

November 2018

COMPASS

Navigate Your Way Through Sun City Lincoln Hills

Happy Thanksgiving!

13 Seasons of GIVING

17 Quilts of VALOR

The Official Magazine of Sun City Lincoln Hills

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On the cover - Happy Thanksgiving
photo by Phil Robertson



Board of Directors' Report

Solar Recap

Clean, Green Source of Energy: Reducing Our Carbon Footprint

Ken Silverman, Vice President, Board of Directors

A few times over the years, our Community Association, through the Properties and Finance Committees, looked at installing a solar array to provide electricity for our Orchard Creek Lodge. In 2015 it was determined that it could be done in a cost-efficient manner and the solar array was constructed and operations began in November 2015. The cost of the solar installation at Orchard Creek was \$2,464,399 with \$1,797,765 coming from operations and a loan from reserves of \$666,633. The loan from reserves has been repaid.

In 2016 it was determined that adding a solar array at Kilaga Springs would also be prudent. The construction began in June of 2017 and delivery started in February of 2018. The cost of this solar array was \$1,450,523 with \$48,788 from operations and \$1,401,735 coming from reserves. The amount from reserves is expected to be fully paid back by August 2021. The saving on both solar arrays is \$32,500 a month and those funds are being used to repay the reserves. As of September 30, 2018, the amount now owed is \$1,098,326.

In order to reduce costs for these projects, a Power Purchase Agreement (PPA) was used. A third party owns and supplies us with the electricity for a specified period of time so the tax advantages can be used for the construction costs. The plan is to own the Orchard Creek solar array by November 2020 and Kilaga Springs by February of 2023. In order for the Association to use a PPA, it required 51% of the owners to approve, per our governing documents. An assent agreement was signed by over 51% of our owners.

Let's not forget the great shade structures as a result of these solar arrays.

INTERESTING STATISTICS

Size of OCL Array – 948 Kilowatts – 2,898 panels (327 watts each)

Size of KSL Array – 556.8 Kilowatts – 1,280 panels (435 watts each)

OCL production since being turned on (11/15) – 3.81 Gigawatt Hours

KSL production since being turned on (2/18) – 626 Kilowatt Hours

The OCL Array has saved over 1065 lbs. of Carbon



At the October 25 Board of Directors Meeting, the Board recognized Nina Mazzo and Doug Brown for their many years of service as Compass contributors.



*At the October 25 Board of Directors Meeting, the Board recognized the Communication & Community Relations (CCRC) for their volunteer service to the community. Pictured from left to right (*indicates CCRC member): Hank Lipschitz, *Kent Noard, *Pete Cunningham, *Chuck Cunningham, *Denise Bowden, Marcia VanWagner, *Michele Hutchinson, *Becky Nicholson, Don De Santis, Joe Stewart, Ken Silverman, *Paul Gardner, Molly Seamons, David Conner. (Not pictured: *Valerie Jordan)*

Calendar of Events

November 15, 2018 - December 20, 2018

Date	Event	Page #
11/15-17	Marquee Memories	53
11/20	Joyous Brass.....	53
11/24	Mr. Blandings Builds - Movie	50
11/27	Listening Post	50
11/28	Cache Creek Casino	61
11/29	Bingo	21
11/29	Spencer Day.....	53
11/30	Sip and Paint	75
12/1	Trails Celebration.....	50
12/1	Mama Mia.....	50
12/3	Mama Mia.....	50
12/4	iPhone Workshop.....	83
12/6	Four Unique Hypnotic Journeys.....	86
12/6	3 Americans in Paris	55
12/6	Android Smart Phone Basics	83
12/7	Chromebook.....	83
12/9-11	Tis the Season	53
12/11	Mixed Media	74
12/13	Quilt, Tea and Sweets Celebration	80
12/15	SF Holiday Shopping.....	67
12/15	Static in the Attic.....	89
12/15	Santa Adventure	57
1/23/19	The Truth and Science of Cannabis – Upcoming Forum	
2/27/19	Aortic Stenosis – Upcoming Forum	



From the Executive Director's Desk

Chris O'Keefe, Executive Director,
SCLH Community Association

Welcome to the November issue of the COMPASS magazine! November is a special time of year a time where we should take a moment to think about everything we are thankful for, so it's appropriate that I do so here.

First of all, I am thankful for the incredible team that I have the privilege to work with every day. I am continually reminded of how special and dedicated our team is. I have had the opportunity to visit many homeowner associations over the years; I can state firmly and directly that our team is second to none. We are blessed to have such talented people.

Secondly, I am thankful for our wonderful residents. Our residents are the reason that Sun City Lincoln Hills is the most successful large-scale community that Del Webb has built. Their energy and passion is what has kept the community so active and thereby attractive to potential buyers.

One of the joys that we experience as a staff member is to see people walking through the lodges for the very first time experiencing the residents having fun and enjoying life. This zest for life is what draws them to this community.

Finally, I am thankful for the personal relationships that we as a team get to cultivate with our residents. Each of the department leaders has resident mentors that they can reach out to for guidance. These relationships develop into true friendships and serve to make us better. The ability to get feedback "from the outside in," is incredibly valuable.

That is why we are here. I hope your Thanksgiving is filled with joy and many reasons to be thankful.

Holiday Hours of Operation

Holidays	Lifestyle Desk OC/KS	Administration & Membership	WellFit OC/KS	The Spa at Kilaga Springs	Kilaga Springs Café	Meridians Restaurant & Bar
Thanksgiving Day, November 22	Closed	Closed	5:30 AM - 11:00 AM	Closed	Closed	Thanksgiving Event 11:00 AM - 3:00 PM
Day After Thanksgiving, November 23	10:30 AM - 3:30 PM	Closed	7:00 AM - 2:00 PM	9:00 AM - 6:00 PM	6:00 AM - 4:30 PM	7:00 AM - 9:00 PM
Christmas Eve, December 24	8:30 AM - 1:30 PM	8:30 AM - 2:00 PM	5:30 AM - 2:00 PM	9:00 AM - 3:00 PM	6:00 AM - 2:00 PM	7:00 AM - 3:00 PM
Christmas Day, December 25	Closed	Closed	Closed	Closed	Closed	Closed
Day After Christmas, December 26	8:30 AM - 4:00 PM	8:30 AM - 4:00 PM	7:00 AM - 8:30 PM	9:00 AM - 6:00 PM	6:00 AM - 4:30 PM	7:00 AM - 8:00 PM
New Year's Eve, December 31	8:30 AM - 1:30 PM	8:30 AM - 2:00 PM	5:30 AM - 2:00 PM	9:00 AM - 5:00 PM	6:00 AM - 4:30 PM	7:00 AM - 2:00 PM (+) New Year's Event
New Year's Day, January 1	Closed	Closed	7:00 AM - 2:00 PM	Closed	Closed	Closed

(Hours subject to change)

Listening Post Update – Chris O’Keefe, Executive Director

Once again we had great attendance for the October Listening Post. As always, I want to thank everyone who took the time to attend. We started by addressing rumors; one is that the Association is using drones to inspect backyards. I am happy to report that nothing could be further from the truth. As stated in the SCLHCA Drone Policy, drones are restricted to common areas only.

The residents were updated on the Association finances. I happily reported that the Food and Beverage department had a close to break-even year. In my humble opinion, the F&B Task Force has been the most effective Task Force we have developed; their input will assist in producing positive results long into the future. Thank you to the Task Force members for their hard work.

I also spoke to some “behavioral” issues that have come up recently; issues and behavior that are in some cases similar to what we see in the world around us. In one instance an anonymous letter was sent out that questioned the qualifications of an individual running for the board, another was abusive behavior from one

resident towards another, and the last issue was inappropriate comments from a resident that was directed to a staff member.

You can find plenty of examples in the news of behavior that is disrespectful, rude, and inappropriate. Sun City Lincoln Hills is a special place, and we should aim to operate at a higher level. The way that we treat our neighbors, guests, and staff are a reflection of who we are. No resident should feel uncomfortable or fearful when using our facilities. Disrespectful communications sent anonymously, or thru social media does nothing but seek to divide, and serves no positive purpose.

This is a great community and an extraordinary place. Residents, staff, our business partners, and the guests are family. We all share the same goal - to ensure that Sun City Lincoln Hills remains the finest community there is.

Upcoming Listening Posts: Thursday, November 29, 11:00 AM P-Hall (KS); December cancelled due to the holiday. Starting in 2019: Third Wednesday at 9:30 AM, P-Hall (KS).



Election News

Get Ready, GET SET, Vote!

Make sure your voice is heard in our community by **learning about, supporting** and **voting** for the candidate(s) who best represent(s) you. Seven candidates are running for the four SCLH Board of Directors seats to be filled:

- Denny Valentine
- Donald Negus
- Alice Crawford
- Marcia VanWagner
- Ken Silverman
- Laura Thiele
- Kathy Shaddox

Learn about the Candidates

- **Read** the Candidate Statements in the *Compass* and at the OC and KS lodges.
- **Hear** what they have to say at the three **Candidate Forums** (all video recorded), as they address your forum questions submitted in the information table question boxes.
- **Meet** the candidates.

Support the Candidates

- **Join** a candidate’s campaign committee.
- **Post** candidate yard signs.
- **Host** a gathering for a candidate.
- **Talk** to your friends about the issues and who to support.

Vote for the Candidates

- Ballots will be **mailed January 7-11**, and will be **due February 13**.
- This year there will be a **Ballot Box** where your votes may be deposited at the OC lodge.

Date	Day	Event
2018		
Dec 11	Tue	Display tables and Forum Question Boxes out at both lodges Candidate yard signs may go up
Dec 17	Sun	
2019		
Jan 7	Mon	Election Ballots mailed
Jan 15, 17, 19	Tue, Thu, Sat	Candidate Forums
Feb 13	Wed	All Ballots Due
Feb 14	Thu	New Board Seated



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



Team Member of the Month Award – October 2018



Our October 2018 “Team Member of the Month” is Whitney O’Connell! Whitney has been with Lincoln Hills since March of 2017 as a Spa Concierge and in July of 2018 was promoted to Lead Spa Concierge. Here are just a few quotes from her team members:

“Whitney is confident, kind and intelligent. She is especially gracious and anticipates the needs of each guest that comes into the Spa.” “Whitney takes on tasks and sees them through.” “She has earned the respect of her team and all the Technicians.” “She is a wonderful addition to the Spa!”

We are fortunate to have Whitney part of our Team. Thank you, Whitney, for committing to provide outstanding customer service to our guests and your dedication to Lincoln Hills!

Upcoming Association Meetings: November 15 – December 31

Golf Cart Registration	Thursday, November 15, December 6 & 20, 9:00 AM
Board of Directors Meeting	Thursday, November 15, 9:00 AM, P-Hall (KS)
Board of Directors Special Session	Thursday, November 15, 11:00 AM
Board of Directors Executive Session	Thursday, November 15, 1:00 PM
ARC/Architectural Review Committee Meeting	Monday, November 26, 9:00 AM
Compliance Special Meeting	Tuesday, November 27, 9:00 AM
Listening Post	Thursday, November 29, 11:00 AM, P-Hall (KS)
Board of Directors/Finance Committee Workshop	Tuesday, December 4, 8:00 AM
CCOC/ Clubs & Community Organizations Committee Meeting	Tuesday, December 4, 9:30 AM
Compliance Committee Meeting	Wednesday, December 5, 9:00 AM
Properties Committee Meeting	Thursday, December 6, 9:00 AM, P-Hall (KS)
Elections Committee Meeting	Friday, December 7, 10:00 AM
ARC/Architectural Review Committee Meeting	Monday, December 10, 9:00 AM
CLDC/Community Leadership Development Committee Meeting	Friday, December 14, 1:00 PM
Finance Committee Meeting	Wednesday, December 19, 9:00 AM, P-Hall (KS)
Board of Directors Meeting	Thursday, December 20, 9:00 AM, P-Hall (KS)
Board of Directors Special Session	Thursday, December 20, 11:00 AM
Board of Directors Executive Session	Thursday, December 20, 1:00 PM

Meetings in Orchard Creek Lodge unless noted otherwise.



Finance Committee Report

2019 Reserve Study

Hans Fokkema, Finance Committee

Every year all homeowners receive a summary copy of the Board approved Reserve Study. Last year the study included projected increases in homeowner contributions of \$4 in 2019 and an additional \$4 in 2020. While it is important to understand that these contribution increases are essential to maintaining a healthy level of reserves, this year we have made every effort to reduce the impact of those contributions because the minimum wage increases mandated by the State of California and the slowly increasing inflation levels already create upward pressure on our dues. However, contribution increases to our reserves cannot be eliminated.

Our goal is to assure that Lincoln Hills remains a high quality and very desirable community and we, therefore, want to reach and maintain what is called a "Strong Reserve Position," which means that we want to keep the funding level between 70% and 90%. This is the balance of the Reserve Fund expressed as a percentage of the total amount that ideally should have been reserved for all assets combined depending on where each one is in their life cycle.

In order to reach that objective the recently approved 2018 Reserve Study no longer includes a \$4

increase in homeowner contributions for two consecutive years but does include a \$1 increase for 2019 and a \$2 increase for 2020, 2021 and 2022. All increases beyond that will be kept below the anticipated inflation rate. This means that it will take longer to get the reserves to the desired funding level (70%), but we still remain adequately reserved. However, it is important for all of us to understand that the increasing contribution levels are absolutely necessary because we have no other way to keep the reserves healthy.

A different feature in the 2018 study is that under the category "Special Assessments/Other." It shows a contribution of \$400,000 from the CEF. This is a one-time contribution to strengthen the reserve position and to cover increased expenses for two specific large-scale projects that are charged to the Reserves. These are the WellFit renovation project and the upgrade from wood fencing to concrete fencing. We do not anticipate requesting similar contributions in the future. While they strengthen the reserves, they do so only temporarily. We will still need increased homeowner contributions to secure long-term stability of the reserve position.

For September we were \$79,935 better than budget, and we were \$104,650 better year-to-date.

Preliminary Statement of Operations YTD September 2018

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$6,236,857	\$6,199,584	\$37,273	\$8,261,646
Administration (Expense)	(1,554,325)	(1,521,115)	(33,210)	(1,977,330)
The Spa at Kilaga Springs	990	7,115	(6,125)	15,010
Fitness	(346,197)	(354,130)	7,933	(479,280)
Activities	(358,307)	(377,955)	19,648	(509,370)
Rec. Center / Maintenance	(3,966,975)	(4,023,603)	56,627	(5,300,730)
Food & Beverage	(3,610)	(26,113)	22,503	(35,538)
Net Revenues (Expense)	\$8,433	(\$96,217)	\$104,650	(\$25,592)
CEF/FMA Net Change YTD Sep 30, 2018	(\$32,210)	CEF/FMA Funds Sep 30, 2018		\$713,447
		Unallocated CEF/FMA Funds		\$571,813



Architectural Review Committee

What's the Difference?

Carole Dummett, ARC Chair

What's the difference between the Architectural Review and Compliance Committees?

Even though the ARC and Compliance Committee works in tandem, they provide two different functions. Following CC&R Section 5.02, the ARC is given the authority to develop and review all proposed improvements including home construction, exterior alterations, landscaping, painting, yard decorations, accessory structures, etc. We must determine whether such improvements are consistent with the enhancement of the community, Design Guidelines and other governing documents with approval or disapproval based on this information.

The Compliance Committee is responsible for the enforcement of all governing documents in Lincoln Hills including the Design Guidelines. This committee works closely with Community Standards to resolve issues in a timely manner. This includes new improvements and on-going property maintenance.

The Design Guidelines were developed to provide detailed information regarding all external improvements enabling all ARC members the ability to make a non-discriminatory decision and compliance a clear definition of the requirement.

We cannot emphasize enough the need for you, the

owner, to review the topics relating to your improvement in the Design Guidelines and submit an application with the appropriate checklist to the ARC prior to the commencement of work. Non-compliance issues can result in frustration and become costly. Obtaining ARC review and approval, when appropriate, will actually help to avoid non-compliance issues.

Community Standards plays two roles; one is they are available to answer questions about your project and help you with the necessary forms and documentations for ARC submittal, including paint selections. Their second role is to interface with the Compliance Committee on all non-compliant issues working with owners to resolve their proposed violations.

We all share the same goal, which is to accommodate owners while maintaining the integrity of this lovely community.

Contact Sam.McKee@sclhca.com, arc@sclhca.com or compliance.committee@sclhca.com. We are all available to answer questions and provide solutions.



Compliance Committee / Community Standards

What Color Goes Where?

David Mateer, Chair

Del Webb and Pulte spent a lot of time designing the homes in our community. The great part about this is the houses have character. Add color, and our community becomes the beautiful place it is. Our community standards balance providing color choices for individual tastes with standards for some similar community themes.

We have noticed that over time, some owners have strayed from the exterior painting standards. Sometimes this was done intentionally to add some flair. Other times it was because they were not familiar with how the exterior painting standards applied to their home. Either way, it may generate a compliance issue. The best way to avoid problems is to obtain the required ARC review and approval before you repaint your whole house or make *any* color changes. There is also an excellent Exterior Painting Standards document available in the Resource Center by the Lifestyle Desk (OC). This document will assist in getting the paint right the first time.

Some easy problems to avoid are:

1. If trim touch up is being done as part of your routine repair and maintenance, be sure your new paint matches your most recently approved paint application. If you are touching up the builders' original paint,

ensure you have the original color to match. **Do not match the color as it looks today as it is likely faded from the original/approved color.**

2. All stucco pop-out areas (those stucco areas which stick out 4-5") above the windows, doors and garage door all need to be the same secondary trim color. They should *not* be the same as the main stucco body of the house.

3. Garage doors are painted to match other areas of the house. They are generally either the main body color or the pop-out color mentioned above. If your garage door has been replaced due to normal wear and tear or other reasons, it needs to be painted accordingly.

4. There are specialty colors that can be used for front doors or shutters. These should only be used as approved for those areas.

5. Most of our wood fences are due for some paint. The fence has usually faded from the original standard color. The correct color for all wood fences and gates is Sherwin-Williams "Sanderling" No. SW7513.

The Community Standards department is available to assist in obtaining information on your home's latest ARC approved colors. They do not have color information for the builder's original colors for your home.



