

# COMPASS

Navigate Your Way Through Sun City Lincoln Hills



13 Climbing Lessons

19 Neighborhood Watch  
HONORS PAT EVANS

# Contents

**3** Association News  
3 Board of Directors' Report  
4 From the Executive Director's Desk  
4 Calendar of Events  
5 Listening Post Update  
5 Election News  
6 Team Member of the Month Award  
6 Upcoming Association Meetings  
7  
8 Communications & Community  
8  
9  
9 Department News

**13**  
13 Climbing Lessons  
15 A Story of Mining and  
Magical Waters  
17 Don't Fail Your Heart  
19 Neighborhood Watch  
Honors Patricia Evans!  
20 In Memoriam  
21 Bingo  
21 Volunteer Opportunities  
21 Did You Know?  
21 Operation Gratitude

**23** Club News

**45** Support Groups

**48** Bulletin Board

**50** Community Perks

**53** Community Forums

**55** Entertainment

**59** Day Trips & Extended  
Travel

**73** Class Index  
74 Lifestyle Classes  
89 WellFit Classes

**102** Association Contacts  
& Hours

**103** Ad Directory



On the cover - Chris O'Keefe and  
the Climb2Cure Team



## Board of Directors' Report

### 2019 Budget

Molly Seamons, Treasurer, Board of Directors

The 2019 budget was approved by the Board of Directors at its September 27 meeting.

#### The Process

In July, budgeting templates were developed by each department manager to determine their needs for the coming year. They considered wages and salaries, payroll taxes, benefits, workers' compensation, and required headcount. For departments that generate revenue (Activities, WellFit, Food and Beverage, and Spa), each manager develops a revenue and cost of sales plan based on projected needs.

Next, draft budgets, including general assumptions, are presented in open workshops to the Properties and Finance Committees.

#### General Assumptions for 2019

1) California State minimum wage increase of \$12.00 on January 1, 2019

2) Benefits cost increase of 8% on June 1 with the same participation level as 12/31/2018

3) Workers' Compensation rate decrease of 30%, due to safety goal achievement

4) Property and Casualty Insurance package cost increases of 4%

5) Income taxes allocated between operations and reserves reduced by \$10K for 2019.

6) Federal unemployment tax rate drops from 3.0% to .06% in 2019

7) Administration, Marketing & IT, and Facilities & Landscape support all departments

On July 26, 2018, the Board of Directors voted to move \$400,000 from the CEF fund into the Reserve

Fund, to offset the cost of upgraded replacement of fences and Wellfit center remodel in 2018. This made it possible to only have a \$1 increase in the Reserve contribution in 2019 and \$2 in the next three years to keep the Reserve balance near our goal of 70%.

**Capital Assets** will be paid out of the Community Enhancement Fund.

2019 Budget			
	BUDGET Dues	2019	2018
Admin	1,830,980	22.49	21.82
Mark/IT	353,480	4.34	3.90
SPA	(19,230)	(0.24)	(0.18)
WellFit	503,430	6.18	5.89
Lifestyle	299,820	3.68	2.36
F&B	(1,420)	(0.02)	.44
Fac/Landscap	5,581,944	68.58	65.12
	\$8,549,004	105.03	99.34
Carryover 2016			(0.31)
Reserves	1,788,288	21.97	20.97
CEF**			1.00
Dues 2019	\$10,377,292	\$127.00	\$121.00

\*\* Community Enhancement Fund

A **\$6.00** increase in the dues or a total of \$127.00 a month will commence on January 1, 2019. Please make sure, if your dues are paid through a bank automatic withdrawal transaction, that you make the change in the increased dollar amount for the quarter to \$381.00.

We are expecting an additional projected revenue of \$7,508,400 on to of the dues for a total budget of \$17,845,692 for 2019.



At the September 27 Board of Directors Meeting, the Board recognized the Finance Member: \*Marsha Watkins, \*Hans Fokkema, \*Laura Thiele, Hank Lipschitz, Marcia VanWagner, Joe Stewart, \*Robert Copp, Molly Seamons, Don De Santis, \*Stuart Gallant, David Conner, and Ken Silverman. (Not pictured: \*Pete Saco, \*Fred Raach)



At the September 27 Board of Directors Meeting, the Board recognized Pat Evans, Neighborhood Watch Compass writer, for her 14 years of service. Pictured fr Ken Silverman, Hank Lipschitz, Don De Santis, Molly Seamons, Pat Evans, Marcia VanWagner, David Conner, and Joe Stewart.

# Calendar of Events

October 15, 2018 - November 15, 2018

Date	Event	Page #
10/16	Holiday Shopping Expo .....	50
10/17	Home, Health and Business Showcase ...	50
10/18	Line Dance to the Motown Sound ..	82
10/18	Fly Me to the Moon .....	55
10/20	Shadow of a Doubt - Movie .....	50
10/22	Document Destruction .....	50
10/23	The Illusionists .....	59
10/23	Listening Post .....	50
10/24	Managing Heart Failure - Forum ....	53
10/25	Coffee with the Mayor .....	50
10/26	Sip and Paint .....	75
10/26	Silent Movie Night.....	55
10/28	Olive Crush Festival.....	67
10/29	Apple Hill .....	67
11/2	YouTube.....	87
11/3	Won't You Be My Neighbor - Movie...	50
11/3	Computer History & Intel Museums ..	67
11/5	Android Smart Phone Basics .....	87
11/5	Won't You Be My Neighbor - Movie ...	50
11/6	Facebook - Social Media - Forum .....	53
11/6	Lung Cancer Awareness - Forum .....	53
11/7	Meridians Crab Feed .....	12
11/8	You Had Me at Meow - Forum .....	53
11/9	Chromebook .....	87
11/9	Keith Calmes Classical Guitar .....	56
11/14	Bird Migration Trail Walk .....	51
11/15	Static in the Attic .....	93



## From the Executive Director's Desk

Chris O'Keefe, Executive Director,  
SCLH Community Association

Welcome to the October issue of the COMPASS magazine! October is a month where we start to see the change of seasons, and as the leaves begin to change colors, there really is a magical transformation that takes place here in Lincoln Hills. I hope that you can take advantage of the opportunity to walk our beautiful streets and trails and that you can do so with your friends and family that visit during the upcoming holiday season.

As you may be aware, 2019 marks the 20th anniversary of our community. We have a team in place that is coming up with great ideas to celebrate the occasion. This anniversary is a great way to applaud the success this community has enjoyed over the years and to reaffirm the values that will ensure that Lincoln Hills continues to thrive for many years to come.

One of the gratifying things we hear from new residents is that they visited many communities during their search for a place to call home. Often this meant 8-10 visits, sometimes involving travel to other states. The fact that they chose to purchase in Lincoln Hills after such an extensive search speaks well for our community. It is a tribute to everyone involved, from our Board and Committee members to our great volunteers, staff, and our residents who participate in such high numbers in our Lifestyle offerings.

I had the honor in late August to participate in a fund-raising event for the Leukemia and Lymphoma Society. There were 14 individuals in our group, all with a common goal – to reach the summit of Mount Kilimanjaro. The day before we left for the climb, I spoke to a gentleman who had just finished the climb. He told me that he had been in business for 30 years and that he had learned more about teamwork, effort, and customer service on the climb, than in the past 30 years in business. He told me to keep my eyes and ears open, and I could do the same. Over the next eight days, he was proven right.

14 individuals with a shared goal. You might be strong one day and struggle the next, but we would climb as a team. No place for prima donna's if we were to succeed. Always be there for the other person. Work for something bigger than yourself. Lessons learned and relearned. Lessons that are as applicable here as they were 9,800 miles away. Have a great October!

**Listening Post Update – Chris O’Keefe, Executive Director**

The September Listening Post was again very well attended, and as always, I am so appreciative of the residents who took time out to attend. It is very much appreciated. We started off with a brief description of my trip to Tanzania and the Kilimanjaro climb, and then I followed up with an update of the rail fence and the Orchard Creek Automatic door projects. Both have been very well received by our residents.

A topic that has come up recently is the relationship between the golf course and Lincoln Hills. Using Google Maps, I showed the audience the areas that were the responsibility of the golf course. I stated that if they had any concerns regarding the golf course, that they could contact me directly and I would reach out to the golf course on their behalf.

Next on the list was an update on the Food & Beverage department. I was happy to report that the department had their fifth consecutive positive month

financially and that we were excited about the new changes in October. We should all be very happy with the work put in by Kristy Woodin’s team, and the support provided by the Food & Beverage Task Force.

I wrapped things up with a review of landscaping costs, and I hope it sheds some light on just how large the scope of work is for our Facilities & Landscape team. The bottom line is that our community is beautiful, and it is a result of teamwork between staff, our vendors, the Properties and Finance committees, and our Board.

It is a privilege to meet with our residents and something that I look forward to each month. I hope to see you at the next Listening Post.

**Listening Post meets on the fourth Tuesday of each month. This is your opportunity to ask questions of our Executive Director and guest speaker, and their opportunity to Listen and provide answers. Please come join in the discussion.**



**Election News**

**Get Ready, GET SET, Know Your Candidates**

- The filing period has now closed, and the names of candidates for the Board of Directors is now posted in both lodges. They are also announced on E News.
- Candidates are required to submit a Candidate Statement via email to the Executive Director no later than 4:00 PM, November 9.
- Members of the community not running for the Board may also submit a Member Issue Statement pertaining to Association issues of no more than 220 words to the Executive Director by November 9. The Member Issue Statement form may be picked up at the Association Membership Desk in the Orchard Creek Lodge.
- You will have the chance to hear Candidates state their position and respond to questions at Candidate Forums in January.
- Member Issue Statements may be presented at each of the three candidate forums to be held in January.
- Both Candidate Statements and Member Issue Statements will be published in the December COMPASS, and a hard copy will be available at information tables in both lodges.

Date	Day	Event
<b>2018</b>		
Nov 9	Tue	Candidate Ballot Statements due
Nov 9	Tue	Member Issue Statement due
Dec 11	Tue	Display tables and Forum Question Boxes out at both lodges
Dec 17	Sun	Candidate yard signs may go up
<b>2019</b>		
Jan 7	Mon	Election Ballots mailed
Jan 15, 17, 19	Tue, Thu, Sat	Candidate Forums
Feb 13	Wed	All Ballots Due to Inspector of Elections
Feb 14	Thu	Election Day, New Board Seated



For more information contact: Al Roten, Elections Committee Chair at [Roten.elections@gmail.com](mailto:Roten.elections@gmail.com)

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



Our September 2018 “Team Member of the Month” Award is Debbie Catafi! Debbie has been with Lincoln Hills since May of 2011 as a WellFit Monitor. Here are just a few quotes from her team members:

*“Debbie has the ability to remain calm under pressure and has great critical thinking abilities.” “She looks people in the eye, always with a smile and delivers outstanding customer service!” “I can count on Debbie to step in at the last minute to cover shifts whenever we need her!” “She can tackle special projects quickly and accurately!” “Debbie has a great attitude and enjoys her job no matter what task we give her.”*

We are delighted to have Debbie part of our team that provides outstanding customer service to our residents. Thank you, Debbie, for your dedication and commitment to Lincoln Hills! You are truly an asset to the Team!

**Upcoming Association Meetings: October 15 – November 30**

CCRC/Communication & Community Relations Committee Meeting	Tuesday, October 16, 9:30 AM
Golf Cart Registration	Thursday, October 18, November 1 & 15, 9:00 AM
Finance Committee Meeting	Thursday, October 18, 9:00 AM, P-Hall (KS)
Listening Post	Tuesday, October 23, 11:00 AM
Board of Directors Meeting	Thursday, October 25, 9:00 AM, P-Hall (KS)
Board of Directors Special Session	Thursday, October 25, 10:30 AM
Board of Directors Executive Session	Thursday, October 25, 11:00 AM
Properties Committee Meeting	Thursday, November 1, 9:00 AM, P-Hall (KS)
Elections Committee Meeting	Friday, November 2, 10:00 AM
New Resident Orientation	Monday, November 5, 2:00 PM
CCOC/Clubs & Community Organizations Meeting	Tuesday, November 6, 9:30 AM
Compliance Committee Meeting	Wednesday, November 7, 9:00 AM
ARC/Architectural Review Committee Meeting	Monday, November 12, 9:00 AM
Finance Committee Meeting	Wednesday, November 14, 9:00 AM
Board of Directors Meeting	Thursday, November 15, 9:00 AM, P-Hall (KS)
Board of Directors Special Session	Thursday, November 15, 10:30 AM
Board of Directors Executive Session	Thursday, November 15, 11:00 AM
ARC/Architectural Review Committee Meeting	Monday, November 26, 9:00 AM
Listening Post	Tuesday, November 27, 11:00 AM

*Meetings in Orchard Creek Lodge unless noted otherwise.*



## Finance Committee Report

### Food and Beverage Task Force

*Fred Raach, Finance Committee*

Early this year, Chris O'Keefe, Executive Director, created a task force of residents to work with Kristy Woodin, Director of Food and Beverage (F&B), to develop plans and concepts to improve results as input to the F&B 2019 budget. Task force members were chosen based on their expertise, interests, and willingness to devote time and effort to this endeavor. As Finance Committee liaison to F&B, I also was a task force member.

Initially, task force members were skeptical. There had been similar efforts in the past, and nothing came of them. Chris assured us that this time would be different and it has been.

Early on we addressed how much residents should fund F&B operation through their dues. The task force viewed the 2017 results when F&B expenses exceeded revenue by over \$200,000, as unacceptable and was dedicated to a goal of at least breaking even in 2019 and beyond.

Task force members quickly came to appreciate how challenging it is to manage essentially three businesses (a full-service restaurant and bar, a café, and a catering business) all served by a single kitchen. With much help from Kristy and the Accounting Department, we were able to identify

the fixed and variable cost items, to create estimates of the financial results for each of the businesses, and to apply metrics developed by the task force members with restaurant management experience. This provided a basis for the task force analysis and prioritization of areas for improvement.

Many hours were spent looking into all aspects of the F&B operation and developing the initial list of recommendations. Some of the recommended actions being implemented in the 2019 budget are an expansion of Meridians hours, a new menu, elimination of events that lose money, and product pricing that properly reflects actual costs. These actions, coupled with the F&B staff's ongoing efforts to reduce the costs of food and supplies, allowed Kristy to budget a small "profit" in 2019. Task force involvement continues with the objective of even stronger financial results in the future.

Through the end of August, Total Operations show a positive variance to budget. F&B achieved another positive result in August, further narrowing its gap between budget and actual expenses. The decrease in the balance of the Community Enhancement Fund is the result of the transfer of \$400,000 to the Reserve Fund and the funding of over \$160,000 of approved projects this year.

## Preliminary Statement of Operations YTD August 2018

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$5,546,481	\$5,514,464	\$32,017	\$8,261,646
Administration (Expense)	(1,372,498)	(1,349,850)	(22,648)	(1,977,330)
The Spa at Kilaga Springs	4,752	5,565	(813)	15,010
Fitness	(309,941)	(318,790)	8,849	(479,280)
Activities	(352,657)	(348,795)	(3,862)	(509,370)
Rec. Center / Maintenance	(3,556,170)	(3,570,908)	14,739	(5,300,730)
Food & Beverage	(46,825)	(43,258)	(3,567)	(35,538)
Net Revenues (Expense)	(\$86,857)	(\$111,572)	\$24,715	(\$25,592)
CEF/FMA Net Change YTD Aug 31, 2018	(\$75,120)	CEF/FMA Balance Aug 31, 2018		\$661,481



**Communications & Community Relations Committee**

**Guidelines for Displaying the American Flag**

*Becky Nicholson*



rain, snow and wind storms, and should not be flown if it becomes damaged or soiled.

According to the Federal Flag Code, there are rules for displaying the American flag that all residents should be aware of. Traditional guidelines call for displaying the flag in public only from sunrise to sunset. However, the flag can be displayed at all times if properly illuminated during darkness. The flag should not be flown during

If the flag is damaged or soiled, it may be deposited in the flag collection box located in the Resident Information Center at Orchard Creek Lodge. The Lincoln Hills Veterans Group will ensure these flags are properly and honorably disposed of.

**Did You Know?**

1. When raising or lowering the flag, it should not be allowed to touch the ground.
2. The flag should be displayed often, but especially on national and state holidays.
3. The flag should never be used for advertising or promotion purposes.
4. The flag should never be altered, decorated or used for a costume.

**Need a New Flag?**

The Lincoln Hills Veteran’s Group sells high-quality US flags at the **Orchard Creek Lodge on the 15 of each month from 8:00 AM to 4:00 PM for \$20.**



**Compliance Committee**

**What About the Bark?**

*David Mateer, Chair*

We are not talking about dogs; this is about that stuff in our yards. What is collectively called “bark” by many in our community is either actual tree bark or may be chipped wood. Lincoln Hills has more bark than any other type of inert ground cover. With the increase in drought tolerant and low maintenance yards, we now have more bark than lawn or rock in our community.



*Bark Mulch with hardscape and flowers*

The use of bark in our landscaping serves many purposes. It adds a decorative touch to your landscape, while also suppressing weeds, promoting soil moisture retention, moderating soil temperature and preventing compaction. The bark we use in Lincoln Hills doesn’t compact, decomposes relatively slowly and is water and air permeable. Bark can be applied any time of the year. The most popular times

for application are spring and early summer. However, checking our yards in the fall and refreshing as needed, will also ready our yards for the winter, rainy seasons and spring.

Bark is biodegradable. Eventually, it will break down, and you will have to replace or augment it with fresh material. This should be done before the older

layer has disintegrated completely. Exposed dirt or drip irrigation lines are signs that the time has come. The occasional rake or leaf blower also contributes to its disappearance. It is on duty year-round to help our plants and reduce weed growth. As a side note, keeping the irrigation lines covered will actually help their usable life by protecting them from the sun’s UV rays.

If it is time to replace your bark, an application to ARC is not required if you are replacing with what was formerly approved (same type and color). According to our guidelines: “Bark/chipped wood shall be in neutral earth tone colors, such as Natural Redwood bark, Dark Brown or Black.” There are many types of bark/chipped wood which are approved by ARC. You should consider the choices carefully based upon your desired appearance and plants in your yard. It’s important to know that certain inert materials are prohibited. Red or primary colored bark has many drawbacks including an artificial look. Shredded wood, gorilla hair, sawdust-like material, and rubber/artificial bark are also prohibited.

Thanks for keeping the landscaping of our homes looking great and our “bark” doing its part.



*Bark Mulch with lawn and walkway*





## Architectural Review Committee

### What's New with ARC?

*Carole Dummett, ARC Chair*

Our Yard of the Month for August 2018 was selected from four beautiful submittals. We voted for a lovely yard on Deep Springs Lane with a contrast of walls, unique steps, and artificial turf. This home belongs to Craig and Jeana Zelig who received a \$100 SCLH gift certificate to be used at any of our facilities. Congratulations!

This concludes our contest for 2018; we will re-evaluate in 2019.

To better serve the community, we are becoming more proactive along with Community Standards by implementing the following:

1. Attending and available to answer questions while providing documentation at New Resident Orientation bi-monthly meetings.

2. We now offer classes on filling out the ARC application and related documents. Scheduled dates and times are available in the Resident Information Center

at Orchard Creek Lodge.

A homeowner attended our meeting on September 10 and shared their experience with ARC. They relied on a landscape contractor to fill out and submit the application and plan for a re-landscape of their yard. The committee rendered it incomplete as they learned the plan was missing several checklists and reflected sod instead of artificial turf. The contractor did not have proper licensing or meet our requirements to install artificial turf. They now have an approved application, a new contractor, and thanked our committee



rendered it incomplete as they learned the plan was missing several checklists and reflected sod instead of artificial turf. The contractor did not have proper licensing or meet our requirements to install artificial turf. They now have an approved application, a new contractor, and thanked our committee

for being astute in providing these protections for our members.

