

December 2019

COMPASS



Navigate Your Way Through Sun City Lincoln Hills



HAPPY HOLIDAYS

Neighbor to Neighbor 17

How to Duck the Halls 19

The Official Magazine of Sun City Lincoln Hills

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Board of Directors' Report

Wonderful Things

David Conner, President

December is a month with gift-giving and expressions of love. For my children, gifts for me are pretty much the standard replenishment of Wrangler Jeans, 33-30, and another pair of Reeboks. Who could trust a man who wears dress slacks and leather shoes in retirement?

At the 20th Anniversary Talent Show, I received a gift that exceeds all. When the Hula troupe came on, a thin white-haired grandmother in the back row was a lesson in precision. I was taken back with her effort, and my intuition said this is a lady that wanted to Hula all her life. Good for her that now, at this special time in her life, she is doing just that. Tears ran, and the lady next to me asked if I was okay? I'm more than okay, I replied.

When the lights went out in the Villas and sur-

rounding streets, we had several residences you didn't hear about. A number of folks called offering to take in those without electricity for a couple of days. One said we will adopt them until the power is back on. I so admire those who put their money where their mouth is, and every last one has sworn me to secrecy. Truly a gift from the heart.

The other day I was sitting, waiting for a meeting when a new couple approached me. The lady put her face down near mine and quietly said, may we speak to you? I said of course, anytime. She said "we think you're fabulous." I will never forget. I needed those words.

Wonderful things are happening here daily, in a hundred loving ways. My gift to you is advice... LISTEN TO HIM.

2019 HOLIDAY HOURS OF OPERATION

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

Calendar of Events

December 19, 2019 – January 16, 2020

Date	Event	Page #
12/19	Mads Tolling.....	59
12/19	Holiday Centerpiece	79
12/19	Golf Cart Registration.....	55
12/21	The Holiday - Movie	55
12/27	Sip and Paint.....	75
12/31	New Year’s Eve	59
1/2/20	Golf Cart Registration.....	55
1/4/20	Downton Abbey - Movie	55
1/6/20	Downton Abbey - Movie	55
1/7/20	Winter Floral Arranging.....	79
1/10/20	The Backwards Piano Man	61
1/13/20	Fused Glass.....	84
1/13/20	SF Bay Coffee Forum	57
1/14/20	iPhone Basics.....	87
1/14/20	Insert Party.....	23
1/15/20	Kings vs. Dallas.....	67
1/16/20	Oakland Museum of California.....	65



From the Executive Director’s Desk

Chris O’Keefe, Executive Director,
SCLH Community Association

Welcome to the December issue of the *Compass*! The team here at Lincoln Hills wishes our residents the very best this holiday season. We hope that 2019 has been a great year, and if there have been some difficulties over the past year, we hope they are behind you and that 2020 will be a kinder and happier year for you.

I want to start by recognizing a member of our team who is leaving this month. Marisela Sandoval has been a fixture on the custodial team for 20 years, and I have always appreciated her demeanor and good humor. Marisela is one of those people who make you smile just by being around her. There is a quote that says we need to “Appreciate the people who make us smile.” I hope we never miss an opportunity to appreciate the people who serve others and make a positive difference. Marisela served and took care of our residents for 20 years. You can’t ask for anything more than that.

The holidays are supposed to be a time of good cheer, and I hope that if you find yourself needing some good cheer and positivity, that you come up to one of the lodges and spend some time with us, particularly if you are someone who may not have family nearby. Come on up, have a cup of coffee, and enjoy sitting by one of the fireplaces. Walk the halls and check out the beautiful decorations put out by our great team of volunteers. We have a “family” table set up at Meridians, so you can enjoy a meal with a neighbor. There is no need to sit at home – come on up and spend some time with your “other” family.

Finally, I would like to recognize Robert Copp, our Finance Committee Chair. There are many reasons to serve on a committee, and Robert volunteers for the very best of reasons – to serve the greater good. He does so with a maximum of grace, and a minimum of ego, something that is very rare these days. We are a better community because of his efforts, and we thank him.

My holiday wish is that my family, the residents I serve, and the team I serve have the happiest of holidays, and that the New Year brings nothing but joy to all. Thank you for the privilege.

Upcoming Association Meetings: December 15 – January 31

Finance Committee	Wednesday, December 18, 9:00 AM, P-Hall (KS)
Board of Directors	Thursday, December 19, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, December 19, 11:00 AM
Board of Directors Executive Session	Thursday, December 19, 11:30 AM
Properties Committee	Thursday, January 2, 9:00 AM, P-Hall (KS)
Elections Committee	Friday, January 3, 10:00 AM
CCOC/Clubs & Community Organizations Committee	Tuesday, January 7, 9:30 AM
Compliance Committee	Wednesday, January 8, 9:00 AM
New Resident Orientation	Thursday, January 9, 2:00 PM
ARC/Architectural Review Committee	Monday, January 13, 9:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, January 14, 10:00 AM
Listening Post	Wednesday, January 15, 9:30 AM, P-Hall (KS)
Finance Committee	Thursday, January 16, 9:00 AM, P-Hall (KS)
Board of Directors	Thursday, January 23, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, January 23, 11:00 AM
Board of Directors Executive Session	Thursday, January 23, 11:30 AM

Meetings in Orchard Creek Lodge unless noted otherwise.



Finance Committee Report

Closing 2019

Marsha Watkins

With the close to 2019, I wish to share with you some of the activities that the finance department has engaged in during this year to improve the efficiency of the staff and accuracy of the information to the community monthly.

The staff attended the annual Northstar software conference to learn more about its functionality and upgrades to the system and network with other HOA users of the software. Once the Northstar system is integrated and stable, then it will eliminate some manual data entry currently needed with two systems.

For the first time, the HOA now has a fixed asset tracking system. We now have a list of all assets, the cost of those items, how long each asset is expected to be in use and the amount of depreciation expense we should include in our tax return. This was a very extensive project and took staff over six months to implement. This project also resolved one of the audit questions that was raised in 2017.

Throughout the year, the staff has been working on streamlining accounting and payroll processes, ensuring there's a segregation of duties that are consistent with generally accepted accounting practices.

They have also been updating and cross-training on all written procedures and processes. A complete reconciliation of all balance sheet accounts is now being done monthly prior to the distribution of the financial statements.

There are four California Association of Community Manager (CACM) certified employees at SCLHCA and one Community Association Financial Management (CAFM) certified employee, with two more in the process of getting certification in the Accounting Department. The Human Resources Manager also attends the CACM law seminars to stay up-to-date on all legal issues affecting HOAs. The certification guidelines have been established to make sure that the Association is educated and compliant with regulations affecting a California HOA.

An all members billing system will be rolling out at the beginning of the new year. It will allow you to use your membership card to make charges for many of the services provided by each of the departments. An app is available through your phone to be able to track your charges.

It's been my honor to act as a Finance Committee liaison with the accounting staff this year.



Compliance Committee
Give Me a Sign!
David Mateer, Chair

There are lots of signs in our daily lives. Some such as STOP signs help to keep us safe. Others try to provide information.

ALLOWED – Signs that provide important information are allowed. This includes security alarm signs, no soliciting signs, beware of dog, and Neighborhood Watch signs. One sign is allowed for each of these types. Additional information on size and placement is provided in the Design Guidelines.

ALLOWED...SOMETIMES – Political signs are allowed in our community during the 60 days preceding and until seven days after an election. For 2020, we have several elections coming. The first is for our SCLH Board of Directors on February 20, followed by the California Primary on March 3 and the national election on November 3. Based on candidate agreement, signs for the Board of Directors would have signs starting January 1, after the holidays. These political signs may not exceed an aggregate size of 9 square feet or height of 4 feet. This allows for three typical candidate signs to be displayed and still be within the guidelines. This should be enough for our freedom of expression throughout the election seasons.



Election Sign Placement Schedule			
Election	Election Date	Signs starting	Removed by
Board of Directors	02/20/2020	01/02/2020	02/27/2020
California Primary	03/03/2020	01/03/2020	03/10/2020
National Election	11/03/2020	09/04/2020	11/10/2020

Throughout the years, some of us have some items to sell. Garage and Estate sales are allowed twice per year per residence. Each sale may be up to 2 days. This is also the city policy and limit. Garage/Estate sale signs also may not exceed 9 square feet total or height of 4 feet. Only one sign is permitted for any residence. Signs not permitted prior to 8:00 AM and need to be removed by 5:00 PM on the day of the sale.

NOT ALLOWED – One other type of sign we see from time to time is commercial advertising. This is usually from a company that is performing work at your home. It is important to know that these commercial signs are not allowed. It may seem you are trying to help advertise for a company that did some work for you, but it detracts from your landscape, fresh paint, and the community. Lots of ways to let your friends and neighbors know you were happy with the company, just skip the sign.



Architectural Review Committee

Tis the Season!

Carole Dummett, Chair

The “Most Wonderful Time of the Year” is here! How quickly the time goes, as we look forward to another year in this beautiful community.

We want to briefly discuss issues that frustrate our homeowners and create many questions.

Setbacks are a critical requirement for many improvements in Sun City Lincoln Hills that are specific to this community. These are listed in Design Guideline 5.8.1 and the General Development Plan with the City of Lincoln.

Accessory Structures create the most confusion. These include casitas, freestanding shade structures, golf cart garages, gazebos, pergolas, pools, sheds, and spas. The minimum separation between a home and any accessory structure shall be ten feet, as stated in the General Development Plan for Del Webb Lincoln Hills and Ordinance 691B of the City of Lincoln.

Permanent Generators have additional setback requirements – contact Community Standards or these requirements.

The homeowner must request a site visit from ARC prior to submitting an application for any of the aforementioned projects. Requests should be directed to



tonya.benetiz@sclhca.com or sam.mckee@sclhca.com.

The City of Lincoln Building Department will not issue a permit without an “Approved” ARC application.

In addition, all newly planted trees must meet the setback requirement for the species selected. This information is provided in Appendix A of the Design Guidelines.

Revisions to the current Design Guidelines are forthcoming for all homeowners to review and provide their comments and concerns. We are still waiting on the City of Lincoln for policy on AB-670 Accessory Dwelling Units. This will be announced and published separately once the City has provided its requirements.

We thank all homeowners for their cooperation and eagerness to maintain our beautiful community.

HAPPY HOLIDAYS 2019 from your Architectural Review Committee.



Communications and Community Relations Committee

End of the Year Thoughts

Kent Noard, Chair

From a communications and community relations perspective, we are really pleased with the progress that we have made during the year.

The communications through the *Compass*, websites, eNews, and other electronic messaging continued to provide timely and worthwhile information to residents about what is going on in the community. The staff should be congratulated on the high level of the quality of the dissemination of information.

From the Community Relations part of the committee, the Community Forums, the New Resident Orientation (NRO), the Community Ambassador Program, and the video services group continue to provide valuable services to the community.

All of these programs tend to be on “auto-pilot” because either the responsible staff person or task force are doing excellent work.

The committee will continue to oversee these functions and make recommendations or changes as needed.

Going forward into 2020, we will continue to look into ways to improve communications to residents and get feedback on issues that arise in the community. The same is true for the community relations groups. Community Forums is gearing up for another exciting year of speakers and presentations; the video services group continues to amaze with the video recording and reporting capabilities; we will continue to welcome our new residents with worthwhile information at the NRO; and the Community Ambassadors will continue to show potential new residents the benefits of living here at Lincoln Hills.

The lines of communication continue to work in two directions. If you have ideas for the committee to consider, please let us know.

Thank you for your support in our efforts.

Strategic Planning Committee

Let Your Voice Be Heard – Join a Focus Group

Denise Bowden

The series of focus groups held by the Strategic Planning Team over the past two months have provided a wealth of information and resident perspective. With the series on the Sports Complex completed in October we began a new series by inviting club presidents and individual residents to share their needs, challenges, and ideas related to the Orchard Creek and Kilaga Springs lodges. This round is specific to meeting space, appearance, and usage only. We will be addressing the food & beverage, ballroom and fitness areas in the first half of 2020. We continue to receive good, thoughtful input from residents and we walk away from each of these sessions with

creative ideas and unique perspectives.

There are many more focus groups ahead on a variety of topics that touch all of us, and we want to strongly encourage participation. If you haven't signed up to participate, watch for the eNews in December that will announce the focus groups on the next topic, food & beverage. If you want to have a voice in the future, now is the time to get involved.

Look for the big red button on the resident website and check out the Strategic Planning team area for published documents, Board reports, and our overall process framework.

Election News

Get Ready, GET SET, Vote!

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

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

Date	Day	Event
January 2	Thursday	Candidate yard signs may go up
January 13-17	Monday-Friday	Election Ballots mailed
January 14, 16, 18	Tuesday, Thursday, Saturday	Candidate Forums
February 19	Wednesday	All Ballots Due by 3:00 PM
February 20	Thursday	New Board Seated



Diana Peters

I believe the last election was a mandate for change. I agree with the new direction.

Based on Residents' input, my top priorities are:

- Meridians: Improve Inconsistent Quality and Eliminate its Deficit
- Promote Resident-Centered Activities and Reduce Public Usage of Our Facilities
- Increase Property Maintenance and Restoration with Competitive Bids for the work
- Ensure Fiscal Responsibility by insisting on Separate Revenue Stream Reporting
- BOD Leading Management's Decisions
- Implement Increased Security Measures and Emergency Procedures

I'll vote to stop out-of-control spending, curb dues increases, and replenish reserves. I'll demand closer oversight, accountability and transparency from management. I'll require processes that solicit input from ALL residents before expensive new projects are launched.

The recent handling of the Sports Plaza is an example of practices I want to reign-in. A \$40,000 plan to provide needed pickle-ball courts should never have turned into an extravagant \$506,000 construction project.

I'll insist the HOA pursue a more "resident-centered" direction, rather than bringing in more outside public events. This includes emphasis on needed maintenance and updating our 20-year-old facilities to make them more appealing to residents and today's buyers.

I advocate obtaining professional advice on security measures that can be implemented without undue expense – ideally integrating them with Lincoln Police.

If you agree, please vote for Diana to represent YOUR interests.



David Connor

Dear Residents,

I am running for reelection to the Board of Directors and I seek your support.

I have excellent rapport with our committees and staff. I will be the experienced, disciplined leader that we need. I have courage, independence, and possess rare perspective. I have been proactive by starting open workshops, encouraging freedom of expression, and reintroducing the Pledge of Allegiance to our flag.

At the beginning of my current term, meetings were held to promote the construction of a new building. I rallied the members and helped fill the ballroom. Alone, I spoke out openly for the better part of a year, and ultimately helped save construction and subsequent costs for an untimely project.

This year, I opposed a small group advocating we fire part of our staff, cease rental of our assets, and change the dynamics and vitality of our community. Through meticulous planning and design this concept was marginalized.

After many years, pickleball capacity will double with the passage of the Sports Complex Project. We will finish paying off solar, nurture the Strategic Planning Team, and rewrite our documents.

My mission is to grow our property values, validate our people, and preserve our harborage from a chaotic world.

I would appreciate your vote. Thank You.

David Conner, President • 916-543-0461 • greyfoxdc@yahoo.com



Joe Stewart

I'm **Joe Stewart**; I'm running for re-election to a 2nd (and final) two-year term. Previously a president of an HOA elsewhere, I served several years on the Finance Committee here, prior to joining our Board. You know, it takes time...a year or more "on the inside" to fully grasp and understand the complexities of SCLH. We're an \$18,000,000+ per year operation!

During my years on Finance and the Board, we dealt with major issues: upgrading and rehabbing our Fitness centers...a plan to cure the Reserves shortfall...solar (and shade!) for Kilaga. Our new Community Enhancement Fund (C.E.F.), which comes from new sales, is now paying for *all* upgrades and improvements. Without it, our only choices now would be to raise the dues to pay for improvements, or do without!

Most recently, it was my leadership that ultimately helped pass the new Comprehensive Sports Pavilion plan, rather than taking a piecemeal approach, kicking it down the road to a new Board to change or even halt. Already in progress, it's being paid for by the CEF and when completed, a showplace which will certainly raise all our property values.

First and foremost, let's keep our focus on improving our Community and Increasing those Property Values. I've welcomed the arrival of 4 new BOD members this year and believe I've proven I can work with differing perspectives on the Board...take the heat...make the hard choices.

So I respectfully ask for your votes...and your help. I'll work hard for you. I promise to bring the same strength of purpose and resolve that helped me lose over 60 pounds while getting more fit, since I was elected!

Together, let's Build our Community...and Point to the Future!



Jack Harris

"Independent Thinking" Candidate

Dedicated to what's best for ALL SCLH residents

Philosophical differences are hindering the ability of Board members to find the common ground required to make progress for this Association. As a veteran of 35 years in school and district administration, I have significant experience in leadership and negotiation, successfully using collaboration and consensus building. I believe agreement can be reached through compromise and communication.

Association finances and the impact on your dues are very important. I have managed multi-million dollar budgets for school districts and service groups. I support the SCLH Strategic Plan under development. This plan includes programs, services, capital improvements and communications allowing us to make informed, data driven decisions.

- Integrity first! I don't make promises until I know I can make them happen.
- I listen well and communicate clearly.
- Transparency is critical to good leadership.
- I can be direct, candid, and forthright when needed.

I've been involved in the community since moving here in 2013

- Member, Food and Beverage Task Force, 2018-2019
- Member, Community Leadership Development Committee, 2018
- Member, The Future of Sun City Lincoln Hills Task Force 2018
- Vice President, Lincoln Hills Apple User Group

Promises Made - Promises Kept!

I welcome the opportunity to talk to you about my candidacy: Phone: 916-409-5212 • email: smilnjak@icloud.com



Tom Dunipace

I've lived in Placer County for over 30 years. My spouse Deb (of 48 years), and I are avid golfers. I'm a United States Air Force Veteran and served as an Instructor Pilot at Travis AFB before retiring from United Airlines as a Boeing 777 Captain.

I'm an active attorney and served in the Corporate Legal Department of the largest Mutual Benefit Corporation in the State of California. I've been a City Manager and a City Attorney.

No person or group asked me to run. I will meet and listen to anyone and keep an open mind.

My focus is to strengthen our covenants with the golf course, strengthen our security as we become overwhelmed with regional growth, and have all departments justify every line item of expense.

I do support the strategic plan process. I am keenly aware of the threats to our property values that result from administrative dysfunction, lack of repair, stagnation of planning, and degradation of the golf course.

