

COMPASS

January 2018

Navigate Your Way Through Sun City Lincoln Hills



Fine Arts SHOW...page 17

NEW YEAR'S EVE event...page 11

The Official Magazine of Sun City Lincoln Hills

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On the cover - New Year's Eve. Photo by Klara Kleman



Board of Director's Report

What About My Dues?

Marcia VanWagner, Vice President, BOD

I often hear "I don't want my dues to go for_____". Or "the community should vote on this since you're spending my money". How does a member's individual wants and needs, or a group's desires or requests affect how the Board spends the Association's operating, CEF or reserve funds? Fifty-Six percent of the Operating and Reserve budget for 2018 comes from owner dues. The Community Enhancement Fund, used for Capital Assets, comes partly from dues, mostly from a Fixed Mandatory Assessment levied at escrow.

Our Governing Documents state the Board is charged with setting policies and developing the budget for the Community Association. The Board's fiduciary responsibility means that they exercise due diligence and all decisions are for the benefit of the community as a whole and not individuals.

What we refer to as "dues" is identified in our Governing Documents as "Regular Assessments". The Community Association has the power and authority to levy assessments, and the owners have agreed to the obligation to pay the assessments. Regular Assessments provide funds for operating expenses of the day-to-day activities of the community and for the Reserve Fund. (Your bedtime reading is CC&R's Article IV, Assessments.)

How is your individual voice heard when a new project or program is offered, when decisions are made on how to operate our community departments? Your voice is heard when you speak at committee meetings, email staff for information, or contact Directors. Committees and staff interact with the Board when the Board is doing its due

diligence. Your voice is one of many each Director may hear while considering and deciding an issue. Remember this key concept: the Board decides the policy; the Executive Director executes and implements the policy. All owners' assessments are deposited in the operating and reserve accounts and disbursed for the benefit of the Community as a whole, according to the approved budget.

Please keep the dialogue going. Contact your Directors, talk to the Committee Chairs and ask our Executive Director. These are the people who have the facts and can help you understand how the Community Association spends your money for all of us.



The Board presented a Service Award to Mike Creasy, former Finance Committee Chair, pictured left.



The Clubs & Community Organizations Committee (CCOC) was recognized by the Board for their service at the December 21 meeting. Pictured from left to right, CCOC members in Santa hats: Joe Stewart, Celeste Martella, Klara Kleman; Becky Nicholson and Mike Hilton. Board of Directors: President Ken Silverman, Directors John Snyder, Marcia Van Wagner, Don DeSantis, Molly Seamons, Hank Lipschitz and Michael Deal.

Calendar of Events

January 15, 2018 - February 15, 2018

Date	Event	Page #
1/16	Cooking with Meridian Chefs	76
1/18	Colusa Casino.....	66
1/19	Comedy of Cary Long.....	59
1/20	Mindfulness Weekend Retreat	90
1/20	Fine Arts Class Gallery	73
1/20	Movie - Seven Brides for Seven Brothers ..	54
1/22	Healthy Winter Soup Season	54
2/1-2/22	Laughter Yoga	91
1/23	The Big Jangle	59
1/25	Nature's Pharmacy: Plants as Medicine ..	34
1/26	Bird and Nature Walk	54
1/29	Le Open Mic.....	41
1/31	Wellness Open House	89
2/2-4	Fine Arts Show	17
2/6	Copia	68
2/6	The Tibetan Monks.....	61
2/8	The Songs of Barry Manilow	59
2/10-11	Players Readers Theater Production	54
2/13	Jack Gallagher	60
2/13	Meridians Mardi Gras Celebration	7
2/14	Meridians Valentine's Dinner	58
2/15	Golden Gate Fields	66



From the Executive Director's Desk

Chris O'Keefe, Executive Director,
SCLH Community Association

Happy New Year and welcome to the January edition of the Compass magazine! From the entire team here at Lincoln Hills, we hope you had a great Holiday season and send best wishes for the New Year. 2017 was truly a year of change for us as an association. Every change brings with it new opportunities, I am proud of how the team has responded to the new challenges.

One thing that cannot, and will not change is our commitment to our residents. It is right there in our mission statement: "To provide Sun City Lincoln Hills, residents, employees, and guests with exceptional services." Our goal is to always to seek continual, sustainable, improvement, and to set ourselves apart from other age-restricted communities.

This is shown in the entertainment offerings provided by the Lifestyle team, along with the classes and programs presented by our Well-Fit team. The Day Spa made great progress in 2017, their enhancements have been well received by our residents and guests. We are looking forward to this continuing in 2018. In 2017 our catering team supported more weddings than any other year, all the while receiving positive feedback on their events. Good Job Team!

The Meridians team faced many challenges in 2017, and while no one is satisfied with the results, we do understand that there were circumstances beyond our control which negatively impacted the restaurant. I believe the answer is to take the same approach we did for the spa in 2010. At that time, the spa was losing money and the operation was being treated like a step child. Our answer was to focus on the guest experience and provide the team with the support it needed to succeed. Nothing novel here, except for the fact that the spa had not truly been supported since its inception in 2005. We will be using this same approach for Meridians and are looking forward to seeing the positive results.

We will continue to ensure that we do all the little things that make people feel welcome. From the time a guest comes to the hostess station until the time the bill is delivered, the focus will be on the service levels and guest experience. We need to dedicate ourselves anew, provide the support the team needs, and make sure that we consistently meet our guest's expectations. We have a dedicated team in place, and I am confident that they will meet the challenge. See you in February.

Elections Committee

Information on all five candidates for our Board of Directors is available on tables in the living room area of both lodges. Your voting materials should be in your hands by now. Information on the statement of point of view by a member of the association is also available on the information tables.

The Elections Committee will host three forum sessions for residents to get to know the candidates. In the event that you cannot attend, these sessions will be video recorded and available on the association website.

Tuesday, January 16, 10:00 AM to 12 Noon, P-Hall (KS)

Thursday, January 18, 2:00 to 4:00 PM, P-Hall (KS)

Saturday, January 20, 6:00 to -8:00 PM, P-Hall (KS)

Get to know these candidates, and support those you believe will best represent the community. Make your vote count.

Your vote must be received by our Inspector of Elections not later than 3:00 PM, Wednesday, February 14, 2018.



Upcoming Association Meetings: January 15 - February 28

BOD Election Candidate Forum Session 1	Tuesday, January 16, 10:00 AM, P-Hall (KS)
BOD Election Candidate Forum Session 2	Thursday, January 18, 2:00 PM, P-Hall (KS)
Finance Committee Meeting	Thursday, January 18, 9:00 AM, P-Hall (KS)
Golf Cart Registration	Thursday, January 18, February 1 & 15, 9:00 AM
BOD Election Candidate Forum Session 3	Saturday, January 20, 6:00 PM, P-Hall (KS)
ARC/Architectural Review Committee	Monday, January 22, 9:00 AM
Listening Post	Tuesday, January 23, 11:00 AM
Board of Directors Meeting	Thursday, January 25, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, January 25, 10:30 AM
Board of Directors Executive Session	Thursday, January 25, 11:00 AM
Properties Committee Meeting	Thursday, February 1, 9:00 AM, P-Hall (KS)
Elections Committee	Friday, February 2, 10:00 AM
CCOC/Clubs & Community Organizations	Tuesday, February 6, 9:30 AM
Compliance Committee Meeting	Wednesday, February 7, 10:30 AM
ARC/Architectural Review Committee	Monday, February 12, 9:00 AM
Finance Committee Meeting	Wednesday, February 14, 9:00 AM
Board of Directors Annual Mtg./Members	Thursday, February 15, 9:00 AM
Board of Directors Special Meeting	Thursday, February 15, Immediately Following
Board of Directors Organizational Meeting	Thursday, February 15, Immediately Following
CCRC/Communications & Comm. Rel. Meeting	Tuesday, February 20, 9:30 AM
Board of Directors Meeting	Thursday, February 22, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, February 22, 10:30 AM
Board of Directors Executive Session	Thursday, February 22, 11:00 AM
ARC/Architectural Review Committee	Monday, February 26, 9:00 AM
Listening Post	Tuesday, February 27, 11:00 AM

Meetings in Orchard Creek Lodge unless noted otherwise.



Finance Committee Report

Laura Thiele, Finance Committee Member

January is the time for new beginnings, including a new budget and new financial statements. Each Finance Committee member is assigned a department to work with, and my assigned department is the Association’s Finance Department, dedicated to the accurate accounting of our financial activities.

Financial statements can be confusing, sometimes leading to more questions than answers. But they are extremely important in our daily lives and to the community in which we live. They show us current conditions – a snapshot in time of our financial health. If we look closely, they show trends which can allow us to identify and fix small problems before they become large issues. Financials can show controlled costs and increasing revenues. They can show increasing reserves to maintain our current

assets as well as money for new projects and services. Conversely, they can show overspending and mismanagement. What is important is that the numbers are accurate. Then, and only then, can we perform the proper analysis to decide if we are on the correct course or if adjustments are needed.

The Finance Committee reviews the financial statements the Finance Department produces each month, asking questions and examining underlying financial documentation. The community is invited to attend the Finance Committee meeting each month to see the financial information presented and to ask questions. The financial statements are then sent to the Board of Directors, who use this information in their decision-making, including how much to charge for dues. We hope you will join us.

Below are the results of Operations for November 2017. While the Association has an unfavorable variance to budget for November, we have a favorable variance to budget for the year-to-date.

Preliminary Statement of Operations YTD November 2017

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$7,589,160	\$7,541,061	\$48,099	\$8,221,274
Administration (Expense)	(1,766,629)	(1,708,452)	(58,178)	(1,859,690)
The Spa at Kilaga Springs	(2,404)	248	(2,652)	8,085
Fitness	(426,265)	(493,621)	67,356	(538,400)
Activities	(405,402)	(486,089)	80,687	(530,150)
Rec. Center / Maintenance	(4,859,392)	(4,888,880)	29,488	(5,304,840)
Food & Beverage	(181,128)	(87,264)	(93,864)	(87,895)
Net Revenues (Expense)	(\$52,060)	(\$122,996)	\$70,936	(\$91,616)
CEF/FMA Rec'd YTD Nov. 30, 2017	\$559,628	CEF/FMA Balance Nov. 30, 2017		\$751,628



Lifestyle News & Happenings

2018 Let's Go!

Lavina Samoy, Lifestyle Manager

2018 will blaze new trails, new adventures and new experiences for all of you! The Lifestyle department is excited to meet the New Year with some fascinating activities created with our residents in mind.

For the first time, we are going to **Ashland on June 10 through June 14** to experience the Oregon Shakespeare Festival with two shows included in the five-day, four-night stay: Othello and Sense & Sensibility. This excursion will also offer a variety of new sights to see like the quaint town of Jacksonville, the famous Sundial Bridge in Redding and the historic Ashland Hotel. You will have free time to shop and see other shows on your own too! **See page 64 for details.**

A variety of other adventures are in store for you with a visit to the **Redwoods and Avenue of the Giants on April 30-May 2 (page 70)**; see the famous **Pageant of the Masters and the Richard Nixon Library on July 28-31 (page 71)** and grab the last few spaces to experience the **Sun City Sierra Winter Holiday train to Reno on March 7-9 (page 70)**.

The **Tibetan Monks** are back in the Presentation Hall to provide their insights and share their wisdom in achieving **"Inner Peace in Uncertain Times"**

on February 6 (page 61). Let your inner zen reign. Deborah Meyer, the Entertainment Coordinator, continues to bring amazing performances. **On March 9, Tori Anna** will be here to sing all your favorite **Doris Day hits (page 60)** and the highly recommended **Cello/Vocal and Piano duo, Branden and James** will be gracing our stage on **March 15** performing classical covers of pop songs from Bach to Beatles, Simon and Garfunkel to Andrea Bocelli and everyone in between **(page 60)**.

The **Lincoln Hills Tap Company** comes back with evening shows on **March 22-24** with an additional matinee performance on the 24th **(page 59)**. Different dance genres will be performed by your friends and neighbors. Reserve your seats and cheer them on!

It's never too late to learn something new. Test the water and take our one-day workshops like **Beginning Alcohol Ink Workshop, January 20 (page 74)**; **Sip & Chat About the Basics of Quilting, January 26 (page 85)**; and **Sip & Glaze – Spring Ceramics on March 2 (page 76)**. You are welcome to be an observer in most of the classes, just check in with the instructor prior to class.

Let's go 2018! We hope you join us for the ride!



Let us serve you with a view

Meridians
Restaurant & Bar

Welcome to 2018!

Kristy Woodin,
Director of Food & Beverage

New Year, New Beginnings for the Food and Beverage Department! I am excited to go on this journey with you all. I hope you will come into Meridians and let us do the cooking for you. We will bring new and exciting offerings and events. We look forward to seeing you there!

Tuesday, February 13 is our annual Mardi Gras Celebration. Enjoy a New Orleans style 3-course lunch or dinner for only \$22 per person. Pre-payment is not required on this event, but reservations are a must!

Come back again the next night for a Valentine's Dinner that is sure to please! 3 courses, live music, and love in the air. This IS a pre-paid event as it sells out quickly. Reservations and Meal Selection required.

Chef's recipe for the month:

Homemade Rosemary Naan Bread

Ingredients

- 8 cups all-purpose flour
- 4 tsp. dry yeast
- 4 tsp. salt
- 4 tbsp. sugar
- 2 cups warm water
- 2 cups yogurt
- 2 whole eggs
- 4 tbsp. olive oil
- ¼ cup chopped fresh rosemary

Instructions for preparation:

In a bowl, mix together all dry ingredients. In a separate bowl, combine all wet ingredients. Mix the wet ingredients into the dry ingredients to form a smooth dough. Allow the dough to rest at room temperature for 1 hour. Punch down the dough and put in the refrigerator, chill for 1 hour. Portion dough into 1-2 oz. balls and refrigerate again for 30 minutes. Pull dough out to sit at room temperature for 20 minutes before cooking. Heat medium size skillet on med/high. Using a rolling pin, flatten a dough ball to about ¼ inch thickness. Place on heated skillet, when it starts to bubble, flip over and cook the other side. Brush with melted butter and enjoy!



The Spa at Kilaga Springs
Greetings from The Spa at Kilaga Springs
Trudy Smith, Spa Manager

Happy New year! 2017 was a great year for the Spa, we underwent many changes and thrived. Our evolution will continue for 2018 as the Spa undergoes its renewal and refinement. We will be launching a new menu with new offerings. I think you will find it easier to read and a better representation of all our services.

We are updating services in the Massage department by combining the Swedish and Deep tissue massage into "The Kilaga Springs Custom Massage". Every massage is truly a customized service and combines both Swedish and Deep tissue 99 percent of the time.

In the Skin department we are bringing in a fantastic treatment, the new HydraFacial MD. It is the unique serum delivery system that puts the HydraFacial into a category of its own. It is a multi-step treatment that cleanses, exfoliates and extracts to get rid of impurities and dead skin cells while at the same time quenching the skin with vital nutrients like

antioxidants, peptides and hyaluronic acid. The amazing results are both instant and long-lasting.

In the Nail department we are introducing a new treatment "Healthy Feet". We have brought in products from Footlogix. These products are formulated with Pharmaceutical grade ingredients that penetrate faster and deeper into the troubled skin of the feet. Footlogix has excellent home care products as well.

This month's Spotlight is on a product line in the Retail Boutique and several Makeup artists. We recently brought in a New Makeup line called Jane Iredale. We chose this line because it contains the highest quality ingredients, such as vitamins, antioxidants and pure minerals with no toxic ingredients like parabens or talc so you don't expose your skin to toxins. Also they do not contain dyes, preservatives or synthetic fragrances, which can irritate skin or cause allergic reactions. We have several exceptional makeup artist on



staff to help with your choices – Jinie McComb, Peggy Smyth, Julie Willet, Chaun Caldwell-Files and Laura Frago.

We look forward to seeing you in the Spa! Remember the Spa is open to the Public so bring your friends!



WellFit News
What Does Wellness Mean?

Deborah McIlwain, Director of Lifestyle, WellFit and Spa

Last month I wrote about "why mindfulness" is good for you and its growing popularity. This month I would like to touch base on what Wellness means and how it relates to active aging.

The World Health Organization defines Wellness as "a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity". More specifically, it is characterized by the seven dimensions of Wellness: **Emotional, Environmental, Cognitive, Physical, Professional, Social and Spiritual**. Active aging promotes a vision for all of us regardless of age, social status or health. When we are fully engaged in life, research shows that it can lessen the challenges and increase opportunities that come with aging.

We are so fortunate to live in an environment that provides us with so many opportunities for Wellness right in our community. The following are the dimensions of Wellness and examples of some opportunities offered at SCLH. **Emotional** – acknowledgment of our emotions is enhanced in

mindfulness classes like Tai Chi, Yoga, Irest, along with the social support from our neighbors. **Environmental** – just look around at our beautiful grounds, our nature trails, proximity to lakes and rivers and our weather to name just a few. **Cognitive** – Sun City offers Brain Gain and Sudoku. You can also participate in club activities such as Bridge, Bunco, and Poker. **Physical** – joining any WellFit class, walking, working out in the fitness centers, playing tennis, pickle ball, hiking, golf and so much more! **Professional** – volunteer opportunities that use your background and professional experience, work or attend a financial or legal class. **Social** – talk with your neighbors, go on a trip, attend summer series, take classes or just hang by the pool in the summer, being social is endless at Sun City. **Spiritual** – this can be unique to each person. Take a walk, join a Yoga class, mindfulness programs, bike ride or attend church.

Don't forget WellFit is having a Wellness Open House Wednesday, January 31 from 4:00 to 7:00 PM at OC Fitness. For more information on all the activities please see our ad on page 89.

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There is Something Fowl on Monument Drive!

Al Roten, Roving Reporter

A week or so before Thanksgiving an uninvited guest arrived in the 1900 block of Monument Drive. After wandering from yard to yard for a while, he took up residence in Shirley Rosinko's backyard. He was not unattractive, and reasonably mild-mannered, but definitely not invited to come and stay.

With a little study on the part of Shirley and her daughter, it was determined that this guest is probably a Japanese bantam or Chabo breed of chicken. It appears that this visitor is a male, but he either does not crow, or crows so quietly that neighbors have not been offended—so far!

As a member of the Lincoln Hills Yahoo Group, Shirley posted the notice of arrival of her guest to see whether anyone in this large group might claim the visitor or know where his home may be—no luck there. One good soul who works with wild and abandoned critters came to help, but the visitor proved too elusive for capture. Mister Rooster



just stayed on and rooted in the ground cover for bugs.

A call to Placer County Animal Control resulted in a determination that that group did not rescue chickens.

A referral, who purported to be good at catching chickens, came to help, but, again, the fowl was too quick and flew over the back fence to the neighboring yard. Another referral was made to folks living elsewhere in Lincoln who kept chickens as permitted, but the city ordinance prohibits roosters—even if they are quiet.

Ah, ha! Why not check ranch land adjacent to our Northeast Preserve? An investigation showed that all close properties, which have been occupied as ranches, are now deserted and waiting for developers of the new Village 1 in Lincoln. Not a living soul was to be found.

The dilemma of what to do with the new visitor to Monument Drive goes on.

There is some concern that Shirley's backyard may soon run out of insects, so there is reason for timeliness in finding a new home for the guest. Recommendations are invited.

Folks say that there is a first time for everything in life. The residents of Monument Drive are ready to move on to the next unknown!

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Roamings
Sacramento or Bust!
Richard Pearl, Roving Reporter

Sometimes it's easy to overlook what's right in front of us.

When I lived on Long Island, New York, I rarely went into NYC for pleasure. Too much of a hassle. But Lincoln to Sacramento is an easy 35- to 45-minute drive to downtown, and it's not the "backwater" city of the 1980s or even the 1990's. It's alive, doing well, and expanding in areas of interest to SCLH denizens.

Interested in the theater? There's the Sacramento Community Center, home to major stage productions and special interest programs like the Speakers Series. Musicals? There's the Music Circus summer series with a Theater-in-the-Round stage. There's the Sacramento Theatre Company for smaller productions (292- and 85-seat auditoriums for special plays). The Memorial Auditorium is a multipurpose venue for productions from classical to the most modern music, plus special events. A new performance addition is the Golden 1 Center for both sports and entertainment shows.



Community Center



Railroad Museum

Interested in museums and culture? Check out the Crocker Art Museum, a world-class building holding European master drawings and international ceramics, and it's the region's primary center for the study of fine art. Then there's



California State Capitol

the Railroad Museum and the California Auto Museum...and these are just a sample of a score of smaller museums.

AAA baseball at Raley Field in West Sacramento.

Food? The city has really changed in the last ten years, adding scores of superb-quality eateries downtown and midtown, plus an Asian quadrant along Broadway Ave., and lots of brew pubs and watering holes in all areas. Sacramento bills itself as the Farm-to-Fork capitol of the country.

Sacramento is, of course, the state's capital, and the building and gardens are a pleasant excursion. One often-overlooked side trip is the original Sacramento Cemetery, which dates back to the mid 1800's. Many notable persons rest here and it has a fabulous rose garden.

A truly fun place is "Old Sac", with 75+ specialty shops and restaurants looking pretty much like it was in the 1800's. The renovated paddleboat – the Delta



Old Sacramento

King – is a great place for lunch or dinner, or to stay overnight.

When in larger cities there's the issue of parking. Not to worry, there is lots of parking available at reasonable rates.

So, hop in your car and check out River City, a.k.a. "The City of Trees."



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Your Lifestyle is Your Medicine

Shirley Schultz, Health Reporter

The Lifestyle Medicine Initiative from the American College of Preventive Medicine states: "Lifestyle medicine is a scientific approach to decreasing disease risk and illness burden by utilizing lifestyle interventions such as nutrition, physical activity, stress reduction, rest, smoking cessation, and avoidance of alcohol abuse. Lifestyle medicine is the recommended foundational approach to preventing and treating many chronic diseases." You can read more about this at www.acpm.org/page/lifestylemedicine.

We are what we eat. It is not just a matter of eating a sufficient number of calories to meet metabolism needs, but it is equally important to eat the right foods prepared in the right way. Some medical schools are now offering an elective called Culinary Medicine which focuses on helping patients use good cooking habits and nutrition to help restore and maintain health. In the current health care climate, it is important for each of us to use nutrition as a self-care tool. Perhaps joining the Healthy Eating Group in Lincoln Hills may provide support, or taking advantage of the nutrition-related classes offered by

the Wellfit Department may increase your knowledge and motivation.

Although limited in scope, a study in the January 2015 Annals of Emergency Medicine suggested that over half of those age 65 and older who appear in an emergency room are malnourished or at risk of malnutrition. Inadequate nutrition can affect brain function, increase osteoporosis and fracture risk, and lead to a host of other debilitating conditions. Red flags for malnutrition include depression, difficulty eating, and difficulty buying groceries; any of these could mean you need to institute a plan for remedy.

Sitting for long periods, they say, is "the new smoking." Just as we have seen a societal awareness of the harmfulness of smoking and smokeless tobacco, research is now revealing the extent to which lack of exercise impacts our longevity. According to James Levine, MD, PhD, from Mayo Clinic, too much sitting seems to increase one's risk of death from cardiovascular disease and cancer. Sitting in front of the TV or any other extended sitting such as desk work or driving for over two hours a day can be harmful to your health. So, take note, and do what you can to avoid too much sitting!

Hear more about this topic on January 24 at the Community Forum by Dr. John Chuck, MD, "Live Long, Live Healthy" page 57.

Did You Know?

Vehicle & Parking Restrictions

During this busy season with recreational vehicles (RV) coming and going throughout our neighborhoods, it is wise to review the CC&R's. **Overnight vehicle street parking is prohibited. An RV can only be parked for up to 48 hours before or after a trip for loading and/or unloading – any longer is a violation of our CC&R's.** Please contact Drew Burford in Community Standards at 916-625-4009 for more information.



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**Neighborhood Watch
New Neighborhood Watch
Executive Director Shares
Her Goals**
Patricia Evans

Vigor, vitality, and management expertise are gifts brought to her role as the new Neighborhood Watch Executive Director by Linda Minor. "We are looking for success stories," said Linda. "Teamwork is the key. The strength of all is more than the strength of one. We all need to succeed!"

