ Team Member of the Month Award – November 2018 ★ ★ ★



Our November 2018 “Team Member of the Month” Award is Jovanny Campos. Jovanny has been with Lincoln Hills since April of 2017 starting as a Bus Person, and in July of this year was promoted to Delivery Ambassador for the Restaurant. Here are just a few quotes from his team members:

“Jovanny takes pride in what he does; he shows responsibility by being punctual and ready to start his shift.” “He is there for the team whenever you need someone to fill in, whether it is hosting or bussing in the Restaurant.” “Jovanny always has a smile and takes pride in his work. He receives numerous compliments from our management team and residents!” “Jovanny is a Grade A employee!”

Thank you Jovanny for your outstanding customer service to our guests and your willingness to lend a hand when needed! We are thankful for your commitment and dedication to Lincoln Hills. We are grateful that you are a part of our Team!

Upcoming Association Meetings: December 15 – January 31

Finance Committee Meeting	Wednesday, December 19, 9:00 AM, P-Hall (KS)
Golf Cart Registration	Thursday, December 20, January 3 & 17, 9:00 AM
Board of Directors Meeting	Thursday, December 20, 9:00 AM, P-Hall (KS)
Board of Directors Special Session	Thursday, December 20, 11:00 AM
Board of Directors Executive Session	Thursday, December 20, 11:30 AM
Compliance Committee Meeting	Wednesday, January 2, 9:00 AM
Properties Committee Meeting	Thursday, January 3, 9:00 AM, P-Hall (KS)
Elections Committee Meeting	Friday, January 4, 10:00 AM
New Resident Orientation	Wednesday, January 9, 2:00 PM
ARC/Architectural Review Committee Meeting	Monday, January 14, 9:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, January 15, 9:30 AM
Listening Post	Wednesday, January 16, 9:30 AM, P-Hall (KS)
Finance Committee Meeting	Wednesday, January 17, 9:00 AM, P-Hall (KS)
Board of Directors Meeting	Thursday, January 24, 9:00 AM, P-Hall (KS)
Board of Directors Special Session	Thursday, January 24, 11:00 AM
Board of Directors Executive Session	Thursday, January 24, 11:30 AM
ARC/Architectural Review Committee Meeting	Monday, January 28, 9:00 AM

Meetings in Orchard Creek Lodge unless noted otherwise.



Finance Committee Report

2018 – The Year in Review

Pete Saco, Finance Committee

In 2018 the Finance Committee (FC) was involved in numerous projects, different task forces and was part of the implementation of a new concept that will be used in the near future.

Throughout the year the Finance Committee held their monthly meetings to review the financials from the prior month. This is and will always be a major responsibility of the committee. The FC assigned a committee member to each department whose responsibility is to meet with the department head and review the monthly financials. The FC was also involved in developing the slide presentation that is used at the monthly meetings. We believe this has made the meetings more productive for everyone.

One of the major achievements of the FC has been their involvement in the Community Enhancement Fund (CEF) process. This process is done with the involvement of the Properties Committee (PC), the FC, and the Board of Directors (BOD). Residents can now submit proposals through this process and they are fully vetted by the committees and BOD mentioned above. Proposals can be submitted in April and October

of each year and are evaluated as stated above.

The FC had representation on two important task forces for 2018. The first one was the Food and Beverage Task Force, which has issued their report. The second task force is the Sports Pavilion Task Force, which is headed by the PC and is examining possible ways to get the best use of that area. A report will be forthcoming in 2019.

We do not want to forget the tremendous work of Hans Fokkema and his committee on the updating of our reserve account. This has been a two-year process and was well done.

The FC spent a tremendous amount of time on the budget process for the 2019 year. The budget was rolled out in September, but the FC spent time in many meetings in preparation of the budget process. The FC had a couple of executive sessions to review our responsibilities and discuss pertinent issues during the year.

The Statement of Operations for October shows we are \$84,000 favorable year to date.

The FC looks forward to continuing to work in the best interest of the residents of Lincoln Hills by balancing the need for new ideas along with the need to keep our dues under control.

Preliminary Statement of Operations YTD October 2018

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$6,903,950	\$6,866,205	\$37,745	\$8,261,646
Administration (Expense)	(1,717,236)	(1,680,025)	(37,211)	(1,977,330)
The Spa at Kilaga Springs	1,720	7,230	(5,510)	15,010
Fitness	(377,526)	(390,440)	12,914	(479,280)
Activities	(402,982)	(417,465)	14,483	(509,370)
Rec. Center / Maintenance	(4,404,092)	(4,464,672)	60,580	(5,300,730)
Food & Beverage	1,600	(118)	1,718	(35,538)
Net Revenues (Expense)	\$5,434	(\$79,285)	\$84,719	(\$25,592)
CEF/FMA Net Change YTD Oct 31, 2018	(\$45,624)	CEF/FMA Funds Oct 31, 2018		\$797,281
		Unallocated CEF/FMA Funds		\$655,647



Architectural Review Committee

'Tis the Season

Carole Dummett, ARC Chair

As 2018 draws to a close, we reflect on the productive and innovative year for ARC.

We obtained many new committee members and a complete staff in our Community Standards office which enabled us to provide more services to the community. Community Standards is vital to this committee as our liaison to the community, setting up meetings, initiating and tracking paperwork, assisting homeowners with questions and paint applications to mention a few.

With 2019 right around the corner we plan to introduce our new paint book with Sherwin-Williams colors and a simpler application process. It will also be the beginning of reviewing the current Design Guidelines. Overall, our documents work well, but with new technology, we see room for improvement and better clarification. Many



of you have provided input that is useful and will definitely be taken into consideration as we review the Design Guidelines.

We will keep you posted on all our upcoming projects in 2019.

We wish you a wonderful fun season with family and friends.

HAPPY HOLIDAYS from your Architectural Review Committee,

Carole Dummett

Rick Meyers

Robert Guzy

Charles Vickers

Karen Anderson

Peter Nelesen

Beverly Schroeder

Ed Kiburis

Ron Morris

Michael Deal

Ron Hanson

Louis Bobrowsky



Compliance Committee / Community Standards

I See You. Or Can I??

David Mateer, Chair

This month's article is about safety when you are out and about. Although there are a lot of discussions about stop signs in our community, the vast majority of intersections do not have stop signs. Whether you are driving around or pulling out of your driveway, it is important to see your surroundings and to be seen. This applies to other cars, golf carts, and pedestrians.

The City of Lincoln has special visibility requirements that apply to all intersections and driveway exits. They define a 20' by 20' triangle at the corner of an intersection and a 10' by 10' triangle on each side of everyone's driveway exit. The diagram at right shows those areas highlighted with a red outline. Many of our homes have plants in these areas. These plants cannot be more than three feet in height above the sidewalk level. There may also be trees that overhang these areas. No branches can hang down below six feet above the sidewalk level. Since none of our lots are flat, it is important to remember it is measured from the sidewalk level not the ground at the base of the plant.

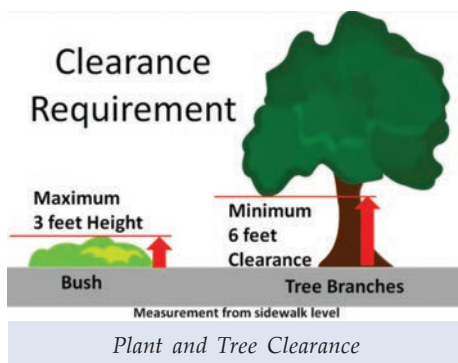
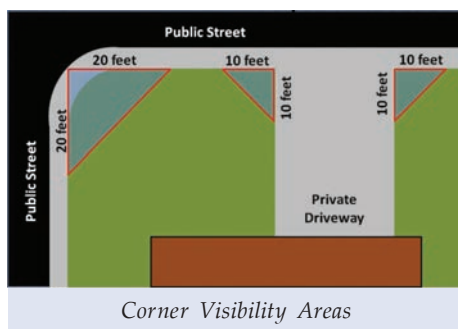
This provides for an unobstructed view of your surroundings from 3' to 6' off the ground. This is the perfect view for looking out of most cars or golf carts and even for that person walking.

Front yard landscaping along the property lines and driveways outside of the special visibility areas, excluding trees, must be maintained at a maximum height of four feet. These regulations are established by the City of Lincoln and are also included in our Design Guidelines.

I know it seems like a lot of rules. But please remember these rules are intended to keep everyone safe. Safe so you can see where you are going and so others can see you. Please consider the rules for your yard maintenance and selection of plants and trees.

Just one more thing along a similar line. Although thankfully we don't get a lot of fires in our community, we need to ensure that the fire department can easily find and have access to all fire hydrants. Bushes should be maintained with a three-foot clearance from these hydrants.

Thanks for helping to keep us all safe.



The Origin of Community Forum

Michele Hutchinson, CCRC Chair

Have you seen the many and varied Community Forum (CF) presentations that are available on the Resident Website? (**Resident Website>Media>Community Forum Videos**) The CF team is comprised of members of the Communications and Community Relations Committee (CCRC) and several other residents giving their time and expertise to serve on the task force. The team meets monthly under the tutelage of Paul Gardner, task force coordinator, planning various programs believed to be of resident interest.

CF presentation programs had their start in the early town hall meetings when Lincoln Hills was in its infancy. CCRC was created in 2008 with the goal of advising the board of directors on various enhancing communication aids. An early member, Shelly Ebenholtz, suggested we expand the town hall concept and encourage residents to share their knowledge on a variety of subjects. Clubs were holding similar programs, many with the same themes and inviting members to share experiences. We believed these programs would benefit a greater audience. We approached these clubs and presented the idea of a CF program supported and advertised by the CCRC team, yet giving clubs control of subject matter, when possible. What a great idea! The board approved, and the CF program was quickly created.

In the early days, the presentations were podcasted, but with better technology and a more robust website, all programs are now video recorded, have closed captioning available on YouTube, and are available for viewing a few days after the live presentation. Pete Beckett, a committee and task force member, is instrumental in creating professional recordings for our enjoyment. So, from two to three town hall meetings and club speaker programs, we morphed into what is often considered the jewel of our communications program – Community Forum. In 2018, 30 programs were presented covering subjects from health care, WellFit opportunities, and areas of community interest such as technology, history, travel, sports, and snakes. Each election cycle, candidates running for the Lincoln City Council are invited to address our residents. The League of Women Voters is also invited to explain various state propositions on the ballot. Each presentation includes an opportunity for residents to complete a questionnaire that gives the team input for future programs.

What else is new? We are creating an online categorized index of all video recorded presentations. Please remember, CF presentations are free and are well attended. Details of upcoming Community Forum programs are in the *Compass* each month and online at www.sclhresidents.com. Hope to see you there!



Let us serve you with a view

Meridians
Restaurant & Bar

New Year's Eve Dinner

Kristy Woodin,
Director of Food & Beverage

Come share your New Year's Eve with us at Meridians! We are bringing you a three-course dinner, with two seating times to accompany the Lifestyle Departments festivities. First seating is at 5:00 PM with the second seating at 7:30 PM. Please go to the website or the host stand in the restaurant for more information.

We want to thank everyone for their support this year and want you to know that your Food and Beverage department will continue to improve and reach for new heights. We wish everyone a Happy Holiday Season, and a very Happy New Year!



Chef's Recipe of the Month:

Chicken and Black Eyed Peas Chili

Ingredients

- 2 tbsp. olive oil
- 1 ½ lbs boneless, skinless chicken breasts and/or thighs cut into bite-size pieces
- 2 tsp kosher salt
- 1 large red onion finely diced
- 2 bell peppers stemmed, seeded, and finely diced
- 4 garlic cloves minced
- 1 tbsp. ground cumin
- 1 tbsp. red chili powder
- 1 tbsp. ground oregano
- 1 (28 oz.) can whole peeled tomatoes
- 1 (15 1/2 oz.) can black-eyed peas
- 1 ½ tbsp. distilled white vinegar
- optional: hot sauce, sour cream, grated cheddar cheese, sliced avocado, cilantro, pickled jalapeño chilies, and sliced scallions for serving

Instructions

1. In a large, heavy pot heated over medium-high heat, warm the olive oil. Add the chicken in a single layer, working in batches if necessary, and sprinkle with 1 teaspoon of salt (divide the salt between the batches if necessary). Cook, stirring now and then until browned all over, about 15 minutes. Add the onion, bell peppers, garlic, cumin, chili powder, and oregano and cook, stirring now and then, until the vegetables begin to soften and brown in spots, about 10 minutes. Add the tomatoes with their juice, the black-eyed peas with their liquid, and the remaining 1 teaspoon salt. Bring the mixture to a boil and then immediately lower the heat to a gentle simmer.
2. Cover with the lid slightly ajar to let some steam escape. Cook, stirring now and then breaking up the tomatoes as you stir until all of the flavors have melded and the chicken is very tender about 1 hour. (If you're using thighs, the meat will begin to shred.) Add the white vinegar, then taste the chili and add more vinegar and/or salt if needed.
3. If using, set out the hot sauce, sour cream, cheddar cheese, avocado, cilantro, pickled jalapeños, and scallions. Serve the chili piping hot.



Lifestyle News & Happenings

Love, Peace, and Joy to All!

Lavina Samoy, Lifestyle Manager

With the recent Camp Fire tragedy, we witnessed a lot of destruction and loss. But we also witnessed the generosity of spirit and the goodness from people as seen by the outpouring of donations from our community. It reminds us what is most important – love and family. Our Lifestyle family wishes you love, peace and joy this season and throughout the coming year!

2019 brings much to look forward to. Start it right by welcoming New Year's Eve with your Lincoln Hills family at our annual New Year's Eve Party in the Grand Ballroom. Complete with all the trimmings from champagne toast, hors d'oeuvres, swanky music, and fireworks, this will be an evening to remember! Limited tables are available until noon December 26 for the 7:00 and 10:00 PM parties.

Experience our new class offerings perfect for discovering a new passion. Try Ukelele (page 85) or enroll in the Abstract Art Workshop (page 76). A new Beginners class for Tap (page 82) is starting and for those who have been dreaming of learning how to quilt, enroll in Block of the Month Quilting class (page 85) recommended for newbies.

Ceramics instructor Taylor Jackson offers his first

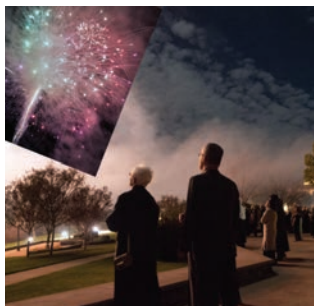
Sculpting Workshop in January perfect for pet and animal lovers (page 78). Other workshops will be scheduled in the future. Jim Alvis' Tuesday Ceramics classes will resume in February.

Entertainment continues to dazzle us with outstanding performances in the ballroom with the Sun Kings performing an exceptional Beatles Tribute, February 7 (page 57) and Kimberly Ford celebrating the melodic, lyrical and sophisticated music of Joni Mitchell, February 15 (page 57). Laugh out loud with David Nihill as he opens this year's Comedy Night on February 19 (page 59) and enjoy classic pop music with rising star Jonny Zywiiciel and his guitar on February 28 (page 59).

We are going on the road to Las Vegas and the Grand Canyon on February 24 to March 1 (page 61). This six-day excursion is packed full of activities and amazing sight-seeing opportunities. All Overnights and Extended Travel are also now open for registration Online with itineraries available from the resident website for your convenience.

2019 is an extra special year as Lincoln Hills turns 20! Get ready for a fun-filled three-day celebration on October 24-26. It's going to be one BIG party for all!

Happy New Year!



The Spa at Kilaga Springs

Amazing Low-Level Light Therapy

Trudy Smith, Spa Manager

We are starting a new series of treatments in our skin care department beginning with the new "Image Designer Facelift." This is the first treatment to prepare your skin for a four peel series.

The winter months are an ideal time to book a peel series because there is less sun exposure.

Instead of giving you a one-time peel that is extremely strong causing a long recovery time, we are offering a series of gentle peels to be done every two weeks along with home-care products, giving you the same beautiful results but without the uncomfortable recovery time. You can book this four peel series along with the take-home support products for \$500.

We have acquired new Technology-Celluma-LED Light therapy. Celluma is a light therapy device for treating wrinkles, acne & pain conditions. Red light therapy is a pure infra-red light, applied to the part of the body needing treatment. Used with sports massage, red light therapy can make a substantial difference in healing times for torn muscles and tendons. With deep tissue massage, the effects of red light therapy can be

more far-reaching.

This month the spotlight is on Ginger Tomassi. Ginger has been a Massage Therapist for 15 years. She has always enjoyed the Holistic healing part of life which led her to a career in Massage. She spent over 20 years in the corporate world, working behind computers, so when she decided to change careers, she knew exactly what clients needed to feel better. Ginger is studying to become an RN, which helps to integrate the two professions and has given her a deeper insight into what people of all ages need. Ginger specializes in pain management through massage as well as many other techniques to help you relax and recover.

The New Year and new pricing is coming. We are encountering rising costs across the board from all our suppliers, shipping, and with minimum wage increases. We will be increasing service pricing. However, the Member pricing will remain the same which make it even bigger savings for our members! Please visit our website or view our menu for the updates.

Thank you, and we hope to see you in the Spa. Remember we are open to the public so bring your friends!





WellFit News Giving Back

Deborah McIlvain, Director of Lifestyle, WellFit and Spa

Everyone is aware of the tragedy of the Camp Fire. This fire was in our backyard. I knew, like many of you, people who had lost everything. I felt a need to do something, but what? Donna Tewart, a resident and I contacted a few people that were helping out the fire victims and learned that there was a great need for gift cards so people could get something to eat or get a few personal items. We felt very strongly that we wanted 100% of the donations to go directly and immediately to the fire victims.



This is where the story starts. An eNews was sent out explaining our intentions and asking residents to donate. I am overjoyed to announce that we raised over \$14,000 in Gift Cards and \$1,000 cash! This community has so many compassionate souls.

This first day Donna and I drove to Oroville to visit the Hope Center where a lot of families were staying at local churches. We met the owner of Hope Center and were so impressed at the work they were doing for the fire victims that we gave them \$1,000 worth of Gift cards.



We proceeded on to the Holiday Inn in Lincoln and distributed Meridians gift cards to 12 families that were living there. While at the Holiday Inn we met a young volunteer that was trying to coordinate donated clothing that needed to be moved out of the Holiday Inn by the next day. She was extremely overwhelmed and needed more volunteers. We were able to recruit a handful of Lincoln Hills residents that showed up the next morning, they

organized and moved all the clothing to the Salt Mine.

On Saturday my husband and I drove up to Chico not knowing what to expect. We stopped first at the Walmart parking lot where there were at least 400 people.

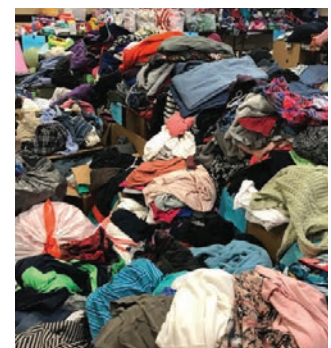
We dropped off boxes of food that were donated by Sysco and handed out gift cards. Then onto Bidwell Jr. High (another shelter) where I met a volunteer from Illinois, she introduced us to families that we gave gift cards to. We drove over to the Elks Lodge where they had hundreds of families staying there; we donated thousands of gift cards to these families.

We stopped at Sierra Nevada Brewing to grab a beer and talk about what we had just experienced. Wouldn't you know it – the restaurant was paying for everyone's meals! To top it off the staff working were also victims of the fire, but they continued to give back. We met with the manager and donated more gift cards for those staff members.

During our trip, we met with many individuals and families listening to their stories brought forth many tears and even more hugs.

Thank you is not enough for the overwhelming generosity of Lincoln Hills. I felt so privileged to be allowed to represent this community that alone touched thousands of people. What a wonderful place to call home!

For pictures of the day, please go to SCLH website.



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Ho, Ho, How? How Do We Safeguard Our Holidays?

Teresa Tanin, Neighborhood Watch

It's that time of the year again and holiday packages are on their way.

You may not be home when they are delivered, and there they sit on your front porch. It would be a shame if they disappeared!

One suggestion is to have your neighbor pick up your packages, neighbors helping neighbors! Neighbor too busy? Sign up with USPS, UPS, or FedEx.com to manage your delivery days, places, and times. FedEx.com also offers an alternate delivery location, Walgreens on Twelve Bridges, where packages are held until you can pick them up.

Your packages are now safe, but how do we defend against phone scams that catch us off guard? At first, they appear sincere; the voice on the other end needs help or is offering discounts, but neither is the case.

Some community members have been convinced to purchase and share gift card numbers with these scammers. They call from other countries and according to the local FBI



Scam Task Force www.fbi.com/scams-and-safety, are rarely caught. We should simply fall back on that familiar adage, never talk to strangers, or just remember to always check with a family member, friend, or neighbor, if ever asked to purchase gift cards from a phone call.

Safeguard and be proactive—really enjoy your Ho, Ho Holidays!

Happy Holidays! from Neighborhood Watch

Website: www.SCLHWatch.org

Also see *Compass* Association Contacts/General Numbers and *Compass* Neighborhood Watch Club news.



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Traditionally, Untraditional Holidays

Nancie Wiseman Attwater, Roving Reporter

Do you have a favorite holiday? Open presents on Christmas Eve, or Christmas morning? Do

you save all your energy for New Year's Eve? Or is Thanksgiving the best day for you as the food is the focus? As for Hanukah, you can't beat eight days of gifts in my mind.

One of my favorite stories is about the Mazzo/Silverman household. She is an Italian Catholic he is Jewish. They have created "Chrismukkah." The Menorah is next to the Christmas tree and the presents and food flow as there are eight days of gift giving with Hanukah, and then Christmas.