As a certified court mediator, I trust I can bring the skills I've developed to our deliberative process as a member of your board of directors.



Hans Fokkema

Focus On The Positive And Work To Make It Better

As a team, the Board must reconcile all aspects of the issues it decides. It must focus on policy and oversight while allowing Committees and staff to handle procedural matters and details. I have the professional and community service experience to formulate policy and not micromanage our business.

- I have a proven track record in managing project teams of highly educated and specialized professionals.
- I have strong conceptual and analytical skills and the ability to apply those in uncharted territory.
- I have been an active member of the Finance Committee for 4 years.
- I successfully led the Reserve Task Force devoted to improving and strengthening our annual reserve study and reserve position.

Our financial position is strong and must remain so. My MBA and 27 years with Bank of America taught me how to analyze issues and develop policy. Our budget supports our community and the lifestyle our residents want.

Our finances must be managed efficiently and with vision. We need procedures for the effective use of the Community Enhancement Fund to enhance our community and our lifestyle. And, last but not least, we must retain a strong reserve position.

I ask for your vote to achieve these goals. Talk to me.

916-408-3612 • SunCityHans@gmail.com

MEMBER ISSUE STATEMENT

Members of this community have a responsibility to elect a Board of Directors of concerned members familiar with our policies and practices. They must be prepared to conduct the business of the Corporation, with an \$18M annual budget.

We selected Board members last year who were ill prepared for the job. Three members hadn't served on committees or attended committee meetings. There is no understanding of governing documents, laws governing home owner associations and rules of engagement with staff causing potential for a hostile work environment and possible financial/legal consequences for the Association.

Fresh Board talent is valuable, but candidates must first demonstrate they are prepared to serve, otherwise governing the Association rests with the few directors that take the job more seriously. Committee, workshop and Board meeting attendance provide valuable insight into the issues and operation of our Association and informs candidates about the commitment they are making and the decisions that will have to be made. Our responsibility as the electorate is to vet candidates and satisfy ourselves that they are knowledgeable and prepared to represent the best interests of all our members with the future of the community in mind.

Results of this election may impact our property values and quality of life in this active adult community.

Your Votes Count – Cast Them Wisely
Denny Valentine

★ ★ ★ Team Member of the Month Award – November 2019 ★ ★ ★



Assistant Director, WellFit and Spa
Tom Gatti, WellFit Monitor
Nancy Gabriele, HR/Payroll Manager

Our "Team Member of the Month" Award goes to Tom Gatti! Tom joined our WellFit Department as a WellFit Monitor in 2001. Here are just a few quotes shared by our staff:

"Tom always goes out of his way when it comes to thinking outside the box and creating new ways to sell food items; he makes sure every month is stocked!" "He is a joy to work with and puts a smile on our faces!" Tom does "Tom Trivia" at our monthly meetings testing his fellow monitors' knowledge on job procedures. He greets every resident that walks through the center with joy! "He is truly a pleasure to work with!" "He is always energetic and lively at the desk!" "Tom gives good instructions in a kind, gentle manner." "He joins in with events and spreads his upbeat energy all around!"

We are delighted that Tom joined our team and is a part of our family! Thank you, Tom, for your outstanding customer service and your longevity, dedication and hard work to Lincoln Hills!



Let us serve you with a view

Meridians
Restaurant & Bar

Kristy Huskey,
Director of Food & Beverage

Happy Holidays from the Food and Beverage Team! We hope everyone has a safe and happy season.

We hope to see you in Meridians on Friday nights, supporting one of our very talented residents, Jerry Solberg! Jerry will be playing live music for your pleasure most Friday nights between 5:30 and 7:30 PM. Check flyers and eNews for dates.

Chris Ruen is back at the Kilaga Café! If you remember, Chris managed the café several years ago, and during that time, the café was hopping! We are excited to bring you some new ideas. Third Thursday of every month, the café will be doing a "2 for \$12" special between 11:00 AM and 4:30 PM. Keep your eyes peeled on your eNews for the special item! In addition, starting in December, every Saturday between 8:00 and 10:00 AM, Chris will be making fresh omelets to order at the café for only \$6!

Sunday Brunch Buffet is back at Meridians! Every Sunday between 10:00 AM and 2:00 PM, enjoy breakfast favorites such as scrambled eggs, bacon, sausage, potatoes, and several chef-inspired entrée items that change every week. The brunch is only \$17.99 and comes with a non-alcoholic beverage.



Look for a special international buffet dinner on the last Sunday of every month from 4:00 to 8:00 PM. December 29 will be a Hanukkah style buffet with latkes, brisket, roast chicken, and more! All you can eat for only \$19.99! See flyers or eNews for details.

Chef's Recipe of the Month:

Butternut Squash with Candied Pecans, Bacon, and Bleu Cheese

Great side dish for your holiday meal!

Ingredients

- 6 slices hickory-smoked bacon
- 1 ½ tablespoons brown sugar
- 1 tablespoon water
- Pinch of cayenne pepper (optional)
- ½ cup whole pecans
- 1 large butternut squash, peeled, cored, and cut into 1" chunks
- Kosher salt and black pepper
- 4 sprigs thymes
- 2 ounces of bleu cheese crumbles (optional)

Instructions

1. Preheat oven to 400 degrees F.
2. In a large skillet over medium heat, cook bacon until crisp. Remove bacon, roughly chop and set aside; pour off the bacon fat into a small bowl, and set aside.
3. In a small bowl, stir together sugar, water, 1 teaspoon of the bacon fat, pinch of salt, and cayenne pepper
4. Place the skillet back over medium heat and toast the pecans, stirring occasionally, until fragrant, about 2-3 minutes. Add the sugar mixture to the pan and stir constantly until nuts are evenly coated, about 20 seconds. Remove from heat and spread on a single layer on a parchment-lined plate. Set aside to cool.
5. Spread squash and thyme sprigs in an even layer on a rimmed sheet pan. Drizzle with about 2 tablespoons of the bacon fat. Toss to coat evenly, season with salt and pepper. Roast until squash is soft and lightly caramelized, about 30 minutes. Remove sheet pan from oven and cool for 5 minutes. Discard Thyme Sprigs.
6. Break apart pecans if stuck together and roughly chop. Add pecans and bacon to the squash and toss gently to mix. Place mixture in a warm serving dish. Top with crumbled blue cheese if desired.



Lifestyle News & Happenings
Looking Back...Looking Ahead...Happy Holidays!
Lavina Samoy, Lifestyle Manager

Welcome, 2020 with glitz, glamour, and excitement at our New Year's Eve Celebration! The party offers options to cater to your preference of early party (ends at 9:30 PM) or late night (ends at midnight); with two price points (with dinner or entertainment only)! We will keep the party hopping all through the evening with casino gaming, live band, chocolate fountain, champagne toast, and a spectacular fireworks display! Limited seats available, reservations accepted until December 26 at the Lifestyle Desks or Online. See page 59 for details.

Get your calendar ready for your 2020 trips. We just announced three new excursions. A two-night **Sierra Winter Train to Reno, March 11 to 13 (page 69)**; a three-night trip to **Las Vegas by Air, March 30 to April, 2 (page 63)**; and a three-night trip to explore the splendor of **Yosemite National Park, May 4 to 7 (page 70)**. A variety of topnotch performers are coming to our stage. Enjoy Award-Winning comedian **Gina Stahl-Haven on February 4 (page 59)** and a pre-Valentine show celebrating the stories and songs of **Tom Jones with David Burnham on February 13 (page 61)**. Celebrate the Folk Legacy

Trio Singing the Great American Folksongs on February 28 (page 61) and experience **Broadway's Biggest Hits** featuring theater star **Tielle Baker on February 18 (page 61)**.

Make 2020 meaningful by learning something new. Take a new dance class (**Beginning Clogging starts January, page 79**). Discover **YUPO Abstract Art Workshop (page 74)** or learn to create wonderful flower arrangements (page 79). The possibilities are endless!

Looking back, we have many reasons to be proud of 2019! The Summer Amphitheater Concert Series brought fun memories to numerous residents, families, and guests (see chart for highlights). Our first trip to Catalina Island and Long Beach was a huge success! Our classes continued to gain momentum, and the Holiday Expo provided not only convenient shopping for our residents but also highlighted our wonderful crafters and resident entrepreneurs. Thank you to all for your patronage and to our wonderful Lifestyle Team who creates the magic every day!

From our family to yours, wishing you peace, love, and joy this holiday season!



Lifestyle Team - creating magic every day! From Mary, Dor . . . Top row: Lavina, Karla, Sheila, Carolyn, Charla, Lydia, Katrina, Shelvie, Robin, Lois and Gudrun.

**2019 SACS
 Summary Highlights**

- Total Series Ticket Revenue: \$254,358
- Total Public Ticket Sales: \$23,330 (9%)
- Series Total Attendance: 11,869
- Public Attendance: 921 (8%)
- Highest Grossing Concert:
Surf's Up: Beach Boys
- Highest Attendance & Most Cost Effective:
Midnight Flyer - Eagles Tribute
- Highest Public Attendance: Uptown Funk
- Total F&B Series Revenue: \$145,087
- Highest F&B Sales: Eagles Tribute
- Highest Per Ticket F&B Revenue:
SUPERGROUP



The Spa at Kilaga Springs
Greetings to Winter
Trudy Smith, Spa Manager

With the changing of seasons and light, the Spa adjusts the services to take advantage of the season. The peels and more exfoliating services are perfect for darker days. From our Skincare Department, we are offering the Signature HydraFacial with a choice of two enhancements from the following using the HydraFacial extras. The Perk eye treatment, the Perk lip treatment, a neck, and décolleté treatment, or a hand treatment. These enhancements exfoliate and hydrate for healthier glowing skin.



From our Massage Department, we are continuing to offer the Signature massage where your professional therapist chooses two enhancements for your customized treatment. We love to customize to optimize the best results for your body.

Massage therapy is a treatment approach that is growing in demand and popularity. It was once considered an alternative or fringe approach, but it is now

becoming much more mainstream. More importantly, now that it is considered a mainstream treatment option, many insurance companies provide coverage for treatment sessions. This form of therapy involves hands-on techniques to increase circulation, relieve tension, reduce stress, relieve anxiety, improve sleep, and promote relaxation throughout the entire body, as well as many other benefits. Here are some benefits of massage therapy.

- It is Relaxing
- It Can Help Lower Blood Pressure
- It Promotes Muscle Relaxation
- It Can Help Improve Circulation
- It Can Help Improve Posture

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We continue to add delightful products in our retail Boutique. We have also brought in a Retail Specialist, Denise Gibbons, to guide you through the shopping experience. She is available by drop-in or by appointment. From makeup to skincare, to boutique gifts, jewelry and our newest addition of quality CBD products from a reputable and trustworthy company.

This month's spotlight is on a new team member in the Nail Department, Beatriz Rangel. Beatriz started in the restaurant business. She was drawn into the Spa industry and has worked at several spas as management. Over time she earned her nail technician license. She decided to become a nail technician because she enjoyed helping clients relax and feel good about themselves. She is passionate about her work and puts in her best effort to each service to ensure what she produces lasts as long as possible. In the nail world that is very important. We are so glad to have Beatriz on our team.

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The Communications Corner
New Trail Guides

Gay Mackintosh and Jeff Caponera, Communications and IT Manager

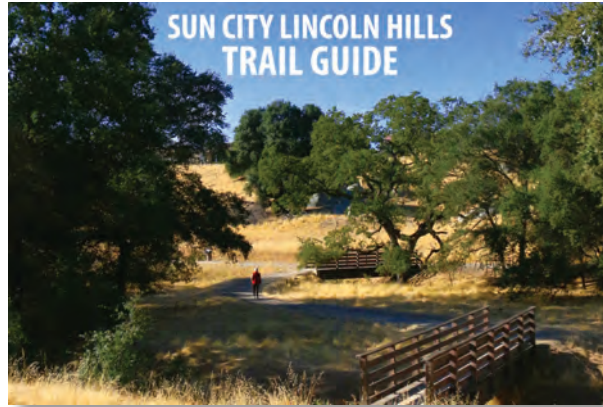
The new, pocket-size *Sun City Lincoln Hills Trail Guide* describes all 18 fitness and wildlife preserve trails. The network of preserve and neighborhood trails totals 26 miles. The 11 miles of preserve trails are for residents and their guests only – for walking, running, and leisurely biking.

Published just in time for our community’s 20th Anniversary Celebration in October, the *Trail Guide* is now available for \$6.00 (sales tax included) at both Fitness Centers. Are you looking for an easy walk where you can see pollinators at work among the flowers—hummingbirds as well as native bees and butterflies? Or do you prefer the challenge of a hillside landscape shaped by ancient volcanic mudflows? Or perhaps a shady walk through a mature oak woodland with huge granite boulders?

Find these and many more opportunities to stretch your legs while enjoying views of creeks and ponds,

riparian woods, vernal pools, marshes, seeps, and grasslands. These habitats, protected within our four wildlife preserves, abound with wildlife. With luck, you may spot beavers, mink, river otters, and coyotes. You will surely see a variety of both resident and migratory birds, from tiny songbirds to great egrets. Each change of season offers its own array of sights and sounds.

Trails Enhancement Team members Gay Mackintosh, Brenda Bowcut, and Cherie McGrath wrote the *Trail Guide*. Charlie Schuman curated the extraordinary wildlife photos contributed by 12 of our resident photographers: Dennis Berry, Dennis Bowcut, DeAtley Cahill, Jack Ferrante, Carole Haskell, Truman Holtzclaw, Steve Hubbard, Suzanne Hutchinson, Klara Kleman, Dale Petersen, Phil Robertson, and Larry White. Communications staff Tim Rusher and Jeff Caponera developed the maps and assisted with the design. It was a very successful collaborative effort.



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WellFit News

What a Year and More to Come...

Deborah McIlvain, Lifestyle, WellFit & Spa Director

What a year we have had! Receiving new outdoor furniture, automatic doors, watching our attendance grow by 1000 visits a month, and the top-er was Celebrating Lincoln Hills 20th Year, what honor and privilege it was to work with Lavina Samoy, Cindy Davis and all the volunteers that helped to put on the best 3-day party ever!

We are so excited to announce some new classes and programs. ***Roll and Release** on Mondays at 10:30 AM at KS. Foam rolling is a fairly simple undertaking, but just because an activity is simple, that doesn't mean you shouldn't undergo formal instruction to learn the skill. This foam rolling, self-myofascial release, and recovery class can help with circulation, decrease pain and increase range of motion. ***Rock Steady Boxing** Thursday at 1:30 PM at KS (starts in January). We are fortunate to be able to bring this to Lincoln Hills. This program is one of the first to fight against Parkinson's (literally). It is beneficial to those with Parkinson's and has found that this type of training can improve the quality of life for people. See our ad on page 88 for more information ***Strong and Stable** Monday at 12:00 Noon at OC. This class is like a chair class, but all the moves can be done in or out of the chair. This class is a great place to start, especially if you have not exercised in a while or have balance problems. ***30min fast pass classes are coming back** if you are looking for evening classes or a quick workout be on the lookout for these classes over at KS coming back in January. We are also very excited that

we have the opportunity to work with **PROTXX balance** testing device again. We will be offering a before and after balance & fall trial program. Look for our flyers & eNews coming out in January for more details.

Don't forget that WellFit can help you with that last-minute holiday gift; we will even include a gift bag and tissue with your purchase. Stop by OC or KS; we have something for everyone.

2019 was a blast, thank you for your continued advice, friendship, and support. How lucky we are to work and live in such a beautiful and compassionate community. From all of us at WellFit we love you and what we do!



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Neighbor to Neighbor

Nancie Attwater, Roving Reporter

The holidays always bring a warm glow to the neighborhoods here with all of the lights and decorations. Good cheer and warm wishes for the holiday season ring out from everywhere. Let's keep that warm feeling going for the whole year here at Lincoln Hills. It's easy with just a few kind thoughts toward your neighbors and a few easy things for you to do.

If your neighbor is having a health issue or if there has been a recent loss in the household, extend a helping hand. Instead of saying "let me know what I can do to help you?" How about coming to the door with a gentle knock and say, "I'm here to help, what can I do?" The proactive approach will make it easier for the person who may be so overburdened that they don't know what to have "you" do.

- Chores like taking out the garbage can and bringing it back in.
- Taking the recycled items to the recycler.
- Help with some yard work.
- A quick trip to the grocery store for a few small items.
- A date to meet for coffee.
- Some flowers or a card offering support.
- Be a good listener. Don't compare your stories to theirs, they are already overwhelmed.
- Extend a holiday invitation if they are alone.



Some general rules for being a good neighbor also include:

1. Share your phone numbers and email addresses.
2. Let your neighbor know if you are going out of town or if someone is in the hospital.
3. Walk their dog if the dog likes and knows you.
4. Watch for package delivery if your neighbor is away.
5. Keep your yard tidy, especially if you have trees hanging over the fence.
6. While checking your yard, check your neighbor's too.
7. Don't gossip about your neighbor.
8. Keep the lines of communication open.

We recently had a fence torn apart by the wind, but we couldn't see the damage. Our good neighbor called and asked if we knew what was happening. We did not. She called the repair person, and we split the cost of the repair.

Being a good neighbor applies to the grocery store, gas station, or the post office too. I saw a man struggling to pump gas the other day, and I asked if I could help. He said he had low vision and couldn't read the directions. I did it for him. It took about four minutes.

Joyful holiday wishes to you and yours.



Golf Cart Rules

Al Roten, Roving Reporter

Lincoln Hills is a Golf Cart Community. There are three levels of cart-like vehicles in our community: Golf Carts (used only on golf courses), Permitted Golf Carts, and Neighborhood Electric Vehicles (NEV). When driven on our residential streets and major thoroughfares, all require that the driver have a valid Driver's License. The California Vehicle Code defines all the above as Motor Vehicles. Further, Section 12500 states "A person may not drive a motor vehicle upon a highway unless that person holds a valid driver's license." Then, special conditions are stipulated under Section 21251 as they apply to classes of Low-Speed Vehicles, which are driven within a Golf Cart Transportation Plan or a NEV Transportation Plan, such as adopted by the City of Lincoln. Under Section 21251, drivers are not exempt from the licensing provision.

California's DMV has authorized a Limited Area License that may be issued to people with physical limitations. This license requires a driving test, which may be given in one of the above-described vehicle categories. When issued, such a license is valid only when driven in the designated limited area.



Golf carts used only on golf courses may not be driven on our streets other than to cross streets at designated crossings. These are limited to go no more than 15 miles per hour (MPH).