How is this going to happen? "Our goal is to have every volunteer know how important their contribution is to the safety, security, and camaraderie of our residents," Linda explained. "Recognizing accomplishments, appreciating efforts, and being generous with thanks is paramount."

Linda spent 29 years in the insurance industry, starting at the bottom of the ladder as a rater reading property and casualty policies, and retired



Linda Minor, new Executive Director of Neighborhood Watch, brings experience and objectives.

as a senior director. When I asked, "What was the most rewarding part of your work?" Linda replied, "Developing employees and seeing their potential. My job was to envision where each employee could be actively engaged and enjoy the most success."

The value of hard work was a lesson learned on the Iowa farms where Linda grew up caring for farm animals and nurturing gardens through the hot summers. Her dad's specialty was reviving neglected farms. After each project was completed, they moved to another challenging acreage.

Linda makes two trips a year to Iowa to visit her mother and family members. She has two daughters, a son, and four grandsons. Her grandsons have a fun project collecting Star Wars memorabilia which covers the wall in one of her bedrooms.

Please turn to page 41 for more Neighborhood Watch news.

Contacts: Linda Minor, lindamminor@sbcglobal.net at 707-235-0778; Pauline Watson, frpawatson@sbcglobal.net at 916-543-8436.

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Fine Arts Show
Fifteenth Annual Event Coming Up
Doug Brown, Resident Editor

It's no secret that artistic creativity flourishes among Lincoln Hills residents. Samples of that artistry will be on display February 2, 3, and 4 in Orchard Creek Ballroom, and you won't want to miss your chance to see firsthand the remarkable creativity of your friends and neighbors.

Joyce Bisbee, past president of the Painters' Club and chair of this year's Fine Arts Show (and all previous shows), is excited about the event. "I participated in the very first Fine Arts Show in 2004," Joyce said, "and here we are planning the fifteenth show! I'm proud to have been a part of the growth of fine arts in Lincoln Hills over these years. Each year just gets better as residents inspire others with their works of art."



Crowd busily admiring fine arts entries

The expectation this year is to have as many as 200 entries in a full range of media. Current president of the Painters Club Joan Musillani noted, "paintings will display work in oils, acrylics, water color, pastels, and pen and ink." And she added, "The event also includes ceramics, photography, sculpture, and woodcarvings, making for a wonderful variety of art on display."

Interested in purchasing art pieces? Entries will be for sale, but will remain on display for the duration of the show. All entries will be judged and

first, second, and third place awards will be made in three categories: painting; photography; and 3-D (three-dimensional) art.



Potential winner is appraised by judge

to Lincoln Hills. Joan Musillani, retired senior transportation planner for CalTrans, got her start here. And Joyce Bisbee, resident since 2001 who still works part time as a Health Adherence counselor, started painting right here in SCLH.

Have you always wanted to paint, sculpt, do some wood carving or pottery, or take breathtaking photographs? Maybe now is the time! In this Compass, take a look at many possible classes taught by excellent instructors.

Mark your calendars and come and see what residents can create in a few short years. You'll be able to meet, greet, and congratulate the artists as well. The Fine Arts Show opens in **Orchard Creek Ballroom Friday, February 2 (5:30 to 8:00 PM)**, and continues **Saturday, February 3 (9:00 AM to 5:00 PM)** and **Sunday, February 4 (9:00 AM to 3:00 PM)**. The show is open to all at no cost.



One of last year's blue ribbon winner, Jim Brunk



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Pave Paradise? Not Here!
Enjoy our Precious Preserve Areas
Al Roten, Roving Reporter

Remember the Joni Mitchell song of the 1970s, "Big Yellow Taxi," with the famous line "They paved paradise to put up a parking lot"? That did not happen here in Lincoln Hills. The natural state of this land was mostly dry grazing ground. Development specified that 40% of the land would be open space, which resulted in to about 700 acres for golf courses and 500 acres of natural preserve.

In its natural state this property was dry except for vernal pools after rainy seasons. When gold miners and farmers arrived, irrigation was introduced. Both Orchard Creek, through central Lincoln Hills, and the creek feeding Ferrari Pond and Ingram Slough in the northern section of the development are fed by irrigation waters rather than natural watershed. At times either Nevada Irrigation District (NID) or Placer County Water Agency (PCWA) may reduce the amount of water available to run through our property. Storm drains at our curbs carry excess water to the preserve areas, and empty in catch basins where water percolates into the aquifer. Because our Open Space

Preserve Permit specifies that these are the only waters allowed to be introduced into the preserve areas, we cannot artificially keep our preserve spaces green throughout the year.

Low water flow and warm weather promote the growth of azolla (known as duckweed, mosquito fern, or water fern), the reddish growth we see on the surface of many ponds in Lincoln Hills. Heavy rains and cold weather may curtail growth of azolla, but eradication is either an environmental concern or cost prohibitive for manual removal.

While residents must stay on trails in our preserve areas, we can appreciate their beauty whether using the trails for walking, running, or bike riding, or living on adjacent properties. Our maintenance staff and contractors are allowed in the preserves to control the fire hazard of dry grasses. The grazing program of the past several years does well at keeping down the build-up of thatch. We are required to have an annual spring firebreak mow in bands of 30 feet from homes. In addition, our maintenance provides additional firebreak mows in 6-foot bands close to homes in late February/March prior to the regular mow, plus a 30-foot cut in late September/October.

Enjoy these natural resources as you travel through our community!



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“Dance, Dance, Dance!”
Tap Company Show Coming Soon
Doug Brown, Resident Editor

We’re in for a rollicking, toe-tapping good time on March 22, 23, and 24 in our Tap Company’s annual extravaganza in Orchard Creek Ballroom! Get ready for a refreshing diversity of dance numbers as performers “dance, dance, dance” to appreciative audiences.

In the words of the show’s director Yvonne Krause-Schenck, “There’s something for everyone in this show. We’re drawing from all of our dance groups and classes to showcase the remarkable talent in our community.” Remarkable indeed, notably evident in the choreographers whose teaching and coaching will be featured – Joyce Curry, Melanie Greenwood, Yvonne Krause-Schenck, Alyson Meador, Becky Nicholson, Carol Rose, and Dolly Schumacher, among others.

You will be thoroughly delighted with the on-stage performances as well as narrated vignettes to inform audiences about the various dances being performed. Did you know, for example, that Bollywood isn’t only the wildly popular Indian version of our own Hollywood movies...but also a beautiful stylized blend of classical Indian dancing and hip-hop/R&B

music? Come see for yourself!

You’ll be treated to a multiplicity of dance genres. Producer Pat Howle explains, “We’ll have such a variety of dancing at the show: tap, line-dance, hula, ballroom, clogging, Tahitian, jazz, beledi (belly dancing), Bollywood, and more! And virtually all our acts come from classes right here in Lincoln Hills.” And – shhh! it’s a secret – Natalie Grossner, Tap Company president says, “Get ready for a couple of surprises along the way. A hint: one of the dances may treat you to some optical illusions! We’ll say no more.”

We’re all pleased to see the return of the Tap Company’s spring show this year, after a year’s hiatus in 2017. In the early years, in the form of what was billed as the annual talent show, these spring events displayed a marvelous assortment of talented acts performed by Lincoln Hills residents. More recently, under the auspices of the Tap Company, shows have featured dancing and music.

Tickets are on sale January 17 at the OC and KS activities desks and online. You have four shows to choose from, **Thursday/Friday, March 22/23 at 7:00 PM**, and **Saturday, March 24 at 2:00 and 7:00**, all at the bargain price of \$13 for general admission and \$18 for reserved seating. See page 59 for ticket information. Recent sales have shown that reserved seats sell fast, so step right up, folks!



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Ferrari Pond Trail – Walkin’ in a Wildlife Wonderland

Gay Mackintosh, Trails Enhancement Team

Help us kick off our 2018 Trails Enhancement event with a winter bird and nature walk on Ferrari Pond Trail. Join us on Friday, January 26, at 9:00 AM to explore the trail, guided by experts from the Bird Club. We will meet at the east end of Ferrari Pond Trail on Violet Lane.

Winter offers prime wildlife viewing. We will wander through the Ingram Slough Preserve to view waterfowl on the salt pond and possibly a raptor or two, continuing along the trail to see the larger ponds, marshes, and grasslands that provide food and refuge for over-wintering bird guests as well as resident wildlife. There will be binoculars to borrow and scopes set up along

the way. Guides will help you identify species such as Kingfishers, Hooded Mergansers, Coots, Red-tailed Hawks, Black-shouldered Kites, and Snowy Egrets. With luck, we will see River Otters cavorting in Ferrari Pond and perhaps even a Mink!

The Trails Enhancement Team will be offering more trail activities in 2018. We will be showcasing our four wildlife preserves, managed in collaboration with the Wildlife Heritage Foundation. While respecting our wildlife and habitats, community members are invited to enjoy walking (dogs must be leashed), jogging, running and leisurely biking on all 18 Fitness and Wildlife Preserve Trails. Choose your own way to enjoy winter’s wonders. Call Diane Marten at 916-409-2624 for more information.



Kingfisher



Red-tailed Hawk



California Quail



Cedar Waxwing



River Otter Eating Catfish



Double Crested Cormorants



Bird Club Members Spotting Wildlife at Ferrari Pond



Mink

Photos by Larry White



Library News

Sandy Melnick, Library Volunteer

On behalf of the many volunteers at the libraries, we all wish you a very happy New Year. If you need any assistance, remember to ask one of the library volunteers. We will do our utmost to help you with any inquiries.

We are always making new spaces and changing shelves at the library. So, if you are looking for a special title and can't find it, please look around and find the "new shelf" where it may be. Also, if you have forgotten the author of a particular book, the computers are always at hand and are just a "Google" or "Amazon" away from finding your answers.

I don't usually read a mystery novel but I just finished David Baldacci's Memory Man. This was a good thriller about an ex-football player who has wonderful retentive memory because of a head injury. With his family murdered, the "memory man" seeks to find out what happened. Look for this book under hardbound novels.

Contacts: Sandy Melnick at 916-408-1035 for donations; Pam Combes at 530-613-4185 for investment materials; and Bobbi Swenson at 916-543-6362 for the Community Living Room (OC).

In Memoriam

Donna Lynn Schultz

Donna was born in Oakland, California, but moved back and forth to the Sacramento area and St. Louis where she married her first husband, Terry Holmes. They had two daughters together and lived in Sacramento. Donna worked for the Builders Exchange as Director of Sales for the Secret Witness program. After getting a divorce, she met Michael Schultz through a charity organization and after being friends for several years, they married in 1988. Donna worked for AmeriData in their IT department. The couple moved here in 2004 and unfortunately she died from complications after a hip replacement. Besides her husband of 29 years, Michael, she leaves her two daughters, two stepchildren, five grandchildren, a sister, nieces and many other family and friends.

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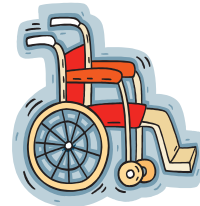
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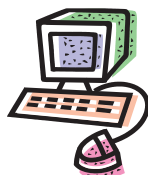
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Club News

Alzheimer's-Dementia Caregiver's Support

We crave knowledge and understanding of how to anticipate and interpret the stream of changes in the people we care for and



care about. It is good to have this knowledge available, even if it is overwhelming in volume and complexity – like sipping from a fire hose. Yet we are unable to use those words and the concepts they create in communicating with our dementia patients because they cannot understand. The only tool we have to maintain the connection is how we deliver the words we use – it is about style versus content. How we say it – our facial expressions and tone of voice – means everything. Use this year to exclude rebuke and include compassion. Be kind and reassuring to help your loved one feel loved and safe. Our group's next meeting will be on January 24 from 1:00 to 2:30 PM in the MultiPurpose Room (OC).

Contact: Maria Stahl
916-409-0349; **Al Roten** 916-408-3155;
Cathy Van Velzen 916-409-9332



Amateur Radio

The Lincoln Hills Amateur Radio Group is an emergency communications group for Lincoln Hills and the City of Lincoln. To provide emergency communications, we operate a repeater at 443.225 MHz with a PL code of 167. We are available if there is a natural disaster or terrorist attack with our radios, antennas, and batteries to provide backup communications. We also support annual community events with the Western Placer County Amateur Radio Club. In December LHARG members supported traffic management during the Lincoln Lions Food Distribution Event. If you have an interest in public service or emergency communications, please join our Group on Monday nights, 6:30 PM, Lincoln Hills South Gatehouse. If you are not yet an amateur radio operator but are interested in learning about amateur radio LHARG can help you get started in this exciting hobby.

Contacts: Jim Darby 916-408-8599;
Clare Schloenvogt 916-253-9155
Website: www.lharg.us



Antiques Appreciation

Can you believe it's 2018 already? The good news is that your antiques are now one year older!



2018 Antique Appreciation Club Board.

January is a great time to look at your collections, maybe dust them off and rearrange them a little after all the decorations are put away. Find something you'd like to share with the group at our next meeting on January 15. The item must be over 70 years old and hopefully comes with a great story. February 5 is the next meeting on our regular scheduled Mondays. Our speaker, a local resident, will share Antique and Vintage Books from the 17th to the 20th century. Meetings are in the Heights and Gable Rooms (OC) from 10:00 to 11:30 AM on the first Monday of every month. Dues are \$10 per household. Payable in January. Mark your calendars for the first Monday of every month and we'll see you at the meetings.

Contacts: Jo Quirarte
916-408-7140
Pat LePage
916-543-9564



Astronomy

Monday, January 15
Cosmology Interest Group (CIG) Don Wilson will continue his presentations on his alternative

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theory to the Big Bang Cosmology. "Pie in the Sky" and "What's the Matter U". Fine Arts Room (OC) 6:45 PM. Contact Morey Lewis (eunmor@pobox.com) for more information. Thursday, January 25, Telescope Interest Group (TIG) will meet in the Multimedia room (OC) (note the room change) at 6:45 PM for a demonstration of Astronomy Apps and a presentation on the Messier Deep Sky Objects list, (star clusters, galaxies, and nebulae). Contact Bob Collins (bobpcoll@community.net) for more information. Wednesday, February 7. LHAG General meeting 6:45 PM in the P-Hall (KS). Nina Mazzo (Moon Goddess) will give a presentation on "Earth's Moon". Join Nina on a journey to the far side. **Contacts: Ron Yelton 559-289-8792; Barbara Swerdlow 916-253-3301 Website: www.lhag.org**



Judy and Lance Presnall

members, and wanting to be part of a club where exercise is priority and friendship and fun are the perks, consider joining the Ballroom Dance Club. Membership, only \$7/year, is open to SCLH 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. No classes in December but we are accepting renewal and new memberships.



Dee Cole and Ed Hartnett

Treat yourself to something new in 2018 and join the Ballroom Dance Club.

Contacts: Sal Algeri 916-408-4752; Olivia Eckert 916-749-9051



Ballroom Dance

We are anticipating another dance-packed year in 2018. The lessons in January are the elegant Waltz. In February the West Coast Swing will be introduced for the first time by Sal and Ruth. We are excited to add this popular dance to our repertoire as we get ready for our next event, Ballroom Saturday Night, a Mardi Gras theme dance on February 3. Not



Bereavement

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second

Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meeting will be February 14. 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, Wednesday, January 24 at 11:30 AM. For more information or to put a Memoriam in the Compass, contact Joan.

Contact: Joan Logue, joanlogue@sbcglobal.net



Big History

After a pause for the holidays, Big History picks up the pace beginning January 16 at 6:30 PM in the Fine Arts Room (OC) with a new topic: the origins of life. The science-based history program began last fall, going back 13.8 billion years to the Big Bang. Now, we are up to the emergence of the first forms of life. Want to know when, where and how? We'll see you at our next presentation! Doors open at 6:00 PM to mingle and inquire about joining (dues are \$10 per household). Big History meets the first and third Tuesdays at 6:30 to 8:00 PM in the Fine Arts Room (OC). You can catch up on past presentations on the club's website, bighistorysclh.com and email questions to bhsclh@yahoo.com. Need a ride? Call Norma Milligan at 916-434-1424.

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Contacts: Ranny Eckstrom 916-708-0165 or Joan Podesto 925-408-6562; Email: BHSLH@Yahoo.com; Website: www.bhshistorysclh.com



Billiards

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



*Cuemasters
Tournament 8 ball
First Phil Delaney,
Second Bob Moze*

Contacts: Rich Lujan at 408-781-5815; Tony Felice at 916-955-0501 or atfelice3@gmail.com



*Challengers Tournament 6 of 7 games:
Remy Giannini, Margie Kim
5 1/2 of 7 games: Ted Komaki*



Bird

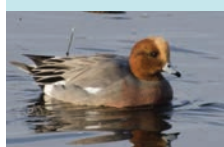
January 19 we have an all day trip to Linden. During the day we travel through rolling pasture land and the beautiful

Sierra Foothills. These areas are excellent for sighting Ferruginous Hawks, Burrowing Owls, Bald Eagles and occasionally the Lewis's Woodpecker and Phainopeplas. On Friday, February 2, we head to West Sacramento, where we will check out a pond that is known for its large number of Blue-winged Teal. On the drive back home we will check out the flooded rice fields for wintering migratory waterfowl. We should be back in Lincoln Hills around 1:00 PM. Our next general meeting will be on February 12 at 1:30 PM in the P-Hall (KS). Heath Wakelee, well known expert on Blue Birds, will speak. If you have questions about Blue Birds or about putting up Blue Bird boxes Heath

In December we visited the Sacramento and Colusa National Wildlife Refuge. Below are two pictures from the many beautiful photos that were taken.



LHBG at Sac. NWR 12/8/17



Eurasian Wigeon at Colusa.



American Bittern at the Sacramento Refuge.

is the person to ask.

Contact: John Redmond 916-253-3511, jcred40@gmail.com Website: www.lhbirders.org



Bocce Ball, Mad Hatters

Leaving early. Can we talk about leaving early? We really don't mind if you leave early. We all have medical, dental and family appointments and obligations we need to attend to. We would rather have you show up and leave early than not show up at all. Having said that we would like to provide some historical perspective. In years past (the beginning) we played for a solid two hours. In the last couple of years we have modified that to about an hour and forty minutes. That allows us to play five twenty minute games. It seems lately that every time someone leaves early everyone else assumes that we are done for the day and starts to pack up. Please take a minute to look around and ask other people if they'd like to continue. As a general rule our Thursday sessions start at 10:00 AM and end at 11:40 AM.

Contacts: Paul Mac Garvey 916-543-2067, pmac1411@aol.com; Bob Vincent, 916-543-0543



Book, OC

At our first meeting this year on January 18, we will discuss "Every Falling Star," by Sungju Lee, the first book to portray contemporary North Korea

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- Day 8 Kauai, Hawaii
- Day 9 Maui, Hawaii
- Day 10-13 At Sea
- Day 14 Ensenada, Mexico
- Day 15 San Francisco

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Sailing dates are 11/13/17, 12/18/17, 1/22/18, 2/26/18, 3/23/18, 11/18/18, 12/23/18. Prices based on 11/13/17

10 Day Mexico

- Day 1 San Francisco
- Day 2 -4 At Sea
- Day 5 Puerto Vallarta, MX
- Day 6 Manzanillo, Mexico
- Day 7 Mazatlan, Mexico
- Day 8 Cabo San Lucas, MX
- Day 9 - 10 At Sea
- Day 11 San Francisco

Prices starting from:

- \$749 Interior
- \$799 Ocean View
- \$1,049 Balcony

Sailing dates are 11/28/17, 1/2/18, 2/6/18. Prices based on 11/28/17.

10 Day Alaska

- Day 1 San Francisco
- Day 2 -3 At Sea
- Day 4 Ketchikan, Alaska
- Day 5 Juneau, Alaska
- Day 6 Skagway, Alaska
- Day 7 Tracy Arm Fjord, AK
- Day 8 At Sea
- Day 9 Victoria, BC
- Day 10 At Sea
- Day 11 San Francisco

Prices starting from:

- \$1,124 Interior
- \$1,324 Ocean View
- \$2,324 Balcony

Sailing dates are 5/26/18, 6/25/18, 7/15/18, 8/24/18, 9/13/18. Prices based on 8/24/18.

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to a young audience. Schedule for the remainder of 2018: February 15: Hillbilly Elegy, by J.D. Vance. March 15: The Devil in the White City, by Erik Larson.

April 19: A Full Life, by Jimmy Carter. May 17: Snow Falling on Cedars, by David Guterson. June 21: Where'd You Go Bernadette, by Maria Semple. July 19: The Martian, by Andy Weir. August 16: A Gentleman in Moscow, by Amor Towles. September 20: The Orphan Master's Son by Adam Johnson.

October 18: The Underground Railroad, by Colson Whitehead. November 15: The Winter of Our Discontent, by John Steinbeck, and December 20: Holiday Luncheon. We meet for book discussions on the third Thursday of the month at 1:00 PM in the Multipurpose Room (OC). Newcomers are welcome. **Contact: Darlis Beale 916-408-0269**
Website: <http://LHocbookgroup.blogspot.com/> Wiki: <http://ocbookgroup.pbwiki.com/>



Bosom Buddies

It's hard to believe we're into 2018, and so soon after saying, "Where did the year go?" Probably won't be long before we're saying that again. In the meantime, Bosom Buddies offers a slate of speakers and activities this year, starting with our January speaker Carol Russell from



Mae Gagnon, Susan Wright, Bonnie Haggard and Peggy Ryan cut the cake at our holiday party.

Relay for Life, an annual fundraiser for cancer research. The big news on the Relay is that instead of being held in Lincoln, it will combine with near-by towns and held in Auburn in August. Carol will provide details. We meet the second Thursday of the month at 1:00 PM (OC). Before our meetings, members and guests are invited to lunch at Meridians at 11:30 AM. To make a reservation and lunch choice, call Val singer at 916-645-8553. This is a good way to get to know each other better. Bosom Buddies welcomes breast cancer survivors, those



Each guest received a gift handcrafted by Kay Brady.

still undergoing treatment and caretakers.

Contacts: Marianne Smith 916-408-1818; Val Singer 916-645-8553



Bridge, Duplicate

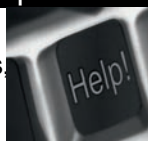
A Sacramento no-life-master (NLM) Sectional held February 10 and 11 offers Silver Master Points close to home. The SCLH duplicate bridge club is a friendly invitational club with games open to all residents of Sun City and their invited guests. Our games are played in the Kilaga Springs Lodge on Wednesdays at 12:30 PM (also includes a 199er section), Fridays at 5:00 PM and Saturdays at 12:30 PM (also includes a 299er section). Our game table fees are \$2.00 per person for members and for the first three visits of nonmember residents. The fee for a nonresident invited guest is \$5.00. If you need a bridge partner for any of the open games, call Lynne White at 916-253-9882. For a partner in the Wednesday or Saturday limited games, call Sharon Duley at 916-253-3885. For more information, please visit the club website or call club President Mitch Miladinovich.