The Marketing Corner
Volunteer Month 2018

Jeff Caponera, Communications and Marketing Manager

When you look at the importance of volunteering, you should consider how great the magnitude of the impact is that we can make in the lives of those less fortunate, or in the lives of those that have lost the ability to do for themselves. Doing more for the community, in turn, makes us more tolerant.

Here at Lincoln Hills, we rely heavily on volunteers that help make our events and programs the huge success that they are. We held our Volunteer Appreciation Luncheon on November 1. The luncheon is where we get together to honor all of you who have volunteered throughout the year. This year, however, we kicked off volunteer month that will

annually run the entire month of November. Volunteer month is a way to help bring more awareness to the community about the importance of volunteering.

A great volunteer resource is the Resident website at www.SCLHResidents.com, under the Resources tab, there is a Volunteer page. This page will provide you with a list of current volunteer opportunities along with contact information.

Volunteer month is halfway over; please continue to be on the lookout for weekly eNews announcements and more COMPASS articles on this topic as we utilize our many platforms to publicize the rewarding opportunities we have for you to engage in the community.



Lifestyle News & Happenings
New Year's Eve Celebration, Embracing Change

Lavina Samoy, Lifestyle Manager

On December 31, we are putting together something novel and different from year's past...a double celebration to welcome 2019! What's different? Guests can choose between an East and West Coast party time. Our first party starts at 6:30 PM with hors d'oeuvres, a full bar, chocolate fountain and photo booth followed by a swanky dance concert from Jonathan Poretz and his mini big band at 7:00 PM. At 9:00 PM you will enjoy a champagne toast to Auld Lang Syne, culminating with a spectacular firework display viewed from outside the Ballroom at 9:10 PM. The second party is perfect for night owls and those who like to start their party later. It begins with the fireworks at 9:10 PM and continues until midnight. It offers the same fun and excitement as the first with appetizers, chocolate fountain, photo booth, champagne toast and a dance concert from one of this year's Summer Series winning concert, Jonathan Poretz. What remains unchanged is the glitz, fun, and attention to detail that you have come to expect from all our events. Yes, it's different but surely sensational!

The celebration provides the following opportunities:

- Choice for early birds and night owls
- Reserved seating inside the ballroom for all guests
- More space on the dance floor

- Entertainment for the dancers and for those who enjoy a good concert
- Earlier fireworks to let your pets have a good rest
- A shorter or longer party depending on your choice
- Better on your pocket at just \$75 per guest

But how about dinner? Meridians is offering a special four-course New Year's Eve dinner with two seatings at 5:00 and 7:30 PM. Reserve your table by calling Meridians at 916-625-4040.

So do give this change a chance, reserve your tables now...you will end up loving it!

Now here's something that we are offering for the third time...a trip to the spectacular **Pageant of the Masters Arts Festival in Laguna Beach**, where art masterpieces unfold live before your eyes. On **July 28-31**, Katrina leads the trip to this amazing event including a visit to Getty Center with a day for shopping/beachcombing/relaxing (page 59). And if you haven't joined one of Katrina's trips, then you are missing a lot!

More trips are listed on page 61 plus concerts and entertainment including **Chicago: The Tribute, January 10** and **Piano Men: the Songs of Elton John and Billy Joel, January 22**. See more on page 53.

Have a Happy Thanksgiving! Gobble, gobble!



Let us serve you with a view
Meridians
 Restaurant & Bar

*Kristy Woodin,
 Director of Food & Beverage*

Our annual Crab Feed was another huge success, and if you joined us, thank you!

If you were unable to get a reservation for Thanksgiving, try picking up your dinner from us between the hours of 11:00 AM and 3:00 PM on Thanksgiving Day. For only \$19 per person, you will receive turkey, mashed potatoes, stuffing, green beans, rolls with butter, and a slice of pumpkin pie. Meridians will start taking orders on November 15 and must be placed no later than November 21.

We are very excited to bring you the “new” Meridians on November 26 we will start a new concept and hours. The new hours will be from 7:00 AM to 8:00 PM Sunday through Thursday, and 7:00 AM to 9:00 PM on Friday and Saturday. You will be able to order breakfast every day between 7:00 and 11:00 AM, everything else on the menu will be available after 11:00 AM. With new items like specialty burgers, wraps, pasta, and even pizza, you can’t go wrong! New Happy Hour times will be from 3:00 to 6:00 PM every day, the Sports Bar will keep the same hours of 11:00 AM to 8:00 PM daily.

Come join us for New Year’s Eve Dinner at the Meridians. Reservations are now on sale. There are two seatings to accommodate the Lifestyle Departments’ concerts. The first seating is at 5:00 PM with the second seating at 7:30 PM. Please go to the website or ask the host in the restaurant for more information.

Chef’s Recipe of the Month:

Turkey Scaloppine

Ingredients

- 1 1/2 pounds turkey breast cutlets (about 8 cutlets)
- salt
- freshly ground black pepper
- 1 cup flour
- 2 tablespoons olive oil
- 1/3 cup thinly sliced pancetta (about 1 ounce)
- 2 tablespoons thinly sliced fresh sage
- 3/4 cup white wine
- 1/2 cup fat-free, less-sodium chicken broth
- 2 tablespoons butter, cut into small pieces

Instructions

1. Place a turkey cutlet on a large piece of saran wrap. Cover with another piece of saran wrap. Using a meat pounder (or another heavy object like a rolling pin or wine bottle), pound the cutlet till it is thin and flat, about 1/4-inch thick.
 2. Season the turkey scaloppine generously with salt and pepper on both sides.
 3. Coat lightly in the flour and shake off any extra flour.
 4. Heat two large skillets over medium heat. Add 1 tablespoon of oil to each skillet.
 5. Cook half of the turkey in one pan and the remaining turkey in the other pan. Cook until the turkey is lightly browned and no longer pink on the inside, 5-7 minutes. Remove turkey from pan and keep warm.
 6. Add pancetta and sage to pan; cook 3 minutes or until pancetta is browned, stirring occasionally. Add wine; bring to a boil.
 7. Cook until reduced to 1/2 cup (about 3 minutes). Add broth; bring to a boil. Cook until reduced to about 2/3 cup (about 2 minutes). Stir in butter.
 8. Add the turkey scaloppine back to the pan and turn to coat with sauce. Cook for another minute to blend flavors. Enjoy immediately.
- Serves 4.





The Spa at Kilaga Springs Beautiful Winter Skin

Trudy Smith, Spa Manager

November is no different. Winter is a perfect time for those deeper exfoliation facials and treatments. Beautiful skin starts with healthy skin. Our new addition is enzyme peels. One of our partners, Image skincare, has Signature chemical peels to help reverse the visible effects of skin damage in two ways. First, they power away dull dead cells to illuminate the skin and reduce the appearance of fine lines, wrinkles, age spots, clogged pores, and blemishes. Then, they support collagen for firmer looking skin over time. We are launching this peel season with the "Image Designer Facelift". This facial is wonderful for smooth, radiant skin and also prepares your skin for a series of peels we will be offering.

In our retail boutique, we are supporting that home care regimen by offering 15% off all exfoliants for the Face or Body.

In our massage department, we continue to promote wellness through bodywork. It is truly amazing the difference bodywork can make to your health and wellbeing. A growing body of evidence shows that massage therapy can be effective for a variety of health conditions. Massage is rapidly becoming recognized

as an important part of health and wellness. By incorporating massage into a regular healthcare regimen, many older adults find a better quality of life and additional relief from a multitude of health issues.

The Spa offers memberships in Massage and Skincare. There is no sign-up fee, no cancellation fee and you receive 10% off products and qualified services.

This month I am shining the spotlight on one of our massage therapists – Shawna Avila. Shawna joined the massage team early this year. She brings a passion to her work that is very rewarding to herself and helpful to the clients. She is dually licensed as a Certified Massage therapist and Aesthetician. I asked her what it is that she loves about massage. She answered it is all about balance. Massage cured Shawna of an anxiety disorder. This is one of the subtle benefits of massage therapy; relieving mental and emotional stressors as well as physical pain. Shawna finds that by providing a service that releases those chronic areas and provides a relaxing and refreshing massage, it brings balance to the body and mind.

We hope to see you in the Spa. We are open to the public so bring your friends!



WellFit News Planning for the Future

Deborah McIlvain, Director of Lifestyle, WellFit and Spa

I just returned from a convention from ICAA International Council of Active Aging in Southern California. It is an association that leads, connects and defines the active-aging industry by supporting organizations and professionals that develop wellness environments for adults 50 and older. The conference topics included physical classes, research, trends, programming and more. One of the most significant realizations that I came away with is how we and other HOA's definitely need to stay relevant while following progressive demographic trends and minding the aging gap.

Did you know that according to AARP 10,000 baby boomers are reaching retirement age every day? That means nearly seven baby boomers are turning 65 every minute! At Lincoln Hills we see the changes. The new 55 and older will eat, shop and live differently than the older segment. This new

generation of residents wants choices and flexibility. They are health conscious and expect high levels of services and activity programs. Programs that end at 4:00 PM are not going to do for these folks. They are looking for flexible dining options (Meridians is expanding to dining all day), wine tasting, Tai Chi and Yoga studios just to name a few. As a community, we need to take a closer look and ask the question: how do we attract the new 55+ to a community that has a current resident population who have lived here for 15-20 years and are much older with different wants and needs? We need to provide services that cater to both. Expect to see new 30 minute classes, fresh formats, and videos next year. Change is inevitable; progress is optional. I say "the age wave is coming, time to get active, try new things, accept change, grab your Yoga mat and ride the wave!"

Check out our Holiday special on page 84, perfect for someone on your fitness list.

A GUIDE TO COMPLETING YOUR ARC APPLICATION



*Do you need help filling out the ARC application?
Attend one of the remaining classes below:*

Monday, November 19 - Oaks (OC) 9-11 AM

Tuesday, December 4 - Oaks (OC) 9-11 AM

***Classes are first come, first served
Maximum capacity is 10***

For more information contact:

Sam McKee, Community Standards Manager

Sam.Mckee@sclhca.com





Seasons of Giving Shining a Light on Club Contributions

Linda Lucchetti, Roving Reporter

Holiday time is often called the “season of giving.” Generosity grows with a sense of goodwill, gratefulness, and the desire to share with those less fortunate.

Core charities herald in the season – familiar ones like the Salt Mine and Toys for Tots. The locally operated Salt Mine collects non-perishable food items for seniors and families in need. Toys for Tots collects unwrapped toys for children. We welcome these organizations as the harbingers of holiday spirit!

But, did you know that within our community there are several seasons of giving? Many of our diverse clubs and groups organize community service efforts throughout the year, not only during the holiday season. Here are a few.

The **Paper Arts Club** promotes creative ideas for paper artists and stampers. One of its outreach programs occurs at the start of the school year when members contribute school supplies like paper, pencils, colored markers, and other items lacking in local classrooms because of budgetary restraints. The club strives to select a deserving school each year in order to ‘spread the wealth.’

The **Lincoln Hills Tap Company** enjoys tap dancing and performing. Its members want to inspire youth. With a portion of proceeds from their

performances during the year, and with the help of their Choreographer & Artistic Director Alyson

Meador, the group presents scholarships to aspiring young dancers that will provide them opportunities to pursue their talent at camps or in classes.

The **OC Book Group** is comprised of avid readers. Several years ago, members learned that due to budget cuts the Twelve Bridges Library could no longer provide quality magazines in the children’s section. The group began to ‘pass the hat’ after meetings, and soon, by raising hundreds of dollars, was able to put and keep these youth publications back on the shelves.

The **Needle Arts Group** is a broad, large group encompassing activities like knitting, crocheting, and quilting. Its emphasis is making quilts for children and some adults. Members donate hundreds of handmade items to a variety of organizations such as Kids First (foster children); Koinonia (foster teens); Sutter Hospital Pediatrics for chemo patients; Loomis Basin Christmas Basket Program; St. Vincent de Paul Adopt-a-Child program; Patriots Honor (veteran amputees); and Hearts Apart (Beale Air Force Base children of deployed military personnel).

Tell us about your club’s community service efforts in your next club article in the Compass,

or send information to Linda Lucchetti (linnluu@aol.com).



Paper Arts donates school supplies



OC Book Group provides youth magazines



Needle Arts donates quilts to Veterans



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- laugh
- make friends
- eat well
- feel secure
- have fun
- feel loved

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Thankful for Neighborhood Watch Volunteers!

Teresa Tanin, Neighborhood Watch

You could simply accept the definition of “volunteer.” However, Neighborhood Watch Volunteers go far beyond the definition. What they see, they report and what they report comes back tenfold in a safer and more informed community.

Neighborhood Watch acknowledged 96 *volunteers* Friday, September 14, with an evening of awards and desserts galore in the Multipurpose Room (KS). Gift cards were awarded to Village Coordinator, Elizabeth Farley, and Mail Box Captains, Judith Weinrich, Julie and Richard Campbell, and Rene Fuog for completing their Coordinator and Captain’s reports by the August 15 deadline. This was a very sweet evening where desserts were apropos.

Five-year and 15-year *volunteers* (pictured) were honored November 3, during the Neighborhood Watch Annual Meeting and

Breakfast Potluck in the Multipurpose Room (KS). Five-Year honorees received a personal *Letter of Appreciation*, and Fifteen-year honorees received the *Special 15-Year Recognition Award*, signed and presented by the Executive Director. Applause rang out in gratitude for their many years of community service.

Neighborhood Watch could not accomplish the goals for a safer and more informed community without volunteers. They understand the information they gather today, may help others tomorrow. Knowing a neighbor who can be contacted, having family/friend’s phone numbers, providing a “Vial of Life” medication form for first responders, or noting pet information, can be beneficial in an emergency.

For more information about *volunteering—time worth taking*, visit our website www.SCLHWatch.org or see *Compass Association Contacts/General Numbers*.



Left to Right: Louise Burke, Rich Ragan, Gay Patrick, Sharon Hallsworth, Nancy Whitaker, Ruth Woodmencey, Marie Salers, Mary Neville, Rhoda Ladd, and Gene Goselin

15-Year Honorees not pictured: Rosanna Jensen, Jill Klein, and John Perfect.

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You Are the Heroes of Our Nation and the Heroes of Our Hearts

Nancie Attwater, Roving Reporter

Wow! It's November already. Veteran's Day and Thanksgiving on the calendar. You know how to handle Thanksgiving, but what about Veteran's Day? How do you honor our nation's heroes? This is one way, and it happens all year round.

On September 29, Marcia Van Wagner, Bill Attwater and Ed Clark, Lincoln Hills residents, received Quilts of Valor to honor their service in the military. The Solarium was awash in red, white and blue as the recipients were wrapped in their quilts with family and friends there to honor them. The phrase "thank you for your service" rang out all morning. Many veterans state at the ceremonies that it is the first thank you they have ever received for their time in the military.

After receiving their quilts, the vets told us about their military history. This is often a very tearful part of the ceremony for the vets and their families.



Marcia receives her quilt from Nancie and Bill Attwater

Quilts of Valor and Quilts of Honor give veterans handmade quilts at ceremonies like this throughout the year. Both groups began making quilts and awarding them to veterans because of a



*Colonel Marcia VanWagner
U.S. Army 1974 to 1996
Operation Desert Shield
and Desert Storm*

Sad memories surface as they share their stories of heroism and sacrifice while they fought for our freedom. Never do they believe they are heroes.

Quilts of

loving mother who saw anguish and despair in their son after returning from active military service. Their first thought was that perhaps a quilt wrapped around the soldier's shoulders would give them comfort and a "hug." A quilter thinks this way. Every cut of fabric, stitch, and plan for a quilt is done from the heart and with love.



*First Lieutenant
Tank Officer William Attwater
U.S. Army
1st Medium Tank Battalion
4th Infantry
1961 to 1963*

The quilts are made by women and men nationwide, but many live here in Lincoln Hills. A quilt top is made by the "topper" following the guidelines put forth by the organization. A request is made for a "quilter" through a coordinator, and the two will be put in contact. The quilt is sent to the quilter with the backing, and they will layer the pieces together



*Edwin Clark
Torpedoman, 3rd Class
U.S. Navy
1943-1945
WWII
U. S. Navy Submarine Pipefish
Pacific Theater*

with batting and do the beautiful stitching using a "longarm" quilting machine that magically makes it a quilt. It is sent back, and the binding and label are added. All time, supplies and postage are donated by the respective person doing their "job."

If you would like to honor a

veteran with a quilt the nomination process is simple. Go to QOVF.org or quiltssofhonor.org. The information for nominating someone is there. And to all the men and women that have served, let me say once again "thank you for your service."



Down in the Delta

Richard Pearl, Roving Reporter

There's the Mississippi Delta, the Mekong Delta, the Ganges Delta, and then there's the Sacramento Delta.

The Sacramento Delta...what's up with that? A lot, actually. Our delta – bounded by the cities of Sacramento, Stockton, and Pittsburg – consists



Entering the Delta

of 1,100 square miles of land and waterways, producing such crops as asparagus, peaches, and potatoes. It's also home to the famous Crawdad Festival, where 25,000 pounds of crawdads (mini-

lobsters) are consumed each Father's Day weekend in the tiny town of Isleton.

From downtown Sacramento (35 minutes from Lincoln), it's only 10 miles south before you enter another world...slow-paced and incredibly diverse. The Delta contains 1,000 miles of waterways, which makes for some interesting travels. On our one-day trip we "island hopped" using several bridges and two ferries. The ferries crossed channels 100 feet and 300 feet, respectively and, since CalTrans operates them, they are free.

Start your trip in Freeport, accessed by heading south on I-5 for ten miles. Then check out the wineries in Clarksburg and continue south to the town of Locke (population about 80). Locke was originally built by Chinese immigrants for Chinese immigrants (this was before the Chinese immigrants were allowed



Downtown Locke

to own land). In its heyday, it had five gambling halls, five brothels, and several speakeasies and opium dens. Locke is also famous for the quaint



Delta Bridge

restaurant with the politically incorrect name of "Al the Wop's." The restaurant actually gets some pretty good dining reviews.