Permitted golf carts, many of which are modified to go faster than 15 MPH, must be inspected for safety features and owner financial liability every two years. Inspections and permit sticker applications are provided on the third Thursday of every month at Orchard Creek Lodge: look in the *Compass* and eNews for more information. These vehicles may be operated on our residential streets as well as in designated lanes within the Golf Cart Transportation Plan.

NEV's, when in the Golf Cart Community, are considered to be golf carts. However, this class of vehicle may speed to 25 MPH, with additional safety features. They must have license plates as any other vehicle traveling outside the Golf Cart Transportation Plan but within the NEV Transportation Plan. Both plans are available on the city website. However, an owner may decide to get a permit instead of a license plate, in which case the vehicle is classed as a Permitted Golf Cart, and may not leave the confines of the more restrictive plan.



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Village 33 Knows How to Duck the Halls

David Wright, Roving Reporter

The residents of The Duck Village do not fly south for the winter. Instead, they stick around to fowl up their Christmas decorations. With street names like Garganey, Wood Duck, Elderberry, Cinnamon Teal, Loon Lake, Gadwell and Ruddy Duck, it fits the bill for the residents of Lincoln Hills Village 33 to decorate with ducks—a



fa-la-la-lot of ducks. Each year around Thanksgiving, residents unbox their decorations and start getting their ducks in a row.

Yellow-painted wooden cutouts of web-footed Kringles can be found in the front yards of most homes in the village. All are sporting Santa hats, and many are leading a line of ducklings personalized with names of grandkids. Some are engaging in mallard mayhem while others are discretely ducking mistletoe. Creating a festive wonderland, these nut-quackers are interspersed with elves, snowmen, reindeer, colored lights, candy canes, and wreaths. One house even has a Christmas tree made of empty wine bottles—undoubtedly showing its holiday spirits.

Every Christmas Eve, the entire neighborhood accents the sidewalks with



glowing luminaries. Lines of cars slowly wind through the loon-acy. Passersby crane their necks to take in the displays. Mr. and Mrs. Claus have been known to suddenly appear—feathering some yuletide glee with special treats for visitors.

Sharon Craig remembers how it all began in 2004. She was among a core group of the first owners to move into the village. Her neighbor, Richard Latreille, a retired San Carlos Fire Chief with a passion for woodworking, hatched the scheme. Having the tools and the talent of a craftsman, he carved his first Christmas duck. He floated the cutting-edged concept to neighbors, and requests for his quill skill took flight. As Richard churned out the plywood shapes, Sharon and her husband turned their garage into a Santa's paint shop where neighbors would gather to duck-orate their whimsical mascots.



"It was all Richard's idea," Sharon explained. "We were just his little elves who implemented it. It made for good neighbors. Our village became very close—like college kids on campus. The idea became so popular that he had made wooden cutouts for other holidays as well."

Richard died in 2009, but his legacy lives on. When a resident moves, the ducks stay with the house—passed to the new owners to pay ho-ho-homage to the man who made it all possible. In The Duck Village, Richard Latreille's name is spelled with Noel.



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Time to Celebrate Our Directors and Webmaster!

Teresa Tanin, Neighborhood Watch

Neighborhood Watch celebrates the newly elected 2020 Directors and imparts heartfelt appreciation to the outgoing Directors and retiring Webmaster.

The evening of November 2 began with nearly 80 residents, including Village Coordinators, enjoying delicious potluck dishes. The business of re-electing eight continuing Directors and one new Director, Bonnie Smedberg, followed. The evening continued with several standing ovations showing overwhelming appreciation for the two outgoing Directors, Pauline Watson and Pat Sladky, along with retiring Webmaster, Larry Whitaker. Each were recognized for their many years of dedicated volunteer work, contributing greatly to the longevity and success of Neighborhood Watch.

Directors then met November 7 to elect the new 2020 officers. The new Board discussed the importance of the upcoming General Meeting, January 24, from 1:00 to 3:00 PM in the Fine Arts Room (OC). Village Coordinators will vote on important modifications to the Bylaws, to meet Association guidelines for simplification. Policies and procedures will then be streamlined to improve training and simplify the



Left to right: Pauline Watson, Larry Whitaker, retiring Webmaster, and Linda Minor

volunteer process.

As residents of Lincoln Hills, we are all members of Neighborhood Watch. Attend one of our General Meetings or a potluck event and see just how much fun it really is! Check the website www.sclhwatch.org as it continues to show alerts, upcoming meeting dates, and slide shows of past parties and events—you may see someone you know!



2020 Directors (2020 Officers) left to right: Patricia Hammer; Susan Ishimaru; Renee' Plummer (Secretary/Web Moderator/Editor); Dr. Barbara Branch (Asst. Executive Director/Webmaster); Denise Hexom (Treasurer); Teresa Tanin; Linda Minor (Executive Director); Suzanne Rosevold; Bonnie Smedberg, our new Director; Pat Sladky, outgoing Director/Treasurer; Pauline Watson, outgoing Director/Secretary.

Neighbors InDeed and Words to Think About

Janet Roberts



Happy Holidays to all of you, your families and friends! And happy holidays to Sun City Lincoln Hills – 20 years old this year. It's almost 2020, and we wish the best for you in the New Year.

We are thankful for and appreciative of all of our Neighbors InDeed volunteers, the ones we wrote about during the past year, and the others who are so visible around the community, the Handy Helpers, and Medical Equipment volunteers. Thanks to the efforts of these volunteers, residents know that the tasks they can't do will be taken care. Those services make for an easier life and a better community – one to which people want to move into.

What are your resolutions for 2020? Did you make the usual ones, such as losing weight, eating more balanced meals, and exercising more? Those are all well and good and will make your significant other and your doctor happy, but maybe...not much fun. Think about resolving to volunteer for Neighbors InDeed this year. As a volunteer, you'll have the opportunity to meet residents who need your help – whether you talk with them on the phone as an I&R volunteer or in their homes replacing smoke alarm batteries or delivering a wheelchair. Dispatchers who assign the tasks to the Handy Helpers have to meet the challenges of finding available volunteers for the jobs being requested. Whichever volunteer job you choose, you pick the days to volunteer to fit in with your schedule.

If you're interested and think that you can volunteer at least one or two days each month (except vacations), just call our message center at 916-223-2763. We'll send you an application, and then give you an overall orientation to Neighbors InDeed. If you're still interested, the Program Coordinators will provide training and mentoring as you begin your volunteer work. There is always a volunteer to help you and answer your questions.

How about that for a meaningful resolution for 2020? Volunteering with Neighbors InDeed gives back to the community that has given us so much. Sounds like a win-win proposition for you, and it's a New Year's challenge from us to you, along with our best wishes for a very happy and healthy 2020.

For more details about our organization, check out our website at www.neighborsindeed.org.

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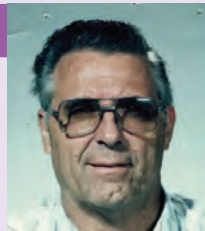


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In Memoriam



Herbert Lohmann

After growing up in Oakland, California, Herb enlisted in the Air Force. He attended several aeronautical schools and was assigned to Okinawa for two years and retired after four years.

He then enrolled at Cal Poly San Luis Obispo, where he met and married Miriam. They moved to Livermore where Herb worked as an electronic-mechanical technician at the Lawrence Livermore Lab. He and Miriam especially enjoyed traveling in their motorhome. A son, Karl predeceased him, and Herb leaves his dear wife of 62 years, a son, and two granddaughters.



Joe Phelan

Joe was born in Minneapolis, Minnesota. He attended the seminary at a young age and obtained his college degree from St. John's Seminary in Camarillo, California. He enlisted in the

U.S. Army and met his wife, Rose, while working at a Los Angeles County Hospital. They married, and he began his career in the criminal justice field as a parole officer with the California Youth Authority for 25 years. Joe earned two master's degrees and worked on his Ph.D. Joe loved his family, fishing, photography, gardening and traveling, especially with Friendship Force throughout the world. He leaves his wife of 59 years, two children and three grandsons. He will be missed.

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.

VOLUNTEER OPPORTUNITIES!

Compass insert stuffing party – Those inserts don't stuff themselves! On the 14 of every month, a group of volunteers gather at Orchard Creek Lodge to collate and stuff inserts into the *Compass*. Come hang out and join the party at 11:30 AM! No need to register just stop by and join in on the fun!

Compass distribution – You have seen your neighbors handing out the *Compass* each month from the 15 to the 17 in both lodges, why not join in? Come meet your neighbors and make new friends. Email Theresa Renken, *Compass* Editor at Theresa.Renken@sclhca.com or call at 916-625-4014.

Committee Openings

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

- **Architectural Review Committee (ARC)**
- **Communication & Community Relations Committee (CCRC)**
- **Finance Committee**
- **Properties Committee**

Committee applications are available at the Lifestyle desks (OC/KS) and online (sclhresidents.com>Library>Forms>Resident Forms).

Library News

All the wonderful volunteers at both the Kilaga and Orchard Creek libraries want to wish everyone a happy and healthy Holiday Season.

Hopefully, it will rain again, and we ask that you please protect the books from rain by placing them in a plastic or paper bag when you return any publication. Thank you so much for your cooperation. A wet book is a total loss and needs to be thrown away.

We look forward to the coming year and your cooperation with our rules. Every year we change the date of donated books. Next year we will be accepting books published in 2014 or later. Please note the date.

My good read this month is "Take Me With You" by Catherine Ryan Hyde. A wonderful tale of a man who stops to have his car serviced and is asked to take two boys on his vacation. This book is very heartwarming, and very well written.



Contacts:

Sandy Melnick at 916-408-1035 for donations; Ruth Poehlmann at 916-408-4419 for investment materials; Adrian Felice at 916-408-4332 for volunteers; and Bobbi Swenson at 916-543-6362 for the Community Living Room (OC).



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Club News



Amateur Radio

In December, members of the Amateur Radio Group (ARG) will support the Lions Food Distribution Drive. They will join the Western Placer County Amateur Radio Club to provide communications support, helping to control traffic and smooth the flow for participants. In the New Year, ARG members are looking forward to supporting multiple civic events with their portable radios and communication skills. If you are looking for a way to engage in the community and have an interest in amateur radio please join ARG members on Monday evenings at 6:30 PM in the South Lincoln Hills Entry Facility. The ARG conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 443.2250 MHz, 1679 PL.

Contact: *Jim Darby 530-263-0135*
Website: *www.lharg.us*



Astronomy

Cosmology Interest Group (CIG): Monday, January 20, at 6:45 PM in the Fine Arts Room (OC), Don Wilson will present "A Congruent Cosmology." Contact Morey Lewis at (mlewis_cc@

sbcglobal.net) for more information. Telescope Interest Group (TIG): Thursday, January 23, Star Party at the Sports Pavilion at 6:00 PM. Contact Bob Collins at (bobpcoll@community.net) for more information.

LHAG General meeting: Wednesday, January 8, at 6:45 PM in the Ballroom (OC). John Combes will present a mind-boggling topic "Numbers, Time and the Vastness of Space." A look at our home planet and how it measures up to its place in our Solar System, our home Milky Way Galaxy, and the myriads of galaxies which make up the visible Universe. For additional information, visit the website.

Contact: *Ron Yelton 916-587-3384, ryelton660@aol.com*
Website: *www.lhag.org*



Ballroom Dance

It has been a very good year for the Club. We have over 200 members with 45 new residents joining, sponsored five dances, and two pot luck parties. A special overnight trip was organized to see a professional dance competition at the SF Open



Ann Gress and Bob Cowan

Dancesports at the Marriot Hotel. Our seats were on the dance floor allowing everyone to see the dancers up-close. Everyone raved at the performances from these marvelous athletes.

Membership is \$7 annually. Lessons are every Tuesday at (KS). Beginners are from 2:00 to 3:00 PM, and advanced are from 4:00 to 5:00 PM. Dance practice is from 3:00 to 4:00 PM. Please come and join us to make new friends, learn how to dance and attend fun parties.

Contact: *Ruth Algeri 916-408-4752*



Big History

At our first and only December meeting, we heard from Jerry Steinman on how the earth's history has shaped human history, followed by a festive Winter Solstice social. On January 6, Dave Lewis will tell us about two "lost" civilizations. The Minoans thrived on the Greek island of Crete from about 2,000 BCE to 1,400 BCE and were the first advanced civilization in Europe. The Phoenicians, a seafaring civilization that reached its height between 1,200 BCE

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Club website: bighistorysclh.com

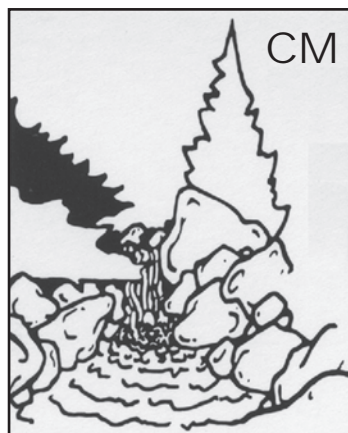
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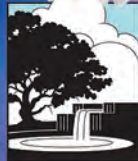
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and 800 BCE, established settlements around the Mediterranean, and as far away as Africa, Britain, and India. Come join us. We meet on the first and third Mondays of the month at 10:00 AM in P-Hall (KS).

Contact: *Dave Lewis 916-626-2795, stuff619@gmail.com*

Website: *www.bighistory.sclh.com*



Billiards

We are offering tournaments to all residents, men, and women. We have tournaments for beginners, intermediate, and advanced. Please join us in the fun with the chance of meeting new people! We are offering free lessons at KS to all residents on Tuesdays 9:00 to 11:30 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!

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



Our free lesson group learning to play pool!!



Bird

Our speaker for the January 13 general meeting is Nancy Gilbert: naturalist, environmental educator, and landscape designer. Nancy's topic is "Creating Bird-Friendly Landscapes" with information on native plants and garden layouts to attract birds, insects, and butterflies. Nancy is Horticulture Chair for the Redbud Chapter of California Native Plant Society. We look forward to her presentation, the second Monday in January, 1:30 PM, P-Hall (KS).



LHBC AT YOLO BYPASS WILDLIFE AREA
11/8/19

A recent day trip to the Yolo Bypass Wildlife Area

December 20, we visit Llano Seco, part of the U.S. Fish and Wildlife Management Area, which attracts migratory waterfowl. January 10, we make our annual trip to Staten Island for the Sandhill Cranes.

December 30, our members take part in Audubon's Christmas Bird Count. Contact Ruth Baylis, rbaylis2@yahoo.com, if you plan to participate.

Contact: *Sal Acosta 843-991-5188, quailrun@wavecable.com*
Website: *www.lhbirders.org*



Bocce Ball, Mad Hatters

We were 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 Bocce every Thursday at 10:00 AM. Beginning in May, through October, we start our Thursday Bocce sessions at 8:00 AM. We are open to all Lincoln Hills residents. We play to a relaxed set of Bocce rules that make the game fairly simple and easy to learn, no experience required. We also have a wheelchair accessible court. Please see our information flyer on the SCLH Resident web site Bocce Ball page. Merry Christmas!

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



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Book, OC

We are not discussing a book this month because we will be enjoying our annual Holiday Luncheon. It is too late now to make a reservation, but if you did make a reservation, do not forget to attend and just chat with your fellow booklovers. Entertainment is being provided by the Readers Theatre.

The 2020 Book List will be announced at the Luncheon. If you are not there for the announcement, you can check the full list after December 20 on either the Club's website or WIKI page.

Mark your new 2020 calendar for January 16. That is the date for our first 2020 meeting. We love to have new people join us—even if you are not finished with the book.

Read something good over the holiday season.

Contact: catsickle@gmail.com

Website: LHocbookgroup.blogspot.com



Bridge, Partners

Call for reservations or show up with your partner in the Sierra Room (KS) by 5:30 PM on Thursday. Play begins at 5:45 PM. Note: Thursday bridge will be played on December 26 and January 2.

Happy Holidays! May you have many 22 point hands.

Winners: October 24—First: Jodi

Deeley/Harry Collings; second: Erika Wolf/Edith Kesting with high round 1930; third: Carolyn/Bob Calmes; fourth: Carla/Mark Green. November 7—First: Reta Blanchard/Gay Gladden with high round 1960; second: Nancy Rice/Lydia King; third: Marggi Holtze/Phil Sanderson; fourth: Jay Southard/Harry Collings. November 14—First: John Butler/Byron Hansen; second: Judy Olson/Jim Monnin; third: 3-way tie, Carla/Mark Green, Kay/Ben Newton, and Edith Kesting /Erika Wolf, who also had high round 1490.

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

Contact: Reservations for first/ third Thursday: Carla/Mark Green 916-844-5888



Bridge, Social

We welcome Social Bridge Players to join us every Friday. We play from 12:45 to 4:00 PM. Check-in at 12:15 PM in the Sierra Room (KS). We do singles' rotation. For reservations in December call Jodi Deeley, 916-208-4086, or call Jaylene Gerdes, 916-871-8582. In January call Chet Winton at 916-408-8708.

Winners last week of October to November 15: First: Mark Green, Donna Moore, Linda Scott, John Griggs. Second: Joanna Haselwood, Pat Mullins, John

Woodbury, George Hubbard. Third: Harry Collings, Bette Dow, Phil Sanderson, Judy Olson. Fourth: Jay Southard (twice), John Woodbury, Nancy Griffin. Our free bridge class is every Wednesday from 8:30 to 10:00 AM for beginners, 10:00 AM to Noon for intermediates, and always held in the Card Room (OC. Contact: Pat Mullins 408-202-1865, pam7NT@gmail.com



Bunco

Happy Holidays from the Bunco group!

In November, the Bunco group welcomed a new player Cindy Olstad. The room was full with lots of buncos being called. The group is currently busy preparing for their annual holiday festivities and luncheon plus the holidays with their own family and friends.

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

November Winners: Most Buncos - Silvana Sjostrand; Most Wins - Susie Reese; Most Losses - Mary Swanson, 50/50 - Sharlene Christianson, Traveler - Kathy Gire.

Next Bunco is Thursday, December 19.

Contact: Kathy Sasabuchi 916-209-3089, ksasabu@icloud.com

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Ceramic Arts

The New Year is almost upon us, and it's time to renew your CAG membership. Becoming a Creative Arts Group member allows you Saturday and Sunday access to the studio to work on your projects. Monitors and other artists are available to share information and answer questions. If you're new to ceramics, take advantage of this opportunity.