Germany is credited with starting the tradition of the Christmas Tree as we now know it in the 16th century when devout Christians brought decorated trees into their homes. You'll have to admit there is nothing prettier than a decorated tree with all the ornaments and lights.

As for the Menorah. Jewish rebels defeated the occupying forces and reclaimed the holy temple in Jerusalem. They found there was only enough oil to keep the menorah lit for one night. Miraculously it lasted for eight. Thus the eight candles on the menorah. With a ninth, usually taller, and in the middle to light

the others. Interesting that all celebrations are with "lights."

The food eaten at the holidays seems to bring out the best recipes and creativity too. Favorites from long ago on old recipe cards are brought out bringing back fond memories of eating the same recipe every year with family and friends. Main courses are as familiar as turkey or ham, but prime rib, seafood, tamales, and lasagna are also popular.

You are probably familiar with the green bean casserole made with the mushroom soup. The woman who invented that recipe just passed away. She will live on forever every holiday as this recipe is eaten by just about everyone I know.

Why not start a new tradition if your family is far away or the kids are older? Invite a neighbor who lives alone over for a drink and a nosh. Stop by and check on someone who might be ill. Invite a friend to the lodge for a look at the decorations. Go to a holiday concert. Share the love at a shelter or food bank.

Whatever tradition you celebrate I hope your holidays are filled with joy and wonder at the delights of the season. That's the true spirit

of this time, not which holiday you celebrate or how you choose to celebrate it.

Happy Holidays!



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New Year's Eve Dance Concert

Two seating times will be offered so guests can enjoy dinner
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5:00 PM (For the 7:00 PM Show)

7:30 PM (For the 10:00 PM Show)

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Coal and Copper Mining in Lincoln

Al Roten, Roving Reporter

Lincoln is on the edge of Gold Country. There were many holes and tunnels excavated, and dredging in creeks right here on the land of Lincoln Hills. However, gold fever passed through the area rather quickly. By about 1855, the rush for gold had mostly ended, and other minerals took their place in the pursuit of wealth.

In the 1860s copper and other minerals were found in some of the mine diggings. There was a brief time of prosperity in copper mining, which waned, but resurged later in the century. In fact, the mines at Whiskey Diggings, later known as Kilaga Springs, had a life of about 75 years with prosperity brought on by various minerals. See October 2018 *Compass* to learn how Kilaga got its name.

By 1872, the fortunes of Lincoln were at a low point. Mining was gone, the railroad had gone through to Marysville, and the population was down to fewer than 300. In 1873, settlers found coal while digging wells for water. Charles Lincoln Wilson found veins of hard coal in test borings, and by 1874 more than 200 tons of coal per week were being shipped. This was known as kitchen coal

because it burned as cleanly as wood, but hotter.

The coal age lasted only a few years. However, coal mining shafts remain: among them are tunnels deep under our City Hall. It was found that the coal veins were interleaved with high-grade clay deposits. In 1875, Charles Gladding, Peter McBean, and George Chambers formed the clay products company known as Gladding-McBean. Clay then sustained Lincoln's economy for many years.

From 1880 until 1918 copper was being mined at several locations north of town. Declining copper prices after World War I caused this industry to fade away.

We are fortunate that Lincoln's Jerry Logan, now deceased, a descendant of early settlers in the area, took on the daunting task of researching and recording local history. Material for this and other articles on history come from his work. Much of Logan's research is reflected in the book, *Images of America, Lincoln*.

This book is available for purchase at the Lincoln Area Archive Museum, 640 5th Street. It is a treat to visit the museum and browse the artifacts while purchasing your book. The museum is open Tuesday-Saturday, 11:00 AM to 3:00 PM.



Coal Mine Lincoln 1870's





An Attitude of Gratitude

Shirley Schultz, Roving Reporter

Do you want to be happy? Then practice an attitude of gratitude. Much has been written about the health benefits of gratitude. *Psychology Today* published an article by Amy Morin in 2015 titled "7 Scientifically Proven Benefits of Gratitude" to show how giving thanks can transform your life. The article points out that gratitude opens doors to more relationships, improves physical health, increases happiness and decreases depression, increases empathy towards others and reduces the desire to seek revenge, improves sleep, and fosters resilience during hard times.

The physiology of gratitude is worth mentioning. Gratitude has actually been shown to activate the hypothalamus in our brains by increasing dopamine output, and this rewards us with a natural feeling of well-being and, in some people, lessened perception of pain. This good feeling may lead one to be "addicted" to gratitude. Neurology studies have shown that appreciation and gratitude take up brain space and cannot reside there at the same time as fear. Gratitude and appreciation are among the highest forms of love, which may be why scripture says, "Perfect love casts out all fear."

Various sources within the psychology and neurology communities offer some ways to cultivate gratitude on a regular basis:

- Write a thank-you note, and deliver it in person or send one at least once a month. Occasionally write one to yourself.
- Appreciate everything, and stop being picky.
- Mentally thank someone else. Better yet, thank them in person.
- Keep a gratitude journal. Write down each day what you are grateful for and, when possible, share it with another person.
- Literally count your blessings at a set time each week and write them down. Pick three to five specific things for which you feel thankful.
- Volunteer. Think bigger than yourself.
- Instead of a complaint, restate it as an expression of gratitude. Instead of complaining that your toilet is plugged up, appreciate that you have indoor plumbing.
- Pray if so inclined, as this can cultivate gratitude.
- Practice mindfulness by focusing on the present moment without judgment. Mentally give thanks.

As we find ourselves in the midst of the holiday season, it is important to recognize that expressing gratitude is a major way to lift our spirits. On a daily basis, look for something for which to be grateful. Happy Holidays!

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Brush Up on Your Idioms

Linda Lucchetti, Roving Reporter

Take a break from the hustle and bustle and the commotion and exhaustion of the holiday season.

Drop the presents, finish decorating, and stop baking the cookies. Sit back, relax and enjoy a brief lesson about a quirky piece of our language—the use of idioms.

You may remember from your English 101 class that idioms are word combinations which have a different figurative meaning than the literal meanings of each word or phrase. No doubt you've heard a whole heap of 'em, and probably have some personal favorites like: "Bring home the bacon.", "Get your head around it.", or "...by the skin of your teeth."

Not only are these countless phrases fascinating and more often humorous, some idioms hold roots dating back centuries while still in use today. To put you in a wintry mood, I've hit the books and offer here some choice idioms used in sentences, along with their origins, for you to sink your teeth into.

"You're on thin ice," the grandmother scolded her grandson who was guilty of bad behavior. (This idiom, which alludes to the danger that treading on thin ice will cause it to break, was first used figuratively by Ralph

Waldo Emerson in his essay *Prudence* (1841).

"You have a snowball's chance in Hell of winning this golf game," the husband warned his wife about his skills on the course. (Implying no chance at all, this idiom has its earliest reference in an 1880 Detroit Free Press article explaining a political candidate's possibility of winning.)



On thin ice



Cold turkey

The car salesman knew how to break the ice with potential clients. (Although a very early meaning (1597) refers to breaking of the ice to allow the navigation of boats, a more recent (1883) explanation is attributed to Mark Twain in his *Life on the Mississippi*, meaning getting strangers acquainted with one another.)

She was accused of giving him the cold shoulder after ignoring him at the fitness center. (One intriguing interpretation states this phrase originates back in Shakespearean time when unwelcomed guests were served a cold shoulder of mutton.)

He stopped smoking, cold turkey. (With sev-

eral historical references, this phrase, to abruptly quit something, may have its origins in its two components – cold, meaning straight-forward, and dating back to the 1800s, to talk turkey or speak plainly.)

Well, since I am at the end of my rope, I would like to kiss this story goodbye.

In Memoriam



Jay Dee Knauer

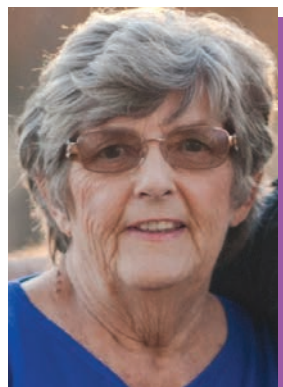
Jay was born in Iowa and moved to California, settling in Pleasanton where he raised his family. He served in the Navy Reserves and spent four years in the US Air Force. He met and married the love of his life, Roberta, after a three-month courtship! For 50 years he worked as an FAA air traffic controller/instructor in Oakland and Sacramento. The center of his life was Jesus and his family. He enjoyed his weekly bible study group, playing his trumpet with the Auburn Senior Band, playing bocce and wine tasting. Jay was a man full of passion, love, and was gentle and humble. He is dearly missed by his wife of 62 years, four children, six grandchildren, and seven great-grandchildren as well as many other relatives and friends.

Pat Barnes

After growing up in a small town in Oregon, Pat moved to California in his 20's. He met his wife, Trish, at a Parents Without Partners gathering in Hayward where Pat was the Hayward Greyhound Agent. Tennis became their passion, playing at Castro Valley Tennis Club. Pat bought the franchise for a Play It Again Sports Store in Hayward and then moved it to Alameda. They moved here in 2002 to play tennis, playing in countless tournaments until Parkinson's disease took over. They also enjoyed cruising in their 40 years together. He leaves his loving family and friends, survived by his wife, son, step-son and four grandchildren.



Judy Van Gerpen Winckler



Judy grew up on a farm near Avon, South Dakota. She went on to get her beautician license and later got an AA degree in administration. She then worked in school administration for many years. She married Loren Winckler 53 years ago, and they lived in several parts of the United States before settling in San Jose, California and then retired to Lincoln. Crafts were a special interest like candle making, painting, ceramics, and baking. She also loved camping and spending time with her family and friends. A kind, caring person, Judy will be missed especially by her husband, Loren, two daughters and their families including two grandchildren and also her brother and his wife.

If you have lost a loved one who shared your home and would like to place information in this column, please contact Joan Logue at 916-434-0749.



Library News

Sandy Melnick, Library Volunteer

All the volunteers at the Kilaga Springs and Orchard Creek Libraries want to wish you a very happy Holiday Season. We hope you will enjoy all the seasonal books that are out on the back of the sofa at KS.

Please remember to check the publishing dates of donated books. We are getting many donations that were published many years ago, and we do not have room for them on our shelves. Please call Sandy Melnick at 916-408-1035 if you have questions about donations.

Please return all materials to the rolling carts. Our volunteers will process these books, CD's and DVD's and reshelve them. We appreciate that people want to help, but we have a certain procedure that we follow.

If you want to read a good book, I recommend "The Paris Architect" by Charles Belfoure. It is about WWII and hiding people where you least expect. A real page-turner. It can be found in the hardbound novels section.

Contacts: Ruth Poehlmann at 916-408-4419 for investment materials; Adrian Felice at 916-408-4332 for volunteers; and Bobbi Swenson at 916-543-6362 for the Community Living Room (OC).

VOLUNTEER OPPORTUNITIES!

Committee Openings

Below are Committees that need your volunteer time and expertise. Committees with openings include:

- **Clubs & Community Organizations Committee (CCOC)**
- **Properties Committee**
- **Compliance Committee**
- **Communications & Community Relations Committee (CCRC)**

Committee applications are available at the Lifestyle desks (OC/KS) and online (**Resident Website**>**Committees**).

Cheers to 20 Years!



SAVE-THE-DATE
— for —
SOMETHING GREAT

A three-day celebration to commemorate Lincoln Hills 20 Year Anniversary will take place October 24-26, 2019 and you won't want to miss a minute!

More exciting details to follow.



Club News



Amateur Radio

The Lincoln Hills Amateur Radio Group are amateur radio enthusiasts who operate the W6LHR repeater for Lincoln Hills residents holding an amateur radio license. We provide backup emergency communications for the City of Lincoln and Lincoln Hills. The Group conducts a weekly network at 7:00 PM every Monday evening on the W6LHR Repeater at 443.2250 MHz, with a PL of Tone of 167.9 The LHARG also meets at 6:30 PM every Monday at the South Lincoln Hills Entry Facility. In December, the LHARG will not be meeting on Christmas Eve and on New Year's Eve or holding a weekly network on 24 December and 31 December. The LHARG wishes everyone a Wonderful Holiday and Happy New Year.

Contact: **Jim Darby 916-408-8599;**

Website: www.lharg.us



Antiques Appreciation

January 7 is the first monthly meeting for the Antique Group for 2019. Dues of \$15 are now payable at the meetings. Must be paid by March. The focus of the first meeting is the annual event, loved by all, where the members are to bring two items at least 50 years old to share with

the group. We have new board members so come and enjoy the morning and get to know the group. Lunch follows at the Meridians. Meetings are in the Heights and Gable Rooms (OC) 10:00 to 11:30 AM the first Monday of every month.

Contact: **Jo Quiarte 916-408-7140**



Astronomy

Wednesday, January 2, LHAG General meeting at 6:45 PM in the P-Hall (KS). Professor Charles Hunt will present "France's Nuclear Fusion Reactor." Monday, January 21, Cosmology Interest Group (CIG). Fine Arts Room (OC) at 6:45 PM. The subject will be Lectures 7 & 8 on Radio Astronomy covering a tour of Green Bank's Radio Telescope. Contact Morey Lewis (eunmor@pobox.com) for more information.



Thursday, January 24, Telescope Interest Group (TIG). Observing celestial objects at the Sports Pavilion. Telescope viewing will commence at sunset or about 5:20 PM and run to 8:00 PM.

Contact Bob Collins (bobpcoll@community.net) or visit our website for more information.

Contact: **Ron Olson 916-408-1435,**

rolson@starstream.net;

Website: www.lharg.org



Ballroom Dance

The sights and sounds of the season abounded at

our Pot Luck Christmas Party on December 11. With beautiful decorations adorning the room at Kilaga, delicious food provided by the attendees, and lovely holiday music filling the air, everyone felt the love and joy of the season. This was a lovely way to celebrate Ballroom and friendships.

If you are interested in exercising while having fun, join us. Membership, only \$7/year, open to Lincoln Hills residents, sponsored guests, couples and singles. Lessons are every Tuesday in KS: Beginners from 2:00 to 3:00 PM and Advanced from 4:00 to 5:00 PM. Open dance hour is 3:00 to 4:00 PM. We begin 2019 with the smooth West Coast Swing taught every Tuesday in January by Sal and Ruth.

Contact: **Sal Algieri**

916-408-4752,

sr64danz@sbcglobal.net



Big History

Our club is currently exploring the Agricultural evolution which began around 10,000 BCE. 2018 wrapped up with presentations on how extreme climate changes affected early civilizations and with a Group presentation about Otzi, a 5,300-year-old mummy found in the Alps. We topped it off December 3 with a festive winter social (no meeting December 17). Our next meeting will be January 7 exploring how human civilization began. That blueprint established

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the basis for all future civilizations, including today's. What are the Building Blocks of Civilization? Big history is Lifelong Learning for the sheer joy of it! Come join us. The Big History club meets the first and third Mondays of the month at 10:00 AM in P-Hall (KS). Visit our website.

Contact: David Lewis 916-626-2795, stuff619@gmail.com; Website: www.bighistorysclh.com



Billiards

The Billiards Group offers tournaments to all residents men and women. We have tournaments for beginners, intermediate, and advanced. Please join us in the fun!! With the chance to meet new people. The Billiards group is offering free lessons at KS to all residents on Tuesdays, 9:00 to 10:00 AM. This is 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.

Contact: Tony Felice 916-955-0501, atfelice3@gmail.com



Breakers tournament winners
1st Mike Greaney, 2nd Judy Soben



Bird

On December 21, our group travels to Cosumnes River Preserve. We will enjoy the many birds of its wetlands and riparian woodlands. January 11, we head to Staten Island to see the Sandhill Cranes plus other species that inhabit this area. We will leave Lincoln Hills at 1:00 PM for an afternoon of birding and viewing the Sandhill Cranes as they fly in at Sunset.



Sandhill Cranes make their winter home on Staten Island.

Join us in the P-Hall (KS) on January 14 at 1:30 PM to hear Dr. Victoria McBride from the California Foundation for Birds of Prey present her program on raptors. She will bring live birds so don't forget your cameras.

The Christmas Bird Count is December 27. To get more information contact Ruth Baylis at rbaylis2@yahoo.com.

Website: www.lhbirders.org



Bocce Ball, Mad Hatters

The Mad Hatters Bocce Group was formed for the purpose of acquainting the residents of Lincoln Hills with the rules



Lots of nighttime Bocce in October

and fun of Bocce. We give free instruction and furnish all equipment. From November to April we play Bocce every Thursday Morning at 10:00 AM. Beginning in May, we start our Thursday Bocce sessions at 8:00 AM. The Mad Hatters Bocce group is open to all Lincoln Hills residents. We play to a relaxed set of Bocce rules that make the game fairly simple and easy to learn, no experience required. We also have a wheelchair accessible court. Please see our information flyer on the SCLH Resident website Bocce Ball page.

Contact: Paul Mac Garvey 916-543-2067, pmac1411@aol.com; Website: sclhresidents.com/group/pages/bocce-ball-group



Book, OC

“There are three stages of a man's life: He believes in Santa Claus, he doesn't believe in Santa Claus, he is Santa Claus.” – Author Unknown. Our last gathering this year will be our annual holiday luncheon set for December 20. At this time, the final book selections for 2019 will be revealed and posted later on our Website. Check out what we will be reading in the new year.

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We are a robust group of readers. We meet for book discussions on the third Thursday of the month at 1:00 PM in the Multipurpose Room (OC). Turn over a new leaf and join us!

Contact: Darlis Beale
916-408-0269; Website:
LHocbookgroup.blogspot.com/ or
Wiki: ocbookgroup.pbwiki.com/



Bridge, Duplicate

The use of pre-dealt boards at bridge clubs is becoming increasingly widespread. Dealing machines with their associated computer software make pre-dealt hands easier. We have a dedicated group of volunteers who strive to make every game run smoothly. These ten selfless volunteers run the duplicate machine that produces our pre-dealt hands. This Committee is a great example of how our members step up and volunteer. Their time and effort is appreciated by our bridge players. Our thanks to Mike Raffetto, Sharon Shevelson, Tom Rosen, Sherry Mosby, John White (Chair), Bob Rouse, Carin Bryans, Julius Kerenyi, John Schulte and Ken Reiss.



The Duplimate Committee

Games are played at Kilaga Springs (KS), Wednesdays/ Saturdays at 12:30 PM. Friday at 5:00 PM. Partners or questions, please visit our website.

Contact: Lynne White 916-253-9882,
lynnewhite2000@yahoo.com;
Website:
www.bridgewebs.com/lincolnhills



Bridge, Partners

Call for reservations or show up with a partner in the Sierra Room(KS) by 5:30 PM Thursday. Play begins at 5:45 PM. Reservations for first/ third Thursday: Kay Newton 916-408-1819.

Winners: October 25-First: Carolyn/Bob Calmes; second: Kay/Ben Newton; third: Bev/ Allan Blaine; fourth: Eileen/Gene Scallon. Patty/Frank Kamienski had high round 2490. November 1-First: Linda Theodore/Janet Pinnell; second: Erika Wolf/ Edith Kesting with high round 1920; third: Jyoti/Viren Sitwala; fourth: Nancy Turrini/Lydia King. November 8-First: Lorraine Minke/Janet Pittenger; second: Ann McClellan/Erika Wolf; third: Nancy Rice/Carol Mayeur; fourth: Dee Cole/Ed Hartnett. Lydia King/Nancy Turrini had high round 1560. November 15-First: Chet Winton/Phil Sanderson; second: John Butler/Byron Hansen; third: Kay/Ben Newton; fourth: Rose/Joe Phelan tied with

Rosanna Jensen/Kurt Wolff who had high round 2020.

Reservations for second/fourth Thursday: Joanna Haselwood 916-209-3392.



Bridge, Social

We welcome Social Bridge Players to join us on Fridays for Singles' Rotation Bridge in the Sierra Room (KS). Arrive at 12:20 PM. Reserve your space for November/December by contacting John Woodbury at 760-522-8758 or Alan Haselwood at 916-209-3392. Winners from October 26 to November 16: First Place: Ralph Madsen (twice), John Woodbury, and Kurt Wolff. Second: Bob Belknap, Phil Sanderson, Carol Mayeur, Ralph Madsen. Third: Judy Ganulin, Hiro Kumasaka, Judy Olson, Jean Richards. Fourth: Janet Pittenger, Linda Scott, Mo Scarpitti, Flo Hunt. We have 18 tables set up. Students from our free bridge class are invited to attend Friday Bridge (if they are ready). The class is ongoing Wednesdays from 8:30 to 10:00 AM for beginners and 10:00 to Noon for intermediates in the Card Room (OC).

Contact: Pat Mullins 408-202-1865,
pam7nt@gmail.com



Bunco

The Bunco group wishes everyone a happy & safe holiday season! In November, the Bunco group had a full house. A few regulars were missing so

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December will be packed as we plan for our gift exchange and luncheon. The traveling bear made the round over the room before ending in front of Phyllis. Bunco play is the third Thursday of the month in the Cards Room (OC). Play starts promptly at 9:00 AM. Bunco is a non-membership group with a \$5 'pay to play' fee. Please consider joining us for a morning of laughter, fun, and friendship!

November Winners: Most Buncos - Linda Matthews; Most Wins - Karen Anderson; Most Losses - Shirley Mohler; Traveler - Phyllis Papagiannis. Next Bunco is Thursday, December 20.
Contact: Kathy Sasabuchi
 916-209-3089, ksasabu@icloud.com



Ceramic Arts

Happy Holidays and Happy New Year. Be sure to drop by the ceramics room to see the attractive seasonal projects in the window. Join the group to make your own pieces for any occasion or just to see what it's like to play with clay. New people are always welcome so sign up for a class now and let January be the beginning of a fun experience. Classes are held Tuesday and Thursday mornings and afternoons. Fridays from 12:00 to 4:00 PM are open studio for people with some knowledge who want to work independently.