Continue on to Walnut Grove (population 1,500) and have lunch at Tony's. If it wasn't recommended to us, and now to you, there's no way you would stop there. Fantastic Philly Steak sandwiches, burgers and fries.

For something much more upscale, backtrack to the Grand Island Mansion Inn. This structure is the largest private estate in northern California and consists of 24,000 square feet of building (58 rooms), an Olympic-sized swimming pool, and incredible gardens. It's a great spot for Sunday brunch or to hold a unique party.

End your journey in Rio Vista, where a must-see spot is Foster's Bighorn restaurant. Another politically incorrect location featuring 250 mounted heads of animals shot all over the world, acquired primarily by former owner Billy Foster. Yes, definitely politically incorrect in today's California but the commentary associated with most pictures tells interesting stories of a different era. From Rio Vista, you're back in Lincoln Hills in an hour and a half.



Grand Island Mansion Inn

Our Delta, another fascinating close-by experience.



Serving the Lincoln Senior Community

Save Money When You Donate

Jerry Johnson, Lincoln Hills Foundation

Yes, you can save money when you donate. Rather than use after-tax money to donate to the Lincoln Hills Foundation, make your donation without paying any tax. If you transfer funds directly from your IRA account to a charity, that amount will not be taxed as personal income.

If you are 70 1/2 years or older, you can transfer money from your IRA directly to the Lincoln Hills Foundation without counting the distribution as income. All of the funds you contribute (100%) will be used to enhance the quality of life of senior residents of the Lincoln community. Your contributions will pay for caregiver respite, hot meals for food insecure seniors, senior supplies, Neighborhood Watch supplies, and funding to support groups in the areas of breast cancer, bereavement, Multiple Sclerosis, and Alzheimer's caregivers. For more information on how you can

make a real difference see the Foundation's website at www.lincolnhillsfoundation.org.

Beyond the social impact of your contribution, your IRA transfer will count toward your IRA's required minimum distribution. IRA distributions are not subject to annual charitable deduction limitations, even if you continue to itemize. No income taxes will need to be paid on your gift. You benefit, even if you don't itemize your deductions. And, your IRA distribution will not increase your adjusted gross income. You may transfer any amount (up to the \$100,000 limit) of your annual "required minimum distribution."

Here is what you need to do: Contact your IRA administrator and ask to make a "qualified charitable distribution." You can provide the Lincoln Hills Foundation's tax ID number (68-0488670) and address: PO Box 220, Lincoln, CA 95648-0220.

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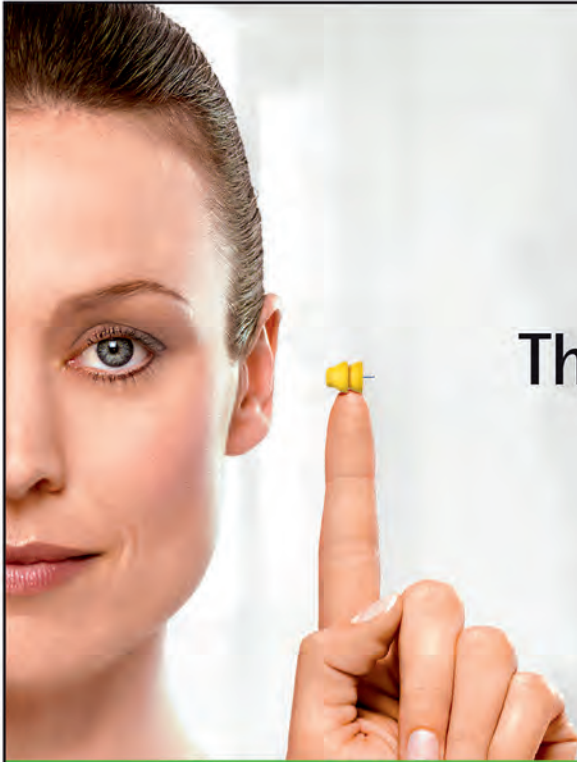
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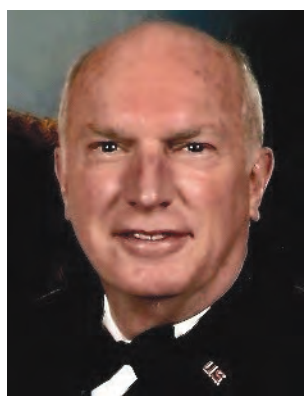
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In Memoriam

Tim OBrien

Born in Idaho in 1957, Tim OBrien was a lifetime lover of the mountains and skiing. His service on the National Ski Patrol spanned more than 43 years. His colleagues remember him for his calming influence and excellence in training new patrollers. His family was overwhelmed by the amazing tributes that poured in from across the Ski Patrol community. Tim was also an avid motorcycle enthusiast, and in 2010 he was able to realize his dream of riding to the Arctic Circle on a three-week adventure. He and his wife Joann were married for 29 years, the last three as residents here in Lincoln Hills. He also leaves behind three siblings, their families, and numerous friends.



Larry Wilson, DMD

Larry was a native Oregonian. After graduating from Oregon State and OHSU Dental School, Larry joined the US Army and was stationed in Berlin, Germany where his two children were born. Returning home, Larry established his dental practice in Lake Oswego, remained in the US Army Reserves, retiring after 22 years as a Lieutenant Colonel. He met his wife, Marcia VanWagner while in the Army. They moved to Lincoln Hills in 2001. Larry was best known as the Executive Director of Neighborhood Watch for four years. A social butterfly, Larry thrived on the wonderful people in his life. His favorite saying was, "Aren't we lucky"?



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Thursday, November 29

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VOLUNTEER OPPORTUNITIES!

Committee Openings

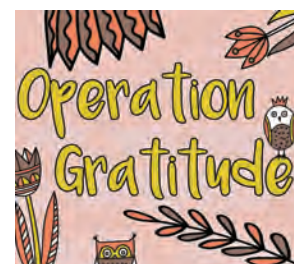
Below are Committees that need your volunteer time and expertise. Committees with openings include:

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

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

OPERATION GRATITUDE

William Arthur Ward said, "Feeling gratitude and not expressing it is like wrapping a present and not giving it." There is still time to show your appreciation to Association employees for their work and customer service! Just stop by any "Operation Gratitude" comment jar and fill out a card – it's a simple and easy way to show your gratefulness towards our Lincoln Hills staff members.





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Club News



Amateur Radio

The Amateur Radio Group actively participates in community events with the Western Placer County Amateur Radio Club. In December the two clubs will support the Lincoln Lions Food Distribution Event, with traffic control and distribution coordination. The ARC functions as an emergency communications group for Lincoln Hills and the City of Lincoln with 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. Our Group meets on Monday nights, 6:30 PM at the South Lincoln Hills Gatehouse. If you are an amateur radio operator you are encouraged to check to our weekly network at 7:00 PM every Monday. **Contact: Jim Darby 916-408-8599;**
Website: www.lharg.us



Antiques Appreciation

Put on your party clothes and come to the Antique Club Christmas Party on December 3 in the Ballroom (OC), 11:30 AM. Tickets are \$25 per person, guests welcome. Tickets are available from Ann Renyer at 916-408-7008.

A wonderful lunch is planned with a dessert to die for. There will be prizes and of course, entertainment.

We will be contributing to Toy for Tots again this year. Please bring a gift for a teenager up to 18 years old, instead of a child. We meet the first Monday of every month in the Heights and Gable rooms (OC) from 10:00 to 11:30 AM. Next meeting: January 7, 2019. Dues will be \$15.00 per household for the year.

Contact: Jo Quiarte 916-408-7140



Astronomy

The Cosmology Interest Group (CIG) will announce its next meeting as to the date. It will be held in the Fine Arts Room (OC) at 6:45 PM. The program will continue the series on Radio Astronomy. Contact Morey Lewis (eunmor@pobox.com) for more information. Sunday, December 2, 1:00 PM; the LHAG Holiday Party will be held in the Kitchen (KS). For \$10 per person, you can enjoy an Astronomy display, buffet dinner, door prizes, and an Astronomy quiz with prizes. The cut-off date for signup for the Holiday Party is November 26. Reservation forms are on the Home Page of the LHAG website.

Visit our website for more information.

Contact: Ron Olson 916-408-1435,

rolson@starstream.net;

Website: www.lhag.org



Ballroom Dance

We are preparing to celebrate the year-end with a Christmas Pot Luck Party on Tuesday, December 11 from 5:00 to 9:00 PM in the Multipurpose Room (KS). Wear your finery and bring a specialty dish to share as we warm up for the holiday season. This will be the only club activity in December. Cha Cha lessons will conclude on November 20 and 27.

Our 2019 membership drive is in full force through January. Consider joining or renewing by completing and submitting the application form. Membership dues, only \$7/year, is open to SCLH residents, sponsored guests, couples and singles. Free lessons 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.

Contact: Sal Algieri 916-408-4752,

sr64danz@sbcglobal.net;

Website: www.sclhna.



Big History

The Big History club began the fall sessions with our President, Ranny Eckstrom, giving us a summary of what the club is about, what we covered in our first year and where we are headed this year. For the remainder of the calendar year, we will be focusing on the Agricultural Revolution and the huge impact it had on humanity.

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Our members will also be presenting book reports on Big History related topics. Come join us. Our next meeting will be November 19.

The Big History club meets the first and third Mondays of the month at 10:00 AM in P-Hall (KS). Annual dues are \$10 per person payable now. You may learn more about our club and download an application on our website.

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

Website: www.bighistorysclh.com



Billiards

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



Challengers winners 1st Wes Hamamura, 2nd Don Krause

Remember it's free.

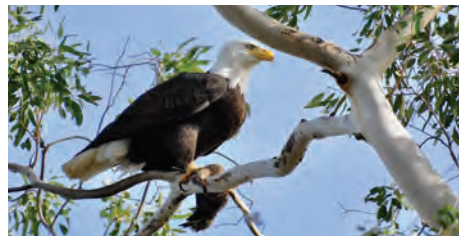
Contact: Tony Felice 916-955-0501, atfelice3@gmail.com



Bird

On December 10 at 1:30 PM in the P-Hall (KS) Sal Acosta and Suzanne Hutchinson will present a program on their recent trip to Uganda. This small African nation is home to over 1,000 species of birds and many African mammals. During their travels, Sal and Suzanne spent time with a family of endangered Mountain Gorillas, followed a troop of Chimpanzees through thick forest and visited Lake Victoria, the largest lake in Africa. You won't want to miss this presentation!

Two day trips are coming up. November 23 we head to Gray Lodge Wildlife Area. Then December 7, we travel to Sacramento



A Bald Eagle seen during our Sacramento National Wildlife trip.

National Wildlife Refuge with a stop at Colusa National Wildlife Refuge in the afternoon. Both trips include a stop for lunch.

Website: www.lhbirders.org



Bocce Ball, Mad Hatters

The Mad Hatters Bocce Group was formed to acquaint the residents of Lincoln Hills with the rules and fun of Bocce. We give free instruction and furnish all equipment. From November to April we play Bocce every Thursday Morning at 10:00 AM. Beginning in May, we start our Thursday Bocce sessions at 8:00 AM. The Mad Hatters Bocce group is open to all Lincoln Hills residents. We play to a relaxed set of Bocce rules that make the game fairly simple and easy to



Our Bocce Courts in the very beginning

learn, no experience required. We also have a wheelchair accessible court. Please see our information flyer on the SCLH Resident website Bocce Ball page.

Contact: Paul Mac Garvey 916-543-2067, pmac1411@aol.com;

Website: sclhresidents.com/group/pages/bocce-ball-group



Book, OC

We will discuss our final book this year, *The Winter of Our Discontent*, by John Steinbeck, on November 15. Set in contemporary 1960 America, the novel explores the thin line between

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private and public honesty. This classic ranks alongside Steinbeck's most acclaimed works of penetrating insight into the American condition.

Schedule, remainder 2018: December 20, Holiday Luncheon. At this month's meeting, we vote on selections for next year. (See the Website for the list of suggested books.) 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:**
LHocbookgroup.blogspot.com/
Wiki: ocbookgroup.pbwiki.com/



Bridge, Duplicate

We welcome new duplicate players every session. On Wednesdays, the limited section is clearly preferable if you are new. You will have a chance to increase your playing speed and skills in the limited section. Dan Rogers and Jean Cole met each other playing bridge in Lincoln Hills. It's our good fortune they fell in love, married and continued their passion for duplicate bridge. They are a popular couple who sometimes play bridge together and sometimes with friends. Whether at the same table or different tables, we can be guaranteed they will graciously greet us and make us feel welcome. Games are played at (KS), Wednesdays/Saturdays at 12:30 PM. Friday at 5:00 PM. Partners or



Dan Rogers and Jean Cole

questions, please visit our website.
Contact: Lynne White 916-253-9882,
[lynnewhite2000@yahoo.com;](mailto:lynnewhite2000@yahoo.com)
Website:
www.bridgewebs.com/lincolnhills



Bridge, Partners

Call for reservations or show up with a partner in the Sierra Room (KS) 5:30 PM Thursday. Play begins at 5:45 PM. Reservations for November 29/December 13 - Joanna 916-209-3392.

Winners: September 27 -First: Stan Mutnick/Phil Sanderson; second: Beverlee/Allan Blaine with high round of 1320; third: Dee Williams/Judy Olson; fourth: Jyoti/Viren Sitwala. October 4 - First: Kay/Ben Newton; second: Linda Theodore/Janet Pinnell with high round of 1400; third: Judy Olson/John Griggs; fourth: Dee Cole/Ed Hartnett. October 11-First: Edith Kesting/Erika Wolf with high round of 2200; second: Rita McPeake/John Griggs; third: Lorraine Minke/Janet Pittenger; fourth: Bev/Allan Blaine. October 18-First: Janet Pinnell/Linda Theodore with bridge trifecta, high total, high round 2710 and grand slam; second: Marlene

Harner/Basil Molony; third: Sandy MacCullough/Carol Norman; fourth: Jim Busey/Harry Collings.
Reservations for first/third
Thursday: Kay 916-408-1819



Bridge, Social

We welcome Social Bridge Players to join us on Fridays for Singles' Rotation Bridge in the Sierra Room (KS). Arrive at 12:20 PM. Reserve your space for November/December by contacting John Woodbury, 760-522-8758 or Alan Haselwood, 916-209-3392. Winners from September 28 to October 19: First Place: Joe Phelan, Bob Belknap, Ralph Madsen, Byron Hansen. Second: Dan Cronin, Eleanor Amar, Yvonne Jacobson, Judy Ganulin. Third: Ralph Madsen, Mo Scarpetti, Jerry Kluball, Hiro Kumasaka/Jay Southard (tied). Fourth: Byron Hansen, Jim Monnin, Alan Haselwood. Congratulations to Viren Sitwala & Theresa McCusker for 7H Grand Slam! Students from our free bridge class are invited to attend Friday Bridge (if ready). The class is ongoing Wednesdays 8:30 AM to Noon in the Card Room (OC).

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



Bunco

In October, the Bunco group welcomed one new player Christine Bluhm. The Bunco traveling bear was all over the room before landing in front of Kathy.

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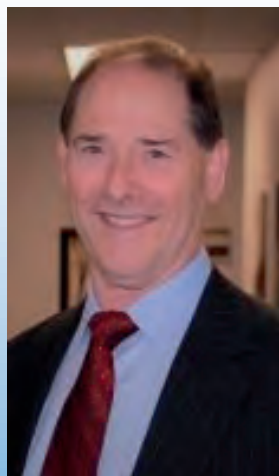
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Bunco Co-chairpersons Shirley Mohler and Kathy Sasabuchi

After tallying up the score sheets, there were six roll-offs for Bunco, three for Wins and two for Losses. That is a lot of roll-offs!

Bunco is a non-membership group with a \$5 'pay to play' fee. Bunco play is the third Thursday of the month in the Cards Room (OC). Play starts promptly at 9:00 AM. Please consider joining us for a morning of laughter, fun, and friendship! October Winners: Most Buncos - Mary Swanson; Most Wins - Diane Lundin; Most Losses - Sharon Shook; Traveler - Kathy Sasabuchi. Next Bunco is Thursday, November 15.

Contact: Kathy Sasabuchi

916-209-3089, ksasabu@icloud.com



Ceramic Arts

Our annual Fall Dinner was a fun and successful evening. Meridians put on a delicious buffet. Committee members provided tasty appetizers and pies for dessert as well as the individual table centerpieces. 21 lucky people took home door prizes valued at \$550, mostly donated items from local businesses. Voting prior to the dinner was well attended. Our

2019 Steering Committee members were elected, and the new By-Laws and Policies and Procedures were approved. This information is available on our website. Come by the Ceramics room any Tuesday or Thursday during classes to see what students are creating. Sign up and start your own project. Clay open studio is Friday afternoon. Earthenware and Spanish Oils hold open studio Sunday afternoons at KS.

Website: www.cagsclh.net



Chorus

Director Paul Melkonian is rehearsing us rigorously for "'Tis the Season," our mostly Christmas concert on December 9-11. We'll regale you with music from the ridiculous — "You're a Mean One, Mr. Grinch" — to the sublime, including Handel's Hallelujah Chorus. We'll ring you with "Sleigh Bells" and "Christmas

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Presents

'Tis the Season



2018 Holiday Concert - Orchard Creek Ballroom

Bells Are Ringing," rock you with "Jesus, What a Wonderful Child," and do both with "Jingle Bell Rock." We'll sing you special arrangements of familiar carols like "Hark! The Herald Angels Sing" and "O Little Town of Bethlehem," and you'll sing others along with us. We will celebrate the season's Jewish festival with "The Chanukah Song (We Are Lights)." Our December performances always sell out, see the Entertainment section for times and tickets and get yours now!

Contact: Suzanne Rosevold

916-587-3035,

suzannechorus@gmail.com;

Website: www.lincolnhillschorus.org

Computers

Apple Users



Thinking of buying a new iPhone, iPad, or MacBook? Congratulations! Now you can recycle your old devices through the Apple Group. We are accepting computers, MacBooks, iPhones, iPads, and iPods from post-2010. All of the old information will be erased and a fresh operating system installed. You don't need to do a thing but bring it and all its cables, cords, etc to an Open Lab or call the tech support line at 916-668-0684 for pick up.