Are you thinking about taking a class? Working with clay is easy and fun. Sign up for a Tuesday or Thursday class and get started in January. You may be surprised at how quickly you have some pieces you created yourself. Come by the Ceramics room to see what people are making. We're happy to talk to you.

Happy Holidays
Website: www.cagsclh.net



Chorus

Our thanks to all of you who attended and applauded "Music from Around the World," our holiday concert on December 8-10. We couldn't continue this annual community tradition without your support, and your enjoyment of our performances rewards all the time and effort we devote to them.

Like to sing? Rehearsals for our spring concert on May 3-5 begin January 7, when we'll welcome



Lincoln Hills Community Chorus

new members. Visit and sing with us for three weeks to see how you like it with no obligation. Along with sectional and full rehearsals Tuesday afternoons, you'll benefit from computerized music files for home practice. Check our website and contact our membership chair, Suzanne for more information.

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

Computers

Apple Users



We re-elected our board in November. Helen Rains will continue as President, Jack Harris as Vice President, Sharon Worman as Secretary, and Gerry Esker as Treasurer.

Their leadership will enable LHAUG to continue to fulfill its mission, which is to expand your knowledge of Apple products and related technology and have fun in the process.



Sharon Worman, Helen Rains, Gerry Esker, and Jack Harris

In 2019, the group offered 38 educational seminars, 33 open labs, and introduced a donation program for Apple products. In its 17 years, membership has grown from 40 households to 930 households (more than 1400 members). New memberships and renewals are now being accepted. Membership remains at \$15 per household and is good through 2020.

Contact: *Helen Rains* 916-408-4505,
helen.lhaug@icloud.com
Website: www.lhaug.org

Computers

PC



Main meeting January 8, 6:30 PM, P-Hall (KS). Kyle Kelly, CFP, Vice President, Financial Consultant at Fidelity Investments, has worked for Brokerages for six years and will discuss "Fixed Income Investments using your

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Kyle Kelly

Walk-In-Workshop: January 21, 1:00 to 3:00 PM in the Computer Lab (OC). Our more experienced computer members will provide assistance to our Club members.
Contact: Norman Seidenverg
 916-209-3894, sclhcc@gmail.com
Website: SCLHCC.org



Country Couples

2019 has been an exciting year with eight scheduled dances. Other activities included a tour of Lincoln's Sierra Pacific Lumber Mill, plus 32 members cruised together on the Grand Princess. An added bonus was watching the

Blue Angels fly directly over our ship during embarkation. Wow, what a sendoff! Time really does fly when having fun. We send our love and good thoughts to all members having health problems this year. You are greatly missed and definitely not forgotten. Come back soon!



Country Couples Cruise

A huge thank you to all our volunteers! You are the best! Beginner dance classes begin again in January, 7:00 PM, Monday evenings. Sign up at the Lifestyle Desks. Come join our Country Couples family. Happy Holidays everyone!

Contact: Irene Hesson 916-434-6804
Website: www.sclhcc.com



Cribbage

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

begins and continues until noon. We play four-handed partner games using a rotation system. Every game, you end up with a new partner as the losing players move on to the next table. Each player keeps track of his or her own score. The weekly winners for October were: Mel Switzer, week one; Brian Yates, week two; Eleanor Jones, week three; Dan Quick, week four; and Don Lloyd, week five. New players are always welcome!

Contact: Don W. Lloyd 916-253-7614,
gryeagle1@hotmail.com



Cyclists

I just read an interesting article about the increase in cycling deaths. A report indicated that in 2018, 857 cyclists were killed. The highest number in three decades. The report suggested that there were several factors causing this. Larger vehicles are being driven. Getting hit by a heavy SUV causes more harm than a lighter car. The use of smartphones is up. Sixty percent of drivers admit to texting while driving. Glancing away from the road for two seconds increases the risk of a crash up to 24 times. People are driving more. There are more cyclists on the road. From 2010 to 2016 the number of U.S cyclists rose by 3.5 million. Cities are

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



Euchre

If you like to play trick-taking card games, you will love Euchre. It's simple to learn yet there is some strategy to it! We meet on the second and fourth Thursdays of the month from 6:00 to 8:30 PM in the Card Room (OC). If you are new to the game, we will give you a few lessons before you come to our regular game, so that you will feel comfortable. All are welcome, but please contact us before showing up so that we can get a proper headcount for the game.
Contact: Audrey McFadden
916-408-3616,
audreyjmcfadden@gmail.com



Fishing

The excitement of watching the indicator sink or your fishing line go taut never gets old! The intrepid fisher person continues to seek out the elusive joy of fishing and catching that favorite fish. I presume when you fish, you have your own version of excitement. The bait/spin/troll folks meet for coffee at Orchard Creek Grill,



A rainbow from the Sacramento River

Monday, Wednesday, Friday, 9:00 AM. The Fly folks meet for coffee at the Pipeline on Del Webb, Friday 8:00 AM. Chat about fishing, what else?

Normally our general meetings are the second Monday of each month (except May, October & December) 7:00 PM, P-Hall (KS). Please join our club - contact Ralph at ralphtonseth@comcast.net or Henry at 415-716-0666.
Contact: Henry 415-716-0666,
hsandigo@icloud.com



Food Adventures

In the fabulous weather of our most recent autumn, our club held an outdoor dinner under beautiful skies on the lovely grounds of the Rancho Robles winery here in Lincoln. We later served ourselves a terrific club potluck supper, and in November we had an impromptu lunch in The Fountains Shopping Center and visited the coffee roasting plant



Strange kinda citrus

here in Lincoln. On December 2, we will enjoy an authentic Spanish Paella Dinner on the Ternerero Olive Oil property, which is located just 200 yards past (east of) Sierra College Blvd on Hwy 193. The Paella Dinner is a full meal and is considered by many to be one of the world's favorite dishes.

Contact: Don Rickgauer
916-253-3984,
SCLHFoodAdventuresClub@gmail.com



Garden

The Garden Group extends a Merry Christmas and a Happy Holiday Season to you all.

As this year comes to a close, we thank you all for the support you have given to the Garden Group. As evidenced by our increased membership this year (now 217 households), we are glad you have enjoyed the variety of programs that were offered. Your surveys have helped, and we encourage you to send in any ideas and comments you have.

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Live Tree Farms in December

2020 begins January 1. You can go to the website for a registration form and information or contact Membership Chair: Marjie Anderson, 916-408-7685. By pre-registering this way, you will avoid long lines at our first General Meeting, January 23. Happy New Year!

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



Genealogy

We do not meet in December. We will meet on January 20. Membership can be started or renewed for \$20. Download the application and bring to January 20 meeting or mail to Lodge Carlton, Treasurer. Computer help, coaching, workshops for beginners, and DNA are available for members on the first and second Monday of each month. Each general meeting has a door prize raffle for members and a social for story-sharing with refreshments

after each meeting. Officers for 2020 will be elected. At the January meeting, we will hear stories from two members. Join us at 6:30 PM in P-Hall (KS). Arrive a few minutes early to sign in and get your raffle ticket.

Contact: Barbara L. Branch
916-543-8219, drbabsie@gmail.com
Website:
<https://lincolnhillsgenealogy.com/>



Golf

Ladies XVIII

The Turkey Shoot was the last tournament on the schedule. Barbara Grant and Wendy Wohl arranged a Cha Cha Cha for 55 gals on the Hills. Hidden, staked turkeys were plucked by Carol Tilley and Judy Meyer and traded for gift cards. The field was divided into three flights. Beginning with Flight Three, the team of Hastings, Sween, Tilley, and Valencia ruled the roost, by four strokes over Briggs, Carr, Hults, and Korenthal. In Flight Two, DeWildt, Lilienthal, Royball, and Unger gobbled up first, but



Warren, McDonald and Lewis socializing over the greens

only a stroke better than Hazen, Kramer, McGraw, and Mercer. Then, in Flight One, Blanchard, Dodd, Habecker, and McNiff won the tiebreaker over Dunipace, Koropp, Tamanti, and Watson (Jody). Afterward, players gathered for soup and salad in the Secret Garden.

Lincsters

The Lincsters, in conjunction with the Women's XVIII Golf Group, hosted the annual breast cancer tournament, Taking a Swing at Breast Cancer on October 23. The event was chaired by Ingela Butters; Jan Varin was the Financial Chair. The event raised over \$17,108 which was presented to Placer Breast Cancer Foundation. There were 123 players playing both the front and the back nine of the golf course. Following play the ladies gathered in the golf course tent for lunch catered by Code 3 Catering Company.

Wednesday, October 30, was the Hocus-Pocus Tournament. This tournament consisted of a costume judging, lunch, and an amusing golf game on the back nine of the Hills. This event is always well supported and enjoyed by all who participate.

Contact: Alyce Stanwood
916-645-1244, alyce@stanwood.us
Website: lincsters.com



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Golf Men's

Serving the Club Board with distinction, we recognize term-ed-out and retiring Club Board members. Rodger Oswald has been president for four of the last five years. Rodger showed great leadership. He has been involved with course care and procured the display cabinet outside the pro shop. Bob Emge returned for two years when the club needed a secretary. Gene Andrews has served the Board in three positions, the last two years as the Tournament Chairman. Tom Traxel was great as Membership and previously as Sponsor Chair. George Porzio made sure our food was good for our lunch meetings. All these men served at least four years, let them know you appreciate what they did for our Mens Club! Next month we introduce the 2020 Board.

Contact: Tom Traxel 916-543-4965, tom.traxel@sbcglobal.net
Website: mgclh.club



Hiking & Walking

We have many wonderful areas to explore in our community as well as in our region. Sutter Buttes is one of those gorgeous places. We recently enjoyed a hike there on Schaeffer Ranch, with guides from Middle Mountain Interpretive Hikes who shared their knowledge about



A beautiful November day exploring Schaeffer Ranch Sutter Buttes.

the local history, geography, and ecology of the area.

Please join us on any of the upcoming hikes or walks Pleasant Grove Trail with lunch at La Provence (Roseville) December 19, Auburn Canal (Auburn) January 7, and Stevens Trail (Colfax) January 16. Wednesday walkers meet at 8:00 AM at different starting locations in the community. Our website is the go-to place for more information on hikes, walks or membership. Hike and walk schedules may change; please check the website frequently.

Contact: LHHikers@gmail.com
Website: www.lincolnhillshikers.org



Investors' Study

The new year starts early this year: our first 2020 meeting is at 2:30 PM, Thursday, January 2, in P-Hall (KS). Matt Bopp and Brendan Montalvo will give their views on the coming year, and we should be prepared to present our own ideas and questions. It should be an informative and entertaining meeting, especially after our Christmas/Holiday

Party last month. We will also start collecting dues: \$15/per household at the January and February meetings.

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



Lavender Friends

Yikes, the new year is almost here, and that means the annual holiday dinner and dance this month and the January bi-annual business meeting. And along the way, perhaps a table at the New Year's Eve gala at OC.

The holiday dinner and dance is set for December 14, with music provided by Jammin' Jo Productions, a Sacramento DJ. Ticket information is on our club's website.

Save the date of 3:00 PM, January 11, for the bi-annual business meeting. Details on the website. Last year, club members reserved a table at the New Year's Eve gala at OC, and plans are underway to — hopefully — do the same this again this year. For the 4-1-1, see our website.

Lavender Friends is a club of LGBT residents.

Contact: Sandi Dolbee 916-409-2156, sandiodolbee@yahoo.com
Website: www.lavenderfriends.com



Line Dance

Our instructor focus this month is on Yvonne Krause Schenck. Yvonne moved to Lincoln Hills in 2001, and quickly



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enrolled in tap, clogging, performance dance and line dance. She found she loved line dancing and made it her focusing point. She soon started choreographing line dances and now has over 100 dances, and most can be found online at the line dance step sheet sites. Yvonne has been teaching in our community for over ten years and currently teaches an Absolute Beginner class as well as an Improver level for low intermediate dancers. Her philosophy is: "As we age, we need to keep moving, and line dancing is one way to keep us healthy and fit." We thank her for sharing her love of dancing.



Yvonne Krause-Schenck

Contact: June Willis 916-253-3348, willtom@sbcglobal.nett



Mah Jongg, Chinese

If you're interested in starting the week off with some light-hearted fun, stimulation, challenge, and camaraderie, please join us on Monday morning to play Chinese Mah Jongg. It's an easy to learn, somewhat addictive game played with a set of tiles. It must be fun because some of us have been playing here for over ten years! We are already equipped

with everything needed to play the game so just show up at the Cards Room (OC) a few minutes before 9:00 AM, introduce yourself, and we will be happy to teach you the game if it's new to you. Official play begins at 9:00 AM (promptness is highly encouraged) and continues until Noon. We hope to see you soon!

Contact: Randy Fong 916-543-5389, randy888@pacbell.net



Mah Jongg, National

We wish a happy holiday to each and every one. We started this month with a holiday lunch at Meridians enjoying each other's company and discussing next year's agenda. We're very excited about the direction our club is taking. We introduced East Wind table rotation after a mah jongg which builds skills and friendship for both new and experienced players. We play every Tuesday in the Card Room (OC) from 12:15 to 4:00 PM. Everyone is welcome.



If you're a player bring your card and join a table. Or if you want to see what this game we love is all about, you're welcome to join a table and observe. Fran Rivera gives free lessons in her home. 916-434-7061. We hope to see you next Tuesday and Happy New Year!

Contact: Gerry Bell 916-253-7860



Mixed Media

Regular club meetings will begin on January 15. Our meetings are the third Wednesday of the month in the Ceramics Room (OC) at 1:00 PM. As a reminder, our yearly dues are only \$15. If you have not paid, pay them at the next meeting. At our January meeting we will share the challenge that we started in November. The challenge was to use index cards as your canvas and do what you want on them. Our club announces a new challenge at the meetings. We share the completed art piece at the



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next meeting. Challenges are always voluntary. There are no right or wrong ways just let yourself go, play, and create.

Contact: Nancy Griffin



Motorcycle

The club's official riding season ended in November. The Lady RoadRunners enjoyed lunch at the High Hand Nursery in Loomis on November 13. Thank you Patti Sterne for putting together a great event!



Ready to ride to Volcano.

The club has scheduled rides on the second Saturday of the month, March - November. If you like motorcycle touring and have a roadworthy motorcycle or trike - check us out! The club meets on the fourth Thursday of the month at 5:30 PM Multipurpose Room (OC) There will be no meeting in December.

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



Music

We gathered together at P-Hall (KS) for our Open Mic/Halloween/Final Meeting of the year on Wednesday, October 30. Fabulous performances were enjoyed by all. Some performers and audience members were in costumes lending to a festive feeling. Desserts afterward were gobbled up with delight. We hope to see you all in the New Year. We start up again on January 22 and meet every fourth Wednesday of the month from 6:30 to 8:30 PM, Fine Arts Room (OC). You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM, (OC). Open to Lincoln Hills residents. Contact Ron Peck at 916-409-0463 for information.

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



Boo-tastic Open Mic



Needle Arts

The next regular General Meeting will be January 14 in P-Hall (KS) at 1:00 PM.

Our meetings are held the second Tuesday of the month. The 2020 membership dues are \$20.00. The membership form and where to send it can be found on the Needle Arts website. Those who sign up by December 31 will be entered in a drawing to win a \$25.00 gift card.



Community Service gave Quilts of Valor to Veterans

Three of our Community Service Group members, Bev Johnson, Claren Bolton, and Sharon Magnuson, gave Quilts of Valor to Veteran amputees through Patriots Honor.

Jean Storms will continue to keep members updated about the expansion of the Sewing Room as she receives information. For more information about Needle Arts, check out our website.

Contact: Jean Storms
Website: www.sclhna.com



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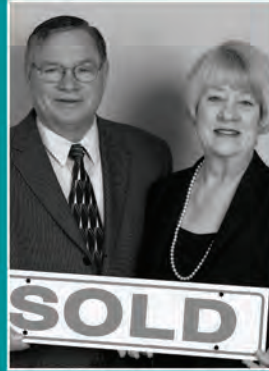
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Contact: Linda Minor 707-235-0778, lindamminor@sbcglobal.net
Website: www.SCLHWatch.org

Painters

As the year comes to an end we extend our

gratitude to our Painters Board, as led by our President Joan Musillani, for the work they have done in 2019.

The highlight for December will be the annual Christmas lunch at Meridians in the Solarium (OC) on December 17. Registration packets for the Fine Art Show in February will be available. Detailed explanation and questions about the packet will be answered at our January 21 meeting.

A reminder that dues are \$15 per year and are now payable. You will be delinquent after February 1.

Member's work is still on display in the Rotunda at Lincoln City Hall. They were part of the successful Placer Arts Studio tour for 2019.

Contact: Joan Musillani 916-712-4393, joanmusillani@gmail.com



Paper Arts

In November, we voted to approve the slate of officers and committees for 2020-2021.

Board of Directors: President, Susan Long; Vice President, Shirley Rainman; Secretary, Susan Goodrich; Treasurer, Sue Dambrosio; Membership and Data Base, Carol Dickey; and Project Coordinator/Activities, Rosy Thielke.

Committee Chairs: June

Paquette (Club Newsletter and Calendar); Linda Lucchetti (Publicity and Club Photographer); Nancy Sealy (Hospitality); Mary Prindiville (Sunshine); Susan Goodrich, Sheryl Ramm and Pam Haines (Club Window); Kim Kroener (Scrapbook and Club Photos); Donna Tewart, Sandia Garcia, Mary Emmett, and Carolyn Sanfilippo (Community Service); and, Sue Dambrosio and Pam Haines (Food Coordinator/Activities).



2020 Paper Arts Club Officers and Committee Chairs

We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS). Join us for another exciting year of crafting and camaraderie.

Contact: Nancy Sealy 315-702-7986, nancyb1944@yahoo.com

Pedro



Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory.

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Pedro meets in the Card Room (OC) on the first and third Friday from 9:00 AM to Noon. For more information, please contact Denise Jones or Doris DeRoss at 916-253-7164. We look forward to seeing you there.

Contact: Denise Jones 916-543-3317



Photography

Members are looking forward to our annual holiday breakfast on December 11 at the Meridians Sports Bar. The food is wonderful. Last year we changed the format to include ample time for socializing. This sellout event is a crowd favorite.

Our President has been working overtime to line up compelling presentations for the coming new year. Gary Wagner is scheduled to be a presenter. Gary's professional career spans more than three decades and includes artist, portrait, and commercial photographer. His knowledge, expertise, and enthusiasm for the photographic image enabled him to teach theory and technique at the college level.