Contacts: Lynne White 916-253-9882; Sharon Duley 916-253-3885; Mitch Maladinovich 209-479-0954
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Bridge, Partners

Call for early signup, or just show up with your partner in the Sierra Room (KS). You play if we have even pairs up to 28. We must be seated by 5:45 PM, with standbys, seated immediately thereafter, and we must finish by 8:30 PM. Please play to finish each table in 25 to 28 minutes. Winners: October 26 - First: Larry Mowrer/Warren Sonnenburg with the high round of 1790; second: Lorraine/Bob Minke; third: Janet Pinnell/Linda Theodore; fourth: Jyoti/Viren Sitwala. November 2 - First: Linda Theodore/Janet Pinnell with the high round of 1860; second: Carol Mayeur/Dolores Marchand; third: Edith Kesting/Erica Wolf; fourth: John Butler/Byron Hansen. November 9-First: Dee Cole/Ed Hartnett; second: Byron Hansen/John Butler; third: Erica Wolf/Edith Kesting; fourth: Jodi Deeley/Harry Collings. Sue Cirerol/Dee Williams had the high round of 1760. November 16-First: Donna/Dennis Benedict; second: Kay/Ben Newton; third: Jyoti/Viren Sitwala with the high round of 1210; fourth: Johann/Paul Kiesel. **Contacts: First & Third Thursday: Kay & Ben Newton 916-408-1819 Second & Fourth Thursday: Dolores Marchand 916-408-0147, Judy Olson 916-408-1435**



Bridge, Social

Join us on Fridays for Singles' Rotation Bridge in the Sierra Room (KS). Arrive 12:30 PM. Reserve your space in January 2018 by contacting Chet Winton 916-408-8707, cnwinton@sbcglobal.net. November 24 and December Winners are: First Place: Jyoti Sitwala, Bob Calmes, Karen Bode, Bob Fawcett, and Joe Phelan. Second Place: Judy Olsen, John Woodbury and Nancy Griffin (tied, 2nd and 3rd), Phil Sanderson, Byron Hansen, and Joanna Haselwood. Third Place: Frank Kamienski, Janet Pittenger, Jyoti Sitwala, and June Mastor. Fourth Place: Viren Sitwala, Judy Olsen, Byron Hansen, Judy Ganulin, and Marge Phillips. Congratulations to Grand Slam Winners on December 8, 2017: Jaylene Gerdes and Joyti Sitwala. Free Classes: Introduction to Bridge is on Wednesdays from 8:30 to 10:00 AM and Intermediate Bridge will continue on Wednesdays also from 10:00 AM to 12:00 PM in the Card Room (OC). Teachers: John Woodbury & Alan Haselwood. No sign-up necessary, just come **Contacts: Jodi Deeley 916-208-4086, jodideeley2@gmail.com**



Bunco

The Bunco group had a wonderful time in December! The Cards Room (OC) was full



Bunco - Holiday fun

of fun and laughter with dice flying all over! Only one roll off in December, for the Most Wins prize. After Bunco play there was a gift exchange that proved to be exciting with many steals. By noon everyone was headed out to lunch for the annual holiday get together. There is never a dull moment with this fun group! Bunco play is the third Thursday of the month in the Cards Room (OC). Bunco is a non-membership group with a \$5 'pay to play' fee. Play starts promptly at 9:00 AM. Please consider joining us for a morning of laughter, fun and friendship! December Winners: Most Buncos - Sue Mott; Most Wins - Sandy Pavlovich; Most Losses - Janet DeWitt; Traveler - Sharlene Christianson. Next Bunco is Thursday, January 18. **Contact: Kathy Sasabuchi 916-209-3089, ksasabu@icloud.com**



Ceramic Arts

The New Year has arrived and the seasonal decorations

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have been put away. At the OC studio, we are preparing for another Sip and Glaze class – this time creating adorable items for the Spring and Easter season. Please check out the January Compass for details and a schedule. Thank you to all who attended our first ever “Sip and Glaze” class on December 15. At the end of the class, an amazing array of Christmas trees and reindeer lined the shelves in the KS studio. We hope everybody enjoyed the class and plans to attend the next one planned for March (schedule TBD).

CAG workshops at OC Saturdays 9:00 AM to 4:00 PM, Sundays Noon to 4:00 PM. KS workshops Monday 1:00 to 4:00 PM Earthenware/Spanish Oils, Sundays 1:00 to 4:00 PM Earthenware/Spanish Oils. Open studio available to all residents: OC Fridays Noon to 4:00 PM; KS Sundays 1:00 to 4:00 PM. Please check bulletin boards and studio windows for changes or closures. **Contact: Mary Clark 916-502-1527; OC Pottery Gabriele Dawson 916-209-3683; Diane Mayer; KS Earthenware Marty Berntsen 916-408-2110; KS Spanish Oils Margo Bruestle 916-434-9575 Website: www.sclhresidents.com**



Chorus

Thanks to all of you who attended and applauded our “Holiday Swing” concerts on

December 10-12. We could not continue this annual community tradition without your support, and your enjoyment of our performances rewards all the time and effort we devote to them. After a short break, we reconvened on January 9 to begin rehearsing for our spring concert on April 22-24. Our repertoire is drawn from the



Lincoln Hills Community Chorus

abundance of memorable movie music and includes songs like “Over the Rainbow” and “Singin’ in the Rain.” You’ll love them all! Thanks to Paul Melkonian, our new director, our December performances rose to a level many of you called our best ever. Spurred on by Paul and Nina Malone, his talented collaborator on the piano, we expect to do even better in April. Mark your calendar now!

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



Computers

Apple Users



Here are two more of the

fine volunteer members of your Apple User Group. Both are past presidents and ongoing members of the Steering Committee. Henry was interested in the Macintosh since it was first introduced. He got access to one, and even though he didn’t know how to use it, his quest to find out everything about a Mac drove him forward. After Henry retired and moved to Sun City, he volunteered to help folks with their Macs, and learned about his even better while introducing others to theirs. Bill retired from a career in systems and software engineering in 2008. After he and Lillie moved to Sun City in 2005, they quickly transitioned to become an Apple family with the full complement of devices. Currently Bill serves as the program chairman and is a frequent seminar leader. Find out more about our club at lhaug.org.

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



Henry Sandigo



Bill Smith

PC



Main Meeting February 14, 6:30 PM ****Under Development**** please refer to our website www.sclhcc.org as the date draws nearer. This meeting is held at P-Hall (KS). Clinic February 16, 3:30 PM **** Discontinued **** Walk-In-Workshop February 20, 1:00 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 in utilizing computer hardware components, the Windows operating systems, or application programs. Ask the Tech: February 23, 10:00 AM Informal Q&A session for any and all technical questions Multi Purpose Room (OC).

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



Country Couples

We gathered in the Ballroom on December 7 to kick off the holidays and kick up our heels at our Holiday Dinner



Deb Christie & Jane Roman



2018 Board Members: Marsha Brigleb, Irene Hesson, Phyllis Svoetich, Brenda Cathay, & Nancy Millican

Dance. Dinner was Braised Beef Short Ribs or Salmon with yummy sides and desserts. We danced our favorite dances to tunes provided by Jim Keener. We were treated to a trip down memory lane with a slide show that allowed us to reminisce thanks to Larry Brigleb who took the photos and organized the show. Gratitude was expressed to our outgoing board members, Ern Hargis and Laura Wermuth, who served the club for the last few years as treasurer and vice president respectfully. Thanks also to the volunteers who worked behind the scenes and were not officially recognized for their contributions this last year. We couldn't have done it without you. The 2018 membership drive is now underway. Please join us for a fun-filled year.

Contacts: **Marsha Brigleb 916-434-5460, marshymlo@gmail.com; Laura Wermuth 916-253-7092**



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 the month of November were Grant Lee, week one, Bob Frank, week two, Susan Rogers, week three, Don Lloyd, week four, and Kathy Lloyd, week five. New players are always welcome!

Contacts: **Larry O'Donnell 406-672-6493, abarfour@gmail.com; Ken VonDeylen 916-599-6530**



Cyclists

Here we are in 2018. Another Year come and gone. The past Year was a good one for our cyclists. May is Bike Month saw our club doing very well in the competition for miles. The weather cooperated and allowed us to ride most Monday, Wednesday, and Fridays. We had eight cyclists ride groups which allowed riders to participate in their comfort zone at any particular time. Some of our riders had accidents or illnesses that required them to work their way back "up the ladder" to



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their previous physical abilities. The various ride groups' available made the transition very pleasant. We also had a couple of rides away from home base to Europe and Southern California, for those of us who enjoy traveling and seeing new sights. To end off the Year, we had our Annual Holiday Dinner Party at Meridians restaurant. Have a Happy New Year and ride strong.

Contact: Steve Valeriot
916-408-5506,
Website: www.LHcyclist.com



Eye Contact

General Meeting, Fine Arts room (OC), Tuesday, February 6, 2:00 to 4:00 PM. Cory Hanosh of Northstate Assistive Technology will present "Products for Low Vision." Samples of the latest products will be demonstrated. Talking screen reader software such as Jaws, Magic, and ZoomText will also be reviewed. This is a great opportunity to learn what technology has to offer those of us dealing with low vision. Donated Equipment- on occasion, Eye Contact is the recipient of donated magnifiers or other equipment helpful to those with low vision. If you have a need for or have an item to contribute, please contact Cathy at the number below. On-Site Magnifiers

Reminder: each Lodge has a large desktop magnifier with instructions on-site for the use of all



Magnifier at OC

residents. If you need a demonstration, Cathy will be happy to show you how to use the device at the end of our monthly meeting.

Contact: Cathy McGriff 916-408-0169, cathy.mcgriff@yahoo.com

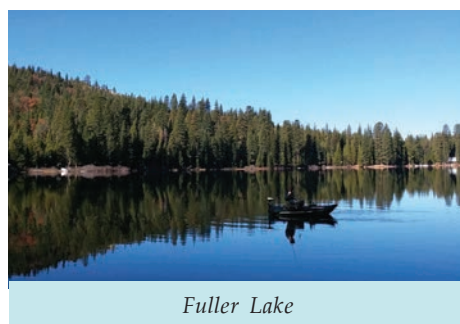


Fishing

Reach out, find a partner and go fishing! Check your Preference List. Someone in our club is always looking for a partner to fish with, it can be spin, fly, wading in a stream, or from shore, maybe off the back of a boat, or floating slowly down a beautiful river. Have you Float Tubed fished? Come to one of our meetings and learn how. We have members that can show you. Start your journey to becoming a better angler. Each year



Dan, Joe, Ed nice catch!



Fuller Lake

we have monthly meetings with speakers, BBQ's and a Christmas dinner, coffee get-togethers 2-3 times a week. "YouTube" has great videos on fishing – type: youtube fishing Alaska – you'll be amazed at the videos available, pick any fishing subject. We meet monthly, the second Monday 7:00 PM, P-Hall (KS), come to a meeting!

Contact: Jim Kerbey jmalcom2@aol.com or Henry Sandigo hsandigo@gmail.com



Garden Group

Happy New Year!

"Nature's

Pharmacy: Plants as Medicine" is Elaine Applebaum's title for the General Meeting presentation, January 25, 2:00 to 4:00 P.M., KS. Elaine is a UCCE



Elaine Applebaum

Placer County Master Gardener, Certified Environmental Horticulturist, River-friendly Green Gardening Professional and Instructor, California Naturalist and Certified Interpretive Guide. A life-long environmentalist and nature lover, she believes Mother Nature provides the best model for sustainable landscaping practices and most recently she has studied ethnobotany. What's ethnobotany? Ethnobotany is the study of the relationship between people and



Medicinal Plants

plants. Among many connections in this area, Elaine will focus on plants as medicines and alternative methods for healing- in the context of cultural myths and religious ceremonies. Registration for Membership 2018 begins January 1. You may pre-register by using the form on the website www.lhgardengroup.org or at the first General Meeting starting at 1:00 PM.

Contact: Marjie Anderson at 916-408-7685, lhgardengroup.org



Genealogy

January 15, 2018, 6:30 PM at P-Hall (KS) the Genealogy Group general meeting will feature Carole Moore and Darlene Ornduff sharing some of the great finds from their trip to DC, the National Archives and DAR library. Carole will share how she used pension

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records from the Archives to move through a brick wall around her third great-grandfather. We will also elect club officers for 2018. Renewing and new members bring your downloaded application from our website with your \$20 dues. Your dues provide access to general meeting speakers, Boot Camp sessions, special DNA presentations and discussions as well as the use of software for several Genealogy programs.

Arrive early to sign in and get your raffle ticket. The door prize for those who have renewed their membership is a Dell 27 inch monitor. Stay for refreshments after the meeting across the hall. See you there.

Contact: Maureen Sausen 916-543-8594; Bob Ringo 916-543-5310;
Website: lincolnhillsgenealogy.com



Golf

Ladies XVIII

While there was no golf in December, our season resumes in January. Regular play days are scheduled each Thursday, with some sort of game devised by the team of tournament planners, headed by Mikie Briggs. Our first major event will be the Spring Fling, toward the end of April. This kicks off our monthly string of seven special events. The April tourney is a Sadie Hawkins themed affair that always draws a full

field. Currently our membership is around 100, however, our club is always open for new members. Go to the www.lhlgxviii.com for further information and an application, or ask at the ProShop, Joyce Hults is the Membership Chair this year.

Contact: Joyce Hults
Website: lhlgxviii.com

Lincsters

Rhapsody In Blue, the Lincsters' festive holiday luncheon, was held on December 6. This end of the year party and presentation of awards was chaired by Kathy Lindner. The stage was lined with numerous gifts wrapped in blue and silver which enhanced the theme of the event; these gifts were presented to the residents of Lincoln Manor after the event. This is the eleventh year that the Lincsters have helped make the holidays brighter for the Lincoln Manor residents and was chaired by Edna Linville. Numerous end of the year awards were presented. Steve Treadway,



Most Improved Golfer Barbara Parsons



Connie Rocereto Golden Putter Award



Kate Gold Captain's Points and Most Dedicated

Lincoln Hills golf pro, presented Barbara Parsons with the award for the Most Improved Golfer. Connie Rocereto was presented with the Golden Putter. Kate Gold

was announced as the Most Dedicated Golfer and also received the Captain's Points Award. Awards were also presented for the most pars, chip-ins, and birdies in each flight.

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

Mens, golf

Happy New Year! Special thanks to members coming off the Board, Gil Lucas, Bob McCollum, and John Garfein. After two years of great tournaments, Pete Saco moves to VP. The 2018 Men's Club Board will be; Rodger Oswald-President, Pete Saco-Vice President, Phil Steinbock-Treasurer, Gene Andrews-Tournaments, Doug Hinchey-Communications, Roger Cummings-Membership, Tom Traxel-Sponsors, Roger Val-Rules, George Porzio-Social, Brian Wanzer-Handicap, Steve Beede-CVS, Jesse Reuter-Asst CVS, Al Soares-Webmaster. The February 6 Tournament will be an ABCD scramble. Recent Pinehurst

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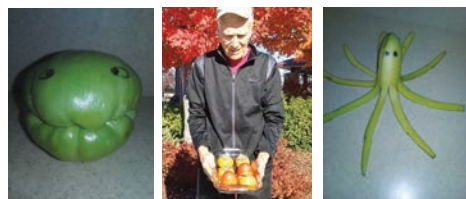
tournament gross score winners from the white tees were: Mark Hamilton, Frank Covey, Phil Steinbock, Rich Yoshikawa, Dave Evans, Brian Wander. Net winners were: Jack Dillon, Sylvan Braa, Tom Traxel, Doug King, Mercer Tyson, George Wusching. Gross score winners from the green tees: Tony Dipaola, Brian Stowe, Gene Andrews, John Michel. Net winners: Roger Corley, Ron Balderston, Jim Page, Dave Jansen. Website; lhmgc.org for more information.

Contacts: Rodger Oswald, rodgeroswald@gmail.com; Roger Cummings, cummingspct@aol.com; Website: www.lhmgc.org



Healthy Eating

If 2018 is the year you've resolved to take full responsibility for changing to a diet that puts you on a path to a healthy and sustainable lifestyle, then join with our members as we seek out and share credible dietary information from our best sources. We actively report on misleading and possibly harmful advice that is frustrating and blocks the progress one expects from self-improvement efforts. Join us at our



January meeting in P-Hall (KS) Monday, January 22 at 2:00 PM for a presentation and discussion led by dietician Audrey Gould as she provides answers to common questions about taking on a new, healthier diet. Join us after the meeting in the Kilaga Kitchen to sample a healthy homemade soup made by our members. 2018 annual household membership dues are \$20, cash or check. Regular monthly meetings on the fourth Monday at 2:00 PM; also several other gatherings in 2018.

Contact: Don R. Rickgauer 916-253-3984, sclh13HealthyEating@gmail.com; Website: <https://HealthyEatingClub.wildapricot.org>



Hiking & Walking

As the New Year begins, it is a great opportunity to recognize and thank the dedicated leadership of the hike leaders, the walking coordinator and the Club's Board. They all work hard



A cold walk before brunch at Debbie and Jack's

to give you a great outdoor experience whether it's walking the trails of Sun City Lincoln Hills or kicking up dust in the Sierras. John Muir was on to something when he said, "In every walk with nature, one receives far more



Pleasant Grove Trail hike followed by lunch at La Provence.

than he seeks." As a member, you receive the physical benefits of hiking and walking, along with the camaraderie and social aspects of being part of a like-minded group. Whether you walk with us at 8:00 AM on Wednesday mornings or join a Tuesday or Thursday hike, you can count on meeting some new friends. Make a New Year's resolution to get out in nature and join the group in 2018.

Contacts: Hiking - Art McGrath at 916-434-5540, atm99@sbcglobal.net; Walking - Debbie Schryver at 916-666-1741, dshumhaven@earthlink.net; Website: www.lincolnhillshikers.org



Innovations

The December 2017 meeting was cancelled. The January 2018 is January 25 at 4:00 PM in the Multimedia Room (OC). One of the discussion items will be published remarks by Dieter Zetsche, Chairman of Daimler Benz about the near (2020) future. A sample: "Uber is just a software tool, they don't own any cars, and are now the biggest taxi company in the world. Airbnb is now the biggest hotel company in the world, although they don't own

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Marilyn Rose

Look for these future Painters Club Events:

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Artisans in the Lodge – Fall, 2018

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February 4 9 am-3 pm

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Investors' Study

Come to our meeting in P-Hall (KS) at 2:30 PM on Thursday, February 1 to hear Rob Cron of Blackrock. Russ Abbott will present his monthly Playbook and answer questions regarding current events of which there seem to be many. The Christmas/Holiday Party was a success and thank you to all the members and their guests for making it a special occasion. We look forward to a series of informative presenters in 2018 and wish you all a very Happy New Year. The Active Investors sub-group



Russ Abbott and members

meets the second Monday of each month in the Multimedia Room (OC) at 3:00 PM.

Contacts: Norm Quatrin 916-645-4675; John Noon 916-645-5600, thenoons@att.net



Lavender Friends

The Lavender Friends Club is a social organization serving the Lesbian, Gay, Bisexual and Transgender Community and those in friendship in Sun City Lincoln Hills. We have regular activities. We meet for Saturday dog walks, a Saturday coffee klatch, movies on the third Tuesday of the month (followed by Happy Hour), and a breakfast buffet at Thunder Valley on the first Wednesday of the month. You can call or look up our website www.lavenderfriends.com for locations, dates, and times. We had some great Holiday events, which were well attended, and enjoyed by all. We very much appreciated the hospitality of the members who had get-togethers at their homes. Happy New Year from Lavender Friends!!! Activities: Greater Placer PFLAG meets on the second Monday of the Month from 7:00 to 9:00 PM at Sutter Auburn Faith Hospital, 11815 Education Street, Auburn, CA, Conference Room A, next to the cafeteria.

Contacts: Sheila 916-408-2802; Carol 916-295-0610 Website: www.lavenderfriends.com

Lincoln Hills

Line Dance

Happy 2018! Most of us have made those resolutions to get more exercise. Think about line dance, it will give you both physical and mental exercise. Look at the class section of this Compass for a class that fits you time and skill level. Some dates to put on your calendar: February 27 It's "The Lifestyle" annual club and community expo from 10:00 AM to 1:00 PM at OC. Come to learn more about line dance and other any club you might like to join. Our first social dance is early this year. It will be held on Sunday, March 11 at OC (ballroom) from 1:00 to 4:00 PM. All classes will be learning dances for this event. As other social dances and workshops become available we will keep you apprised of them. Looking forward to a great year. Happy dancing.

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

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10 minutes before 9:00 AM. Play continues until Noon. Winter is a great time of year to join others in a friendly game of Chinese Mah Jongg. Chinese Mah Jongg is a game of strategy and, sometimes, luck. We provide the tiles, score sheets and companionship. (No money is involved.) It is not difficult to learn especially when we teach you! You can master the basics in three hours. If you are curious about learning this game, please join us. If you already know how to play or it has been a long time since you played, we welcome your attendance. Questions? **Contacts: Bruce Castle at 916-846-1500; Marsha Ross at 916-253-9551**



Mah Jongg, National

All are welcome to join us, playing this intellectually stimulating and fun game! Mah Jongg is an ancient game from China, using tiles in place of cards. We meet Tuesday's in the Card Room (OC) 12:15 PM. If you are interested in learning to play, please contact Fran Rivera, who offers free lessons on how to play in her home. Call Fran so she can put you on the list for the winter session which will begin in early January. Mah Jongg is a difficult game to learn, but, once you do, you'll be hooked! **Contacts: Patti Kingston 916-587-3056; Marianne Morse 509-990-8751 or Fran Rivera 916-434-7061**



Mixed Media Arts

At our next meeting on February 21, we will take a trip to the home of artist Maija Peeples-Bright in Rocklin. Maija's two story home is a veritable gallery filled with her whimsical, hopeful, colorful and creative art. Maija's work is in private collections and public galleries throughout the world. We will meet at 1:00 PM at Orchard Creek's main entrance and carpool to Maija's home. We will return by 3:30 PM. Everyone is asked to bring a snack to share with all who attend. **Contacts: Frima Stewart 916-253-7659, frimastewart@gmail.com; Nancy Griffin 916-209-3958, griffinnancy70@gmail.com**



Motorcycle

The RoadRunners held their annual Christmas dinner on December 7. Cattleman's restaurant in Roseville provided the perfect venue for a great evening. Thanks to Patrick and Shirley Chaves for putting it all together! On December 12, Road Captain John Marin led an impromptu ride to the Rancho Seco nuclear generating station. After touring the area the riders headed to Elk Grove for a hearty lunch at the Brick House restaurant. If you like motorcycle touring and have a road worthy motorcycle or trike – check us out! The



Riders at Rancho Seco Nuclear Station



RoadRunners Christmas Dinner

RoadRunners meet on the fourth Thursday of the month at 6:00 PM Multimedia Room (OC) There is no club meeting in January. The next club meeting will be on February 22. "Ride Safe – Ride With Friends" **Contact: Manny Perez 916-253-9121, manwil412@wavecable.com**



Movie Lovers

The Movie Lovers meets on the second Thursday of each month in the Multimedia Room (OC) at 6:30 PM. We watch current trailers and vote on two movies to review in the coming month. Twenty-six of us enjoyed our holiday party in December and discussed Last Flag Flying over pizza at Chicago Fire. Our discussions are interesting, informative and stimulating fostering new friendships. We also share information related to other local movies as well as films available on

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streaming (Netflix, Amazon, etc.).
 Next meetings: February 8, March 8, April 12. All residents welcome.
 Contact: nooncrl@yahoo.com



Music

The Music Group's goal for 2018 is to continue improving the quality of sound as well as performances for our events. The January 24, group meeting will be from 6:30-8:30 PM, Fine Arts Room (OC). Le Open Mic is scheduled for January 29 P-Hall (KS). This year our performances will be from 3:30 PM to 5:30 PM. If you want to perform, come early to sign up. The earlier start time is intended to reduce conflicts with other Sun City events. You can find a lot more information on our website. Please check it out. (Don't tell anyone, but the secret password is MusicGroup.) Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM, (OC Lodge). Open to SCLH residents. Contact Ron Peck at 916-409-0463 for information.
 Contact: Don Smith at 916-838-4691 Donsmith6704@frontier.com; Website: LincolnHillsMusicGroup.org



Needle Arts

Threads of Friendship

There was a lovely Holiday Tea on December 19, 2017. Many thanks to the Lincoln High School Choir for their lovely entertainment, and



Lincoln Choir

to Jeanne Helland and her committee for their time in putting together this event. The February 13, 2018 meeting at the P-Hall (KS) will feature Kim Speer speaking on Needlepoint. She is one of the three owners of the Auburn Needle Works, which recently moved to 13344 Lincoln Way in Auburn, www.auburnneedleworks.com. Do you have sewing or knitting materials or tools to donate? The Needle Arts Group may be able to help you. If so, contact President Shirli Lent at 916-645-8581 or email lent102266@gmail.com. Also, if you have not remitted your 2018 dues, please send in as soon as possible. For more information on the activities of the Needle Arts Group and dues form, visit www.sclhna.com.
 Contact: Jean Storms 916-408-1515; jeanstorms272@gmail.com



Neighborhood Watch

Most of us have given up on making New Year's resolutions. Despite our best intentions, we didn't keep many of them. However, as the saying goes, "it's never too late." If one of your

resolutions is to be more involved and/or to volunteer, Neighborhood Watch has an opportunity for you to meet your neighbors as well as to give back to the community. Several villages still need coordinators to work with the mail box captains to provide important information and to send out alerts. Those still needing positions filled are 16B 20, 24C, 26C, 30C, 31C, 35B, 38A,39, 40A and 40B. You don't have to live in the village to adopt it, and you can share the position with a friend or neighbor. If you are not sure about what would be involved, Neighborhood Watch will help you get started. For more information about being a village coordinator, call Pauline Watson at 916-543-8346.