The devices will be given to schools, needy families or a women's shelter. Everyone wins!

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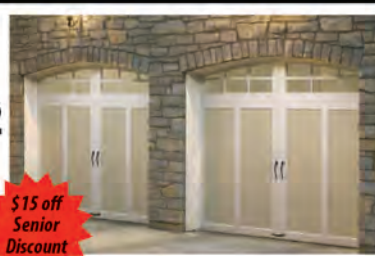
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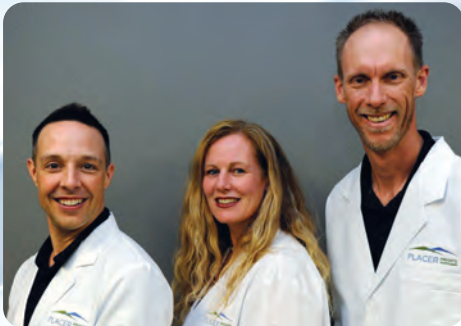
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Website: lhaug.org



There will be no formal meetings or clinics by the Lincoln Hills Computer Club for December. However, our Walk-In-Workshop will be open and staffed by a few volunteers to aid with limited last minute issues. Merry Christmas and Happy New Year from us to you. See you in January!

Walk-In-Workshop: December 19, 1:00 to 3:00 PM in the Computer Lab at (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.

Contact: Bob Ringo 916 543-5310;
Website: www.sclhcc.org



Country Couples

Aspecial THANK YOU to Marsha Brigleb, ending her term on December 31. Marsha served four years on our Country

Couples Steering Committee, three as Chairperson. She has also been our Head Practice Leader for the past three years. Great Job Marsha! We are now reviewing dances learned in 2018, in preparation for our holiday dinner dance December 6.



Marsha Brigleb

It's a time for celebrating the holidays together, for solidifying friendships developed throughout the year and to marvel at our accomplishment of learning many dances.

Newcomers, we hope to see you again in January so you may also enjoy that same feeling of accomplishment in learning a number of dances in 2019. December: No classes. Happy Holidays everyone! YOU made it a wonderful year!

Contact: Irene Hesson 916-434-6804



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 September were Howard Beaumont, week one, Elliot, week two, Fred, week three, Richard Garland, week four. New players are always welcome!

Contact: Larry O'Donnell
406-672-6493, obarfour@gmail.com



Cyclists

The rainy weather is coming, and we cyclists have to be more aware of the dangers of riding if we get caught out on a ride and after a rainfall. Railway tracks present a hazard even if they are not wet so slow down and cross as perpendicular as possible. The painted lines and signs on the roadway get very slippery when wet. If you cannot keep from riding over them, try to ride as straight as possible as you pass over the painted surface. Do not ride through puddles. It is not uncommon to find a hole under the surface. When the rains begin, you must be especially cautious. Oil and dust float onto the road surface and remain a hazard even after the rain. Keep alert!

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

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Dan and his bass

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



Garden

Gardening offers some “Unexpected Health Benefits” whether your garden is a small patio planter, a backyard vegetable garden, raised beds, or a plot in a community garden. Seniors get a deep sense of well-being from gardening! Researchers



Garden Group Field Trip – Lincoln (MRF) – Material Recovery Facility

found daily gardening represents the single biggest risk-reduction for dementia, stress, heart and brain problems, depression, and it provides exercise. As we age, diminishing dexterity and strength can gradually narrow the range of activities that are possible and pleasurable. Gardening keeps our muscles vigorous and agile!

Our 2019 Membership Drive commences this December 1 and offers something for everyone – monthly speakers and presentations, demonstrations, classes, socials, field trips, shows, and new ideas! You can find details on our website. Garden Group activities will resume in January!

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



Genealogy

The next Genealogy Club presentation will be held on November 19, 6:30 to 8:30 PM in P-Hall (KS). Our presenter, Richard Hanson will be addressing Writing and Publishing our Family History. This presentation provides an

overview of the entire publishing effort: types of publications, copyright, printing, binding and revisions.



Richard Hanson

Mr. Hanson is the president of the Root Cellar Sacramento Genealogical Society.

Members should come a few minutes early to check in and receive your door prize ticket for a Chromebook. After the meeting refreshments will be served across the hall and you will have a chance to network with others who share your interests. Always check the website for handouts and updates: For more information contact Maureen or Bob.


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




Golf

Ladies XVIII

The new Club Champion for 2018 is Kathi McCoy. Kathi scored a combined 182 for the Hills and Orchard, as her long drives and approach shots helped her to victory by a couple of shots over Tilton. With a new approval by the board, we are now allowing potential new members to play the remainder of our season if dues are paid for 2019. Memberships are due



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Kathi McCoy,
2018 Club Champion

November 18, and the application and info is on the website. Valerie Green will head membership for this coming year. It is official after

tabulating the votes at our last general meeting; the incoming board will be led by Valerie McElroy, Captain, Julie Storer, Co-Captain, Doris Knorr, Secretary, and Deb Dunipace, Treasurer.

Website: lhlgxviii.com

Lincsters

The Hocus Pocus Tournament was a great success. It was held on Wednesday afternoon, October 31. The tournament started with costume judging, followed by a luncheon in the Solarium. After lunch, the ladies played nine holes of golf on the Hills Course at 1:00 PM. There were decorated carts, including ghosts, pumpkins and orange and black streamers. Some interesting situations took place on the course, including a hole with 'ghost tees' where the players used the white tees instead of the red. The Broomster hole required a witch's broom be used instead of a putter, and the Switcharoo hole had each player exchanging and using the putter of someone else in the foursome.

Lots of tricks and many treats for all who participated.

Contact: [Pat Shafer gdskd70@aol.com](mailto:Pat.Shafer@gdskd70@aol.com);
Website: lincsters.com

Golf Men's

Memorial tournament winning teams were: Mike Munro/Barry Reed, Tony Dipaola/Robert Williams, Rich Henrikson/Jesse Reuter, John Griggs/Rick Velasquez, James Chan/John Duggan. Low Gross winners were; Doug King/Rick Domenick/Doug King, Chris Nicholl/Karl Williams, Ron Roberson/Bob Varley, Mark Adams/Peter Saco, Bernard Damele/Alvin Oliveri. The November 13 tournament will be a four-man scramble, sign-ups the week before. For 2019 twelve of the thirteen members of the golf Board will be returning to serve again. Renewing membership is \$86, new members, \$96. Membership includes NCGA membership, all Tournaments, and two buffet lunches.

Contact: [Tom Traxel 916-209-3188](tel:916-209-3188)
Tom.Traxel@sbcglobal.net;
Website: mgclh.club



Yup - That's Cauliflower

expand our topics and activities to include foods and cooking methods that are outside the realm of "healthy eating" and place our emphasis on the enjoyment of all foods and their preparation. This "Friends Of All Foods/Culinary Friends" concept will open up all kinds of exploration possibilities for anyone that enjoys learning more about foods. We envision examining many foods and their cooking methods that we formerly avoided. Very little will be ignored in our new pursuit to enjoy our food more and improve our relationship with food.

Contact: [Don Rickgauer 916-253-3984, drradv1@gmail.com](mailto:Don.Rickgauer@916-253-3984)
Website: HealthyEatingClub.wildapricot.org



Hiking & Walking

Last month we enjoyed a wonderful annual meeting and presentation by Janet Voris from Placer Land Trust. Thanks to all the volunteers for your help! Thanksgiving is around the corner with a lot of chowing down. Plan ahead and take one of our Wednesday morning walks or



Healthy Eating

Our November club meeting is Monday the 26 in P-Hall (KS) at 2:00 PM, guests welcome. At this meeting, we will finalize the direction the club will pursue in 2019 and beyond. It has been proposed that we

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Castle Peak hikers give a shout out for Sue Geisler.

join one or more hikes. Just sayin' that exercise is essential to our health during the holiday season. Upcoming hikes include Black Swan Preserve (Smartsville) November 27, and closer to home, Ingram Slough (Lincoln) December 4 and Miners Ravine North (Roseville) December 13. To add in a fun social, we'll walk the Pleasant Grove Trail and enjoy lunch afterward on December 18. Remember it's membership renewal time. Our website is the go-to place for more club information.

Website: www.lincolnhillshikers.org



Investors' Study

Our Holiday Party will start at 5:00 PM on Thursday, December 6 at Turkey Creek Golf Club. We close off ticket purchase as of November 21. Cost: \$22/per member; \$27/for non-members. This celebration has been a special event for the year. Russ and Matt will say some words, and the dinner includes two entrees. Thank you for supporting the Investors' Study Group throughout the year. Come and enjoy the beginning of the holiday season.

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



Lavender Friends

At a recent Lavender Friends Club birthday gathering, one honoree stood out — Jerry Moothart, who turned 91 in September. But Jerry isn't just one of the club's oldest members — he's also one of its pioneers. After Jerry and his husband, Jacob Strand, moved here in 2001, they began socializing with other LGBT residents. It was mostly informal potlucks in homes, "but the group kept growing," says



Jerry Moothart (left) and Jacob Strand

Jerry, a retired manufacturing engineer who began his career in theater lighting. Eventually, the group morphed into an official club.

Jacob — Jake — praises Lavender Friends for its diverse activities. "It forces us out of our houses," adds Jake, 82, a retired elementary school teacher. "There's constantly something going on."

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

Website: www.lavenderfriends.com

Lincoln Hills

Line Dance

The year is coming to an end, so it is time for our Holiday Pot Luck and Dance. It will be held on Monday, December 3 in the kitchen (KS). The tickets are \$6.00, and you will be asked to sign up to bring either a salad, an appetizer or dessert. This is the last event of the year and is open to everyone who is in a line dance class here. Make sure to get your ticket and join in on the fun, food, and dancing. Just a reminder that there will be no line dance classes in December. Be sure to sign up for January classes. If you are thinking of joining a class, January is the time to do it.



Contact: JoAnn Faria

916-434-6813,

joannfaria@sbcglobal.net



Mah Jongg, Chinese

Greetings! Please join us on Monday mornings in the Card Room (OC). Play starts at 9:00 AM, with arrival time being 10 minutes before 9:00 AM. Play continues until noon.

Chinese Mah Jongg is a game of strategy and, sometimes, luck. We provide the tiles, score sheets and companionship. (No money is involved.) It is not difficult to learn especially when we teach you! You can master the basics

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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.

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



Mah Jongg, National

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

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



Mixed Media

The Mixed Media Arts Club will not be meeting in November because of Thanksgiving. December 19 the club will meet at a home for a social gathering. Details will be emailed to members. Mixed Media will start back with our regular meeting times in January. The Club meets



Kerry teaching Mixed Media Club all about Oxide stamps

the third Wednesday of the month in the Ceramics Room (OC) at 1:00 PM. All levels, very beginner to the experienced are welcome. Come and check us out. We welcome new people. It only cost \$15.00 to be a member for 2019. Keep creating and bring your projects to share at our meeting in January. Plans for next year are in the works with the club's Steering Committee. For more information contact Nancy Griffin or Frima Stewart.



Motorcycle

On October 13, Road Captain Mike Smith led riders through scenic Sierra high country to the town of Loyalton for lunch at the Golden West Saloon. The club enjoyed a great afternoon of competition and food on October 20 at the annual Bocce Ball tournament and Barbecue. Thank you to Larry and Kathi Ridley for hosting the event!

If you like motorcycle touring



Taking a break at the Yuba Pass

and have a roadworthy motorcycle or trike – check us out! The RoadRunners meet on the fourth Thursday of the month at 6:00 PM Multipurpose Room (OC) There is no club meeting in November. "Ride Safe - Ride With Friends" Contact: Manny Perez 916-253-9121, manwil412@wavecable.com



Needle Arts

There will not be a regular Needle Arts General Meeting in December. We want everyone to join Needle Arts at "Winter Wonderland Brunch." Mark your calendars for December 18. The cost will be \$18.00. Doors will open at 11:30 in the Ballroom (OC). Lincoln High School Choir will be entertaining us.



Check out the window outside the sewing room (OC)

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The club has had a wonderful year of presenters at our meetings. Our speaker for November 13 was Anelie Belden. Her program was titled, "Dresden Dance." Needle Arts General Meetings happen the second Tuesday of the month in P-Hall (KS) 1:00 PM. Mark your calendars for those dates in 2019. The club is accepting membership dues (\$20) for 2019. For more information, including the membership form, check out the Needle Arts website.

Website: www.sclhna.com



Neighborhood Watch

If you think your pets won't get out of the yard or house, remember they rarely miss an opportunity to test the boundaries. Even if they don't like to venture far, many things can send them scampering farther than they'd planned.



"If I'd only had a microchip."

To help ensure your pet returns safely, it's important to have dogs and cats microchipped. Be sure to have information on the chip updated and – if possible – alternative contacts in case you can't

be located. Microchip companies won't release information except to owners and authorized personnel (vets, rescues, police, etc.). They attempt to locate owners by phone and email; and, if no one answers, pets often go to the shelter. If you lose or find a pet, contact Neighborhood Watch lost/found pet program.

Contact: **Linda Minor 707-235-0778**, lindaminor@sbcglobal.net
Website: www.SCLHWatch.org



Painters

Plan to shop Artisans in the Lodge (OC) Sunday, November 18 from 9:00 AM to 3:00 PM, support our resident artists and crafters and choose special holiday gifts from their studios. We will hold elections at our Tuesday, November 20 meeting at 2:00 PM in the Fine Arts Room (OC), as well as reveal our long-anticipated "Water" Challenge entries. Sign up at our November meeting for the Holiday Luncheon Tuesday, December 18 at 11:30 AM in the Solarium at Meridians (OC) or mail \$18.00 to Barbara Iniguez. With the weather cooling, it's at the perfect time to begin preparing works for the Fine Arts Show scheduled for February 22-24, 2019. We will be installing a members' show at Simple Pleasures Restaurant in January.

Contact: **Joan Musillani 916-712-4393**



Paper Arts

In November we'll make decorations – little gift boxes and Christmas trees, for the table settings at our December luncheon. Our Christmas luncheon for members and guests is December 6 at 11:30 AM to 2:30 PM at the Heights, Gables, and Oaks Rooms (OC). This will be a sit-



October's project – colorful coasters with alcohol ink and tiles.

down lunch with menu options; the cost for members is \$5, for guests, \$14. RSVP by November 23. Contact Dottie Macken for information. Stop by our window (OC) and enjoy a collection of creative cards highlighting Thanksgiving, Fall, and Christmas. We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS).

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



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

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



Photography

Our November presentation will be of special interest to many Club members. A Panasonic LUMIX ambassador will make a presentation on the latest and greatest in the Panasonic Lumix line of mirrorless cameras. Many members are considering trading off their DSRLs for a smaller, lighter weight mirrorless camera so this could be a very pivoting presentation. The December General Meeting will be our annual Holiday Breakfast.



Photo by Larry Whitaker

The Learning SIG was rescheduled for November 6 due to competition with a Club sponsored field trip to the Sierras for fall colors. This ever-popular field trip is also a favorite for Galaxy shooting. Several Club activities slow down over the upcoming

holiday period. Please watch our website for schedule changes.

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



Pickleball

In the October *Compass*, we began a discussion of stretches that can improve our pickleball court management and help avoid physical injury. Mike Schaak, of Schaak Physical Therapy, provided three stretches we should have in our arsenal, the second of which we will explore now. This stretch, seen below, addresses the hip, thigh, and knees, helping to avoid muscle pull and pain. Also, this stretch can be done by the courts before playing and between games, keeping everything supple and responsive during play. Club members will receive an email communication with all three stretches highlighted including photos and descriptions.



Stretching the hip, thigh, and knee

Club members mark your calendars for the Pickleball Christmas Party scheduled for Thursday, December 13, in the Ballroom (OC).
Contact: Cindy Taylor 406-223-5352, catinmt@gmail.com; Website: www.lhpickleball.com



Players

TONIGHT (Thursday, November 15) IS OPENING NIGHT OF "MARQUEE MEMORIES!" Get ready to be transported down "memory lane" with an assortment of scenes from five Broadway classics: Kiss Me Kate, Bells Are Ringing, Annie Get Your Gun, How to Succeed in Business Without Really Trying, and Gypsy. The twenty-or-so songs in the show, many accompanied by dance routines, will provide plenty of crowd-pleasing, feel-good moments. Many of the songs were written by acclaimed songwriters like Cole Porter, Irving Berlin, Jules Styne, and Stephen Sondheim. Tickets \$20/\$15 – Activities Desk. The Players meet the second Monday of each month at 4:00 PM in P-Hall (KS). Guests are welcome! Our annual membership fee is \$5.00.
Contact: Ron Hanson 916-434-7112, racketron@yahoo.com; Website: www.lhplayers.org



Poker

Poker Group plays a variety of poker games every Monday and Friday starting 12:45 to 4:30 PM, Tuesday, starting 4:45 to 8:30 PM in Multipurpose Room (OC). We play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw. All poker players will be seated as long as they arrive



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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 the tables are full.
Contact: Lynne Barsky 253-3730



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

It's not too late to volunteer for the 2018-2019 school year in our Lincoln Schools, Kindergarten through 5th grade or Phoenix High School. Teachers are still requesting help. No teaching experience is required, and your schedule can be accommodated. Visit the SCHOOLS website to find out



*Barbara Saco,
 Volunteer in Ms.
 Jeff's Kindergarten
 Creekside Oaks
 Elementary*



more at schoolssuncity.org or contact Crystal Elledge (elementary) 916-543-8617, ceelledge@sbcglobal.net or Irma Mendez (high School) jmeidm@aol.com

There are openings on the SCHOOLS Steering Committee if you are interested in being involved

with planning and working on the volunteer program, or our annual meeting in the Fall or our Spring Picnic in the Sports Pavilion. Contact Patti at pkingston@att.net.
**Contact: Crystal Elledge
 916-543-8617,
 ceelledge@sbcglobal.net;
 Website: schoolssuncity.org**



SCOOP

Those who attended our Sun City Organization of Pets meeting on Tuesday, October 2 were treated to a very informative presentation by Dr. Jodi Van Tine, DVM (Sterling Pointe) on the subject of what we feed our pets and it was alarming. There is an industry-wide use by a large number of manufacturers of ingredients that not only provide no nutrition but can be carcinogenic! We should all do our research on what it is we are feeding our pets.