Questions? We are always available to perform site visits and answer questions or concerns. Contact [arc@sclhca.com](mailto:arc@sclhca.com) or Community Standards 916-625-4006.



## Lifestyle News & Happenings

### Moments of Joy and Gratitude

*Lavina Samoy, Lifestyle Manager*

I recently went on vacation with my family exploring the beauty of New Hampshire and Maine. After hiking the Cadillac Mountains at Acadia National Forest, the awe-inspiring view of the Frenchman Bay at 1,530 feet reminded me how blessed I am to experience such a wondrous moment with my family. But it doesn't have to take arduous hiking to experience joy. As my mom always says, every day is full of wonderful and extraordinary moments waiting to be discovered.

Lifestyle strives to provide unforgettable experiences every day. We concluded the Summer Amphitheater Concert Series (SACS) with 2,028 patrons (second highest attendance in SACS history) singing "Sweet Caroline" last month. The nine shows brought in 11,973 happy concert-goers. Looking ahead, we have the highly requested **Branden and James** powerhouse of vocals and cello returning with their musical style and holiday cheer on December 17 (page 57). Classical music fans will thrill to the Vinifera Trio playing Gershwin to Ravel on December 6 (page 56).

We are excited to announce this year's New Year's Eve celebration with a twist, **A Swingin' Vegas Style**

**New Year's Eve Dance Concert** (page 43)! All the glitz and fun delivered twice! Join us for a dance concert at either 7:00 to 9:00 PM or 10:00 PM to midnight. Dance to songs from Sinatra, Motown and contemporary favorites by John Poretz and his mini-big band.

Each show will offer an appetizer buffet, chocolate fountain, champagne toast, photo booth, prizes and more! A spectacular fireworks display at 9:10 PM will conclude



the first seating and start off the fun fare for the second seating. Only 250 seats are available for each show at \$75 each. Make your reservations with friends early; you will not want to miss this exciting event!

It's not too early to plan your trips for 2019. The very popular two-night **Sierra Winter Train to Reno** is back from January 29-31 (page 68). We have four busses to the **Cirque du Soleil** production of **Crystal** (page 59) combining acrobatics and ice skating, need I say more?

Stay in touch with family and friends from far away through the digital world. See page 87 for computer classes to help you keep connected with your loved ones.

Happiness is available everywhere! You just need to embrace it.



*Let us serve you with a view*  
**Meridians**  
 Restaurant & Bar

**"Almost time for the holidays!"**  
 Kristy Woodin, Director of  
 Food & Beverage

If you haven't already got your tickets to the Meridians Crab Feed, do so soon, as we are almost sold out! Meridians is excited to put on this event on November 7. For only \$60 inclusive per person, you get to enjoy an evening with all you can eat pasta, salad, Dungeness crab, and peel and eat shrimp! Call Meridians at 916-625-4040 to make your reservation.

Thanksgiving is right around the corner and as always, a very popular event. Make your reservations now and let us do all the cooking! Price is \$48 inclusive per person. If you are over 90 or between the ages of 6-12, it's only \$24 inclusive! Under five years old is free. Did we sell out of reservations, or don't have the time you want? Then come pick up your dinner from us between the hours of 11:00 AM and 3:00 PM on Thanksgiving Day. For only \$19 per person, we will give you 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.

The community has asked for it, and it's finally coming! Exciting changes are being made to Meridians to benefit the residents and our community. On October 22, Meridians will have 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 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 every day. One menu for all!

## Chef's Recipe of the Month:

### Chicken-and-Collards Pilau

#### Ingredients

- 6 ounces Cajun smoked sausage, diced
- 1 ½ pounds skinned and boned chicken thighs, cubed
- 1 ¼ teaspoons kosher salt
- ½ teaspoon freshly ground black pepper
- 1 tablespoon olive oil
- 1 cup chopped sweet onion
- 1 cup chopped celery
- 1 cup chopped carrot
- 2 garlic cloves, minced
- 3 cups organic vegetable broth
- 4 cups firmly packed chopped fresh collard greens
- 2 cups uncooked basmati rice
- ½ teaspoons dried crushed red pepper

#### Instructions

1. Preheat oven to 350°. Cook sausage in a Dutch oven over medium-high heat, stirring often, 5 to 7 minutes or until browned. Remove sausage using a slotted spoon; reserve drippings in Dutch oven. Drain sausage on paper towels.
2. Sprinkle chicken with salt and pepper. Add oil to hot drippings in Dutch oven, and cook chicken in hot drippings over medium-high heat, stirring occasionally, 8 to 10 minutes or until done. Add onion, celery, carrots, and garlic. Cook, stirring often, 5 to 7 minutes or until onion is tender. Stir in broth, collard greens, basmati rice, red pepper, and sausage.
3. Bring mixture to a boil over medium-high heat. Remove from heat; cover.
4. Bake Pilau at 350° for 20 to 25 minutes or until liquid is absorbed, stirring halfway through. Serve Pilau immediately.





## The Spa at Kilaga Springs Perk Me Up!

*Trudy Smith, Spa Manager*

This Month in the Skin Care Department we are featuring a special called "Perk Me Up". This is the Signature HydraFacial with the addition of either the Perk eye or lip treatment for \$199.

The Eye Perk add-on helps to gently brighten, tone and firm the outer eye area while maintaining hydration. The Lip Perk add-on gently exfoliates, hydrates and plumps your lips. Everyone could use that!

This includes a take-home product from either Perk treatment to support those fabulous benefits.

Exfoliation is the removal of dry/dead skin cells on the surface of the skin and is one of the most important aspects of your home skincare routine for face and body. The process of exfoliation rids the body of any dry, dull skin by removing dead skin cells from the surface of the epidermis. By removing these dead cells, exfoliation can help keep pores from becoming clogged and leave skin with a refreshed and clean feeling. Not only will this help with fine lines and wrinkles, but it will help to ease discoloration as well. After exfoliating, the skin is left beautifully soft and ready to absorb a good moisturizer.

In honor of "Healthy" skin, the Spa is offering 15% off ANY exfoliants face or body from our retail boutique. The Massage department is promoting "Massage for

Wellness" This offer is \$10 off any 60 minute or more Massage service for the first time visit. Massage is such a healthy activity for you. The benefits are numerous, such as increased circulation, stress reduction, improves flexibility and pain relief from sciatica. One of the more esoteric modalities is Reiki. This modality is a Japanese form of alternative medicine developed in 1922 by Mikao Usui. It is a soothing, invigorating therapy that treats the whole body including the mental, emotional and spiritual aspects to create deep relaxation to help speed healing, reduce pain and decrease other symptoms you may be experiencing.

My spotlight this month is on Maricela Correa. Maricela grew up in Mexico with a Mother and Grandmother who practiced alternative medicine. This gave Maricela an innate love and interest for healing and alternative medicine. Massage therapy is a second career and one that fulfills her passion. Along the way she also became a Reiki practitioner. This has added another dimension to her many modalities. We are very happy to have Maricela on the team.

Please come see her and our talented team for your health and well being!

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



## WellFit News

### The Keys to Healthy Aging

*Deborah McIlvain, Director of Lifestyle, WellFit and Spa*

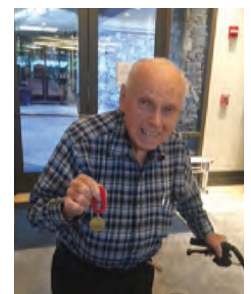
Longtime resident Virgil Richardson captures the spirit of aging actively and adding life to years. Virgil just recently turned 100! Virgil and his wife Mary have lived in Lincoln Hills for 11 years, and it obviously agrees with them. They know it takes work and determination to live a healthy and enjoyable life as they get older. Both of them are up early – Virgil is first up, and Mary says "I sleep as long as he lets me," but both are at the indoor pool at OC by 9:30 AM four mornings a week and sometimes five. They also enjoy walks in their neighborhood. What do they recommend for enjoying and living into your older years? "Well, we don't drink, and we don't smoke, said Virgil. "We exercise, go to church, keep active and take time to relax." Happy Birthday Virgil from all of us at WellFit – we love seeing you come thru our Fitness doors.

Here are a few more tips to Healthy Aging. **Tip #1: Learn to cope with changes.** Focus on the things you're grateful for and accept the things you can't change. **Tip #2: Find meaning and joy.** Pick up a hobby, learn something new, get involved in the community, travel and spend some time outdoors. **Tip #3: Stay connected.**

Connect with friends and family, make new friends, volunteer and find support groups. **Tip #4: Get active and boost your energy.** Exercise helps you maintain strength and agility. It will increase your energy, improve sleep, diminish chronic pain and help with memory. **Tip #5: Eating well.** Avoid sugary foods and refined carbs and load up on high fiber fruits, veggies, and whole grains. It's not just about adding years to your life; it's about adding life to your years! WellFit staff is here to guide you through this journey.

#### Upcoming Events

Join with us later this month in "Fighting Together" against Breast Cancer. The week of October 22-26, receive a ticket to win prizes each time you attend designated Punch Pass classes and/or wear pink. On November 8 stop in and shop at our Lifestyle Retail's Holiday Open House where there will be plenty of new items for those on Santa's "good" list. See our Ad on page 88 for more details.



9<sup>TH</sup> ANNUAL

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## Climbing Lessons

Nancie Attwater, Roving Reporter

Have you ever gone so far to help a friend with an illness that you climbed a mountain in Africa? A climb of 19,341 feet! Chris O’Keefe, Executive Director and his 24-year-old son, Patrick just returned from this amazing climb up Mount Kilimanjaro. The “white mountain.”

The team raised \$52,000 to support Leukemia and Lymphoma patients by making it to the “top.” Son, Patrick had a doctor that was diagnosed



Porters reaching the top of the Barranco Wall

with Lymphoma, and he wanted to raise money to help support Leukemia and Lymphoma patients. So, he and a couple of pals got together and decided they would climb Mount Kilimanjaro as that is something their doctor/ friend would have liked to

do. All were experienced climbers, but Chris went along to oversee the trip. They named themselves: Climb2Cure, Team in Training.

After a 23 1/2 hour flight, Chris, Patrick, and friends met up with their guide and the rest of the group to begin the climb. There were 14 in the group with 51 guides and porters for the team. Entry to the park is at 7,000 feet. Higher than Denver by just over 1000 feet. It takes 6 1/2 days to climb the 12,341 more feet to the top. The last day was hiked mostly at night, so the summit is reached at daylight. There are four



View of the Summit from Karachi Camp



Glacier just past Stella Point

routes to the top and one route coming down. It only takes a day and a half to come back down. 8 of the 14 made it to the top!

The guides are paid \$4 per day and are responsible for getting the hikers, food, and equipment up and then back down the mountain.

They are the “smiles” that keep everyone moving. Great care must be taken for everyone’s safety. *Lesson One - Customer Service with a smile.*

35,000 to 50,000 people a year attempt this treacherous climb. Only about 60 percent make it. The terrain ranges from jungle, broken rock, to ice and finally the summit which is snow-capped. The temperatures are between 80 and minus-20 degrees Fahrenheit. Chris noted that you couldn’t see the top while you are climbing. You need to keep moving on good faith that you will get there even though you can’t see it. *Lesson two: Pay close attention to where you are, moment by moment.* This will keep you focused.

*Third lesson: make sure that your socks, shoes, and feet are well taken care of so you make the climb blister free.* Chris is still healing from the blisters he got coming down the mountain.

The “team” is working on ideas for more trips in the future. They are sure to be spectacular and worth the wait.



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## Kilaga Springs A Story of Mining and Magical Waters

Al Roten, Roving Reporter

We all enjoy the ambiance and attributes of Kilaga Springs Lodge. Some of us recognize that our lodge got its name from Kilaga Springs, located in the countryside off McCourtney Road northeast of Lincoln. But there is an intriguing story about this odd name that has become a part of our everyday lives.

In the early 1850s, Whiskey Diggins ditch, which furnished water to gold miners, gave rise to the Whiskey Diggins Mine (later called Valley View) at the end of the waterway. On this 90-acre site, some mines were vertical holes dug into the earth and others were



Entrance to Gold Mine in 2012

horizontal tunnels in hillsides. Later, when gold played out, copper became the money-making metal. In time, spring water filled the main horizontal mine shaft and flowed out on to the bed of mine tailings. Later it was discovered that this water had a high mineral content that, when applied to the skin, had healing properties, said to cure eczema, itches, rash, poison oak, dandruff, athlete's foot, cuts, abrasions, and various other skin conditions! A chemical analysis of the water shows that it was high in iron, aluminum, zinc, magnesium, sulfuric

acid, and many trace elements.

In 1922, a three-member consortium purchased the mine property and named it Valley View Products Company, the purpose of which was to market the mineral water, both in bottles and as a spa/resort. The owners of this enterprise, E.M. Kimberlin of Oakland, Judge J.B. Landis of Auburn, and E.C. Gaylord of Lincoln, created and promulgated the myth that the local Indians had used these waters for their magical healing power. Then they came up with the name **Ki-La-Ga**, or **Kilaga**, as a combination of the first two letters of each of their last names. And Kilaga was born!

From 1923 until about 1940, Kilaga Springs mineral waters were sold in drug stores as a powerful and mystical healing product. Bottling works, a spa, and bathhouse were built and rebuilt after fires in the 1920s and early 1930s, but then hard economic times of the Great Depression caused the company to close. Today, the property is privately owned and is unsafe for exploration due to open pits and crumbling tunnels left behind by these enterprises of our heritage.

It is a tribute to the colorful past of our home locale that we have our Kilaga Springs Lodge.



Mine Entrance in Spring

# KI-LA-GA

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A Natural and undiluted mineralized solution from Mother Earth, containing the active compounds of Iron, Copper, Aluminum, Zinc, Sulphur, Magnesium and other important compounds.

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# KI-LA-GA

DIRECTIONS FOR USING

**Eczema, Itch, Rashes, Etc.**—Wash the affected parts with lukewarm water and Castile soap, rinse well with fresh water and dry with a soft towel. Apply KI-LA-GA by means of a cloth or sponge two or three times daily, allowing the solution to dry on the skin.

Where the affected area is small, a cloth saturated with KI-LA-GA may be left in contact with the skin. When this is done, place a dry cloth over it to protect clothing from stains. Itching and irritation will usually stop after two or three applications, and continued use of the treatment usually gives permanent relief.

**Poison Oak, Poison Ivy and other Plant Poisons**—Apply KI-LA-GA freely and undiluted with a soft cloth or sponge and allow to dry. Repeat the treatment twice daily. Relief follows first treatment.

**Dandruff and Scalp Irritations**—Apply Ki-La-Ga to the scalp, rubbing it in thoroughly with the tips of the fingers. After 24 hours rinse the hair in lukewarm water until KI-LA-GA is thoroughly removed, then shampoo.

**Sore and Tender Feet, Athletic Foot, Chillsblains**—Apply Ki-La-Ga compresses to the affected parts two or three times daily.

**First Aid, Cuts, Abrasions, Burns, Lacerations**—Apply Ki-La-Ga freely to the fresh wounds by means of a wet compress.

**General External Use**—Use wherever a soothing and healing lotion is indicated. Apply by means of a compress.

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## Don't Fail Your Heart

Shirley Schultz, Roving Reporter

Do you know what the leading cause of hospitalization is in people over 65? It is heart failure, a term used to describe what happens when the heart works less efficiently than normal. Picture the heart as the pump for a closed circulatory system – what goes in must then be pumped out. With inefficient pumping action, blood moves more slowly and pressure in the heart increases. Over time, the heart muscle weakens, the body's oxygen and nutrient needs are not being adequately met, and then the kidneys may respond by causing retention of water and salt, leading to swelling and congestion in the extremities, lungs, and other body organs. This is congestive heart failure (CHF).



About 6 million Americans have heart failure, and roughly 670,000 new cases are diagnosed each year. The key here is to get the diagnosis as early as possible so that one can make the necessary lifestyle changes and receive treatment to improve chances for a longer life. To this end, plan to attend the **Community Forum on October 24, "Managing Heart Failure for a Longer Life"** by Anu Khurana, MD, Cardiologist from Kaiser (see page 53).

Prevention is always the best course of action to help avoid CHF. That means preventing or controlling those factors that lead to heart failure such as high blood pressure, coronary artery disease, obesity, and diabetes. Lifestyle is key: exercise, limit the amount of sodium in your diet, stop smoking or avoid second-hand smoke, lose weight if you are overweight, and manage your stress levels.

Heart failure can be a chronic condition, or it can worsen acutely. The following are some symptoms that may warn you of such a heart condition. Many other things can cause similar symptoms, so tests will be needed to confirm the diagnosis.

Heart failure can be a chronic condition, or it can worsen acutely. The following are some symptoms that may warn you of such a heart condition. Many other things can cause similar symptoms, so tests will be needed to confirm the diagnosis.

- Shortness of breath with activity or at rest
- Weakness and fatigue
- Swelling in your legs, ankles, and feet
- Possible swelling in your abdomen
- Irregular or rapid heartbeat
- Lessened ability to exercise
- Increased nighttime urination
- Rapid weight gain from fluid retention
- Nausea and lack of appetite
- Decreased alertness and difficulty concentrating
- Sudden severe shortness of breath and/or coughing up pink, foamy mucus

Heart failure progresses in stages. Early on, one may have very few symptoms. Enjoy life and live it in a hearty manner.

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## Neighborhood Watch Honors Patricia Evans!

*Teresa Tanin, Neighborhood Watch*

Glasses were raised, and the toasts began in celebration of Patricia Evans' fourteen esteemed years as the Neighborhood Watch writer for the *COMPASS* magazine.

Pauline Watson, Neighborhood Watch Executive Secretary, arranged the September 6 retirement luncheon in the Secret Garden (OC). As guests arrived, Pat welcomed each guest with her warm smile and a long stem carnation. The *COMPASS* Editor, Theresa Renken and Neighborhood Watch Executive Director, Linda Minor, welcomed the sixty guests including several *COMPASS* colleagues, many friends, and visiting family.

Guests were enjoying their lunch when Pat's son, Paul Evans, initiated the first toast by saying how happy he was to celebrate with her on that special day. Pat's grandson, Andrew Evans, was especially delighted to join in the toasts remembering a quote hanging on Pat's office wall, "Education is not filling a pail, but lighting a fire." Andrew spoke what everyone knew, that Pat was first and foremost an educator. This was abundantly clear in every monthly article she wrote. Jeannine Balcombe, the *COMPASS* originator, stated, "Pat was always able to soften the important safety and security issues with her light-hearted yet informative writing."

It was then that Pat donned her red

"chit-chat" hat, her "propeller" hat, and laughingly remembered the many clubs and community activities—if there was a Neighborhood Watch event, Pat was there. Pat continued to reminisce about her first time volunteering as a Coordinator with *Handy Helpers* in 2002, now known as *Neighbors InDeed*.

Larry Wilson, with Marcia VanWagner, Association Board President, then added to the toasts, "Pat was always able to bring people together, and many of her articles ended with *the more we get together, the happier we will be.*"

Cameras began flashing from all directions as Pat was presented with a beautifully framed certificate of appreciation. Doug Brown, friend, and long-time *COMPASS* colleague took that moment to raise his glass high. His toast began by cleverly spelling out her name: "P" for patient, "A" for active, "T" for teacherly, "E" for enthusiastic, "V" for vivacious, "A" for ardent, "N" for neighborly, and "S" for sympathetic. "Pat's passion for the community was apparent; she was the voice of Neighborhood Watch, and Del Webb Lincoln Hills is a better

place because of Pat."

As the dessert was passed, Pat graciously thanked everyone for joining her on such a special day, saying "God bless you, each and everyone."