Contacts: Linda Minor 707-235-0778, Pauline Watson at 916-534-8436
 Website: www.SCLHWatch.org



Painters

The November Challenge entries were wide-ranging and when votes were tallied the winners were Susie Spotts - First Place/Open Division, Paula Pesavento – Second, Phyllis Belben – Third. Marilyn Rose won the Masters Division. The New Year's focus has shifted to the LH Fine Arts Show, celebrating our residents' wide range of talents in many mediums for the 15th year! On February 2, 3, and 4 everyone

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Susie Spotts – First Place/Open Division

is welcome to attend this popular event and meet artists, enjoy lovely music and purchase original works for their homes. Congratulations and thanks go to the dedicated volunteers of the FAS committee, almost all of whom are artists themselves, for mounting such a successful display. The year boasts interesting presentations at our Painters meetings 2:00 PM on the third Tuesday of the month in the Fine Arts Room (OC). We invite anyone interested in art to join us. **Contact: Joan Musillani at 916-712-4393, joanmusillani@gmail.com**



Paper Arts

At our wonderful Christmas Luncheon last month, we collected numerous bags of non-perishable food donations for the Salt Mine, and more than \$650 for those in need. Thank you to our members who demonstrated their generosity during the season of giving. Thank you to Shirley



2018 Paper Arts Group Board Members (Photos by Ron Darville)



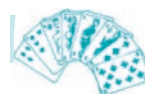
Shirley Rainman and Dottie Macken



All smiles at the Christmas Luncheon

Rainman who completed her two-year term as president, sharing her talent and time with our group. Dottie Macken, our new president, comes to this leadership position with years of paper crafting experience, as well as club-organizing skills. She presently teaches card making classes, and is a senior consultant with Stampin' Up! Thank you, Dottie, and your new board of officers, who have already been busy planning projects and activities for 2018. We meet on the first Thursday of each month at 9:00 AM Terra Cotta Room (KS). If you are interested and have some paper crafting experience, contact us.

Contacts: Dottie Macken 916-543-6005, justdottie@sbcglobal.net; Margaret Hornsby 916-543-3804, lovestampin50@gmail.com



Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played 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 of the month from 9:00 AM to 12:00 PM. We hope to see you there.

Contacts: Denise Jones at 916-543-3317, djonesea@att.net; Doris DeRoss at 916-253-7164, dorisdeross@gmail.com



Photography

A Show and Tell Party at the beginning of December set the tempo for the month. Show and Tell parties often follow field trips and give participating photographers a chance to view each other's images. They serve as very helpful teaching tools for novice



Photo by Michael Johnson

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Photo by Klara Kleman

photographers and also benefit the more experienced. Mid December featured the Club's annual holiday breakfast. The fabulous buffet breakfast was once again held at the Orchard Creek Sports Bar. Tickets for this member-favorite event all but-sell out the day they are made available and this year was no exception. The party-filled month of December included an Artists' Reception at the Kilaga Springs Spa. As part of the recent renovation of the Spa, nine of our photographers were honored with their photographs being chosen for display in the spa. Many of our Club members attended the champagne reception to view the photographs selected for the exhibit. **Contact: Diane Margetts 916-955-1809, dmargett@yahoo.com; Website: www.lhphotoclub.com**



Pickleball

The Pickleball Club is looking forward to another exciting year. But first let's thank the devoted board members who closed out terms in 2017: Vice President



Pickleball Club member Sam Megason (center) helps load toys on one of several vehicles bound for Beale Air Force Base. On hand were Beale airmen (from left): Raymond Mills, Douglas Lorange and Richard Skelly.



New Pickleball Club officers from left: Fran Brooks, Lynn Fraser, Robin Haney and Didi Martin. (Not pictured: Gerry Gates).

Ron Slagle, Tournament Director Gary Janikula, Secretary Peggy Holt and Training Director Cal Meissen. Cal may be leaving the board, but he will continue offering his free introductory lessons at 1:00 PM Wednesdays. Paddles provided; no reservations need. Players teamed with the Softball Club and others to distribute



Celebrating at our holiday party.

626 toys to children of deployed troops at Beale Air Force Base. Our Christmas party was attended by nearly 200 players who enjoyed a buffet-style dinner and dancing. Thanks to JC Cisneros for the beautiful posed and candid photos. **Contact: Mike Gardner 916-834-6549, pickleballmike1@gmail.com Website: www.lhpickleball.com**



Players

The Players once again had a very successful year. We look forward to a great 2018 of theatre for the Lincoln Community! Check out the reviews of our last production, "A Funny Thing Happened on the Way to the Forum," on our new website, www.lhplayers.org. Mark your calendar! The Players February Readers Theater production, "The Nighttime Traveler Or...My Wife Thinks I Need to See a Shrink," takes place on Saturday, February 10 at 7:00 PM and Sunday, February 11 at 3:00 PM in P-Hall (KS). Admission is "FREE." This warm and humorous production, written and directed by Alan Lowe, focuses on Adam, a 68-year-old man, who says he never sleeps. He tells his wife,





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Laura, he travels to different places and times and becomes different people. She thinks he's going crazy. So Adam reluctantly agrees to go to a psychiatrist. How will this turn out?

Contact: Ron Hanson 916-434-7112, racketron@yahoo.com

Website: www.lincolnhillsplayers.com



Poker

The 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 the Multipurpose Room (OC). Games are played using script, and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw. For Texas Hold'em players, there is a separate table available on Monday Tuesday and Friday's – same times. Effective with the New Year's all poker players will be seated as long as they arrive by 12:45 PM (Monday and Friday) or 4:45 PM (Tuesday's). The new seating arrangement will eliminate people not being able to play because tables are full. The new plan ensures play so come on down and join the fun. Any questions, or to be added to our email distribution, please contact one of the following members.

Contacts: Lynne Barsky 916-253-3730, Arnold Baker at 916-434-5412



RV

Our December club meeting took place at a sparkling dinner/dance organized by Vicki White with her usual fantastic party planning flair. Regular monthly meetings will resume in January. The next rally will be to Lake Havasu and Mesa AZ in mid-January, followed by Pismo Beach in March. Our rallies always



Party Planner Vicki White and Friends



RV Club Dancers

include lots of shared meals, happy hours, golf, tours of the local area and anything else the group can cook up! The next rally will be to Lake Havasu and Mesa, AZ in

mid-January. We meet at the Kilaga Springs Kitchen at 4:30 PM on the second Thursday of each month, where we discuss upcoming rallies then visit with shared appetizers. Residents with an interest in RVing are always welcome to visit, meet new friends and discuss the fun of RV travel.

Contact: Dean Schumacher 916-223-5182

Website: www.lhrvg.com



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

If your New Year's resolutions include volunteering in our community, SCHOOLS may have the perfect opportunity for you. There are always requests from our elementary school teachers for help in the classroom. If you have time to spare and an interest in helping, you can start



Barbara Regello volunteering in Ms. Newman's class at Coppin Elementary School



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the New Year in a classroom and grade level of your choice and with a schedule to accommodate your lifestyle. You need not have had teaching experience to participate. Visit our website at schoolssuncity.org. The website has information about the volunteer program including the district school calendar, photos, and quotes from teachers and volunteers. Contact a leader listed below who can answer your questions.

Contacts: Crystal Elledge (Elementary) at 916-543-8617, celedge@sbcglobal.net; Irma Mendez (Phoenix HS) at jmeidm@aol.com



SCOOP

SCOOP will be planning new activities after the holidays. We are interested in having speakers for a variety of pets. Our name is now: Sun City Organization of Pets. If you know of someone who would be a good speaker, please email SCOOP at scoop@sclh-scoop.com. We meet every other month beginning in February at 11:00 AM in the Fine Arts Room (OC). Happy Holidays! **Contact: scoop@sclh-scoop.com**
Website: www.sclh-scoop.com



Scrabble

We welcome you to join our group of Scrabblers on Monday afternoons at 1:00 PM in the Card Room (OC). No reservations are



Scrabble Holiday Luncheon at Meridians

needed and all materials are provided. Beginners are always welcome. Get some brain exercise in the New Year!

Contact: Anne McMaster 916-409-5408, wiltonanne@yahoo.com



Singles

Singles celebrated New Year's Eve early on December 28 at Kilaga Springs enjoying great food and then danced the night away with Steve Evan's Fun Company! Our first General Meeting of the year featured a guest speaker educating us on Fire Safety in our homes. Look what we have in store for our members: On January 18 we have our dining out event at the Macaroni Grill; On January 25 we have our Social Pre-Super Bowl Party at Orchard Creek Ballroom; On February 1 we have our Cocktail Time; On February 4 we have our Birthday Celebration in the Sports Bar; On February 8 we have our General Meeting followed by L/R/C Games; On February 10, we have our 2nd Saturday Breakfast in the Sports Bar. Our

weekly activities include Bocce Ball on Wednesdays and Golf on Fridays. Sounds good enough to join? For \$15 a year you can jump on board by calling Maggie at 916-409-5348.

Contact: Kathy Shaddox 916-209-3307



Ski

Over fifty members and guests attended the Holiday Party in December, enjoying the festive setting and each other's company. President Bill Smith and Vice President Ken Spencer



The Bill and Ken Show



Party Goes Mingle

added to the fun with ski videos of past club outings, a wide assortment of door prizes, and encouraging members to share their most unusual skiing-related adventures. Our next general membership meeting is on January 18, in the Multipurpose Room (OC), starting at 4:00 PM. Many Club members

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will be staying in the South Lake Tahoe area from January 23 to January 25, to ski Heavenly Valley. Contact us if you wish to join or meet us there.

Contacts: Bill Smith or Mike Hilton at 916-258-2150, lhskiclub@gmail.com



Softball

Happy New Year from your softball league! We're getting ready to start another fun season of senior softball at beautiful Del Webb Field (DFW). Our recreational league season will begin in mid-April, so if you have any interest in playing softball, now is the time to give it a try. We have practices every Sunday morning from 10:00 AM until Noon at DFW. These practices provide the perfect opportunity for newcomers to see if they would like to get into the game...either again or for the first time. Now is the time to stretch and get back in shape after the holidays to prepare for the new season. Once you get out on the field, you'll be hooked...like almost 200 of your neighbors. Membership is open to everyone. If you are interested, just fill out an application, which can be found on our website.

Website: www.lhssl.com

Coyotes

The Coyote Club breakfast was held in early December. 80 attendees with thanks to Bec Cannistraci for an excellent job putting it together.

Player service pins were awarded for 5/10/15 years. Certificates of Appreciation were also given to outgoing Secretary and Treasurer, Henry Mutz and Mick Privett. Gage Johnson and Mike Hilton were unanimously approved to become the new Secretary and Treasurer starting in January. The annual Coyote Banquet, also planned by Bec, will be held on January 15. Coyote player tryouts will be held at Del Webb Field on January 13.

Contact: Henry Mutz at 530-520-2170



Sports Car

The LHSCG ended 2017 with a great party and started 2018 with planning for a lot of Road Tours and Socials. Our last event of the year was on December 12 at Catta Vedara. Kathy Mason and her decorating committee outdid themselves. 90 club members donned holiday apparel to attend this festive event. Outgoing President-Gary Musser thanked the 2017 Board for all of the support given to him and service to the Club. He welcomed the 2018 Board consisting of President – Chuck Schmidt, VP-Tom Breckon, Secretary – Chris Beasley, Treasurer – Carol Asnault, Webmaster – Ron Goleno, Historian-Rich Hoffman, Social-Eddy Ternullo, Tours-Sam McPherson. January 2 was the first meeting of the New Year and we



Alison Phillips, Fran & Chuck Jacoby & Rob Phillips Celebrate



Presidents Chuck Schmidt - 2018 & Gary Musser - 2017

are already planning tours and social events for 2018. A reminder now is the time to renew your 2018 Membership. If you are not a member and you own a sports car and want to join contact Tom Breckon.

Contact: Tom Breckon 916-434-6989, Tom.Breckon@sbcglobal.net; Website: Lhsportscars.com



Sun City Squares

Meets every Monday at 1:00 PM at Kilaga Springs Club House. We began this New Year with Dancing for all. We welcome couples and singles and

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are happy to announce “all position” dancing concept. Please come and join Us!! Monday 1:00 PM to 3:00 PM Plus Level Dancing at Kilaga Springs. Monday 3:00 PM to 3:30 PM Advanced Dancing at Kilaga Springs. Thursday 1:00 PM to 3:00 PM Advanced Dancing at Kilaga Springs. **Contact: Jean Grupp 916-408-1868, jean@grupphomes.com**



Swimmers & Water Walkers

Happy New Year. With this New Year, we have a new club. Swimmers and Waters Walkers. As a group, we share common interests in the benefits of our swimming pools, either by swimming or by walking for exercise or just for the pure enjoyment of the water. We meet quarterly and our first meeting will be Monday, March 19, 3:00 PM Fine Arts Room (OC). Best part, there are no yearly dues. Come join us, the water is great! **Contact: lhgroupurlswimmers@yahoo.com**



Tap Company

The Tap Company celebrated the season with a Holiday Luncheon at Orchard Creek. Alyson, our teacher, brought eight of her school-age dancers who really showed us how, when you're young and agile, to dance! Alyson is wonderfully aware that we aren't quite that young and agile but still love to dance. Her choreography is perfect for our various skill levels. Yvonne, the Director of the upcoming show, Dance, Dance, Dance! Gave us more information about



Standing: Nancy, Susan, Marlene, Frima, LaDonna, Madelyn and Diane.
Seated: Danielle, Cherie, Freddie and Jan

our places in the show. **Contacts: Natalie Grossner: 916-209-3804, natalie_g@msn.com; Freddie Dempster 916-253-9734, fredeedee@gmail.com**



Tennis

Our out-going President, Pam Flaherty, held our last general meeting for 2017. Highlights of the year included eight tournaments and two LITT seasons, LHTG clothing by Dave Sausen, Saturday ball machine, headed by Bob Belknap, quarterly featured players, holiday parties and luncheons. The tennis club collected Toys for the Troops and the ladies attending the Christmas luncheon collected Toys for Tots.



Lester Van Pelt, President; John Burke, Treasurer; Jay Cheek, Tournament Director; Bob White, Communications Director and Web Master; Carol Cooper, Social Director

The Association Board candidates accepted our invitation to attend the meeting and were introduced to the LHTG. They presented responses to questions given them by the Tennis group. Thank you, candidates. All members who helped during the year were recognized by Pam with a carnation. The club could not run without the help of its members. Thank you all again. **Contact: Barbara Davis 916-408-2604 barb7dick@att.net Website: www.sclhtg.com**



Veterans

Theodore Roosevelt, the twenty-sixth president of the United States, is often considered the first “modern president.” More than any other national leader or individual American, he often is seen as being responsible for America's rise to world leadership.

Conservationist, soldier, statesman, scholar, Nobel Prize winner, and Medal of Honor recipient, Roosevelt remains one of America's best models of presidential, global, and executive leadership. Air Force veteran David S. Rader, who teaches academia, business, government, and the military, will discuss Roosevelt and his legacy at the Thursday, January 18 meeting of the Veterans Group. This month's meeting will be in the Ballroom (OC) at 1:00 PM. Please note this change of venue from our normal Kilaga Springs Lodge location!

Contacts: Fred Buhler 916-209-3529; Steve Witmer switmer@starstream.net



Water Volleyball

Happy New Year water volleyball club members. Those members who have not paid their 2018 dues will be dropped soon from our active roster. Any questions can be directed to our Treasurer, Mike Mosca, through the club email sclhwatervolleyball@gmail.com. Don't lose out on playing time! Our newest Steering Committee members are: Sidne George, chairperson; Elaine Kalani, Competitive Play Coordinator; Dave Fogg, Equipment Coordinator; and Michelle Shipley, Email Coordinator. Webmaster is still an open position. Each year half of the Steering Committee positions, which run two years, are opened up for new volunteers. Our next meeting is in February. The agenda will be posted on the website. Members need to stay on top of emails and regularly view our website to keep informed of our club news. Those interested in joining our club should contact our new player liaison, Rhonda, at 907-242-3161. See you in the water! **Contact: Rhonda George 907-242-3161, sclhwatervolleyball@**

gmail.com

Website: www.lhwatervolleyball.com



Woodcarvers

Questions and answers about woodcarving. Can I be a woodcarver? Certainly you can become a woodcarver. It is a skill that can be learned. There are wood carving related resources on the Internet and classes are taught all over. Is carving for everyone? Some people enjoy the actual activity of carving and some are frustrated by it. If you start slowly and learn the basics, improvement will come. There are no shortcuts. Does it matter if I'm not artistic? Possibly, people that draw, paint, or sculpt take to woodcarving better than others. Determination is what matters most. Woodcarving is open to all residents of SCLH. The club has

an extensive library of carving books, magazines, and videos as well as help from members. We have carving tools you can use. Woodcarvers club meets every Wednesday, in the Sierra Room at (KS), from 1:00 to 4:00 PM.

Contacts: Lionel Rainman

916-253-9534

Dick Skelton 916-626-0895



Writers

Our featured writer this month is Jim Fulcomer, our groups newly-elected president. In his own words—James (Jim) Fulcomer has lived in Lincoln Hills for over a decade. He is a writer of poems, articles, short stories and a memoir.



Originally from the East Coast, the Air Force sent him to Beale AFB in 1960 and he decided to stay. He has several books of poetry published and now regards writing as his terminal indulgence. He delights in whimsy, satire and ribald humor, where obscure words and concepts engage his occasional lucid moments. He delights finding kindred souls who share the same outlook on life here on the poop deck of cruise ship Del Webb. The Writers Group meets on the second, fourth, and fifth Mondays. Please join us—come to listen, come to read, come to enjoy our group. See our next list of contacts listed below.

Contacts: Freddie Dempster,

fredeedee@gmail.com;

Susan Gust, srg2266@gmail.com

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2018 Tax Season is Here! Volunteers are ready to assist you with your 2017 tax returns. The service will be available by appointment only this year at Granite Springs Church, 1170 E. Joiner Parkway. People can make income tax preparation appointments by calling 916-878-6249. The Intake/Interview Sheet is required of all clients and may be downloaded or completed online from www.irs.gov by entering Form 13614-c. The form is also available in the Orchard Creek Lodge lobby or Kilaga Springs library. These returns will be filed electronically (e-file) with the IRS and California FTB. For more information please contact Mark Burke at 916-878-6249.

Caregiver Support Group

We meet at the 12 Bridges Lincoln Library on the Third Thursday of each month. The statistic for caregivers of loved ones, friends, and spouses is that 63 percent of those caregivers will have something happen to them before their loved one passes away. Caregiving is stressful and can be a difficult task. Come join others who are walking in the same shoes and gain encouragement and help. We meet from 9:00 to 11:00 AM. You must come in the back employee's entrance. For more information contact Brenda Cathey at 916-253-7537 or bjcathey@gmail.com.

Cloggers

Happy New Year! You made a New Year's resolution to get fit and stay fit, right? Of course, you did, and we are here to help. The Cloggers are plenty fit as they

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.

- **Wednesday, January 17, 9:00 AM** – Surviving the Holidays - Heights (OC)
- **Thursday, February 1, 11:00 AM** – Retirement Funding Solutions – Solarium (OC)
- **Wednesday, February 7, 10:00 AM** – Senior CBD Cannabis Educational Seminar – Solarium (OC)
- **Wednesday, February 7, 10:00 AM** – Nautilus Society – Oaks (OC)

dance those rapid, upbeat clogging steps! We hope you were able to get to the clogging classic event on January 13 in Orangevale. But if not, there's always another event – for example, April 27-28 is the BIG clogging convention in Sacramento! For information about clogging in SCLH, please call Natalie Grossner at 916-209-3804.

A Course In Miracles

We are an ongoing study group that meets at 2325 Longspur Loop, Lincoln. This is a psychological-spiritual study based on the book of the same name whose objective is the attainment of peace of mind. New participants are always welcome. Contact Alexandra Smith at 916-409-5253 for more information.

Democratic Club

On Thursday, January 18, our speaker will be Gina Longo. She is lead organizer of UNITE HERE!, a labor union that represents 270,000 working people in the hotel, gaming, food service, manufacturing, textile, distribution, laundry, transportation, and airport industries. UNITE HERE! Represents 900 workers at Thunder Valley Casino and Resort. We will discuss possible local community action as well as joint efforts

during the 2018 elections. We meet at Granite Springs Church, 1170 E. Joiner Parkway, Lincoln. Doors open at 6:30 PM. A brief business meeting at 6:45 PM is followed by the program. See our club website <http://www.democratic-clublincolnca.org/> or contact Fred Barnhart lincolndems@gmail.com.

Glaucoma Support Group

Come and join a special place to visit if you are living with Glaucoma, will meet on February 14, 2018, in the Multimedia Room (OC) at 4:00 PM. Our meetings provide great discussions about Glaucoma and the importance of managing this disease. For more information, please contact Bonnie Dale at Bjdale@aol.com or 916-543-2133.

Grief Support Group

GriefShare is a weekly Christian faith-based seminar/support group for people grieving the death of someone close to them. Whether the loss is recent or some time ago, you are welcome. It is a place where you can be around people who understand how you feel and the pain of your loss. At GriefShare, you will learn valuable information that will help you through this difficult time in your life. A new

group starts Tuesday, February 6, 2018, from 9:30 to 11:30 AM at Granite Springs Church in Lincoln. We meet weekly for 13 weeks, ending on May 1, 2018. Contact Cheryl Edwards at 916-505-5777 or 63Cheryle63@gmail.com to find out more.

Italian Club

With the start of the new year, there are many social events being organized. You might say, there's something for everyone. For example: Do you like pizza? Enjoy a good movie now and then? Well, you're in luck because on February 24, the club is planning, 'Pizza and a Movie' (KS). More details will be unveiled soon, so check the website for a flyer. If you are a Sun City resident of Italian heritage, consider joining our club. Check us out on the website at www.lhitalianclub.org for flyers, general information, and photos. Contact Sandi Graham, membership at 916-826-5711.

Parkinson's Group

Happy New Year to you all! Our Parkinson's Support Group has many great speakers lined up for this year! Come join this great group of people on the third Tuesday of each month. We meet

at Granite Springs Church, 1170 E. Joiner Parkway in Lincoln. We meet from 10:00 to 11:30 AM. Rebecca Kang, Bowenwork Practitioner, will be speaking at our January meeting. For more information, contact Brenda Cathey at 916-253-7537. This is open to those with Parkinson's and their caregivers.

Shalom Social Group

We held our annual Hanukkah party at Kilaga Springs Lodge on December 13. We had a wonderful dinner, with chicken, salad, and potato latkes (or pancakes), the traditional dish for the Hanukkah holiday. In addition, we had live music to lead us in traditional Hanukkah songs. We also collected several bags of food for The Salt Mine. Women Together, our women's group, will meet again in January. We also have several special interest havurah groups meeting regularly. 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

We will hold our monthly luncheon on Tuesday, January 16 at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. This is a great opportunity for men who are new to the area to meet other retired men. 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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Community Perks



**KS Classic Movies on Saturday:
Seven Brides for Seven Brothers
Saturday, January 20, 1:30 PM, P-Hall
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1954, 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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12:00 PM, Fitness Center Parking
Lot (OC)**

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



**Healthy Winter Soup Season
Monday, January 22, 2:00 PM, P-Hall
(KS)—Free**

The Healthy Eating Club invites all residents to a free event that begins with our January Club meeting followed by a sampling/tasting of our version of a homemade healthy non-dairy cream soup prepared by club members. The meeting begins at 2:00 PM in P-Hall (KS) with Registered Dietician Audrey Gould pointing out ways to make 2018 the year you take on a better diet. For more information contact Don Rickgauer at 916-253-3984.