Our next meeting will be on Tuesday, December 4, 11:00 AM (OC). Our guest will be Dr. Christina Venable, DVM (also from Sterling Pointe) telling us about the benefits of acupuncture.
**Contact: Michele Murphy
 zumbalove57@gmail.com**



Singles

Our Dining Out event for the month will be at Kobe in Lincoln at 4:30 PM on Thursday, November 15. A very happy Thanksgiving to everyone on Thursday, November 22! Welcome in December on

Sunday, the 2 at 4:00 PM in the Sports Bar at Meridians for our birthday celebration. Join us for our Activities Meeting in the Ceramics Room (OC) on December 4 at 4:30 PM. We will be making final plans for our end of the year festivities and getting a head start on exciting plans for 2019. Please join us! On December 6 at 4:00 PM, we are headed to Buonoratti's in Lincoln for Cocktail Time. Our annual Holiday Luncheon is scheduled for Saturday, December 8 in the Ballroom (OC).

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



Ski

A great time was had by all as over 40 members, and guests attended the annual pre-season potluck party, held at Ric Havens and Vicky Bohan's home in October. Just check out the group picture! Also in October, Danielle Lawlor of the Fitness/Wellness Department helped us prepare for the upcoming season as she had 14 of us scrambling all over the workout



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room. Our next general membership meeting will be Thursday at 4:00 PM, November 15, in the Multipurpose Room (OC). We will be joined by two Any Mountain representatives, so bring your ski apparel and gear questions. Our annual Holiday Party will be held at Turkey Creek on December 17, details will be provided soon.

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



Softball

The second half of the Fall Ball season is underway. The final games will be played on Mondays and Wednesdays through December 12. Much fun is being had by all, and the weather is great for spectating. These games run from 9:30 AM to 2:00 PM at Del Webb Field.

Another great way to get an introduction to our league is to participate in a Sunday morning practice session between 9:00 and 11:00 AM. These are also a lot of fun and provide a chance to exercise and refresh your skills.

A General Membership Meeting will be held on December 4 at 3:00 PM in the Oaks/Gables Room (OC). These meetings are also open to all resident non-members potentially interested in our league.

For more details, please check our website.

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



Sports Car

Sports Car members were seen in the Mendocino area early in October. The Little River Inn was the perfect spot for our members to stay two nights.



Members at the Durham Harvest Festival Car Show

The weather was perfect. The second-night dinner was at Silver's at the Wharf. A group also went to the Durham Harvest Festival Car Show. The ten cars that attended were able to park on the grass and enjoy viewing some truly beautiful cars. As always, if you have a sports car and like touring with great people, come to a meeting on the First Monday of the month at P-Hall (KS) at 6:30 PM.

Website: lhsportscars.com



Sun City Squares

Square Dancing is a lot of fun, and Sun City Squares welcomes singles as well as couples. If you haven't danced in a long time, or if you have lost a partner, we

are very happy to help you learn again. If you are even curious, please come and check us out.

Watch for a new beginner class signup for January of 2019 under the class section of the COMPASS. Sun City Squares meets at Kilaga Springs *Monday from 1:15 to 3:15 PM for Plus Level Dancing, Round Dancing between tips.*-Monday from 3:15 to 3:45 PM for Advanced Level Dancing. *Thursday from 1:00 to 3:00 PM for Advanced Level Dancing.

Contact: Sandy Cleaver
 916-409-0409



Swimmers & Water Walkers

Fall is here. As the weather gets colder and with the outdoor pool closures, there will be more swimmers and water walkers in the indoor pools. Please be courteous, share lanes, and when extremely busy, please limit your time to 30 minutes.

Our next official meeting is Monday, December 17. We are going to have a social get together to celebrate the holidays starting with a short meeting. Time and place will be announced through email and on the White Board at (KS) pool. Further announcements are coming in November. Good news...we have possible candidates to take over the chairmanship duties for next year. More on that later. Enjoy the great

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suznewz0410@gmail.com;
Jean 916-543-6791



Table Tennis

Table Tennis is a good way to get some exercise, learn some new skills, and meet some fun people. We currently have seven tables available for play. The tables are flagged to indicate all skill levels from beginners to advanced play so that all can enjoy. Our play sessions are Sundays from 12:30 to 5:00 PM, Tuesdays from 6:00 to 9:00 PM, and Fridays from 8:00 to 11:00 AM in the Multipurpose Room (KS). Players are encouraged to wear their name tags.

Our club is looking for volunteer members to fill any vacancies on our Steering Committee

for the new year. Anyone interested should contact one of our current members: Marc Fong, Valerie Green, Gary Haight, Betty King, Howard Parker, and Doug Ridgeway.

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



Tap Company

In addition to the tap classes during the week and practice on Saturday mornings, in November, we are looking forward to the Holiday Luncheon on December 14 at Orchard Creek. This will be our main event for December, and we wish everyone happy holidays!

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



Tennis

Mixed Doubles Tournament winners: 6.0 level – 1st Jan and Montie Boatwright with 2nd going to Jill Gossard and Jack Williams. 6.5 level – 1st Sarah Solberg and Steve Bringman with 2nd going to Linda and Dave Mateer. 7.0 level – 1st Carol Rodwick and David Vaughan with 2nd going to Fran and Jim Farrell. Congratulations to all. Our Oktoberfest Tournament was on October 27. This was a member only event. Of course, a nice German style lunch was provided. If you are a resident and a tennis player but not yet a



Mixed Doubles Tournament Entrants



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NOV 27
- DEC 3



GARDEN STYLE HOT DOG | ONLY 6.95

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DEC
4-10



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DEC
11-17



HALF TURKEY BACON RANCH PANINI | ONLY 6.95

Turkey, Bacon, Cheddar Cheese, Tomato, and Ranch on Wheat or Sourdough. Served with Chips and a Fountain Drink.

DEC
18-24



member of the Tennis Club, all the information you will need to become a member can be found on our website. Join; then come and play some tennis, you will be glad you did.

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



Water Volleyball

Our 2018 year is coming to a close soon. We've had tremendous success with our mentoring program, fun social events, and special nights that included "Ladies only" night, Tennis Club, and WJU Ladies Volleyball team visits.

November is 2019 Steering Committee election time. This year the positions on the ballot will be Chairperson, Training Administrator, Competitive Play Coordinator, Recreational Play Coordinator, Communications Coordinator, Social Activities Coordinator, and Webmaster.

Our Treasurer/Membership Coordinator and Secretary have agreed to stay on for their final term. The election will be conducted on the website just like last year.

Watch for club emails that give you valuable announcements and instructions. Questions can be directed to the Steering Committee using this email address: sclhwatervolleyball@gmail.com.

See you in the water!

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

Website: lhwatervolleyball.com



Woodcarvers

One of the joys of carving is seeing your ideas taking on a physical form. You do not have to be an experienced artist or craftsman to enjoy woodcarving.

The woodcarvers in our club have various carving and creative abilities and are always available to assist or advise other members or new carvers as well.

Woodcarvers Club members have a large library of carving books, magazines and DVD's for plans and ideas. If you are curious or have an interest in carving, please stop by and see what we are doing. We have carving tools that you can use. Woodcarvers Club meet every Wednesday from 1:00 to 4:00 PM in the Sierra Room (KS).

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



Writers

Our last meeting in October was filled with spooky, poignant and funny tales about Halloween. November meetings will meet as usual in the Ceramics Room (OC). December's fifth meeting will not be held, as that date is New Years' Eve.

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



HAPPY TRAILS TO YOU!

You are invited to celebrate new trail enhancements on our
SCLH Fitness and Wildlife Preserve Trails

Saturday, December 1

1:00 – 3:00 PM at the Sports Pavilion

2:30 PM Ribbon-cutting at #7 Canyon Oaks Trailhead

- **New trailhead signs on display** - See where to begin your journey, where your adventure will take you, and how challenging your chosen trail is.
- **Walk, jog, or run to explore your favorite trail** - Take a rest on one of seven new benches and observe our beautiful Sun City Lincoln Hills Wildlife Preserves.

Lincoln Hills Birders, Astronomers, Walkers, Woodcarvers, Photographers and other clubs, along with the Wildlife Heritage Foundation and Gold Country Wildlife Rescue, are invited to participate in celebrating their roles in support of trail enhancement activities.

Coming soon - Additional interpretive signs, Drone video to showcase trails from an aerial perspective, and a **NEW** pocket trail guide!

HOPING YOU WILL COME AND JOIN IN THIS SCLH CELEBRATION!

Contacts: Diane Marten 916-409-2624 or Cherie McGrath 916-408-3411

Ballroom Dance Club Halloween Party Fun



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Support Group News

Alzheimer's-Dementia Caregiver's Support

November is National Family Caregivers Month, an homage to the millions who provide care and security for family members who are convalescing from or progressing through physical or mental trauma. Whether because of Alzheimer's Disease, Cancer, knee or hip replacement, heart surgery or elder frailty, family caregivers donate their time and energy, very often on a 24/7 basis, to support their loved ones.



Gifts of Time

For the rest of us who are not in that caregiving position, recognizing the loving burden, and doing something about it, is a worthy gesture. Do something to help out by preparing a meal, running an errand, or just commiserating. The Goodie Bags pictured here represent the gifts of time away from caregiving you could provide for your family, friends, and neighbors.

Contacts: Jo Fratessa – 916-408-7209;

Al Roten – 916-408-3155;

Cathy Van Vetzen – 916-409-9332



Bereavement

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held at 3:00 PM

at Joan Logue's home. The next support meeting is CHANGED to Wednesday, December 5. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be at Red Robin, Wednesday, November 28 at 11:30 AM. For more information or to put a Memoriam in the COMPASS, contact Joan.

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



Bosom Buddies

Bosom Buddies, dressed in pink shirts and carrying our banner, led off the walk from OC to KS last month to support WellFit's recognition of breast cancer month. We were fortunate to have Dr. Vijay Suhag, an oncologist/hematologist with Sutter Health, speak at our November meeting. He provided members with information on the treatment of cancer and the latest developments. Our most anticipated event, the annual holiday party, is set for December 13 at President Patty McCuen's home. This festive event features good food, beautiful decorations, entertainment and a handmade gift for each guest. It's a joyful, well-attended event, so RSVP as soon as possible to Sue Ann or Sharon at 916-408-8114. Bosom Buddies welcomes breast cancer survivors and those still undergoing treatment.

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



Our October speaker, Gina L. Mulligan, from "Girls Love Mail."



Family Mental Illness Support Group

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

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



Gam-Anon

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

Website: www.gam-anon-loomis.com



Glaucoma Support Group

In celebration of another successful year, the Glaucoma Support Group will gather for their Annual Pot Luck Luncheon on December 12 at 12:00 PM in the Placer Room (KS).

All members and their guests are invited to attend. Please contact Bonnie Dale at 916-543-2133 to make your reservation.



Low Vision Support

Friday, December 14 Annual Holiday Luncheon, Solarium (OC). Invitations with luncheon details have been sent to all of our members by either US Mail or email. We hope that many of you will be able to join our celebration of the season. For any questions, please contact Janet Newby at 916-409-2011. Club Display in December (OC), check out our window display in the glass case between the Card Room and Multi-Purpose Room in the main hallway at OC during December.

Special January Note – Since the first Tuesday of January falls on New Year’s Day, our next monthly meeting will be held on Tuesday, February 5.

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



Multiple Sclerosis

The MS Group will kick off the Holiday Season with lunch in the Meridians Solarium on Tuesday, December 4, 1:00 PM. \$25 covers entree, tax, tip and a delicious dessert. Meal choices are: Chicken/Apple/Cranberry/Toasted Walnut Salad or Butternut Squash Ravioli, with Spinach Pesto and Toasted Walnuts; above to include warm roll. The third choice is Turkey/Cranberry Croissant Sandwich with Salad. Contact Laura Ludwig ASAP with menu choice 408-249-1223 and questions. Mail check by Monday, November 26, made out to MS Support Group to include your menu choice entered in Notes. Laura Ludwig, 1675 Gingersnap Lane, Lincoln 95648

Contact: *Jeri Di Fiore – 916-408-7565 and leave a message.*



Parkinson’s Support Group

Happy Fall y’all! November is the month for Thanksgiving, and we will be joining together to be thankful for the good things that life is bringing us. We will be meeting on November 20, from 10:00 to 11:30 AM. There will be no meeting in December. If you have Parkinson’s or know of someone, who would benefit from meeting together with others who do, share this information with them. For more information, please contact Brenda Cathey at 916-253-7537.



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Bulletin Board

AARP Foundation Tax-Aide

AARP Foundation Tax-Aide is looking for volunteers as counselors, greeters, and schedulers to help taxpayers complete their 2018 income tax returns in Lincoln during the 2019 tax-filing season. Some knowledge of computers is required to assist in providing our free e-file service. Volunteers need to commit four hours in one day per week during February 4 through April 15. To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2019 tax season, please email yorke1946@gmail.com with your name, address, phone number, and positions(s) you are interested in.

A Course in Miracles

Where do you turn when life challenges are overwhelming, and grief, sorrow, and depression are visiting you in what is often called "the dark night of the soul"? A spiritual perspective such as what is taught in A Course in Miracles can bring healing of the mind and spirit. The Course study group meets on the first and third Mondays. Call 916-409-5253 for information.

Airport Co-op

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

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.

- **Monday, December 3, 10:00 AM**—Nautilus Society, Oaks (OC)

Baby Boomers-Plus

November 29, 6:00 to 7:00 PM, Fine Arts Room (KS). The mission of the club is to enhance the opportunity for working residents or those residents who would like activities/events provided in later afternoons, evenings and weekends. The meeting will consist of a gathering of desired activities/events, signing members up, assigning group leaders for activities/events, along with a Co-Chair.

There will be follow up meetings to develop by-laws and desired group rules by SCLH requirements. There is a 59 person limit for the first meeting, for more information or to sign up contact Susan Haas at 916-247-3389 or susanhaas3@yahoo.

Basketball Group

We play Tuesday mornings at the Lincoln Community Center gym, 1st Street and Joiner. \$5 fee is payable to the Community Center. Half court games, 3-on-3 and 4-on-4, or just shoot around. For more information, please contact Gage Johnson at 916-409-9619 or email gage.retired@gmail.com.

Cloggers

Happy autumn from the Cloggers! Come join us as we burn calories and build strength with this lively, foot-stomping dance

from the Southern Appalachians. The October Santa Rosa clogging workshop was a huge success, and we hope you were part of it. If you're going to be in Atlanta this month, the C.L.O.G. National Clogging Convention will be held at the Atlanta Marriott Marquis on November 21-24. In the meantime, we wish you a joyous and thankful Thanksgiving. For more information on clogging here in Lincoln Hills, please contact Natalie Grossner at 916-209-3804.

Democratic Club

November 15 our topic will be on Community Support Resources with a panel composed of leaders from safety net organizations. December 20 our Holiday Party will be in the Kitchen (KS). We meet the third Thursday of the month at the Granite Springs Church, 1170 E. Joiner Parkway, Lincoln. Doors open at 6:15 PM for a social time, a business meeting is at 6:45 PM, followed by the program. Please see the club website at <http://www.democraticclublincolnca.org>.

Italian Club

We'll celebrate the holiday season with friends and club members at the Christmas Dinner and Dance on December 2, at Catta Verdera in Lincoln. (See the flier on our website.) Soon it

will be 2019. The club's first event of the new year is the popular, annual Crab Feed set for January 11 at McBean Pavilion in Lincoln. Don't miss it! (More information to come.) If you are a Lincoln Hills resident of Italian heritage, check out our website at www.lhitalian-club.org and learn more about us and our monthly activities. Want to join us? Contact Sandi Graham, membership at 916-826-5711.

Lincoln Library

The Friends of the Lincoln Library Christmas Book Sale and More will be Saturday, December 8, 11:00 AM to 3:00 PM at 485 Twelve Bridges Drive. This special sale features beautiful items for gift giving appropriate for both young and old. Prices range from \$1 to \$5 for art books, cookbooks, coffee table editions and more. Special holiday bargains in the Willow Room at the library. This includes paperback fiction, children's reads, painting and teaching books, all priced at only 25 cents each. DVD's and CD's are also available, many with Holiday themes. Check the FOLL website: www.friendsofthelibrary.org. for additional information.

Open Play Games

Interested in playing cards, tile, and board games? Opportunities are available for Open Play at both Lodges. Come to the Card Room (OC) on Sundays from 12:00 to 4:30 PM, Wednesdays from 12:30 to 4:30 PM, and the Sierra Room (KS) on Fridays between 8:30 and 11:30 AM. Bring your own resources

www.sclhresidents.com

and meet your friends and neighbors to play. All residents of Lincoln Hills are welcome. Tables are first come first serve.

Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Center in Roseville (916-781-2323). Membership to the fitness center is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play doubles, cutthroat and/or singles. Ladies are welcome. See you on the court! Contact: Armando Mayorga at 916-408-4711 or amoon38@sbcglobal.net.

Shalom Social Group

Our big event of the season is our Hanukkah party on December 5, with traditional foods and music. We will also install our new officers for the coming year that evening. Membership in The Shalom Social Group is open to everyone, as are our activities. We promote Jewish history and culture. 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@sbcglobal.net.

The rifle and pistol activities occur on Tuesdays at the Lincoln Rifle Club at 150 Lincoln Boulevard. For information about rifle or pistol shooting, please contact Jim Trifilo at 916-434-6341 or trifilom@gmail.com. Come out and have fun!

Sons In Retirement Branch 13

Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its monthly luncheon on Tuesday, November 13 at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln (so as not to conflict with Thanksgiving). 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.

Yacht Club?

Ahoy, residents of Sun City Lincoln Hills! Are you a saltwater sailor or power boater; owner or crew; 6-pack ticket holder, or higher? Perhaps a reader of *Latitude 38*? Do you have neighbors who are? I don't see any boating oriented clubs listed in the COMPASS. Would you like to meet and swap sea stories, compare racing tactics, or bareboat charter adventures? Let me know? Maybe lunch at the Sports Bar will lead to a Yacht Club.