*Pat Greeting Guests*



*Linda Minor and Pauline Watson present Pat with her Special Certificate.*

## In Memoriam

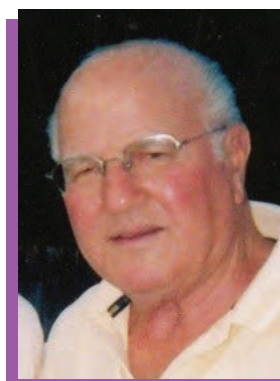


### Crane Walden

A third-generation Californian, Crane was born in San Francisco. He was a proud member of DeMolay while in High School in Concord. He earned a Business degree at University of California at Berkeley where he was active in student government. Crane's career included retail management, insurance sales, and management, business owner and production management in the distilled spirits industry. Married to Patience Whipple Perot for 43 years, they had two sons, four grandchildren, and five step-grandchildren. After moving here, Crane became active in the transition from Del Webb to the resident-run community. He was modest, and humble, with strong religious convictions. He also had a sense of humor, loyalty, diplomacy and calm approach to solving problems. He is missed by many family and friends.

### Charles "Chuck" Ellis

Born in Iowa, Chuck moved to Los Angeles where he met, Rita, the love of his life. They lived in Carmichael, California where he was an expert in the heating/air conditioning industry. An avid 49er fan, he also loved spending time with his family and friends boating and camping along the Sacramento River and Delta. He supported his boys in all their sports and activities, and he coached Little League Baseball for years. Here, Chuck was active in golf, fine arts, and the ukulele group. He is remembered as a loving husband, amazing father and granddad and a giving friend to all. He is survived by his wife, three sons and their families including three granddaughters, and his brother and sister.



### Dr. Charles Richard Dickens

A son of immigrant parents from Northern England, Richard was raised in Mill Valley, California. He received advanced degrees in Mathematics. He served in the United States Army Reserve during his graduate studies. He began a long career at Stanford University in 1964 where he became head of computing for the University and the Stanford Linear Accelerator Center. Through collaborations with industry leaders he made significant pioneering contributions to the computing field. He is survived by his wife Janet, one daughter, two sons and four grandchildren. He was preceded in death by his first wife Natalie, three sons and his parents. He loved travel, adventure, conservation and spending time with family. His keen wit, kind heart, and generous spirit were evident to all who knew him.

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



## Lincoln Hills FOUNDATION

Serving the Lincoln Senior Community

presents:

### BINGO IN THE BALLROOM



Tuesday, October 30, 2018

Orchard Creek Ballroom

Doors open at 12:30 PM

Cost \$20 for 12 games

No alcohol; cold water \$1.00

Groups of 7+ to reserve a table:

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Meridians Lunch special 11:30 AM



## DID YOU KNOW?

### Low-interest Loans for Assistive Devices through "freedomtech"

Assistive technology items may be covered by your insurance. If not, the following information can be helpful.

The State of California has a low-interest loan program for assistive devices such as hearing aids, computers, adaptive accessories and software, adaptive driving equipment, home modifications, etc. Loans range from \$500-\$15,000. To learn more or to apply, go to <https://freedomtech.org/> or 916-737-5358/916-325-1695TTY.

## 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**

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

## OPERATION GRATITUDE

Operation Gratitude is underway, and we need your help! A resident put forth an idea to show appreciation to Association employees for their work and customer service, and Operation Gratitude



was born. Now thru November 30, thank you comment cards will be available at Meridians Restaurant, Lifestyle, and WellFit desks. Not sure what to write? Here are some ideas: think a waiter at Meridians went above and beyond? Write it for all to see. A staff member goes the extra mile? Greets you with a smile and hello that brightens your day? Express yourself. Here is a great way to show your gratitude towards our Lincoln Hills staff members! Think it, feel it, write it!

## Michelle Cowles

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Contact information for clubs can be found on the Resident Website under the clubs tab or by requesting a handout at the Lifestyle Desks.



## Club News



### Amateur Radio

The Amateur Radio Group joined the Western Placer County Amateur Radio Club to participate in the annual Ham Fest held in McBean Park on 15 September. This event provided Sacramento Valley amateur radio operators an opportunity to swap equipment, sell surplus equipment and check out the vendor booths for the latest amateur radio equipment. The Amateur Radio Group is an emergency communications group for the Lincoln Hills residents and the City of Lincoln. The LHARG meets Monday night at 6:30 PM at the Lincoln Hills South Gate Entrance Building, so come by and say hello and discuss amateur radio. Or, just join our weekly 2 Meter network at 7:00 PM on Monday. Our repeater frequency is 443.225 MHz, with a PL of 167. *Website: www.lharg.us*



### Antiques Appreciation

Colored leaves fall fast and slow.

Whirling, twirling all around,

Till at last they touch the ground. –anonymous

On November 5, please bring one or two books or a small collection, 50 years or older of poetry in general or children's books of nursery rhymes. Bring your best reading voice and be prepared to read a favorite to the group. A sweet bedtime story or a poem about the holiday season would be a lovely way to start the day. We meet in the Heights and Gable Rooms (OC) the first Monday of every month from 10:00 to 11:30 AM. Lunch to follow at Meridians. Christmas Luncheon tickets are now on sale. \$25. Per person. Guests welcome. December 3 in the ballroom.



### Astronomy

Monday, October 15, Cosmology Interest Group (CIG), Fine Arts Room (OC) 6:45 PM. Continuing series on Radio Astronomy. Lecture # 3: Birth of Radio Astronomy. Lecture # 4: Discovery of Interstellar Hydrogen. Contact Morey Lewis for more information. Wednesday, November 7, LHAG General meeting 6:45 PM in the P-Hall (KS). Cindy Van



Buren will present "Update on Juno's trip to Jupiter." Thursday, November 8, Telescope Interest Group (TIG). Observing at the Sports Pavilion. Contact Bill Weaver or our website for more information. *Website: www.lhag.org*



### Ballroom Dance

As ghosts and goblins begin to appear, the Ballroom Dancers are preparing for their annual Halloween Dance on Saturday, October 27 from 6:00 to 9:00 PM (KS). Attendees are encouraged to wear costumes and partake in the special Halloween events. Enjoy games, contests, delicious desserts, and liquid refreshments as you stomp, mash, and glide to many fine tunes while creating your own kind of "witchcraft."

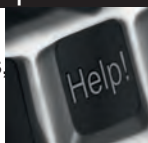


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Membership, only \$7/year, is open to Lincoln Hills residents, sponsored guests, couples and singles. Lessons are every Tuesday in KS: Beginners from 2:00 to 3:00 PM and Advanced from 4:00 to 5:00 PM. Open dance hour is 3:00 to 4:00 PM. Perfect your Rumba moves October 2, 9, 16, and then learn the East Coast Swing on October 23, 30, and November 6.



**Big History**

Carlota Escutia, an internationally known paleoclimate change expert, will be the guest speaker at the October 15 Big History Club meeting, which begins at 10:00 AM in P-Hall (KS). Escutia, a geologist and research professor at the Spanish Research Council in Madrid, is on loan to



Professor Carlota Escutia

Stanford University to teach a class on "Understanding Antarctica's Role in Climate Change."

Escutia is particularly known for her work on the geologic evolution of Antarctica and the global role of the Antarctic ice cap. Her topic here

will be on how understanding past climate changes in Antarctica can help inform us on future changes. The club meets at 10:00 AM on the first and third Mondays in P-Hall (KS). Details on our website. **Website: [www.bighistorysclh.com](http://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



Cue Masters winners, 1st Ted Komaki, 2nd Phil Delany

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. Remember it's free.



**Bird**

On Friday, October 26 we travel to the Yolo Bypass Wildlife



Sunrise at Ferrari Pond. Thank you, Larry White.

Area. This 16,000-acre preserve attracts waterfowl, raptors, shorebirds and a variety of smaller birds. After enjoying our drive through this unusual wildlife area, we will head to Davis for lunch. Our group is planning to attend the Sandhill Crane Festival in Lodi November 2-4. The festival's website has information on the many tours. If you would like to join us, please e-mail Arlene at [ajewett1437@sbcglobal.net](mailto:ajewett1437@sbcglobal.net).

Fall is a great time of year to look for the many migratory birds that spend the winter in Central Valley. To hear about the latest sighting here in Lincoln Hills join us for our November 12 meeting at 1:30 PM in the P-Hall (KS).

**Website: [www.lhbirders.org](http://www.lhbirders.org)**



**Bocce Ball, Mad Hatters**

The Mad Hatters Bocce Group was formed for the purpose of acquainting the residents of Lincoln Hills with the rules and fun of Bocce. We give free instruction and furnish all equipment. From November to April we play

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Jim clowns it up on Red Nose Day

Bocce every Thursday Morning at 10:00 AM. Beginning in May, we start our Thursday Bocce sessions at 8:00 AM. The Mad Hatters Bocce group is open to all Lincoln Hills residents. We play to a relaxed set of Bocce rules that make the game fairly simple and easy to learn, no experience required. We also have a wheelchair accessible court. If you wish to contact Paul or Bob, please see our contact information on the SCLH resident website Bocce Ball page.

Website: [sclhresidents.com/group/pages/bocce-ball-group](http://sclhresidents.com/group/pages/bocce-ball-group)



**Book, OC**

“Books serve to show a man that those original thoughts of his aren't very new after all.” ~ Abraham Lincoln. Join us on October 18 when we discuss, *The Underground Railroad*, by Colson Whitehead. Published in 2016, this alternate history novel tells the story of two slaves in southeastern United States during the 1800's who make a bid for freedom by following the

Underground Railroad.

Schedule, remainder 2018:

November 15: *The Winter of Our Discontent*, by John Steinbeck.  
 December 20: Holiday Luncheon.  
 We meet for book discussions on the third Thursday of the month at 1:00 PM in the Multipurpose Room (OC). Newcomers are welcome.

Website:

[LHocbookgroup.blogspot.com/](http://LHocbookgroup.blogspot.com/)

Wiki: [ocbookgroup.pbwiki.com/](http://ocbookgroup.pbwiki.com/)



**Bridge, Duplicate**

A variety of people play bridge in Lincoln Hills. Their participation in other activities seems endless. BUT! On duplicate bridge days, busy lives are set aside for the passion of bridge. Meet Dennis and Nancy Krause. One of our favorite couples with



Dennis and Nancy Krause

busy lives and a passion for bridge! Behind Nancy's ever-present smile is someone who genuinely cares when she asks "How are You?" Dennis is one of our selfless volunteers. His beautiful piano playing is a fixture at our Christmas parties.

Their attitude towards each and every player is what is expected of all players in our bridge club. Games are played at (KS), Wednesdays/Saturdays at 12:30 PM. Friday at 5:00 PM. Partners or questions, please visit our website: [www.bridgewebs.com/lincolnhills](http://www.bridgewebs.com/lincolnhills)



**Bridge, Partners**

Call club phone numbers listed in the SCLH resident website or show up with a partner in Sierra Room (KS) by 5:30 PM Thursday. Play begins at 5:45 PM finishing by 8:30 PM.

Winners: August 23-First: Rosanna Jensen/Kurt Wolff; second: Phil Sanderson/Jim Busey with the high round of 1320; third: Judy Barkhurst/Dolores Marchand; fourth: Carla/Mark Green. September 6-First: Reta Blanchard/Gay Gladden with the high round of 2350; second: Judy Olson/John Griggs; third: Rose/Joe Phelan; fourth: Harry Collings/Jim Busey. September 13-First: Jyoti/Viren Sitwala; second: Dee Williams/Judy Olson with the high round of 1730; third: John Butler/Byron Hansen; fourth: Bev/Allan Blaine. September 20-First: Janet Pittenger/Lorraine Minke; second: Dee Cole/Ed Hartnett; third: Barbara/Tom Moran; fourth: Didi Martin/Dianne Conforti. Carolyn/Bob Calmes had the high round of 1680.

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## Tours Available Today!



**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 by contacting Pat Mullins. Winners from August 24 to September 21: First Place: Alan Haselwood, Donna Moore, Gretchen Thomas, Marge Phillips, & John Butler. Second Place: Marge Phillips, Judy Ganulin, Judy Olson, John Woodbury (twice), & Joe Phelan. Third Place: Virginia Legarre, Flo Hunt, Harry Collins & Lois Burke. Fourth Place: Joanna Haselwood, Viren Sitwala, Ralph Madsen, Carol Mayeur, & Jodi Deeley. We have 18 tables, so students from our bridge class are invited to attend Friday bridge (if ready). Class is ongoing Wednesdays 8:30 AM to Noon in the Card Room (OC). Halloween Party is October 26.



**Bunco**

In September, the Bunco group welcomed three new players Lorri Song, Paul Johnson, and Janet Johnson. How many times have I said this "as beginner's luck would have it?" Janet won the traveler prize. Good job Barbara five Buncos! That is a lot of Buncos. The traveling bear was all over the room.

Please consider joining us for a morning of laughter, fun, and

friendship! 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.

September Winners: Most Buncos - Barbara Conner; Most Wins - Kathy Sasabuchi, Most Losses - Sandy Pavlovich; Traveler - Janet Johnson. Next Bunco is Thursday, October 18.



**Chorus**

"It's the Most Wonderful Time of the Year." Or it will be on December 9-11, when we'll open our three Christmas (and Hanukkah) concerts with that old favorite. We'll follow it with "'Tis the Season," a "Deck the Halls" medley inspiring our concert title.

You'll love our choral arrangements of other familiar carols like "Hark! The Herald Angels Sing" and "O Come, All Ye Faithful,"

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and you'll get to sing more of them with us. Nina Malone, our talented pianist, will display her vocal talent in a solo of "Mary Did You Know." After many other holiday highlights, we'll send you off with a rousing rendition of Handel's "Hallelujah Chorus." See page 55 for times and ticket information, and plan now to join us!

**Website: [www.lincolnhillschorus.org](http://www.lincolnhillschorus.org)**

**Computers**

**Apple Users**



Well, I said it last year, and I'll say it again "you shoulda been there." In honor of our 16th Anniversary, the Apple User Group threw a 50's Sock Hop on September 11.



Bonnie Esker & Nina Mazzo

Poodle skirts, crinolines, and muscle shirts with the requisite ciggie packs at the shoulder were all very much in evidence. The

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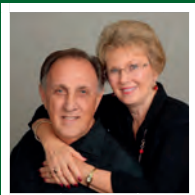
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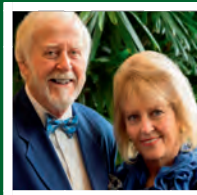
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entire evening was devised and handled perfectly by Nina Mazzo and Bonnie Esker, our Apple Party Planners. Entertainment was provided by Emcee Andy Petro and his "brother from another mother" Vic Albertazzi. Raffle prizes included a 13" MacBook Pro, three iPads, an Apple Watch, and a couple of Brother Printers. Our Catering Department provided an excellent buffet of Tri-Tip, Chicken and all the trimmings. With Cupcakes for dessert.

Website: [Ihaug.org](http://Ihaug.org)

PC



Main Meeting November 14, 6:30 PM "Turbo Tax and Others" by Dr. Norm Seidenverg. Consider doing your own taxes with software help on your own computer. Advantages and disadvantages will be presented. Detailed tax knowledge is not necessary as most programs walk you through the process and back up the math. Dr. Norm adds humor to a dull subject.



Norman Seidenverg

Walk-In-Workshop November

20, 1:00 to 3:00 PM in the Computer Lab (OC). Our more experienced computer members will provide assistance to any of our Club members who would like hands-on help in utilizing computer hardware components, the Windows operating systems, or application programs. Ask the Tech: November 23, 10:00 AM Informal Q & A session for any and all technical questions. Multi-Purpose Room (OC).

Website: [www.sclhcc.org](http://www.sclhcc.org)



Country Couples

"It's Fall Ya'll," was the theme for our September dance. Members contributed to the potluck feast and with a good turnout helped to provide an assortment of food with more than enough to go around. Thank you! Dancing and socializing was plentiful. We always say, "It's the people that make it fun."

Jim & Jeanie's annual Halloween Dance, October 28, will be held at (SC) Roseville. Many of our members love to come dressed in costumes to join in the fun; costumes are optional. We never know what anyone will be wearing, but sometimes the anticipation can be as much fun as seeing the costumes themselves. November: Review dances taught in 2018. December: No classes.



Cyclists

The great thing about riding with a group is that if you have a problem on a ride, most likely, someone in your group will have whatever you need. From a spare tire to a band-aid. Many times on a ride, I have had to borrow a tire, tube or tool. Even though our ride leaders all carry emergency supplies, you should be sure to have a few items of your own, just in case. Basic items such as band-aids, ointment, gauze, alcohol wipes and maybe a bee sting treatment. Everyone in the group does not have to carry a tire, but you should have a tube, pump/inflator, tire levers, tire boot, and quick patches. Plan ahead and ride safely.

Website: [lincolnhillscyclists.com](http://lincolnhillscyclists.com)



Fishing

The charm of fishing is that it is the pursuit of what is elusive but attainable. A perpetual series of occasions for hope - John Buchan.

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into our BBQ's & Holiday dinner, monthly meeting; second Monday P-Hall (KS) 7:00 PM. You can find out how to fish, go to your browser type fishing, enjoy great videos. To join, contact Ralph or Henry.



### Garden

**Succulents: The Easiest Plant You'll Ever Grow In Lincoln Year-Around!** That's the title and topic of the Guest Speakers' talk at the October 25 General Meeting (KS) 2:00 PM. It is also the last meeting of the year. Placer County Master Gardeners, Marie Salers, and Diane Arnold will discuss the amazing diversity and versatility of succulents by examining the "who, what, why, when, and how" of growing succulents.

Members only-Witches and Wizards Luncheon and Hat Contest (\$20-includes tax and gratuities, Monday, October 29, 11:30 AM to 2:00 PM, Ballroom). Send checks made out to SCLH Garden Group, to Debbie Schryver, 1816 Cottage



Succulents: Easy to Grow and Enjoy

Rose Ln, Lincoln and your ticket will be held at will-call. We encourage everyone to wear a hat-contestant or not!

**Website: [lhgardengroup.org](http://lhgardengroup.org)**



### Genealogy

The next Genealogy Club presentation will be held on October 15, 6:30 to 8:30 PM in P-Hall (KS). Our presenter, Jim Baker, is addressing "I thought he was my ancestor, Avoiding the 6 Biggest Genealogical Mistakes." This talk uses case studies to show avoiding mistakes.

Mr. Baker has been an active genealogist for the past 15 years, has volunteered at the Sacramento Family History Center for ten years, and has been a Certified Genealogist since 2011. Members should come a few minutes early to check in and receive a door prize ticket for Amazon gift cards. Refreshments will be served after the meeting.



James Baker

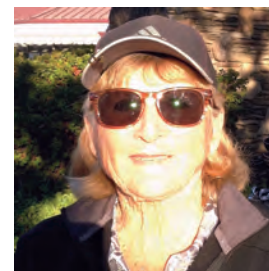
Always check SCLH Genealogy website for handouts and updates: For more information contact Maureen Sausen or Bob Ringo.  
**Website: [lincolnhillsgenealogy.com](http://lincolnhillsgenealogy.com)**



### Golf

#### Ladies XVIII

June James is the latest player to achieve a Hole-in-One, during a mid-September playday, which is a rarity. The funny thing was that none of her playing partners saw the ball roll into the cup after careening off the right bank on Hole 16 of the Orchard. A nice surprise at the green. This was her first in about a dozen years of golfing. Several ladies joined her in the Sports Bar to celebrate.



June James

The last two special events are coming soon. The Breast Cancer tournament that also includes the Niners will be in mid-October and the last tournament, the Turkey Shoot, will be in November. Our club renewals are due in November. We are always open for new memberships.