Earthenware and Spanish Oils are other mediums of ceramic

art that offer an entirely different experience. Open studio is Sunday afternoons at KS.

Website: www.cagsclh.net



Chorus

Our thanks to all of you who attended and applauded our "'Tis the Season" concerts on December 9-11. We couldn't continue this annual community tradition without your support, and your enjoyment of our performances rewards all the time and effort we devote to them.



Lincoln Hills Community Chorus

Like to sing? Rehearsals for our spring concert on April 28-30 begin January 8, when we'll welcome new members. Visit and sing with us for three weeks to see how you like it with no obligation. Along with sectional and full rehearsals Tuesday afternoons, you'll benefit from computerized music files for home practice. Check our website and contact our membership chair, Suzanne Rosevold, for more information.

Contact: Suzanne Rosevold
 916-587-3035,
suzannechorus@gmail.com;
Website: www.lincolnhillschorus.org

Computers

Apple Users



On October 30 Apple announced more new products and updates. If you weren't blown away by the new iPhone, then you certainly have to be impressed with the new MacBook Air and iPad. It's hard to believe you can make things run faster and be lighter in weight and offer all the wonders of these devices.

Check the website for more information on dues: \$15 per household. Payable at a meeting or mail your check made out to LHAUG, mail to Bonnie Esker. The recycle program for old devices and don't forget the Classified ad section for sale items. We are looking for more volunteers for help with labs, general meetings, and tasks for next year. Contact Helen Rains if you are interested.

Contact: Helen Rains 916-408-4505
Website: lhaug.org

PC



Main Meeting January 9, 6:30 PM, Ballroom (OC), Shayne Sweeney, the speaker, grew up in northern California and will discuss creating Instagram, a video and photo sharing social network,



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Shayne Sweeney

use, the growth has been amazing; learn how a startup can succeed in today's world. Walk-In-Workshop: January 15, 1:00 PM to 3:00 PM in the Computer Lab (OC). Our more experienced computer members will provide assistance to any of our Club members who would like hands-on help. Ask the Tech: January 25, 10:00 AM Informal Q & A session for any technical questions Multi-Purpose Room (OC). **Contact: Bob Ringo 916 543-5310; Website: www.sclhcc.org**



Country Couples

Jim & Jeanie Keener hosted our Halloween dance at (SC) Roseville, including turkey dinner with all the trimmings. A variety of costumes were worn by many of the attendee's getting us into the party spirit. What is Country Couples? We do choreographed waltz's, cha cha's, rumba's, country & ballroom 2-step, and more, mostly to country music. Are you looking for something new and different to try next year? Would you like to make new friends and burn off some of those extra holiday



Warren, Lauri, Randy, Sandy, Carroll, April, Mike and Peggy

calories at the same time? What a great way to start off the new year! Why not mark your calendars and come join us in January. Beginner classes (KS) Monday's, from 7:00 to 8:00 PM.

Contact: Irene Hesson 916-434-6804 ininsc@gmail.com



Cribbage

We welcome you to come join the fun at Orchard Creek 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 October were Lynn Bell, week one, Mario Ferrero, week two, Lynn Bell, week three, Jerry Carlson, week four, Lynn Bell, week five.

New players are always welcome! **Contact: Larry O'Donnell 406-672-6493, obarfour@gmail.com**



Cyclists

Winter is a cold time to ride. There is no fun in riding if you are cold. The temperature is one thing, but you must consider wind chill. For example, if the temperature is 35 and you are riding at ten mph, the equivalent temperature is 22. Riding in cold weather requires dressing in layers. Forget cotton (poor wicking) or wool (stays wet). A polypropylene base layer is good, but there are better fabrics available. Consider a base layer; a fleece lined jersey and a windproof jacket. Wear tights or leg warmers. Wear two pair of light socks instead of one thick pair. The air between the socks will insulate, and your shoes won't fit tight. Wear long fingered gloves and a turtle-neck sweater or balaclava.

Contact: Steve Valeriotte 916-408-5506, jillsteval@gmail.com; Website: lincolnhillscyclists.com



Fishing

I've been thinking about the quote below, and it could be almost true. "The charm of fishing is that it is the



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pursuit of what is elusive but attainable. A perpetual series of occasions for hope” - John Buchan. With today’s gear, you are guaranteed fish in my view, well almost. We have members willing to show you how. Take up fishing; it’s a lot of fun, really! Meet new people, go fishing with a partner. Only \$20 dues gets ya into our BBQ’s & Holiday dinner, monthly meeting; second Monday P-Hall (KS) at 7:00 PM. How to fish? Go to your browser type fishing, videos galore.

Contact: Henry Sandigo
415-716-0666,
hsandigo@gmail.com



Garden

Perhaps your New Year Resolutions will include something of an interest in gardening! Check out the variety of activities on our website! We have an exceptional line-up of speakers and events for the New Year. To avoid sign-up lines for 2019 Membership at the January 24 meeting, you can go online



Christmas Cactus

(website: lhgardengroup.org) and send in the membership form now. Then check-in the “fast-track-line” and get a door prize ticket that will admit you. We have such an exciting speaker that we may have to limit the seating to “members only” until 5 minutes before 2:00 PM...then guests can be seated if there is room. If you do not have access to a computer, please call Membership Chair, Marjie Anderson at 916-408-7685 and leave message.

Contact: Lorraine Immel
916-434-2918,
lorraineimmel@gmail.com;
Website: lhgardengroup.org



Genealogy

There is no general meeting in December. We wish you all special holiday days whether that is time with family, friends or even time alone in which you delve into your genealogy or a good book or whatever is special for you.

It’s time to renew your membership. You can find the application on the website. A new application needs to be completed even if you are renewing your membership for the umpteenth time! Your steering committee is hard at work arranging interesting speakers for the New Year. The first meeting of 2019 will be January 21. At that meeting, we will have our election of 2019 officers followed by some short presentations by members reflecting their

genealogical quests.

Contact: Maureen Sausen
916-543-8594,
sausennaureen@gmail.com;
Website: lincolnhillsgenealogy.com



Golf

Ladies XVIII

The 18-holers had a curious year. For one, six of our members had aces, although only two of them recorded it on a playday to receive proper recognition. Nearly all sports handicaps in the 20’s. Awesome! Another anomaly was that our lowest handicap golfer, Rosie Warren, earned the honor of being the NetChix for the year, after an 11-player shootout in this low-net tourney. For two successive years, we lost the Sunheim Cup to Roseville/Timber Creek. Better luck will come with hosting next year. We accept new members all year long. Players must be residents and can establish a handicap once they join. Valerie Green is the membership chair. See our website for more information.

Website: lhlxviii.com

Lincsters

On November 14, Kate Gold won Flight A, Jeannine Wuschnig won Flight B, Ingela Butters took Flight C, and Pat Shafer won Flight D. Lincster golf is suspended during December; play days will resume January 5 with an afternoon shotgun start. Play will be on the front nine of either the Hills or the Orchard. Tee times

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are scheduled for 1:30 PM. The festive holiday party, Holly Jolly Par-Tee, was held on December 5 in the Ballroom (OC). End of the year awards were presented. Gifts wrapped in red and green were collected and will be presented to residents of Lincoln Meadows Care Center. The first tournament of 2019 will be the Grandma's Tournament on January 30.

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

Golf Men's

The Tournament of Champions Low Gross winners were: Ed Lazarek, Les Hanson, John Vass. First Low Net were: John Michel, Jason Hong, Mercer Tyson. Just For Fun Net flight winners were: Richard Long, Russ Lynch, Dennis Beldon, Gross winners were: Stan Perry, James Wolf, Gary Wang.

The Mens Club is now at 265 members. Sign up forms for 2019 are in the Pro Shop and at, mgclh.club. Pete Saco presented plaques to Joe Angel, Low Gross Champion



Vance Sharp after his Hole In One!

and Frank Burkhead, Low Net Champion for the year. Handicap chair Brian Wanzer noted we have had eight different winners for most improved handicaps, this quarter winners, Jim Pullium and Charley Kendall. For the year Frank Burkhead and Ron Balderson were the big winners! The Men's Club wishes everyone a Happy Holiday Season!

Contact: Tom Traxel 916-209-3188
Tom.Traxel@sbcglobal.net;
Website: mgclh.club



Healthy Eating

We'll have a new name and a new primary purpose in January. We'll be The Food Adventures Club with the purpose of concentrating on our



November Field Trip

enjoyment of foods in general. We'll always remind ourselves of the importance of healthy eating, but our primary purpose is to explore ways to gain more enjoyment from the foods we actually consume. We'll examine many foods we previously avoided as the Healthy Eating Club, and we'll learn how moderation in

some foods is key to maintaining a healthy lifestyle. We'll appeal to those that spend lots of time in their kitchens and also to those that do not. No December meeting, so see January's *Compass* for location and time of our next meeting in late January. Annual dues \$20.

Contact: Don Rickgauer
916-253-3984, drradv1@gmail.com
Website:
HealthyEatingClub.wildapricot.org



Hiking & Walking

We have canceled some hikes because of poor air quality from the Camp Fire. Our thoughts are with all who have lost their homes. As we conclude 2018 we still have some planned hikes to take place in November



Cronan Ranch Hike

and December. Cronan Ranch took place on November 8 and was enjoyed by a great turnout and spectacular views of fall along the American River. On November 27, we will do the Johnny Cash Trail in Folsom. December 4 Ingram Slough Trail in Lincoln. December 18 our annual Pleasant Grove hike

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with lunch at La Provence. Go to our club website for a look at what is planned ahead for 2019. We wish you all special time with your families through the upcoming holiday season.

Website: www.lincolnhillshikers.org



Investors' Study

Join us as we kick-off the year 2019 at 2:30 PM in P-Hall (KS) on January 3. Russ Abbot will be our keynote speaker who always brings a useful and clear perspective on the domestic and global economy. Russ would like you to bring your questions, concerns and observations to the meeting to create a stimulating afternoon. Don't forget coffee afterward. DUES: We'll be collecting dues in January and February at \$15/per household. Make check out to SCISG. The Active Investors sub-group will meet in the Multimedia Room (OC) the second Monday of the month at 3:00 PM.

Contact: John Noon 916-846-3372, thenoons@att.net



Lavender Friends

Several members gathered last month for a skull-painting party — a colorful ritual whose roots are in Dia de los Muertos, a Mexican holiday to honor the dearly departed.

"I think it's healthy that they have a ritual to honor the dead,"



Winners: Marie Salers (left), Mary Jo Semmelmayr and Bev Cieslinski.

explained Darlene Barbieri, who co-hosted the event. "I think it creates better emotional health." As participants painted, the talk turned to friends and family who have passed, including one of our own—Shelley Holly, who died of cancer in September. Afterward, participants voted on the best skulls. Marie Salers won first place, Mary Jo Semmelmayr placed second, and Bev Cieslinski won third. Lavender Friends is a club for GLBT residents and allies. For more information, check out our website.

Contact: Sandi Dolbee 916-409-2156, sandidolbee@yahoo.com;

Website: www.lavenderfriends.com



Line Dance

As this year comes to an end, we have to say goodbye to Audrey Fish. She is retiring from teaching line dance. Audrey started teaching line dance here in 2000. At that time there was only one class with eight students. Things have changed greatly since then. She says that "it has been the best job I've ever had." She is retiring to spend more time traveling



Audrey with her favorite choreographer Rachael McEnaney

with her husband, gardening and tending her 32 fruit trees. She is not going to stop line dancing. She will continue to go to social dances and workshops. Her energy, dedication, and skill will be missed. We wish her good luck. We will be honoring her at our holiday dinner on December 3. Happy Holidays to All.

Contact: JoAnn Faria

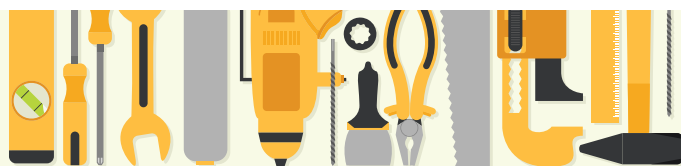
916-434-6813,

joannfaria@sbcglobal.net



Mah Jongg, Chinese

Greetings! Please join us on Monday mornings in the Card Room (OC). Play starts at 9:00 AM, with arrival time being 10 minutes before. Play continues until Noon. Chinese Mah Jongg is a game of strategy and, sometimes, luck. We provide the tiles, score sheets and companionship. (No money is involved.) It is not difficult to learn especially when we teach you! You can master the basics in three hours. If you are curious about learning this game, please join us. If you already know how to play or it has been a long



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Contact: Bruce Castle 916-845-1500, brucecastle101@gmail.com;



Mah Jongg, National

All are welcome to join us, playing this intellectually stimulating and exciting game! Mah Jongg is an ancient game from China, using tiles in place of cards. We meet on Tuesday's in the Card Room (OC) 12:15 to 4:00 PM. If you are interested in learning to play, please contact Fran Rivera, who offers free lessons in her home. Call Fran so she can put you on the list for the next session which will begin in January. Lessons are weekly, lasting 10-12 weeks. Mah Jongg is a difficult game to learn, but, once you do, you'll be hooked!

Contact: Patti Kingston 916-587-3056, Designalm@gmail.com



Mixed Media

The Mixed Media Arts Club is looking forward to next year. The Steering Committee for 2019 includes Nancy Griffin, Frima Stewart, Jan Stephens, Chris Fetter, and Jill Short. The club meets the third Wednesday of the month in the Ceramics Room (OC) 1:00 PM. Our next meeting will be January 16. We welcome visitors to come and check us out. If you are interested in becoming a member, you can join at any of our meetings. Dues

are only \$15 for the year.

Our challenge for the January meeting is the word, "new." Think about the word and how it speaks to you. Go ahead and let out your creative side and bring your completed project to our January meeting to share.



A wonderful mixed media journal page by Sheila Haddab



Motorcycle

Road Captain Dan Harlander led an impromptu ride on October 27 to Rocklin Harley Davidson for their lunch and Oktoberfest. Road Captain Tony Spadaro led the Club's last scheduled ride of the season on November 10 through the scenic California Delta to Rio Vista and lunch at the Point Restaurant. Also in November, the Lady RoadRunners enjoyed a great luncheon at Rubino's Ristorante in Rocklin. Special



Lunch stop in Rio Vista

Thanks to Patti Sterne for putting it all together.

If you like motorcycle touring and have a roadworthy motorcycle or trike – check us out!

The RoadRunners meet on the fourth Thursday of the month at 6:00 PM Multipurpose Room (OC) There is no club meeting in December. "Ride Safe - Ride With Friends."

Contact: Manny Perez 916-253-9121, manwil412@wavecable.com



Music

The Music Group's Holiday Party on November 9 was inspiring. Wonderful food, desserts and of course amazing musical performances made the evening memorable. Christmas and Hanukkah songs were per-



Inspirational closing Group rendition of "Silent Night"

formed by individuals and groups with lots of vocal accompaniment. Our Master of Ceremonies, Julie Rigali, kept the program moving with jokes and warmth. The Music Group meetings are held in the Fine Arts Room (OC) 6:30 to 8:30 PM on the fourth Wednesday of each month and include musical performances, group songs, and a group jam. Go to the website (Password:

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musicgroup) to download the group songs. The next meeting will be January 23, Ukelele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Contact Ron Peck for information. Check the website for the latest group information.

Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com

Website:

LincolnHillsMusicGroup.org



Needle Arts

The Needle Arts Club will have the first 2019 general meeting on January 8. The speaker is Mary Boyer. Her lecture is: "The Art of Treasure Hunting and Wearable Art." The club meets the second Tuesday of the month at 1:00 PM in P-Hall (KS). Make sure you get your membership dues turned in for the new year. New members are always welcome. Community Service has a big need that maybe somebody can fill. They are looking for someone to help them quilt some of those wonderful



Jean Storms showing the fun November Workshop Project

quilts they make as donations to local charities/groups. If you are a long arm quilter and can help, please contact Clareen Bolton or Bev Johnson. For more information on Needle Arts check out the website.

Website: www.sclhna.com



Neighborhood Watch

"Help me, Grandma, I'm in jail in Mexico."
"Grandpa, send me money. I've been in an accident."

"You have an outstanding warrant for your arrest in Georgia."
"The IRS is looking for you; call this number, or the cops will be at your door."
"Your computer has been hit by a virus."



"Help, I need money."

What do these statements have in common? They're all SCAMS!

While most of us wonder who believes these lines, sadly some of our residents still fall prey to these and other swindles. If you have friends/neighbors who seem vulnerable to such pleas or threats, please remind them that any "agencies" requesting payment by gift cards over the phone are scams

designed to take their money. We need to look out for each other.

Contact: Linda Minor 707-235-0778,

lindamminor@sbcglobal.net

Website: www.SCLHWatch.org



Painters

It has been a colorful, creative and engaging year, and we are looking forward to more of the same in 2019. A very special thanks to all the people who worked to make our club activities so rewarding, especially Margot Comer our intrepid Program Director. Remember, your dues help to continue these exceptional events.

The Fine Arts Show will be held on February 22 -24 in the Ballroom (OC) and will offer an opportunity to view a wide variety of artworks and many mediums. The show is open to all residents who are invited to our meeting Tuesday, 2:00 PM January 15 in the Fine Arts Room (OC). We will review Show rules, regulations and entry forms. Registration tables will be open at that time.

Contact: Joan Musillani 916-712-4393



Paper Arts

Our Club's annual holiday party was a huge success with many members in attendance. The room was decorated with beautiful handmade crafts created at our November club meeting. The first meeting

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Christmas luncheon table decorations.

of the new year is January 3, from 9:00 to 12:00 PM in the Terra Cotta Room (KS). Our next Open Lab is scheduled for January 17, from 9:00 AM to 12:00 PM at the same location, for members only. Take a look at our window in the hallway (OC) for a diverse collection of creative cards made by our club's members, highlighting Christmas and winter. We wish all of you a joyous Christmas and holiday season, and a healthy, happy and prosperous New Year!

Contact: Dottie Macken 916-543-6005, justdottie@sbcglobal.net



Pedro

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

Contact: Denise Jones 916-543-3317, djonesea@att.net



Photography

Lumix Ambassadors Suzette Allen and Jon Yoshinaga were our featured November presenters. They are leading the charge into the new era with hybrid Imaging; combining stills, video, and audio to create compelling, moving portraits [multimedia]. Suzette's presentation captivated us with creative opportunities most of us had never imagined. Always a sell-out event, our December General Meeting will be our annual holiday breakfast at the Meridian's Sports Bar.

The first presentation of the new year will be exciting on many levels. The featured presenter is an African Photo Safari leader who is a splendid photographer in his own right. Our field trip planners as busy as always. The next field trip will be to Yosemite for winter scenes and waterfalls. Many more field trips are on the horizon.

Contact: Diane Margetts 916-955-1809, dmargett@yahoo.com; Website: www.lhphotoclub.com



Pickleball

We enjoyed a fun holiday gala December 13, but first, we made sure others have a Merry Christmas. Pickleball teamed with the Softball and Tennis Clubs to help children of deployed troops stationed at Beale Air Force Base to have a Merry

Christmas. We raised nearly \$3,000 to go toward almost 900 toys. Two of our pickleball teams scored silver medals in the prestigious national championship tournament in Indian Wells. They were Didi Martin and Dick Paul in mixed doubles and Ron Greeno and Gary Janikula in men's doubles. Learn to play at our free introduction class most Wednesdays at 1:00 PM, weather permitting. No reservations or paddles are necessary. Please wear tennis shoes.

Contact: Mike Gardner 916-834-6549, pickleballmike1@gmail.com; Website: www.lhpickleball.com




Lisa Sabia and Jeff Greenberg during donation drive.




Players

The Players Club last project for 2018, "Marquee Memories," was presented to the Lincoln community in the Ballroom (OC) November 15, 16, and 17. Four standing ovations were received for this musical, written and directed by Paul Krow.

"Marquee Memories" was dedicated to the Camp Fire Relief. A donation chest was located outside the ballroom where donations were received from the "Marquee



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Paul Krow, Ron Hanson

Memories" cast members and production crew as well as the patrons of all four of the shows. We are pleased to report that \$7,570.00 in cash and \$845.00 in gift cards were received and sent to the North Valley Community Foundation in Chico.

For more information about us, visit the Players Club website.

Contact: Ron Hanson 916-434-7112,

racketron@yahoo.com;

Website: www.lhplayers.org



Poker

Poker Group plays a variety of poker games every Monday and Friday starting 12:45 to 4:30 PM, Tuesday, starting 4:45 to 8:30 PM in Multi-purpose room and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw. All poker players will be seated as long as they arrive by 12:45 (Monday and Friday) or 4:45 (Tuesdays). The new seating arrangement will eliminate people not being able to play because the tables are full.

Any questions, contact Lynne.

Contact: Lynne Barsky 253-3730



RV

Our final rally of the year was in Petaluma, where the group had a great time. They went to the Charles Schultz museum in Napa, the Lagunitas Brewery and played golf, bocce ball and other games. As usual, they had a night of appetizers and cocktails, good food and went out for a great dinner. Our members are now looking forward to our annual Christmas party where we will install new officers. We meet in the



Charles Schultz Museum

Placer Room (KS) at 4:30 PM on the second Thursday of each month, where we discuss upcoming rallies and past rallies then we visit with shared appetizers. Residents with an interest in RVing are welcome to visit, meet new friends and discuss the joy of RV travel.