**Listening Post
Tuesday, January 23—Free
11:00 AM, Front Ballroom (OC)**

The Listening Post is held on the fourth Tuesday of each month. This informal meeting is your opportunity to ask questions and get answers about your community and Association. Come join the conversation!



**Bird and Nature Walk
Ferrari Pond Trail
Friday, January 26, 9:00 to 11:00
AM—Free**

The Trails Enhancement Team invites you to enjoy a winter walk with expert birders from the Bird Club. For details see page 22. Call Diane Marten at 916-409-2624.



**Fine Arts Show 15th Year Anniversary
Friday, February 2, 5:30 to 8:00 PM
Saturday, February 3, 9:00 to 5:00 PM
Sunday, February 4, 9:00 to 3:00 PM
Ballroom (OC)**

Come and celebrate our residents' wide range of talents in many mediums.

Everyone is welcome to attend this popular event and meet artists, enjoy lovely music and purchase original works for their homes.



**2 Showings!
KS at the Movies: Victoria and Abdul
Saturday, February 3, 6:00 PM
Screening—Free
Monday, February 5, 1:30 PM
Screening—Free
P-Hall (KS)**

2017, Rated PG-13, 111 min., Biography/Drama/History. Starring Judy Dench and Ali Fazal. Queen Victoria strikes up an unlikely friendship with a young Indian clerk named Abdul Karim.



**Multiple Sclerosis Meeting
Tuesday, February 6, 1:00 PM, Sierra Room
(KS)—Free**

Simon York, Multiple Sclerosis Society Development Director will discuss how donations collected by the Multiple Sclerosis Society are distributed. Also what resources the Society offers to those affected by MS? All are welcome to attend.



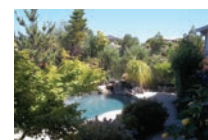
**LH Players Readers Theater Production,
"The Nighttime Traveler Or...My Wife
Thinks I Need To See A Shrink"
Saturday, February 10, 7:00 PM—Free
Sunday, February 11, 3:00 PM —Free
P-Hall (KS)**

This warm and humorous theatrical production, written and directed by SCLH resident Alan Lowe, focuses on Adam, a 68-year-old man, who says he never sleeps. He tells his wife, Laura, he travels to different places and times and becomes different people. She thinks he's going crazy. So Adam reluctantly agrees to go to a psychiatrist. And you'll never guess how that turns out.



**KS Classic Movies on Saturday:
Secondhand Lions
Saturday, February 17, 1:30 PM, P-Hall
(KS)—Free**

2003, Rated PG, 109 min., Comedy/Drama/Family. Starring Haley Joel Osment, Michael Caine, Robert Duvall, and Kyra Sedgwick. A coming-of-age story about a shy, young boy sent by his irresponsible mother to spend the summer with his wealthy, eccentric uncles in Texas.



Spring Garden Tour in April

Is this the year that your yard is ready to be shown on the Spring Garden Tour in April? If you are ready to show your yard, download a nomination form from the Garden Group website: www.lhgardengroup.org. Carol Thompson at 916-295-1912.

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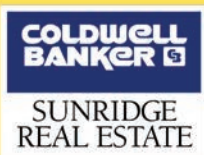
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Lincoln Hills Community Forums

Live Long, Live Healthy Wednesday, January 24, Ballroom (OC) —Free

Dr. John Chuck is a Kaiser family practice physician specializing in health and wellness. He holds two additional prestigious positions with Kaiser: that of the Chief of Health Promotion & Information Technology and Chief of Physician Health & Wellness that supports the 9000 physicians throughout Northern California. Hear from a remarkable expert about how a wise choice of foods, exercise, movement, mindfulness, and socialization can help you lead a long healthy life. He will enlighten us about how lifestyle changes can help to prevent and sometimes reverse chronic diseases like heart disease, high blood pressure and diabetes.



How Can We Stand Up to Sexism? Friday, February 16, 4:00 PM, P-Hall (KS)—Free

Just what is sexism and how can we stand up to it? Who is affected by it? Five South Placer high school students will address this timely topic in the final round of the AAUW Eleanor-Stem Allen Memorial Speech contest, sponsored by the AAUW Roseville-South Placer Branch of American Association of University Women. Students will compete for substantial cash prizes. These polished speakers will impress you! Afterward, join us for a reception and an opportunity to chat with the contestants.



Short Walk Across France Monday, February 19, 2:00 PM, P-Hall (KS)—Free

Join us for another exciting adventure with Bruce Quick, a Lincoln Hills resident. This year he walked for 32 days and 500 miles on the Chemin de Compostelle – also known as Chemin de St. Jacques (The way of St. Jacob Pilgrimage) from Le Puy en Velay, France to St. Jean Pied de Port, France. If walking over the French Pyrenees last year into Spain was not enough, he did that again too! He describes this beautiful journey as a cultural education and a “gastronomical” pleasure. Bruce is delighted to share his adventure with you.



Puzzles of Pain Management Wednesday, February 28, 7:00 PM Ballroom (OC)—Free

While everyone experiences pain, very few understand the underlying causes. Dr. Singh will discuss the physical and mental factors involved in the perception of pain, differences between acute and chronic pain, the effects of pain on individuals and families and the treatments available for pain management. Dr. Singh is an Associate Professor of Pain Medicine at UC Davis Medical Center. Her clinical interests include interventional pain medicine, neuromodulation, alternative medicine, and pain education. Dr. Singh received her M.D. degree from the Stanford University School of Medicine in 2006. She is board certified in both Anesthesiology and Pain Medicine.



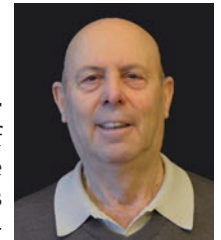
“Are You Prepared for an Emergency?” Monday, March 12, 10:00 AM, P-Hall (KS) —Free

You will receive information and learn how to plan for potential disasters. In this presentation, you will receive basic preparedness tips and strategies to use to help yourselves and your neighbors if an emergency should arise. You will learn about developing an emergency plan, receive a check list of what to include in your emergency kit along with resources to help you stay informed. With simple preparations, you can be ready for the unexpected.



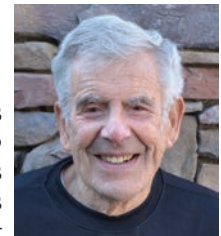
Town Hall Forum Tuesday, March 13, 10:00 AM, Ballroom (OC)—Free

Ken Silverman, President of our Homeowners Association Board of Directors, will moderate a Roundtable of the Chairs of all seven of the Board's Standing Committees. After brief statements from each of the Chairpersons, Ken will open the Roundtable to questions from our residents. This will be an excellent opportunity for you to find out what is being accomplished by each of these Committees.



Hijack the Aging Process Wednesday, March 28, 7:00 PM, P-Hall (KS)—Free

SCLH resident, Lee Belshin has always been interested in the relationship between humor and health. Many studies reveal that mirthful laughter stimulates the immune system helping to resist diseases. Come and learn what Lee has discovered: how humor, exercise, diet, and stress are all related to our well-being. Lee is the author of several books including “The Complete Prostate Book” which has been translated into several languages. At this forum, he will be introducing his recently published book titled “Hijack the Aging Process”.



Upcoming Events

- **Joint Discomfort: How to Manage It**, Wednesday, April 25, 7:00 PM – Ballroom (OC) — **Free**

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Entertainment

—Club Performances—



The Lincoln Hills Tap Company presents:
Dance! Dance! Dance!
Thursday, March 22, 7:00 PM
Show — LSE44-01
Friday, March 23, 7:00 PM
Show — LSE45-01
Saturday, March 24, 2:00 PM
Show — LSE46-01
Saturday, March 24, 7:00 PM
Show — LSE46-01

The Lincoln Hills Tap Company is excited about presenting this year's show! Yvonne Krause-Schenk directs a wonderful variety of dance and dancers. Almost twenty people have choreographed and coached the dancers, who have been learning new steps – just for you! Don't miss this fun event! In addition to Tap Dancers, this fun show will include Country, Premier, Men, Tahitian, Hula, Bollywood, Jazz, Clogging, Belly Dancing, Line, Ballroom, and Black & White. What is this last one? Come and find out! Over 60 of your friends and neighbors will be on stage. Ballroom (OC) **Premium Reserved Seating, \$18.** General Admission: \$13.

—Comedy—



KS Comedy Night:
The Hilarious, Observational
Comedy of Cary Long
Friday, January 19, 6:00 PM &
8:00 PM Shows, P-Hall (KS)
— LSE34-11

Cary Long got his start on the hit television show "Star Search." He has since been performing in Las Vegas, as well as at the "Evening at the Improv," "VH-1 Stand-up," "Showtime Comedy Club Network," and two appearances on the "Tonight Show" with Jay Leno. Cary's comedy is observational and he gets a lot of his inspiration from people he sees that day. His act is full of everyday situations that everyone can relate too! Save \$1 off \$4 or more at KS Café on show night. **Reserved Seating, \$16.**



KS Comedy Night:
Ellis Rodriguez
Wednesday, February 28,
6:00 PM & 8:00 PM Shows,
P-Hall (KS) — LSE92-12

Ellis Rodriguez is funny or at least that's what everyone says in Northern California, home of this magnetic, charming comic. He was born in Boston, MA and they said the same thing, he's funny. He's a United States Marine, raised by immigrant parents from Panama in Stockton, CA. The diversity of his life experience has helped him establish rapport with anyone and make them laugh. He found his passion when he picked up a mic and has made a home on stage across the nation, including *The Improv*, *Laugh's Unlimited*, *Punchline*, and *The Laugh Factory*. Save \$1 off \$4 or more at KS Café on show night. **Reserved Seating, \$16.**

—Performances—



The Big Jangle
A Tribute to Tom Petty
and All Things Jangly
Tuesday, January 23, 7:00
PM, Ballroom (OC)
— LSE83-11

The Big Jangle is a San Francisco Bay Area Band dedicated to playing all things Tom Petty. We capture the Tom Petty and the Heartbreakers concert experience, so not only playing the music of Tom Petty, but the songs he covered live, such as The Traveling Wilburys, The Byrds, and Stevie Nicks. Comprised of seasoned and experienced musicians from throughout the Bay Area, you will be guaranteed a great musical experience. **Premium Reserved Seating, \$20.** General Admission: \$17.



"This One's For You"
The Songs of Barry
Manilow
Thursday, February 8,
7:00 PM, Ballroom (OC)
— LSE29-12

Barry Manilow wrote over 400 songs including "This One's for You," twelve #1's and 47 Top 40 Singles. The universal message of Manilow's music has always been to inspire, uplift, and to make it through. This unique program celebrates the songs and career of this Pop Legend in cabaret style with the popular star of *Joel: The Band*, Kyle Martin, returning to Sun City Lincoln Hills along with his former co-star from *The World of Webber*, Tielle Baker. They are joined by

Bay Area Musical Theater Award Winners Nikita Burshteyn and Andrea J. Love. Enjoy enduring hits, such as, "I Write the Songs," "Copacabana," "Mandy," "Can't Smile Without You," and more. **Premium Reserved Seating, \$22.** General Admission: \$19.



Jack Gallagher
Concussed: 4 Days in the Dark
Tuesday, February 13, 7:00 PM,
Ballroom (OC) — LSE81-12

Two years ago Jack Gallagher was struck by a car while riding his bike and suffered a traumatic brain injury. While he walked away from the accident seemingly unfazed, by week's end he was in the emergency room and was directed to take "cognitive rest" by his physician. The prescription resulted in four days spent in a dark room with no visual stimulation, left only with time to think. The four days resulted in *Concussed: Four Days in the Dark*. Gallagher's one-man performance showcases his wide-ranging introspection while providing an emotional and heartfelt appeal. Lauded as "thoroughly engaging" and "hysterically funny" by the Sacramento Bee. **Premium Reserved Seating, \$20.** General Admission: \$17.



Rhinestone
A Salute to the Songs & Career
of Glen Campbell
Performed by Andrew Kahrs
Friday, February 23, 7:00 PM,
Ballroom (OC) — LSE84-12

The distinctive voice of rising star Andrew Kahrs celebrates The Legacy of Glen Campbell in a salute to the songs of this contemporary music legend. Including hits "Gentle on My Mind," "Galveston," "Wichita Lineman," "Rhinestone Cowboy," and more. Andrew was born and raised in Atlanta, Georgia and has since moved to San Francisco. He picked up a guitar and started writing at age 15. Now, at age 27, a seasoned blend of blues, country, and bluegrass can be heard in his recorded music. **Premium Reserved Seating, \$22.** General Admission: \$19.



Tori Anna: A New Day
The Songs of Doris Day
Friday, March 9, 7:00 PM,
Ballroom (OC) — LSE95-01

Bay Area favorite and Michael Feinstein Great American Songbook Alum, Tori Anna, is in the spotlight again with a stunning new show. Along with the incomparable Mike

Greensill on piano, Tori will take you on a sentimental journey through her favorite Doris Day songs – and then bring you back to present day with a quick trip to La La Land! You'll be glad you didn't miss the boat! **Premium Reserved Seating, \$22.** General Admission: \$19.



Branden and James from Bach
to the Beatles
A Cello/Vocal & Piano Duo
Thursday, March 15, 7:00 PM,
Ballroom (OC) — LSE31-01

Recommended by several residents, Branden & James put on a show playing classical covers of pop songs such as The Beatles, Elton John, Simon & Garfunkel to Andrea Bocelli, Broadway hits, and the Great American Songbook, as well as more current songs from Adele to Sam Smith. Branden was a finalist on America's Got Talent and his grandfather toured with Johnny Cash and Elvis Presley. These two top talents will come together to entertain you with beautiful music and great stories. **Premium Reserved Seating, \$24.** General Admission: \$20.

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—Grandkids Event—



Spring Egg Hunt
Saturday, March 31, Outdoor
Amphitheater Terrace
 — **LSE98-01**

An eggciting time for all the kids and kids at heart! Bring your grandchildren to the outdoor Amphitheater terrace to enjoy our traditional egg hunt and festive surprises with a special visit from the Easter Bunny! Fun prizes and activities await your grandchildren during the event. Don't forget your cameras for picture-perfect photo opportunities! *Please bring a basket for collecting eggs.* Sign up your grandchildren, *toddler to ten years only*, please. Please indicate the ages of your grandchildren during registration. The egg hunt will be divided into age groups: **Children—one to four-years-old; children—five to seven-years-old; children—eight to ten-years-old.** Children one to four-years-old will begin the hunt sharply at 10:30 AM. Wristbands required to participate. Event hours: 10:00 AM to Noon. **General Admission, \$12 per child.** Limited space. *Event may be canceled due to rain.*

—Presentation—



JUST ADDED!
The Tibetan Monks
"Inner Peace in
Uncertain Times"
Tuesday, February 6,
9:00 AM P-Hall (KS)
 — **LSE116-01**

Please join us for a visit by the Tibetan Monks from Gaden Shartse Monastery (Sacred Earth and Healing Arts Tour) as they talk about their life at Gaden Shartse Monastery and share wisdom to help us develop "Inner Peace in These Uncertain Times." What is inner peace and what is the basis for inner peace? How can we ignore the impermanent nature of our lives and best leave something in this world to guide and benefit the future welfare of this planet? What can we do to cultivate these aspirations, the positive minds that lead to our inner peace and that in others? These and more will be discussed. Don't miss this enlightening lecture with Q&A at the end! **Reserved Seating, \$10.**

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

Featured trip!

New! Ashland, Oregon Excursion— Five days, four nights! Sunday, June 10-Wednesday, June 14 — LST107-01



Join Katrina, your Trip Coordinator, on a visit to one of the most famous Shakespeare Festivals in the world!

Trip Includes:

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- Four nights at Ashland Hills Hotel with daily breakfast
- Welcome buffet dinner at Ashland Hills Hotel
- Plated luncheon at the historic Ashland Springs Hotel
- Dinner show of "ONCE" at the Oregon Cabaret Theater
- Tour of Harry & David in Medford
- Trolley Tour & free time in quaint Jacksonville, Oregon
- Visit to Sundial Bridge and Turtle Bay Park in Redding, box lunch included
- Lunch at Sierra Nevada Brewery on return trip
- Tip for driver

Detailed trip itinerary, menus, and US State Department trip insurance providers list available at the Activities Desk. *A signed liability waiver is required for each participant.* Wheels roll 8:00 AM, June 10, return June 14 ~ 4:00 PM. \$1,030 per person double occupancy. \$1,395 single.

 **Oregon Shakespeare Festival.**

 **Harry & David**
MEDFORD, OREGON
USA

Important Information: Entertainment, Trips, Classes

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

• **Registration Codes:** Use the codes when registering for an event. The last two digits of the code indicate the month the event first went on sale. Events with codes showing the current month will be On Sale beginning the 17th of that month.

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

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

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

• **Activities that include a Meal:** Please advise the Coordinator/Monitor if you have any dietary restrictions upon registration.

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

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

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

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

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

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

• **Event Ticket for Trips:** Will be handed to guests upon boarding.

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

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Day Trips

—Casino/Races—



Colusa Casino
Thursday, January 18
 — **LST82-10**

Enjoy a nice drive in the country and view one of the world's smallest mountain ranges, the Sutter Buttes, on our way to resident favorite Colusa Casino. Receive casino credits: New members \$15; Current members \$10 plus any additional based on prior play. All attendees over 50 years of age will receive \$3 additional slot credit. Additional credits to be applied based on your prior play. There may be additional promotions in January. Casino promotions subject to change. Five-hour stay at the casino. Wheels roll from OC at 9:00 AM, return ~ 5:00 PM. \$23.



Cache Creek Casino
Wednesday, February 21
 — **LST90-11**

We are returning by popular request to Cache Creek Casino just outside the Woodland/Esparto area in Yolo County. Wednesday is Military Appreciation Day so make sure to bring along an accepted form of Military, guard, reserve, dependent, veteran, retired veteran or retired veteran dependent ID to obtain an additional \$20 in bonus play! Lots of slots and table games to choose from! Receive \$10 in gaming credits or \$20 match play and \$5 food credit. Spend four hours at the casino. Food credit available at all restaurants except buffet. Buffet closed on Wednesdays. Wheels roll from OC at 9:30 AM, return ~ 4:30 PM. \$26.



Off to the Races—
Golden Gate Fields
Thursday, February 15
 — **LST96-12**

Enjoy the heart-pounding intensity of live horse racing at Golden Gate Fields in Berkeley. Relax in the climate-controlled comfort and luxury of the Turf Club with an elaborate buffet while watching the races. Races go rain or shine. Dress code: Collared shirt and dress slacks are preferred for men, women may wear dresses or dress slacks. No denim, sweat pants, t-shirts, wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: complimentary racing program, admission, sumptuous buffet lunch served from 11:30 AM to 3:00 PM. Wheels roll from OC at 10:00 AM, return ~ 7:00 PM. \$95. **The trip will be canceled if minimum not met by February 5 at 12 Noon.**



Jackson Rancheria
Thursday, March 22
 — **LST108-01**

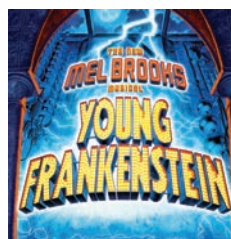
Very popular with residents, we are returning to Jackson Rancheria Casino in Amador County! Receive \$20 in gaming credits. Enjoy a nice spring drive to Amador County and the foothills. Four hour stay at the recently remodeled and expanded casino. Wheels roll from OC at 9:00 AM, return ~ 5:00 PM. \$23.

—Performances—



Dublin Irish Dance –
Stepping Out
Harris Center for
the Arts, Folsom
Wednesday, February 28
 — **LST95-12**

Enjoy an extravaganza of sights and sounds of Irish Culture with the Dublin Irish Dance production of Stepping Out. Through favorite Irish melodies, traditional steps, and Celtic instrumentals, this is a story of the Irish immigration to America after the great famine of the mid-1800s. Greeted by diverse cultures and rich traditions from around the globe, the new Irish immigrants congregate in dance gatherings where ancient Irish melodies fuse with African rhythms, creating American tap dance and early roots music. Stepping Out celebrates the incredible evolution of Irish traditional music and dance. Matinee show with Mid-Orchestra Seating at Harris Center for the Arts in Folsom. Wheels roll from OC at 12:30 PM, return ~5:30 PM. \$80.



Young Frankenstein – Directed
by Ray Ashton
Auburn State Theater, Sunday,
April 15 — LST106-01

The comedy genius Mel Brooks adapted his legendarily funny film Young Frankenstein into a brilliant stage creation. Resident favorite Ray Ashton directs this production at the intimate Auburn State Theater. Grandson of the infamous Victor Frankenstein, Frederick Frankenstein inherits his family's estate in Transylvania and finds himself in the mad scientist shoes of his ancestors. "It's alive!" he exclaims as he brings to life a creature to rival his grandfather's. The monster escapes and hilarity continuously abounds. Young Frankenstein has all the panache of the screen sensation with a little extra theatrical flair added. Wheels roll from OC at 12:45 PM, return ~ 5:30 PM. \$48.

The Color Purple
Orpheum Theater, San Francisco
Wednesday, May 16 — LST92-12

The Color Purple is the 2016 Tony Award winner for Best Musical Revival. With a soul-raising score of jazz, gospel, ragtime, and blues, The Color Purple gives an exhilarating new spirit to this Pulitzer Prize-winning story. Don't miss this stunning re-imagining of an epic story about a young woman's journey to love and triumph in the American south. Matinee performance with Rear Orchestra seating. Dinner on your own at Union Square after the show. Bring your own lunch to eat en route. Wheels roll from OC at 10:45 AM, return ~ 9:45 PM. \$101. **The trip will be canceled if minimum not met by Friday, January 19 at 12 Noon.**



On Your Feet –The Emilio & Gloria Estefan Musical
Golden Gate Theater, San Francisco
Wednesday, September 19 — LST93-12

From their humble beginnings in Cuba, Emilio and Gloria Estefan came to America and broke through all barriers to become a crossover sensation at the very top of the pop music world. But just when they thought they had it all, they almost lost everything. From international superstardom to life-threatening tragedy, **ON YOUR FEET!** Takes you behind the music and inside the real story of this record-making and groundbreaking couple who, in the face of adversity, found a way to end up on their feet. The show features some of the most iconic songs of the past quarter-century — and one of the most inspiring stories in music history. Matinee performance with Rear Orchestra & Loge seating. Dinner on your own at Union Square after the show. Bring your own lunch to eat en route. Wheels roll from OC at 10:45 AM, return ~ 9:45 PM. \$130.



Waitress
Golden Gate Theater, San Francisco
Wednesday, November 7 — LST94-12

Brought to life by a groundbreaking all-female creative team, this irresistible new hit features original music and lyrics by 6-time Grammy® nominee Sara Bareilles ("Brave," "Love Song"), a book by acclaimed screenwriter Jessie Nelson (I Am Sam) and direction by Tony Award® winner Diane Paulus (*Hair, Pippin, Finding Neverland*). Inspired by Adrienne Shelly's beloved film, *WAITRESS* tells the story of Jenna – a waitress and expert pie maker. Jenna dreams of a way out of her small town and loveless marriage. A baking contest in a nearby county and the town's new doctor may offer her a chance at a fresh start. Jenna must summon the strength and courage to rebuild her own life. Don't miss this uplifting musical celebrating friendship, motherhood, and the magic of a well-made pie. Matinee performance with Rear Orchestra & Loge seating. Dinner on your own at Union Square after the show. Bring your own lunch to eat en route. Wheels roll from OC 10:45 AM, return ~ 9:45 PM. \$135.



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—Sports—



Sacramento Kings

Watch the Sacramento Kings in their brand new home, Golden One Arena in downtown Sacramento, without dealing with parking issues! Enjoy lower level seating with seats in corner sections with handicap seating available (please request upon registration). Arrive in time to enjoy pre-game activities and purchase from various food and beverage concessions. See individual games below for pricing & bus times.