Joining the Photography Club is easy and new members of all skill levels are always welcome. Find out more blogging into our website. Contact: Diane Margetts 916-955-1809, dmargett@yahoo.com Website: Lhphotoclub.com



Pickleball

The New Year introduces new club officers. They are Rein Lemberg, Vice-President; Rita Weighall, Secretary; Molly Morris, Publicity; and Steve Schaumleffel, member-at-large.

They join hold-overs Craig Fraser, President, Emily Madrid, and Bonnie Robbins, co-social chairs; Didi Martin and Lynn Fraser, co-tournament chairs; Gary Filzetti, Treasurer; and Karyl Freeman, Publicity.

On the courts, we wrapped up our traditional campaign to deliver gifts to children of deployed troops at Beale Air Force Base and Sheridan Elementary School students. We also enjoyed our annual holiday gala.

Is your resolution to play? Free introduction lessons are offered on most Wednesdays at 1:00 PM. No reservations or paddles needed.

Carol Nakao and Dick Paul scored silver medals at the USA National Pickleball Championships.

Contact: Mike Gardner 916-834-6549, pickleballmike1@gmail.com Website: lhpclub.com



Pinochle

We welcome all Pinochle players! Many of us have not played in years – but it comes back quickly. We meet

in the Card Room (OC) every Wednesday and Friday. We play Single Deck on Wednesdays at 5:30 PM and Double Deck on Fridays at 12:30 PM. We start playing practice hands 30 minutes before start time. On the first and third Thursdays at 4:30 PM, we play Racehorse, a version of Double Deck with passing cards. Contact: John Winning 917-408-2745, jwinning1865@gmail.com



Players

Congratulations to everyone involved in our November show, Magic Moments. It was a resounding success and a lot of laughs! Our hard work paid off as we brought back skits from TV sitcoms and variety shows of the 1950s. Our actors, singers, and dancers were awesome! Our Tech crews were spot on. A big hand to our writer/actor/Co-Director Ken Reiss, Co-Directors Becky Nicholson and Julie Africa, Producer/Stage Manager Craig Stults. Thank you audience, for supporting us and cheering us on!

Make your New Year's resolution to do something fun and exciting! Join us. We meet at P-Hall (KS) at 4:00 PM on the second Monday of every month.

Readers Theatre auditions for the February 8 and 9, shows are

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Contact: David Africa, President
916-708-0009, djafrika@sbcglobal.net
Website: www.lhplayers.org



Poker

We play a variety of poker games every Monday and Friday, starting 12:45 to 4:30 PM, Tuesday, new Omaha Night, starting 4:45 to 8:30 PM in Multipurpose Room (OC), 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). The new seating arrangement will eliminate people not being able to play because tables are full. Any questions, contact Lynne.

Contact: Lynne Barsky 916-253-3730



RV

Congratulations to our returning Officers for 2020: President Steve Beede; V.P. Susan Brenden; Secretary Marggi Holtze; Treasurer Bill Bisson; Member Sharlene Zielinski; Hist: Lynda Fagan; Sunshine: Renee Honnoll; and Web: Ricki Montoya. They have been great leaders for our Group, and we're excited about the enthusiasm and new ideas they bring to each meeting. Next

up is our Annual Holiday Party at Turkey Creek chaired by Vicki White and her team.

Our 2020 Rally plans are coming together with trips to Southern CA, Ashland, Oregon, Las Vegas, and more. Our next meeting will be Thursday January 9 at 4:30 PM in the Placer Room (KS). Whether you're an experienced RV'er or a complete novice needing guidance, come visit us, make new friends, and learn the joys of RV travel.

Contact: Steve Beede 916-752-6972, stevebeede5@gmail.com
Website: www.lhrog.com



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Happy Holidays to all the volunteers who are giving their time to our local schools. Teachers are grateful for their help, and students love them. The smiles received are the joy of their day. Volunteers can work with groups or individuals or spend their time correcting papers or recording scores. Some are asked to help decorate for the



Karen Gould, Mrs. Hinnenkamp's K class
Creekside Oaks Elementary

seasons of the year.

Visit our website at <http://schoolssuncity.org>. to learn about the volunteer program including the district school calendar, photos, and quotes from teachers and volunteers. It's not too late to volunteer in a classroom for calendar year 2019/2020. Contact Irma Mendez (Phoenix High School) at jmeidm@aol.com or Cyndi for Elementary.

Contact: Cyndi Colloton
408-410-8479, ccolloton@yahoo.com
Website: schoolssuncity.org



Scrabble

We welcome anyone to join us for a game of Scrabble. We play every Monday afternoon at 1:00 PM in the Card Room (OC). All materials are provided and no advance notice is needed. Stay for one game or the whole afternoon. We welcome you to join us in the new year.



Singles

On Thursday, December 19, at 4:30 PM we will be at Kobe's for Dining Out. Call Sue to reserve your spot. Monday, December 30 is our pre-New Year's party. Doors open at 6:00 PM for a buffet dinner and dancing. Purchase your tickets now! Cocktail Time will be at 4:00 PM on Thursday,

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January 2 at Orchid Thai. Celebrate our member's birthdays on Sunday, January 5, at 4:00 PM on Sunday, January at 4:00 PM in the Sports Bar. The activities meeting is on Tuesday, January 7, in the Ceramics Room (OC) at 4:30 PM. Game night returns on Thursday, January 9 at 6:00 PM in the Ballroom. On Saturday, January 11 join us at 9:00 AM for the Second Saturday breakfast. Happy Holidays!



Softball

As we finish our 2019 softball season, the Board wishes to thank all our participants, fans, volunteers, and sponsors for making this year another successful endeavor. We look hopefully forward to 2020. The new Board, officially in place on January 1, will work to put together another outstanding softball program at the finest natural turf field in Northern California. We plan to integrate a Women's League into our program and are excited about the opportunities that will present. If you have suggestions for improving our program please contact a Board



Softball Santa

member. The Board wishes each of you a very Merry Christmas and the happiest of New Year's.

Softball registration for 2020 will begin again in February. Practices may be held on Sundays, weather permitting. Check the website.

Contact: *Bec Cannistraci*
916-408-4679,
beccannistraci@sbcglobal.net
Website: *www.lhssl.net*



Sports Car

Apples and more apples. Twenty-two autos journeyed to Apple Hill and High Hill Ranch on a picture-perfect day. After an enjoyable ride, we were provided special paved parking where we could show our cars. It looked like a line of highly polished apples! Leaders Breckon, Goleno, and Oravec had organized a great day with a delicious meal on the balcony overlooking hills of apple trees.

Halloween was hilarious, with most members dressing up in



Leader Edy Ternullo with helpers Linda Snyder and Barbara Santina

costume. Turkey Creek provided a special meal that ended with brownies and ice cream. Thanks to Social Leader Edy.

Elections were held and we are grateful to the members that volunteered for the Board. President – Tom Breckon. Vice President – Vic Kremesec, Secretary – Pam Berry, and Treasurer – Carol Asnault.
Contact: *Jo Fratessa* 916-408-7209,
mfratessa4@icloud.com
Website: *lhsportscars.com*



Sun City Squares

If you have an interest in learning how to Square Dance, or if you are just curious, please come and check us out. Square Dancing is really a lot of fun! If you have danced before, but a long time has passed, or if you have lost a partner, we are very happy to help you learn again. Sun City Squares welcomes singles as well as couples, so please come and join us for some beautiful dancing!

We meet at Kilaga Springs *Monday from 1:15 to 3:15 PM for Plus Level Dancing. Round Dancing between tips. *Monday from 3:15 to 3:45 PM for Advanced Level Dancing.

*Thursday from 1:00 to 3:00 PM for Advanced Level Dancing.

Contact: *Sandy Cleaver*
916-409-0409,
slctravel@yahoo.com

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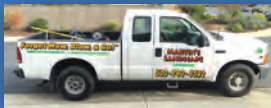
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Swimmers & Water Walkers

I want to say thank you for your support after I took over as Co-Chairperson of our club this year.



Enjoy your holiday season... see you in pool.

Contact: Bob LeRoy 916-412-0552, bobandchey@icloud.com



Table Tennis

Table tennis is a great venue for social contacts. Many new acquaintances have been made. One couple met and married after meeting at table tennis. Most of our play dates are canceled for the balance of December. However, we are allowed play on the following dates: Tuesday, December 17, Fridays, December 20 and 27, and Sunday, December 29. Regular schedule resumes in January. We play in the Multipurpose Room (KS) on Sundays, 9:00 AM to closing except the first Sunday of the month when play commences at 12:30 PM, Tuesdays, 6:00 to 9:00 PM, and Fridays, 8:00 to 11:00 AM. Tim Frank does a great job providing free lessons. Many of us have improved our game after receiving tips from him.

Thank you, Tim! All skill levels are welcome.

Contact: Tim Frank, timcfrank@gmail.com



Tap Company

Our holiday luncheon takes place on Thursday, December 19, Noon to 2:00 PM, Ballroom (OC). The Italian buffet includes a vegetarian option, members - \$15, non-members - \$25. The feature performances will be the young tappers of the Leighton Dance Project, under the direction of Alyson Meador, and holiday music from Merilee Imamoto.

"Night On The Town" will be the theme of the 2020 show, scheduled for April 2, 3, 4. The show will have a new concept this year. It will be a sit-down dinner combined with a one hour show. The directors and coaches are in place, tap routines are being developed and tappers are in full swing learning the routines. Further details to come!

Contact: Louise Seidenverg 916-209-3894, lasrnet@gmail.com



Tennis

LHTG MXD Oktoberfest had another day of fabulous weather. Attended by over 80 players, it still stands as the most popular event. Oktoberfest Results: 4.0 Division: 1st - Russell Smith, 2nd Tie - Christine Forter, Jim Farrell.

3.5 Division: 1st - Kathy Jaskot, 2nd Tie - David Rosenthal, Dale Schane, David Mateer, Will Schaack. 3.0 Division 1st - Edward Poor, 2nd Tie - Espie Cruz, Jan Soto. Schaack Physical Therapy, thank you for once again sponsoring the event!



All Smiles! Great time was had by all!

Men's & Women's Christmas Luncheon was held in December both at Turkey Creek. Giving Back! Donations were made at the luncheon for Sheridan Elementary School in Lincoln.

2020 LHTG Board has been elected! They have a lot of energy to add to the Club next year.

Contact: Linda Burke 916-209-3463, scteam10s@aol.com Website: http://sclhtg.com



Vaudeville

From a field of twelve horses, our horse, "Lightning," won the Sun City Derby at Del Webb's 20th Anniversary Celebration this past October. As previously stated by trainer, Mike Schenck,

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Owner, Vaudeville Troupe
Jockey, Marilyn Railsback
Trainer, Mike Schenck

“She’s a runner” and our jockey Marilyn Railsback said that it was a really smooth ride. We know that Lightning’s racing career is not over yet and wish her much success in the future. I know it’s a long way off, but now is the time to mark your calendars for the Vaudeville Show July 23, 24 and 25. Our audition dates are Tuesday, April 28, and Wednesday, April 29, both at Kilaga.

Contact: Yvonne 916-408-2040,
ykrause@yahoo.com



Veterans

Members and guests enjoyed our annual holiday celebration on December 12 in the Ballroom (OC). This always-popular occasion included a festive luncheon and drawings for door prizes. Attendees filled barrels of gifts for Toys for Tots. The group is preparing for another fulfilling year in 2020 with informative speakers and enjoyable social events. It’s time now to renew memberships. Annual dues are going up to \$20 in 2020; but, if you join or renew before December 30, you will pay only the current rate of \$15. Send your check today to Jon Hodson, Membership Chair, 100 Turtledove Ct., Lincoln, CA 95648. Enjoy your holidays. The Veterans Group wishes everyone a happy and prosperous New Year!
Contact: Mike Schultz 916-209-3460,
avid9er2007@gmail.com



Vintage Treasures

Our January 6 program will feature the popular “Show and Share.” Members are invited to share with the group one or two pre-1970 treasures of their choosing. We welcome you to join us to share your wonderful interesting treasures!

Members are always interested in the history, and significance as a collectible. We meet in the Heights and Gables Room (OC), the first Monday of each month, from 10:00 to 11:30 AM. The program is followed by an optional lunch at the Meridians.

Contact: Sandi Janisch 916-253-9085



Water Volleyball

The November “Some Like It Hot” tournament for Levels 4, 5, and 6 was a tremendous success. Competitive players competed on four teams for three nights. Volunteer referees, scorekeepers, and coordinators kept the focus on a high level of tournament play. The awesome team to take away the winning prize was Water Monsters—great job! Thanks to all who participated, volunteered and cheered from the poolside. The Fall Fling gave Club members an opportunity to look back on the past year’s accomplishments, thank retiring Steering Committee members, and preview the slate of upcoming candidates. Club members voted for candidates to fill Steering Committee vacancies from November 15 through November 30. Members also completed a vision-oriented survey to assist in the planning for 2020 year.

Contact: Rosemary Elston 916 474-1610, sclhwatervolleyball@gmail.com
Website: www.lhwatervolleyball.com



Woodcarvers

The members of our club have a variety of carving interests that are reflected in their projects. If you were to go around the room, you would see these projects in varying stages of completion: comfort birds, a Santa, a duck decoy, a cat, scarecrows, a farm relief, a turtle, and a ball being carved! Some of our members attended a weekend carving class and learned how to carve a scarecrow; the carving of the “straw” is quite amazing. Choose your project, and there’s always plenty of help and support to get you started and see you through to the finish. We have a very supportive group of good people who enjoy connecting and carving. We meet every Wednesday, 1:00 to 4:00 PM in the Sierra Room (KS).

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



Writers

This year we have enjoyed meeting new members and seeing those we have known for several years. Meetings are on the second, fourth, and fifth Monday evenings each month. However, this month, we will not be meeting on December 23 and 30 so that members can enjoy the holidays with family and friends. Last year writers learned that in addition to national and religious holidays, there are some funny special days in December: Gingerbread House Day, Ice Cream Day, Lemon Cupcake Day and Oatmeal Muffin Day. If you’re itching to write, these are some prompts for you. Do you like lemon cupcakes? Ice cream?

Contact: Jim Fulcomer
916-543-9201

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Support Group News

Alzheimer's-Dementia Caregiver's Support

As we do each year, our group meetings take a break in December. The next Ladies Group meeting will be on January 8 in the Multimedia Room at 1:00 PM, the next Men's Group will meet on January 16 at 10:00 AM at the Granite Springs Church, and the next Peer Group meeting is in the Multipurpose Room on January 22 at 1:00 PM.



Disappearing Cognizance

Collectively, this group has experienced the full range of challenges that accompany the task of being a family caregiver for a dementia patient. Our purpose is to provide Lincoln Hills residents with the best access to peer and professional guidance for this bewildering and tumultuous journey. You deserve to be with us. We're funded through grants from the Lincoln Hills Foundation.

Contact: Jeff Andersen 916-521-0484, 2jeffa@gmail.com



Bereavement

We offer support and friendship through sharing with others who have also lost a loved one. Monthly support meetings are held on the second Wednesday at 3:00 PM at Joan



Bereavement Group out to lunch

Logue's home. The next support meeting is January 8. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch, even if you do not attend the support meeting. Our next lunch will be at Red Robin, Friday, December 27, at 11:30 AM. Meet at the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan.

Contact: Joan Logue 916-434-0749, joanlogue@sbcglobal.net



Bosom Buddies

Our most anticipated event of the year – the holiday party – proved to be as successful as ever! Patty McCuen's beautifully decorated house set the mood for a festive celebration, and celebrate we did with good friends, delicious food, wine and entertainment by Lori Redhair. Each guest received a gift hand-crafted by Sue Blankenship, Kay Brady, Sharon Peck,



Member Cindy Redhair shares her family scrapbook at November's meeting.

and Peggy Ryan. Members brought unwrapped toys to fill the Toys for Tots bin. January's meeting will feature Nurse Practitioner Kimberly VanYsseldyk, clinical coordinator for the Cancer at Risk Program at Sutter Health. Bosom Buddies meets the second Thursday of the month at 1:00 PM in the Multipurpose Room

(OC). If you'd like to join us for lunch before the meetings, call Val Singer at 916-645-8553.

Contact: Marianne Smith
916-408-1818,
mlsmith39@yahoo.com



Gam-Anon

If your life is affected by someone else's gambling problem, Gam-Anon can help. Gam-Anon meets weekly on Friday evenings from 7:00 to 8:30 PM at the First United Methodist Church, 6414 Brace Road, Loomis, CA 95630. Follow the signs to the proper meeting room. A Gambler's Anonymous meeting is held concurrently in another room. Call or text Kay F. for more information. Please leave a message if there is no answer. She will call you back.

Contact: Kay F. 916-204-1624,
denniskayf@starstream.net

Website: www.gam-anon-loomis.com



Glaucoma Support Group

In the world of vision, 20/20 is the vision we all hope to have either naturally or with correction. This is also true for those of us living with Glaucoma. We will be reminded of this throughout this entire year of 2020. If you are living with Glaucoma or have a family member or friend living with this chronic disease and would like more information to better understand Glaucoma, please plan to attend our first meeting of 2020. We will meet on January 8, at 4:00 PM in the Multimedia Room (OC) where we will discuss our experiences of ways to manage this disease. For more information, please contact Bonnie.

Contact: Bonnie Dale
916-543-2133,
Bjdale@aol.com

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Hearing Impaired Support Group

Due to holiday scheduling, we will not meet in December. Happy holidays to all, and we'll see you all in January! *Contact: Joanne Mitchell 916-408-0533, pipa1@prodigy.net*



Low Vision Support Group

December - No meeting. Our annual Holiday Luncheon was held on Friday, December 13 in the Solarium. As always it was a wonderful opportunity for members to get together to celebrate the holidays, share stories and enjoy each other's company. Meeting - Tuesday, January 7, 2:00 to 4:00 PM, Fine Arts Room (OC). Best Kept Secret in Town" will be the topic. Our presenters will be Lincoln Hills Lions Club President, Dave Evans, and Lions Past District Governor, Bob Olin. They will discuss the long history of the world's largest

service club dating back to 1917. In 1924 Helen Keller asked the Lions to become her Knights of the Blind. Today they continue that legacy as well as the legacy of their founder. *Contact: Cathy McGriff 916-408-0169, cathy.mcgriff@yahoo.com*



Multiple Sclerosis

We are planning a Pizza "Re-gift" Party Monday, January 13, from 1:00 to 4:00 PM in the Kilaga Kitchen to tie in with your opportunity to "Re-gift" one of your unusable Christmas presents, \$20 or under! (No candy please.) Wrap your gift for the fun exchange! RSVP Jeri at 530-401-2135 please, so enough Vegetarian or Pepperoni Pizza is ordered. *Contact: Jeri Di Fiore, Facilitator 916-408-7565, jerihansondifiore@gmail.com*



Wise Aging Resource and Support Group

We provide a forum for discussion, support, education,

and sharing aging-related resources for residents wanting to plan for their older years, whether they are aging in place or exploring other options. We have heard from Neighbors In Deed, the Placer County Peer Counseling Service, and how and why to plan for the future. Meetings are a mixture of speakers, small group discussions, and member input. Future topics include long term care insurance, fiduciaries and lawyers, grief and depression, downsizing, and other aging-related issues.