Contact: Dean Schumacher

916-223-5182;

Website: www.lhrvg.com



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

It's not too late to volunteer for the 2018-2019 school year in our Lincoln Schools, Kindergarten through



Corrine Ehlers,
volunteer in
Ms. Dumler's
3rd grade class



5th grade or Phoenix High School. Visit the SCHOOLS website to find out about volunteering at schoolssuncity.org or contact Crystal Elledge (elementary) 916-543-8617, ceelledge@sbcglobal.net or Irma Mendez (high School) jmeidm@aol.com. No prior teaching experience necessary.

There are openings on the SCHOOLS Steering Committee if you are interested in being involved with planning and working on the volunteer program, or our annual meeting in the Fall or our Spring Picnic in the Sports Pavilion. Contact Patti at pkings-ton@att.net.

Contact: Crystal Elledge 916-543-8617,

ceelledge@sbcglobal.net;

Website: schoolssuncity.org



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Christmas greetings from the Sun City Organization Of Pets. For our meeting on Thursday, December 4, we were treated with

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a talk on the benefits of acupuncture for our pets - given by Dr. Christina Venable, DVM, from Sterling Pointe. We want to remind you to visit the new and wonderful Placer SPCA - make a visit there one of your New Year's resolutions - it's very uplifting in terms of the creature comforts and the efforts made to make every "resident" more adoptable and to find forever homes for all of them.

Contact: Michele Murphy
zumbalove57@gmail.com



Scrabble

Happy Holidays from the Scrabble Group. It's been a good year...and we've learned many new words! We welcome new players at any time. We meet every Monday afternoon at 1:00 PM in the Card Room (OC). All materials are provided, and all levels of play are welcome...beginners on up. Thank you to Shari McGrail for hosting our enjoyable holiday get-together! Come join us in the New Year to try out Scrabble.



Singles

Tis the season! We are headed to LZ Dog in Roseville for our Dine Out event on Thursday, December 20. Please call Sue to make reservations for this one! We will welcome in the New Year on Thursday, December 27 at KS. Food and dancing will highlight

the very festive evening! Kick off the New Year at Cocktail Time at Lincoln's Casa Ramos on Thursday, January 3. For the first birthday celebration of the year, we will be in the Sports Bar (OC) on Sunday, January 6. Activity planning for the New Year starts on Tuesday, January 8 in the Ceramics Room (OC). Please join us. Our first General Meeting of the year will feature an evening of trivia. The happiest of holidays to everyone!

Contact: Susan Platt 916-397-0850,
foster.p.susan@outlook.com



Ski

As of this writing, Sierra Nevada snow is in the forecast! In anticipation of an exciting season, Ski Club members have been in the gym working those quads and other muscles. But there is always time for a party, the Club Holiday Party at Turkey Creek is scheduled for December 17, 2018, at 5:00 PM. Our next general membership meeting will be Thursday at 4:00 PM, Jan-



Danielle Preparing to Whip Skiers Into Shape

uary 17, in the Multipurpose Room (OC). There should be lots of stories to tell as we will be just completing our annual 3-day trip to Heavenly Valley. Details for all Club activities are provided to Club members via email and can also be found at the Club website.

Contact: Ken Spencer
916-258-2150, lhskiclub@gmail.com;
Website: www.LHSkiClub.com



Softball

We just wrapped up another fabulous Fall Ball season. Lots of fun was had by all, and now, we're all about staying in shape over the winter, not eating too much during the holidays (yeah, right...), sticking with our stretching regimes and thinking about playing in the warmth of next spring. In order to maintain our skills over the winter, we'll still hold our regular Sunday morning (9:00 to 11:00 AM) practices at Del Webb Field, weather, and field conditions, permitting. This is a great time and place for any prospective members to give softball a try.

The Lincoln Hills Senior Softball League sends its best wishes to everyone in this great community for a happy and safe holiday season.

Contact: Tom Brown 860-490-7799,
tomwalkerbrown@gmail.com;
Website: lhssl.net

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Coyote Softball

Kauaiotes in Kauai

A team of Lincoln Hills Coyote players participated in the East Kapaa Softball tournament in



"Kauaiotes" in Kauai

Kauai. Our team had a very strong showing winning 5 & losing 2. Bec Cannistraci, Bruce Chappell, Darrell Rinde, John Griffin, "Coach" Hal Kastner, Henry Mutz, JD Dambrosio, Jim Stapleton, Joe Bellah, JR Jackson, Mick Privett, Mike Hilton & Pat Sabia made up the squad. Team batting average was .649, producing 142 singles, 22 doubles, 2 triples, 10 home runs while scoring 122 total runs in 7 games. Excellent defensive play by the Kauaiotes.

Contact: Henry Mutz, henrymutz@gmail.com



Sports Car

We have had a wonderful 2018 touring year. The club has traveled to the Sierras several times, the Pacific Coast on a couple of occasions, and the Central Valley. All our travels are organized by members guided by our Board. The November meeting had the club nominating

and voting for a new Board. Tom Breton, President, Mary Olsen, Vice President, Pam Berry, Secretary, and Carol Altstadt, Treasurer. We thank all our outgoing officers for all the tireless work they have put into the club. As always, if you have a sports car and like touring with great people, come to our meeting on the First Monday of the month at P-Hall (KS). Meeting time is 6:30 PM.

Contact: vploon@sbcglobal.net; Website: lhsportscars.com



Sun City Squares

Sun City Squares welcomes singles as well as couples. If you have not danced in a long time, or if you have lost a partner, we are happy to help you learn again! If you have an interest in learning how to square dance or are even just curious, please come and check us out. Watch for a new beginner class signup for January of 2019 under the class section of the *Compass*.

No dancing in December but will resume our regular schedule in January.

Sun City Squares meets at Kilaga Springs. *Monday from 1:15 to 3:15 PM for Plus Level Dancing, Round Dancing between tips. *Monday from 3:15 to 3:45 PM for Advanced Level Dancing. *Thursday from 1:00 to 3:00 PM for Advanced Level Dancing.

Contact: Sandy Cleaver 916-409-0409



Swimmers & Water Walkers

Jean and I want to thank the club members for your support this past year. And for your continued support for the new club leader, Ruth Braun, who will be taking over next year.

Our final meeting of the year will be Monday, December 17 at 3:00 PM in the Fine Arts Room (OC). Bring suggestions and ideas for next year. After the meeting, and for those who wish, we will be heading to a local pizza parlor for holiday cheer. A place to be announced later. Please join us.

Merry Christmas and Happy New Year.

Contacts: Suzan 916-408-4286, swimmer1944@icloud.com



Table Tennis

Do you need some fun indoor entertainment now that the weather is getting cooler? We play Table Tennis three days each week. No need to worry about rain, wind, or the cooler temperatures.

Our seven tables are flagged indicating all levels of play. Table Tennis play dates are Sundays from 12:30 to 5:00 PM, Tuesdays from 6:00 to 9:00 PM, and Fridays from 8:00 to 11:00 AM in the Multipurpose Room (KS). (Note: Due to holiday parties the only play times available in December are Friday, December 21, Friday, December 28, and Sunday, December 30.)



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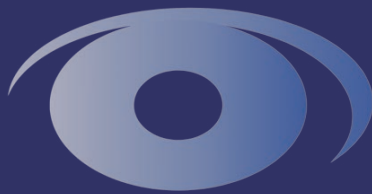


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www.SacEye.com

Our Christmas party will be held this year at Turkey Creek Golf Club on Tuesday, December 18.

Contact: Howard Parker
916-408-4655;
pingpongsclh2@gmail.com



Tap Company

December 14 Tap Company members and guests enjoyed an Italian Buffet Holiday Luncheon at Orchard Creek. In addition to good food, our teacher, Alyson, brought some of her young students to dance for us. As always, they are delightful to watch. Even though we are dancers, we raised our voices in song - a great way to end the year! December practices will be in the Fine Arts Room (OC) on Saturday mornings from 8:00 to 9:00 AM. We wish everyone Happy Holidays and a Wonderful New Year!

Contact: Freddie Dempster
916-253-9734,
fredeedee@gmail.com



Tennis

Our Oktoberfest Tournament on October 27 was quite the success. Tournament Director Dave Mateer provided an excellent format for a fun tournament. Les VanPelt and Monte Boatwright cooked the brats, and Carol Cooper and crew handled all the rest. Her crew included: Jim DeDeo, Jan Boatwright, Jim Bowden, Janis Braganza, Bente Camahort, Pam Geernaert, Patti Kingston, Diane McLaughlin, Barb Profitt, and Lisa Snapp. John Burke, Finance Director, handled over 90 entry fee checks prior to the tournament while Kathy Parsons and Cathy Garrison checked players in on tournament day. Our Men's Christmas luncheon was on



Oktoberfest Tournament Entrants

December 6 and the Women's was on December 7. Both were held at Turkey Creek. Our 2019 BOD was confirmed at our annual meeting on December 11.

Contact: Bob White 916-543-1350,
bobwhiteca@gmail.com;
Website: www.sclhtg.com



Veterans

The Veterans Group culminated another successful year with its annual holiday party in the Ballroom (OC) on December 6. Engaging speakers and popular social events are being lined up for 2019. Membership Chairman Jon Hodson is gratefully accepting members' 2019 dues payments. Annual members pay \$15. You can become a life member for a one-time payment of \$100 and never pay dues again! While you're thinking about it, send your payment right away to: Jon Hodson, Membership Chairman, 100 Turtledove Court, Lincoln, CA 95648.

Contact: Wayne Gallant 916-543-4856



Water Volleyball

For all of you outdoor athletes not able to play due to chilly weather, why don't you consider water volleyball at the KS pool? We get a great



John Como, Harriet Rogers,
Sandy Manildi, and Randy English

workout and enjoy a lot of laughs. We offer recreational and competitive programs. We have a variety of play times and a great training and mentoring program. It's very easy to join our club, and we play year-round. Besides our sport, our club enjoys social events as well.

We have outdoor potlucks at the Sports Pavilion, and a Fall Fling with food, music, and dancing. Watch for club emails that give you valuable announcements and instructions. See you in the water!

Contact: Candy Castro
510-468-2918,
csc0413@sbcglobal.net
Website: lhwatervolleyball.com



Woodcarvers

Carving like other craft hobbies is mostly an individual process. An exception might be a spouse or friend that has a real good eye for color. After the carving and sanding is done the carver may be assisted in the color selection and maybe even the painting of the carving. However not all carvings are painted. Some stylized carvings may only need a stain and/or a clear coat to enhance the grain of wood. Wax is another option for a finish of a stylized carving. Woodcarvers Club members have a large library of carving books and magazines for ideas. Carving tools are available. Woodcarvers Club meet every Wednesday from 1:00 to 4:00 PM in the Sierra Room (KS).

Contact: Lionel Rainman
916-253-9534,
lrainman1414@yahoo.com



Writers

As holidays are here, our only meeting this month was December 10. We wish all writers, wannabe writers, and non-writers Happy Holidays and a New Year that brings good cheer to all. Next year, come join us at 6:30 PM in the Ceramics Room (OC) the second, fourth and fifth Monday evenings of the month. Bring copies of your writing for everyone to follow along while you read. See you in January!

Contact: Freddie Dempster
916-253-9734,
fredeedee@gmail.com

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Support Group News

Alzheimer's-Dementia Caregiver's Support

There will be no Caregiver's meeting on the fourth Wednesday of this month. Our next scheduled Large Group meeting with Stefani Wilson will be on January 23 in the Multi-Purpose Room (OC) beginning at 1:00 PM. The Small Group with Jo Fratessa will meet on January 2 at 1:00 PM in the Multi-Media Room (OC). However and with whomever, you spend these holidays, the Steering Committee wishes you and yours a happy season and a bright beginning to your new year. See you in January. Valerie, Jo, Jean, Cathy, Al, and Jeff.

Contacts: Jo Fratessa – 916-408-7209;

Al Roten – 916-408-3155;

Cathy Van Vetzen – 916-409-9332



Bereavement

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Monthly support meetings are held on the second Wednesday at 3:00 PM at Joan Logue's home. The next support meeting is Wednesday, January 9. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be at Casa Ramos, Tuesday, December 18 at 11:30 AM. For more information or to put a Memoriam in the Compass, contact Joan.

Contact: Joan Logue – 916-434-0749 or joanlogue@scglobal.net



Bosom Buddies

We ended the calendar year by celebrating our most anticipated event of the year –



Our November speaker, oncologist Dr. Vijay Suhag, from Sutter Health.

the holiday party held at Patty McCuen's beautifully decorated home. Members enjoyed a catered lunch, socializing with friends and entertainment by the renowned Hills' Brothers. As if that weren't enough, each guest received a gift crafted by Peggy Ryan and Kathy Woodward.

We're looking forward to a new year and a slate of speakers and projects. Our topics range from cancer treatments/developments to lighter subjects such as meditation, lunches and even crafts.

Bosom Buddies welcomes breast cancer survivors as well as those still undergoing treatment. Most important to us is being there for each other. Our next meeting is January 10 at 1:00 PM in the Multipurpose Room (OC).

Contacts: Marianne Smith – 916-408-1818; Patty McCuen – 916-408-4185



Family Mental Illness Support Group

Our support group meets on the second Friday of each month at 2:00 PM. We are a small, informal group. Our purpose is to lend emotional support to family members who have loved ones suffering from bipolar disorder, schizophrenia, depression, and other serious mental illnesses. There's nothing you can say that will surprise us. We've all been there. Come and know you'll be listened to, heard, and understood. You can read personal stories about mental illness on my blog, www.sooner-thantomorrow.com, A Safe Place

to Talk About Mental Illness in Our Families.

Contact: Dede Ranahan - 916-408-4541 or dederanahan@gmail.com



Gam-Anon

If your life is affected by someone else's gambling problem, Gam-Anon can help. Gam-Anon meets weekly on Friday evenings from 7:00 to 8:30 PM at the First United Methodist Church, 6414 Brace Road, Loomis, CA 95630. Follow the signs to the proper meeting room. A Gambler's Anonymous meeting is held concurrently in another room. Call Kay F. at 916-543-3079 for more information.

Contact: denniskayf@starstream.net

Website: www.gam-anon-loomis.com



Glaucoma Support Group

Start your New Year out by attending the Glaucoma Support Group. Our group is open to all who have glaucoma along with their family members who may have questions about this chronic disease. Our meeting will be held on January 9 at 4:00 PM in the Multimedia Room (OC). Our discussions are always informative, and we all learn tips from one another. For more information, please contact Bonnie Dale at 916-543-2133.



Hearing Impaired Support Group

There will be no support group meeting in December due to holiday bookings at the lodges.

All meetings for 2019 will be on the fourth Thursday of the month (possibly with exceptions at holiday time) from 2:30 PM to 4:30 PM in the Multi-purpose room (OC). In January we will have a presentation on signing and hearing assistive dogs. In February we will begin a two-meeting series beginning with cochlear implants,

and in March a discussion of other devices, such as hybrids, brainstem implants, and standard hearing aids, among others.

Contact: *Joanne Mitchell* - 916-408-0533, *pipa1@prodigy.net*



Low Vision Support

Special January Note. Since the first Tuesday of January falls on New Year's Day, our next monthly meeting will be held on Tuesday, February 5. Speaker: Bruce Vasquez, Kaiser Permanente. Club Display in December (OC). Check out our window display in the glass case between the Card Room and Multi-Purpose Room in the main hallway at Orchard Creek Lodge during December. Android Phone Class. The Android Phone Class will be scheduled after the holidays.

This class is designed to teach us about the many "Accessibility" features of the phone. Attendees must bring an Android phone to the class. For questions about the class or to register, please contact Steering Committee Member, Dolores Minton. Dolores can be reached at *knit.n.purl@att.net* or 209-365-3048.

Contact: *Cathy McGriff* - 916-408-0169 or *cathy.mcgriffe@yahoo.com*



Multiple Sclerosis

Here's an Opportunity to ReGift that Present you just can't use. Bring it to the Tuesday, January 8, 1:00 PM Sierra Room (KS), MS Meeting where we'll have fun exchanging \$20 and under White Elephant presents. Do you like everything you received?

Then bring a Consumable gift or plant, not over \$20. (No candy please.)

Questions - Call Jeri Di Fiore at 916-408-7565 and leave a message.



Parkinson's Support Group

Merry Christmas to all! The Lincoln Parkinson's group normally meets the third Tuesday of each month from 10:00 to 11:30 AM. We meet at the Granite Springs Church on E. Joiner Parkway. We have informative speakers, share stories, and encourage one another. We will NOT be meeting in December and look forward to seeing everyone on January 15! Questions? Call Brenda Cathey at 916-253-7537.

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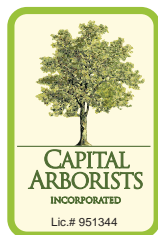


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Bulletin Board

A Course in Miracles

This study group is open and ongoing and meets on the first and third Mondays from 2:00 to 4:00 PM. Its purpose is to assist students in the study and application of the principles set forth in the book called A Course in Miracles which deals with the universal spiritual themes of Love and Forgiveness and which has the attainment of inner peace as its goal. Call Alexandra at 916-409-5253 for more information.

Airport Co-op

Transportation to and from the Sacramento Airport for Lincoln Hills residents works on a point system, give a ride – get a ride. Information can be found on our website www.lhairportco-op.org or for more information contact Barb Iniguez at 916-408-7812.

Cloggers

We wish you a blessed holiday season with family and friends. Enjoy celebrating – and then you may want some calorie-cutting dance steps. Clogging, from Ireland and the Appalachians, is filled with quick rhythmic steps. Clogging shoes have four taps each shoe and make a great sound as we dance to bluegrass, banjo, and even spirituals. We definitely burn off calories! If you're in Orange County on December 20, come to the clogging event at the Laguna Hills Community Center. Meanwhile, Happy New Year! For more information on clogging here in Lincoln Hills, please contact Natalie Grossner at 916-209-3804.

Democratic Club

December 20 our Holiday Party

You Are Invited to Attend:

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

is at the Kitchen (KS) from 6:00 to 8:00 PM. This is a potluck event with guests asked to bring finger food, appetizer or dessert to share. There will be a no-host bar. Come and share food and conversation with fellow Democrats. In January, we meet the third Thursday of the month at the Granite Springs Church, 1170 E. Joiner Parkway, Lincoln. Doors open at 6:15 PM for a social time, a business meeting is at 6:45 PM, followed by the program. Please see the club website at <http://www.democraticclublincolnca.org>.

Italian Club

Buon Natale e Felice Anno Nuovo. Members and guests enjoyed the Christmas Dinner and Dance on December 2 at Catta Verdera. We collected unwrapped toys for the "Toys for Tots" organization. Thanks to all who organized the dinner and to those who donated toys. Our first event of 2019 is the popular annual Crab Feed, set for January 11. Check the website for more information.

If you are a Lincoln Hills resident of Italian heritage, go to our website at www.lhitalianclub.org and learn more about us and our monthly activities. Want to join us? Contact: Sandi Graham, membership at 916-826-5711.

Open Play Games

Interested in playing cards, tile, and board games? Opportunities are available for Open Play at both

Lodges. Come to the Card Room (OC) on Sundays from 12:00 to 4:30 PM, Wednesdays from 12:30 to 4:30 PM, and the Sierra Room (KS) on Fridays between 8:30 and 11:30 AM. Bring your own resources and meet your friends and neighbors to play. All residents of Lincoln Hills are welcome. Tables are first come first serve.

Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Center in Roseville (916-781-2323). Membership to the Fitness Center 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 doubles, cut-throat and/or singles. Ladies are welcome. See you on the court. Contact: Armando Mayorga at 916-408-4711 or at amoon38@sbc-global.net.

Shalom Social Group

The Shalom Social Group is winding down 2018 and looking forward to 2019. We are ending this year with our annual Game Night just past and anticipating Hanukkah, one of our big events of the year, with dinner, music and lots more. As we transition between the two years, we thank our last year's officers and board members for their leadership and hard work and offer a helping hand to next year's leaders. The Shalom Social Group focuses on Jewish history, culture, and

of course food, but membership is open to everyone. For more information, please contact Vida Morrison at 916-984-1043.

Shooting Group

With good weather, we meet on Tuesdays for Trap and on Thursdays for Skeet at Coon Creek Trap and Skeet at 5393 Waltz Road, just minutes from Lincoln. Occasionally other shotgun sports are enjoyed. We have no fees, but each shooter must pay for their own clay targets. For more information

about shotgun shooting sports contact John Kightlinger at 916-408-3928 or johnnpat@sbc-global.net. The rifle and pistol activities occur on Tuesdays at the Lincoln Rifle Club at 150 Lincoln Boulevard. For information about rifle or pistol shooting, please contact Jim Trifilo at 916-434-6341 or trifilom@gmail.com. Come out and have fun!

Sons In Retirement Branch 13

Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its monthly luncheon on Tuesday,

December 18 at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. This holiday luncheon will include spouses/significant others. A three-course gourmet lunch costs \$20pp. Arrive at 11:30 AM; luncheon adjourns at 1:30 PM. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending the luncheon as a guest, please contact Chet Winton at 916-408-8708.

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2 Showings!
Crazy Rich Asians (2018)
Saturday, January 5 –
6:00 PM Screening—Free
Monday, January 7 –
1:30 PM Screening—Free

P-Hall (KS) Rated PG-13, 120 minutes, Comedy/Romance. This contemporary comedy, based on a global bestseller, follows native New Yorker Rachel Chu to Singapore to meet her boyfriend's family. Starring Constance Wu, Henry Golding, and Michelle Yeoh.