Sacramento Kings vs. Oklahoma City Thunder
Thursday, February 22 — LST74-09

Wheels roll from OC at 5:30 PM, return ~ 11:30 PM. Seating section 116. \$84. **The trip will be canceled if minimum not met by Monday, January 22 at 12 Noon.**



Sacramento Kings vs. Boston Celtics
Sunday, March 25 — LST75-09

Wheels roll from OC at 1:30 PM, return ~ 7:30 PM. Seating section 116. \$121.



Oakland A's

Oakland A's vs. Houston Astros
Wednesday, May 9,
— LST99-12

Special deal for A's and the World Champion Houston Astros! Enjoy an included an all-you-can-eat private BBQ Buffet with soft drinks. Day game in field level seats with shade in Sections 101-102. The bus drops off near the gate by our seat locations. Wheels roll from OC at 8:45 AM for a 12:45 PM game time and return ~ 7:15 PM (**note adjusted time of arrival from December Compass**).



Oakland A's vs. San Francisco Giants • Call Lifestyle for Pricing
Sunday, July 22 — LST103-01

Seats located in Field Level sections 101-102. The bus drops off near gate by our seat locations. Wheels roll from OC at 9:15 AM for a 1:05 PM game time and return ~ 7:45 PM. BBQ buffet not included.

San Francisco Giants

San Francisco Giants 2018

Watch your San Francisco Giants in the comfort of club level seats with spectacular views! These seats are wider with more leg room and extra comforts; flat-screen TVs; access to the memorabilia displays and shorter food and restroom lines. Portions of club level are protected from the elements and allow fans to watch the game while standing behind sheltered glass partitions in climate-controlled areas. Take a nice stroll over to McCovey Cove if you would like to check out the rest of the stadium. Enjoy easy elevator access (bus drops off on the Third base side where seats are located.). *No cans, glass bottles, alcohol, or hard-sided coolers allowed inside the ballpark. Wear layers for SF weather and a cap for sun protection. Specific rules for the stadium available at Activities desk.* Seats located in Club Sections 230 & 231. See individual games for game time, departure and pricing.



Giants vs. Washington Nationals • \$121
Wednesday, April 25 — LST100-01

Wheels Roll from OC at 8:45 AM for a 12:45 PM game time and return ~ 8:00 PM. (This trip includes a rest stop on return due to weekday traffic.)



Giants vs. St. Louis Cardinals • \$154
Sunday, July 8 — LST101-01

Wheels Roll from OC at 9:15 AM for a 1:05 PM game time and return ~ 7:00 PM.



Giants vs. Los Angeles Dodgers • \$154
Sunday, September 30 — LST102-01

Wheels Roll from OC at 8:15 AM for a 12:05 PM game time and return ~ 6:00 PM.



—Tours/Leisure—



Date change!
Copia – Culinary Institute of America and Oxbow Marketplace, Napa
Special Cooking Class Trip
Tuesday, February 6
— LST87-10

Ever wanted to take a class at a culinary institute? Join us for your chance to join an interactive demonstration class on Mardi Gras Delights at the newest Culinary Institute of America location at Copia in Napa. You

will have time for a leisurely lunch before the class along with shopping and wine tasting afterward. Lunch will be on your own with many choices either at the Culinary Institute (reservations recommended) or at the Oxbow Marketplace next door. Wheels roll from OC at 9:15 AM, return ~ 7:15 PM. \$80.

THE 34th ANNUAL AMERICAN INDIAN art SHOW marin American Indian Art Show — Marin Civic Center, San Rafael Sunday, February 18 — **LST91-11**

Calling all antique enthusiasts! The American Indian Art Show – Marin, now in its 34th year, is one of the nation’s most highly rated showcases of antique and contemporary American Indian art. The show brings together the country’s top dealers and artists with both collectors and those interested in exploring the rich cultures of the Americas. Exhibited art includes jewelry, textiles, baskets, pottery, beadwork, sculpture, photography, paintings, books and more, offering quality material for seasoned collectors and first-time buyers. The Marin Civic Center was designed by Frank Lloyd Wright and was his largest public project. Bring your own lunch or dine at the adjoining Embassy Suites Hotel 101 Grille or the event food truck. Wheels roll

from OC at 9:00 AM, return ~ 5:00 PM. \$50. **The trip will be canceled if minimum not met by Monday, February 5 at 12 Noon.**

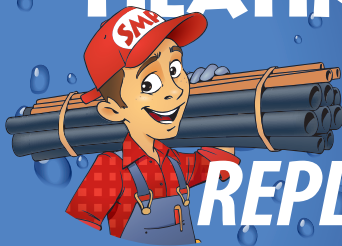


San Francisco for the Day Chinese New Year – Sunday, February 25 — LST89-11

Celebrate Chinese New Year and the Year of the Dog in San Francisco at the 29th Annual Chinese Community Street Fair. Immerse yourself in the sights and sounds of San Francisco’s exhilarating Chinatown during one of the community’s most exciting times of the year. You will find over 120 booths and concessions making this a shopper’s paradise. The San Francisco Chinese Chamber of Commerce has planned activities and entertainment for all ages. Enjoy Chinese folk dancing, opera, drumming and much more at the entertainment stage on Washington Street below Grant Avenue. Be aware to reach parts of Chinatown you will have to go up a small hill. Lunch is on your own. Drop off on Kearny and Washington. Wheels roll from OC at 8:30 AM, return ~ 7:00 PM. \$44.

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**Taste of Calaveras
Ironstone Winery – Murphys
Saturday, April 7
— LST104-01**

This annual event is a celebration of wine, food, art and culture of Calaveras County featuring vintages from local wineries and food from Calaveras restaurateurs. View local art with live music and food and wine-related demonstrations. Silent auction for Calaveras products and experiences. The gardens at Ironstone will be blooming with daffodils and other spring flowers! Includes admission, food, wine tastings and a commemorative wine glass. Wheels roll from OC at 9:30 AM, return ~ 5:30 PM. \$96.



—Overnight/Extended Travel—



**Back by popular demand — Four days, three nights!
Carson Mansion/Ingomar Club,
Redwoods and Eureka Excursion
Sunday, April 30-Wednesday, May 2
— LST105-01**

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

Trip Includes:

- Visit to Redwood National and State Parks which include a “Bounty of Humboldt County”
- In-park picnic lunch of local goodies!
- Easy strolls in scenic areas with our step-on guide.
- World famous Avenue of the Giants ancient redwoods tour
- Exclusive tour and semi-formal dinner at the privately owned Carson Mansion/Ingomar Club
- Step-on guide-led tour of Eureka’s architectural heritage from the Victorian Era and historical

interest points with some free-time and lunch on your own in Old Town Eureka

- “Family-Style” dinner at the Historic Samoa Cookhouse (the last surviving lumberjack cookhouse in the west)
- Lunch at the historic Benbow Inn in Garberville
- Three nights at Best Western Plus Humboldt Bay Inn with daily breakfast
- Meals included: Three breakfasts, two lunches, and two dinners.
- Tips for luggage service and bus driver

Detailed trip itinerary, menus, and US State Department trip insurance providers list available at the Activities Desk. Be aware some of the roads are curvy. Trip size limited to 48. *A signed liability waiver is required for each participant.* Leave OC at 8:00 AM, April 30, return May 2 ~ 7:30 PM. \$695 per person double occupancy. \$898 single.



**New! Ashland, Oregon Excursion —
Five days, four nights!
Sunday, June 10-Wednesday, June 14 — LST107-01**

See complete details on page 64. Wheels roll 8:00 AM, June 10, return June 14 ~ 4:00 PM. \$1,030 per person double occupancy. \$1,395 single.



**Sun City Sierra Winter
Holiday Train Roundtrip
Reno — Only a few spots
remain!
Wednesday, March 7 to
Friday, March 9 — LST98-12**

Enjoy the breathtaking mountain scenery from our reserved rail car via Amtrak on a relaxing winter train trip to Reno escorted by Katrina, your Trip Coordinator. Round-trip on the train with two-nights in Reno. Last years trip participants had a great time on the second day visiting the UNR Planetarium, Reno Auto Museum, Nevada Museum of Art, movie theaters and National Bowling Stadium, reached easily by a short walk or shuttle making a loop around downtown. Trip package includes per person:

- Motor coach transportation to and from Roseville train station
- Casino shuttle to and from Reno train station

- Baggage portorage from Reno train station arrival platform to hotel and back
- Reserved rail car for our group on train
- Non-smoking room at Eldorado Hotel & Casino
- \$15 food credit per person to the restaurant of your choice in the Eldorado or Silver Legacy
- Reserved seat ticket to the newly renovated Eldorado’s Showroom Cirque Show presentation
- One breakfast/brunch buffet
- \$10 additional food credit for breakfast on day of departure at Millie’s Coffee Shop
- Gratuities for bell service and bus driver

Wheels roll from OC at 10:30 AM, return to LH, ~ 1:30 PM. *On Wednesday, bring a bag lunch to eat on the way to Reno or purchase lunch on board train. A signed liability waiver is required for each participant.* \$290 per person double occupancy. \$349 single.



Laguna Beach Pageant of the Masters & Richard Nixon Library
Saturday, July 28 to Tuesday, July 31
— LST97-12

The highly requested trip is back! 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!” This year’s theme is “Under the Sun.” In the early years of the 20th century, a new generation of impressionists and plein air painters set up their easels outdoors and reveled in the natural beauty to be found as far as the eye could see. In the 2018 show, “Under the Sun”, theatrical magic, live music, and light-hearted storytelling will honor Laguna’s own and other artistic pioneers from around the world who left their studios in search of new inspiration. See famous paintings recreated in full detail right before your eyes with premium reserved left side loge seating. We will also enjoy a docent-led tour and lunch at the newly renovated Richard M. Nixon Library in Yorba Linda. This excellent trip includes:

- Two-night stay at the Ayres Hotel Laguna Woods (A resident favorite)
- Hot buffet breakfast with cook-to-order egg station at Ayres Hotel and Embassy Suites
- Lunch at Harris Ranch
- Time to enjoy the beach/shopping/lunch on Balboa Island in Newport Beach
- Reserved lower level Ticket to Pageant of the Masters Show

- Admission to Art-A-Fair at the Festival of the Arts
- *Dinner at Tivoli Terrace on the Festival of the Arts grounds
- Stay at Embassy Suites – Arcadia-Pasadena on return trip
- Evening reception at Embassy Suites (Light snacks & complimentary adult beverages)
- Total meals included: three breakfasts, two lunches, and one dinner. Gratuities included for the bus driver and included meals

*Please advise at registration your preferred food choice for Tivoli Terrace. Choose from Chicken Florentine, Fresh Salmon with Papaya Mango Salsa, or Eggplant Parmesan. Detailed trip itinerary, menus, and trip insurance providers list available at the Activities Desk. *A signed liability waiver is required for each participant.*

Wheels roll from OC at 8:00 AM, July 28, return July 31 ~ 6:30 PM. \$777 double/\$1095 single.



Good seats still available for the Pageant of the Masters show!

—Sold Out Trips—

Trip • Date • Departure Time

- Jersey Boys
 Tuesday, January 30 • 6:45 PM
- Comedy Winter Train
 Wednesday, January 31 • 10:30 AM
- Book of Mormon
 Tuesday, March 13 • 6:45 PM
 Wednesday, March 14 • 6:45 PM
- An American in Paris
 Tuesday, May 22 • 6:45 PM

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

Classes

Vacation Drop-In

We currently offer drop-in sessions to accommodate your vacation plans! Drop-in sessions allow current students able to work independently but unable to attend class full-time, to register on a per session basis. Sessions are held in conjunction with ongoing regular classes. Drop-in space is on a first-come, first-served basis. Students must check with the instructor prior to registration to ensure space is available and class **prerequisite is met**. Registration for drop-in sessions is available one hour prior to the start of class at the Activities Desk. Classes that offer drop-in sessions will be noted in the class description. Cost varies by class. **Prerequisite:** Must have completed at least one full month of class instruction. Some classes may require longer class experience. Drop-in sessions are not for first-time students/beginners and offer limited guidance from moderator/instructor.

Art

—Announcement—



Fine Arts Class Gallery Featuring the Art of Marilyn Rose and LH Students

Fine Arts Room (OC). The Activities Department, in cooperation with art instructors and students, welcome all residents to stop by the Fine Arts Room beginning Saturday, January 20 to view the work of Marilyn Rose and community art students. Oil & acrylic pieces will remain on display until March 15, 2018, and can be viewed anytime an art class is in session.

—Drawing—



Beginner Drawing Thursdays, February, 1-22 — LSC453-01

9:30 AM to 12:00 PM (OC). \$52 (four sessions). Instructor: *Michael Mikolon*. The artistic journey starts with basics of drawing. Drawing is about observing.

We will focus on materials, techniques and develop your sense of design. Learn to look at the shapes, lines, and shadows that make up your subject and develop good daily drawing habits. Live demos will be performed weekly showing how to use materials with one-on-one instruction.



Mixed Media Art Journaling Tuesday, February 13 & 27— LSC454-01

9:00 AM to 12:00 PM (OC). \$45. 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. You will learn how to visually and artistically record your days and express yourself while exploring color theory, composition, balance, and texture. You will love creating interesting, interactive mixed media pages in a journal that is uniquely you. Supplies to bring to class: Mixed Media spiral-bound artist paper pad (available at Michaels, Hobby Lobby, and Aaron Brothers), glue stick, scissors, small paint brush, Sharpie pen, white gesso, plus any favorite mixed media supplies you have.

—Oils, Pastels & Acrylics—



Oil and Acrylic Painting: Intermediate/Advanced Wednesdays, February 7-28 — LSC455-01

9:00 to 11:30 AM (OC). \$52 (four 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? Stop by the Fine Arts Room (OC) any Wednesday morning and see what this fun and informative class is all about! Students receive expert guidance in creating original paintings of their choice from landscape, still life, portrait or a clothed figure. Students are encouraged to develop their own artistic style. Demonstrations, masterwork examples, and individual instructions are used to advance student understanding and implementation of techniques. About the Instructor: Marilyn has over 25 years experience in landscape, portrait, figure, and still life painting. See her website at www.artistmarilynrose.com. Questions? Call Marilyn at 916-409-0397. Please request supply list for the Intermediate-Advanced Class at the Activities Desks.

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



**Oil and Acrylic Painting:
Beginner/Refresher**
Wednesdays, February 7-28
— LSC456-01

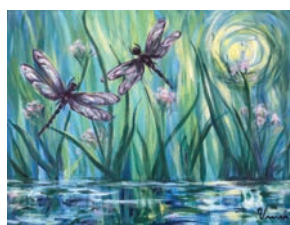
1:30 to 4:00 PM (OC). \$52 (four sessions). Instructor: *Marilyn Rose*. Have you always wanted to try painting in oil or acrylic but have never picked up a brush? Have you painted in the past and want a refresher? Peek into the Fine Arts Room (OC) any Wednesday afternoon and see how much fun we are having! Start with exercises in basic color mixing and handling of the brushes and paint, followed by creating simple forms, the basis for just about any subject you will want to paint. Plenty of discussion, demonstrations and paint-along exercises to help you get comfortable. Minimal investment in materials. Note: intermediate and advanced students are welcome to take this class and work mostly on their own with minimal guidance if it suits their schedule. About the Instructor: Marilyn has over 25 years experience in landscape, portrait, figure, and still life painting. Questions? Call Marilyn at 916-409-0397. Please request supply list for the Beginning Class at the Activities Desks.
Vacation drop-in: PAINT — \$17 per session.



**Pastels for all Levels with
Michael Mikolon**
Mondays, February 5-26 — LSC457-01

9:30 AM to 12:00 PM (OC). \$52 (four sessions). Instructor: *Michael Mikolon*. Learn to paint with pastels. Open to all levels, beginner through advanced.

Each class will begin with a demonstration showing different pastel techniques. Each student will be given individual instructor attention at their level. The course will focus on all subject matters: landscape, still life, people, and animals. Bring a good attitude and a creative spirit! *About the Instructor:* Artist Michael Mikolon is an accomplished artist and art instructor in the Downtown Sacramento area. He currently lives and works out of the Warehouse Artist Lofts (WAL).



Sip and Paint "Dragon Flies"
Friday, February 23
— LSC458-01

5:00 to 8:00 PM (OC). \$55. Instructor: *Unni Stevens*. Relax and enjoy cheese and wine while painting. This style

of casual learning is a popular past time for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day, with step-by-step instruction

from a professional artist. Learn how to mix colors, use media, brush stroke techniques and a pallet knife. All supplies are included and ready to go when you arrive. Canvases will be under-painted and ready to hang. Fee includes a glass of wine, and a selection of cheese, crackers, and fruits. Extra wine available on a pay-as-you-order basis. *About the Instructor:* Artist Unni Stevens studied art in Norway, Japan and at the Laguna College of Art. She has been painting, teaching and selling her art for 30+ years. More information at www.unniart.com.

—Watercolor—



**Beginning Alcohol Ink
Workshop**
Saturday, January 20
— LSC385-12

9:30 AM to 12:00 PM (OC) \$40 plus \$25 supply fee. Instructor: *Faye August*. Alcohol Inks

have traditionally been used in the craft and jewelry industry for creating permanent color on non-porous surfaces. Explore alcohol ink as a medium for creating wild, vibrant, beautiful paintings on YUPO paper. Through live demonstrations and discussions,

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create abstracts that are rich in color and texture using alcohol ink. Because this class uses alcohol as its base component, odors can be strong at times. People with breathing difficulties should be cautious about participating. Contact Faye August at 916-209-3643 with any questions. Supply kit will include all materials necessary for the class. Class size is limited.

Watercolor Painting

Thursdays, February 1-22 — LSC459-01

1:00 to 4:00 PM (OC). \$60 (four sessions). Instructor: *Michael Mikolon*. Learn and improve watercolor painting techniques. This class is for all levels; beginners through advanced. Class begins with a live demonstration showing different watercolor painting techniques followed by one-on-one instruction. This course will focus on materials and painting technique, developing your sense of color, color theory and mixing fresh/vibrant color with the use of a well-organized palette. Learn to create your own voice in art. *About The Instructor:* Artist Michael Mikolon is an accomplished artist and art instructor in the Downtown Sacramento area. He currently lives and works out of the Warehouse Artist Lofts (WAL).

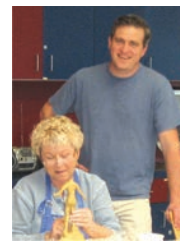
Watercolor Painting

Wednesdays, February 7-28 — LSC460-01

5:30 to 8:30 PM (OC). \$60 (four sessions). Instructor: *Michael Mikolon*. Open to all levels, beginner through advanced. Each class will begin with a demonstration showing different watercolor approaches and techniques. Each student will be given individual instructor attention at their level. The course will focus on all subject matters: landscape, still life, people, and animals. Bring a good attitude and a creative spirit! *About The Instructor:* Artist Michael Mikolon is an accomplished artist and art instructor in the Downtown Sacramento area. He currently lives and works out of the Warehouse Artist Lofts (WAL).

Ceramics

—Pottery—



Beginning/Intermediate Ceramics

Tuesdays, February 6-27

— LSC461-01

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

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



Advanced Ceramics

Tuesdays, February 6-27

— LSC462-01

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

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

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



Ceramics for All Levels

Thursdays, February 1-22

— LSC463-01

1:00 to 4:00 PM (OC). \$54. (four sessions.) Instructor: *Taylor Jackson*.

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This class is for all levels of ceramics, beginners to advanced. Students are encouraged to explore many of the creative and functional approaches to handling built and wheel thrown ceramics. The class is tailored around each person's own interests and how they wish to express that. Each class includes assignments, demonstrations, and individual instruction. New students are asked to bring clay and will be provided a materials list at the first class.

Workshop

Sip and Glaze – Spring Ceramics

Friday, March 2 — LSC517-01

4:00 to 8:00 PM (OC). \$30. Plus \$15 material fee payable to instructor. Instructor: *Janie Chlubna*. In cooperation with The Ceramic Arts Group, we invite you to a Spring Sip and Glaze class. Learn the fine art of glazing a Spring earthenware piece with a delightful selection of colors and finishes. All supplies are included (choice of earthenware piece (1), glazes, brushes and firing service). During the class, Janie will show you how to create a very personal Spring decoration using fun glazing techniques and materials for a wide array of effects. Wine and snacks will be served while you create your Spring treasure.

—Cooking—



**Cooking with our Meridians Chefs—
Hearty Soups and Sauces
Tuesday, January 16**

— LSC390-12

9:00 AM to 12:00 PM (KS). \$20.

Learn to prepare delicious soups and sauces perfect for cold winter days. Chef Ian will demonstrate how to cook soups using available fresh produce that will keep your tummy warm. He will also introduce you to new sauces that can turn any entrée into a mouth-watering dish. Food samples and recipes will be provided during the class. Registration is now **closed**.

Crafts

—Card Making—

Intro to Card Making 101—Level 1

Fridays, February 9-23 — LSC464-01

9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Do ie Macken*. Have you ever wanted to make a greeting card, but you just weren't sure how to get started? Then this class is for you! This class will teach all of the "ins and outs" of making greeting cards

and more. You will be making and taking home with you at least two cards and/or projects at each session. This is a fun three-hour class. Class size is limited, so sign-up early to reserve your space. All supplies will be provided.

Card Making Level 2—Intermediate

Mondays, February 5-19 — LSC465-01

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

Card Making Level 3—Intermediate/Advanced

Wednesdays, February 7-21 — LSC466-01

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





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—Clogging—

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Beginning Clogging Tuesdays, February 13-27 — LSC467-01

10:00 to 11:00 AM (KS). \$21 (three sessions). Instructor: *Janice Hanzel*. No new beginners until April 2018.

The class will continue with those already registered. Please contact Janice for special permission. This is a low impact, revamped foundation and fundamentals class, it is not as hard as you think. Bring your friends and your enthusiasm. 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. Join us for this fun class and move to the music. No special shoes required; flat-soled shoes recommended.

Easy-to-Intermediate Clogging

Tuesdays, February 13-27— LSC469-01

11:00 AM to 12:00 PM (KS). \$21 (three 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 the fun. All levels encouraged to participate.

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

Intermediate Plus Clogging

Tuesdays, February 13-27— LSC470-01

12:00 to 1:00 PM (KS). \$21 (three sessions). Instructor: *Janice Hanzel*. **Prerequisite:** Instructor approval. Students are strongly encouraged to take the 11:00 AM class. Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned, in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events. This class will move a bit faster 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 One & Two

Mondays, February 5-26— LSC471-01

7:00 to 8:00 PM (KS). \$24 (four sessions). Instructors: *Jim & Jeanie Keener*. Western dancing is done to many types of music, country being the most

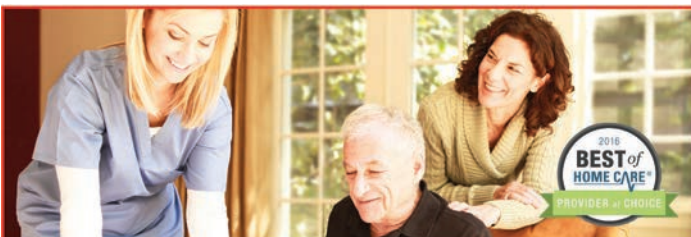
popular. Many of the dances are done in circles, including some of the dances at mixers. Instruction will be at a slower pace for beginners.

Country Couples Western Dance

Beginner/Intermediate Level Three & Four

Mondays, February 5-26 — LSC518-01

6:00 to 7:00 PM (KS). \$24 (four sessions). Instructors: *Jim & Jeanie Keener*. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed your Country Couples Beginner Class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You've learned some of the basics, now it's time to add a few more steps and turns. Dances that will be taught this month will be: Texas 10 step and a new dance (to be announced.)



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Country Line Dancing**Fridays, February 2-23 — LSC472-01**

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

—Dancing with Dolly—**Dance for Life!****Instructor: Dolly Schumacher**

"Dance for Life" is a class designed for seniors who love music and what it does to them emotionally and physically. Using the Ballet barre, the class will begin with exercises to warm the muscles.