**Website: [lhlxviii.com](http://lhlxviii.com)**

### Lincsters

The Lincsters held a Tin Cup Tournament on August 29; the

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event was a huge success. Players could only use a seven iron, and a putter, on holes 11, 14 and 17 on the back nine of the Orchard course. Following play, there was a luncheon in the Secret Garden. Shari Lloyd was the Low Gross winner, and Patty Alderete was the Low Net winner. Flight winners were: Nancy McDonald (Flight A), Sharon Winslow (Flight B), Linda Coolidge (Flight C), and Mary Mangum (Flight D). The next Lincster event will be the Hocus Pocus Tournament which will be held on October 31. This event will include a costume judging, lunch, a spooky non-postable game, and lots of prizes.

*Website: lincsters.com*

**Golf Men's**

The Memorial tournament awards dinner in the Ballroom with our sponsors; Schaack Physical Therapy, Reverse Mortgage, Carolyn Properties, Southern Comfort Heating and Air, Allstate Insurance, Coldwell Banker Sun Ridge Real Estate, Future Ford, Gilcrest Golf Carts, Life Enhancing Dental Care, Morgan Stanley, Wells Fargo Advisors, A&B Appliance Service, and Scorza Bros. Landscape proved to be a good time by all! Our sponsors provide great services to the Lincoln Hills Community. Results of the tournament next month. The November 13 tournament will be

a four man scramble, sign-ups the week before. Twelve of the thirteen members of the golf Board will be returning for 2019.

*Website: mgclh.club*



**Healthy Eating**

Club members gathered for our End Of Summer party September 19 at the lovely residence of Halina and Bob Loew. Members provided all the food, and the club provided all the other necessities, including a creative party game that was good fun and helped make the evening a joyous affair in a lovely setting. We continue to support our local restaurants with our informal lunchtime



*Party at Loew's residence*

gatherings at nearby venues, and we regularly share local culinary experiences and also from members' worldwide travels. Tom and Katie Bloom shared their many travel experiences from all corners of the globe at our September club meeting. We discuss many food topics at our monthly club meetings on the

fourth Monday of each month at 2:00 PM P-Hall (KS).

*Website:*

*HealthyEatingClub.wildapricot.org*



**Hiking & Walking**

Fall holds a certain enchantment for us especially to those of us that like to get out into nature. The changing foliage, cooler temperatures, and clearer skies beckon both the seasoned and new hikers alike. If you want a longer



*Summit Lake hikers taking a break.*

hike with gorgeous views, Feather Falls on Thursday, October 18 is perfect. The Deer Creek Tribute Trail hike on Thursday, October 25 is in honor of Sue Geisler who planned and led this hike several times. Looking ahead to November - hikes include Cronan Ranch in Pilot Hill, November 8, Pierce Canyon Falls in Guinda, November 13 and Black Swan Preserve in Smartsville, November 27. If you haven't renewed your club membership, please do so. Our website is the go-to place for more club information.

*Website: www.lincolnhillshikers.org*

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**Investors' Study**

We meet on November 1 at 2:30 PM in P-Hall (KS). Our speaker is Ben Keating of Hartford and was here a year ago. Russ Abbott, our consultant, will continue to bring us up-to-date with his playbook and observations. As always, we anticipate an interesting afternoon. Stay for coffee afterward.

We will continue to collect for our Christmas/Holiday Party: \$22 for members; \$27 for non-members. We will celebrate the Season at Turkey Creek Golf Club. I look forward to seeing you there.

Active Investors sub-group meet in the Multimedia Room (OC) on the second Monday of the month at 3:00 PM.

Contacts: John Noon or Norm Quattrin



**Lavender Friends**

From bowling to dining to touring local sites, the challenging task of keeping club members busy falls to a committee known simply as ACE — Activities Committee Extraordinaire.

When ACE meets, the brainstorming sessions are just plain “fun,” says committee member Mary Jo Semmelmayr. “I volunteered to be on ACE for Lavender Friends because I think it is important for

the group to do things together, and the club was a big draw when we decided to move to Lincoln Hills,” she says. “Getting together at potlucks, outings and other activities give all of the club a chance to connect with and interact with our wonderful members.”

Lavender Friends represents LGBT residents here. For more information, visit our website.

Website: [www.lavenderfriends.com](http://www.lavenderfriends.com)



**Mah Jongg, Chinese**

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



**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 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!



**Mixed Media**

The Mixed Media Arts club meets the third Wednesday of the month at 1:00 PM in the Ceramics Room (OC). Our October 17 meeting presenter will be Kerry Dahlin. Kerry teaches the Mixed Media Art Journaling Class right here in Sun City Lincoln Hills. She also teaches classes at Sierra College. Kerry will be leading us into exploring



Chris guided us through a round robin project in September.

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Tim Holtz Distress Oxides in a project.

The purpose of the Club is to provide an environment for creative, visual expression through a variety of mediums including paint, stencils, stamps, collage items, ephemera, journaling, and recycled materials to name a few possibilities. We always welcome visitors or new members. Come check us out. For information contact Nancy Griffin or Frima Stewart.



### Motorcycle

Club President Doug Sterne led a great ride to Bodega Bay on September 8. Bob Woerlee led the way on September 19 with a ride to historical Air Force sites in our area. The club enjoyed a stay on the Central Coast during the last week of September. Highlights included staying at the Flying Flags resort in Buellton and a visit to the



Taking a break on the Sonoma Coast

Vintage Motorcycle Museum in Solvang. Special Thanks to Chris and Jennifer Forsyth for organizing this great event!

Coming up for October is a ride to Loyalton on October 13 and the club's annual Barbecue and Bocce tournament on October 20. The RoadRunners meet on the fourth Thursday of the month at 6:00 PM Multipurpose Room (OC). "Ride Safe - Ride With Friends"



### Movie Lovers

If you are interested in current movies, consider attending the Movie Lovers Group. We watch current trailers and vote on two movies to review in the coming month. Our discussions are informative and stimulating. We meet on the second Thursday of each month in the Multimedia Room (OC) at 6:30 PM. In October we discussed "The Wife" and "Searching." Our next meeting is November 8. All residents are welcome. Club Contact: Cliff Roe.



### Music

Wednesday, October 24 is the last Music Group meeting of the year! Meetings are held in the Fine Arts Room (OC) 6:30 to 8:30 PM and include musical performances, group songs, and a group jam. Go to the website to download the October group songs. (Password: musicgroup) Bring your instrument and share your music or just come and enjoy a fun musical evening. (Performers:

2 song limit, please.)

Don't forget the holiday party on Friday, November 9 from 4:30 to 8:30 PM at Kilaga! Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Contact Ron Peck for information. Check the website for the latest group information.

Website: [LincolnHillsMusicGroup.org](http://LincolnHillsMusicGroup.org)



### Needle Arts

Needle Arts general meetings are held the second Tuesday of the month at 1:00 PM P-Hall (KS). In November, we will have Anelie Belden as our speaker. Her lecture is called "Dresden Dance." She is a nationally known instructor, quilt and pattern designer. Early membership renewal is coming up in November. The



Thanks for sharing this quilt that made us all smile.

dues will still be \$20.00. Check the website for the form and where to mail your dues.

December 18 a special holiday event is in the works you will not want to miss! Stay tuned; details will be released soon.




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Save May 6-10 for our spring Mercy retreat! Details will follow once we get to 2019!

For more information on Needle Arts check out our website. [Website: www.sclhna.com](http://www.sclhna.com)



### Neighborhood Watch

Although she's a relatively new resident, Teresa Tanin already has become an active member of Neighborhood Watch. Soon after moving here in 2016,

she served as mailbox captain and then joined the lost/found pet program as a team member. Earlier this year, she accepted



Teresa Tanin, new COMPASS writer

the position as one of the directors. Still, with all these responsibilities, she volunteered to be a writer for COMPASS. Teresa spent 12 years on the Board of Directors and as President of the Lincoln Center Office Association where she enjoyed interacting with members, office owners, and the community.

Besides volunteering, Teresa stays busy with her three daughters and four grandchildren who live in the Sacramento area. Her

motto of "Staying involved is staying young" certainly describes her. [Website: www.SCLHWatch.org](http://www.SCLHWatch.org)



### Painters

Congratulations to all our members who have works selected for this year's KVIE Art Auction, we made an impact! We welcome painter and retired Art professor, Cynthia Charters, who will present another engaging lecture at our meeting October 16 at 2:00 PM in the Fine Arts Room (OC).

Mark your calendars, on Sunday, November 18 9:00 AM to 3:00 PM (OC) Artisans in the Lodge will fill the halls with fine arts and crafts created by our residents. What perfect time to look for those unique handcrafted Holiday gifts. Finish working on your exciting "Water" Challenge entry for our November 20 meeting at 2:00 PM in the Fine Arts room (OC).

Sign up for our merry December 18 Holiday Luncheon in the Solarium at Meridians (OC).



### Paper Arts

Mina Bahan led our October project featuring alcohol inks and tiles. We also collected non-perishable food items for the Salt Mine and our community. Check out our spooky Halloween cards this month in



Carol Dickey and Mina Bahan led September's project.

our window (OC).

At 'Open Lab' on October 18, from 9:00 AM to 12:00 PM in the Terra Cotta Room (KS), we'll have a mini-social. Work on projects, use tools you may not have, or take a peek at what others are creating. Scrapbookers are welcome! And, don't forget to check out the 'free stuff'— stamps, paper, and embellishments.

Remember, we meet on the first and third Thursday of each month at 9:00 AM in the Terra Cotta Room (KS). For further information, contact: Dottie Macken or Margaret Hornsby.



### Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets in the Card Room (OC) on the first and third Friday of the month from

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9:00 AM to 12:00 PM. We hope to see you there. Contacts: Denise Jones or Doris DeRoss.



**Photography**

Food Photography is the topic of our October meeting. Lighting, aperture and shutter speed all have a role in creating mouthwatering food photos, but it is much more involved. Join us in October and learn the food photography secrets. Future meetings include ambassadors from popular camera brands.



Photo by James Moon

Panasonic is on the docket for November. The SIGs are keeping pace. Our Learning SIG resumed with educational demos and live view presentations. The quarterly Print SIG (October 24) will feature a topic of extreme relevance to many of us. Local firms Sacramento Giclee and Skyline 1 will present 'How to best utilize third-party Fine Art Printing and Framing Services.' If photography

is typically interesting for you, the Club welcomes new members of all skill levels.

Website: [www.lhphotoclub.com](http://www.lhphotoclub.com)



**Pickleball**

Mike Schaack, the owner of Schaack Physical Therapy, says the most common pickleball injuries he sees are to the back, hip and knee. To avoid the disabled list, stretch before you hit the floor in the morning- don't wait until hitting the courts, he advises. One go-to backstretch: gently pull your left knee to the chest and place your right heel on the thigh. Then alternate to the other side. This one stretch will help flexibility so you can bend easily to return low shots better. Court-side stretches for the hips and knees will be explored in future articles.

Join our Welcome Saturday introduction October 27 at 11:00 AM or see Cal for an introduction most Wednesdays at 1:00 PM. Both free, equipment provided.

Website: [www.lhpickleball.com](http://www.lhpickleball.com)



Mike Schaack demonstrates the low back stretch



**Players**

In one month the curtain opens on "Marquee Memories" in the Ballroom (OC). This show features singing and dancing from five award-winning Broadway musicals including Kiss Me Kate, Gypsy, and Annie Get Your Gun. Memorable songs (like "Just in Time," "Anything You Can Do I Can Do Better," "Small World," and "Everything's Coming up Roses") will get toes tapping and hearts fluttering. Purchase your tickets now for the November 15,



Actors from "Marquee Memories" belt out a song

16, and 17 shows – see page 55 for details – come out and cheer on your friends and neighbors!

We hope you enjoyed the October Readers Theater shows in P-Hall (KS). Interested in joining Players? Visitors are welcome to attend our monthly meetings; next meeting is Monday, November 12, 4:00 PM in P-Hall (KS).

Website: [www.lhplayers.org](http://www.lhplayers.org)

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**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). Games are played using script, and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw. All poker players will be seated as long as they arrive by 12:45 PM (Monday and Friday) or 4:45 PM (Tuesday's). The new seating arrangement will eliminate people not being able to play because tables are full. Any questions, contact: Lynne Barsky or Arnold Baker.



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

Our Lincoln schools are in full swing. Eager students are in the classroom geared up for another fabulous school year. Teachers are refreshed after spending time with family on vacation. Our devoted volunteers are getting acquainted with students and teachers in their designated classrooms. Volunteers are excited to make a difference for teachers and in the education of the children.

Scott Leaman, School Superintendent, spoke at our annual meeting in September on the implementation of recent bond measures, planning for the new



Volunteer Carol Kafton in Mrs. Mason's class at Creekside Elementary



high school on Twelve Bridges and the bond measure on the November ballot.

Visit our website to learn about the volunteer program including the district school calendar, photos, and quotes from teachers and volunteers.

Website: [schoolssuncity.org](http://schoolssuncity.org)



**SCOOP**

Don't forget, our SCOOP club is now for the Sun City Organization of PETS (any kind and variety). For our October meeting, we had a wonderful talk by a Sterling Pointe veterinarian who talked about the pet food we buy and what goes into it. For our December meeting, we will again have a veterinarian from Sterling Point speaking on another interesting topic.

Michele Murphy's precious Canine Companion, October, is now going onto the next part of

her training and Michelle is very anxious to see where her particular doggy talents will take her! (And, she'll soon be receiving another Canine Companion puppy) Stay tuned! Our next meeting will be Tuesday, December 4 at 11:00 AM at OC.

Contacts: Michele Murphy or Ginger Nickerson



**Scrabble**

We invite you to try a game of Scrabble. Every Monday afternoon at 1:00 PM we meet in the Card Room (OC). All materials are provided and all levels of play are welcome.

It's a good way to learn some new words and meet some new people. Come on down.



**Singles**

At 4:30 PM on Thursday, October 18, we are traveling to Rubinos in Rocklin for the Dine Out event. Our festive Halloween party will be on Thursday, the 25 at 6:00 PM Ballroom (OC). Costumes, a delicious buffet dinner, a DJ. to dance the night away, and lots of great prizes! Cocktail time November 1 at 4:00 PM at Old Town Pizza. Help celebrate our member's November birthdays at 4:00 PM on Sunday, the 4 in the Sports Bar (OC). Plan our future activities on Tuesday, the 6 at 4:30 PM in the Ceramics

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Room (OC) Our very popular Turkey Bingo is on Thursday, the 8 in the Ballroom (OC) at 6:00 PM. November's Dine Out event will be at Kobe on the 15.



**Ski**

It's time to get those ski muscles in shape! Join us October 18 at 4:00 PM in the Fitness Center's Aerobics Room (OC), where Fitness Supervisor Danielle Lawlor will help us begin that effort. Bring your workout clothes and Association membership card. Also make a note of our next general membership meeting date, which will be November 15, at 4:00 PM in the Multi-Purpose Room (OC), when representatives from Any Mountain will describe the latest in ski gear and apparel. *Website: www.LHSkiClub.com*



**Softball**

We're into the second week of "Fall Ball" season that runs to mid-December. We'll have some 75 players on six teams. Fall Ball is more informal than the summer league and puts an even greater emphasis on how fun, and how funny, playing softball can be. We play on Mondays and Wednesdays, so come down to Del Webb Field and share some laughs. There will be three games per day, starting at 9:30 AM.

Our general membership meeting, to be held at 3:00 PM on November 8 in the Oaks/Gables Room (OC) will feature remarks by board of directors candidates for the 2019-2020 term and a preliminary discussion of the budget for 2019. This would be a great meeting for prospective new members to attend.

*Website: lhssl.net*



**Sports Car**

September found nineteen sports cars traveling through the Central Valley and Coastal Mountain Range toward Santa Cruz. Lunch was at Casa de Fruita. After arriving at our Santa Cruz Hotel, we had dinner at Stagnaro Brother's on the Santa Cruz Wharf with great views and



*Dinner at Shadow Brook's*

food. The following day, we were treated to a ride on the Roaring Camp Railroad with a very knowledgeable docent. Such a beautiful and different tour. Dinner that night was at The Shadow Brook Restaurant in Capitola. Great food and conversation were enjoyed by

all. 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.

*Website: lhspcars.com*



**Sun City Squares**

Sun City Squares meets Monday from 1:15 to 3:15 PM for Plus Level Dancing, and Round Dancing. Monday from 3:15 to 3:45 PM for Advanced Dancing and Thursday from 1:00 to 3:00 PM. If you have an interest in Square Dancing or are even curious, please com and check us out! Square Dancing is a lot of fun. If you have danced before but it has been a long time, or if you have lost a partner, we are very happy to help you learn again. Sun City Squares welcomes couples and singles. Come and join us for a great time! Watch for a new beginner class signup for January of 2019 under the class section of the COMPASS. Contact Jean Grupp.



**Swimmers & Water Walkers**

Summer is just about over, and we celebrated its end with a great potluck. Our potluck/meeting consisted of nominations and/or volunteers for next years leadership and discussing, yet again, Water Volleyball wanting more hours.

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The December general meeting will be Monday, December 17. It was decided to have a social get together at one of the local pizza parlors. Time and place to be announced. Just to let you know that Jean and Suzan are both retiring and will be turning over the "gavel" to someone else in December.



**Table Tennis**

Thanks to Warren and Mary Akey for your many contributions to our club! The following members make up our Board of Directors for the remainder of 2018: Marc Fong is our new President and on the Steering Committee are Gary Haight, Valerie Green, Betty King, Howard Parker, and Doug Ridgeway.

We currently have seven tables that roughly define our club's different skill levels. In the interest of promoting good competitive games, we are asking our players to be considerate by choosing to play on the table that best corresponds with their current level of play.

On Friday, October 5, a potluck will be held at the Sports Pavilion from 11:30 AM to 2:30 PM for our members and their guests. Please wear your name tags.

Email: [pingpongsclh2@gmail.com](mailto:pingpongsclh2@gmail.com)



**Tap Company**

Tap dancers and anyone who would like to learn how to tap dance – Look at your COMPASS to see the classes that are available for your tapping pleasure! The technical classes, as well as the beginning class, are taught by Alyson Meador, who was instrumental in starting tap dancing at Lincoln Hills. Coaching is available Saturday mornings from 8:00 to 10:00 AM. Classes and practices are at Kilaga Springs. If you want to perfect a step, come ask the Saturday morning coach about it. It's a wonderful opportunity to have your questions answered, your technique improved, and get to know fellow tappers better. See you in class! See you at practice!



**Tennis**

Our LITT 7-week tournament began on the September 4. Play is occupying ten courts every Tuesday from 6:00 to 9:00 PM. Next, our Mixed Doubles tournament was on Friday, September 21. This was an all-day event with lunch. There were four levels of play with based upon combined ratings of the partners. Then on Saturday, September 22, our Summer ending BBQ Dinner Dance was held at the Sports Pavilion. Fun, food, music and



Intramural Team Tennis plays 7 consecutive Tuesdays at 6:30 PM

dancing were all a part of this event.

October 20 will bring our year ending Oktoberfest Tournament. This is a member only event. If you are a resident and tennis player but not yet a member, all the information you will need to become a member can be found at our website.

Website: [www.sclhtg.com](http://www.sclhtg.com)



**Veterans**

The Veterans Group will conduct its annual community Veterans Day ceremony in the Ballroom (OC) on Sunday, November 11.

Preceding the ceremony, at 10:00 AM, a memorial wreath, honoring all Lincoln Hills veterans, will be placed at the veterans' memorial monument outside the main entrance to OC Lodge. The Hills Brothers will perform the national anthem and a patriotic medley.

Music by the Roseville Community Concert Band will begin in the Ballroom at 10:30 AM. The formal ceremony will start at 11:00 AM. Cowboy poet Larry Maurice

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will recite two of his tribute pieces to America in a program that will recognize veterans of the Korean War and offer a look back to The Great War that ended with an armistice signed 100 years ago.