KS Classic Movies on Saturday:
Ordinary People (1980)
Saturday, January 19 –
1:30 PM Screening—Free

P-Hall (KS) Not Rated, 102 min., Comedy/Drama/Musical. Starring Jane Powell and Howard Keel. In 1850 Oregon, when a backwoodsman brings a wife home to his farm, his six brothers decide that they want to get married too.



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Monday, January 21

10:00 AM to 12:00 PM, Fitness Center Parking Lot (OC).

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Lincoln Hills Community Forums

Recent Community Forums have proven so popular that overcrowding has occurred several times. Kilaga Springs Presentation Hall has a maximum seating capacity of 150, including four wheelchair spaces. Effective immediately, entry passes will be given to attendees on a first come, first served basis beginning one hour before the Forum. Only those with valid entry passes will be admitted. If you do not receive a pass, please leave with the knowledge that videos of all Forums are available on the Resident Website within 48 hours. Thank you.

Exploring Our Website Monday, January 14, 10:00 AM, P-Hall (KS)—Free

We are fortunate to have an excellent Website that all registered residents can access at: www.sclhresidents.com. The scope of information available at the click of your mouse immense: the HOA Calendar of Events; Online Edition of *Compass*; Signup for Events and Classes; Links to Clubs & Groups; Meridians Menus, and much, much more. To guide us through this plethora of information is our own Ken Silverman, who was one of the creators of this wonderful amenity. Please join Ken for a tour of the Lincoln Hills Website.



The Truth and Science of Cannabis Use Wednesday, January 23, 7:00 PM, OC Ballroom—Free

The recent legalization of recreational cannabis in California and nine other states in addition to Washington, DC has brought to the forefront the need for better understanding of both its medical indications as well as how recreational use can affect chronic diseases and negatively impact the absorption of prescribed medicines. It is hoped by the end of this presentation you will have the knowledge to make an informed decision regarding the risks and benefits associated with both medicinal and recreation forms of cannabis. Barbara Welcher, FNP, CNRN has advanced certification in neurology and is the stroke coordinator for Sutter Roseville.



Football Officiating and the Command Center Tuesday, February 5, 10:00 AM, OC Ballroom—Free

Bill Richardson, a Lincoln Hills resident, will once again present an analysis of this season's NCAA football video reviews. Bill is currently the Supervisor of Instant Replay for the PAC-12 Conference. He has officiated four NCAA National Championships, two as the crew chief Referee, and two as the instant replay official. He oversees and makes all the Targeting calls from the Pac-12 Command Center in San Francisco. He is the final say in all replay reviews. He was inducted into the PAC-12 Field of Honor last August. Join us for the wrap-up of the 2018-19 football season on Tuesday, February 5 at 10:00 AM in the main ballroom (OC).



How Can We Eliminate Violence Aimed at Our Schools? Friday, February 15, 4:30 PM, P-Hall (KS)—Free

Students speak for their lives! We seem to be in an era of escalating violence in our schools. To prevent more school tragedies, it's time to take action. How can this national problem be solved? Come hear the five high school student finalists as they compete in the American Association of University Women (AAUW) Speech Trek's local final round. As speakers compete for substantial money, their voices will impress you. Who will be the winner? Afterward, join us at a reception with complimentary hors d'oeuvres, sponsored by AAUW Roseville-South Placer Branch.



Upcoming Events

- **When Heart Valves Malfunction**, Wednesday, February 27, 7:00 PM, P-Hall (KS)—Free
- **Coping with Disaster and Loss**, Wednesday, March 27, 7:00 PM, P-Hall (KS)—Free

WHAT HAPPENS IN LINCOLN STAYS IN LINCOLN

A Swingin' Vegas Style

New Year's Eve Dance Concert

Starring Jonathan Poretz
and his Little Big Band



Monday, December 31

Choose your celebration time!

7:00 PM (Doors at 6:00 PM)

10:00 PM (Doors at 9:00 PM)

Tickets
on sale
Oct. 17

Appetizer Buffet | Chocolate Fountain | Candy Bar
(Open 30 minutes prior to the Dance Concert)

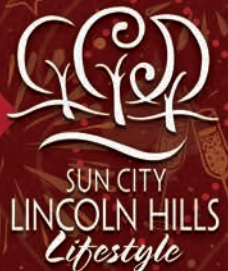
Champagne Toasts at 9:00 PM and Midnight
Spectacular Fireworks Show at 9:10 PM

Spend a great night with your friends enjoying a night of dancing and listening to great music! Jonathan Poretz's popular band returns playing everything from Sinatra classics to Motown hits and contemporary favorites.

Gather your friends to reserve a table.

\$75.00 per person

LSE142 (7:00 PM) | LSE143 (10:00 PM)



Deborah Meyer
Entertainment Coordinator
Deborah.Meyer@sclhca.com



Tickets Available at the Lifestyle Desk (OC/KS)
and online at SCLHResidents.com

Entertainment

*Indicates new performances on sale December 17

—Concerts—



Branden and James
Monday,
December 17,
7:00 PM,
Ballroom (OC)
— **LSE128**

Reserved Section
Seating \$25,
General Admission \$21

Highly acclaimed by residents, Branden & James are back with a

special Holiday version of their show, "It's the Most Wonderful Time of the Year." They will perform classical covers of pop songs ranging from "Have Yourself a Merry Christmas" to their rousing mashup of "Silent Night/Ave Maria and O Holy Night." Hear songs from The Beatles to Phantom of the Opera. They share comedic stories about their lives, Branden's time on America's Got Talent, James' tale of growing up down under, and their musical upbringings (Branden's grandfather toured with Johnny Cash and Elvis Presley). A holiday treat for the whole family!



2018 New Year's Eve Celebration!
A Swingin' Vegas Style New Year's Eve Dance Concert
Monday,
December 31,
Ballroom (OC)

7:00 PM — **LSE142** Or 10:00 PM — **LSE143**

Reserved Table Seating \$75

Welcome 2019 with your friends and neighbors with our dual New Year's Eve Celebration dancing

and singing with the swanky Jonathan Poretz and his seven-piece Little Big Band. Start your evening with hors-d'oeuvres, chocolate fountain, candy bar, photo booth, full bar (drinks on your own) 30 minutes prior to the show. Each show ends with a champagne toast while the band plays "Auld Lang Syne." Our traditional spectacular fireworks display will end the first party at 9:10 PM while it welcomes in the second celebration. Doors open an hour before each party. Wristbands required for entry.



Chicago: The Tribute
Thursday,
January 10,
7:00 PM,
Ballroom (OC)
— **LSE144**

Reserved Section
Seating \$25,
General Admission
\$22

Chicago: The Tribute brings their homage to the Hall of Fame rockers in a return appearance to Lincoln Hills. The band recreates that great sound with powerful horns, rich vocals, and a-rockin' rhythm section. Whether you are a fan of Chicago from the rockin' 60's and 70's or the power ballads from later years, you'll love Chicago the Tribute! Enjoy their hits like "Saturday in the Park," "Beginnings," "If You Leave Me Now," "25 Or 6 To 4," and many more!



The Music of Nat King Cole
Performed by
Nicolas Bearde
Friday, January 18,
7:00 PM, P-Hall (KS)
— **LSE141**

Reserved Seating \$24

Internationally acclaimed Jazz Recording Artist, Nicolas Bearde, sings the timeless songs of

one of his earliest influences, Nat "King" Cole. Featuring fresh arrangements by the late Natalie Cole's long-time pianist, Josh Nelson, selections of Cole's music will include such enduring classics as "Unforgettable," "Straighten up and Fly Right" and "Tenderly." Interpreted through Bearde's supple phrasing and tender delivery, Nat's songbook lives on in the capable hands, heart, and voice of Nicolas Bearde.

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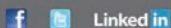


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The Piano Men: The Songs of Elton John & Billy Joel Featuring Kyle Martin
Tuesday, January 22, 7:00 PM, Ballroom (OC)
 — **LSE145**

Reserved Section Seating \$24, General Admission \$21
 Kyle Martin from Broadway's "Movin' Out" and Palace Theater's "4 Piano Men" delivers an outstanding musical show highlighting his exceptional talent as a singer and pianist as he performs the songs from two of the best musical talents of the 20th century, Sir Elton John and "Piano Man" Billy Joel. Together with his band, expect hits like "Uptown Girl," "Tiny Dancer," "New York State of Mind," "Philadelphia Freedom," and many more. A fun evening celebrating two great piano men and their wonderful music!



Danika & the Jeb
Thursday, January 31,
7:00 PM, P-Hall (KS)
 — **LSE146**

Reserved Seating \$23
 Danika & the Jeb, an acoustic duo

from Nashville, TN will present a variety of their original compositions, sharing stories, and playing their own interpretations of classic songs! Danika & the Jeb are dynamic, uplifting, and fun, while their music is a soulful combination of artfully written songs and powerful musical phrasing. Original songs may include: "Bluebird," "Rainy Day Lovin" and "Sway into the Storm." Reinterpreted cover songs may include: "While My Guitar Gently Weeps," "Superstition," and "Little Wing." A perfect show for the Presentation Hall's intimate setting, discover the music and talent of this exceptional duo!



***The Sun Kings—**
A Beatles Tribute
As Nature Intended
Thursday,
February 7,
7:00 PM,
Ballroom (OC)
 — **LSE147**
Reserved Section
Seating \$24, General
Admission \$21

Audiences and critics alike absolutely love The Sun Kings' energy and spot-on recreation of The Beatles' music. The Sun Kings are considered one of the premier Beatles tribute acts in the country. Packing theaters and selling out shows along the West coast and beyond. With a repertoire of over 150 songs, The Sun Kings shine in concert with arrangements and vocal harmonies delivered with the authenticity and vitality that recall the earliest Beatles performances. *"The only band that could come that close to doing Beatles music would be 'The Beatles!'" - Richard Freedman, Vacaville Media News*



***A Celebration of**
Joni Mitchell
Featuring
Kimberly Ford
Friday, February 15,
7:00 PM,
Ballroom (OC)
 — **LSE148**

Reserved Section
Seating \$25, General
Admission \$22

When the counter-culture blossomed in the late 1960s, Joni Mitchell's poetic tales of free men in Paris, buskers who played for free, and love-lost and found, raised the bar for folk music fans everywhere. In time, she meld rock, jazz, and world music into a sophisticated style that captured the world's attention and several Grammy wins. She was the soundtrack for a generation. Singer Kimberly Ford has created "A Celebration of Joni Mitchell," with a group of World Class musicians with a shared passion for Joni's music. Enjoy Joni's memorable hits including "Chelsea Morning," "The Circle Game," "Free Man in Paris," "Both Sides Now," and more.

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***A Celebration of
Free Fallin': An Intimate
Evening of Classic and
Contemporary Pop
with Rising Star
Jonny Zywiciel
Thursday, February 28,
7:00 PM, P-Hall (KS)
— LSE151**

Reserved Seating \$23
Jonny Zywiciel is a 24-
year-old multi-faceted
musical artist based in Los

Angeles, California. Years before picking up the guitar as a young teen, Jonny was influenced by a variety of musical genres, from classic rock to funky pop, soulful jazz to twangy country. Today, these musical influences are evident throughout his original compositions, as well as the extensive catalog of songs he can recreate from memory. Join Jonny for an evening of Contemporary Pop with songs from artist such as Green Day, Bruno Mars, Frankie Valli, Frank Sinatra, and much more.

—Comedy—



***KS Comedy Night:
David Nihill
Tuesday, February 19,
P-Hall (KS)
6:00 PM Show
— LSE149
8:00 PM Show
— LSE150**

Reserved Seating \$16
David Nihill "43rd
annual San Francisco

Comedy Competition Winner" got his unconventional start in comedy when he tried to overcome his public speaking fears by pretending to be an accomplished comedian called "Irish Dave" for a year, crashing comedy clubs, festivals, and shows. One part of the plan was at least logical; he was already Irish and already called Dave. By the end of that year, Dave had been on tour with some of Ireland's best comedians, performed at leading comedy clubs across the US and wrote the bestselling book "Do You Talk Funny?" arguing that comedians are the world's true masters of public speaking. (Published by Benbella/Persius)

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\$657 DOUBLE OCC, \$945 SINGLE OCC | CODE: LST178

TRIP INCLUDES:

Lower level seating to Ramona Pageant, complimentary seat cushion rental, souvenir program, and Ranch Hand BBQ Lunch.

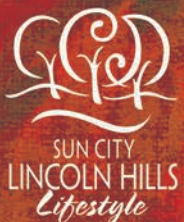
Admission and docent led tour at The Huntington.

Two-night stay at Ayres Hotel & Spa, Moreno Valley. One-night stay at Embassy Suites, Valencia.

Daily hot breakfast buffet.

Lunch at Harris Ranch Restaurant.

Lunch at Pea Soup Andersens.



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***Indicates new trip on sale December 17**

Featured Trip



Six days, five nights!

***Las Vegas and Grand Canyon West**
 Sunday, February 24 thru Friday, March 1— **LST221**
\$1007 per person double occupancy, \$1330 single

Join Katrina, your Trip Coordinator, on a special getaway to Las Vegas with a Cirque du Soleil show and visits to Grand Canyon West and Hoover Dam!

Trip includes:

- One night stay at Hilton Garden Inn Palmdale with included hot American breakfast
- Three night stay at Westgate Resort Hotel & Casino in a newly renovated signature room
- Breakfast buffet pass at Westgate
- Visit to Grand Canyon West on the Hualapai Tribal land with meal ticket and admission (option to purchase admission to glass skywalk day of visit \$21)



- Reserved seating for Cirque du Soleil Mystere and dinner at Gilley's overlooking the strip prior to the show
- Free evening in Vegas to do as you please
- Hoover Dam powerplant tour and Visitor's Center with an observation deck
- One night stay at Taichi Palace Casino & Hotel in Lemoore with included private breakfast buffet
- Lunch at Harris Ranch and Hilmar Cheese Factory
- Stop at Murray Family Farms in Bakersfield
- Gratuities for bus driver & included meals



Trip Prerequisite: Detailed trip itinerary, meal stop information, menus, and U.S. State Department trip insurance providers list available at the Lifestyle Desk or online. *A signed liability waiver is required for each participant.* Wheels roll from OC at 8:00 AM, Sunday, February 24, return Friday, March 1 ~ 3:30 PM.

Day Trips

—Casino/Races—



Jackson Rancheria
 Wednesday,
 January 23, 2019
 — **LST207**
\$24

Very popular with residents, we are returning to Jackson Rancheria Casino in Amador County! Receive \$20 in gaming credits. Four-hour stay. Wheels roll from OC at 9:00 AM, return ~ 5:00 PM.



***Colusa Casino**
 Thursday,
 February 21
 — **LST211**
\$25

Casino credits: New members \$15; Current members \$10 plus any additional based on prior play. All attendees over 50 years of age will receive \$5 additional slot credit \$5 credit towards the buffet. There may be additional promotions in February. Casino promotions subject to change. Five-hour stay at the casino. Wheels roll from OC at 9:00 AM, return ~ 5:00 PM.

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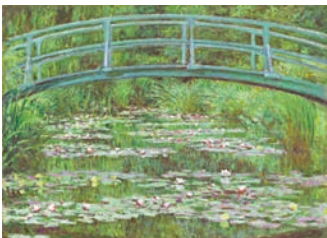
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—Museums—



**Haggin Museum
& Downtown Lodi**
Wednesday, February 13
— **LST208**
\$40

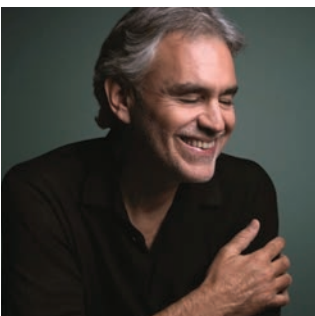
The Haggin Museum, an art and history museum located in Stockton's Victory Park has been referred to by Sunset magazine as "one of the undersung gems of California." We'll enjoy a one-hour private tour before museum opening to view highlights of their fine art galleries and a collection of more than 50 original works by J.C. Leyendecker – arguably the nation's most popular and successful commercial artist of Golden Age. Followed by a visit to downtown Lodi, home to several art galleries and eateries for lunch on your own. Wheels roll from OC at 8:15 AM; return ~ 4:15 PM.



***Monet: The Late Years
& Gauguin:
A Spiritual Journey
de Young Museum,
San Francisco**
Tuesday, March 19
— **LST210**
\$78

Featuring 50 paintings by Claude Monet dating from 1913 to 1926, the final phase of his career, including 20 works from Paris' Musée Marmottan Monet. Balancing representation and abstraction, Monet's radical late works redefined the master of Impressionism as a forebear of modernism. More than fifty Gauguin paintings, wood carvings, and ceramics will be on view for the first time in San Francisco. The exhibit explores Gauguin's inner quests and imaginings and the relationships that shaped his work and artistry. Admission to both exhibits and regular museum collections included. Lunch on your own at café or bring your own. Wheels roll from OC at 8:00 AM, return ~ 6:15 PM.

—Performances—



Andrea Bocelli
Spaces to Andrea Bocelli June concert at Golden One Center will go on sale in January *Compass*.



Additional date added!
**Cirque du Soleil—
"Crystal"**
Golden One Arena
Sacramento
Wednesday,
March 27— **LST200**
\$81

Cirque du Soleil's Crystal explores the artistic limits of ice for the first time in the company's 34-year history. This unique & stunning new production pushes boundaries of performance by combining skating and acrobatic feats that defy the imagination. Synchronized skating, freestyle figures, and extreme skating are featured alongside circus disciplines such as swinging trapeze, aerial traps and hand to hand. The result is an adrenaline-packed show that surpasses all expectations! All seats located in lower bowl sections 117/118. Please advise at registration if accessible seating is needed. Wheels roll 6:00 PM, return ~ 11:00 PM. Show 7:30 PM. All other show dates are SOLD OUT!



***Mamma Mia!**
State Theater, Auburn
Saturday, April 13
— **LST222**
\$51

The State Theatre Acting Company and the Auburn Placer Performing Arts Center present the musical Mamma Mia! Enjoy the story-telling magic of ABBA's timeless hits with this enchanting tale of love, laughter, and friendship. Directed by one of our great instructors, Ray Ashton. Matinee show, floor seating. Would make a fantastic holiday gift for someone special! Wheels roll from OC at 12:45 PM, return ~ 5:45 PM.

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Sacramento 2018-2019**
All Shows \$101 each

The Broadway on Tour series, the region's largest live performing arts event, features national touring productions of some of the most popular Broadway shows. All performances are held at the Sacramento Community Theatre at 8:00 PM. Reserved Mid-Orchestra seating. Enjoy the convenience of being dropped at the front entrance to the theater without the hassle of driving and parking in downtown Sacramento. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.

Waitress
Wednesday, January 2 — **LST149 – Sold Out**

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Falsettos
Tuesday, March 12
 — **LST150**
\$101

William Finn and James Lapine's groundbreaking, Tony

Award-winning musical returned to Broadway in an all-new production from Lincoln Center Theater and was nominated for five 2017 Tony Awards, including Best Revival of a Musical. Falsettos is a hilarious and achingly poignant look at the infinite possibilities that make up a modern and non-traditional family and a beautiful reminder that love can tell a million stories. Falsettos' story centers around a boy whose parents divorced and are both in new relationships, one of which is homosexual. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.

CATS

Tuesday, April 2 — LST151 — Sold Out



Disney's Aladdin
Tuesday, May 21
 — **LST152**
\$101

Now open to grand-kids ages eight and up. What a great

holiday gift! Discover a whole new world at Disney's Aladdin; the hit Broadway musical. From the producer of *The Lion King* comes the timeless story of Aladdin, a thrilling new production filled with unforgettable beauty, magic, comedy, and breathtaking spectacle. It's an extraordinary theatrical event where one lamp and three wishes make the possibilities infinite. See why audiences and critics agree, Aladdin is "Exactly What You Wish For!"



Auburn Symphony at the Mondavi Center
Masterworks Concert II - Rising Star
Sunday, January 21 — LST197
\$83

Enjoy an afternoon with the Auburn Symphony at the state of the art aesthetically and acoustically

Mondavi Center in Davis. "Masterworks II – Rising Star" features Peter Jaffe conducting and guest rising star performer nine-year-old violinist Amaryn Olmeda from Placer County. Performance includes the following: Wagner: Prelude to Act III of Lohengrin, Bruch: Violin Concerto No.1, Prokofiev: Symphony No.5. Matinee performance, reserved orchestra seating. Wheels roll from OC at 1:15 PM, return ~ 7:00 PM.

Auburn Symphony at the Mondavi Center
Masterworks Concert IV - Majesty
Sunday, May 19 — LST198
\$83

Enjoy an afternoon with the Auburn Symphony at the state of the art aesthetically and acoustically Mondavi Center in Davis. "Masterworks IV – Majesty" features Peter Jaffe conducting and guest performer Alon Goldstein on the piano. Performance includes the following: Tchaikovsky – Marche Slave, Beethoven – Piano Concerto No.5 "Emperor," and Respighi – Pini di Roma (Pines of Rome). Matinee performance, reserved orchestra seating. Wheels roll from OC at 1:15 PM, return ~ 7:00 PM.

Harris Center for the Arts, Folsom

We've been able to obtain a few matinee shows for next season. Buy any or all shows below. Seating area listed with each show. Wheels roll from OC at 12:30 PM, return ~ 5:30 PM, show 2:00 PM.



Jersey Boys
Friday, January 25 — LST183
\$104

They were just four guys from Jersey until they sang their very first note. They had a sound nobody had ever heard...and the radio just couldn't get enough of. But while their harmonies were perfect on stage, off stage, it was a very different story

— a story that has made them an international sensation all over again. Go behind the music and inside the story of Frankie Valli and The Four Seasons in the Tony Award®-winning true-life musical phenomenon, JERSEY BOYS. Featuring the legendary hits "Sherry," "Big Girls Don't Cry," and more! Matinee show, rear parterre seating.