Join the 60 people who have discovered the comfort in sharing information and being heard. Every first Monday at 1:00 PM Gables/Heights Room (OC). The next meeting is January 6. *Contact: Carol Eisenhower 916-995-9350, ceisenhower@comcast.net Website: lhwiseagers.com*

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Bulletin Board

You Are Invited to Attend:

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

- **Monday, December 30, 10:00 AM** – Nautilus Society Seminar – Oaks (OC)
- **Wednesday, January 15, 10:00 AM** – Kaiser Permanente Senior Advantage - Gables and Oaks (OC)

A Course in Miracles

A Course in Miracles brings greater fulfillment and satisfaction to our daily lives by teaching us how to release unconscious controlling beliefs that undermine our conscious objectives and produce unwanted results. Learning how to get in touch with, and to follow our internal guidance system which is pure love, produces a mindfulness that brings a sense of peace and well being to anyone who follows this course. Call Alexandra at 916-409-5253 for study group information.

Cloggers

Happy Holidays and Merry Christmas! We're merrily clogging (with our feet, not our drains) toward the end of an eventful year. Did you know that tap dancing evolved from clogging? Clogging came first, and it developed from Irish step dancing transferred to Appalachia. Our shoes are different from tap shoes in that clogging shoes have double taps on heel and toe, resulting in a great sound as we dance to a wide variety of music, including

bluegrass, country, rock music, pop, fiddle, and banjo. For more information on clogging here in Lincoln Hills, please contact Natalie Grossner at 916-209-3804.

Democratic Club

Our annual holiday party is scheduled for Thursday, December 19, from 5:00 to 7:00 PM in the Placer (kitchen), California, and Lincoln Rooms (KS). Members will dine on potluck hors d'oeuvres and reminisce about a very successful year as we gear up for next year's elections and make our plans to support our candidates. Membership is still open for those who'd like to join our club. For more information please see our website, <https://democraticclublincolnca.org/>.

Italian Club

Buon Natale. Felice Anno Nuovo. Kick-off the new year at one of the club's signature events – the annual Crab Feed, set for Friday January 10, at the McBean Pavilion in Lincoln. There'll be plenty of crab, as well as antipasto, green salad, pasta, and shrimp. Go to the LHIC webpage now for the flyer. Register no later than January 2. We present events

that are always fun and entertaining. If you are a Lincoln Hills resident of Italian heritage, check out our activities on the website at www.lhitalianclub.org. Contact Sandi Graham, membership at 916-826-5711.

Lincoln Hills Foundation

Back by popular demand, we are selling the local Ternero Extra Virgin Olive Oil. This makes great gifts for the holidays. New this year is a 2-piece gift pack with the olive oil and a bottle of balsamic vinegar wrapped and ready to deliver. To order, call Denise at 916-409-2016 and we will deliver your order. Olive oil sells for \$18 each (500ML bottle), and the gift pack with balsamic is \$35. We take checks, cash and credit cards. Thanks for helping the Foundation, which helps residents here.

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. Newly added: Saturdays from Noon to 4:30 PM. 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.

Plant-Based Food Group

You don't need to be a vegan or vegetarian to get involved. We are people, singles, and couples, who, for a variety of reasons, want to eat more plant food and less meat. The environment, health, or animal welfare motivates us to transition to more plant-based eating. We will do pot luck meals, visit area restaurants with menus we like, and take turns bringing interesting useful information to our meetings. This group is in the formative stages and open to your ideas about meeting frequency, times, and locations. Email Sally Watkins at sallybwatkins@gmail.com or text her at 916-220-3228.

Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Center in Roseville (916-781-2323). Membership to the Fitness

Center is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play doubles, cutthroat and/or singles. Ladies are welcome. See you on the court. Contact Armando Mayorga at 916-408-4711 or amoon38@sbcglobal.net.

Shalom Social Group

Our big event of the year is coming this month! It's our annual Chanukah party, scheduled for Monday, December 23, at KS. We'll have music, fun and, of course, wonderful food. We've had a very active year. Most recently we lost to the Italian Club in our Annual Bocce Tourney (we had fun anyway). We had a very successful game night and a trip to the Nimbus Fish Hatchery, and our men's and women's groups each had successful events of their own. For more information on our activities or membership, please contact Joanne Levy at 508-333-8590.

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.

Sons In Retirement Branch 13

Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its holiday luncheon on Tuesday, December 17, at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. A three-course gourmet lunch (prime rib/salmon) costs \$20pp. Arrive at 11:30 AM; luncheon adjourns at 1:30 PM. Entertainment by Lincoln High School chorus. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending the luncheon as a guest, please contact Chet Winton at 916-408-8708.

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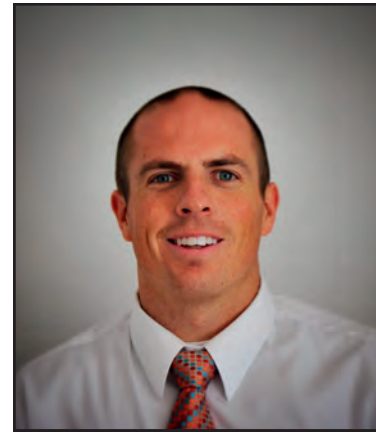
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November	\$166.09	\$133.81
December	\$193.72	\$133.81



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Tuesday, January 7, 10:00 AM
Terra Cotta Room (KS)—Free

To find out more about what is happening in the City of Lincoln, Join Mayor Joiner along with the incoming Mayor Dan Karleskint at this informal coffee. Pick up a free cup of coffee from the Kilaga Springs Café prior to the meeting. He would love to meet you. Coffee with the Mayor is held every first Tuesday of the month at Kilaga Springs Lodge in the Sierra Room and promises to be a positive networking experience for those attending.



KS Classic Movie
The Holiday (2006)
Saturday, December 21,
1:30 PM Screening
P-Hall (KS)—Free



PG-13, 138 minutes, Comedy/Romance. Two women troubled with guy-problems swap homes in each other's countries, where they each meet a local guy and fall in love. Starring Kate Winslet, Cameron Diaz, Jude Law, Jack Black, and Eli Wallach.

2 Showings!
Downton Abbey (2019)
Saturday, January 4,
6:00 PM Screening
Monday, January 6,
1:30 PM Screening
P-Hall (KS)—Free

Rated PG, 122 minutes, Drama/Romance. The continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early 20th century. Starring Matthew Goode, Maggie Smith, Elizabeth McGovern, and Michelle Dockery.



KS Classic Movie
Who's Afraid of Virginia Woolf? (1966)
Saturday, January 18,
1:30 PM Screening
P-Hall (KS)—Free

Not rated, 131 minutes, Drama. A bitter, aging couple, with the help of alcohol, use their young houseguests to fuel anguish and emotional pain towards each other over the course of a distressing night. Starring Elizabeth Taylor, Richard Burton, George Segal, and Sandy Dennis.



Document Destruction
Monday, January 20

10:00 AM to Noon, 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!

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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, tickets will be given to attendees on a first-come, first-served basis beginning one hour before the Forum. Only those with valid tickets will be admitted. If you do not receive a ticket, please leave with the knowledge that videos of most Forums are available on the Resident Website within 48 hours. Thank you.

If you have a suggestion for a forum topic, please send an email to communityforums@sclhca.com.



SF Bay Coffee, January 13, 10:00 AM, P-Hall (KS)—Free

Laura is a third generation of Rogers to be part of SF Bay Coffee. Beginning in 1979, the Rogers family has made it their mission to supply customers with sustainable, eco-friendly quality coffee while helping the farmers who have worked so hard to create the harvests. Each bean you purchase from SF Bay Coffee has come directly from these farmers, paying them over 50% of the national average in each country. As a successful Lincoln-based company, they are constantly innovating their merchandise. SF Bay Coffee is excited to announce that in mid-2020, all of their products will be home compostable.



Explore the Story of the Book on the Shelf, Monday, January 20, 2:00 PM, P-Hall (KS)—Free

Nina Mazzo presentation, Explore the Story of the Book on the Shelf. Have you ever given much thought to the books sitting on shelves? Are you intrigued by the book as an object, as well as its contents? Resident Nina Mazzo collects varied and unique books. Her collection includes antiquarian books, book artists' creations, and miniature books. Nina's presentation will include books sent to WWII soldiers, a hornbook, fore edged painting on a book, a leaf book, and a flip back format book. She will bring an assortment of books for the audience to enjoy.



Integrative Medicine: Medicine of Mind, Body, and Spirit, Wednesday, January 22, 7:00 PM, Ballroom (OC)—Free

Dr. Jennifer Griffin, MD, an Integrative Medicine Practitioner at the Institute for Health and Healing in Roseville, will define Integrative Medicine which focuses on a holistic and team-based approach to identifying and addressing the root causes of chronic disease such as fatigue, insomnia, digestive disorders, food sensitivities, diabetes, autoimmune disease and others. She will include a case presentation that demonstrates how a personalized and whole-person approach to illness is transforming healthcare. This is a presentation you will not want to miss!

Upcoming Events

- **League of Women Voters: Pro-Con on Measures Appearing on the March Ballot**, Tuesday, February 4, 9:00 AM, Ballroom (OC)—**Free**
- **Friends of Auburn Ravine**, Monday, February 17, 2:00 PM, P-Hall (KS)—**Free**
- **Speech Trek**, Friday, February 21, 3:00 PM, P-Hall (KS)—**Free**
- **Why Is It So Hard to Plan For Aging**, Monday, March 9, 10:00 AM, P-Hall (KS)—**Free**
- **Budapest to Innsbruck Trek**, Monday, March 16, 2:00 PM, P-Hall (KS)—**Free**
- **Neighborhood Watch Spring Safety Forum**, Wednesday, March 18, 1:00 PM, Ballroom (OC)—**Free**
- **Sierra Pacific Industries**, Friday, April 3, 2:00 PM, P-Hall (KS)—**Free**
- **Roaming the Sierra Nevada Foothills (#6)**, Thursday, April 9, 10:00 AM, P-Hall (KS)—**Free**

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Entertainment Coordinator
Deborah.Meyer@sclhca.com



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Entertainment

*Indicates new performances on sale December 17

—Featured Event—



**2019 New Year's
Eve Celebration!**
"All That
Glitters"
New Year's Eve
Dinner and
Dance Concert
Tuesday,
December 31
Ballroom (OC)

Welcome in the New Year, 2020, with a party that glitters with fun and excitement! There will be dancing to resident recommended Rhythm City All-Stars band, casino gaming, two-course dinner with four menu options: *Filet Mignon; Salmon; Chicken or Vegetarian Ratatouille*, chocolate dessert fountain through the evening, full bars (no-host bar), champagne toast and fireworks display. See the complete menu at Lifestyle Desks. Wristbands required for entry. Join us for a night that will surely glitter! **Deadline to purchase Dinner Dance package is December 26 at Noon.**

7:00 PM Party

Dinner Dance Package — LSE214 — \$120

- Doors open 5:00 PM
- Dinner served in the ballroom 5:30 PM
- Chocolate fountain dessert in Pre-function following dinner
- Dance and Casino Gaming 7:00 PM
- Champagne toast 9:00 PM
- Fireworks 9:10 PM

Entertainment Only — LSE215 — \$72

Doors open 6:30 PM

10:00 PM Party

Dinner Dance Package — LSE217 — \$120

- Evening begins with reserved dinner seating at Meridians
- Doors open 7:00 PM
- Dinner served 7:30 PM
- Chocolate fountain dessert in Pre-function following dinner
- Fireworks show 9:10 PM
- Reserved Ballroom seating opens 9:30 PM
- Dance and Casino gaming 10:00 PM
- Champagne toast Midnight

Entertainment Only — LSE218 — \$72

Doors open 8:30 PM

—Comedy—



***KS Comedy Night:
Gina Stahl-Haven
Tuesday, February 4
P-Hall (KS)**

6:00 PM Show — LSE222

8:00 PM Show — LSE223

Reserved Seating \$16

Gina Stahl-Haven has been performing in the comedy and improv world for over 15 years, featured at the Un-Scripted Theatre Company, SF Improv Festival, Hawaii Improv Festival, and various comedy spots throughout the Bay Area. She is the 2nd Place Winner of the San Francisco International Comedy Competition in 2019 (the first woman to place this high in 34 years) and winner of the 2nd Annual Marin Comedy Amateur Competition. Gina's real take on life, combined with her intoxicating stage presence, make her irresistible on stage. Save \$1 on purchases of \$4 or more at KS Cafe.

—Concerts—



**Mads Tolling and
Ian Scarfe present
"Classical Crossover"**

**Thursday,
December 19
7:00 PM, P-Hall (KS)**

— LSE209

Reserved Seating \$23

What happens when a globe-trotting Jazz Violinist from Denmark meets the professional virtuoso

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Jason Lyle Black "The Backwards Piano Man"
Friday, January 10
7:00 PM, Ballroom (OC)
 — **LSE213**
Reserved Seating \$23
General Admission \$20

Watch a different kind of entertainment! Jason Lyle Black is an award-winning pianist, composer, and entertainer, whose combination of beautiful music, hilarious musical comedy, and incredible stage antics produce a one-of-a-kind live show experience. One moment Black showcases his remarkable piano talent on pieces like "Clair de Lune" and "Rhapsody in Blue," while he cracks the audience up with his own bits like "Songs Not to Play at People's Funerals!" while playing the piano backwards! With his amazing "audience requests" segments, his is a show you don't want to miss.



Dirty Cello
Friday, January 31
7:00 PM, P-Hall (KS)
 — **LSE219**
Reserved Seating \$22

From China to Italy, and all over the U.S., Dirty Cello brings the world a high energy and unique spin on blues and bluegrass. Led by vivacious cross-over cellist Rebecca Roudman, Dirty Cello is cello like you've never heard before. From down-home blues with a wailing cello to virtuosic stompin' bluegrass, Dirty Cello is a band that gets your heart thumping and your toes tapping!



***Celebrating Tom Jones**
Starring David Burnham
Thursday, February 13
7:00 PM, Ballroom (OC)
 — **LSE216**
Reserved Seating \$24
General Admission \$21

This exciting show shares the stories and songs that have

made Sir Tom Jones one of the most iconic performers for the past five decades, including the chart-topping hits such as "It's Not Unusual," "What's New Pussycat," "Delilah," and more! Starring Broadway's David Burnham ("Wicked," "The Light in the Piazza," and Las Vegas' "Showstoppers" at the Wynn Resort) and featuring Musical Director Todd Schroeder with a full band. This is a journey rediscovering the passion and prowess that truly celebrates Tom Jones' career.



***Broadway's Biggest Hits**
Performed by Award-Winning Theater Star Tielle Baker
Tuesday, February 18
7:00 PM, P-Hall (KS)
 — **LSE225**

Reserved Seating \$23

Tielle Baker is a musical theater and opera star who has appeared in over 50 productions with over 20 different companies, including her multi-award-winning role of "Velma Kelly" in Lucky Penny Productions' of *Chicago: The Musical*. She has starred in a multitude of revues and shows throughout the Bay, including *The Songs of Judy Garland*, *Broadway Divas*, and the mega-hit *The World of Webber*. She will be performing hits from such shows like *My Fair Lady*, *West Side Story*, *Evita*, *The Sound of Music*, *Chicago* and many more. Save \$1 on purchases of \$4 or more at KS Café.



***The Folk Legacy Trio**
Singing the Great American Folksong Book
Friday, February 28
7:00 PM, Ballroom (OC)
 — **LSE224**

Reserved Seating \$23
General Admission \$20

The Folk Legacy Trio sings the songs of the great Folk Era from the '50s through the mid-70s, including songs from The Kingston Trio, Peter Paul & Mary, Simon & Garfunkel, John Denver, and many others. It is a journey through American Musical History with their signature dynamic harmonies enriching some of the most beloved songs ever written. The Folk Legacy Trio is composed of George Grove, formerly with the Kingston Trio for 41 years, Rick Dougherty, former member of the Limelitters and Kingston Trio for 25 years and Jerry Siggins, former lead singer of the legendary doo-wop group The Diamonds for 27 years.

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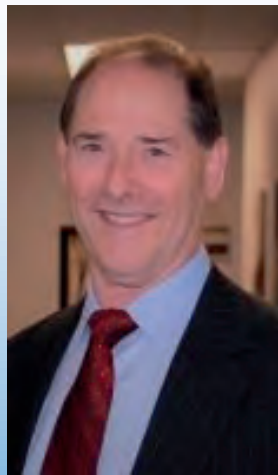
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Day Trips

—Featured Trip—



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Monday, March 30 thru Thursday, April 2— **LST317**
\$1335 per person double occupancy, \$1465 single.

Join Katrina, your Trip Coordinator, on an air getaway to Las Vegas! Visit the very special Valley of Fire with a local step-on guide. World-renowned for its 40,000 acres of bright red Aztec sandstone outcrops nestled in gray and tan limestone, Valley of Fire State Park contains ancient, petrified trees and petroglyphs dating back more than 2,000 years. We will also enjoy a Paddlewheel cruise on Lake Mead with lunch and a powerplant tour of The Hoover Dam. Included evening entertainment will be Terry Fator at the Mirage, and Cirque du Soleil "Mystere" at Treasure Island, both shows come with dinner before. On our last day you'll be able to visit Siegfried & Roy's Secret Garden and Dolphin Habitat at The Mirage, Siegfried himself is known to show up frequently.