### Water Volleyball

The election of our 2019 Steering Committee is in November. These positions are two-year terms with a few members running for a second term. We are looking to fill the following open positions: Secretary, Treasurer/Membership, Training Administrator, Recreational Play Coordinator, Social Activities Coordinator, Communications Coordinator, and Webmaster. The election will be conducted on the website just like last year. Anyone interested in the open positions should contact our Chairperson Sidne through the club email. Job descriptions are on the website. Contact us through the website or

email if you're interested in joining our club. We will meet with you to get you started. We play at KS Monday through Thursday evenings and Saturday morning.

See you in the water!  
**Website:** [lhwatervolleyball.com](http://lhwatervolleyball.com)  
**Email:** [sclhwatervolleyball@gmail.com](mailto:sclhwatervolleyball@gmail.com)



### Woodcarvers

Care to join in on a rewarding hobby, make new friends, and share common interest? The Woodcarvers meet once a week to carve, enjoy fellowship, share talents, admire member's carvings, and go home feeling good about our accomplishments. We are open to all types of carvings, realistic and stylized, caricatures, birds, fish, mammals, relief carvings, Santa Claus, or whatever. Instructions are available through books and DVD's as well as assistance by members. Please drop in, and if you like what you see,

you're invited to join the group. No carving experience needed and tools are available. We meet every Wednesday from 1:00 to 4:00 PM in the Sierra Room (KS).



### Writers

The Writers Group meets the second, fourth, and fifth Monday evenings every month. October meetings will be the 8, 22, and 29. The fifth Monday evenings, we have added some interest for all writers, in case they may have had a writers' block that month. The last meeting in October will have the subject Halloween for everyone to use as a prompt. Do you have a funny story? A scary story? Poignant? Sad? Anything else? A continuation of your novel or short story? Poem? Come join us at 6:30 PM in the Ceramics Room (OC) to hear what others have to say about this particular special day.

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Monday, December 31

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

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Oct. 17

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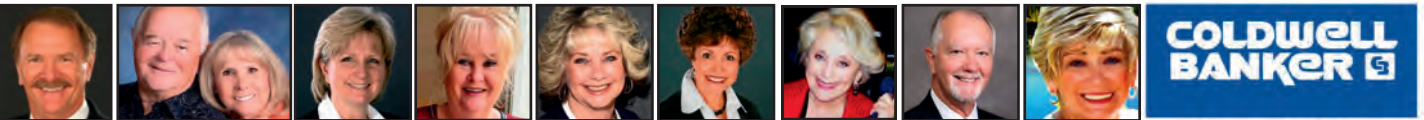
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<b>Tish Leo</b> #01217695 916-257-3410	<b>Jean Lund</b> #01966589 916-751-0712	<b>Jill Mallory</b> #01844265 916-201-3855	<b>Paula Nelson</b> #01156846 Broker Assoc. 916-240-3736	<b>Kathy Nowak</b> #01327209 408-348-0641	<b>Pat Pelton</b> #01806447 916-276-8909	<b>Tara Pinder</b> #00898876 916-600-2836	<b>Peggy Poole</b> #00521665 916-765-3434	<b>Tony Portman</b> #00686943 Broker Assoc. 916-214-7888	<b>Steve Quanstrom</b> #01313449 916-884-4564	<b>Ann Renyer</b> #01746828 916-343-6044
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<b>Michael Renyer</b> #00894446 916-343-6044	<b>Bill &amp; Jan Rexrode</b> #01700676/#01700677 916-408-3997	<b>Loree Risi</b> #01203309 916-716-0854	<b>Keneta Sanchez</b> #00960821 916-257-1004	<b>Holly Stryker</b> #01900767 916-960-3949	<b>Doreen Traxel</b> #00822877 916-698-0801	<b>Tangi Walker</b> #00820609 916-316-1112	<b>Tony Williams</b> #01390054 916-521-3400	<b>Sharon Worman</b> #00905744 916-408-1555	<b>COLDWELL BANKER</b>	<b>SUN RIDGE REAL ESTATE</b>
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## Support Group News

### Alzheimer's-Dementia Caregiver's Support

"The Psychology of Dementia Caregiving" is the title of our speaker at the October 24 Caregiver's meeting. Dr. Jordan is a California licensed psychologist, a family therapist, and a retired professor of psychology with a specialty in Geropsychology.

The Café continues to be a novel and rewarding time to socialize and have some great laughs with like-minded people. When the next opportunity comes (in May), be there.

Do you know: The Alzheimer's Association says that every 65 seconds someone in the USA develops Alzheimer's Disease. 10% of Americans age 65 or older now have some stage of Alzheimer's. Creates pause for thought, doesn't it?

**Contacts:** Jo Fratessa – 916-408-7209;  
Al Roten – 916-408-3155;  
Cathy Van Vetzen – 916-409-9332



Valerie Jordan, PhD

### Bereavement



The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meeting will be November 14. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be

at Lucille's, Tuesday, October 23. Meet at 11:15 at the front of OC Lodge to carpool. For more information or to put a Memoriam in the COMPASS, contact Joan.

**Contact:** Joan Logue – 916-434-0749  
or [joanlogue@scglobal.net](mailto:joanlogue@scglobal.net)



### Bosom Buddies

Our October speaker, Lisa Mulligan from "Girls Love Mail," talked about this special program that sends hand-written letters of encouragement to women who've been newly diagnosed with breast cancer. These messages are bundled together and sent to staffs of cancer centers that forward them on to their patients. Receiving such support is a gift to anyone going through the difficult time.

Bosom Buddies meets the second Thursday of the month at 1:00 PM in the multi-purpose room (OC). We welcome breast cancer survivors as well as those still undergoing treatment.



Mae Gagnon, September's speaker  
Michelle Jamieson and Val Singer.

Members and guests who would like to meet for lunch at Meridians before meetings should call Val Singer at 916-645-8553 for reservations. This is a good way to get to know each other better.

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



### Family Mental Illness Support Group

Our support group meets on the second Friday of each month in the conference room at Raley's (next to the pharmacy) at 2:00 P.M. 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](http://www.soonerthantomorrow.com), A Safe Place to Talk About Mental Illness in Our Families.

**Contact:** Dede Ranahan -  
916-408-4541 or  
[dederanahan@gmail.com](mailto:dederanahan@gmail.com)



### Gam-Anon

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

**Website:** [www.gam-anon-loomis.com](http://www.gam-anon-loomis.com)



### Glaucoma Support Group

The Glaucoma Support Group is pleased to announce that Dr. James Brandt from the UC Davis Eye Center will be our guest speaker at our next meeting. His presentation is entitled "The future of glaucoma diagnosis and treatment - What is coming in the next few years." Our meeting will be held on November 14 at 4:00 PM in the Multipurpose Room (OC). Reservations will assist in having adequate seating.

**Contact:** Bonnie Dale - 916-543-2133  
or [Bjdale@aol.com](mailto:Bjdale@aol.com).



**Hearing Impaired Support Group Forming**

A new support group for hearing-impaired residents is forming. We plan to hold regular monthly meetings to offer information and support for those with significant hearing loss, who may be contemplating or already have cochlear or hybrid implants, caption phones, or complex hearing aids. Our meetings will be held on the fourth Thursday of each month in the multi-purpose room at (OC) from 2:30 to 4:30 PM. **Contacts: Donna Szabados – dszabados@gmail.com or Joanne Mitchell – pipa1@prodigy.net**



**Low Vision Support**

Tuesday, November 6 Meeting, Fine Arts Room, (OC), 2:00 to 4:00 PM. Toni Boom, OTR/L and Director of Clinical Services at Society for the Blind in Sacramento will be our speaker. Her topic will be “Making Your World Easier to

Navigate.” The focus will be on how to adapt each room with an emphasis on contrast, lighting, and safety. Toni will also review some “tips and tricks” useful for daily tasks such as cooking, eating, grooming, cleaning, and other household chores.

In Lieu of a December Meeting – Annual Holiday Luncheon. Details to follow.

Worth Noting. UC Davis Clinical Studies – Website: [studypages.com/ucdavis/studies/?topics=eyes](http://studypages.com/ucdavis/studies/?topics=eyes) Have questions about clinical trials at UC Davis?

Call the toll-free UC Davis Clinical Trial Helpline at 855-823-1660, Monday-Friday 9:00 AM to 5:00 PM.

**Contact: Cathy McGriff - 916-408-0169 or [cathy.mcgriffe@yahoo.com](mailto:cathy.mcgriffe@yahoo.com)**



**Multiple Sclerosis**

All are invited to join in the November Meeting of

the Lincoln Multiple Sclerosis Group to be held, Tuesday, November 4 at 1:00 PM, Sierra Room (KS). Questions regarding MS?

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



**Parkinson's Support Group**

Fall is being welcomed with open arms. The cooler weather, the leaves falling, leaning toward the end of another year. We have the opportunity this month to hear Sal Avila from Acadia Pharma. Acadia Pharma is a leader in developing and commercializing innovative therapies for central nervous system disorders and are committed to improving the lives of patients. Come and join us at Granite Springs Church, 1170 E. Joiner Parkway from 10:00 to 11:30 AM on October 16. For more information contact Brenda Cathey at 916-253-7537.

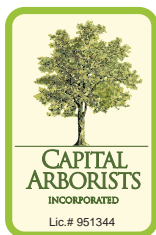


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## Know how the tax rules change for Senior Taxpayers



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

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

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## 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](mailto:yorke1946@gmail.com) with your name, address, phone number, and positions(s) you are interested in. Gary Steer at 916-878-6249.

### A Course in Miracles

A COURSE IN MIRACLES is a book which sets forth a process for the healing of the mind from the often conflicting and burdensome demands of life. Inner peace is its goal and the outcome, for those who use the spiritual principles of love and forgiveness set forth in the lessons of the workbook. A study group for this teaching meets on the first and third Mondays from 2:00 to 4:00 PM. 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](http://www.lhairportco-op) or for more information contact Barb Iniguez at 916-408-7812.

### Cloggers

Good news! The next Northern California clogging workshop will be held in Santa Rosa on

### You Are Invited to Attend:

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

- **Wednesday, October 24, 2:30 PM**—C.R. Abrams Revocable Living Trust, Solarium
- **Thursday, October 25, 9:30 AM**—Eskaton Village, Solarium
- **Tuesday, October 30, 11:00 AM**—Reverse Mortgage Funding, Solarium
- **Thursday, November 1, 8:15 AM**—PFG Advisors, Solarium
- **Thursday, November 1, 11:30 AM**—Reverse Mortgage Seminar, Solarium
- **Monday, November 5, 11:00 AM**—Community Hearing Aid Center, Solarium
- **Thursday, November 8, 10:00 AM**—Nautilus Society, Oaks (OC)
- **Tuesday, November 13, 10:00 AM**—Preparing is Caring Seminar, Oaks (OC)

Saturday, October 27 10:00 AM to 6:00 PM at the Sonoma County Fairgrounds. And now, two fun facts: 1. Clogging is the official state dance of Kentucky and North Carolina; 2. The American form of clogging is a unique dance form that began in the Appalachian Mountains after the American Revolution and, accompanied by rousing fiddle and bluegrass music, became a way of personal expression in our land of new-found freedom. For information on clogging here in Lincoln Hills, please contact Natalie Grossner at 916-209-3804.

### Democratic Club

On October 18 we will review the Pro and Cons of the 12 ballot initiatives on the November ballot with League of Women Voters representatives. November 15 topic will be on community support resources with a panel composed of leaders from safety net organizations. 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

Congratulations Donna Tantillo, winner of the "Pass the Pesto" tasting contest in August. See Donna's and other participants' recipes, on our website.

The Annual General Meeting (AGM) was held October 3. Members heard reports from the Board about the club's financial status, membership, activities, and by-laws. The popular annual event Turkey Bingo returns Sunday, November 4 to the Timber Creek Ballroom, Roseville. Sign-up by October 25. If you are a Lincoln Hills resident of Italian heritage, check out our website at [www.lhitalianclub](http://www.lhitalianclub).



org and learn more about us, our monthly activities, and how to join.

#### Lincoln Library

Catriona McPherson, author of the Dandy Silver mystery series, to be the guest at the Twelve Bridges Lincoln Library sponsored Author Event Tuesday, October 30 at 6:30 PM. Her *"Quiet Neighbors"* mystery was the October Book Club selection reports Sam Schafere library event coordinator. Friends of the Lincoln Library will host the free event with book signing available. *"Gone to My Grave"* is McPherson's latest novel. See details now on the FOLL website: [www.FriendsoftheLincolnLibrary.org](http://www.FriendsoftheLincolnLibrary.org).

#### Minnesota Club

We are in the process of organizing our annual Fall Event in October. Our Spring Pot Luck was a huge success with over 60 people in attendance. Great food! As soon as the plans are finalized, we will be sending out a flyer. If you would like to be on our mailing list, please contact Donna at [dszabados@gmail.com](mailto:dszabados@gmail.com) or 916-543-3288 for Bobbi Frantti at [bobbifrantti@gmail.com](mailto:bobbifrantti@gmail.com). Oh yah, always a fun time, you betcha!

#### Open Play Games

Interested in playing cards, tile, and board games? Opportunities are available for Open Play at both Lodges. Come to the Card Room (OC) on Sundays from 12:00 to 4:30 PM, Wednesdays from 12:30 to 4:30 PM, and the Sierra Room (KS) on Fridays between 8:30 and 11:30 AM. Bring your own resources and meet your friends and neighbors to play. All residents of Lincoln Hills are welcome. Tables are first come first serve.

[www.sclhresidents.com](http://www.sclhresidents.com)

#### Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Center in Roseville (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](mailto:amoon38@sbcglobal.net).

#### Republican Club

Our next meeting is Tuesday, October 23 in P-Hall (KS). Doors open at 6:00 PM, the program begins at 6:30 PM. Our speaker is Debbie Bacgalupi, a California cattle rancher. Her topic is Agenda 21, the 2030 Agenda, Cap and Trade, Sustainable Development, property rights, dams and water rights, "conservation" and related issues. These are all issues that concern the erosion of liberty in America in general, and the erosion of rural America in particular. Debbie is a dynamic speaker who is in-demand throughout the west on the topics she'll address at our meeting.

#### Shalom Social Group

It's October already, so the holidays are coming, and things are getting festive! Our Women Together group will meet for High Tea at Catta Verdera Country Club. Katherine Kawaguchi will share tips on updating your home and decorating with hidden and attractive safety features for "aging in place. Our regular membership meeting will be Monday, October 22 at 7:00 PM. Our annual Game Night will be Monday, November

12, and our Hanukkah dinner will be Wednesday, December 5. For more information on these and our other activities, or to learn more about membership, please call 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](mailto: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](mailto:trifilom@gmail.com).

#### Sons In Retirement Branch 13

Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its monthly luncheon on Tuesday, October 16 at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. This is a good opportunity for men new to the area to meet other retired men. A three-course gourmet lunch costs \$20pp. Arrive at 11:30 AM; luncheon adjourns at 1:30 PM. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending the luncheon as a guest, please contact Chet Winton at 916-408-8708.

## Community Perks



**Farmers Market**  
**Wednesdays,**  
**8:00 AM to 12:00 PM**  
**Orchard Creek**  
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Get your supply of fresh produce and support our local farmers. Shop a variety of fresh fruits, vegetables, flowers and meats from Certified Farmers as well as fun and unique items from baked goods, salsa, Tupperware, jewelry and more from local vendors. You'll never know what's in store every week, so come on over and enjoy!



**Lincoln Hills Holiday Shopping Expo**  
**Tuesday, October 16 –**  
**10:00 AM to 6:30 PM**  
**Orchard Creek**  
**Lodge—Free**

Get a head start on your Holiday Shopping this year at our first Holiday Shopping Expo. Check everyone off your gift list conveniently with over 50 vendors offering jewelry, beauty items, clothing, books, art, decors, crafts, treats and more! In addition to shopping, enjoy an ornament exchange and a number of chances to win door prizes! Don't miss out on the fun!



**Home, Health and Business Showcase**  
**Wednesday, October 17 – 10:00 AM to 2:00 PM**  
**Orchard Creek Lodge—Free**

Learn about the latest products and services for your home, health and business matters. Meet your Compass advertisers and other businesses that will be showcasing their products.



**KS Classic Movies on Saturday:**  
**Shadow of a Doubt (1943)**  
**Saturday, October 20 – 1:30 PM**  
**Screening P-Hall (KS)—Free**

Rated PG, 108 min, Thriller. A young woman discovers her visiting uncle may not be the man he seems to be. Starring Teresa Wright and Joseph Cotton. Directed by Alfred Hitchcock.



**Document Destruction**  
**Monday, October 22 –**  
**10:00 AM to 12:00 PM,**  
**Fitness Center Parking Lot**  
**(OC)**

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



**Listening Post**  
**Tuesday, October 23,**  
**11:00 AM, Secret Garden (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**  
**Thursday, October 25,**  
**8:00 AM – Terra Cotta Room**  
**(KS)**  
**—Free**

Please join Stan Nader, Mayor of the City of Lincoln, at his monthly Coffee meetings.

Pick up a free cup of coffee from the Kilaga Springs Café prior to the meeting. The Coffee is an informal setting to provide residents an opportunity to ask questions and hear the latest news about the City of Lincoln.



**2 Showings!**  
**KS at the Movies:**  
**Won't You Be My Neighbor? (2018)**  
**Saturday, November 3 –**  
**6:00 PM Screening—Free**  
**Monday, November 5 –**  
**1:30 PM Screening—Free**

P-Hall (KS) Rated PG13, 94 minutes, Documentary/Biography. An exploration of life, lessons, and legacy of iconic children's television host, Fred Rogers.



**Bird Migration Trail Walk**  
**Wednesday, November 14,**  
**10:00 AM – Ferrari Pond**  
**Trail—Free**

The Trails Enhancement Team invites you to explore Ingram Slough Preserve on a free guided walk with Wildlife Heritage Foundation's Wildlife Biologist Gaylene Tupen and Education Coordinator Veronica Griffiths. Learn about wetland habitats as we visit the unique Salt Pond on our way to Ferrari Pond, observing a variety of both migrating and resident birds. Meet at the east end of Ferrari Pond Trail off Violet Lane at 10:00 AM. The trail is partly unpaved, mostly level, approximately 1 3/4 miles total. Questions? [mackintoshbg@msn.com](mailto:mackintoshbg@msn.com).



**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**

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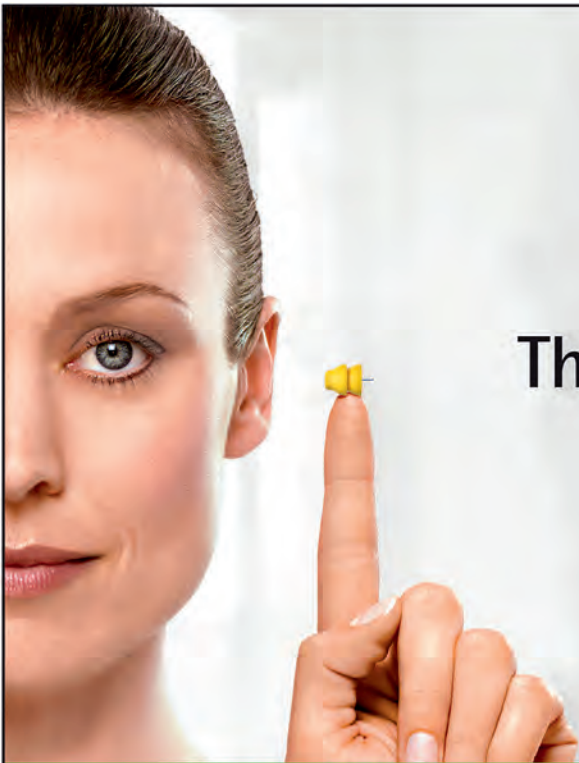
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## Lincoln Hills Community Forums

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

### Managing Heart Failure for a Longer Life

**Wednesday, October 24, 7:00 PM, Ballroom (OC)—Free**

Dr. Anu Khurana will discuss heart failure and its various causes, what you can do to prevent heart failure before it strikes, and how to manage it with medications, lifestyle changes, and medical procedures. Dr. Khurana is a cardiologist with Kaiser Permanente. She graduated from UC Davis and did her residency and cardiology fellowship at Brown University. She performs a variety of cardiac procedures including echocardiography, stress testing, and cardiac catheterizations. In addition, she has a special interest in congestive heart failure and is a champion of the local congestive heart failure program.