EVITA

Friday, February 22 — LST184 — Sold Out

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Monty Python's Spamalot
Friday, March 22 — **LST185**
\$97

This outrageous musical comedy is lovingly ripped off from the film classic *Monty Python and the Holy Grail* with a book by Eric Idle and music and lyrics

by the Grammy Award-winning team of Mr. Idle and John Du Prez. *Spamalot* tells the tale of King Arthur and his Knights of the Round Table as they embark on their quest for the Holy Grail. Flying cows, killer rabbits, taunting Frenchmen, and show-stopping musical numbers are just a few of the reasons audiences worldwide are eating up *SPAMALOT!* Matinee show, front parterre seating.



Menopause the Musical!
Friday, May 10 — **LST186**
\$86

The much-loved parody returns! Set in a department store, four women with seemingly nothing in

common but a black lace bra on sale, come to find they have more to share than ever imagined. The all-female cast makes fun of their woeful hot flashes, forgetfulness, mood swings, wrinkles, night sweats, and chocolate binges. Set to familiar tunes from the '60s to the '80s, "it's a gentle-spirited celebration of real women and the rough seas they navigate as they enter middle age. Matinee Show, center orchestra seating.

***2019 Music Circus**
Tuesday Performances
All Shows, \$84 each

Choose from four entertaining musicals at the air-conditioned Wells Fargo Pavilion "Theater in the Round" in Sacramento. These exciting classic musicals are performed by touring artists and local professionals. Enjoy the convenience of being dropped off right at the entrance gate with time to purchase food and beverage prior to the show. Seating rear area. Wheels roll from OC at 6:15 PM, return ~ 11:00 PM; show 7:30 PM. Buy any or all four shows below.



Oklahoma!
Tuesday, June 25
— **LST217**

A new production of Rodgers and Hammerstein's first collaboration. This ground-

breaking, Pulitzer Prize-winning musical, set in early 1900s Oklahoma Territory, is about a young farm girl and her courtship by two rival suitors. With a rapturous and immortal score featuring the title song, "Oklahoma!", now celebrating its 75th Anniversary, set the standard for American musical theatre.



The Drowsy Chaperone
Tuesday, July 9
— **LST218**

Hailed by *New York Magazine* as "The

Perfect Broadway Musical!" this is a modern musical comedy at its best. A die-hard theatre fan plays his favorite cast album, a fictional 1928 smash hit, which bursts to life with the hilarious tale of a celebrity bride and her uproarious wedding day. Winner of five Tony Awards, including Best Book and Best Original Score, this loving send-up of the Jazz Age musical features one show-stopping song after another. *Broadway at Music Circus premiere.*



Guys and Dolls
Tuesday, July 23
— **LST219**

A high-rolling gambler attempts to woo a strait-laced missionary in this romantic comedy classic. Set in the 1940s in New York City's unsavory Hell's Kitchen neighborhood, gangsters, gamblers and showgirls go for broke in the game of love and marriage. This multiple Tony-winning show is considered by many to be the quintessential musical comedy, with an infectious score by Frank Loesser including "Luck Be a Lady."



In the Heights
Tuesday, August 20
— **LST220**

From the creator of the smash hit *HAMILTON*, Lin-Manuel Miranda's multiple Tony-winning Best Musical captures the sights and sounds of a vibrant New York City neighborhood on the brink of change, telling the story of a bodega owner whose life is interwoven with residents who visit his store. The thrilling Tony-winning score combines Latin rhythms, hip-hop and pop for an exhilarating journey about chasing your dreams and what it truly means to be home. *Broadway at Music Circus premiere.*

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—Sports—



Sacramento Kings
 Watch the Sacramento Kings from lower level seating at Golden One Arena in downtown Sacramento, without dealing with parking issues! All seating this year in lower bowl section 124 near the main entrance door. Arrive

in time to enjoy pre-game activities and purchase from various food and beverage concession. See individual games below for pricing & bus times.

Sacramento Kings vs. Detroit Pistons
Thursday, January 10
 — **LST191**
 \$82

Wheels roll from OC at 5:30 PM, return ~ 11:30 PM.



Sacramento Kings vs. Phoenix Suns
Sunday, February 10
 — **LST192**
 \$101

Wheels roll from OC at 1:30 PM, return ~ 7:30 PM



Sacramento Kings vs. Chicago Bulls
Sunday, March 17 — **LST193**
 \$82

Wheels roll from OC at 1:30 PM, return ~ 7:30 PM.



—Tours/Leisure—



Second Bus Added
San Francisco Holiday Shopping
Wednesday, December 19, 2018
BUS#2 — LST212
 \$46

Register right away before the trip fills

up! Visit the city by the bay without worrying about traffic, the bridge, and parking. Relax and let our comfortable coach take you to the heart of San Francisco to Nordstrom's at the Westfield Centre near Union Square. Enjoy a private beauty and

styling trend presentation at Nordstrom at the time of arrival with a goody bag! Lunch on your own. Departure from SF will be 6:15 PM for more dining and shopping time and less traffic homebound. Wheels roll from OC at 8:45 AM, return ~ 8:45 PM. **Note: Bus #2 leaves 15 minutes later than Bus #1.**



Chinese New Year — San Francisco
Saturday, March 9
 — **LST181**
 \$82

Celebrate the Year of the Pig in San Francisco's Chinatown.

Enjoy a family-style Chinese lunch at The Garden Restaurant, followed by a performance of "A Change of Heart." The largest Buddhist church in America, Buddha's Universal Church is back with a new classical Chinese play performed in English and Cantonese featuring glittering costumes, dance, and martial arts. Purchase their famous homemade cookies at the performance. Rest stop scheduled both ways of the trip. Wheels Roll from OC 8:30 AM, return ~ 8:00 PM. (Includes admission, lunch, and tips).

—Overnight—



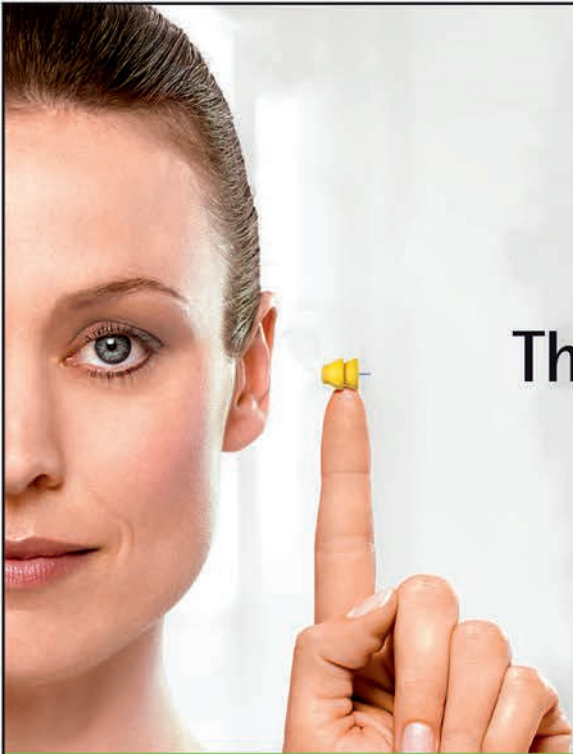
Ballroom Dance Competition
San Francisco Open
Sunday, April 7 to Monday, April 8 — **LST179**
 \$290 per person double occupancy; \$397 single.

Join Katrina your Trip Coordinator, and the Ballroom Dance club as we venture to the Marriott Waterfront Hotel in Burlingame for the San Francisco Open Dancesport Championships. Enjoy a day of pro-am, college & amateur dance events leading up to the grand finale in the evening including pro/am, amateur and professionals. For finals, the seating is at the round tables in the main ballroom. Includes a stay at the Marriott, admission to all dance events, portorage and driver gratuity. Meals on your own. Wheels roll from OC at 9:30 AM, return ~ 12:00 PM. *A signed liability waiver is required for each participant.*

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Four days, three nights!
Laguna Beach Pageant of the Masters Art Festival & Getty Center
Sunday, July 28 to Wednesday, July 31
— **LST209**

Four days, three nights!

The Ramona Pageant and Huntington Library and Gardens
Saturday, May 4 to Tuesday, May 7 — LST178
\$657 per person double occupancy; \$945 single.

Join Katrina your Trip Coordinator, as we see America's longest running outdoor drama "The Ramona Pageant" California's Official outdoor play based on the story by Helen Hunt Jackson. Discover the romance of the mission days in an amphitheater that uses the whole mountain as it's stage and a cast of over 350! Enjoy a docent-led spring tour at The Huntington Library, art collection and gardens in Pasadena.

This excellent trip includes:

- Two-night stay at the Ayres Hotel & Spa, Moreno Valley
- Ramona Pageant admission and lower level seating, complimentary seat cushion rental and souvenir program
- Ranch Hand BBQ lunch at the Ramona Pageant
- Admission and docent-led tour at The Huntington
- One night stay at Embassy Suites, Valencia with a complimentary evening reception
- Daily hot buffet breakfast at both hotels
- Lunch at Harris Ranch
- Lunch at Pea Soup Andersen's
- Gratuities for the bus driver and included meals
- Total meals included: three breakfasts, three lunches

Wheels roll from OC 8:00 AM, Saturday, May 4 return Tuesday, May 7 ~ 6:15 PM. A *signed liability waiver* is



required for each participant. Trip insurance highly recommended. Trip insurance providers list from the US State Department and menu are available at the Lifestyle Desks or view online.

\$725 Double occupancy; \$1015 single.

Join your Trip Coordinator, Katrina, on an amazing trip to the world-famous Festival of the Arts in Laguna Beach. The Pageant of the Masters is where "Art comes to life!" The theme will be "The Time Machine." The audience will be taken around the globe and into the past, present, and future in search of great art and great stories. Taking its cues from science fiction and steam-punk fantasies, the night will be your ticket to thrills, laughter, beautiful music and extraordinary living art under the stars. See famous paintings recreated in full detail right before your eyes. We will also enjoy a day at the Getty Center in Los Angeles where you'll also be able to join a museum, garden or architectural tour if you desire.

Trip includes:

- Two-night stay at the Ayres Hotel Laguna Woods (a resident favorite) with hot buffet breakfast with cook-to-order egg station
- Complimentary hotel evening reception on the second night prior to the show
- Lunch at Harris Ranch
- Free time to enjoy the beach/shopping/lunch on Balboa Island in Newport Beach
- Reserved lower level loge ticket to Pageant of the Masters Show
- Admission to Art-A-Fair at the Festival of the Arts
- *Dinner at Terra Laguna Beach Restaurant on the Festival of the Arts grounds
- Visit The Getty Center in Los Angeles
- Stay at The Doubletree Hotel by Hilton in Bakersfield on the return trip with a hot buffet breakfast
- Lunch at Hilmar Cheese Factory on the return trip

Total meals included: three breakfasts, two lunches, and one dinner. Gratuities included for the bus driver and included lunches and dinner. *Please advise at registration your preferred food choice for Terra Laguna: Chicken, Fresh Salmon, or



Vegetarian. Detailed trip itinerary, menus, and trip insurance providers list available at the Lifestyle Desk. A signed liability waiver is required for each participant. Wheels roll from OC at 8:00 AM, July 28, return July 31 ~ 4:15 PM.

Vendor deadline to purchase the lower rows in the lower level seating is December 17 at noon. Seats may be located in upper rows of lower level after the deadline.


Sold Out Trips

Trip • Date • Departure Time

List below shows trips through April


- Victorian Christmas BUS #1
Sunday, December 16 • 12:30 PM
- San Francisco Holiday Shopping BUS #1
Wednesday, December 19 • 8:30 AM
- Waitress – Broadway Sacramento
Wednesday, January 2 • 6:45 PM
- Sierra Winter Train
Tuesday, January 29 to January 31
10:30 AM
- Cirque du Soleil
Thursday, March 28 • 6:00 PM
- Cirque du Soleil
Friday, March 29 • 6:00 PM
- Cirque du Soleil
Sunday, March 31 • 12:00 PM
- CATS – Broadway Sacramento
Tuesday, April 2 • 6:45 PM
- Hamilton
Wednesday, April 24 • 9:30 AM

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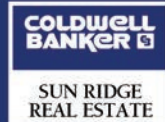
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Class Index

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



Register at the Lifestyle Desk (OC/KS)
or online at SCLHResidents.com

*Indicates new class on sale December 17

Classes

Vacation Drop-In

Drop-in sessions are available to accommodate your vacation plans! Drop-in sessions are for current students able to work independently but unable to attend class full-session. Sessions are held in conjunction with ongoing regular classes. Space is on a first-come, first served basis with in-person enrollment allowed only on the day of the class. Students must receive written permission from the instructor prior to registration for space availability and class **prerequisite**. The class article notes if a drop-in is accepted. **Prerequisite:** Must have completed at least one month of class instruction. Drop-in sessions are not for first-time students/beginners offering limited guidance from the instructor.

Art

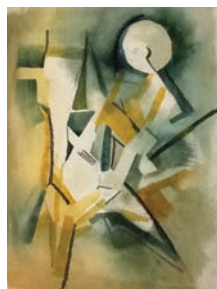
—Announcement—



Fine Arts Class Gallery
Fine Arts Room (OC). The Lifestyle Department, in cooperation with Lincoln Hills art instructors and their students, welcome all residents and their

guests to stop by the Fine Arts Room to view wonderful artworks. The gallery will feature a revolving display of artworks from Marilyn Rose's Oil & Acrylic classes and Pastels and Watercolor paintings from Michael Mikolon's class. Come by anytime an art class is in session to view the works and watch the class' creative process in action.

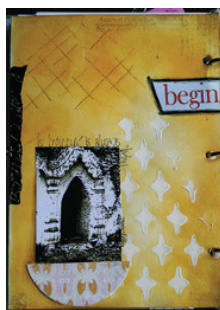
—Abstract Art—



Abstract Art Workshop
Mondays January 14 & 21
— LSC1834

1:30 to 4:00 PM (OC). \$65 (two sessions). Instructor: *Faye August*. Create a unique abstract from concept to finished painting. Through live demonstrations and discussions, we will demystify painting abstract art. Participants will compose and create a unique design using individually selected color palette rich in color, texture, value contrast, and balances positive and negative space. The first session focuses on composition and design followed by learning to add texture, enhance values, and create dimension to finish the painting. The focus is on watercolor abstracts; acrylic or pastel also welcome. Bring your own supplies. Painting experience helpful. Questions on materials? Contact the instructor at 916-209-3643 or watercolorist55@gmail.com.

—Drawing—



***Mixed Media Art Journaling**
Tuesday, January 8 & 22
— LSC1095

9:00 AM to 12:00 PM (OC). \$45 (two sessions) plus \$5 supply fee paid to the instructor. Instructor: *Kerry Dahlin*. A variety of media will be used as we "play" on the pages of our art journals. 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 needed: mixed media spiral-bound artist paper pad, glue stick, scissors, small paintbrush, Sharpie pen, white gesso, plus any of your favorite mixed media supplies.

—Oils, Pastels & Acrylics—



***Oil and Acrylic Painting: Beginner/Refresher**
Wednesdays,
January 2-30 — LSC1119

1:30 to 4:00 PM (OC). \$67.50 (five sessions). Instructor: *Marilyn Rose*. Have you

always wanted to try painting in oil or acrylic or want a refresher? Start with exercises in basic color mixing and brush and paint handling. There will be plenty of discussions, demonstrations, and paint-along exercises to help you get comfortable. Note: intermediate and advanced students are welcome to take this class and work on their own with minimal guidance. For more information contact Marilyn at 916-409-0397. Supply list – Beginning Class – available at the Lifestyle Desk. Vacation drop-in for students who have completed one month. PAINT — \$18 per session.



***Oil and Acrylic Painting:
Intermediate/Advanced
Wednesdays, January 2-30
— LSC1107**

9:00 to 11:30 AM (OC). \$39 (three sessions). Instructor: *Marilyn Rose*. Have you painted in the past and want to get back into it? Do you paint now and want some

congenial company and tips to improve? Receive expert guidance in creating original paintings of your choice. Demonstrations, masterwork examples, and individual instructions are used to advance student understanding and implementation of techniques. *About the Instructor:* Marilyn has over 25 years of painting experience. For more information contact Marilyn at 916-409-0397 or www.artistmarilynrose.com. Supply list – Intermediate-Advanced Class – available at Lifestyle Desk. Vacation drop-in: PAINT — \$18 per session.



**Sip and Paint: “Holiday Cardinals”
Friday, December 21 — LSC920
Or *Sip and Paint: “Winter Night”
Friday, January 25 — LSC1172**

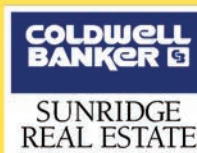
5:00 to 8:00 PM (OC). \$55. Instructor: Unni Stevens. Enjoy cheese and wine while painting. This class is great for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day, with step-by-step instruction. Learn how to mix colors, brush stroke, and pallet knife techniques. All supplies are included. Canvases are under-painted and ready to hang. Fee includes a glass of wine, selection of cheese, crackers, and fruits. *About the Instructor:* Artist Unni Stevens studied art in Norway, Japan and at the Laguna College of Art with 30+ years of painting experience. More information at www.unniart.com.

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—Pastels & Watercolor—

**Art Classes with Michael Mikolon**

Michael Mikolon, an accomplished artist and art instructor in the Downtown Sacramento Area, delivers a class geared for all skill levels. Beginner and advanced students learn various pastel and watercolor

approaches and techniques in an encouraging and fun environment! Each student will be given individual instructor attention at their level and chosen art medium. Class begins with a live demonstration followed by one-on-one instruction. This course will focus on materials and painting technique, color theory and mixing fresh/vibrant color with the use of a well-organized palette. Learn to create your own voice in art! Choose the schedule that works best for you.

- ***Watercolor Class**
Wednesdays, January 2-30 — **LSC1196**
5:30 to 8:30 PM (OC). \$85 (five sessions).
Instructor: *Michael Mikolon*
- ***Pastel and Watercolor Combo Class**
Thursdays, January 3-31 — **LSC1184**
1:00 to 4:00 PM (OC). \$85 (five sessions).
Instructor: *Michael Mikolon*

***Watercolor Step-by-Step Mondays, January 7-28 — LSC1146**

9:30 AM to 12:00 PM (OC). \$68 (four sessions). Instructor: *Michael Mikolon*.

This class will give the beginner watercolor student a chance to work with the medium with step by step instruction. The teacher provides the image to be painted week by week. A supply list will be discussed on the first day of class as well as a demonstration. Students will learn the basics of paint and application along with color theory. One-on-one instruction will be provided as you are guided to create a simple work of art. All ability levels are welcome, images and concepts will be basic.

Ceramics

—Pottery—

***Pet Sculpture Workshop Tuesdays, January 8-29 — LSC1223**

1:00 to 4:00 PM (OC). \$60 (four sessions). Instructor: *Taylor Jackson*. For students with some sculpting experience and a desire to develop their aesthetic for the animal form. Course focuses on building from a reference allowing students to hone their

sculpting skills and surface treatment techniques. With detail as the focus, students can begin seeing more personality in their work. **Requirements:** Bring pet photos for reference plus a bag of clay and sculpting tools.

***Beginner Animal Sculpture Workshop Tuesdays, January 8-29 — LSC1235**

9:00 AM to 12:00 PM (OC). \$60 (four sessions). Instructor: *Taylor Jackson*. A beginners' workshop for students wanting to learn about animal figure sculpting. Covers the basics of figure sculpting and the animal form using the coil building method and soft and hard slabs applications. Discussions and demos on surface treatment and hand building methods will be shown to encourage interest in abstract or realist forms. **Requirements:** bring a bag of clay and sculpting tools.

***Introduction to Ceramics Thursdays, January 3-31 — LSC1259**

9:00 AM to 12:00 PM (OC). \$67.50 (five sessions). For beginners with no experience or those wishing to freshen up former passions. Covers the basics of hand built and wheel thrown ceramics. Assignments, demos, and individual instruction are provided to help students explore their interests and become comfortable with the process. New students will receive materials list and 5lbs of clay.

***Advanced Ceramics Thursdays, January 3-31 — LSC1247**

1:00 to 4:00 PM (OC). \$67.50 (five sessions). Instructor: *Taylor Jackson*. Class is for

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

Crafts

—Card Making—

Card making will be on hiatus in January. Registration for the February class will begin on January 17.

Dance

—Clogging—

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



*Beginning Clogging Tuesdays, January 8-29 — LSC1295

10:00 to 11:00 AM (KS). \$32 (four sessions). Instructor: **Janice Hanzel**. Start a new passion! Join this new beginners class, a low impact, revamped foundation, and fundamental class. The class will move

through at a relaxed pace, the eight basic traditional clogging movements while developing skills of the foundations of clogging. Special attention will be paid to balance skills. No special shoes required; flat-soled shoes recommended.

*Easy-to-Intermediate Clogging Tuesdays, January 8-29 — LSC1307

11:00 AM to 12:00 PM (KS). \$32 (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 will also

learn new dances, easy to intermediate, from recent workshops and conventions. Come join in the fun. All levels encouraged to participate. Vacation drop-in: CLOG1 — \$10 per session.

*Intermediate Plus Clogging Tuesdays, January 8-29— LSC1318

12:00 to 1:00 PM (KS). \$32 (four sessions). Instructor: **Janice Hanzel**. **Prerequisite:** Instructor approval. Students are strongly encouraged to take the 11:00 AM class. Challenge yourself with a higher level of clogging. Review steps from some of the Intermediate level dances 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 this year and will get into more intermediate level dances. Vacation drop-in: CLOG2 — \$10 per session.