Trip includes:

- Three night stay at Treasure Island Las Vegas

- Roundtrip airport transfers at both airports
- Two breakfasts at Treasure Island
- Tour with a step-on guide to Valley of Fire State Park and Lost City Museum. *(Includes lunch)*
- Reserved seating for Cirque du Soleil Mystere with buffet dinner at Gilley's overlooking the strip prior to the show
- Terry Fator show and included Cravings buffet with 11 cooking stations at the Mirage
- Hoover Dam powerplant tour and Visitor's Center with an observation deck
- Lake Mead Cruise on paddlewheel boat with included lunch
- Admission to Siegfried & Roy's Secret Garden & Dolphin Habitat at the Mirage
- Gratuities for bus drivers, bag service, step-on guide, and all included meals.

Trip Prerequisite: Detailed trip itinerary, menus, and U.S. State Department trip insurance providers list available at the Lifestyle Desks or online. **Trip insurance is highly recommended as name changes are not allowed after March 23. A signed liability waiver is required for each participant.** Trip size limited to 48. Wheels roll from OC at 1:15 PM, return ~ 8:00 PM.

—Casino/Races—



Harrah's Northern California
Tuesday, January 28
— **LST311**

\$35

We're returning to one of the newer Indian Casinos in the area operated by Harrah's just outside the town of Ione.

Receive \$50 slot credit per person for this trip plus any other promotions offered, or from your Caesar's Rewards card. 4-Hour stay. Wheels roll from OC at 8:30 AM, return ~ 4:30 PM.



***Jackson Rancheria**
Tuesday,
February 11
— **LST314**
\$24

Very popular with residents, try your luck at Jackson Rancheria Casino in Amador County! Receive \$20 in gaming credits. Four-hour stay. Wheels roll from OC at 8:00 AM, return ~ 4:00 PM.

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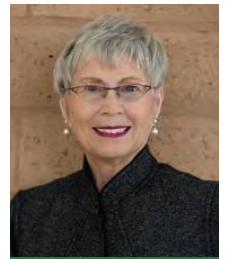
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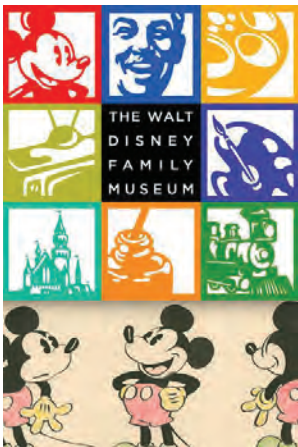
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—Museums—



Oakland Museum of California
 Thursday, January 16 — **LST308**
 \$63

This museum is the home of one of the largest and most comprehensive holdings of California art in the world. It features over 70,000 works by California artists from the early 1800s to the present with a focus on our region. View a special exhibit, *Man No Spectators: The Art of Burning Man*. This immersive and multi-sensory experience will extend beyond the gallery walls into the Museum's public spaces—including a 40-foot-tall outdoor temple by internationally-acclaimed sculptor David Best. For more information on all exhibits, please visit <https://museumca.org/exhibitions>. Bring your own lunch or purchase at the museum cafe. Wheels roll from OC at 9:00 AM, return ~ 5:30 PM.



***Disney Family Museum - Presidio of San Francisco**
 Wednesday, February 5
 — **LST315**
 \$87

Discover the beginnings of Mickey Mouse. Included is the special exhibit, *Mickey Mouse: From Walt to the World*. This special exhibition chronicles Mickey's impact and influence on art and entertainment over the past nine decades and tells the

story of his origin, rise to fame, and enduring world-wide appeal, juxtaposed with Walt Disney's inspiring and parallel story. There are also ten permanent galleries recounting the history of Walt Disney's life and career. Lunch on your own in the museum café or outside restaurants in the Presidio. Wheels roll from OC at 8:00 AM, return ~ 7:00 PM.

—Performances—



The Last Ship
 Golden Gate Theater,
 San Francisco
 Wednesday,
 March 18
 — **LST305**

\$197

This personal, political, and passionate new musical from multiple Grammy Award-winner Sting is an epic

account of a family, a community, and a great act of defiance. The production, which was initially inspired by his own childhood experiences, tells the story of a community amid the demise of the shipbuilding industry in Tyne and Wear, with the closure of the Swan Hunter shipyard and when the last ship sails. Matinee performance with Rear Orchestra seating. Loge seating upon request. Dinner on your own at Union Square after the show. Bring your own lunch to eat en route. Wheels roll from OC at 10:45 AM, return ~ 9:45 PM.

Broadway on Tour Sacramento 2019-2020

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 this season will be held at the Sacramento Memorial Auditorium while the Community Center Theater goes through renovation. Enjoy the convenience of bus drop area on theater property off of the street without the hassle of driving and parking in downtown Sacramento. All seats are center to rear orchestra. No charge to add to the waitlist for the sold-out shows.



A Bronx Tale
 Tuesday,
 March 3
 — **LST263**
 \$103

Broadway's hit crowd-pleaser takes you to the stoops of the Bronx in the 1960s, where a young man is caught between the father he loves and the mob boss he'd love to be. Bursting with high-energy dance numbers and original doo-wop tunes, *A Bronx Tale* is an unforgettable story of loyalty and family. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.



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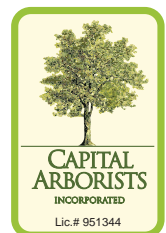
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Come From Away
Additional date added!
Wednesday, May 20
— LST304
\$103

This New York Times Critics' Pick takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Cultures clashed, and nerves ran high, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships. On September 11, the world stopped. On September 12, their stories moved us all. This uplifting musical based on the true story of 38 planes diverted to a small town in Newfoundland immediately following the events of September 11. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.

—Sports—



Sacramento Kings

Watch the Sacramento Kings from lower level seating at the Golden One Arena in downtown Sacramento, without dealing with driving and parking issues! Arrive in time to enjoy pre-game activities and purchase from various food and beverage concessions.

See individual games below for section, pricing and bus times.

Sacramento Kings vs. Dallas Mavericks
Wednesday, January 15
— LST295
\$94

Wheels roll from OC at 5:30 PM, return ~ 10:30 PM. Seating sections 123/124. Game time 7:00 PM.



Sacramento Kings vs. Detroit Pistons
Sunday, March 1 — LST296
\$102

Wheels roll from OC at 1:30 PM, return ~ 6:30 PM. Seating sections 123/124. Game time 3:00 PM.



—Tours/Leisure—



Chinese New Year — San Francisco
Sunday, February 9
— LST306
\$48

Celebrate Chinese New Year and the Year of the Rat at San Francisco's exhilarating Chinatown annual Community Street Fair. You will find over 120 booths and concessions, making this a shopper's paradise. The SF Chinese Chamber of Commerce has planned activities and entertainment for all ages. Enjoy Chinese folk dancing, opera, drumming, and much more! The Buddhist Church is taking the year off their play to remodel their venue. Lunch on your own. Be aware there are some small hills to reach parts of Chinatown from bus drop off area. Wheels roll from OC at 9:00 AM, return ~ 7:00 PM.

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—Overnight/Extended Travel—



***Three Days, Two nights!**
Sun City Sierra Winter Train –
Special Private Chef’s Dinner at La Strada!
Roundtrip Reno
Wednesday, March 11 to Friday, March 13 — LST319
\$342 per person double occupancy, \$397 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. List of activities to do on your own on the free day available at Lifestyle Desks.

This trip includes a private four-course Chef’s dinner at the renowned *La Strada inside the Eldorado*. *Dinner served family style and will include La Strada’s famous Mushroom Ravioli with Porcini Cream Sauce, Meat Ravioli with Bolognese Sauce, Chef’s Risotto specialty, La Strada’s Signature Caesar Salad, combination plate trio of Rib Eye Steak, Salmon Piccata Wood Fired Rotisserie Chicken, roasted seasonal vegetables, fingerling potatoes, Tiramisu and chef’s choice of Gelato, plus coffee or tea.*

Trip package includes per person:

- Motorcoach transportation to and from the Roseville train station
- Reserved rail car for our group
- Casino shuttle to & from Reno train station
- Baggage portage from Reno train station to hotel and back
- Non-smoking room at Eldorado Hotel & Casino
- \$10 in food credit per person to the restaurant of your choice in “The Row”
- Special private Four-Course Chef’s dinner at La Strada (Named one of the best Italian restaurants in the nation)

- One breakfast/brunch buffet per person
- Gratuities for bell service and bus drivers

On Wednesday, bring a bag lunch to eat on the way to Reno or purchase lunch on board train. A signed liability waiver is required for each participant. This trip is only available for registration in person at Lifestyle Desks. Not available Online. Wheels roll from OC at 10:30 AM, return ~ 1:30 PM.



***Four Days, Three Nights!**
Yosemite National Park
Monday, May 4-Thursday, May 7 — LST316
\$680 per person double occupancy, \$877 single.

Join Katrina, your Trip Coordinator, for a spring visit to Yosemite National Park. Spend a day on the Valley Floor experiencing the tour, Visitor’s Center, and time on your own. The second day in the park will bring us to the newly reopened Mariposa Grove, home to over 500 mature Redwoods. Tram tours have been discontinued at the grove, and the site has been restored to a more natural setting with walking paths. We’ll partake in lunch at The Wawona Lodge before Mariposa Grove. On day of arrival in Mariposa, enjoy a docent-led tour of the Mariposa Museum and History Center. Lodging will be at the Best Western Yosemite Way Station Hotel and the other two nights at Chukchansi Gold Casino Resort in Coarsegold. You’ll have free time on your own after the morning Valley Floor Tour so here’s your chance to have that special lunch on your own at the Ahwahnee or grab a box lunch, hike, and explore the park on your own.

Trip Inclusions:

- Box lunch at Merced Fruit Barn with choice of *Turkey, Pastrami or Tuna sandwich*
- Visit to Mariposa Museum and History Center
- One night stay at Best Western Plus Yosemite Way Station Hotel - Mariposa

- Two-night stay at Chukchansi Resort & Casino – Coarsegold
- Daily breakfast
- Valley Floor tour in an open-air tram with several stops for picture taking
- \$20 gaming and \$20 dining credits at Chukchansi with a valid government-issued ID
- Mariposa Grove visit – walking tour on your own, several different routes and distance
- Lunch at The Wawona Hotel. *Choose from: Lemon and Herb Marinated Breast of Chicken, Rainbow Trout Amandine, or Vegetarian: Chef's Choice. All options include tossed green salad, Iced Tea or Coffee and Ice Cream for dessert.*
- Gratuities for bus drivers and included meals

Prerequisite: Be prepared to give your lunch choices, any dietary or accessibility issues when you register. Those with mobility concerns must contact Katrina prior to registration at 916-625-4002 as there will be lots of walking and elevation changes up to 6600 feet on this trip. Pick up a copy of itinerary outline at Lifestyle Desks. Wheels roll from OC at 9:00 AM, May 4, return May 7 ~ 12:15 PM. Trip size limited to 45. *A signed liability waiver is required for each participant.*



Laguna Beach Pageant of the Masters Art Festival & Autry Museum of the American West
Sunday, July 26 to Thursday, July 30 — LST310
\$1,005 per person double occupancy, \$1,415 single.

Join your Trip Coordinator, Katrina, on an amazing trip down to the world-famous Festival of the Arts in Laguna Beach. The Pageant of the Masters is where “Art comes to life!” A nation’s history is preserved in the memories of its citizens and the

inspiration of its artists. In the 2020 production “Made in America,” audiences will meet the artists – revolutionaries, innovators, dreamers. Through their lives, artworks and voices, a compelling portrait of our artists will come to life with all the theatrical magic, live original music and engaging storytelling that make the Pageant a one-of-a-kind, must-see summer tradition with our excellent Premium Lower Loge seating! We’ll also enjoy some time at the Autry Museum of the American West, plus a Warners Brothers Studio Tour. This excellent trip includes:

- Stay at Hilton-Los Angeles North-Glendale
- Warner Brother Studios “The Classics Tour”
- Two-night stay at the Ayres Hotel Laguna Woods (*a resident favorite*)
- Stay at The Doubletree Hotel by Hilton in Bakersfield on the return trip
- Daily hot buffet breakfasts included in all accommodations
- Lunch at Harris Ranch
- Newport Beach Harbor & Sea Lion Cruise, with time to enjoy the beach/shopping/lunch on Balboa Island
- Reserved Premium Lower Level Loge ticket to Pageant of the Masters Show
- Admission to Art-a-Fair at the Festival of the Arts
- Dinner at Terra Laguna Beach Restaurant on the Festival of the Arts grounds with choice of *Chicken, Fresh Salmon, or Vegetarian (entree choice required at registration)*
- Visit to the Autry Museum of the American West in Los Angeles at Griffith Park



- Lunch at Hilmar Cheese Factory on the return trip
 - Gratuities for bus driver and all included meals
- Detailed trip itinerary, menus, and trip insurance providers list available at the Lifestyle Desks. *A signed liability waiver is required for each participant.* Wheels roll from OC at 7:45 AM, July 26, return July 30 ~ 4:15 PM. **Vendor deadline to purchase the lower rows in the lower level seating is December 19 at Noon. Seating location in the lower level will not be guaranteed for registration made after December 19.**

SAVE THE DATES! ON SALE SOON!

Baseball: A's, Giants & Rivercats

Music Circus

Ashland Theater Trip 9-21 to 9-24, 2020

Catalina Island 10-11 to 10-15, 2020

Sold Out Trips

Trip • Date • Departure Time

- Winter Holiday Train
Tuesday, December 17 • 10:30 AM
- SF Holiday Shopping
Thursday, December 19 • 8:30 AM
- The Nutcracker
Saturday, December 21 • 11:45 AM
- Winter Comedy Train
Tuesday, January 7 • 10:30 AM
- Dear Evan Hansen
Tuesday, January 21, 2020 • 6:45 PM
- Russian National Ballet – Sleeping Beauty
Thursday, January 23, 2020 • 12:45 PM
- Cirque du Soleil - Amaluna
Sunday, January 26, 2020 • 12:00 PM
- The Play that Goes Wrong
Wednesday, January 29, 2020 • 12:45 PM
- San Francisco Overnight -Movie Tour
Sunday, March 22, 2020 • 8:00 AM
- BANDSTAND
Tuesday, April 17, 2020 • 6:45 PM
- Come From Away
Tuesday, May 19, 2020 • 6:45 PM

Did You Know?

Be Seen

With the shorter days and inclement weather it is always a good reminder to wear light colored clothing and carry a flashlight when you are walking. Flashing arm bands are always helpful. It is important to be seen!



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It was easy to work with Tony because he has such a positive attitude. No question was too trivial, which he always answered or he took time to find out. Most importantly, he always returned phone calls promptly. He was always available even after the close of escrow... Yes, he definitely had our backs!! Sy & Eleanor Inamine SCLH

We met Tony Portman at an open house and immediately knew he was the one that would help us find a home in Lincoln Hills. And he did! The entire process has been stress-free and very enjoyable for us because of Tony. He is extremely knowledgeable, attentive and reachable day or night. He kept us informed in every way on everything and has been an absolute joy to work with. Mike & Mary Truppa SCLH



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



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

*Indicates new class on sale December 17

Classes

Art

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.

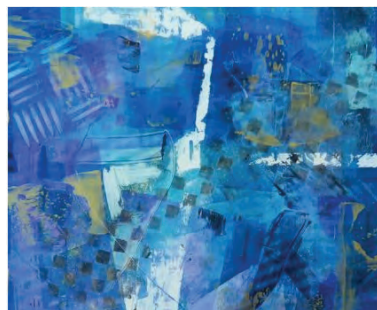
—Announcement—



Fine Arts Class Gallery
Fine Arts Room (OC). The Lifestyle Department, in cooperation with Lincoln Hills art instructors and their students, welcomes all residents and their guests to stop by the Fine

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

—Abstract Art—



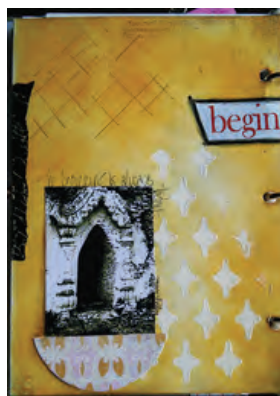
*YUPO® Abstract
Art Workshop
Mondays, January 27-
February 10

— LSC2569

1:00 to 4:00 PM
(OC) \$90 (three ses-
sions). Instructor:
Faye August. This
three-day workshop

introduces participants to YUPO®, a non-porous, synthetic paper to create a one-of-a-kind abstract. Using watercolor and/or fluid transparent acrylics together with stamps, stencils, and other mark-making tools, create a unique abstract piece with dynamic color and textures. The instructor will use a combination of watercolor and transparent fluid acrylics during class. **Requirements:** bring own painting supplies, table-cover, disposable gloves, and YUPO® paper. Heavy body acrylics are not recommended. Instructor will have stencils, stamps, and other tools for adding texture. Questions/materials recommendations? Contact instructor *prior to class*, 916-209-3643 or watercolorist55@gmail.com.

—Drawing—



*Mixed Media Art
Journaling
Tuesdays,
January 14 & 28

— LSC1972

9:00 AM to Noon (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 create interesting, interactive mixed media pages in a journal. Supplies needed: mixed media spiral-bound artist paper pad, glue stick, scissors, small paintbrush, Sharpie pen, white gesso, plus your favorite mixed media supplies. Vacation drop-in: \$25 per session.

—Oils, Pastels & Acrylics—



***Oil and Acrylic Painting for All Levels**
Wednesdays, January 8-29
9:00 to 11:30 AM
 — **LSC1973**
Or 1:30 to 4:00 PM
 — **LSC2566**

(OC) \$60 (four sessions). Instructor: *Marilyn Rose*. Choose between AM and PM sessions. Sessions are not interchangeable. Students receive guidance in creating original paintings. Those with little or no art training can gain a solid grounding in the principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples, and individual instruction are used. **Prerequisite:** New students must call the instructor at 916-409-0397 at least a week before the class for pre-class guidelines. Please pick up a supply list upon enrollment. *About the Instructor:* Marilyn is an award-winning professional artist with nearly 30 years of experience with hundreds of her paintings in private collections across the U.S. and the U.K. Website: artistmarilynrose.com. Vacation drop-in: \$18 per session.



Sip and Paint: "Yosemite in Winter"
Friday, December 27 — LSC1183
Or *Sip and Paint "San Francisco Lights"
Friday, January 24 — LSC2516

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, brushstroke, 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.