Norm Trondsen at 916-209-3402 or ntrondsen@yahoo.com.

Community Perks



Listening Post
Tuesday, November 27,
11:00 AM
Front Ballroom (OC)
—Free

The Listening Post is an informal meeting which gives you the opportunity to ask questions and get answers about your community and Association. Come join the conversation.



Coffee with the Mayor
 No December meeting.
 Watch for 2019 dates.



KS Classic Movies
on Saturday:
Mr. Blandings Builds His Dream House (1948)
Saturday, November 24 –
1:30 PM Screening—Free

P-Hall (KS) Not Rated, 94 min, Comedy/Romance. A man and his wife decide they can afford to have a house in the country built to their specifications. It's a lot more trouble than they think. Starring Cary Grant, Myrna Loy, and Melvyn Douglas.



Tennis Club
Ball Machine
Practice

Saturdays and Wednesdays, 8:00 to 10:00 AM, Tennis Court—Free

The ball machine is set up and operated by tennis club members. Resident drop-in tennis is each Saturday and Wednesday; from 8:00 to 10:00 AM on courts #1, #2 and #8, and on court #9 on Wednesday. Come as a single and sign up on the board located between the entrance to courts #1 and #2 for a doubles partner. Come to your tennis courts and have some fun, practice and meet new people.



Pickleball Lessons
Wednesdays, 1:00 PM
Pickleball Courts—Free

Want to learn pickleball? We offer free, no reservations or paddle needed. Please wear a form of tennis shoe.



Trails Celebration
Happy Trails to You!
Lincoln Hills Celebration
Saturday, December 1 – 1:00 to 3:00 PM, Sports Pavilion—Free

Come celebrate new trails enhancements, new trailhead signs display, benches and distance makers. Explore your favorite trail and take a rest on one of seven new benches to enjoy our beautiful wildlife preserves. Lincoln Hills Birders, Astronomers, Woodcarvers, Walkers, Photographers, and other clubs, along with the Wildlife Heritage Foundation and Gold Country Wildlife Rescue, are invited to the exhibit at the Sports Pavilion. Special Ribbon-cutting at 2:30 PM to showcase new trailhead signs at #7 Canyon Oaks Trail on Hidden Hills Lane. Contact Cherie McGrath, Trails Enhancement Team at bcmac1367@sbcglobal.net.



2 Showings!
Mamma Mia! Here We Go Again! (2018)
Saturday, December 1 – 6:00 PM Screening—Free
Monday, December 3 – 1:30 PM Screening—Free

P-Hall (KS) Rated PG-13, 114 minutes, Comedy/Musical/Romance. Five years after the events of Mamma Mia!, Sophie prepares for the grand reopening of the Hotel Bella Donna as she learns more about her mother's past. Starring Amanda Seyfried, Andy Garcia, Julie Walters, Christine Baranski, Meryl Streep, and Cher.



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A Swingin' Vegas Style New Year's Eve Dance Concert

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Monday, December 31

Choose your celebration time!

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

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

Tickets
on sale
Oct. 17

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

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

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

Gather your friends to reserve a table.

\$75.00 per person

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



Deborah Meyer
Entertainment Coordinator
 Deborah.Meyer@sclhca.com



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

Entertainment

*Indicates new performances on sale November 17

—Club Performances—



The Lincoln Hills Players Club presents "Marquee Memories"
Thursday, November 15, 7:00 PM, Ballroom (OC) — LSE47
Friday, November 16, 7:00 PM, Ballroom (OC) — LSE50
Saturday, November 17, 2:00 PM, Ballroom (OC) — LSE139
Saturday, November 17, 7:00 PM, Ballroom (OC) — LSE140

Reserved Section Seating \$20, General Admission \$15
 The Players are delighted to present their Fall extravaganza, "Marquee Memories," written and directed by Paul Krow, with your friends and neighbors on stage. This delightfully entertaining original show features a collage of five award-winning, classic Broadway musicals, including Kiss Me Kate, Annie Get Your Gun and Gypsy. You'll love the singing and dancing, fun and frolic, and a trip down "memory lane" with romantic, comedic, and toe-tapping songs like "Wunderbar," "Just in Time," "Anything You Can Do, I Can Do Better" "Everything's Coming up Roses," and many more!



The Lincoln Hills Community Chorus Presents 'Tis the Season
Sunday, December 9, 2:00 PM, Ballroom (OC) — LSE51
Monday, December 10, 7:00 PM, Ballroom (OC) — LSE52
Tuesday, December 11, 7:00 PM, Ballroom (OC) — LSE53

Reserved Section Seating \$20,

General Admission \$15

The Lincoln Hills Community Chorus announces their 2018 Holiday concert, "Tis the Season. The Chorus welcomes back, for a second year, the dynamic duo of Paul Melkonian, director, and Nina

Malone, accompanist, promising another delightful afternoon or evening of Holiday music. You'll enjoy festive songs ("Here Comes Santa Claus"), memorable ("It's the Most Wonderful Time of the Year"), hilarious ("You're a Mean One, Mr. Grinch"), inspirational ("The Chanukah Song" and "Mary, Did You Know"), and much more. As audiences discovered last year, the greatly improved Chorus is better than ever! Don't delay – seats always sell fast for these concerts.

—Concerts—



Joyous Brass
Tuesday, November 20, 7:00 PM, Ballroom (OC) — LSE111

Reserved Section Seating \$18, General Admission \$14
 Receiving wonderful reviews from residents, Joyous Brass returns to Lincoln Hills, this time performing in the Ballroom. Joyous Brass was formed in the spring of 2001 and is the only British style brass band in the Sacramento region. They will play a variety of music including original compositions for a brass band, classical transcriptions, gospel, traditional hymns Americana, Broadway show tunes, jazz, and marches. They may even play a few Christmas songs to start off the holiday season.



Spencer Day:
Christmas with You
Thursday, November 29, 7:00 PM, P-Hall (KS) — LSE138

Reserved Seating \$24
 Popular singer-songwriter Spencer Day comes back to

Lincoln Hills for a return appearance to celebrate the season with an all-new Holiday Show including his own hit holiday recording "Christmas with You." His program combines contemporary

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favorites, holiday classics, and his trademark original songs. Spencer has headlined venues as diverse as Birdland in New York, The Hollywood Bowl, Feinstein's at The Nikko in San Francisco and more. He has been featured on national television on The Late, Late Show with Craig Ferguson, and topped bills internationally in England, Japan, Australia, and Mexico. Save \$1 off \$4 or more at KS Café on show night. Limited seats available.



Vinifera Trio: "3 Americans in Paris" Classics & Classical from George Gershwin to Maurice Ravel
Thursday, December 6, 7:00 PM, P-Hall (KS)
— LSE124

Reserved Seating \$23

Named after the wine producing grape (*Vitis Vinifera*), this trio found its roots in California's Napa wine country in 2014. Comprised of pianist, Ian Scarfe, violinist/violist, Rachel Patrick, and clarinetist, Matthew Boyles, the trio performs classical and contemporary repertoire and brings an appealing casual intimacy to even the most formal concerts and events. Recognized for their "...insightful performances...and engaging musical commentary..." (*Daniel Rouslin, Willamette University*), the trio combines the elegance of Mozart and Schumann to the thornier works of Bartok and Stravinsky and successfully grafts other styles of music into their programs, including the wild energy of Klezmer, jazz, and folk.



Branden and James
Monday, December 17, 7:00 PM, Ballroom (OC) — **LSE128**
Reserved Section Seating \$25, General Admission \$21

Highly acclaimed by residents, Branden & James are back with a special Holiday version of their show, "It's the Most Wonderful Time of the Year." They will perform classical covers of pop songs ranging from "Have Yourself a Merry Christmas" to their rousing mashup of "Silent Night/Ave Maria and O Holy Night." Hear songs from *The Beatles* to *Phantom of the Opera*. They share comedic stories about their

lives, Branden's time on *America's Got Talent*, James' tale of growing up *down under*, and their musical upbringings (Branden's grandfather toured with Johnny Cash and Elvis Presley). A holiday treat for the whole family!



2018 New Year's Eve Celebration!
A Swingin' Vegas Style New Year's Eve Dance Concert
Monday, December 31, Ballroom (OC)
7:00 PM — LSE142 Or 10:00 PM — LSE143

Reserved Table Seating \$75

Welcome 2019 with your friends and neighbors with our dual New Year's Eve Celebration dancing and singing with the swanky Jonathan Poretz and his seven-piece Little Big Band. Start your evening with hors d'oeuvres, chocolate fountain, candy bar, photo booth, full bar (drinks on your own) 30 minutes prior to the show. Each show ends with a champagne toast while the band plays "Auld Lang Syne." Our traditional spectacular fireworks display will end the first party at 9:10 PM while it welcomes in the second celebration. Doors open an hour before each party. Wristbands required for entry.



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

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

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

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

Reserved Seating \$24
 Internationally acclaimed Jazz Recording Artist, Nicolas Bearde, sings the timeless songs of

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



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

Reserved Seating \$23

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

—Grandkids Event—



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

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



Santa Adventure
Saturday, December 15, 10:00 AM to Noon, Kilaga Springs Lodge
— LSE94

General Admission, \$14

Santa, Mrs. Claus, and the Elves will be coming to Lincoln Hills for a special visit! Share holiday memories and magical activities with your grandchildren at “Santa Adventure.” Enjoy interactive activity stations offering treats, glitter tattoos, and lots of fun! Start with grandkids photo op with Santa and enjoy the cartoon featuring the Penguins from Madagascar at 11:30 AM. *Important: Each child (toddler to 12 years) must be accompanied by a grandparent for all activities (multiple siblings require two grandparents or parent present). All children need to be pre-registered. Wristbands will be provided during registration and required for entry.* Doors open at 9:45 AM.



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



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

*Indicates new trip on sale November 17

Featured Trip



***Laguna Beach Pageant of the Masters Art Festival & Getty Center**
Sunday, July 28 to Wednesday, July 31, 2019
— **LST209**

\$725 Double occupancy/\$1015 Single

Join your Trip Coordinator, Katrina, on an amazing trip down to the world-famous Festival of the Arts in Laguna Beach. The Pageant of the Masters is where "Art comes to life!" The theme will be "The Time Machine." The audience will be taken around the globe and into the past, present, and future in search of great art and great stories. Taking its cues from science fiction and steam-punk fantasies, the night will be your ticket to thrills, laughter, beautiful music and extraordinary living art under the stars. See famous paintings recreated in full detail right before your eyes with premium



reserved left side lower loge seating. We will also enjoy a day at the Getty Center in Los Angeles where you'll also be able to join a museum, garden or architectural tour if you desire.

Trip includes:

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

Total meals included: three breakfasts, two lunches, and one dinner. Gratuities included for the bus driver and included lunches and dinner. *Please advise at



registration your preferred food choice for Terra Laguna: *Chicken, Fresh Salmon, or Vegetarian*. Detailed trip itinerary, menus and trip insurance providers list available at the Lifestyle Desk. *A signed liability waiver is required for each participant*. Wheels roll from OC at 8:00 AM, July 28, return July 31 ~ 4:15 PM.

Vendor deadline to purchase the lower rows in the lower level seating is December 19 at noon. Seats may be located in upper rows of lower level after the deadline.

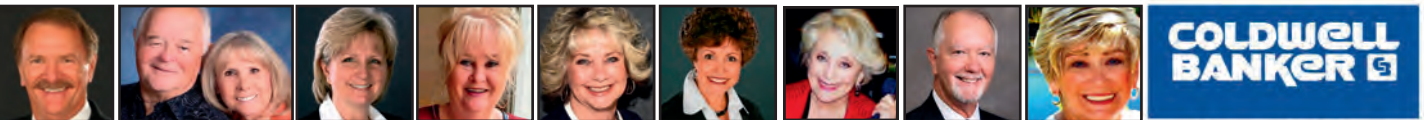
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Cache Creek Casino
Wednesday, November 28 — LST182
\$27

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 receive an additional \$20 in bonus play. Numerous slots and table games to choose from! Receive \$10 in gaming credits or \$20 match play and \$5 food credit available at all restaurants except buffet. Buffet closed on Wednesdays. Spend four hours at the casino. Wheels roll from OC at 9:30 AM, return ~ 4:30 PM.



JACKSON RANCHERIA

CASINO RESORT

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

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

—Museums—



***Haggin Museum & Downtown Lodi**
Wednesday, February 13, 2019
— LST208
\$40

The Haggin Museum, an art and history museum located in Stockton's Victory Park has

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

—Performances—



Cirque du Soleil—"Crystal"
Golden One Arena Sacramento
\$81 each trip
See dates & times below

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



Thursday, March 28, 2019 — LST201 - SOLD OUT!

Friday, March 29, 2019 — LST202
 Wheels roll 6:00 PM, return ~ 11:00 PM
 Show 7:30 PM

Sunday, March 31, 2019 — LST203 - SOLD OUT!



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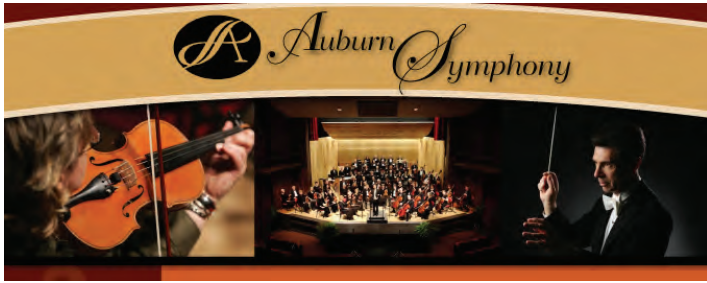


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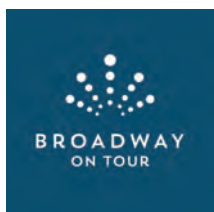


**Auburn Symphony at the Mondavi Center
Masterworks Concert II - Rising Star**
Sunday, January 21, 2019 — **LST197**
\$83

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

**Auburn Symphony at the Mondavi Center
Masterworks Concert IV - Majesty**
Sunday, May 19, 2019 — **LST198**
\$83

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



**Broadway on Tour
Sacramento 2018-2019**
All Shows \$101 each

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

Waitress

Wednesday, January 2, 2019 — **LST149 – Sold Out**



Falsettos
Tuesday,
March 12, 2019
— **LST150**
\$101

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

CATS

Tuesday, April 2, 2019 — **LST151 – Sold Out**

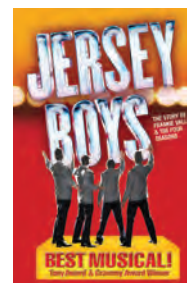


Disney's Aladdin
Tuesday,
May 21, 2019 —
LST152
\$101

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

Harris Center for the Arts, Folsom

We've been able to obtain a few matinee shows for next season. Seating area listed with each show.



Jersey Boys
Friday, January 25, 2019
— **LST183**
\$104

They were just four guys from Jersey until they sang their very first note. They had a sound nobody had ever heard...and the radio just

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- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

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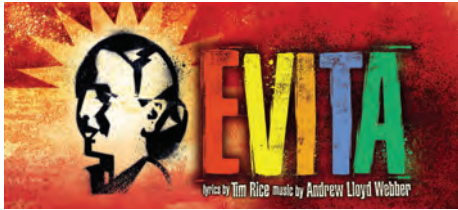
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couldn't get enough of. But while their harmonies were perfect on stage, off stage, it was a very different story — a story that has made them an international sensation all over again. Go behind the music and inside the story of Frankie Valli and The Four Seasons in the Tony Award®-winning true-life musical phenomenon, JERSEY BOYS. Featuring the legendary hits "Sherry," "Big Girls Don't Cry," and more! Matinee show, rear parterre seating. Wheels roll from OC at 12:30 PM, return ~ 5:30 PM.



EVITA
Friday,
February 22,
2019
— **LST184**
\$104

Eva Peron enthralled a nation and enchanted the world. Her story unfolds in *EVITA*; the Tony® Award-winning Best Musical, a high flying theatrical experience adored the world over. Tim Rice and Andrew Lloyd Webber's groundbreaking musical captures the rise and fall of one of the world's most glamorous first ladies in this classic Broadway hit. *EVITA* captures musical gold with its Grammy® Award-winning score as it combines Latin music, pop, jazz and musical theatre styles that have captivated audiences for more than 40 years. Matinee show, rear parterre seating. Wheels roll from OC at 12:30 PM, return ~ 5:30 PM.



**Monty Python's
Spamalot**
Friday, March 22,
2019
— **LST185**
\$97

This outrageous musical comedy is lovingly ripped off from the film classic *Monty Python and the*

Holy Grail with a book by Eric Idle and music and lyrics by the Grammy Award-winning team of Mr. Idle and John Du Prez. *Spamalot* tells the tale of King Arthur and his Knights of the Round Table as they embark on their quest for the Holy Grail. Flying cows, killer rabbits, taunting Frenchmen, and show-stopping musical numbers are just a few of the reasons audiences worldwide are eating up *SPAMALOT!* Matinee show, front parterre seating. Wheels roll from OC at 12:30 PM, return ~ 5:30 PM.



**Menopause the
Musical!**
Friday, May 10,
2019
— **LST186**
\$86

The much-loved parody returns! Set in a department store, four women

with seemingly nothing in common but a black lace bra on sale, come to find they have more to share than ever imagined. The all-female cast makes fun of their woeful hot flashes, forgetfulness, mood swings, wrinkles, night sweats, and chocolate binges. Set to familiar tunes from the '60s to the '80s, "it's a gentle-spirited celebration of real women and the rough seas they navigate as they enter middle age. Matinee Show, center orchestra seating. Wheels roll from OC at 12:30 PM, return ~ 5:30 PM.

—Sports—



Sacramento Kings

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

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

**Sacramento Kings
vs. Detroit Pistons**
Thursday, January 10, 2019
— **LST191**
\$82

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



**Sacramento Kings
vs. Phoenix Suns**
Sunday, February 10, 2019
— **LST192**
\$101

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



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Sacramento Kings vs. Chicago Bulls
Sunday, March 17, 2019 — LST193

\$82

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



—Tours/Leisure—



San Francisco
Weekend Holiday
Shopping
Saturday,
December 15
— LST195

\$46

Enjoy a lovely
 holiday trip to the

city by the bay without worrying about traffic, the bridge, and parking. Relax and let our comfortable coach take you to the heart of San Francisco to Nordstrom's at the Westfield Centre near Union Square. Nordstrom's will offer a private beauty and styling trend presentation for our group at the time of arrival with a goody bag! Lunch on your own. Departure from SF will be 6:00 PM for more dining and shopping time and less traffic homebound. Wheels roll from OC at 8:30 AM, return ~ 8:30 PM.