Gentle stretching awakens the body as we move on to balance exercises and coordination patterns to stimulate the mind to body connection. Students will gain flexibility and strength while using dance moves, utilizing all parts of the body. We will then move to the center floor for stretching, balancing and timing through basic dance steps and patterns. The last half hour of class is devoted to a simple dance choreographed to incorporate the steps students have learned. A different style of dance is introduced weekly: Cha-Cha, Character, Rock n Roll, Disco, Pop, Soft Shoe, and Lyrical. Wear comfortable clothes with either Ballet or Jazz shoes. The class is designed for all levels of experience, whether you are currently taking dance classes or haven't danced since you were a child. A friendly non-competitive atmosphere, where dance is fun, energizing, and empowering.

Beginning Dance for Life**Thursdays, February 1-22 — LSW9-01**

5:00 to 6:30 PM (OC). \$50 (four sessions).

Instructor: *Dolly Schumacher*.**Dance for Life Intermediate****Fridays, February 2-23 — LSW10-01**

2:15 to 3:45 PM (OC). \$50 (four sessions).

For the dancer who loves to perform!

Instructor: *Dolly Schumacher*.**—Hula—****Hula Basics****Thursdays, February 1-22****— LSC473-01**12:00 to 1:00 PM (KS). \$32 (four sessions). Instructor: *Pam Akina*. Learn

and practice basic hand and foot motions which are foundational to hula. Mandatory for new students of hula and beneficial for experienced dancers. Essential hula terms, cultural and historical information is taught. This class may be taken alone or in conjunction with a regular Hula class. Please contact Pam prior to the first class, pamahoa@hulapono.com or 916-521-0474.

Hula Intermediate**Thursdays, February 1-22 — LSC474-01**

1:00 to 2:00 PM (KS). \$32 (four sessions). Instructor: *Pam Akina*. Continue your study of Hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for the mind, body, and spirit! Performance techniques are also shared and occasional performance opportunities are available for students.

Vacation drop-in: HULA — \$14 per session.

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—Jazz—

Jazz Class for the Beginner**Thursdays, February 1-22 — LSC475-01**

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

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

Jazz Performance**Tuesdays, February 6-27 — LSC476-01**

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

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

—Line Dance—

We offer various levels of Line Dance classes taught by three different instructors. Choose the skill level, schedule, and instructor that will best fit your needs.

Listed below are the instructors and classes listed in order of difficulty.

**Intro to Line Dance**

The first step to learning line dancing! This class is for real beginners, introducing basic line dance steps, dances, and terminology at a very slow and easy pace. Join Yvonne and Audrey for a fun class that will prepare you for advancement to more challenging line dance classes in the future. *A new session for this 8-week class will start in March..*

Easy Beginner**Thursdays, February 1-22— LSC477-01**

10:00 to 11:00 AM (KS). \$24 (four sessions).

Instructor: *Yvonne Krause-Schenck*

If you have taken an Introduction to Line Dance Class and want to move up to the beginner level, this is the class for you. This class is an Easy Beginner and is a transition between the introduction level and the regular beginner level. The dances are easy and fun. You will continue to perfect your basic steps and learn some new ones in the process. Please join Yvonne for this new class.

Line Dance I—Beginner

Prerequisite: This class is not for newbies, students must have completed the Intro level and have mastered basic line dance steps, movements, and dances. Beginner dances will have more turns and combinations of steps, sometimes to faster music. Beginner dances will be taught, at the teacher's discretion.

- **Mondays, February 5-26— LSC478-01**
9:00 to 10:00 AM (KS). \$24 (four sessions).
Instructor: *Yvonne Krause-Schenck*
- **Tuesdays, February 6-27— LSC479-01**
9:00 to 10:00 AM (KS). \$24 (four sessions).
Instructor: *Sandy Gardetto*
- **Thursdays, February 1-22— LSC480-01**
2:30 to 3:30 PM (KS). \$24 (four sessions).
Instructor: *Audrey Fish*

Line Dance II—High Beginner/Improver Class

This level is a great way to help experienced beginners improve their skills and to learn slightly more complex dances. Dances will range from High Beginner to Improver dances, with students developing movements and steps that are beyond the

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basic beginner level. Various rhythms and tempos will also be taught reflecting different timing and styling. High Beginner/Improver dances will be taught at the teacher's discretion.

- **Mondays, February 5-26 — LSC481-01**
5:00 to 6:00 PM (KS). \$18 (three sessions; No class February 12). Instructor: *Audrey Fish*
- **Wednesdays, February 7-28 — LSC482-01**
9:00 to 10:00 AM (KS). \$24 (four sessions). Instructor: *Sandy Gard* o

Easy Intermediate Class

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

- **Wednesdays, February 7-28 — LSC483-01**
10:00 to 11:00 AM (KS). \$24 (four sessions). Instructor: *Sandy Gard* o

Intermediate/Advanced Class

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

- **Thursdays, February 1-22 — LSC484-01**
3:30 to 4:30 PM (KS). \$24 (four sessions). Instructor: *Audrey Fish*

Line Dance Instructors

• Audrey Fish

Audrey has been teaching at SCLH since November 2000. She loves teaching line dance because it's such great physical and mental exercise. "It makes me happy to see the joy this class brings to my students as well as watching them progress and feeling proud of their accomplishments."



• 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.

• 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.



—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

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Beginning Tap

Mondays, February 5-26 — LSC485-01

12:00 to 1:00 PM (KS). \$36 (four sessions) 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".

Choreography for Fun 1 & 2

• **Mondays, February 5-26 — LSC486-01**

11:00 AM to 12:00 PM (KS). \$36 (four sessions).
Instructor: *Alyson Meador*

Performance

• **Thursdays, February 1-22 — LSC487-01**

11:00 AM to 12:00 PM (KS). \$36 (four sessions).
Instructor: *Alyson Meador*

Technique

• **Tuesdays, February 6-27 — LSC489-01**

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

• **Thursdays, February 1-22 — LSC490-01**

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

• **Mondays, February 5-26 — LSC491-01**

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

Glass Art

Fused Glass and Stained Glass Workshop

Monday, February 5 — LSC492-01

4:30 to 6:30 PM (KS). \$17. Moderator: *Jordan Gorell*.

Prerequisite: For experienced students only. A moderator is present only to supervise the safe use of equipment. Fusing and stained glass enthusiasts share workshop time. Fusing enthusiasts: fee includes firing of items limited to a six-inch square kiln space. You will be charged extra if projects require more kiln space. Pay at Activities Desk on the day of the workshop.

Fused Glass Jewelry

Monday, February 19 — LSC493-01

9:30 AM to 12:00 PM (KS). \$25. Supply fee: \$10 payable to instructor. Instructors: *Jim Fernandez and Danielle Echeverria*. Learn how to make fused glass jewelry with the focus on Dichroic glass or one of the many other fused glass projects like plates, vases or wall art. We will have a new project every month

to choose from. 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 or other similar sized project. Additional projects or larger projects are available for an additional supply fee.

Stained Glass

Mondays, February 5-26 — LSC494-01

1:00 to 4:00 PM (KS). \$58 (four sessions). Supply fee: \$10 payable to instructor. Instructor: *Jim Fernandez*. Requirements: No open toe shoes. short pants okay. Come learn the art of stained glass. We will be learning the technique of cutting glass, foiling and soldering along with safety and the proper use of equipment. Create a beautiful butterfly sun catcher, candle holders, and other projects. The class is also open to more experienced students. The instructor will evaluate students' skill level on the first day of class for a proper project to be done by the student. Lead glass technique now available. *About the Instructor:* Jim Fernandez has 27 years of stained glass experience.



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Movies



The Art of Fred Astaire Wednesdays, January 24-February 14 — LSC422-12

1:00 to 4:00 PM (KS). \$30 (four sessions). Instructor: **Ray Ashton**. "The history of dance on film begins with Fred Astaire." This tribute was spoken by none other than Gene Kelly. In his 76-year career, Fred Astaire starred in 31 film musicals. We will be taking a look at his great career, scenes from many of his movies, as well as four complete films. "Swing Time" (1936), "Royal Wedding" (1951), "Easter Parade" (1948), and "Holiday Inn" (1942). So get your dancin' shoes on because, as my Mom once told me, "When you watch Fred, you've seen the best that ever was." Register now!

The Art of Gene Kelly Wednesdays, February 28-March 21 — LSC495-01

1:00 to 4:00 PM (KS). \$30 (four sessions). Instructor: **Ray Ashton**. In our second course of 2018, discover the life and times of one of the greatest stars of the Golden Age of movie musicals...Gene Kelly. It is only fitting that we follow the elegant Fred Astaire with four musicals by this athletic and innovative artist. We will discover his unlikely career as our journey takes a look at four of Mr. Kelly's films: "Singin' In the Rain," "on the Town," "An American in Paris," and "Take Me Out to the Ballgame".

Music

—Guitar—

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



Guitar 1A—Beginner Level Wednesdays, February 7-28 — LSC496-01

8:00 to 10:00 AM (KS). \$48 (four sessions). Instructor: **Bill Sveglini**. **Advisory:** The class is currently closed to new students. This class is designed for the person who has not played before or hasn't played for many years. The class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory. Recommendations: Nylon string guitars are easier to press down, and allow more room for your fingers and easier access to learn and play chords.

The teacher can advise students on the purchase of a guitar if needed. Questions? Call Bill at 916-899-8383.



Guitar 1B—Continuing Beginner Level Mondays, February 6-26 — LSC497-01

8:00 to 10:00 AM (OC). \$48 (four sessions). Instructor: **Bill Sveglini**. **Advisory:** The class is currently closed to new students. **Prerequisite:** Completion of Guitar 1A or Instructor's approval. The class will cover more advanced note reading, open and moveable chords, strumming, basic finger picking. Singing and strumming to basic folk and popular songs will be continued. Theory relative to all course of study will be taught. Questions? Call Bill at 916-899-8383.

Guitar 2B—Entry to Intermediate Level Wednesdays, February 7-28 — LSC498-01

10:15 AM to 12:15 PM (KS). \$48 (four sessions). Instructor: **Bill Sveglini**. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 1B or instructor approval: This class will cover more advanced note reading, chords written in notation, more advanced rhythms and more advanced ensemble music in duets, trios, and quartets. The new



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positional study will be started in second, fifth, and seventh positions. We will also study how to play solo literature and basic chord melody. Music theory, pertinent to all course work, will be taught. Questions? Call Bill at 916-899-8383.

Guitar 3—Intermediate

Thursdays, February 1-22 — LSC499-01

8:00 to 10:00 AM (OC). \$48 (four sessions). Instructor: **Bill Sveglini**. **Prerequisite:** Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. This class will continue to study more advanced styles of guitar, plus more advanced versions of ensemble playing, duets, trios, and quartets. Questions? Call Bill at 916-899-8383.

Guitar 4—Advanced

Thursdays, February 1-22 — LSC500-01

10:00 AM to 12:00 PM (OC). \$48 (four sessions). Instructor: **Bill Sveglini**. **Prerequisite:** Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. This class will continue to study more advanced styles of guitar plus more advanced versions of ensemble playing, duets, trios, and quartets. Questions? Call Bill at 916-899-8383.



Folk Guitar for Fun Folks 101 Beginner Class

**Tuesdays, February 6-27
— LSC501-01**

1:00 to 2:00 PM (KS). \$36 (four sessions). Instructor: **Darrell nger**. No prior music knowledge is necessary; a good singing voice is not a prerequisite! 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, including songs by the Kingston Trio, Peter, Paul and Mary, Simon and Garfunkel, John Denver, and others. Basic music theory (notes) will be shown, not emphasized. Information on how to choose and purchase a guitar, guitar aides such as capos and tuners will be discussed at the first class. Learn, sing, enjoy, have fun and join the Hootenanny! *About the Instructor:* Darrell is a long-time teacher, musician, story teller and folk singer. He was a member of the New Christy Minstrels; appeared on the PBS Folk Music Special, "This Land Is Your Land,," toured with Glenn Yarbrough; opened for the Kingston Trio; and played with Peter, of Peter, Paul and Mary. Questions: Call Darrell at 916-989-8532.

Folk Guitar for Fun Folks 102 Intermediate Class

Tuesdays, February 6-27 — LSC502-01

2:00 to 3:00 PM (KS). \$36 (four sessions). Instructor: **Darrell nger**. **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 finger picking styles used by folk artists. The class can be taken in conjunction with the 1:00 PM Beginning class, as long as the student feels comfortable they have met this prerequisite and their fingers can withstand the pain! The more, the merrier! Questions: Call Darrell at 916-989-8532.

—Voice—



Singer Vocal Boot Camp Continuation

Fridays, February 2-23 — LSC503-01

10:30 AM to 12:30 PM (KS). \$48 (four sessions). Instructor: **Bill Sveglini**. This class will continue to sing special SAT and SATB arrangements that have been written by the teacher. You will also be working on vocal exercises to increase range and tone quality, as well as warm-up exercises and sight singing exercises specifically written for this class by the instructor.

Personal Improvement

Two-day class!

AARP Driver Safety Training

Wednesday & Thursday, January 17 & 18

— LCS430-12

Or Wednesday & Thursday, March 21 & 22

— LSC504-01

9:00 AM to 1:00 PM (OC). Fee \$25 (AARP member) or \$30 (non-member). Fee includes a \$10 Association administrative fee. Instructor: **Tom McMahon**. AARP Driver Safety Training is geared to the "over 50" driver and covers how to adjust driving to age-related changes in our bodies, as well as common sense ways to drive more safely. Course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. There are no tests to pass. You must present your AARP membership card at registration and bring it to class in order to receive the discounted rate. Bring a valid driver's license to class in order to receive a Certificate of Completion (required by many insurance

companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver's test. Class space is limited.

Creative Writing & Storytelling

Wednesdays, February 7-28 — LSC505-01

11:00 to 3:00 PM (KS). \$58 (four sessions). Instructor: **Robert Chang**. Do you have stories you want to share with the world? Whether you want to write short stories, novels, screenplays, or nonfiction, the fundamentals of storytelling are essential for crafting compelling narrative experiences that captivate your readers from beginning to end. In this class, you'll learn storytelling techniques that will help you write stories that are not only entertaining but also have emotional and intellectual resonance. You'll learn various writing techniques that make your prose more vivid and expressive, creating an immersive experience for your readers.

Sewing

—Certification—



Bernina Serger Certification Monday, February 12

— LSC506-01

1:00 to 2:00 PM (OC). \$15. Instructor: **Sylvia Feldman**. All supplies provided except scissors

and tweezers. Class size is limited to three.

Bernina Sewing Machine Certification

Monday, February 12 — LSC507-01

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

Janome Sewing Machine Certification

Monday, February 12 — LSC508-01

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

—Quilting—

Sip and Chat About the Basics of Quilting —

Friday, January 26 — LSC438-12

6:30 to 8:30 PM (OC). \$40. Instructor: **Betty Kisbey**. Join Betty in a 2-hour discussion/demonstration of the tools and techniques of quilting while enjoying a glass of wine and snacks. If you think you might be interested or if you have tried quilting and have

questions, listen to her discussion on the basics of piecing and quilting and how quilting can be easy and creative. If you are an experienced quilter, this discussion will give you resources information on tools used and make quilting easier. The discussion will cover various types of tools, where to purchase them, and how they are used. This informal discussion is provided to encourage quilters to use tools that make quilting easy and fun.



Mystery Quilt IV

Fridays, February 2 & 9

— LSC437-12

1:00 to 4:00 PM (OC). \$40 (two sessions) plus \$10 pattern fee payable to instructor. Instructor: **Betty Kisbey**. **Prerequisite:** Must be able to sew an accurate quarter inch seam allowance and know how to safely use a rotary cutter. Join in the fun of making a quilt while solving a mystery! Come to class prepared to sew. You will be sewing and working on solving the puzzle to end up with a completed quilt top. You will be given only fabric and cutting requirements at registration as some sewing will be done in class and some at home. Pieces of the design will be given to you in steps throughout the class but the final quilt design will not

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be revealed until the end. This is a great way to meet other quilters and have fun working together to solve the quilt mystery! Please select your fabric before the class, fabric pre-cutting is required. **NOTE: Please see pattern requirements and the supply sheet. You are required to have the fabric cut before class. Be sure you get a supply sheet AND pre-cutting instructions when you register.**



Beginning Quilting Mondays, February 5-26 — LSC519-01

9:00 AM to 1:00 PM (OC). \$95 (four sessions). Instructor: **Betty Kisbey**.

This class will cover the fundamentals of quilting and making a quilt top. Over a period of 4 weeks, you will learn how to select fabrics, how to use a rotary cutter, accurately sew a quarter inch seam allowance, and practice correct pressing techniques. Learn time-saving tips for construction of the quilt blocks. Students may make 6 blocks or 9 blocks. One block will be done in class each week and the rest will be done as homework. The class is for the beginner, intermediate or a great review for the new quilter.

Technology

-PC-

Tips and Tricks for Windows 10 Monday, January 22 — LSC446-12

1:00 to 3:30 PM (OC). \$20. Instructor: **Bob Ringo**. This class is designed for users that have already begun using Windows 10 but want to take a step forward. You will learn Tips that will let you access advanced features of Windows 10. You will also learn Tricks to supercharge your Windows 10 computer by tweaking settings to your liking. Lastly, you will discover the very best content available from the Windows Store to enhance your Windows 10 experience.

Windows 10 Basics Tuesday & Wednesday, January 30 & 31 — LSC442-12

1:00 to 3:30 PM (OC). \$45 (two sessions). \$7 class material fee. Instructor: **Rita Wronkiewicz**. If you are new to Windows 10 or you just don't feel you've mastered 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 also 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 own device. Handout reinforces class work. Questions? Call Rita at 916-543-6962.



Amazon Echo Dot Monday, February 26 — LSC509-01

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

The Amazon Echo Dot functions as a source of entertainment, a personal assistant, and a smart home controller. Many of you received a Dot as a Christmas gift. The Dot can play your favorite music, answer your questions, and control your smart home devices by responding to your voice commands. In this class, 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 a Dot or you want to use the one you already own more effectively, this class is for you.

Google Chrome Monday, February 5 — LSC510-01

1:00 to 3:30 PM (OC). \$20. Instructor: **Bob Ringo**. Google Chrome is a free Internet browser that allows you to access the Internet and view web pages. It is an alternative to the malware exploited Internet Explorer. Chrome is fast, streamlined, clean, and simple. It keeps you safe and secure on the web with built-in auto-updates and malware and phishing protection. It is easy to tweak Chrome settings and add apps, extensions, and themes from the Chrome Web Store. Chrome is the most widely used browser in the world and is available for desktop, laptop, tablet, and phone computers. You can download Chrome Windows, OSX, and Linux versions.

—Smart Phones and Tablets/Mac—

Android Smart Phones Basics Friday, February 9 — LSC511-01

1:00 to 4:00 PM (OC). \$45. Instructor: **Len Carniato**. **Prerequisite:** Gmail account. If you are still new to your Android SmartPhone [from any carrier], you could be feeling a little overwhelmed with all it can do. In this BASICS seminar, you will learn SmartPhones are actually very easy to use and you will be able to master yours quickly. On our large screen display, we will focus on how to navigate screens, manage phone calls, organize your contacts, text messaging, email, use the internet, share photos, and more. Even if you haven't quite got the hang of your home PC, this seminar will get you off to a great SmartPhone start. Remember, SmartPhones are the future, so join us for a fun and educational session!

Getting More from your Android Phone

Thursday, February 15 — LSC520-01

1:00 to 4:00 PM (OC). \$45. Instructor: *Len Carniato*. Your Android Phone or Tablet can do much more than make phone calls. In class, on our big screen, you will see many useful accessories that can help and make it fun to travel with your device. Learn how to use the Voice Controls, to get driving directions, walking tools and the Internet. We will go beyond the basics and explore helpful Control Settings. You will learn how to manage your "Apps", Texting, Video Calls, Calendaring, and Syncing. Organize your Photos, backup, and sync to your home computer and more. You will leave this fun class with many great ideas on how to get much much more from your SmartPhone.



iPhone Basics Workshop

Wednesday, February 14

— **LSC512-01**

9:00 AM to 12:00 PM (OC). \$30. Plus \$5 paid to instructor for class material.

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

You must have an **iPhone 6, 6 Plus, 6S, 6S Plus, 7, 7 Plus, 8, 8 Plus, or iPhone X**; and you must be on **iOS 11.1.2 or higher**. Bring your (fully charged) iPhone to the workshop. Do you want to learn how to use the Settings App to personalize your iPhone? Do you want to learn how to get the most out of your iPhone? Then this class is for you. If you have any other specific questions about the class call Andy at 916-474-1544.

iPhone Advanced Workshop

Wednesday, January 31— LSC440-12

Or Friday, February 16 — LSC513-01

9:00 AM to 12:00 PM (OC). \$30. Plus \$5 paid to instructor for class material. Instructor: *Andy Petro*.

Prerequisite: You must know the basics of your iPhone, have an **iPhone 6, 6 Plus, 6S, 6S Plus, 7, 7 Plus, 8, 8 Plus, or iPhone X**; and you must be on **iOS 11.1.2 or higher**. Bring your (fully charged) iPhone to the workshop. You will go beyond the basics. You will discover how to use apps in location-finders, weather, photography, communications and more. You will also learn many tips and tricks that make your iPhone fun and easy to use. If you have any other specific questions about the class call Andy at 916-474-1544.

Digital Photography 101

Thursdays, February 1-22 — LSC514-01

9:00 AM to 12:00 PM (OC). \$58 (four sessions). Instructor: *Robert Chang*. Have you ever wanted to take better photos but never learned photography or use all those controls on your digital camera? Learn to operate the essential features of modern digital

cameras, regardless if it is a small compact, professional DSLR, or a smartphone camera app. Learn photography principles, good composition, effective camera angles and focal lengths, interesting lighting, and color theory. In addition, learn simple digital photo editing techniques to significantly improve photo quality. Bring your camera including mobile devices with built-in cameras such as a smart phone and tablets.



Digital Drawing and Painting

Mondays, February 5-26

— **LSC515-01**

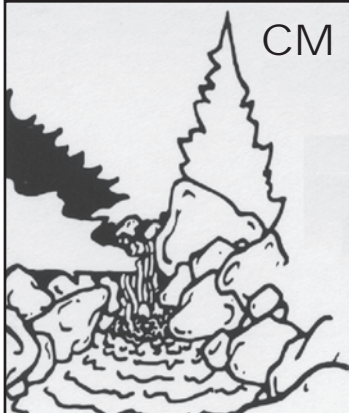
6:00 to 8:00 PM (OC). \$58 (four sessions). Instructor: *Robert Chang*.

Prerequisite: Basic computer skills. Learn how to draw and paint with your mobile devices and computer! Today's technology allows us to create beautiful artwork using digital equivalents of charcoals, pastels, watercolor, acrylics, oils, airbrush, pen & ink, etc., while also having the convenience of undos, layers, and many other powerful digital tools. In addition to digital art techniques, you'll also learn important drawing and painting fundamentals such as composition, shapes and proportions, lighting and form, color theory, brushwork, and more. The class will run for two and a half hours. Supply list available at Activities Desk.

Facebook 101

Saturdays, February 10 & 17 — LSC516-01

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



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WellFit

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Register for these classes at the Fitness Centers. Events go on sale on the 17th of this month at 8:00 AM

WellFit Orientations

Free Orientation: WellFit Staff

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

- **Tuesday, February 6**
2:00 to 3:00 PM, Fitness Floor (OC)
- **Tuesday, February 20**
1:00 to 2:00 PM, Fitness Floor (OC)
- **Tuesday, January 16**
4:00 to 5:00 PM, Fitness Floor (KS)
- **Wednesday, January 24**
11:00 AM to 12:00 PM, Fitness Floor (KS)
- **Tuesday, February 13**
2:00 to 3:00 PM, Fitness Floor (KS)
- **Wednesday, February 21**
4:00 to 5:00 PM, Fitness Floor (KS)

Wellness Open House

Wednesday, January 31

4:00 to 7:00PM, Fitness Center (OC)

Come see and do what WellFit has to offer!