### Facebook – Social Media

**Tuesday, November 6, 9:00 AM, P-Hall (KS)—Free**

Become more comfortable and confident with Facebook as we help you to understand how social media works. David Ortiz and Tim Rusher, two members of the Lincoln Hills Communications staff, will focus on privacy settings and the many benefits of using social media. Learn how to properly and safely use Facebook and discover new ways to communicate with family and friends, co-workers, classmates, news sources, businesses, and more!



### Don't Be Unaware! Lung Cancer Awareness and Screening – "New Addition"

**Tuesday, November 6, 7:00 PM, P-Hall (KS)—Free**

Lung cancer is the deadliest cancer in the United States. Due to the absence of early symptoms and the fact that symptoms are somewhat nonspecific,

many people do not seek evaluation and treatment until the cancer has reached an advanced stage.

Dr. Stephen Humphrey, MD, a Sutter Health Center thoracic surgeon, will present valuable information about lung cancer to encourage people to seek early detection as well as prevention. Dr. Humphrey will discuss different types of lung cancers, what causes them, and signs, symptoms, and early screening options. This information may save your life!

### You Had Me At Meow Thursday, November 8, 2:00 PM, P-Hall (KS)—Free

Whether you love cats, dislike them, or are somewhere in between, FieldHaven Feline Center founder and Executive Director Joy Smith has the answer to just about any question you might have about the number-one owned pet in the United States. During this fun, interactive presentation, Joy will describe how her love of cats influenced her decisions to create one of the most progressive cat centers in the western United States and to be influential in the design and opening of the award-winning Placer County Animal Services Shelter.



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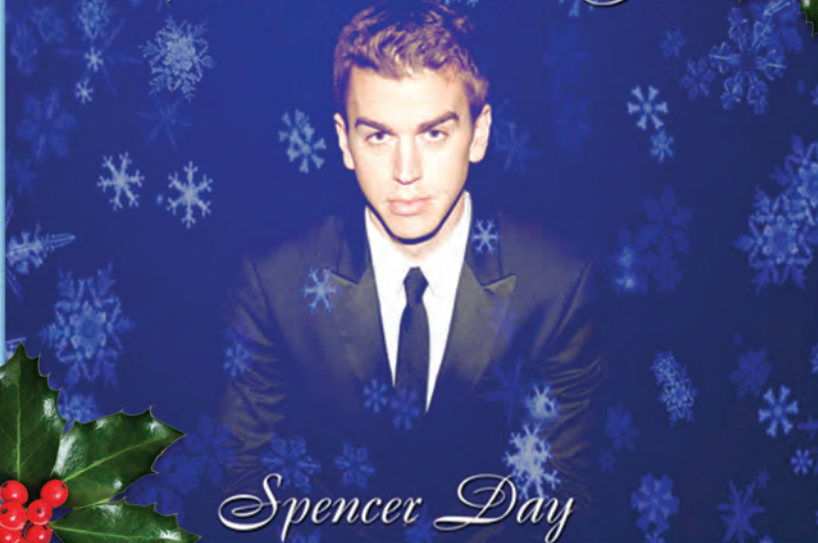
# Joyous Brass

Tuesday, November 20  
Concert at 7:00 pm  
Ballroom (OC)



RESERVED SEATING: \$18  
GENERAL ADMISSION: \$14  
EVENT CODE: LSE111

*Christmas With You*



*Spencer Day*

Thursday, November 29  
Concert: 7:00 PM  
Presentation Hall (KS)



RESERVED SEATING: \$24  
EVENT CODE: LSE138

  
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Tickets available at the Lifestyle Desk (OC/KS) and at [SCLHResidents.com](http://SCLHResidents.com)

**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 October 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 "Wonderbar," "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—



**Fly Me to the Moon:  
Garuda Blue in Concert**  
Thursday, October 18,  
7:00 PM, P-Hall (KS)  
— **LSE109**

Reserved Seating \$24

Garuda Blue is a San Francisco-based jazz band that specializes in exceptional entertainment. The band is known for delivering slick arrangements of well-known jazz tunes, burning solos, and a youthful, fun, hip, positive attitude in their concerts. Composed of some of the finest up and coming jazz musicians in the Bay Area, Garuda Blue brings professionalism, high quality of musicianship, and sophistication to their concerts. Enjoy jazz standards like "Autumn Leaves," "Tenderly," "On the Street Where You Live," and "Fly Me to the Moon" just to name a few! Save \$1 off \$4 or more at KS Café on show night.



**Silent Movie Night with the Roseville Community Concert Band Featuring 1925's "The Eagle" starring Rudolph Valentino**  
Friday, October 26, 7:00 PM, Ballroom (OC)  
— **LSE107**

Reserved Section Seating \$10, General Admission \$8

The Roseville Community Band will thrill us once again with great music that will bring a silent movie to life! This year they will accompany the action/comedy "The Eagle" starring Rudolph Valentino. Silent movies were once shown in theaters with live musical accompaniment. A fun night for the classic

film fan as well as families (not recommended for children under the age of 7). Cookies, popcorn, and drinks will be available for purchase in the pre-function area at the start and intermission. Enjoy a "Movie Dinner Special" at Meridians prior to the show. Movie patrons will receive a 20% discount, the day of the show only (ticket required).



**Keith Calmes**  
**Classical Guitar**  
**Friday, November 9,**  
**7:00 PM, P-Hall (KS)**  
**— LSE110**

**Reserved Seating \$16**  
 Guitarist Keith Calmes has been performing and teaching guitar

for over three decades. His performance credits include a Carnegie Hall recital debut as Winner of the Artists International Competition, concerti with the Monmouth Symphony, performance with Maestro Carlos Barbosa-Lima and numerous concerts and recordings with flautist Marjorie Koharski. Expect enduring standards of the classical guitar repertoire popularized by Andres Segovia: "Leyenda" (Isaac Albeniz), "Choro-Typico" (Heitor Villa-Lobos), "Venezuelan Waltz #3" (Antonio Lauro), and popular instrumental rock music like "Sleepwalk" (Santo and Johnny), "Walk, Don't Run" and "Apache" (The Ventures), plus other surprises. Save \$1 off \$4 or more at KS Café on show night.



**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 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.



**\*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!

—Grandkids Event—



**\*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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**\*Indicates new trip on sale October 17**

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**\*Cirque du Soleil—"Crystal"**  
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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 stunning skating and acrobatic feats that defy the imagination. In *Crystal*, gymnasts and skaters perform acrobatics on the ice and in the air, seamlessly combining multiple disciplines. 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**

Wheels roll 6:00 PM, return ~ 11:00 PM  
Show 7:30 PM

**Friday, March 29, 2019 — LST202**

Wheels roll 6:00 PM, return ~ 11:00 PM  
Show 7:30 PM

**Sunday, March 31, 2019 — LST203**

Wheels roll 12:00 PM, return ~ 5:00 PM  
Show 1:30 PM

## Day Trips

—Casino/Races—



**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.

—Performances—



**Second bus added!**  
**The Illusionists Present Cirque Paris**  
at Eldorado Reno  
Tuesday, October 23 — **LST205**  
\$95

Featuring an award-winning acrobatic cast including former stars of Cirque Du Soleil from The Illusionists, *Cirque Paris* is set around a custom, fully functioning speakeasy-style bar with beautiful and unique acts from around the world accompanied by mesmerizing musicians, sensational dancers, and a magical comedy host. It will transport you to the cabaret nightclubs of France. You will be amazed by the performers and the intimate venue! Includes \$10 free play and \$5 food credit at the Silver Legacy, and buffet dinner at the Eldorado before the show. Reserved seats. Wheels roll from OC at 12:00 PM, return ~ 11:00 PM.



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**Beach Blanket Babylon Holiday Edition**  
**Wednesday, December 12 — LST131 SOLD OUT!**  
**Or Thursday December 13 — LST132**  
**\$110**

It's never too early to start planning your holiday events! Due to vendor deadlines, it's time to register for the Holiday Edition of the famous Beach Blanket Babylon in San Francisco at Club Fugazi. The 90-minute show continually evolves its hilarious parodies of popular icons, updating spoofs and new characters and songs. This year all seats are located on the floor in the middle section. Both trips depart at 1:45 PM, the show is exclusive to adult audiences, alcohol is served. \*Dinner on your own before the show. Return ~ 12:00 AM. \*Reservations highly recommended for dinner, restaurant list is available at time of registration. Go to <https://beachblanketbabylon.com> for more information.

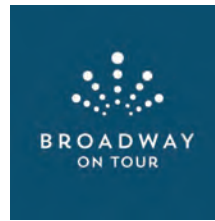


**\*Auburn Symphony at the Mondavi Center**  
**Masterworks Concert II - Rising Star**  
**Sunday, January 21, 2019 — LST197**  
**\$83**

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 Amaryn Olmeda from Placer County. Performance includes the following: Wagner: Prelude to Act III of Lohengrin, Bruch: Violin Concerto No.1, Prokofiev: Symphony No.5. Matinee performance, reserved orchestra seating. Wheels roll from OC at 1:15 PM, return ~ 7:00 PM.

**\*Auburn Symphony at the Mondavi Center**  
**Masterworks Concert IV - Majesty**  
**Sunday, May 19, 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.



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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**  
**\$101**

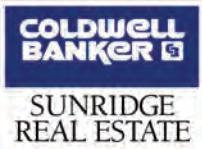
Brought to life by a ground-breaking all-female creative team, this irresistible new hit features original music and lyrics by 6-time Grammy® nominee Sara Bareilles (*Brave, Love Song*) a book by acclaimed screenwriter Jessie Nelson (*I Am Sam*) and direction by Tony Award® winner Diane Paulus (*Pippin, Finding Neverland*). Inspired by Adrienne Shelly's beloved film, WAITRESS tells the story of Jenna – a waitress and expert pie maker who dreams of leaving her small town and loveless marriage. A baking contest and the town's new doctor may offer her a chance at a fresh start. Don't miss this uplifting musical. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.

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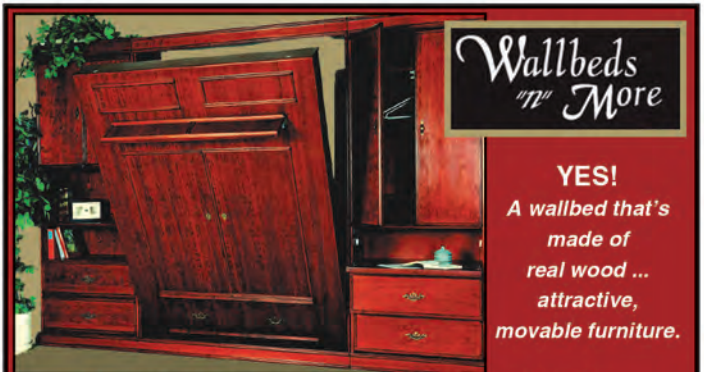


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**Falsettos**  
**Tuesday,**  
**March 12, 2019**  
 — **LST150**  
**\$101**

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**

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 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.

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**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.

### Folsom Lake College Speaker Series Harris Center for the Arts, Folsom

All speakers sold individually. Middle front Orchestra seating. See pricing below. Trips will be canceled if minimums not met by Wednesday, October 24.



**An Evening with Ron Paul**  
**Tuesday, March 12, 2019**  
 — **LST187**  
**\$89**

Dr. Ron Paul ran for President of the United States three times — as

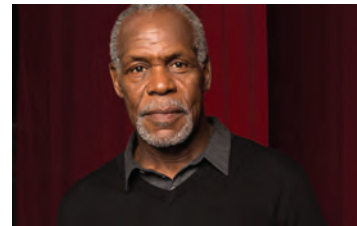
the Libertarian Party candidate in 1988 and a Republican Party candidate on 2008 and 2012, at which time he received 190 delegate votes at the Republican Convention. Serving in Congress during the 1970-80s, he served on the House Banking Committee, where he was an outspoken critic of the Federal Reserve's inflationary measures. He left Congress voluntarily in 1984 to return to his medical practice. He returned in 1997, serving on the House Financial Services and Foreign Affairs Committees. He is also the author of several best-selling books. Wheels roll from OC at 6:00 PM, return ~ 9:45 PM.



**Susan Stamberg – Considering All Things**  
**Tuesday, April 9, 2019**  
 — **LST188**  
**\$84**

The first woman to anchor a national nightly news program, she has won every major

award in broadcasting and has been inducted into both the Broadcasting and Radio Hall(s) of Fame. For 14 years, Susan Stamberg co-hosted National Public Radio's All Things Considered. Now a guest host on NPR, Stamberg is well-known for her conversational style, intelligence, and knack for finding the interesting story. Her thousands of interviews include conversations with Laura Bush, Rosa Parks, Luciano Pavarotti, Stephen Sondheim, and Billy Joel. Wheels roll from OC at 6:00 PM, return ~ 9:45 PM.



**In Conversation with Danny Glover**  
**Monday, April 29, 2019**  
 — **LST189**  
**\$91**

Harris Center welcomes actor, producer, and humanitarian

Danny Glover to Stage One in a moderated lecture. A commanding presence on screen, stage, and television for more than 25 years, his film credits range from the blockbuster Lethal Weapon franchise to the Oscar-nominated hit Dreamgirls, to smaller independent features — some of which Glover also produced. The son of civil rights activists, he has gained respect and renowned for his wide-reaching community activism and philanthropic efforts, and currently serves as UNICEF Ambassador. Wheels roll from OC at 6:00 PM, return ~ 9:45 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.



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\*Sacramento Kings vs. Phoenix Suns  
Sunday, February 10, 2019

— **LST192**

\$101

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



\*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—



**Olive Crush Festival  
& Wine Tasting –  
Séka Hills**  
Sunday, October 28

— **LST190**

**SOLD OUT!**

\$41

We are returning to the annual Olive Crush Festival at Séka Hills Olive Mill in Brooks near Cache Creek. This fall day will be filled with celebration of the olive crush with live music, food vendors, and more! Enjoy our own private mill tour. There will also be a private tractor-drawn wagon farm tour (*subject to weather*) prior to the start of the event. Sample freshly pressed olive oil fresh from the mill! Taste balsamic vinegar, honey, and nuts. Wine tasting included! Lunch on your own. Wheels roll from OC at 8:15 AM; return ~ 3:15 PM. Please add yourself to Waitlist at no charge for a possible second bus to this Sold Out trip.

**Apple Hill & High Hill Ranch**



**Apple Hill**  
Monday, October 29 — **LST172**

**SOLD OUT!**

\$68

Visit High Hill Ranch with crafters, produce and goodies store. Enjoy an included hot lunch at The Pie House Restaurant in a reserved area. Lunch menu: *Rotisserie-style Barbecue Chicken, Macaroni Salad, Dinner Roll/Butter, and Apple Pie a la Mode and beverage.* (Vegetarian selection available only upon request during registration.) After lunch, enjoy a guided bus tour with a running commentary on the history of Apple Hill with included stops at Larsen's Apple Barn and Abel's Acres. To top the day off, you will receive an Apple Fritter and a bottle of water. Wheels roll from OC at 9:00 AM, return ~ 6:00 PM.



Computer History  
& Intel Museums,  
Silicon Valley

Saturday,  
November 3

— **LST180**

\$73

In cooperation with the Computer Club, discover the Computer History Museum and Intel Museum in Silicon Valley. Sit in a Waymo self-driving car, experience classic computing, try your hand at coding, and discover 2,000 years of computer history. At Intel Museum, go behind the scenes and see what it's like inside an ultra-clean, highly automated silicon chip factory and connect with technologies that give us new ways to work, learn, play, and communicate. Lunch on your own at Computer History Museum or bring your own. Rest stops both ways of the trip. Includes admission and gratuity. Wheels roll from OC 7:45 AM, return ~ 6:30 PM.



\*San Francisco  
Holiday Shopping

Saturday,  
December 15

— **LST195**

Or Wednesday,  
December 19

— **LST196**

\$46 each trip

Enjoy a lovely holiday trip to the city by the bay without worrying about traffic, the bridge, and parking with two option days above. 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.



\*Victorian Christmas  
Sunday, December 16

— **LST194**

\$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 12:30 PM, return ~ 7:30 PM.



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

Celebrate the Year of the Pig in San Francisco's Chinatown. Enjoy a family-style Chinese lunch at The

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

—Overnight—



**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 portorage 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 to LH, ~ 12:00 PM. *A signed liability waiver is required for each participant.* **Early registration is requested due to vendor deadlines.**

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**Saturday, May 4 - Tuesday, May 7, 2019 — LST178**

**\$657 per person double occupancy; \$945 single.**

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This excellent trip includes:

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

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

### Sold Out Trips

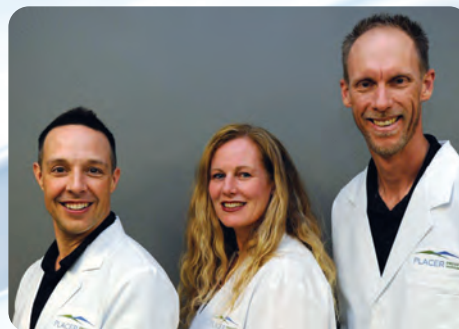
Trip • Date • Departure Time

List below shows trips through November

- Old Sacramento Underground Tour  
Thursday, October 18 • 8:30 AM
- Scrapbook & Stamp Expo  
Friday, October 19 • 7:30 AM
- Miss Saigon – Orpheum  
Theater, San Francisco  
Wednesday, October 24 • 10:45 AM
- Sacramento Broadway  
Series "On Your Feet!"  
Tuesday, October 30 • 6:45 PM
- Waitress – Golden Gate  
Theater, San Francisco  
Wednesday, November 7 • 10:45 AM
- Speaker Series – John Cleese  
Wednesday, November 14 • 6:45 PM
- Cambria/Hearst Castle for the Holidays  
Sunday, November 25 • 8:00 AM
- The Ten Tenors – Harris Center  
Thursday, November 29 • 12:30 PM

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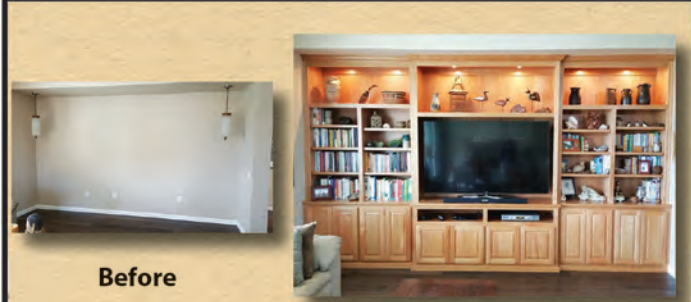
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## Class Index

*Below are a list of classes that are offered. Please see the page number to learn more about the class.*

AARP Driver Safety Training.....	85	Morning Burst L2.....	96
Arthritis .....	89	Nordic Pole Walking .....	90
Balance & Fall.....	96	Nutritional Consulting.....	89
Bootcamp .....	96	Oil & Acrylic Painting.....	74
Bowenwork Services.....	89	Parkinson's Indoor Cycling .....	95
Card Making .....	77	ParkinsonWise.....	95
Ceramics.....	76	Pilates .....	93
Chromebook .....	87	Posture, Core and Balance .....	96
Chronic Pain.....	90	Private Reformer Training .....	94
Clogging.....	78	Re-Start Your Health .....	93
Country Couples Western Dance .....	78	Sewing.....	85
Country Line Dancing .....	79	Sip & Paint .....	75
Fit 101 .....	95	Smart Phone .....	87
Functional Fitness L3 .....	95	Stained Glass .....	83
Fused Glass Jewelry .....	83	Sudoku - Beginning.....	93
Guitar.....	83	Tai Chi - Qigong.....	91
Holiday Movie Series .....	85	Tap.....	82
Hula .....	79	TGIF TRX & More L2 .....	96
Hypnosis .....	90	Training Services .....	94
Investing.....	91	Watercolor Painting .....	76
Jazz.....	79	Wellfit Class Schedule.....	98
Line Dance .....	79	West Coast Swing .....	82
Meditation Practice.....	91	Windows 10 .....	87
Memory .....	93	YouTube.....	87
Mixed Media Art Journaling .....	74		

**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 October 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

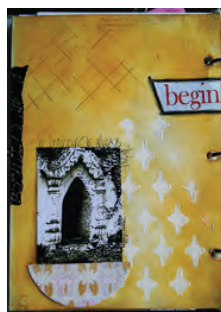
### —Announcement—



**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, November 13 & 27  
— LSC903

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

### —Oils, Pastels & Acrylics—



**\*Oil and Acrylic Painting: Beginner/Refresher**  
Wednesdays,  
November 7-28 — LSC967

1:30 to 4:00 PM (OC). \$39 (three sessions, no class November 21). 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, November 7-28  
— LSC959

9:00 to 11:30 AM (OC). \$39 (three sessions, no class November 21). 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](http://www.artistmarilynrose.com). Supply list – Intermediate-Advanced Class – available at Lifestyle Desk. Vacation drop-in: PAINT — \$17 per session.