—Country Western Dancing—



*Country Couples Western Dance Beginner Level 1 & 2 Mondays, January 7-28 — LSC1329

7:00 to 8:00 PM (KS). \$28 (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, including some of the dances at mixers. Instruction will be at a slower pace for beginners.

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***Country Couples Western Dance
Beginner/Intermediate Level 3 & 4
Mondays, January 7-28 — LSC1340**

6:00 to 7:00 PM (KS). \$28 (four sessions). Instructors: *Jim & Jeanie Keener*. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed the Beginner Class, join us for a fun-filled hour of more challenging beginner and easy, intermediate dances. You have learned some of the basics; now it's time to add a few more steps and turns. This month we will be teaching two-step cluster and "Joe's Diner", a circle dance.

—Hula—



***Hula Intermediate
Tuesday, January
17-31 — LSC1842**

1:00 to 2:00 PM (KS). \$30 (three sessions). Instructor: *Pam Akina*. Ongoing class for hula dancers of all experience and skill levels. Come learn the traditional dance of the

Hawaiian islands. Emphasis on correct execution of foundational steps and motions. Relevant historical and cultural information surrounding each of the dances will be shared. Hula is good for the mind, body, and spirit! Drop-in: HULA — \$14 per session.

—Jazz—

***Jazz for Beginner
Thursdays, January 3-31 — LSC1384**

11:00 AM to 12:00 PM (KS). \$45 (five sessions,). Instructor: *Melanie Greenwood*. This class will leave your mind, body, and spirit feeling empowered and energized. Different styles of Jazz will be demonstrated. You will leave with a smile on your face and a love of jazz dancing in your heart. *About the Instructor:* Melanie started teaching at the age of 16. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, and Disneyland to name a few, as well as TV and video. Vacation drop-in: JAZZ1 — \$14 per session.

***Jazz Performance
Tuesdays, January 8-29 — LSC1397**

1:00 to 2:00 PM (KS). \$36 (four sessions). Instructor: *Melanie Greenwood*. Not open to new students.

Must have instructor approval to register. The current class is in the midst of preparing for a performance. The class is geared toward stage performances throughout the year. Vacation drop-in: JAZZ2 — \$14 per session.

—Line Dance—



Line Dances are non-partner dances done in lines. Line dance is usually performed by turning to two or four walls. Patterns are repetitive. Line dances are a choreographed variety of music such as Blues, Soul, Rhythm and

Blues, Rock, Jazz, Pop, and Latin as well as Country. Line dancers are a friendly, social group, who love to dance and welcome new participants.

Level I – Absolute Beginner (Intro)

The absolute beginner level dances are an introduction to line dance for people, who have never line danced. Basic dance steps will be taught in short sequences to a variety of music. Dance terminology and dance floor etiquette will be introduced. The focus is to have fun and to learn the skills required to move on to the next level of class.

- ***Thursdays, January 3-31 — LSC1480**
9:00 to 10:00 AM (KS). \$35 (five sessions).
Instructor: *Yvonne Krause-Schenck*
- **New Instructor!**
***Mondays, January 7-21 — LSC1408**
4:00 to 5:00 PM (KS). \$21 (three sessions).
Instructor: *Cathy Paris*

Level 2 – Beginner

Beginner level dances are built upon the skills learned in the Absolute Beginner level. Dances are suitable for those who have some previous dance experience. Many rhythms will be explored. The dances will be longer and contain new steps to add to what was learned in the introductory class.

- ***Thursdays, January 3-31 — LSC1502**
10:00 to 11:00 AM (KS). \$35 (five sessions).
Instructor: *Yvonne Krause-Schenck*
- ***Fridays, January 4-25 — LSC1447**
2:00 to 3:00 PM (KS). \$28 (four sessions).
Instructor: *Sandy Gard o*

Level 3 – High Beginner/Improver

The High Beginner class is for those who have had previous dance experience and have learned the basic skills. Additional patterns will be taught, and the steps will be more challenging. Dances will have turns, and some tags and restarts.

- ***Mondays, January 7-28 — LSC1491**
9:00 to 10:00 AM (KS). \$28 (four sessions).
Instructor: *Yvonne Krause-Schenck*
- ***Wednesdays, January 2-30 — LSC1458**
9:00 to 10:00 AM (KS). \$35 (five sessions).
Instructor: *Sandy Gard o*

Level 4 – Easy Intermediate

Easy Intermediate class will feature dances that are suitable for more experienced dancers. They have mastered a comprehensive range of step patterns and movements. Dance patterns may be longer and faster than the previous levels. The dances will offer new challenges and a variety of step combinations and rhythms. Achieving this level of dance is not only fun but rewarding as well.

- ***Wednesdays, January 2-30 — LSC1469**
10:00 to 11:00 AM (KS). \$35 (five sessions).
Instructor: *Sandy Gard o*
- **Mondays, January 7-28 — LSC1425**
5:00 to 6:00 PM (KS). \$21 (three sessions).
Instructor: *Cathy Paris*

Level 5 – Advanced

More difficult dances will be featured in this class suitable for the more experienced dancer. Dances will be taught at a faster pace to a smaller group of dancers. 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!

- ***Thursdays, January 3-31 — LSC1436**
3:30 to 4:30 PM (KS).
\$28 (four sessions, No class January 24).
Instructor: *Cathy Paris*

*Country Line Dancing

Fridays, January 4-25 — LSC1351

3:00 to 4:00 PM (KS). \$28 (four sessions). Instructors: *Jim & Jeanine Keener*. This class is a mixture of

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beginner, high beginner, and intermediate dances. It features the popular "old" line dances that are done at country dances around the area.

Line Dance Instructors

- **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 eight 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 is also offering an Easy Intermediate Class for those who want easier dances with great music. *Vacation Drop-in offered for all her classes - \$10.



- **Yvonne Krause-Schenck**

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.



- **Cathy Paris**

Recommended by residents, Cathy Paris is a lively and enthusiastic dancer and instructor. One of her greatest passions and joys in life is teaching dance. Her dance background began in the early 80's when she was introduced to clogging. She incorporated line and partner dancing into her repertoire about 10 years ago and has since been sharing her passion and expertise to her students.

—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 the Artistic Director of the Leighton Dance Project Tap Company and has served the Lincoln Hills community since 2000.

- ***New Beginners 1**

Thursdays, January 3-31 — LSC1580

10:00 to 11:00 AM (KS). \$45 (five sessions). Instructor: *Alyson Meador*. If you have never taken a tap class, or have less than six months experience, this is a class for you. You will be taught the basic tap skills to build a solid basic level of technique (shuffles, flaps, cramp rolls Irish, shuffle ball change, etc.). Basic fundamental music skills will also be introduced. Students will learn unique combinations using these tap fundamentals, and learn parts of the "Soft Shoe" the "Waltz Clog" and the "Shim Sham." *Minimum 8 students required to make the class a go.*

- ***Beginning Tap 2**

Mondays, January 7-28 — LSC1524

11:00 to 12:00 PM (KS). \$36 (four sessions). Instructor: *Alyson Meador*. For students who have been taking Beginning Tap previously. Class will continue the lessons learned in Beginning Tap.

Technique

Learn and hone your tap techniques through fun musical exercises. Instructor: *Alyson Meador*.

- ***Tuesdays, January 8-29 — LSC1846**

10:00 to 11:00 AM (KS). \$36 (four sessions).

- ***Mondays, January 7-28 — LSC1513**

10:00 to 11:00 AM (KS). \$36 (four sessions).

Glass Art

- ***Fused Glass**

Monday, January 21 — LSC1843

9:30 AM to 12:00 PM (KS). \$28. Supply fee: \$10 payable to instructor. Instructors: *Jim Fernandez and Danielle Echeverria*. Learn to make fused glass jewelry with a focus on Dichroic glass or create glass projects like plates, vases, bowls or



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wall art. You can do a new project every class. Beginners & experienced artists are welcome. The fused glass class is designed to teach the fundamentals of Dichroic glass jewelry designing and glass finishing in general. 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 pieces of jewelry, or one plate, one bowl, one vases or another similarly sized project. Larger projects are available for an additional supply fee.



***Stained Glass**
Mondays, January 7-28
 — **LCS1590**

1:00 to 4:00 PM (KS). \$61 (four sessions). Supply fee: \$10 payable to instructor. Instructor: *Jim Fernandez*. Requirements: No open toe shoes. You will learn 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. The class is also open to more experienced students. The instructor will evaluate the students' skill level on the first day of class, and recommend a project for the student. Lead glass technique is now available. *About the Instructor:* Jim Fernandez has 28 years of stained glass experience.

Music

—Guitar—



***Beginning Guitar**
Mondays, January 7-28 — LSC1615

8:00 to 9:30 AM (OC). \$48 (four sessions). Instructor: *Jon Gowin*. Join this new class for beginning students. Learn to read music notation for melody as well as

strum chords using nylon or steel string acoustic guitars. The class will teach the fundamentals of music to prepare you for the Intermediate class. *About the Instructor:* Jon has a degree in Education and has been playing guitar and other string instruments like the mandolin, ukulele, Irish Tenor banjo, and electric bass for over 50 years. He has performed with Bob Wren, and his Sacramento World Music Ensemble for over ten years.

***World Music for Guitar**
Intermediate Level

Wednesdays, January 2-30 — LSC1627

8:00 to 9:30 AM (KS). \$60 (five sessions). Instructor: *Jon Gowin*. **Prerequisite:** Able to read standard notation for the guitar in at least the first position; for acoustic guitars only. This class will be a continuation of the beginning class and cover music from around the world providing a unique, fresh and exciting experience for students. Get ready to learn very old folk melodies from Eastern and Western Europe, Africa, South America, Mexico, Asia, the Middle East, Greece, and America; all in single line melodies. Some of these tunes are written in challenging time and key signatures.



***Folk Guitar for Fun Folks 101**
Beginner Level
Tuesdays, January 8-29
 — **LSC1848**

1:00 to 2:00 PM (KS). \$40 (four sessions). Instructor: *Darrell Effinger*. No prior music knowledge or good singing voice

necessary! Emphasis is on playing chords 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. Basic music theory will be shown. How to choose and purchase a guitar and guitar aides will be discussed. *About the Instructor:* Darrell is a long-time teacher, musician, storyteller and folk singer. He was a member of the New Christy Minstrels and toured with Glenn Yarbrough and other artists. Questions? Call Darrell at 916-989-8532.



***Folk Guitar**
for Fun Folks 102
Intermediate Level
Tuesdays, January 8-29
 — **LSC1720**

2:00 to 3:00 PM (KS). \$40 (four sessions). Instructor:

Darrell Effinger. **Prerequisite:** Knowledge of guitar playing 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 fingerpicking styles used by folk artists. The class can be taken in conjunction with the beginning class, as long as the student feels comfortable they have met this pre-requisite, and their fingers can withstand the pain! Questions? Call Darrell at 916-989-8532.

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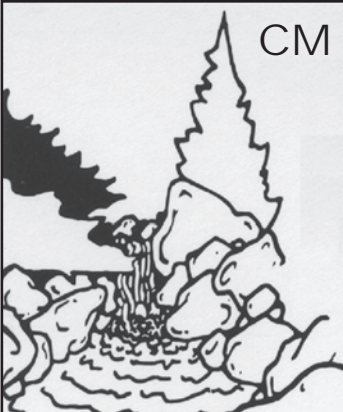
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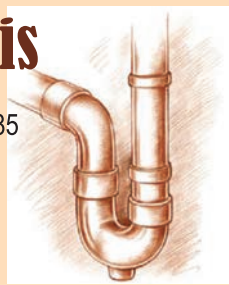
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—Music History—



***The History of Rock and Roll Part 3**
Wednesdays, January 16-February 6
 — **LSC1845**

1:00 to 3:15 PM (KS). \$32 (four sessions). Instructor: *Ray Ashton*. We continue our journey through the history of the most popular music of our times: Rock and Roll. In this session, meet Mr. Zimmerman from Minnesota whose influence changed everything in the Rock and Roll world. Discover the evolution of Folk into Folk-Rock and the impact on lyrics that gave voice to the Protest Movement of the 1960's. And travel to the Motor City and discover the power of America's popular music—Motown! So hop on board as we take a "Soul Train" to the History of Rock and Roll.

—Ukelele—

New Class!***Beginning Ukulele**

Wednesdays, January 2-30 — LSC1844

9:45 to 11:15 AM (KS). \$60 (five sessions). Instructor: *Jon Gowin*. The sweet sounds and the super portability of the ukulele make it almost a perfect instrument. This class will introduce the beginning musician to the joys of playing the ukulele, a simple instrument with simple chords that can accompany virtually any song in the world. *About the Instructor:* Jon teaches uke at The Strum Shop in Roseville and leads their free monthly Open Strum song session. This class will help prepare YOU to play with other uke clubs and participate in song sessions.

Sewing

—Certification—

**Sewing Certification**

Let's get sewing! Residents must be certified to use any of the sewing machines in the Sewing Room at Orchard Creek. The Association

offers Certification classes for Bernina Serger, Bernina, and Janome Sewing Machine. Please contact Instructor *Sylvia Feldman* at sdfeldmans@gmail.com or 916-543-3403 to schedule your lesson. Lessons are offered once a month. Certification fee: \$15 for each lesson. Enrollment prior to class is required.

—Quilting—



Mystery Quilt
"Tracks in the Snow"
Fridays, January 11 & 18
 — **LSC1825**

1:00 to 4:00 PM (OC). \$55 (two sessions). Supply Fee: \$10 payable to instructor.

Instructor: *Be y Kisbey*. **Prerequisite:** Must be able to sew an accurate quarter inch seam allowance and know how to safely use a rotary cutter. Join the fun of making a quilt while solving a mystery! You will be given only fabric and cutting requirements at registration. Pieces of the design will be given to you in steps throughout the class; the final quilt design will be revealed on the last session. Note: Pick up the "Tracks in the Snow" pattern requirements and supply sheet at registration. Must have fabric chosen and cut before class.

Block of the Month: Quilting

Wednesdays, January 16, February 20, March 20,
April 17, May 15 & June 19 — LSC1826

9:00AM to 12:00 PM (OC). \$140 (six sessions). Instructor: *Be y Kisbey*. This six-month class is perfect for the beginner student wanting to be a quilter! This three-hour class teaches how to: sew an accurate 1/4 inch seam allowance, accurate cutting, pressing, and sewing a quilt block pattern (completing two quilt blocks per session). The class will focus on hints for accurate sewing and an introduction to quilting tools for easy sewing. Students must register and attend all sessions. Supplies and materials must be purchased by students, patterns provided by the instructor. Be sure to get the supplies list several weeks before the class.

Technology

***Cloud Storage Made Easy**
Friday, January 4 — LSC1840

1:00 to 3:30 PM (OC). \$25. Instructor: *Bob Ringo*. Computer users spend their lives accumulating stuff. Then they find a way to back up their stuff. Most use external hard drives, flash drives, or DVEs.

After the recent California fires, the smarter users rely on cloud storage for their backups. Cloud storage is saving your data to an off-site storage

system. If you store your data in the cloud, you will be able to access your data from any location that has Internet access. Learn how easy it is to store stuff in free fire-safe cloud storage sites.



***Amazon Echo Dot**
Friday, January 11 — LSC1841
 1:00 to 3:30 PM (OC). \$25. Instructor: **Bob Ringo**. The Amazon Echo Dot functions as a source of entertainment, a personal assistant, and a smart home controller. The Dot can play your favorite music, answer your questions, and control your smart home devices by responding to voice commands. You will learn how simple it is to set up the Dot plus new “tricks” that make the Dot more fun to use. Whether you are thinking about buying one or you want to use the one you already own more effectively, this class is for you.



Windows 10 Basics
Tuesday & Wednesday,
January 29 & 30
— LSC1838
 1:00 to 3:30 PM (OC). \$47 (two sessions). Handout Fee: \$10. Instructor: **Rita Wronkiewicz**. If you are

new to Windows 10 or you do not feel you have mastered it, this class will give you the confidence to use it more effectively and appreciate its new format and features. Rita will show you the basics and how to set up your Windows 10, so it is the most optimum for you. If you have a portable PC, bring it to class and learn with your device. Questions? Call Rita at 916-543-6962.



***Android Smart Phone Basics**
Thursday, January 9 — LSC1839
 9:00 to 1:00PM (OC). \$25 + \$10 supply fee paid to instructor. Instructor: **Len Carniato**. Bring your Smartphone from any carrier, any brand and any version. This class will help you get much more from your Android Smart Phone. On our large screen display, we will focus on how to navigate

your screens, manage phone calls, organize your contacts, use text messaging, email, access the internet, share photos, and more. Beginners and longtime owners will benefit from participating in this class.

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~ Carole Larsen

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REBECCA KANG

Bowenwork is known for its profound, long-term effects. It can help with chronic conditions from asthma to bunions, as well as acute injuries like headaches, sciatica and knee problems. Come and meet our Bowen practitioner Rebecca Kang and see what Bowenwork can do for you.



For more information about Bowenwork
or for an appointment, please contact:

Rebecca.Kang@sclhca.com

916-625-4034

Jeannette Pyle
WellFit Manager
Jeannette.Pyle@sclhca.com



Register at the WellFit Desk (OC/KS)
or online at SCLHResidents.com



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 Front Desks.

- **Wednesday, January 9**
3:00 to 4:00 PM, Fitness Floor (KS)
- **Tuesday, January 15**
3:00 to 4:00 PM, Fitness Floor (OC)
- **Tuesday, January 15**
4:00 to 5:00 PM, Fitness Floor (KS)
- **Wednesday, January 23**
1:00 to 2:00 PM, Fitness Floor (OC)

WellFit Services Available to Assist You in Furthering Your Health & 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. 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 an appointment, please contact Rebecca Kang at rebecca.kang@sclhca.com or 916-625-4034.



Nutrition Services

Private Nutritional Consulting, Audrey Gould, RD/RDN, NTP Restorative Wellness is sold in three-month packages to help residents resolve specific health issues that cannot be solved in one session. The three-month

nutrition package includes:

- A personalized assessment of any nutritional deficiencies and dysfunctions in your body.
- **Six hours of personalized nutrition consulting including a two-hour initial assessment.**
- Interpretation of laboratory values and/or food sensitivity panels (additional labs are optional and not part of the package price). A personalized program that will identify the areas and strategies for both the short-term and long-term goals.

Total Cost: \$549. Additional consultations at \$75/session after the completion of the three-month program.

Disease Prevention & Management Session-Based Classes

Opportunities that provide education and management of diseases to achieve and maintain optimal health. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.



Arthritis

Tuesdays, January 8-29
Wednesdays, January 9-30
Thursdays, January 10-31
Fridays, January 4-25

Wednesdays & Fridays \$36 (four sessions), 10:00 to 11:00 AM, Aerobics Room (OC). Tuesdays & Thursdays \$36 (four sessions), 11:00 AM to 12:00 PM, Aerobics

Room (OC). Instructor: **Linda Hunter**. This class is designed for those with Arthritis and other conditions that cause muscle and joint pain. The

goal of the class is to increase the 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.

Lessons

Programs that provide learning the emotional, mental and physical aspects of outdoor activities. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.



Nordic Pole Walking Thursday and Friday, January 3-4

9:00 to 10:30 AM, meet at the OC Fitness Center. \$45. Instructor: **Dr. Richard Del Balso**. Walking 30 minutes at least three times a week gives you a "Full Body Aerobic Exercise" by simply adding poles to your walking

routine. After just two 90-minute sessions, you will be able to 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; reduce impact on hips, knees and feet by an average of 25%; and develop upright body posture resulting in less risk of falling. Walking poles are available for each class at no charge with the option to purchase at the final session.

Mindfulness

A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, can be achieved through different means and used as a therapeutic technique. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.

New!

Hypnotic New Year's Resolutions Thursdays, January 10 - 31

9:30 to 11:30 AM, Multimedia Room (OC) (four sessions). \$80. Instructor: **Kelley Moreno**. Want to lose weight or make a change this year that really works? Make 2019 resolutions that stick with hypnotic habits. How many times have your good intentions failed? Find out why and how this time you can succeed! Join us for four weeks to design and implement your resolution habit.

Mindfulness 101 Mondays, January 7-28

9:30 to 10:30 AM, Multipurpose Room (OC) (four sessions) \$60. Instructor: **Michelle Jamieson**. Just as exercising our muscles strengthens the body, training the mind makes it more resilient, improves focus and attention, and assists in working with emotions. 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.



Establishing a Meditation Practice

Mondays, January 7-28

10:30 to 11:30 AM, Multipurpose Room (OC) (four sessions) \$60. Instructor: **Michelle Jamieson**. The path of Meditation involves slow and steady cultivation of the mind. The benefits of mindfulness and contemplative

practice are real, tangible, and can be experienced by anyone who practices with proper guidance. To experience these benefits directly, we need to take time in our lives to practice. We must give our minds the right conditions for the powers of wisdom and concentration to grow, which includes refining our understanding of the teachings and ensuring that we are using the techniques properly.

Mindful Movement

Experience with mindful movement of the body that helps create a link between the mind and body that quiet our thoughts, unwanted feelings and prepare us for creating positive behaviors. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.



Tai Chi Qigong L1 Tuesdays, December 4-18

1:00 to 2:00 PM, Aerobics Room (KS). \$44 (four sessions). Instructor: **Peli Fong**. Tai Chi is a century-old practice that focuses on soft and gentle movements known as postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi 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.