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

The first bus Sold Out! Register right away before the trip fills up. Visit the city by the bay without worrying about traffic, the bridge, and parking. Relax and let our comfortable coach take you to the heart of San Francisco to Nordstrom's at the Westfield Centre near Union Square. Enjoy a private beauty and styling trend presentation at Nordstrom at the time of arrival with a goody bag! Lunch on your own. Departure from SF will be 6:15 PM for more dining and shopping time and less traffic homebound. Wheels roll from OC at 8:45 AM, return ~ 8:45 PM. **Note: Bus #2 leaves 15 minutes later than Bus #1.**



Second Bus Added
Victorian Christmas
Sunday, December 16
BUS#2 — LST213
\$28

The enticing aromas
 of roasted chestnuts
 and hearty holiday

foods fill the air, along with cries of street vendors hawking their wares and lamp-lit streets filled with authentic Christmas treasures. Now in its 39th year, enjoy our annual visit to the historic and picturesque downtown Nevada City, a quaint, Gold Rush town nestled in the foothills of the snow-capped Sierra. It's a magical setting of hilly streets outlined with twinkling lights, authentic gas lamps, wandering minstrels and carolers dressed in Victorian attire. Wheels roll from OC 12:45 PM, return ~ 7:45 PM. **Note: Bus #2 leaves 15 minutes later than Bus #1.**



Chinese New Year —
San Francisco
Saturday, March 9,
2019 — LST181
\$82

Celebrate the Year
 of the Pig in San
 Francisco's China-
 town. Enjoy a family-
 style Chinese lunch

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

—Overnight—



Two nights!
Sun City Sierra Winter Train – Comedy Show
Roundtrip Reno
Tuesday, January 29 to Thursday, January 31
— LST199

\$287 per person double occupancy; \$349 single.
 Enjoy the breathtaking mountain scenery from our reserved rail car via Amtrak on a relaxing winter train trip to Reno, escorted by Katrina, your

Lifestyle Trip Coordinator. We go round-trip on the train and spend two-nights in Reno. Participants have enjoyed visiting the UNR Planetarium, Nevada History Museum, Reno Auto Museum, Nevada Museum of Art, movie theaters and more; all can be reached easily by a short walk or downtown shuttle.

Trip package includes per person:

- Motorcoach transportation to and from the Roseville train station
- Reserved rail car for our group
- Casino shuttle to & from Reno train station
- Baggage portage from Reno train station to hotel and back
- Non-smoking room at Eldorado Hotel & Casino
- \$25 food credit per person to the restaurant of your choice in the Eldorado, Silver Legacy or Circus Circus
- Ticket to The Laugh Factory in the Silver Legacy
- One breakfast/brunch buffet per person
- \$10 additional food credit per person for breakfast on departure at Millie's Café or Starbucks
- Gratuities for bell service and bus drivers

Wheels roll from OC at 10:30 AM, return to LH, ~ 1:30 PM. *On Tuesday, 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.*



**Ballroom Dance Competition
San Francisco Open**

**Sunday, April 7 to Monday, April 8, 2019 — LST179
\$290 per person double occupancy; \$397 single.**

Join Katrina, your Trip Coordinator, and the Ballroom Dance club as we venture to the Marriott Waterfront Hotel in Burlingame for the San Francisco Open Dancesport Championships. Enjoy a day of pro-am, college & amateur dance events leading up to the grand finale in the evening including pro/am, amateur and professionals. For finals, the seating is at the round tables in the main

ballroom. Includes a stay at the Marriott, admission to all dance events, portorage and driver gratuity. Meals on your own. Wheels roll from OC at 9:30 AM, return ~ 12:00 PM. *A signed liability waiver is required for each participant.*



THE HUNTINGTON
Library, Art Collections, and Botanical Gardens



Four days, three nights!
**The Ramona Pageant and
Huntington Library and Gardens**
**Saturday, May 4 - Tuesday, May 7, 2019 — LST178
\$657 per person double occupancy; \$945 single.**

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

This excellent trip includes:

- Two-night stay at the Ayres Hotel & Spa, Moreno Valley
- Ramona Pageant admission and lower level seating, complimentary seat cushion rental and souvenir program
- Ranch Hand BBQ lunch at the Ramona Pageant
- Admission and docent-led tour at The Huntington
- One night stay at Embassy Suites, Valencia with a complimentary evening reception

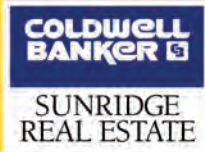


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Wheels roll from OC 8:00 AM, Saturday, May 4 return Tuesday, May 7 ~ 6:15 PM. A signed liability waiver is required for each participant. Trip insurance highly recommended. Trip insurance providers list from the US State Department and menu are available at the Lifestyle Desks or view online.

Sold Out Trips

Trip • Date • Departure Time

List below shows trips through April

- Cambria/Hearst Castle for the Holidays
Sunday, November 25 • 8:00 AM
- The Ten Tenors – Harris Center
Thursday, November 29 • 12:30 PM
- Sierra Winter Holiday Train
Tuesday, December 4 • 10:30 AM
- Beach Blanket Babylon
Wednesday, December 12 • 1:45 PM
- Beach Blanket Babylon
Thursday, December 13 • 1:45 PM
- Victorian Christmas BUS #1
Sunday, December 16 • 12:30 PM
- San Francisco Holiday Shopping BUS #1
Wednesday, December 19 • 8:30 AM
- Waitress – Broadway Sacramento
Wednesday, January 2, 2019 • 6:45 PM
- Sierra Winter Train
Tuesday, January 29 to January 31
10:30 AM
- Cirque du Soleil
Sunday, March 31, 2019 • 12:00 PM
- CATS – Broadway Sacramento
Tuesday, April 2, 2019 • 6:45 PM
- Hamilton
Wednesday, April 24, 2019 • 9:30 AM



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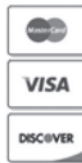
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Betty Maxie
Lifestyle Class Coordinator
Betty.Maxie@sclhca.com



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

***Indicates new class on sale November 17**

Classes

Vacation Drop-In

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

Art

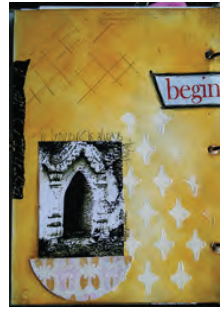
—Announcement—



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

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

—Drawing—



***Mixed Media Art Journaling**
Tuesday, December 11 — LSC904
9:00 AM to 12:00 PM (OC). \$25 (one session) plus \$5 supply fee paid to the instructor. Instructor: **Kerry Dahlin**. A variety of media will be used as we "play" on the pages of our art journals. Learn how to visually and artistically record your days and express yourself while exploring color theory, composition, balance, and texture. You will love creating interesting, interactive mixed media pages in a journal that is uniquely you. Supplies needed: mixed media spiral-bound artist paper pad, glue stick, scissors, small paintbrush, Sharpie pen, white gesso, plus any of your favorite mixed media supplies.

—Oils, Pastels & Acrylics—



***Oil and Acrylic Painting: Beginner/Refresher**
Wednesdays, December 5-19 — LSC968
1:30 to 4:00 PM (OC). \$39 (three sessions). Instructor: **Marilyn Rose**. Have you always wanted to try

painting in oil or acrylic or want a refresher? Start with exercises in basic color mixing and brush and paint handling. There will be plenty of discussions, demonstrations, and paint-along exercises to help you get comfortable. Note: intermediate and advanced students are welcome to take this class and work on their own with minimal guidance. For more information contact Marilyn at 916-409-0397. Supply list – Beginning Class – available at the Lifestyle Desk. Vacation drop-in for students who have completed one month. PAINT — \$17 per session.



***Oil and Acrylic Painting: Intermediate/Advanced**
Wednesdays, December 5-19 — LSC960
9:00 to 11:30 AM (OC). \$39 (three sessions). Instructor: **Marilyn Rose**. Have you painted in the past and want to get back into it? Do you paint now and want some congenial company and

tips to improve? Receive expert guidance in creating original paintings of your choice. Demonstrations, masterwork examples, and individual instructions are used to advance student understanding and implementation of techniques. About the Instructor: Marilyn has over 25 years of painting experience. For more information contact Marilyn at 916-409-0397 or www.artistmarilynrose.com. Supply list – Intermediate-Advanced Class – available at Lifestyle Desk. Vacation drop-in: PAINT — \$17 per session.



**Sip and Paint:
"Paint your Pet"
Friday, November 30
— LSC1814**

5:00 to 8:00 PM (OC).
\$55. Instructor: **Unni Stevens**. Bring your favorite animal to life on canvas while

enjoying wine and hors d'oeuvres. The instructor will guide and teach new techniques, tips, and tricks as you create your masterpiece. All art materials are included and will be set up prior to arrival. Canvases will be under-painted, with the option to have your pet's image traced in pencil for you prior to class. To do this, email your pet's photo to unni@unniart.com, OR text to 916-626-2144, OR leave a photo at the Lifestyle desk when you register. Price of admission includes a glass of wine, a selection of cheeses, crackers, and fruits.



***Sip and Paint:
"Holiday Cardinals"
Friday, December 21
— LSC920**

5:00 to 8:00 PM (OC).
\$55. Instructor: **Unni Stevens**. Enjoy cheese and wine while painting. This class is great for first-timers and

seasoned artists alike. Paint a finished acrylic painting in one day, with step-by-step instruction. Learn how to mix colors, brush stroke, and pallet knife techniques. All supplies are included. Canvases are under-painted and ready to hang. Fee includes a glass of wine, selection of cheese, crackers, and fruits. About the Instructor: Artist Unni Stevens studied art in Norway, Japan and at the Laguna College of Art with 30+ years of painting experience. More information at www.unniart.com.

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***Advanced Ceramics
Tuesdays,
December 4-18
— LSC975**

9:00 AM to 12:30 PM (OC). \$40.50 (three sessions).

Instructor: *Jim Alvis*. This class is for self-motivated students/artists with established ceramic skills. Students explore their 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.

***Intro to Ceramics with Taylor
Thursdays, December 6-27 — LSC1831**

9:00 AM to 12:00 PM (OC). \$54 (four sessions). Instructor: *Taylor Jackson*. A beginner's course in ceramics for those with no experience or those wishing to freshen up former passions. This class covers the basics of hand built and wheel thrown ceramics. Assignments, demonstrations, and individual instruction will be provided to help students explore their interests and become more comfortable with the working process. New students will receive a materials list and clay on their first day to help them start their first piece.



***Advanced Ceramics
with Taylor
Thursdays, December 6-27
— LSC818**

1:00 to 4:00 PM (OC). \$54 (four sessions). Instructor: *Taylor Jackson*. This class is for intermediate and

advanced ceramic students who are self-driven and wish to establish their skills. Students are encouraged to explore many of the artistic and functional approaches to handbuilt and wheel thrown ceramics. This class includes assignments, demonstrations, and individual instruction designed to help students further develop their skills and interests. Some tools are available from the instructor to further help the progression of an art piece.

Class Art

***Stained Glass
Mondays, December 3-17
— LCS836**



1:00 to 4:00 PM (KS). \$43.50 (three sessions). Supply fee: \$10 payable to instructor. Instructor: *Jim Fernandez*. Requirements: No open toe shoes. You will learn the technique of cutting glass, foiling and soldering along with safety and the proper use of equipment.

Create a beautiful butterfly sun catcher, candle holders, and other projects. The class is also open to more experienced students. The instructor will evaluate the students' skill level on the first day of class, and recommend a project for the student. Lead glass technique is now available. About the Instructor: Jim Fernandez has 28 years of stained glass experience.

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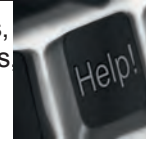
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Music

—Guitar—



***Beginning Guitar** **Mondays, December 3-31** — LSC952

8:00 to 9:30 AM (OC). \$60 (five sessions). Instructor: *Jon Gowin*. Join this new class for beginning students. Learn to read music notation for melody as well as strum chords using nylon or steel string acoustic guitars. The class will teach the fundamentals of music to prepare you for the Intermediate class. *About the Instructor:* Jon has a degree in Education and been playing guitar and other string instruments like the mandolin, ukulele, Irish Tenor banjo, and electric bass for over 50 years. He has performed with Bob Wren, and his Sacramento World Music Ensemble for over ten years.

***World Music for Guitar** **Intermediate Class** **Wednesdays, December 5-26 — LSC1832**

8:00 to 9:30 AM (KS). \$48 (four sessions). Instructor: *Jon Gowin*. **Prerequisite:** Able to read standard notation for the guitar in at least the first position; for acoustic guitars only. This class will be a continuation of the beginning class and cover music from around the world providing a unique, fresh and exciting experience for students. Get ready to learn very old folk melodies from Eastern and Western Europe, Africa, South America, Mexico, Asia, the Middle East, Greece, and America; all in single line melodies. Some of these tunes are written in challenging time and key signatures.



***Folk Guitar for Fun Folks 101** **Beginner Class** **Tuesdays, December 4 & 18** — LSC925

1:00 to 2:00 PM (KS). \$18 (two sessions, No class December 11). Instructor: *Darrell Effinger*. No prior music knowledge or good singing voice necessary!

Emphasis is on playing chords to familiar songs while singing and having fun with fellow guitarists. Folk songs of the 50's, 60's and 70's will be taught. Basic music theory will be shown. How to choose and purchase a guitar and guitar aides will be

discussed. *About the Instructor:* Darrell is a long-time teacher, musician, storyteller and folk singer. He was a member of the New Christy Minstrels and toured with Glenn Yarbrough and other artists. Questions? Call Darrell at 916-989-8532.



***Folk Guitar for** **Fun Folks 102** **Intermediate Class** **Tuesdays, December 4 & 18** — LSC935

2:00 to 3:00 PM (KS). \$18 (two sessions, No class December 11). Instructor: *Darrell Effinger*. **Prerequisite:** Knowledge of guitar playing using basic chords while doing a simple strum and singing (no vocal training required). This class is an intermediate class with emphasis on harder chord fingerings; more transitions of chords in songs; different strumming patterns; and various fingerpicking styles used by folk artists. The class can be taken in conjunction with the beginning class, as long as the student feels comfortable they have met this pre-requisite, and their fingers can withstand the pain! Questions? Call Darrell at 916-989-8532.

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Movies



***Holiday Movie Series**
Wednesdays,
November 28-December 19
— LSC1816

1:00 to 4:00 PM (KS). \$30 (four sessions). Instructor: **Ray Ashton**. Get into the holiday spirit with four beloved classic Christmas stories. Discover the modern American

family as they cope with a traditional family holiday celebration in the hilarious Chevy Chase 1989 movie Christmas Vacation (November 28). Look at Dickens' book and watch scenes from five different movies to tell A Christmas Carol (December 5). Discover the backstory of Ralphie and his desire for the Red Ryder BB rifle in A Christmas Story (December 12). And finally, watch It's a Wonderful Life (December 19) to learn the story behind the making of Frank Capra's Classic... "what could have been" had our hero not been born.

Sewing

—Certification—



Sewing Certification

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

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

—Quilting—



***Special Event**
Quilt, Tea and
Sweets Celebration!
Thursday,
December 13
— LSC1824

2:00 to 4:00 PM (KS)
 \$15. Instructor: **Betty**

Kisbey. Come one, come all in a celebration of the holiday season with tea and sweets. Betty will be presenting an overview of the mystery quilts made during the past year as well as discuss the upcoming future quilting classes for 2019. Former students who participated in any of the mystery classes are encouraged to bring their quilts to share. This is a wonderful event to share your passion and joy in quilting as a hobby! Everyone is welcome, quilter and future quilters alike.



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

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

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



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***Block of the Month: Quilting**
Wednesdays,
January 16,
February 20,
March 20,
April 17,
May 15 & June 19
 — **LSC1826**

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

Technology



***iPhone X or iPhone XS Basics Workshop**
Tuesday, December 4
 — **LSC1827**

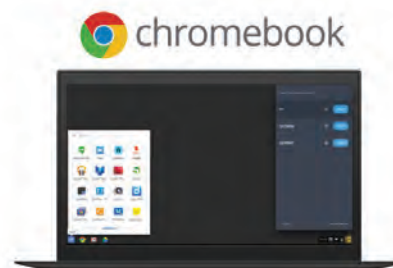
9:00AM to 12:00 PM (OC). \$30 + \$5 paid to instructor for class material. Instructor: **Andy Petro**. **Prerequisite:** You must have an iPhone 6, 6 Plus, 6S, 6S Plus, 7,

7 Plus, 8, 8 Plus, or iPhone X; and must be on iOS 12.0 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 and get the most out of it? Then this class is for you. Questions call Andy at 916-474-1544.



***Android Smart Phone Basics**
Thursday, December 6— LSC1828
 1:00 to 4:00PM (OC). \$30 + \$10 supply fee paid to instructor. Instructor: **Len Carniato**. Bring your Smartphone from any carrier, any brand and any version. This class will help you get much more from your Android Smart Phone. On our large screen display, we will focus on how to navigate

your screens, manage phone calls, organize your contracts, use text messaging, email, access the internet, share photos, and more. While presented for the beginner, even longer time owners will benefit from participating in this class.



***Chromebook**
Friday, December 7
 — **LSC1830**

9:00 to 11:00 AM (OC). \$20 + \$5 supply fee paid to instructor. Instructor: **Len Carniato**. Most of

us are wasting money on overpowered, overpriced laptops because we've been sold on the idea that we need them, and we don't. There is a better-suited, incredibly affordable alternative—the "Chromebook." Chromebooks are simple and fast computers designed to work online, a great option if you are adding or replacing a Laptop or Desktop. Bring your Chromebook to class, or your Windows or Apple Laptop with Chrome [if you haven't decided just yet] and learn how this computer can serve your needs. Questions? Contact Len at 916-289-1657.