**Sip and Paint:  
"Swan in Flight"**  
October 26  
— LSC915

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](http://www.unniart.com).



**\*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](mailto: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.

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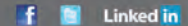


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## —Pastels &amp; Watercolor—



### Art Classes with Michael Mikolon

Michael Mikolon, an accomplished artist and art instructor in the Downtown Sacramento Area, delivers a class geared for all skill levels. Beginner and advanced students learn various pastel and watercolor approaches and techniques in an encouraging and fun environment! Each student will be given individual instructor attention at their level and chosen art medium. Class begins with a live demonstration followed by one-on-one instruction. This course will focus on materials and painting technique, color theory and mixing fresh/vibrant color with the use of a well-organized palette. Learn to create your own voice in art! Choose the schedule that works best for you.

- **\*Watercolor Class**  
Wednesdays, November 7-28 — **LSC664**  
5:30 to 8:30 PM (OC).  
\$60 (four sessions).  
Instructor: *Michael Mikolon*
- **\*Pastel and Watercolor Combo Class**  
Thursdays, November 1-29 — **LSC641**  
1:00 to 4:00 PM (OC).  
\$60 (four sessions, no class November 22).  
Instructor: *Michael Mikolon*



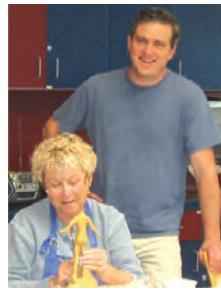
### \*Watercolor Step-by-Step Mondays, November 5-26 — **LSC625**

9:30 AM to 12:00 PM (OC). \$60 (four sessions). Instructor:

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

## Ceramics

## —Pottery—



### \*Beginning/Intermediate Ceramics Tuesdays, November 6-27 — **LSC689**

1:00 to 4:00 PM (OC). \$54 (four sessions). Instructor: *Jim Alvis*. An introductory class for residents who have never worked with clay, and continuing students who want to continue to develop their skills. This course covers basic hand building and wheel throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided at first class. Vacation drop-in: CERD1 — \$17 per session.



### \*Advanced Ceramics Tuesdays, November 6-27 — **LSC795**

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

Instructor: *Jim Alvis*. This class is for self-motivated students/artists with established ceramic skills. Students explore their 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, November 1-29 — **LSC1754**

9:00 AM to 12:00 PM (OC). \$54 (four sessions, no class November 22). 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, November 1-29**  
 — **LSC816**

1:00 to 4:00 PM (OC). \$54 (four sessions no class November 22). 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.

## Crafts

### —Card Making—



**\*Intro to Card Making— Level 1**  
**Fridays, November 2-16**  
 — **LSC893**

9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Do ie Macken*. Have you ever wanted to make a greeting card, but you just weren't sure how to get started? Then this class

is for you! This class will teach all of the “ins and outs” of making greeting cards and more. You will be making and taking home with you at least two cards and/or projects at each session. This is a fun three-hour class. Class size is limited, sign-up early to reserve your space. All supplies will be provided. Last day to register is October 31.



**\*Card Making Level 2 — Intermediate**  
**Mondays, November 5-19**  
 — **LSC870**

9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Dottie Macken*.

**Prerequisite:** Completion

of at least four sessions of Intro to Card Making 101—Level 1, and have instructor's approval. This class will build on your card

making skills while introducing you to some new and different card making and paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. Last day to register is November 2.



**\*Card Making Level 3 — Intermediate/Advanced**  
**Wednesdays, November 7-21**  
 — **LSC881**  
 9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Do ie Macken*.

**Prerequisite:** This class will build on your skills from Level 2 and offers more complex and challenging projects and paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. Last day to register is November 2.



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## Dance

## —Clogging—

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**\*Beginning Clogging**  
Tuesdays, November 6-27  
— LSC981

10:00 to 11:00 AM (KS). \$21 (three sessions, no class November 20). Instructor: **Janice Hanzel**. Start a new passion! Join this new beginners class, a low impact, revamped foundation, and fundamental class. The class will move through at a relaxed pace, the eight basic traditional clogging movements while developing skills of the foundations of clogging. Special attention will be paid to balance skills. No special shoes required; flat-soled shoes recommended.

**\*Easy-to-Intermediate Clogging**  
Tuesdays, November 6-27 — LSC618

11:00 AM to 12:00 PM (KS). \$21 (three sessions, no class November 20). Instructor: **Janice Hanzel**. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We will also learn new dances, easy to intermediate, from recent workshops and conventions. Come join in the fun. All levels encouraged to participate. Vacation drop-in: CLOG1 — \$10 per session.

**\*Intermediate Plus Clogging**  
Tuesdays, November 6-27 — LSC638

12:00 to 1:00 PM (KS). \$21 (three sessions, no class November 20). Instructor: **Janice Hanzel**. **Prerequisite:** Instructor approval. Students are strongly encouraged to take the 11:00 AM class. Challenge yourself with a higher level of clogging. Review steps from some of the Intermediate level dances in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events. This class will move a bit faster this year and will get into more intermediate level dances. Vacation drop-in: CLOG2 — \$10 per session.

## —Country Western Dancing—



**\*Country Couples**  
Western Dance  
Beginner Level 1 & 2  
Mondays, November 5-26  
— LSC667

7:00 to 8:00 PM (KS). \$18 (three sessions, no class November 12). Instructors: **Jim & Jeanie Keener**. Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles, including some of the dances at mixers. Instruction will be at a slower pace for beginners.

**\*Country Couples Western Dance**  
Beginner/Intermediate Level 3 & 4  
Mondays, November 5-26 — LSC1815

6:00 to 7:00 PM (KS). \$18 (three sessions, no class November 12). Instructors: **Jim & Jeanie Keener**. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed the Beginner Class, join us for a fun-filled hour of more challenging beginner and easy, intermediate dances. You have learned some of the



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basics; now it's time to add a few more steps and turns. This month we will be teaching A review of dance taught in 2018 and some of the older ones.

**\*Country Line Dancing**  
**Fridays, November 2-30 — LSC703**

3:00 to 4:00 PM (KS). \$24 (four sessions, no class November 23). Instructors: *Jim & Jeanine Keener*. This class is a mixture of beginner, high beginner, and intermediate dances. It features the popular "old" line dances that are done at country dances around the area.

—Hula—



**\*Hula Intermediate**  
**Thursdays, November 1-15**  
**— LSC1019**

1:00 to 2:00 PM (KS). \$24 (three sessions). Instructor: *Pam Akina*. Continue your study of Hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well

as relevant historical and cultural information surrounding each of the dances. Hula is good for the mind, body, and spirit! Performance techniques are also shared, and occasional performance opportunities are available for students. Vacation drop-in: HULA — \$14 per session.

—Jazz—

**\*Jazz Class for the Beginner**  
**Thursdays, November 1-29 — LSC669**

11:00 AM to 12:00 PM (KS). \$24 (three sessions, no class November 15 & 22). Instructor: *Melanie Greenwood*. This class will leave your mind, body, and spirit feeling empowered and energized. Different styles of Jazz will be demonstrated. You will leave with a smile on your face and a love of jazz dancing in your heart. About the Instructor: Melanie started teaching at the age of 16. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, and Disneyland to name a few, as well as TV and video. Vacation drop-in: JAZZ1 — \$13 per session.

**\*Jazz Performance**  
**Tuesdays, November 6-27 — LSC683**

1:00 to 2:00 PM (KS). \$24 (three sessions, no class November 13). Instructor: *Melanie Greenwood*.

Not open to new students. Must have instructor approval to register. The current class is in the midst of preparing for a performance. The class is geared toward stage performances throughout the year. Vacation drop-in: JAZZ2 — \$13 per session.

—Line Dance—

*We offer various levels of Line Dance classes taught by three different instructors. Choose the skill level, schedule, and instructor that best fits your needs. Below are the instructors and classes listed in order of difficulty.*



**Intro to Line Dance**

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

- **\*Mondays, November 5-26 — LSC882**  
 4:00 to 5:00 PM (KS).  
 \$18 (three sessions, no class November 12).  
 Instructor: *Audrey Fish*
- **\*Thursdays, November 1-29 — LSC973**  
 9:00 to 10:00 AM (KS).  
 \$24 (four sessions, no class November 22).  
 Instructor: *Yvonne Krause-Schenck*

**Line Dance—Easy Beginner**

If you have taken an Introduction to Line Dance Class and want to move up to Line Dance I Beginner level, this is the class for you. This is a transition between the introduction level and the regular beginner level. The dances are easy and fun. You will continue to perfect your basic steps and learn some new ones in the process. Ultra dances, as well as Easy Beginner dances, will be taught with an emphasis on the terminology of line dancing.

- **\*Thursdays, November 1-29 — LSC751**  
 10:00 to 11:00 AM (KS).  
 \$24 (four sessions, no class November 22).  
 Instructor: *Yvonne Krause-Schenck*
- **\*Fridays, November 2-30 — LSC999**  
 2:00 to 3:00 PM (KS).  
 \$30 (five sessions)  
 Instructor: *Sandy Garde o*



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### Line Dance—Beginner

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

- **\*Mondays, November 5-26 — LSC731**  
9:00 to 10:00 AM (KS).  
\$24 (four sessions).  
Instructor: *Yvonne Krause-Schenck*
- **\*Thursdays, November 1-29 — LSC749**  
2:30 to 3:30 PM (KS).  
\$24 (four sessions, no class November 22).  
Instructor: *Audrey Fish*

### Line Dance—High Beginner/Improver Class

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

- **\*Mondays, November 5-26 — LSC1821**  
5:00 to 6:00 PM (KS).  
\$18 (three sessions, no class November 12).  
Instructor: *Audrey Fish*
- **\*Wednesdays, November 7-28 — LSC1003**  
9:00 to 10:00 AM (KS).  
\$24 (four sessions).  
Instructor: *Sandy Gard o*

### Line Dance—Easy Intermediate Class

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

- **\*Wednesdays, November 7-28 — LSC685**  
10:00 to 11:00 AM (KS).  
\$24 (four sessions).  
Instructor: *Sandy Gard o*

### Line Dance—Intermediate/Advanced Class

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

- **\*Thursdays, November 1-29 — LSC646**  
3:30 to 4:30 PM (KS).  
\$24 (four sessions, no class November 22).  
Instructor: *Audrey Fish*

### Line Dance Instructors

#### • Audrey Fish

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



#### • Sandy Gardetto

Sandy is an excellent line dance instructor, with over 15 years of experience. She has been trained in all disciplines of dance since she was eight years old. To encourage people to sign-up for her classes, she has simplified her Beginner Class (LD I) as well as her High Beginner/Improver Class (LDII). She is also offering an Easy Intermediate Class for those who want easier dances with great music. \*Vacation Drop-in offered for all her classes – \$10.



#### • Yvonne Krause-Schenck

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





**New Workshop**  
**Line Dance to the Motown Sound!**  
**Thursday, October 18 — LSC1802**  
 6:00 to 8:00 PM (KS) \$10 Instructor:  
**Anna Woods.** Join this fun and  
 energetic class perfect for men and  
 women beginners. After many

requests from residents, Anna is  
 sharing her dance floor moves. Learn synchronized  
 dance moves in a line dance setting on popular  
 Motown sounds. The class will encourage students  
 to express themselves freely and adapt the moves  
 to pop music. *About the Instructor:* Anna has  
 experience in jazz, ballet, modern, and Bellydance.  
 Her professional career as a dancer has had her  
 performing throughout the country including  
 Harrahs Tahoe and Reno, Washington DC, Los  
 Angeles and Chicago.

—Tap—

### Tap Classes with Alyson

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



**\*Beginning Tap**  
**Mondays,**  
**November 5-26**  
**— LSC777**

11:00 to 12:00 PM  
 (KS). \$27 (three  
 sessions, no class  
 November 19).

Instructor: **Alyson**

**Meador.** If you have never taken a tap class, or have  
 less than six months experience, this is a class for  
 you. You will be taught the basic tap skills to build  
 a solid basic level of technique (shuffles, flaps, cramp  
 rolls Irish, shuffle ball change, etc.). Basic  
 fundamental music skills will also be introduced.  
 Students will learn unique combinations using  
 these tap fundamentals, and learn parts of the "Soft  
 Shoe" the "Waltz Clog" and the "Shim Sham."

### Technique

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

- **\*Tuesdays, November 6-27 — LSC831**  
 10:00 to 11:00 AM (KS).  
 \$27 (three sessions, no class November 20).
- **\*Thursdays, November 1-29 — LSC869**  
 10:00 to 11:00 AM (KS).  
 \$36 (four sessions, no class November 22).
- **\*Mondays, November 5-26 — LSC766**  
 10:00 to 11:00 AM (KS).  
 \$27 (three sessions, no class November 19).

—West Coast Swing—



**\*West Coast Swing**  
**Introductions/Beginner**  
**Wednesdays, November 7-21**  
**— LSC1811**

7:30 to 8:30 PM (KS). \$30 (three  
 sessions). Instructor: **Dottie**

**Macken.** Learn the basics of this great dance from  
 WCS Instructor Dottie, and how it can be applied to  
 various types and styles of music. Join this fun and  
 very social dance class. Partners suggested – this  
 class is for beginners.

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**\*Intermediate West Coast Swing**  
**Wednesdays, November 7-21 — LSC1275**

6:00 to 7:30 PM (KS). \$30 (three sessions). Instructor: *Do ie Macken*. **Prerequisite:** Must know the basics of West Coast Swing Dancing and be at an intermediate to advance level. This three-week session will be a time for us to review our WCS dancing and patterns. Partners suggested, the class is not for beginners.

**Glass Art**



**\*Fused Glass Jewelry**  
**Monday, November 19**  
**— LSC781**

9:30 AM to 12:00 PM (KS). \$25. Supply fee: \$10

payable to instructor. Instructors: *Jim Fernandez and Danielle Echeverria*. Learn to make fused glass jewelry with a focus on Dichroic glass or create glass projects like plates, vases, etc. You can do a new project every class. This class is designed to teach the fundamentals of Dichroic glass jewelry designing and glass finishing in general. The \$10 supply fee provides enough compatible and dichroic glass to create four pieces of jewelry, or one plate, one bowl, one vase or another similarly sized project. Larger projects are available for an additional supply fee.



**\*Stained Glass**  
**Mondays, November 5-26**  
**— LCS834**

1:00 to 4:00 PM (KS). \$58 (four sessions). Supply fee: \$10 payable to instructor. Instructor: *Jim Fernandez*. Requirements: No open toe shoes. You will learn the technique of cutting glass, foiling and soldering along with safety and the proper use

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

**Music**

**—Guitar—**



**\*Beginning Guitar**  
**Mondays, November 5-26**  
**— LSC871**

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

strum chords using nylon or steel string acoustic guitars. The class will teach the fundamentals of music to prepare you for the Intermediate class. *About the Instructor:* Jon has a degree in Education and 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, November 7-28 — LSC896**

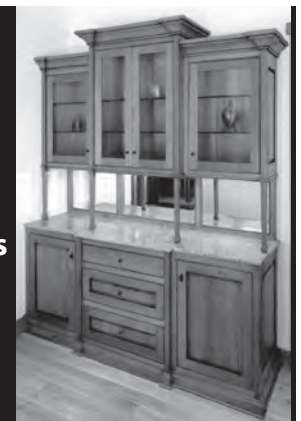
8:00 to 9:30 AM (KS). \$48 (four sessions). Instructor: *Jon Gowin*. **Prerequisite:** Able to read standard notation for the guitar in at least the first position; for acoustic guitars only. This class will be a continuation of the beginning class and cover music from around the world providing a unique, 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.

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**\*Folk Guitar for Fun Folks 101  
Beginner Class  
Tuesdays, November 13-27  
— LSC1054**

1:00 to 2:00 PM (KS). \$27 (three sessions, Substitute November 13 Art Morgan). 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,  
November 13-27  
— LSC1045**

2:00 to 3:00 PM (KS). \$27

(three sessions, Substitute November 13 Art Morgan). 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.

## 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.

## Personal Improvement



**Two-day class!  
AARP Driver  
Safety Training  
Wednesday & Thursday,  
November 14 & 15  
— LSC747**

9:00 AM to 1:00 PM (OC). Fee \$25 (AARP

member) or \$30 (non-member). Instructor: **Tom McMahon**. This class is geared to the "over 50" driver and covers how to adjust driving to age-related changes in our bodies. Course instruction uses videos, interactive discussions, and workbooks. There are no tests to pass. You must present your AARP membership card at registration and bring it to class to receive the discounted rate, along with a valid driver's license to receive a Certificate of Completion. This course does not replace Traffic School, nor is it specifically geared to help you pass the DMV driver's test.

## 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.

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## Technology

—PC—



**Windows 10 Basics**  
**Tuesday & Wednesday,**  
**October 23 & 24 — LSC1805**  
 1:00 to 3:30 PM (OC)  
 \$45 (two sessions). Class  
 material \$10. Instructor:  
**Rita Wronkiewicz.** New

to Windows 10? Need to get more confidence to use the program with its new format and features? Rita will show you the basics and how to set up your Windows 10 for your optimum use. If you have a portable PC, bring it to class and learn with your device. Handout reinforces class work. Questions? Call Rita at 916-543-6962.



**\*YouTube**  
**Friday, November 2 — LSC1820**  
 1:00 to 3:00 PM (OC) \$20.  
 Instructor: **Bob Ringo.** Google-owned YouTube has become the worldwide video sensation enabling you to watch everything from home videos, comedy clips, TV episodes, and full-length

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

—Smart Phones and Tablets/Mac—



**\*Android Smart Phone Basics**  
**Monday, November 5 — LSC1818**

1:00 to 3:00 PM ( 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 screen, manage phone calls,

organize your contracts, use text messaging, email, access the internet, share photos, and more. While presented for the beginning user, even longer time owners will benefit from this class.



**\*Chromebook**  
**Friday, November 9**  
**— LSC1819**

1:00 to 3:00 PM (OC). \$40. Instructor: **Len Carniato.** Most of us are wasting money on overpowered, over-

priced laptops because we've been sold on the idea that we need them, and we don't. There is a new and better-suited alternative—the "Chromebook." Chromebooks are simple and fast computers, so if you are thinking of replacing a laptop, this class is for you. Incredibly affordable, a Chromebook will serve you nicely. Bring your Chromebook to class, (or your Windows Laptop with Chrome) if you do not yet have a Chromebook, to learn its many capabilities.