Tai Chi Qigong L2 Tuesdays, January 8-29

2:00 to 3:00 PM, Aerobics Room (KS). \$44 (4 sessions). 2:00 to 3:00 PM, Aerobics Room (KS). \$33 (three sessions). Instructor: **Peli Fong**. This class is for Tai Chi and Qigong students who wish to bring a higher awareness and understanding of their lifelong practice of

complementary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short forms. In addition, you will learn Qigong sets of movements. 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.

Money Matters

Classes that encourage a healthy state of well-being while preparing financially for the future. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.

Why is the Stock Market So Worried When the Economy is Doing So Well? With Russ Abbott Tuesday, January 29

10:30 AM to 12:00 PM, P-Hall (KS). \$5. Instructor: **Russ Abbott**. The US Economy, while slowing from a torrid pace of growth, is still giving strong growth signals. Essentially, the "canaries in the coal mine" that usually chirp when a recession is coming have not come out yet. So why is the stock market not doing as well and who will blink first, the major averages or the overall economy? What about the Fed, China, and the Dollar, what will these have in store in 2019? Come to this informative class to learn about these topics and much more for 2019.

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

**Tuesdays,
January 8-February 5**
1:00 to 2:30 PM, Multi-purpose 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 the immune system. Discover how good you can feel when you give your body a vacation from processed foods and sugar.

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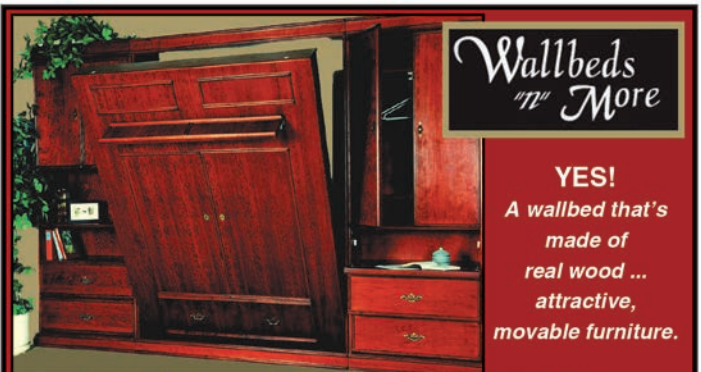
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Personal Improvement

The following Personal Improvement classes are offered through the WellFit Department; registration is available at the WellFit front desks. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.



Intermediate Sudoku Tuesday, January 29

9:00 to 10:30 AM, P-Hall (KS).
\$5. Instructor: **Russ Abbott**.
Sudoku continues to be one

of the most popular puzzles on the planet. If you have started playing it and are comfortable with the easy puzzles but having trouble with the more difficult ones, this class is for you. Intermediate Sudoku involves going beyond just looking at numbers 1-9 to complete puzzles; rather certain basic techniques are needed which are discussed and taught in this class. Come learn and improve so your Sudoku journey can continue.



Produce with a Purpose! Eat more Greens Thursday, January 17

4:00 to 6:00 PM, Placer (KS) \$45.
Instructor: **Kerin Gould**. Is "eat

more greens" on your list of healthy New Year Resolutions? Greens are at their best in cool weather, and they don't have to taste like dirt and twigs! Come to our Produce with a Purpose class to learn the super-powers of greens (for resisting cancer, diabetes, heart disease and more), enjoy a cooking demo and tasting, and boost your wellness! Take home a goodie bag of farm-fresh, pesticide-free produce, too!

Pilates Reformers and Towers

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

Pilates Reformer Membership Packages

Members select their monthly classes via the online scheduling system. 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

Membership packages require an agreement for auto-pay upon enrollment. To enroll in Reformer Membership, complete an Introductory Reformer

Session. These packages are not available online. Private Reformer Training is available. See class grid on page 101 for a complete listing of Pilates Reformer classes.

Introductory Reformer Session L1 Continuous Dates

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

Private Reformer Training

Private training is convenient and efficient. All private training is done by appointment only. When working one-on-one, our trainers will customize a reformer program to meet your specific goals. Most injuries are caused by hidden muscular weaknesses or skeletal imbalances. Pilates works to balance the body to bring proper alignment and function. For more information regarding Private Reformer Training, please contact Jeannette Pyle.

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

One client and one trainer. One hour session cost is \$54.

- **Buddy Training:**

Two clients and one trainer. It is more fun to work out with a friend! One hour session \$34 per person.

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Personal training is convenient, efficient and individualized for your specific goals. Whether your goals are strength, endurance or rehab related we have a trainer for you. All of our trainers are highly qualified and have different specialties and strengths. To learn more about personal training and/or clinical training or about our trainers and their qualifications contact Danielle Lawlor. You can also visit www.sclhresidents.com under WellFit/Personal Training/meet the trainers.

Training Services

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$54, half-hour session \$34.
- **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 \$34 per person.
- **Assessment:**
Meet and greet trainer, talk about and establish goals. Trainer assesses ability level. One hour session \$30.

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 up quickly; please register at least seven days prior to class start date, no refunds. Participants must register prior to class start date. Events go on sale on the 17 of this month at 8:00 AM. Register at either Fitness Desks or online.

Are you a current SGT participant, but need some extra workouts; or does your schedule require a little flexibility with your SGT classes? Try our new SGT Drop-in Pass. \$25 per drop-in and you can take as many days as you would like of the eligible SGT classes. SGT Drop-in passes can be purchased at any time and saved for a later date. Please note not all classes are eligible for drop-ins. Please see the descriptions of each class.



SGT—Parkinson's Indoor Cycling Wednesdays, January 2-30

12:30 to 1:30 PM, Aerobics Room (KS). \$85 (five sessions). Instructor: *Milly Nuñez*. Have you or a loved one been diagnosed with Parkinson's disease? A trainer will guide you

using the premise of "forced exercise" (exercise that is beyond a voluntary level). 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." The first class will include an assessment and bike setup. Participants must be able to sit unassisted on a spin bike, and heart rate monitors are required. For more information, please contact Jeannette Pyle.

SGT—ParkinsonWise Combo Fridays, January 4-25

12:30 to 1:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Milly Nuñez*. Interested in the Parkinson's Cycle class, but don't think you could do an entire hour of cycling? Try this class to change it up. Milly will combine content from Parkinson's Indoor Cycling and ParkinsonWise classes to create a class that helps improve the quality of life through meaningful exercise.

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SGT—ParkinsonWise Thursdays, January 3-31

1:30 to 2:30 PM, Aerobics Room (KS). \$85 (five sessions). Instructor: *Milly Nuñez*. Improve your quality of life through meaningful exercise. Exercise and movement are effective in delaying the progression and reducing the impact of symptoms while increasing general well-being. The class will emphasize focused movement, maintaining and increasing the range of motion, movement in all planes, low versus high-intensity movements, balance and coordination, multi-tasking, and more. Enjoy a group setting with a certified trainer who will lead and motivate the class. All levels are welcome as the class will address modifications and progressions to keep participants motivated and engaged.

SGT—Fit 101 at Kilaga Springs L1 Mondays & Wednesdays, January 7-30

10:30 to 11:30 AM, Fitness floor (KS). \$135 (eight sessions). Instructor: *Max Alcantar*. Are the new machines at Kilaga Springs Fitness Center a little overwhelming? Take this class and not only will you finish the class with a complete understanding of the new equipment, 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 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—Fit 101 at Orchard Creek L1 Tuesdays & Thursdays, January 8-31

12:00 to 1:00 PM, Fitness floor (OC). \$135 (eight sessions). Instructor: *Jared Young*. Starting a new experience may seem a little overwhelming.

That's why Fit 101 is a perfect place to start. This class will incorporate a little of everything at our Orchard Creek Fitness Center. 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 8-31

12:00 to 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 cardio-vascular benefits. This team-oriented class focuses on “Functional Fitness” using a variety of equipment including TRX suspension training. 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—Progressive Bootcamp L2/3 Mondays & Wednesdays, January 7-30

4:00 to 5:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Danielle Lawlor*. Looking to change things up? Try this Bootcamp class that gives you progressive exercises

to accommodate each participant's fitness level. The class will enjoy workouts in the Aerobics Room and the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. *This class is available for the SGT Drop-in Pass.*

SGT—Seasonal Sports Conditioning L2/3 Mondays & Wednesdays, January 7-30

2:30 to 3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Max Alcantar*. Looking to improve your fitness and sports performance? Take this class for these key components: power, strength, speed, balance, agility, coordination, endurance, injury prevention, and flexibility.

SGT—Morning Burst Group Training L2 Mondays & Wednesdays, January 2-30

7:15 to 8:15 AM, Aerobics Room (KS). \$150 (nine sessions). Instructor: *Milly Nuñez*. Rise and shine to enjoy a fun and energizing workout in a small group setting. Discover ways to challenge yourself at your 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 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-L2
Tuesdays & Thursdays,
January 8-31

5:30 to 6:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *TBA*. This is a total body workout using your body as resistance with the TRX suspension training straps. You will be introduced to the TRX straps and then progress level of difficulty when ready. Develop strength and stability needed in the core, hips and throughout the rest of the body.

SGT—TGIF TRX & More L2
Fridays, January 4-25

7:15 to 8:15 AM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Max Alcantar*. 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—Posture, Core
and Balance L1/2
Mondays & Wednesdays,
January 2-30

11:30 AM to 12:30 PM, Aerobics Room (KS). \$135 (eight sessions, no class January 9). Instructor: *Danielle Lawlor*. Balance your body with exercises for proper postural alignment and a strong core. This class is formatted to accommodate a wide range of fitness levels and also includes the right stretches to allow for improved posture which can take pressure off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility.

SGT—Posture, Core and Balance L1/2
Wednesdays and Friday's, January 2-25

12:00 to 1:00 PM, Aerobics Room (OC). \$135 (eight sessions). Instructor: *Max Alcantar*. Balance your body with exercises for proper postural alignment and a strong core. This class is formatted to accommodate a wide range of fitness levels and also includes the right stretches to allow for improved posture which can take pressure off your

back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility.

SGT—Balance & Fall Prevention L1
Mondays and Wednesdays, January 7-30

2:00 to 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.

SGT—Balance & Fall Prevention L2
Tuesdays and Thursdays, January 8-31

3:00 to 4:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Danielle Lawlor*. Build on concepts learned from L1 Balance and Fall Prevention to keep working on more advanced strength exercises and balance challenges. A great class to try if you have already taken level one balance class but still want to continue getting instruction. Students are expected to warm up and stretch on their own before class as well as stretch on their own right after class; using warm up and stretches taught in the L1 class.

Punch Pass Class

Please see the colored grids on pages 98-101 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 designed for the advanced exerciser. For a list of class descriptions, please refer to www.sclhresidents.com under WellFit tab.


Each class is \$4.50. Purchase your Punch passes at either Fitness Center front desk. There are no refunds for punch passes.

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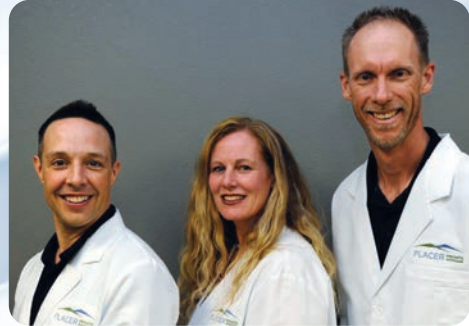


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OC WellFit Class Schedule January 1-31, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:00	Athletic Stretch L1/3 - Jen		Athletic Stretch L1/3 - Jen				
8:00	Strictly Strength L3- Katie	Step for All L2- Kim	Strictly Strength L3- Katie	Step for All L2- Kim	New Class! Barre L2/3- Gretchen		
9:00	Zumba L3 - Summer	Core & Strength L2 - Kim	Zumba L3- Summer	Core & Strength L2- Kim	New Class! Cardio Pilates L2/3- Gretchen	Yoga Basics L1- Amy/Sara	
10:00	Slow Flow Yoga L2/3- Jennifer	Yoga Flow L2 - Ashley	New Time! Arthritis L1/2 - Linda	Yoga Flow L2- Jennifer	New Time! Arthritis L1/2 - Linda	Yin Yoga L2- Sara	All Sunday classes have been moved to Kilgus
11:00	Piloga L2 - Cynthia	Arthritis L2- Linda	Piloga L2- Lola	Arthritis L2- Linda	Piloga L2- Lola		
12:00	Yoga Stretch L1- Julie		New Class and Instructor! SGT - Posture, Core & Balance L1/2- Max	Yoga Stretch L1- Julie	New Class and Instructor! SGT - Posture, Core & Balance L1/2- Max		
1:00	Chair with Flair L1 -Julie	Rest Meditation and Yoga L1 - Iram		Chair with Flair L1- Julie	Basic Chair L1- Maria		
2:00	SGT - Balance & Fall Prevention L1- Danielle		SGT - Balance & Fall Prevention L1- Danielle				
3:00	Healthy Living Exercise L1/2 - Milly	Healthy Living Exercise L1/2 - Milly		Healthy Living Exercise L1/2 - Julie	Activities	SCLH Booking	
4:00	TBA	Activities	TBA				
5:00	TBA	Core & Strength L3 - Danielle	Mixed Levels Yoga L1-3- Jennifer	Core & Strength L3 - Jeannette			
5:30							
Group Exercise Classes (punch pass) \$4.50							
Wellness Classes (session based) Small Group Training (session based)							
All classes are subject to change without notice. All classes are 55 minutes, unless otherwise noted.							

KS WellFit Class Schedule January 1-31, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	KS	KS	KS	KS	KS	KS	KS
7:15-8:15am	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	SGT - TGIF TRX L2 - Max		
8:30	Exercise Mashup L2 - Danielle	Zumba Gold L2 - Joanie	Power Vinyasa L3 - Deanne	Low Impact Sculpt L2 - Jeri	Zumba Gold L2 - Joanie	Low Impact L2 - Jeri	
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3 - Katie	Strictly Strength L2 - Linda	Cardio Strength L3 - Katie	Strictly Strength L2 - Jeri	9:00am Cardio Strength L3 - Kim
10:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2 - Gretchen	Piloga Flow L2 - Cynthia	New Class! Strictly Strength L3 - Valerie	Athletic Stretch L2 - Jeri	10:00am Zumba L3 - Carrie
11:30	SGT - Posture, Core & Balance L1/2 - Danielle		SGT - Posture, Core & Balance L1/2 - Danielle		WaiDan Gong L1 - Joan		
12:30		12:00pm SGT - Functional Fit L2 - Deanne		12:00pm SGT - Functional Fit L2 - Deanne			
1:00		1:00pm Tai Chi L1 - Peil	SGT - Indoor Cycling for Parkinson's L1 - Milly		SGT - ParkinsonWISE Combo L1 - Milly		
1:30	Yoga Basics L1 - Amy	2:00pm Tai Chi L2 - Peil	Yoga Basics L1 - Cynthia	1:30-2:30pm SGT - ParkinsonWISE L1 - Milly			2:00pm Yoga Flow L2 - Ashley
2:30	New! SGT - Seasonal Sports Conditioning L2/3 - Max	New time! SGT - Balance & Fall Prevention L2 - Danielle	New! SGT - Seasonal Sports Conditioning L2/3 - Max	New time! SGT - Balance & Fall Prevention L2 - Danielle			
4:00	SGT - Progressive Bootcamp L2/3 - Danielle	Yoga for Osteo L1 - Julie	SGT - Progressive Bootcamp L2/3 - Danielle	Yoga for Osteo L1 - Julie		SCLH Booking	
5:30		SGT - TRX L1/2 - Jared		SGT - TRX L1/2 - Jared			
6:30							
Group Exercise Classes (punch pass) \$4.50							
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.							

OC Aqua WellFit Class Schedule January 1-31, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Works L2/3- <i>Jeannette</i>	OC	Water Works L2/3- <i>Marla</i>	OC	Water Works L2/3- <i>Jennifer</i>	OC	OC
8:30	Aqua Fitness L2- <i>Jeannette</i>		Aqua Fitness L2- <i>Marla</i>		Aqua Intervals L3 - <i>Jennifer</i>		
9:30	Deep Water Fitness L3- <i>Jennifer</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3- <i>Annette</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3- <i>Jeannette</i>		
10:30	Aqua Intervals L2/3- <i>Jennifer</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Making Waves L2- <i>Annette</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Aqua Intervals L2/3- <i>Jeannette</i>		
11:30	(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		
12:30	Aqua Pilates L1- <i>Annette</i>				Aqua Pilates L1- <i>Annette</i>		
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	Total Body Conditioning L3 <i>Jeannette</i>		Total Body Conditioning L3 <i>Jeannette</i>				
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

Pilates Reformer WellFit Class Schedule January 1-31, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1-L2 - <i>Cynthia</i>	OC	OC	OC	OC	OC	OC
8:30	Ref Basics + L1-L2 - <i>Sarah</i>	Mixed Equipment L1-L2 <i>Nick</i>	Ref Basics L1 - <i>Cynthia</i>	Mixed Equipment L1-L2 - <i>Julie</i>	Ref Basics + L1-L2 - <i>Sarah</i>		
9:30	Mixed Equipment L1- L2 - <i>Sarah</i>	Ref Basics + L1-L2 - <i>Nick</i>	Ref Basic L1 - <i>Cynthia</i>	Ref Basics L1 - <i>Julie</i>	Mixed Equipment L1-L2 - <i>Sarah</i>	Mixed Equipment L1- L2 - <i>Julie</i>	
10:30	Ref Basics L1 - <i>Valerie</i>		Mixed Equipment L1- L2- <i>Nick</i>	Mixed Equipment L1-L2 - <i>Julie</i>	Ref Basics + L1-L2 - <i>Sarah</i>	Cardio Jump & Core L2 - <i>Julie</i>	
11:30	Mixed Equipment L1-L2- <i>Valerie</i>	Ref Basics + L1-L2 - <i>Julie</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Mixed Equipment L1-L2- <i>Valerie</i>	Ref Basics + L1-L2 - <i>Julie</i>	
12:00							
5:30	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625-4034			
	Reformer Basic+ L1- L2 - <i>Julie</i>			Mixed Equipment L1-L2 - <i>Julie</i>			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							
All classes are subject to cancellation for insufficient registration 24 hours prior to class.							

Sun City Lincoln Hills Community Association

965 Orchard Creek Lane
Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

www.sclhresidents.com

Need help? Email:

help.desk@sclhca.com

Public Website:

www.suncity-lincolnhills.org

-Administration-

Executive Director

Chris O'Keefe (916) 625-4060 chris.okeefe@sclhca.com

Executive Assistant/Office Manager

Christy Goodlove (916) 625-4062

christy.goodlove@sclhca.com

Accounting

Director of Finance

Staci Erskine (916) 625-4024 staci.erskine@sclhca.com

Communications & Marketing

Manager

Jeff Caponera (916) 625-4057 jeff.caponera@sclhca.com

Community Standards

Manager

Sam McKee (916) 625-4006 sam.mckee@sclhca.com

Facilities & Maintenance

Manager

Erik Rosales (916) 645-4500 erik.rosales@sclhca.com

Membership

Karla Hearron

(916) 625-4068 membership@sclhca.com

Room Booking & Club Support

Coordinator

Shelvie Smith (916) 625-4021 shelvie.smith@sclhca.com

-Lifestyle-

Lifestyle Desks

Orchard Creek (916) 625-4022

Kilaga Springs (916) 408-4013

Director of Lifestyle, WellFit & Spa

Deborah McIlvain (916) 625-4031

deborah.mcilvain@sclhca.com

Lifestyle Manager

Lavina Samoy (916) 625-4073

lavina.samoy@sclhca.com

Lifestyle Class Coordinator

Betty Maxie (916) 408-7859 betty.maxie@sclhca.com

Lifestyle Entertainment Coordinator

Deborah Meyer (916) 408-4310

deborah.meyer@sclhca.com

Lifestyle Trip Coordinator

Katrina Ferland (916) 625-4002

katrina.ferland@sclhca.com

COMPASS

Editor

Theresa Renken (916) 625-4014

theresa.renken@sclhca.com

-WellFit-

OC Fitness Center (916) 625-4030

KS Fitness Center (916) 408-4683

Assistant Director of WellFit & Spa

Jonathan Leung (916) 258-8289

jonathan.leung@sclhca.com

WellFit Manager

Jeannette Pyle (916) 408-4825

jeannette.pyle@sclhca.com

Fitness Coordinator

Danielle Lawlor (916) 625-4032

danielle.lawlor@sclhca.com

-Food & Beverage-

Meridians Reservations (916) 625-4040

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Director of Food & Beverage

Kristy Woodin (916) 625-4049

kristy.woodin@sclhca.com

Catering

Catering Sales Manager

Don Giles (916) 625-4043

Don.Giles@sclhca.com

-The Spa at Kilaga Springs-

(916) 408-4290

Spa Manager

Trudy Smith (916) 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

Lifestyle Desk (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

WellFit (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

(hours subject to change)

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 7:00 AM-2:00 PM

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(Tuesday - Saturday)

The Spa at Kilaga Springs

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Saturday 9:00 AM-5:00 PM

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Adrian Felice (916) 408-4332

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Ken.Silverman@sclhca.com

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Molly.Seamons@sclhca.com

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Hank.Lipschitz@sclhca.com

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Donald.DeSantis@sclhca.com

Joe Stewart, Director

Joe.Stewart@sclhca.com

David Conner, Director

David.Conner@sclhca.com

Committee Chairs

Architectural Review Committee

arc@sclhca.com

Clubs & Community Organizations Committee

ccoc@sclhca.com

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crc@sclhca.com

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COMPASS — A monthly magazine established August 1999

COMPASS Editor: Theresa Renken 916-625-4014

Resident Writers: Nancie Attwater, Joan Logue, Linda Lucchetti,

Richard Pearl, Al Roten, Teresa Tanin **Layout/Design and Printing:** Fruitridge Printing

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