Experience Laughing Yoga, Moving Mindfulness, Mat Pilates & Meditation. Your \$5.00 ticket includes Kombucha and Smoothie tastings! Sign up at either Fitness Center front desk. See ad on page 89.

Punch Pass Class

Please see the colored grids on pages 102-105 for days and times. Classes are designated with a level. Level 1 is designed for the beginner or returning exerciser. Level 2 is designed for an intermediate exerciser with established exercise ability and Level 3 is a class designed for the advanced exerciser. 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.

Disease Prevention & Management Session-Based Classes

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



Arthritis

Tuesdays, February 6-27

Wednesdays, February 7-28

Thursdays, February 1-22

Fridays, February 2-23

Wednesdays & Fridays, 12:00 to 1:00 PM, Aerobics Room (OC). Tuesdays

& Thursdays, 11:00 AM to 12:00 PM, Aerobics Room (OC). \$35 (four sessions). 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 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. According to instructor Linda Hunter, "By training with movements that work mentally to accomplish a physical move, we are less likely to have an injury and are more able to handle daily tasks. This class is fun; we laugh, move to music, explore and share companionship." Linda Hunter, LVN, is a certified Arthritis Foundation instructor with many years of experience.

Dream a Little Dream—Managing your Sleep Apnea and Other Sleep Issues

Tuesday, January 23

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

Lessons

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



Nordic Pole Walking

Tuesday & Wednesday,

February 6 & 7

9:00 to 10:30 AM, meet in the OC Fitness Center. \$45 (two outdoor sessions or indoor track; weather dependent).

Instructor: **Dr. Richard Del Balso**. Are



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- 4:45-5:15 MOVING MINDFULNESS (floor)
- 4:45-5:30 MAT PILATES (Aerobics Room)
- 5:30-6:15 LAUGHING YOGA (floor)
- 5:30-6:15 YOGA (Aerobics Room)
- 6:15-7:00 MEDITATION (Aerobics Room)
- 5:00-7:00 PILATES REFORMER DEMOS

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Martial Arts & Mindful Movement

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

Mindfulness Weekend Retreat – Discovering the Presence of Peace Saturday, January 20

9:00 AM to 12:00 PM, Multipurpose Room (OC). \$45 (three-hour event). Instructor: *Michelle Jamieson*.

Renew your energy, take time for yourself, and explore ways to calm your mind and body during this weekend retreat. This three-hour event will focus on mindfulness practices that will allow you to let go of your “to-do list” so you can relax and focus on the present moment.



Mindfulness – Learning to Live Mindfully – Step by Step: Non Judging Wednesdays, February 7-28

4:00 to 5:00 PM, Aerobics Room (OC). \$60. Instructor: *Michelle Jamieson*. Just as you can't force yourself to calm down, you can't make yourself be mindful. You can, however, learn how to cultivate certain attitudes to help you identify the thoughts and actions that lead you to live more mindfully. There are seven key pillars of mindfulness that can assist in setting the stage for what is possible. The first one is Non-Judging. Whether we are aware of it or not, we are constantly judging our experiences, labeling them as something we like or don't like, or judging them as good or bad. But what if we could let go of judging so we can really experience what is happening? How would life be if we weren't always trying to make our lives different than they are? Come explore ways to set yourself free from these traps to reduce the stress in your life.

New! Mindful Movement Mondays, February 5-26

4:00 to 5:00 PM, Aerobics Room (OC). \$44 (four sessions). Instructor *Michelle Jamieson*. Body movement has long been understood to cultivate mental skills such as self-awareness, focus and attention, and self-regulation. Engaging with the sensations, emotions, and thoughts of the present moment is known as mindfulness, and mindful movement practices such as yoga and tai chi support the development of these skills. Additional benefits of mindful movement include reduced stress, physical benefits like increased strength, balance and flexibility, and psychological benefits such as relaxation and improved mood and concentration. Research studies support these findings and show that regular practice of mindful movement can have a positive impact on one's life.

New! Establishing a Meditation Practice Mondays, February 5-26

5:00 to 6:00 PM, Aerobics Room (OC). \$60 (four sessions). The path of Meditation involves a slow and steady cultivation of the mind. The benefits of



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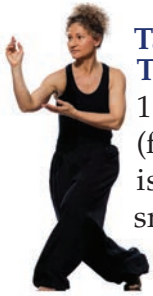


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mindfulness and contemplative practice are real, tangible, and can be experienced by anyone who practices with proper guidance. Yet to experience these benefits directly, we need to take time in our life to practice. We must give our minds the right 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. In this four week session, we will nourish our capacities for clear seeing and inner steadiness and deepen the foundations of mindfulness practice by giving careful attention to the body, the breath, feelings, and the mind.



Tai Chi—Qigong Introductory Class Tuesdays, February 6-27

1:00 to 2:00 PM, Aerobics Room (KS). \$44 (four sessions). Instructor *Peli Fong*. Tai Chi is a centuries-old health system that uses smooth and rhythmic movements that are coordinated with the breath in order to improve one's health and vitality. This clinically proven system is the fastest-growing form of exercise throughout the world as it is greatly recommended by healthcare professionals such as the Mayo Clinic, to improve posture, balance, and tranquility. The series of mindful movements that are synched with the breath is confirmed to alleviate arthritis, hypertension, asthma, digestive disorders, high blood pressure, vertigo, and more. This class is designed for people who wish to experience the multitude of health benefits of Tai Chi and Qigong by learning the classic 12 postures, basic Qigong warm-ups, and exercises that prepare them for the next level.

Tai Chi Qigong L1 Tuesdays, February 6-27

2:00 to 3:00 PM, Aerobics Room (KS). \$44 (four sessions). Instructor: *Peli Fong*. Tai Chi and Qigong are century-old practices that focus on soft and gentle movements known as the 24 postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi and Qigong offers harmony of the mind and body as it relieves stress and induces relaxation. Through the cultivation and flowing of the body's life force known as "Chi," this form of exercise has been scientifically proven to improve a variety of ailments such as arthritis, osteoporosis, cardiovascular disease, asthma, Parkinson's disease, digestive disorders, and more. People of all fitness levels will benefit from this complementary health system that improves health and longevity.

Tai Chi Qigong L2 Tuesdays, February 6-27

3:00 to 4:00 PM, Aerobics Room (KS). \$44 (four sessions). Instructor: *Peli Fong*. This class is for Tai Chi and Qigong students who wish to bring a higher awareness and understanding to their lifelong practice of complimentary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short forms. Practicing the 48 short forms will enhance and complement all of the Tai Chi classical movements. In addition, practitioners will learn Qigong sets of movements such as the White Crane Qigong, Eight Treasures, 18 movements, and I-Xuan Qigong. These Qigong sets paired with stillness and moving meditation will improve body mechanics, muscle memory, muscle tone, and will heighten the understanding of these century-old art forms of health, mindfulness, and wellbeing.

New! Laughter Yoga Thursday, February 1-22

1:00 to 2:00 PM, Aerobics Room (OC). \$44 (four sessions). Instructor: *Linda Kalb Hamm*. Let's gather together to laugh for no reason, get an easy aerobic work-out, meet new people, reduce stress and

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anxiety, add more joy and sparkle to life, enhance our mental and physical well-being and unify our world through laughter! This is not your traditional bendy, stretchy yoga, so no mats, poses. This hour-long laughter session begins with gentle stretching, clapping, chanting and breathing warm-ups. Then we begin our “laughter exercises” which use playful acting and visualization methods to keep us laughing and making eye contact with one another. We wind down with our “laughter meditation” which allows us to enjoy the spontaneous flow of laughter we have created by the end of our session. Finally, we end with guided relaxation exercise and affirmations...and lots of bubbles and hugs! Laughter Yoga is adaptable to all abilities. Just wear comfortable clothing and a smile!

Money Matters

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

Introduction to Investing with Russ Abbott Tuesday, January 23

10:30 AM to 12:00 PM, P-Hall (KS). \$5. (Single session).
Instructor: *Russ Abbo*. In what is arguably one of the most important topics, “how to invest for and during

retirement,” the subject has become very complicated and difficult to understand. However, there are some very basic and timeless rules every investor should know and follow regardless of their investment acumen or level of involvement. Come to this class to learn or get refreshed on the basics of investing. All topics will be covered and attendees can go home with the basics to build or evaluate their investment plan.

Preparing for the Next Economic Cycle with Russ Abbott Tuesday, February 27

10:30 AM to 12:00 PM, P-Hall (KS). \$5. (Single session).
Instructor: *Russ Abbott* Since the financial crisis of 2008, the economy has grown very slowly with low interest and inflation rates as well as weak GDP growth. That might all be changing very soon with a potentially more spending by corporate America given low unemployment and aging equipment. Come to his timely class to learn how to prosper in your portfolio to this important new trend and see what might be ahead for interest rates and inflation.

The Future of Energy with Russ Abbott Tuesday, March 27

10:30 AM to 12:00 PM, P-Hall (KS). \$5. (Single session).
Instructor: *Russ Abbo*. Whether it be the gas tank, one’s portfolio, or basic inflation, Oil has always been an often-discussed and critical topic. In 2020 it is predicted by some that the United States will not only be the largest producer of the commodity, but also a net exporter. Fracking, electric and, potentially, autonomous vehicles, as well as deregulation, are all leading to an oversupply of Oil and will have significant repercussions for the economy in the years ahead. Come learn about this fascinating trend and how you can prepare.

Nutrition

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



Setting and Sticking to your Goals for a Healthier You Thursday, February 22

2:30 to 3:30 PM, Aerobics Room (KS). \$20 (Single session). Instructor: *Milly Nunez*. We often face the challenges of eating healthy, keeping up with our exercise routines, and/or setting goals. How can you prepare to make this time different and more successful? Come and listen to some helpful tips and spend some

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time brainstorming and preparing with a certified personal trainer and sports nutritionist. Learn how to set SMART goals and leave with an action plan. Make yourself a priority.



Re-Start—Your Health in Just Five Weeks
Tuesdays, February 13-March 13

1:00 to 2:30 PM, Multipurpose

Room (OC). \$129 (5 sessions). Instructor: **Audrey Gould**, Registered Dietitian and Nutrition Therapy Practitioner. Restart is a five-week program with a three-week sugar detox built right in, the program focuses on how to use real food to boost your energy and cut cravings. Enjoy the side effects of weight loss, better sleep, increased energy and boosted immune system. Discover how good you can feel when you give your body a vacation from processed foods and sugar.



Restorative Wellness – Private Nutritional Consulting, Audrey Gould, RD/RDN, NTP

“Restorative Wellness with Audrey” will focus on educating and empowering residents to take control of their own health by teaching them how

to reverse the effects of the modern diet and live in “Health Nirvana!” Restorative Wellness is sold in three-month packages to help residents resolve specific health issues that can’t 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.

An understanding of your specific symptoms
 Personalized food and/or supplement recommendations that are specific to your individual needs

Total Cost: \$549. Additional consultations at \$75/session after the completion of the three-month program. Audrey Gould is a clinically trained Registered Dietitian/Nutritionist, Nutrition Therapy Practitioner and a Restorative Wellness Specialist. Audrey teaches the popular Re-Start Nutrition classes at SCLH and is committed to helping her clients find their best self.

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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. Or online.

Let's Talk About Advance Health Care Directives Wednesday, January 17

9:00 AM to 12:00 PM, Oaks and Gables Rooms (OC). \$30. Instructor: *Marcia Van Wagner*. Every adult needs an Advance Health Care Directive. Regardless of age or health, none of us knows when a future event may leave us unable to speak for ourselves. What should I consider before completing an Advance Directive? What scenarios might I encounter that having an Advance Directive would help? How do I choose an agent? What is a POLST? Do I need one? How do I talk to my family about my wishes? This interactive class will explore all these questions with handouts and resource materials.



Beginning Sudoku Tuesday, January 23 Tuesday, February 27 Tuesday, March 27

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

learn the basics of Sudoku, one of the most popular puzzles in America today. Puzzle layout, logic, and playing methods will be discussed and reviewed. The instructor's own Box Rule of Two strategy will be taught, making you feel much more comfortable with Sudoku. Come enjoy something the American Medical Association has cited as a worthwhile activity to do every day.

Pilates Reformers and Towers

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

Move better, feel better, and live better. Your body can be more free, energetic, and powerful with less pain and fewer injuries using Pilates to transform the way you move. We teach Pilates to improve your strength and balance so you can do things you love!

Pilates Reformer Membership Packages

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

Reformer packages are as follows:

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

Membership packages require an agreement for auto-pay upon enrollment. We require a 10-day written notice of cancellation of membership prior to the next billing cycle. Reformer classes must be used within 45 days of issue. To enroll in Reformer Membership, contact Carol Zortman at 916-625-4032 or Carol.Zortman@sclhca.com. These packages are not available online. Private Reformer Training is available. See class grid on pg 105 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

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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

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$54.
- **Duet Training:**
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$34 per person.

Private training is convenient and efficient. All private training is done by appointment. When working one-on-one, our trainers will customize a reformer program to meet your specific goals. Pilates is an excellent pre/post rehab, back injury or nerve impingement therapy since it focuses on "Core Strength." Most injuries are caused by hidden muscular weaknesses or skeletal imbalances. Pilates works to balance the body to bring proper alignment and function to the body. For more information regarding Private Reformer Training, please contact Carol Zortman at 916-625-4032.

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.
- For more information regarding personal trainers and/or qualifications, please contact Jeannette Mortensen at 916-408-4825.

Small Group Training (SGT)

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

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

Events go on sale on the 17th of this month at 8:00 AM. Register at either Fitness Center.

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 descriptions for each class.

SGT—Parkinson's Indoor Cycling Wednesdays, February 7-28

12:30 to 1:30 PM, Aerobics Room (KS). \$70 (four



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



**New! SGT—ParkinsonWise
Fridays, February 2-23**

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. Trainer and instructor Milly Nuñez 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.

**SGT—ParkinsonWise
Thursdays, February 1-22**

1:30 to 2:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Milly Nuñez*. Improve your quality of life through meaningful exercise. Exercise and movement are effective in delaying the progression of symptoms, in reducing the impact of symptoms, and increasing general well-being. The class will emphasize focused movement, maintaining and increasing 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—TRX Strength and Stretch Combo L2
Mondays & Wednesdays,
February 5-28**

2:30 to 3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Kathryn Shambre*. Warm up with functional moves to the sounds of the 70’s. Learn to use the TRX to strengthen and balance the body safely. Extra care and attention will be given to the knees and the shoulders. Other pieces of equipment will be used to isolate the abs along with low impact moves throughout the class. The class is completed with a relaxing stretch using the TRX and stability ball to rebalance the body. *This class is available for the SGT Drop-in Pass.*



**SGT—Fit 101 at Kilaga Springs L1
Mondays & Wednesdays,
February 5-28**

10:30 to 11:30 AM, Fitness floor (KS). \$135 (eight sessions). Instructor: *Danielle Lawlor*. 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 at KS, but you will also work on the TRX, weights, exercise bands, walking, stretching, and more. By the end of the session, you will have a customized workout routine that includes the correct settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.

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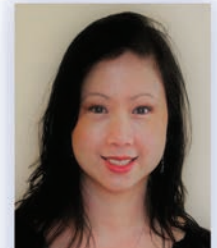
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**SGT—Fit 101 at Orchard Creek L1
Tuesdays & Thursdays,
February 6-March 1**

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

why Fit 101 is a perfect place to start. This class will incorporate a little of everything 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,
February 6-March 1**

12:00 to 1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: **Deanne Grinn**. Join us for a fun-filled class which incorporates strength

training and high-intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on "Functional Fitness" using a variety

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



**SGT—Progressive Bootcamp L2/3
Mondays & Wednesdays,
February 5-28**

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— Morning Burst Group
Training L2
Mondays & Wednesdays,
February 5-28**

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

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



**SGT—TRX L2
Tuesdays & Thursdays,
February 6-March 1**

5:30 to 6:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: **Danielle Lawlor**. This TRX class covers strength, balance, cardio, core

and stretch all while using TRX suspension training straps. You will work on posture and keep your joints safe while building lean muscle mass and flexibility. *This class is available for the SGT Drop-in Pass.*

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SGT—TGIF TRX & More L2 Fridays, February 1-22

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



SGT—Healthy Back L1 Mondays & Wednesdays February 5-28

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



SGT—Balance & Fall Prevention L1/L2 Mondays & Wednesdays, February 5-28

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.

WellFit Services

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

Bowenwork Services

The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. Bowenwork addresses core issues, not just symptoms. This technique is known for its profound, long-term effects. It can help with chronic conditions from asthma to bunions, as well as acute injuries like sciatica, knee problems and more. It is safe and gentle enough for those with compromised health. Rebecca Kang is a Certified Bowen Practitioner; she has also completed Specialized Bowen Procedures 1 and Bowen Procedures 2—Masters for the experience Bowen Practitioner. For more information about Bowenwork or for an appointment, please contact Rebecca Kang at rebecca.kang@sclhca.com or 916-625-4034.

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OC WellFit Class Schedule February 1-28, 2018						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OC	OC	OC	OC	OC	OC	OC
7:00 Athletic Stretch L1/3 <i>Jen</i>		Athletic Stretch L1/3 <i>Jen</i>				
8:00 Strictly Strength L3- <i>Jen</i>	Step for All L2- <i>Kim</i>	Strictly Strength L3- <i>Jen</i>	Step for All L2- <i>Kim</i>			
9:00 Zumba L3 - <i>Summer</i>	Core & Strength L2 - <i>Kim</i>	Zumba L3- <i>Summer</i>	Core & Strength L2- <i>Kim</i>	20/20/20 L3- <i>Gretchen</i>	Yoga Basics L1- <i>Amy/Sara</i>	Cardio Strength L3- <i>Kim</i>
10:00 Slow Flow Yoga L2/3- <i>Jennifer</i>	Yoga Flow L2 - <i>Ashley</i>	Everybody Can L2- <i>Linda</i>	Yoga Flow L2- <i>Jennifer</i>	Strictly Strength L2 - <i>Valerie</i>		Zumba L3- <i>Carrie</i>
11:00 Piloga L2 - <i>Cynthia</i>	Arthritis L2- <i>Linda</i>	Piloga L2- <i>Lola</i>	Arthritis L2- <i>Linda</i>	Piloga L2- <i>Lola</i>		
12:00 Yoga Stretch L1- <i>Julie</i>	12:15-1:15pm Rest Meditation and Yoga L1 - <i>Iram</i>	Arthritis L1/2 - <i>Linda</i>	Yoga Stretch L1- <i>Julie</i>	Arthritis L1/2 - <i>Linda</i>		
1:00 Chair with Flair L1- <i>Julie</i>	1:30-2:30pm Chair Yoga L1 - <i>Ashley</i>	Chair with Flair L1- <i>Julie</i>	Laughter Yoga - <i>Linda K</i>	Basic Chair L1- <i>Kathryn</i>		
2:00 SGT - Balance & Fall Prevention L1- <i>Danielle</i>		SGT - Balance & Fall Prevention L1- <i>Danielle</i>				Yoga Flow L2- <i>Ashley</i>
3:00 Healthy Living Exercise L2 - <i>Milly</i> (completion of Healthy Living Session required)	Healthy Living Exercise L2 - <i>Milly</i> (completion of Healthy Living Session required)		Healthy Living Exercise L2 - <i>Julie</i> (completion of Healthy Living Session required)	Activities		
4:00 Mindful Movement - <i>Michelle</i> (coming in Feb)	Activities	Mindfulness - <i>Michelle</i>			SCLH Booking	
5:00 Meditation techniques- (coming in Feb)						
6:00		Mixed Levels Yoga L1-3- <i>Jennifer</i>	Activities			
Group Exercise Classes (punch pass) \$3.50				Wellness Classes (session based) Small Group Training (session based)		
All classes are subject to change without notice. All classes are 55 minutes, unless otherwise noted.						

KS WellFit Class Schedule February 1-28, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	KS	KS	KS	KS	KS	KS	KS
7:15							
7:15-8:15am	SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2 - Deanne	SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT - TGIF TRX L2 - Danielle		
7:30							
8:30	Low Impact/Sculpt Interval L2 - Jeannette	Zumba Gold L2 - Joanie	Power Vinyasa L3 - Deanne	Low Impact/Sculpt Interval L2 - Jeri/Jeanette	Zumba Gold L2 - Joanie	Low Impact L2 - Jeri	
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3 - Jennifer	Strictly Strength L2 - Linda	Cardio Strength L3 - Jeri/Jeanette	Strictly Strength L2 - Jeri	
10:30	Plates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2 - Gretchen	Piloga Flow L2 - Cynthia	Everybody Can L2 - Linda	Yoga Stretch L2 - Jeri	
11:30							
12:30	SGT - Healthy Back L1 - Marilyn	12:00pm SGT - Functional Fit L2 - Deanne	SGT - Healthy Back L1 - Marilyn	12:00pm SGT - Functional Fit L2 - Deanne	Waldan Gong L1 - Joan		
1:00							
1:30		1:00pm Tai Chi Intro - Pell	SGT - Indoor Cycling for Parkinson's L1 - Milly		SGT - ParkinsonWISE Combo L1 - Milly		
2:30	Yoga Basics L1 - Army	2:00pm Tai Chi L1 - Pell		1:30-2:30pm SGT - ParkinsonWISE - Milly			
	SGT - TRX Strength and Stretch Combo L2 - Kathryn	3:00pm Tai Chi L2 - Pell	SGT - TRX Strength and Stretch Combo L2 - Kathryn				
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 L2 - Danielle		SGT - TRX L2 - Danielle			
6:30							
Group Exercise Classes (punch pass) \$3.50							
Wellness Classes (session based) Small Group Training (session based)							
All classes are subject to change without notice. All classes are 55 minutes unless otherwise noted.							

OC Aqua WellFit Class Schedule February 1-28 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
	Water Works L2/3- <i>Jeannette</i>		Water Works L2/3- <i>Marla</i>		Water Works L2/3- <i>Jennifer</i>		
8:30	Aqua Fitness L2- <i>Lori</i>		Aqua Fitness L2- <i>Lori</i>		Aqua Fitness L3 - <i>Jennifer</i>		
9:30	Core n More L3- <i>Danielle</i>	Water Works L2/3 - <i>Deanne</i>	Core n More L3- <i>Annette</i>	Water Works L2/3 - <i>Deanne</i>	Core n More L3- <i>Marilyn</i>		
10:30	H20 Bootcamp L3- <i>Jennifer</i>	Water Works L2/3 - <i>Deanne</i>	Splash Dance L2- <i>Annette</i>	Water Works L2/3 - <i>Deanne</i>	H20 Bootcamp L3- <i>Jennifer</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	(12:35pm-1:30pm) Aqua Pilates L1- <i>Marilyn</i>		(12:35pm-1:30pm) Aqua Pilates L1- <i>Marilyn</i>		(12:35pm-1:30pm) Aqua Pilates L1- <i>Marilyn</i>		
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	H20 Bootcamp L3 <i>Jeannette</i>		H20 Bootcamp L3- <i>Marla</i>				

All classes are subject to change without notice.

All classes are 55 minutes unless otherwise noted.

WellFit Pilates Reformer Class Schedule February 1-28, 2018

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

Sun City Lincoln Hills Community Association

965 Orchard Creek Lane
Lincoln, CA 95648

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Melinda Rogers (916) 625-4006

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KS Fitness Center (916) 408-4683

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Spa Manager

Trudy Smith (916) 408-4071 trudy.smith@sclhca.com

Hours

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

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Sunday 8:00 AM-5:00 PM

Activities Registration: OC & KS

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

Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

Administration Offices & Membership

Monday-Friday 8:30 AM-5:00 PM

Saturday (first only) 8:00 AM-12:00 PM

Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Saturday/Sunday—OC 7:00 AM-8:00 PM

Saturday/Sunday—KS 6:30 AM-6:00 PM

Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM

Sunday 7:30 AM-3:30 PM

Meridians Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

Dinner Friday & Saturday 5:00-9:00 PM

Sunday Brunch 7:00 AM-2:00 PM

The Spa at Kilaga Springs

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

Saturday 9:00 AM-5:00 PM

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