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December 4-20th

Tuesdays & Thursdays, 5:30pm (KS)



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Danielle Lawlor at Kilaga Springs Fitness

Jeannette Pyle

WellFit Manager

Jeannette.Pyle@sclhca.com

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WellFit Orientations

Free Orientation: WellFit Staff

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

- **Tuesday, November 20**
3:00 to 4:00 PM, Fitness Floor (OC)
- **Tuesday, November 27**
3:00 to 4:00 PM, Fitness Floor (OC)
- **Wednesday, December 12**
2:00 to 3:00 PM, Fitness Floor (OC)
- **Thursday, December 6**
3:30 to 4:30 PM, Fitness Floor (KS)

WellFit Services Available to Assist You in Furthering Your Health & Wellness

Bowenwork Services

The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. Bowenwork addresses core issues, not just symptoms. It can help with chronic conditions from asthma to bunions, as well as acute injuries like sciatica, knee problems and more. It is safe and gentle enough for those with compromised health. *Rebecca Kang* is a Certified Bowen

Practitioner; she has also completed Specialized Bowen Procedures 1 and Bowen Procedures 2—Masters for the experience Bowen Practitioner. For more information about Bowenwork or an appointment, please contact Rebecca Kang at rebecca.kang@sclhca.com or 916-625-4034.



Nutrition Services

**Private Nutritional Consulting,
Audrey Gould, RD/RDN, NTP**

Restorative Wellness is sold in three-month packages to help residents resolve specific health issues that cannot be solved in one session. The three-month

nutrition package includes:

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

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

Disease Prevention & Management Session-Based Classes

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



Arthritis

Tuesdays, December 4-18

Wednesdays, December 5-19

Thursdays, December 6-27

Fridays, December 7-28

Wednesdays \$27 (three sessions) & Fridays \$36 (four sessions), 12:00 to 1:00 PM, Aerobics Room (OC). Tuesdays \$27 (three sessions) & Thursdays \$36 (four

sessions), 11:00 AM to 12:00 PM, Aerobics Room (OC). Instructor: *Linda Hunter*. This class is designed for those with Arthritis and other conditions that cause muscle and joint pain. The goal of the class is to

increase the range of motion, increase flexibility, endurance and mobility, improve balance, and strengthen muscles using weights, bars, balls, and bands. The class includes some standing but sitting in the chair is always an option.

Lessons

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



Nordic Pole Walking

Back in January!

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

Mindfulness

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



New!

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Holiday Hypnotic Journey

**Thursday, December 6 – Fine Arts (OC)
9:30-11:30 AM**

Release the "Should" and Feel the GOOD

**Thursday, December 13 – Gables (OC)
9:30-11:30 AM**

Hypnosis to Strengthen Your Immune System

**Thursday, December 20th – Multipurpose Room (OC)
1:00-3:00 PM**

Hypnotic Habits – Resolutions that Stick

**Thursday, December 27 – Gables (OC)
9:30-11:30 AM**

\$30 per class. Instructor: *Kelley Moreno*. The BEST gift ever! FEEL GREAT this month with a Peaceful Mind, Healthier Body and Happier Spirit. Hypnosis has been making positive changes for people for centuries NOW! Find out how it works. See and experience your own change as well! JOIN one or all four classes to make sure you get a one on one experience for change!

New!

**Working with Stress During the Holidays
Mondays, December 3-10**

10:15 to 11:15 AM, Multipurpose Room (OC) (two sessions) \$30. Instructor: *Michelle Jamieson*. The holiday season is a stressful time of year. While everyone expects to be happy, many people end up

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feeling overwhelmed and completely exhausted. By developing a few simple tools, you can avoid being swept up in a frenzy and enjoy the merriment of the season and celebrating with family and friends.



Establishing a Mindfulness Meditation

Mondays, December 3-10

11:30 to 12:30 PM, Multipurpose Room (OC) (two sessions) \$30. Instructor: **Michelle Jamieson**.

The path of Meditation involves slow and steady cultivation of the mind. The benefits of mindfulness and contemplative

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

Mindful Movement

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



Tai Chi Qigong L1

Tuesdays, December 4-18

1:00 to 2:00 PM, Aerobics Room (KS). \$33 (3 sessions). Instructor: **Peli Fong**.

Tai Chi is a century-old practice that focuses on soft and gentle movements known as postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi offers harmony of the mind and body as it relieves stress and induces

relaxation. Through the cultivation and flowing of the body's life force known as "Chi," this form of exercise has been scientifically proven to improve a variety of ailments such as arthritis, osteoporosis, cardiovascular disease, asthma, Parkinson's disease, digestive disorders, and more. People of all fitness levels will benefit from this complementary health system.



Tai Chi Qigong L2

Tuesdays, December 4-18

2:00 to 3:00 PM, Aerobics Room (KS). \$33 (3 sessions, 2:00 to 3:00 PM, Aerobics Room (KS). \$33 (3 sessions). Instructor: **Peli Fong**.

This class is for Tai Chi and Qigong students who wish to bring a higher awareness and understanding of their lifelong practice of complementary health and wellness. Students

who have practiced and completed the 24 postures will advance to learning the traditional 48 short forms. In addition, you will learn Qigong sets of movements. These Qigong sets paired with stillness, and moving meditation will improve body mechanics, muscle memory, muscle tone, and will heighten the understanding of these century-old art forms of health, mindfulness, and wellbeing.

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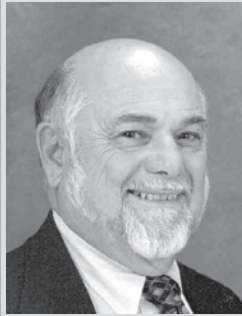
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Money Matters

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

Finance with Russ Abbott

Back Tuesday, January 29, 2019!

Please note, the date change for January only. 10:30 AM to 12:00 PM, P-Hall (KS). \$5. Instructor: **Russ Abbott**.

Nutrition

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



Re-Start—Your Health in Just Five Weeks Will Return Next Year!

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

Personal Improvement

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



Beginning Sudoku

Back Tuesday, January 29, 2019!

Please note, the date change for January only. 9:00 to 10:30 AM, P-Hall (KS). \$5. Instructor: **Russ Abbott**. The American

Medical Association has cited as a worthwhile activity to do every day.



Static in the Attic: Understanding About Memory and How to Preserve it!

Back in January 2019!

9:00 to 11:30 AM, Multi-purpose Room (OC) \$30. Instructor: **Alice Jacobs**. Are you

noticing word grope syndrome and “senior moments?” Are you frustrated because you can’t remember names of people, but recognize faces? Come find out why these occur and what you can do it about it.

Pilates Reformers and Towers

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

Pilates Reformer Membership Packages

Members select their monthly classes via online scheduling system. Our Reformer packages are as follows:

Four-class membership package \$80 per month

Eight-class membership package \$135 per month

Add-on classes for member \$17 per class

Membership packages require an agreement for auto-pay upon enrollment. To enroll in Reformer Membership, complete an Introductory Reformer Session. These packages are not available online. Private Reformer Training is available. See class grid on page 94 for a complete listing of Pilates Reformer classes.

Introductory Reformer Session L1

Continuous Dates

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

Private Reformer Training

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

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

Danielle Lawlor
Fitness Coordinator
Danielle.Lawlor@sclhca.com



Personal and Clinical Training

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

Training Services

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$54, half-hour session \$34.
- **Clinical Training:**
One client and one trainer. One hour session cost is \$60, half-hour session \$40.
- **Buddy Training:**
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$34 per person.
- **Assessment:**
Meet and greet trainer, talk about and establish goals. Trainer assesses ability level. One hour session \$30.

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Small Group Training (SGT)

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

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

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



SGT—Parkinson's Indoor Cycling Wednesdays, December 5-26

12:30 to 1:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Milly Nuñez*. Have you or a loved one been diagnosed with Parkinson's disease? A trainer will guide you using the premise of

"forced exercise" (exercise that is beyond a voluntary level). Studies have shown many individuals that have been diagnosed with PD have experienced symptomatic relief when they undergo a regular exercise program that includes "forced exercise." The first class will include an assessment and bike setup. Participants must be able to sit unassisted on a spin bike, and heart rate monitors are required. For more information, please contact Jeannette Pyle.

SGT—ParkinsonWise Combo Fridays, December 7-28

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

SGT—ParkinsonWise Thursdays, December 6-27

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 and reducing the impact of symptoms while increasing general well-being. The class will emphasize focused movement, maintaining and increasing the range of motion, movement in all planes, low versus high-intensity movements, balance and coordination, multi-tasking, and more. Enjoy a group setting with a certified trainer who will lead and motivate the class. All levels are welcome as the class will address modifications and progressions to keep participants motivated and engaged.

SGT—Fit 101 at Kilaga Springs L1 Mondays & Wednesdays, December 3-19

10:30 to 11:30 AM, Fitness floor (KS). \$105 (six sessions). Instructor: *Max Alcantor*. Are the new machines at Kilaga Springs Fitness Center a little over-whelming? Take this class and not only will you finish the class with a complete understanding of the new equipment, but you will also work on the TRX, weights, exercise bands, walking, stretching, and more. By the end of the session, you will have a customized workout routine that includes settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.



SGT—Fit 101 at Orchard Creek L1 Tuesdays & Thursdays, December 4-27

12:00 to 1:00 PM, Fitness floor (OC). \$120 (seven sessions, no class December 25). Instructor: *Jared Young*. Starting a new experience may seem a little overwhelming. That's why Fit

101 is a perfect place to start. This class will incorporate a little of everything at our Orchard Creek Fitness Center. By the end of the session, you will have a customized workout routine that includes the correct settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals..



**SGT—“Fun”ctional Fitness L3
Tuesdays & Thursdays,
December 11-20**

12:00 to 1:00 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Deanne Gr n*. Join us for a fun-filled class which incorporates strength training and high-intensity interval

training for optimal cardio-vascular benefits. This team-oriented class focuses on “Functional Fitness” using a variety of equipment including TRX suspension training. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual. Intermediate to advanced fitness levels encouraged. *This class is available for the SGT Drop-in Pass.*



**SGT—Progressive Bootcamp
L2/3
Mondays & Wednesdays,
December 3-26**

4:00 to 5:00 PM, Aerobics Room (KS). \$120 (seven sessions, no class December 24). 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,
December 3-26**

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



**50% Off
Santa’s SGT Special
Tuesdays & Thursdays,
December 4-20**

5:30 to 6:30 PM, Aerobics Room (KS). \$51 (six sessions). Instructor: *Jared Young*. Tired of wrestling with your weight? Burn calories and boost metabolism with energizing

workouts using TRX and other equipment. Prevent the party pounds!

**SGT—TGIF TRX & More L2
Fridays, December 7-28**

7:30 to 8:25 AM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Max Alcantar*. Let’s kick off the weekend right with a great total body workout. Use this class to enhance your current workout routine or to learn the basics of the TRX. Other pieces of equipment may also be used. *This class is available for the SGT Drop-in Pass.*

**SGT—Posture, Core
and Balance L1/2**

Mondays & Wednesdays, December 3-26

11:30 AM to 12:30 PM, Aerobics Room (KS). \$120 (seven sessions, no class December 24). Instructor: *Danielle Lawlor*. Balance your body with exercises for proper postural alignment and a strong core. This class is formatted to accommodate a wide range of fitness levels and also includes the right stretches to allow for improved posture which can take pressure off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility.



**SGT—Balance & Fall
Prevention L1/L2
Mondays & Wednesdays,
December 3-26**

2:00 to 3:00 PM, Aerobics Room (OC). \$120 (seven sessions, no class December 24). Instructor: *Danielle Lawlor*. Learn simple stretches and exercises that will help improve balance, core

strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

**SGT—Half Hour Balance & Fall Prevention L2
Mondays & Wednesdays, December 3-26**

1:30 to 2:00 PM, OC Track. \$60 (seven sessions, no class December 24). Instructor: *Danielle Lawlor*.

Build on concepts learned from L1 Balance and Fall Prevention to keep working on more advanced strength exercises and balance challenges. We will use the track upstairs at OC. A great class to try if you have already taken level one balance class but still want to continue getting instruction. Students are expected to warm up and stretch on their own before class as well as stretch on their own right after class; using warm up and stretches taught in the L1 class.

Punch Pass Class

Please see the colored grids on pages 94-97 for days and times. Classes are designated with a level. Level 1 is designed for the beginner or returning exerciser. Level 2 is designed for an intermediate exerciser with established exercise ability, and Level 3 is designed for the advanced exerciser. For a list of class descriptions, please refer to www.sclhresidents.com under WellFit tab.

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

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OC WellFit Class Schedule December 1-31, 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>Katie</i>	Step for All L2 - <i>Kim</i>	Strictly Strength L3 - <i>Jeanette</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>	
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>	Yin Yoga L2 - <i>Sara</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>		All Sunday classes have been moved to Klaga
12:00 Yoga Stretch L1 - <i>Julie</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>	Rest Meditation and Yoga L1 - <i>Iram</i>					
	12:15-1:15pm New Instructor! 1:30-2:30pm Chair Yoga L1 - <i>Cassie</i>	1:30pm SGT - Half Hour Balance and Fall L1 - <i>Danielle</i>	Chair with Flair L1 - <i>Julie</i>	Basic Chair L1 - <i>Maria</i>		
2:00 SGT - Balance & Fall Prevention L1 - <i>Danielle</i>		SGT - Balance & Fall Prevention L1 - <i>Danielle</i>				
3:00 Healthy Living Exercise L1/2 - <i>Milly</i>	Healthy Living Exercise L1/2 - <i>Milly</i>		Healthy Living Exercise L1/2 - <i>Julie</i>	Activities	SCLH Booking	
4:00 TBA	Activities	TBA				
5:00 TBA			Activities			
5:30 TBA	Core & Strength L3 - <i>Angela</i>	Mixed Levels Yoga L1-3 - <i>Jennifer</i>	Core & Strength L3 - <i>Angela</i>			
Group Exercise Classes (punch pass) \$4.50				Wellness Classes (session based) Small Group Training (session based)		
All classes are subject to change without notice.						
All classes are 55 minutes, unless otherwise noted.						

KS WellFit Class Schedule December 1-31, 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	SGT - TGIF TRX L2- Kayla		
7:30							
8:30	Exercise Mashup L2 - Danielle	Zumba Gold L2 - Joanie	Power Vinyasa L3 - Deanne	Low Impact Sculpt L2 - Jeri	Zumba Gold L2 - Joanie	Low Impact L2 - Jeri	
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3 - Katie	Strictly Strength L2 - Linda	Cardio Strength L3 - Katie	Strictly Strength L2 - Jeri	9:00am Cardio Strength L3- Kim
10:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2- Gretchen	Piloga Flow L2 - Cynthia	Everybody Can L2 - Linda	Yoga Stretch L2 - Jeri	10:00am Zumba L3 - Carrie
11:30	SGT - Posture, Core & Balance L1/2- Danielle		SGT - Posture, Core & Balance L1/2- Danielle		WaiDan Gong L1 - Joan		
12:30		SGT - Functional Fit L2 - Deanne	SGT - Indoor Cycling for Parkinson's L1 - Milly	SGT - Functional Fit L2 - Deanne	SGT - ParkinsonWISE Combo L1 - Milly		
1:00							
1:30	Yoga Basics L1 - Amy	Tai Chi L1 - Peil 1:00pm	Yoga Basics L1 - Cynthia	1:30-2:30pm SGT - ParkinsonWISE L1 - Milly			
2:30		Tai Chi L2 - Peil 2:00pm					2:00pm Yoga Flow L2 - Ashley
4:00	SGT - Progressive Bootcamp L2/3- Danielle	Yoga for Osteo L1 - Julie	SGT - Progressive Bootcamp L2/3- Danielle	Yoga for Osteo L1 - Julie		SCLH Booking	
5:30		SGT - TRX L1/2 - Kayla		SGT - TRX L1/2 - Kayla			
6:30							
Group Exercise Classes (punch pass) \$4.50							
Wellness Classes (session based) Small Group Training (session based)							
All classes are subject to change without notice. All classes are 55 minutes unless otherwise noted.							

OC Aqua WellFit Class Schedule December 1-31, 2018

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

Pilates Reformer WellFit Class Schedule December 1-31, 2018

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

Sun City Lincoln Hills Community Association

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-The Spa at Kilaga Springs-

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Spa Manager

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

Hours

Orchard Creek & Kilaga Springs Lodges

Monday-Friday	8:00 AM-9:00 PM
Saturday	8:00 AM-9:00 PM
Sunday	8:00 AM-5:00 PM

Lifestyle Desk (OC/KS)

Monday-Friday	8:00 AM-8:00 PM
Saturday	8:00 AM-8:00 PM
Sunday	8:00 AM-4:00 PM

Administration Offices & Membership

Monday-Friday	8:30 AM-5:00 PM
Saturday (first only)	8:00 AM-12:00 PM

WellFit (OC/KS)

Monday-Friday	5:30 AM-8:30 PM
Saturday/Sunday—OC	7:00 AM-8:00 PM
Saturday/Sunday—KS	6:30 AM-6:00 PM

Kilaga Springs Café

Monday-Saturday	6:00 AM-4:30 PM
Sunday	7:30 AM-3:30 PM

Meridians Restaurant

(hours subject to change)

Breakfast	7:00-10:30 AM
Lunch	11:30 AM-3:00 PM
Dinner	5:00-8:00 PM
Dinner Friday & Saturday	5:00-9:00 PM
Sunday Brunch	7:00 AM-2:00 PM
Catering Office	9:00 AM-5:00 PM
(Tuesday - Saturday)	

The Spa at Kilaga Springs

Monday-Friday	9:00 AM-6:00 PM
Saturday	9:00 AM-5:00 PM

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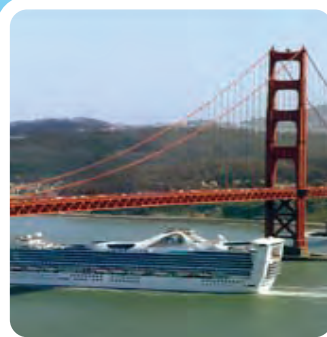
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