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- **Wednesday, October 17**  
3:00 to 4:00 PM, Fitness Floor (OC)
- **Tuesday, November 20**  
3:00 to 4:00 PM, Fitness Floor (OC)
- **Tuesday, November 27**  
3:00 to 4:00 PM, Fitness Floor (OC)
- **Tuesday, October 23**  
4:00 to 5:00 PM, Fitness Floor (KS)
- **Wednesday, November 7**  
3:00 to 4:00 PM, Fitness Floor (KS)
- **Tuesday, November 13**  
4:00 to 5:00 PM, Fitness Floor (KS)

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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, November 6-27**  
**Wednesdays, November 7-28**  
**Thursdays, November 1-29**  
**Fridays, November 2-30**

Wednesdays & Fridays, (four sessions, no class November 23)  
12:00 to 1:00 PM, Aerobics Room (OC). Tuesdays & Thursdays,  
11:00 AM to 12:00 PM, Aerobics

Room (OC) \$36 (four sessions, no class November 22). 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 Wednesday & Thursday, November 28 & 29

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

After just two 90-minute sessions, you will be able to incorporate 90% of all body muscles in one exercise; burn up to 46% more calories than exercise walking without poles; help to reduce high blood pressure; reduce impact on hips, knees and feet by an average of 25%; and develop upright body posture resulting in less risk of falling. Walking poles are available for each class at no charge with the option to purchase at the final session.

### 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.*



#### New!

#### Three Introductions to Hypnosis – Take One or All Three!

Thursday, November 8 – Multipurpose Room (OC)

Thursday, November 15 – Gables (OC)

Thursday, November 29 – Multipurpose Room (OC)

9:30 to 11:30 AM, \$30 per class. Instructor: *Kelley Moreno*. With just one conversation life can change for the better! Wondering if hypnosis can instantly help you with a specific goal, need or desire? Hypnosis has been releasing fears, phobias, and nervous habits and making positive changes for people for centuries NOW! Find out how it works! See and maybe experience your own change as well! JOIN one or all three class to make sure you get a one on one experience for change!

#### New!

#### Working with Chronic Pain Thursdays, November 1-29

10:30 to 11:30 AM, Multimedia Room (OC) (four sessions; no class November 22) \$60. Instructor: *Michelle Jamieson*. "Pain is inevitable. Suffering is optional." Pain can be described as "physical, mental,



or emotional discomfort." People often resist pain or try to push it away, but altering one's view of pain creates a different relationship with it, allowing one to work with pain rather than spend so much time fighting it. Getting to know pain also reduces worry and anxiety, creating the possibility of an improved quality of life.

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### Establishing a Mindfulness Meditation Thursdays, November 1-29

9:30 to 10:30 AM,  
Multimedia Room  
(OC) (four sessions;

no class November 22) \$60. Instructor: **Michelle Jamieson**. The path of Meditation involves slow and steady cultivation of the mind. The benefits of mindfulness and contemplative practice are real, tangible, and can be experienced by anyone who practices with proper guidance. To experience these benefits directly, we need to take time in our lives to practice. We must give our minds the right conditions for the powers of wisdom and concentration to grow, which includes refining our understanding of the teachings and ensuring that we are using the techniques properly.



### Tai Chi Qigong L1 Tuesdays, November 6-27

1:00 to 2:00 PM, Aerobics Room (KS). \$33 (3 sessions, no class November 20). 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, November 6-27

2:00 to 3:00 PM, Aerobics Room (KS). \$33 (3 sessions, no class November 20). Instructor: **Peli Fong**. This class is for Tai Chi and Qigong students who wish to bring a higher awareness and understanding of their lifelong practice of complementary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short forms. In addition, you will learn Qigong sets of movements. These Qigong sets paired with stillness, and moving meditation will

improve body mechanics, muscle memory, muscle tone, and will heighten the understanding of these century-old art forms of health, mindfulness, and wellbeing.

## Money Matters

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

### Investing in the Rest of the World with Russ Abbott Tuesday, November 20

10:30 AM to 12:00 PM, P-Hall (KS). \$5. Instructor: **Russ Abbott**. The US markets as measured by the S/P 500, Dow, or NYSE Composite, have been hitting record highs in late 2018. However, the remainder of the world is actually down in the same period. Many experts are saying it's time to take advantage of this disparity and start investing in international stocks. Come to this timely class on how to best take advantage of this possible trend. All market regions will be covered as well as how to incorporate into your overall portfolio.

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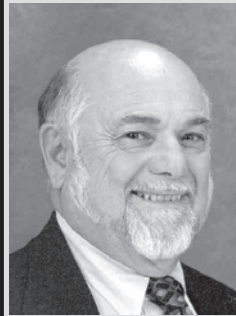
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## Nutrition

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### Re-Start—Your Health in Just Five Weeks Tuesdays, November 6- December 4

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 Tuesday, November 20

9:00 to 10:30 AM, P-Hall (KS). \$5. Instructor: **Russ Abb**. Come learn the basics of Sudoku, one of the most popular puzzles in America

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



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

**Thursday, November 15**  
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 about it. This single session workshop covers the current scientific information about memory, the components of memory, changes with age, and tips and techniques for improving memory and leading a brain wellness lifestyle. Facilitated by educational physiologist, Dr. Alice Jacobs, founder and principal of Brain Gain [www.braingain.info](http://www.braingain.info), a leader in brain wellness lifestyle promotion -this workshop provides extensive materials and hand-outs included in the fee.

## 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 102 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](http://www.sclhresidents.com) under WellFit/Personal Training/meet the trainers.

### Training Services

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

### Small Group Training (SGT)

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

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

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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, November 21-28**

12:30 to 1:30 PM, Aerobics Room (KS). \$35 (two 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, November 2-30**

12:30 to 1:30 PM, Aerobics Room (KS). \$50 (three sessions, no class November 9 & 16). 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, November 1 & 29**

1:30 to 2:30 PM, Aerobics Room (KS). \$35 (two 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,  
October 29-November 26**

10:30 to 11:30 AM, Fitness floor (KS). \$135 (eight sessions, no class November 12). Instructor: *Kayla McCusker*. 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,  
November 1-29**

12:00 to 1:00 PM, Fitness floor (OC). \$135 (eight sessions, no class November 22). 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,  
November 8 – December 6**

12:00 to 1:00 PM, Aerobics Room (KS). \$135 (eight sessions, no class November 22). Instructor: *Deanne Griffin*. Join us for a fun-filled class which incorporates strength training and high-intensity

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

including TRX suspension training. 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,  
November 5-28**

4:00 to 5:00 PM, Aerobics Room (KS). \$120 (seven sessions, no class November 12). 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,  
October 29 - November 28**

7:15 to 8:15 AM, Aerobics Room (KS). \$165 (ten sessions). Instructor: *Milly Nuñez*. Rise and shine to enjoy a fun and energizing workout in a small group setting.

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



**SGT—TRX L1/2  
Tuesdays & Thursdays,  
November 1-29**

5:30 to 6:30 PM, Aerobics Room (KS). \$135 (eight sessions, no class November 22). Instructor: *Jared Young*. This TRX class covers strength, balance, cardio, core and stretch all while using TRX

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



**SGT—TGIF TRX & More L2  
Fridays, November 2-30**

7:30 to 8:25 AM, Aerobics Room (KS). \$70 (four sessions, no class November 23). Instructor: *Kayla McCusker*. 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, November 5-28**

11:30 AM to 12:30 PM, Aerobics Room (KS). \$120 (seven sessions, no class November 12). 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, November 5-28**

2:00 to 3:00 PM, Aerobics Room (OC). \$120 (seven sessions, no class November 12). 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, November 5-28**

1:30 to 2:00 PM, OC Track. \$60 (seven sessions, no class November 12). 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 102-105 for days and times. Classes are designated with a level. Level 1 is designed for the beginner or returning exerciser. Level 2 is designed for an intermediate exerciser with established exercise ability, and Level 3 is designed for the advanced exerciser. For a list of class descriptions, please refer to [www.sclhresidents.com](http://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 November 1-30, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:00	Athletic Stretch L1/3 - Jen		Athletic Stretch L1/3 - Jen				
8:00	Strictly Strength L3 - Katie	Step for All L2 - Kim	Strictly Strength L3 - Jeannette	Step for All L2 - Kim			
9:00	Zumba L3 - Summer	Core & Strength L2 - Kim	Zumba L3 - Summer	Core & Strength L2 - Kim	20/20/20 L3 - Gretchen	Yoga Basics L1 - Amy/Sara	All Sunday classes have been moved to Killaga
10:00	Slow Flow Yoga L2/3 - Jennifer	Yoga Flow L2 - Ashley	Everybody Can L2 - Linda	Yoga Flow L2 - Jennifer	Strictly Strength L2 - Valerie	Vin Yoga L2 - Sara	
11:00	Piloga L2 - Cynthia	Arthritis L2 - Linda	Piloga L2 - Lola	Arthritis L2 - Linda	Piloga L2 - Lola		
12:00	Yoga Stretch L1 - Julie		Arthritis L1/2 - Linda	Yoga Stretch L1 - Julie	Arthritis L1/2 - Linda		
1:00	Chair with Flair L1 - Julie	Rest Meditation and Yoga L1 - Iram		Chair with Flair L1 - Julie	Basic Chair L1 - Maria		
2:00	SGT - Balance & Fall Prevention L1 - Danielle	1:30-2:30pm Chair Yoga L1 - Cynthia	1:30pm SGT - Half Hour Balance and Fall L1 - Danielle				
3:00	Healthy Living Exercise L1/2 - Millly	Healthy Living Exercise L1/2 - Millly		Healthy Living Exercise L1/2 - Julie	Activities	SCLH Booking	
4:00							
5:00	TBA	Activities	TBA	Activities			
5:30	TBA	Core & Strength L3 - Angela	Mixed Levels Yoga L1-3 - Jennifer	Core & Strength L3 - Angela			
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 November 1-30, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	KS	KS	KS	KS	KS	KS	KS
7:15-8:15am	7-15-8:15am SGT - Morning Bootcamp L2- Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT - Morning Bootcamp L2- Milly	Mixed Level Cycle L2- Deanne	SGT - TGIF TRX L2 - Kayla		
8:30	Exercise Mashup L2 - Danielle	Zumba Gold L2 - Joanie	Power Vinyasa L3- Deanne	Low Impact/Sculpt Interval L2 - Jeri	Zumba Gold L2 - Joanie	Low Impact L2 - Jeri	9:00am Cardio Strength L3 - Kim
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	10:00am Zumba L3- Carrie
10:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2-Gretchen	Piloga Flow L2 - Cynthia	Everybody Can L2- Linda	Athletic Stretch L2- Jeri	
11:30	SGT - Posture, Core & Balance L1/2- Danielle		SGT - Posture, Core & Balance L1/2- Danielle		WaiDan Gong L1- Joan		
12:30		12:00pm SGT - Functional Fit L2- Deanne		12:00pm SGT - Functional Fit L2- Deanne			
1:00		1:00pm Tai Chi L1 -Pell	SGT - Indoor Cycling for Parkinson's L1- Milly		SGT - ParkinsonWISE Combo L1- Milly		
1:30	Yoga Basics L1- Amy	2:00pm Tai Chi L2 - Pell	Yoga Basics L1- Cynthia	1:30-2:30pm SGT - ParkinsonWISE L1- Milly			2:00pm Yoga Flow L2- Ashley
2:30							
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 November 1-30, 2018

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

## Pilates Reformer WellFit Class Schedule November 1-30, 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							
5:30	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625-4034			
		Reformer Basic+ L1- L2 - <i>Julie</i>		Mixed Equipment L1-L2 - <i>Julie</i>			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							
All classes are subject to cancellation for insufficient registration 24 hours prior to class.							

## Sun City Lincoln Hills Community Association

965 Orchard Creek Lane  
Lincoln, CA 95648

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### •Administration•

Executive Director

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•Lifestyle•

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Kilaga Springs (916) 408-4013

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KS Fitness Center (916) 408-4683

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### •Food & Beverage•

Meridians Reservations (916) 625-4040

Meridians Delivery (916) 625-4044

Kilaga Springs Café (916) 408-1682

Director of Food & Beverage

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### Catering

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•The Spa at Kilaga Springs•  
(916) 408-4290

Spa Manager

Trudy Smith (916) 408-4071 [trudy.smith@sclhca.com](mailto: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

(Tuesdays - Saturday)

### The Spa at Kilaga Springs

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

Saturday 9:00 AM-5:00 PM

## General Numbers

Broken Water Line on Association  
Community Property

(916) 645-4501 Landscape Office

Curator Security, Inc.

(916) 771-7185

Golf Shop

Website: [lincolnhillsgolfclub.com](http://lincolnhillsgolfclub.com)

General Manager, LH Golf Club

Tony Marino (916) 543-9200, ext. 4

Lincoln Police & Fire (916) 645-4040

Neighborhood Watch

Linda Minor (707) 235-0778

Pauline Watson (916) 543-8436

Lincoln Hills Foundation

(916) 434-0749

Neighbors InDeed (916) 223-2763

Library Contact (OC/KS)

Adrian Felice (916) 408-4332

Pulte Homes Customer Care

[Norcal@delwebb.com](mailto:Norcal@delwebb.com)

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**ACCOUNTING**

AJ Kottman, **91**  
 Riolo, Roberts and Freddi, **47**

**AUTOMOBILE**

Auburn Toyota, **86**  
 J & J Body Shop, **84**

**BOAT CLUB**

Carefree Boat Club of No. CA, **71**

**CHURCH**

Valley View Church, **29**

**CLEANING SERVICES**

All Pro Window Cleaning, **30**  
 Doo Doo Squad, **17**  
 Gold Coast Carpet & Uph., **86**  
 Joe's Carpet Cleaning, **75**  
 Junk King, **17**  
 Ray's Crystal Clear Windows, **97**  
 Sierra Home & Comm. Svcs., **92**  
 Vent-tastic Vent Cleaning, **92**  
 V&O Cleaning Service, **23**

**COMPUTER SERVICES**

Affordable Computer Help, **23**  
 Compolve Computers, **92**  
 Jim Puthoff & Associates, **97**  
 PC & Mac Resources, **34**

**DENTAL**

Denzler Family Dentistry, **72**  
 Jefferson Lee Clark, **16**  
 Jon Vongschamphen, DDS, **42**  
 Victoria Mosur, DDS, **69**

**ELECTRICAL SERVICES**

Brown's Quality Electric, **30**  
 Dodge Electric, **92**

**EYE CARE**

Wilmarth Eye/Laser Clinic, **31**

**FINANCIAL SERVICES**

Am. Pacific Reverse Mortgage Grp., **33**  
 Edward Jones, **72**  
 Reverse Mortgage Funding, **31**  
 TAD Executive Fiduciary Services, **84**

**GOLF**

Electrick Motorsports Inc., **64**

**HAIR CARE**

Kathy Saaty, **36**

**HANDYMAN SERVICES**

A-R Smit & Associates, **97**  
 Bartley Properties, **33**  
 Home Handyman Services, **91**  
 L&D Handyman, **87**  
 Wayne's Fix-all Service, **39**

**HEALTHCARE**

Acupuncture Medical Center, **32**  
 Placer Private Physicians, **70**

**HEARING**

Gold Country Hearing, **52**  
 Miracle Ear, **46**

**HEATING AND AIR**

Accu Air & Electrical, **66**  
 Good Value Heating & Air, **90**  
 Peck Heating & Air, **13**  
 Sierra Valley Home Corp., **44**

**HOME FURNISHINGS**

California Backyard, **58**

**HOME IMPROVEMENT**

1A Advanced Garage Doors, **40**  
 Ace Appliance Repair, **66**  
 Carpet Discounters, **64**  
 Don's Awnings, **29**  
 Findley Iron Works, **66**  
 Gary's Refinishing, **83**  
 Idea Industry, **47**  
 Knock on Wood, **71**  
 Nielson Fine Floors, **80**  
 O.Tile, **51**  
 Overhead Door Co., **37**  
 Sac's Garage Door Repair, **27**  
 Screenmobile, **92**  
 The Closet Doctor, **69**  
 The Hot Water Company, Inc., **16**  
 Wallbeds & More, **62**

**IN HOME CARE**

Dave Norman's Helping Hand, **78**  
 Home Care Assistance, **29**  
 Welcome Home Care, **66**

**INSURANCE**

Allstate Insurance, **16**  
 Pat's Med. Ins. Counseling, **34**  
 State Farm, Christine Taylor, **28**  
 United Healthcare, **26**

**INTERIOR DESIGN**

Guchi Interior Design, **42**

**LANDSCAPING**

Boulder Creek Synthetic Grass, **53**  
 CM Ponds & Stuff, **66**  
 Complete Ponds, **16**  
 Duran Landscaping, **41**  
 Martin's Landscape, **62**  
 New Legacy Landscaping, **28**  
 Rebarb Time, Inc., **57**  
 Sanchez Home & Yard Service, **92**  
 Terrazas Landscape, **86**

**LEGAL**

Gibson & Tuttle, Inc., **82**  
 Law Office Darrel C. Rumley, **80**  
 Michael J. Donovan, **36**  
 Robertson Law Group, **58**  
 Seasons Law, **77**  
 Vic DiMattia, **92**  
 William J. Sweeney, **64**

**LIVING STYLE CARE PLANNING**

Silver Pathways, **72**

**MISCELLANEOUS**

Electric Bikes, **22**  
 Loomis Basin Holiday Home Tour, **72**  
 Visionary Design, **97**

**MORTUARY SERVICES**

Cremation Society/Wagemann, **80**  
 Heritage Oaks Memorial Chapel, **97**

**NOTARY PUBLIC**

A McClellan, Notary Public, **37**

**PAINTING**

Dynamic Painting, **80**  
 Preferred Painting, **32**  
 Sorin's Painting, **66**

**PEST CONTROL**

Noble Way Pest Control, **84**

**PETS**

A Pet's World, **66**

**PLUMBING**

BZ Plumbing Co. Inc., **71**  
 Class Act Plumbing, **86**  
 Eagle Plumbing, **60**  
 Maples Plumbing, **87**  
 Ronald T. Curtis Plumbing, **40**

**PODIATRY**

Lincoln Podiatry Center, **58**

**PROPERTY MANAGEMENT**

Gold Properties of Lincoln, **62**

**REAL ESTATE**

Carolan Properties, **35**  
 Century 21 - Mary Olsen, **75**  
 Coldwell Banker/Sun Ridge, **44**  
 - Anne Wiens, **26**  
 - Don Gerring, **24**  
 - Donna Judah, **29**  
 - Gail Cirata, **62**  
 - Holly Stryker & Jill Mallory, **60**  
 - Michelle Cowles, **21**  
 - Paula Nelson, **47**  
 - Tara Pinder, **69**  
 - The Gillis Group, **41**  
 - Tony Williams, **38**  
 Grupp & Assocs. Real Estate, **64**  
 HomeSmart Realty - Shari McGrail, **84**  
 Shelley Weisman, **57**

**SENIOR DAYCARE**

Daycation for Seniors, **21**

**SENIOR LIVING**

Ansel Park, **60**  
 Eskaton Village, **25**  
 Oakmont of Roseville, **27**  
 Summerset, **47**

**SHREDDING**

RedDog Shred, **13**

**SOLAR**

Vivint Solar, **14**

**SPRINKLER SERVICES**

Gary's Sprinkler Repair, **38**  
 Sprinkler Medic, **24**

**TRANSPORTATION**

Apex Airport Transportation, **92**  
 Ride in Comfort, **66**

**TRAVEL**

Club Cruise, **104**

**TREE SERVICES**

Acorn Arboricultural Svcs. Inc., **69**  
 Capital Arborists, **46**  
 Mullen Tree and Shrub Care, **71**

**VACATION RENTAL**

Maui & Tahoe Condos, **39**

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