—Pastels & Watercolor—



Art Classes with Michael Mikolon

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

watercolor approaches and techniques in an encouraging and fun environment! Each student will be given individual instructor attention at their level and chosen art medium. Class begins with a live demonstration followed by one-on-one instruction. This course will focus on materials and painting techniques, color theory, and mixing fresh/vibrant colors 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 Step-by-Step

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

- ***Morning Class**
Thursdays, January 2-30 — LSC2537
 9:30 AM to Noon (OC) \$85
 (five sessions; 2.5 hour/session)
- **Or**
- ***New! Evening Class**
Thursdays, January 2-30 — LSC2549
 5:30 to 8:00 PM (OC) \$85
 (five sessions; 2.5 hour/session).

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†As with any mortgage, you must meet your loan obligations, keeping current with property taxes, insurance, maintenance and any homeowners association (HOA) fees.

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***Watercolor – Afternoon Class**
Thursdays, January 2-30 — LSC2053

1:00 to 4:00 PM (OC) \$90 (five sessions). Instructor: *Michael Mikolon*. Beginner and advanced students learn various watercolor approaches and techniques in an encouraging and fun environment! Each student will be given individual instructor attention at their level. Class begins with a live demonstration followed by one-on-one instruction. This course will focus on materials and painting techniques, color theory and mixing fresh/vibrant color with the use of a well-organized palette. Learn to create your own voice in art!

Ceramics

—Pottery—



***Beginning/Intermediate Ceramics**
Tuesdays, January 7-28
— LSC2077

1:00 to 4:00 PM (OC) \$64 (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 the instructor's tools to create their first art piece. Supply list provided at first class. Vacation drop-in: \$17 per session.



***Advanced Ceramics**
Tuesdays, January 7-28
— LSC2065

9:00 AM to 12:30 PM (OC) \$64 (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: \$17 per session.



***Introduction to Ceramics**
Thursdays, January 2-30
— LSC2089

9:00 AM to Noon (OC) \$67.50 (five sessions). Instructor: *Taylor Jackson*.

A beginner class in ceramics that covers the basics of hand-building and wheel throwing. This class focuses on skill-building and understanding the working process. Students will be given assignments, demonstrations, and individual instruction to help learn the techniques used in making ceramics. New students will be given some class clay to help get their first assignment started. Students will need to bring their own tools.



***Intermediate Ceramics**
Thursdays, January 2-30— LSC2101

1:00 to 4:00 PM (OC) \$67.50 (five sessions). Instructor: *Taylor Jackson*. An intermediate class in ceramic for self-driven students who want to work on their skills. This class is for those who want guidance but enjoy flexibility. Students are encouraged

to share ideas and engage in discussion. This class includes demonstrations, discussions, and individual instruction to help students grow their skills. Some advanced tools are available from the instructor to assist in the progression of an art piece. Vacation drop-in: \$17 per session.

Crafts

—Card Making—

Card Making will be on hiatus January and will return February 2020.



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—Flower Arranging—



**Holiday
Centerpiece Class
Thursday,
December 19
— LSC2563**

10:00 to 11:45 AM
(KS) \$20 plus supply
Fee \$20 payable to

instructor. Instructor: *Jennifer Steele*. It's that special time of year to make every part of our homes spill over with holiday festivities. Join floral designer, Jennifer Steele, as we walk through the step by step process of making a beautiful fresh flower centerpiece. Using long-lasting flowers in holiday colors along with wonderful winter greenery to design something as unique as your home. A great addition to your holiday spread or to take as a party gift. Bring your garden shears. Space is limited.



***Winter Floral
Arranging Workshop
Tuesday, January 7
— LSC2586**

10:00 to 11:45 AM
(KS) \$30 plus supply
Fee \$25 payable to
instructor. Instructor:
Jennifer Steele. Jen-

nifer will walk the class through the various use of flowers and textures and how to put together a beautiful vase arrangement to take home. Price includes all flowers, a vase, and instruction. Each student will leave with their own floral arrangement in a vase. Bring your shears and get ready to have a good time crafting beautiful things.

Dance

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



***Beginning Clogging
Tuesdays, January 7-28
— LSC2113**

10:00 to 11:00 AM (KS) \$32
(four sessions). Instructor:
Janice Hanzel. Tell your
friends, neighbors, and fellow
dancers! Join this brand new
beginner's 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. New Beginners January, February, and March only.

***Easy-to-Intermediate Clogging
Tuesdays, January 7-28 — LSC2124**

11:00 AM to Noon (KS) \$32 (four sessions). Instructor:
Janice Hanzel. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We will also learn new dances, easy to intermediate, from recent workshops and conventions. Come join in the fun. All levels encouraged to participate. Vacation drop-in: \$10 per session.

***Intermediate Plus Clogging
Tuesdays, January 7-28 — LSC2135**

Noon to 1:00 PM (KS) \$32 (four sessions). Instructor:
Janice Hanzel. **Prerequisite:** Instructor approval. Students are strongly encouraged to take the 11:00 AM class. Challenge yourself with a higher level of clogging. Review steps from some of the Intermediate level dances in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events. This class will move a bit faster this year and will get into more intermediate level dances. Vacation drop-in: \$10 per session.

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—Country Western Dancing—



***Country Couples Western Dance
Beginner Level 1 & 2
Mondays, January 6-27**

— LSC2146

7:00 to 8:00 PM (KS) \$28 (four sessions). Instructors: *Jim & Jeanie Keener*. Western dancing is done to many types of music, country being the most popular.

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

***Country Couples Western Dance
Beginner/Intermediate Level 3 & 4
Mondays, January 6-27 — LSC2157**

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

—Hula—



***Hula
Thursdays, January 9-30**

— LSC2589

1:00 to 2:00 PM (KS) \$50.00 (four sessions). Instructor: *Pam Akina*. An ongoing class for hula dancers of all experience and skill levels. Come learn the beautiful dance of the Hawaiian

islands. You will exercise the mind, body, and spirit while learning choreographed routines. Historical and cultural information surrounding each of the dances will be shared. New students, please contact instructor before the first session 916-521-0474. Vacation drop-in: \$17 per session.

—Jazz—

***Jazz for Beginner
Thursdays, January 2-30 — LSC2180**

11:00 AM to Noon (KS) \$45 (five sessions). Instructor: *Melanie Greenwood*. This class

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

***Jazz Performance
Tuesdays, January 7-28 — LSC2191**

1:00 to 2:00 PM (KS) \$36 (four sessions). Instructor: *Melanie Greenwood*. Not open to new students. Must have instructor approval to register. The current class is in the midst of preparing for a performance. The class is geared toward stage performances throughout the year. Vacation drop-in: \$14 per session.

—Line Dance—



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

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

Level I – Absolute Beginner (Intro)

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

- ***Thursdays, January 2-30 — LSC2290**
9:00 to 10:00 AM (KS) \$35 (five sessions).
Instructor: *Yvonne Krause-Schenck*
- ***Mondays, January 6-27 — LSC2202**
4:00 to 5:00 PM (KS) \$28 (four sessions).
Instructor: *Cathy Paris*
Vacation Drop-in: \$10 per session

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Level 2 – Beginner

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

- ***Thursdays, January 2-30 – LSC2312**
10:00 to 11:00 AM (KS) \$35 (five sessions).
Instructor: *Yvonne Krause-Schenck*
- ***Fridays, January 3-31 – LSC2255**
2:00 to 3:00 PM (KS) \$35 (five sessions).
Instructor: *Sandy Gardetto*
Vacation Drop-in: \$10 per session
- ***Thursdays, January 2-30 – LSC2225**
3:30 to 4:30 PM (KS) \$35 (five sessions).
Instructor: *Cathy Paris*
Vacation Drop-in: \$10 per session

Level 3 – High Beginner/Improver

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

- ***Mondays, January 6-27 – LSC2301**
9:00 to 10:00 AM (KS) \$28 (four sessions).
Instructor: *Yvonne Krause-Schenck*
- ***Wednesdays, January 8-29 – LSC2266**
9:00 to 10:00 AM (KS) \$28 (four sessions).
Instructor: *Sandy Gardetto*
Vacation Drop-in: \$10 per session

Level 4 – Easy Intermediate

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

- ***Wednesdays, January 8-29 – LSC2278**
10:00 to 11:00 AM (KS) \$28 (four sessions).
Instructor: *Sandy Gardetto*
Vacation Drop-in: \$10 per session
- ***Mondays, January 6-27 – LSC2213**
5:00 to 6:00 PM (KS) \$28 (four sessions).
Instructor: *Cathy Paris*
Vacation Drop-in: \$10 per session

Level 5 – Advanced

More difficult dances will be featured in this class suitable for the more experienced dancer. Dances will be taught at a faster pace to a smaller group of dancers. If you have a good foundation and are comfortable with easy, intermediate dances, you will be able to master these dances. Come and join this enthusiastic group and see how much fun you can have!

- ***Thursdays, January 2-30 – LSC2587**
4:30 to 5:30 PM (KS) \$35 (five sessions).
Instructor: *Cathy Paris*
Vacation Drop-in: \$10 per session

*Country Line Dancing

Fridays, January 3-31 – LSC2236

3:00 to 4:00 PM (KS) \$35 (five sessions). Instructors: *Jim & Jeanie Keener*. This class is a mixture of beginner, high beginner, and intermediate dances. It features the popular “old” line dances and some new popular dances that are done at country dances around the area.

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Line Dance Instructors

• Sandy Gardetto

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



• Yvonne Krause-Schenck

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



• Cathy Paris

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



—Tap—



Tap Classes with Alyson

Enjoy tap classes, make new friends, and challenge your mind and body. Alyson Meador is a highly accomplished educator in the art of tap dance whose

successes as a choreographer and mentor have brought her a great deal of prestige and recognition. As the daughter of a Radio City Rockette and an Arthur Murray ballroom instructor, her exposure to the dance world was inevitable. She has been instructing for over

30 years. She is currently the Artistic Director of the Leighton Dance Project Tap Company and has served the Lincoln Hills community since 2000.

*Beginning Tap 2

Mondays, January 6-27 — LSC2334

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

Tap Technique

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

• *Tuesdays, January 7-28 — LSC2344

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

• *Mondays, January 6-27 — LSC2323

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

• *Thursdays, January 9-30 — LSC2588

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

Glass Art



Fused Glass

Monday, January 13 — LSC2568

9:30 AM to Noon (KS) \$28. Supply fee: \$10 payable to instructor. Instructors: *Jim*

Fernandez and Danielle Echeverria. Learn to make fused glass jewelry with a focus on Dichroic glass or create glass projects. Beginners & experienced artists are welcome. This class is designed to teach the fundamentals of Dichroic glass jewelry designing and glass finishing. The \$10 supply fee provides enough compatible glass 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, January 6-27 — LSC2417

1:00 to 4:00 PM (KS) \$61 (four sessions). Supply fee: \$10 payable to instructor. Instructor: *Jim Fernandez*. **Requirements:** No open toe shoes. You will learn the technique of cutting glass, foiling, and soldering, along

with safety and the proper use of equipment. Create a beautiful butterfly suncatcher, candle holders, and other projects. The class is also open to more experienced students. The instructor will evaluate the students' skill level on the first day of class and recommend a project. Lead glass technique is now available. *About the Instructor:* Jim Fernandez has 29 years of stained glass experience.

Movies



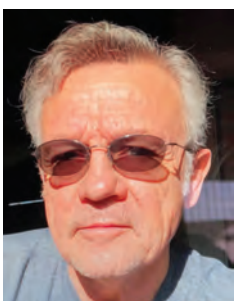
History of Movie Musical Part 3 Wednesdays January 15- February 5 — LSC2576

1:00 to 4:00 PM (KS) \$32 (four sessions). Instructor: **Ray Ashton**. In January, we will continue our journey into the 21st century and the resurgence of the movie musical. Beginning with the controversial "Moulin Rouge"

and the Academy Award-winning "Chicago," we will meet a new breed of filmmaker and a newer approach to the making of a musical with the live on set recording of "Les Miserable." We will discover more movie versions of our Broadway favorites and a harkening back to the "Jukebox" musical. So, come join us and bring a friend as we travel through one of the great stories called "The History of the Movie Musical."

Music

—Guitar—



*Beginning Guitar Mondays, January 6-27 — LSC2366

8:00 to 9:30 AM (OC) \$48 (four sessions). Instructor: **Jon Gowin**. Join this new class for beginning students. Learn to read guitar TAB and standard notation, play melodies, and strum chords.

We use both nylon or steel-string acoustic guitars. The class will teach the fundamentals of music to prepare you for the Intermediate class. *About the Instructor:* Jon has a degree in Education and has been playing guitar and other string instruments for over 50 years. He has performed with Bob Wren and his Sacramento World Music Ensemble for over ten years.



*Folk Guitar for Fun Folks 101 Beginner Level

Tuesdays, January 7-21
— LSC2441

1:00 to 2:00 PM (KS) \$30 (three sessions). Instructor: **Darrell nger**. 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 '50s, '60s, and '70s 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 instructor at 916-989-8532.



*Folk Guitar for Fun Folks 102 Intermediate Level Tuesdays, January 7-21 — LSC2453

2:00 to 3:00 PM (KS) \$30 (three sessions). Instructor:

Darrell nger. **Prerequisite:** Knowledge of guitar playing using basic chords while doing a simple strum and singing (no vocal training required). This class is an intermediate class with emphasis on harder chord fingerings, more transitions of chords in songs, different strumming patterns, and various 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 prerequisite, and their fingers can withstand the pain! Questions? Call instructor at 916-989-8532.

*Intro to Swing Guitar Intermediate Level Wednesdays, January 8-29 — LSC2380

8:00 to 9:30 AM (KS) \$48 (four sessions). Instructor: **Jon Gowin**. **Prerequisite:** Students can easily play some barre chords and able to read some standard notation and/or Tablature. This class will explore "Swing Guitar," as played by the gypsy guitarist Django Reinhardt but in a simplified approach. We will guide you into one of the most exciting styles of guitar playing in the world how simple it can be once you know the tricks. We will be playing Acoustic guitars only: either steel strings or nylon, and need to play with a pick.

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—Ukulele—

Beginning Ukulele*Mondays, January 6-27 — LSC2405**

10:00 to 11:30 AM (OC) \$48 (four sessions). Instructor: *Jon Gowin*. This class will introduce the beginning musician to the joys of playing the ukulele, a simple instrument with simple chords that can accompany virtually any song in the world. Open to new beginner students.

Intermediate Ukulele*Wednesdays, January 8-29 — LSC2392**

9:45 to 11:15 AM (KS) \$48 (four sessions). Instructor: *Jon Gowin*. This class is an intermediate Ukulele class and will be playing songs that progressively use a few more chords than beginners' class. We will continue to build on our chordal knowledge, and gradually bring in a greater variety of songs. We will bring in more songs in tablature and will incorporate some fingerpicking.

—Certification—

**Sewing Certification**

Let's get sewing! Residents must be certified to use any of the sewing machines in the Sewing Room (OC). We offer 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 monthly. Fee: \$15 per lesson for 2019. Must register prior to class.

Technology

—PC—

**Windows 10 Basics****Wednesday & Thursday
January 29 & 30 — LSC2584**

1:00 to 3:30 PM (OC). \$49 (two sessions). Handout Fee: \$10. Instructor: *Rita Wronkiewicz*. Start the year right by increasing your Windows 10 skills. Whether

you're new to Windows 10 or have used it for a while, this class will give you the confidence to use it more effectively and appreciate its new features. Rita will cover the basics and also how to set up your PC, so it is most optimum for you. If you have a portable PC, bring it to class. Questions? Call instructor at 916-543-6962.

—Smart Phone—

iPhone Basics (iOS 13) Workshop**Tuesday, January 14 — LSC2585**

9:00 AM to Noon PM (OC). \$35 + \$5 paid to instructor for class material. Instructor: *Andy Petro*.

Prerequisite: You must be on iOS 13 and must have an iPhone 6S, 6S Plus, 7, 7 Plus, 8, 8 Plus, iPhone



X, XS, XS Max, XR, iPhone 11, 11 Pro, or 11 Pro Max, no older iPhones, please. Bring your (fully charged) iPhone to the workshop. We will review the basic iPhone settings and functions along with features in iOS 13. There will be instructions on how to personalize your iPhone to get the most out of it? If you have any questions, call instructor at 916-474-1544.

Android Smart Phone Basics**Monday, January 20 — LSC2582**

9:00 to 12:00 AM (OC) \$25 + \$10 supply fee paid to instructor.

Instructor: *Len Carniato*. Are you getting your money's worth from your Cellphone Service? Bring your SmartPhone from any carrier,



brand or version. In this class, we focus on the "Phone" part of your SmartPhone. On our large screen display, you will learn how to connect to open WiFi networks, arrange and navigate your screens, make and take phone calls, organize your contacts, so your list works for you, use text messaging, access the internet, take and share photos, and more. While this class is presented for the novice user, more seasoned owners will also benefit from taking this class.

Android Smart Phone Tips Tricks**Wednesday, January 22 — LSC2583**

9:00 to 11:00 AM (OC) \$20 + \$10 Supply fee paid to instructor. Instructor: *Len Carniato*. Get more

from your SmartPhone because it's way more than just a Phone! In this class, we focus on the "Smart" part of your SmartPhone and explore many useful features built right into your Android device. We'll discuss important settings that you will use often such as WiFi, Bluetooth, and others. We will also cover using your built-in Camera, sharing and saving photos, even basic photo editing, and how to find, install, and remove "APPS." Learn to use Google Play to get APPS that make collages, listen to podcasts, tune in radio stations, and play music, to name a few. **Prerequisite:** Attendees should already feel comfortable using their smartphones.

ROCK STEADY BOXING SCLH



New! Rock Steady Boxing
SGT - Small Group Training
Thursdays, January 9-30
1:30 to 2:30 PM, Aerobics Room (KS)
\$70 (four sessions)

Signups begin December 17!

Instructor: Milly Nuñez.

Rock Steady Boxing (RSB) is a non-contact fitness program designed specifically for people with Parkinson's. Boxers condition to defend against and overcome opponents. At RSB, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to empower people with PD to fight back. All levels are welcome. There will be a mandatory assessment with the Coach prior to the start of the classes in January to evaluate participants.

For additional information contact Danielle Merrill at KS wellFit: Danielle.Merrill@sclhca.com

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Bowenwork Services

Have aches and pains? Talk with Rebecca and learn how Bowenwork can relieve those aches and pains. The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. Bowenwork addresses core issues, not just symptoms. It can help with chronic conditions from asthma to bunions, as well as acute injuries like sciatica, knee problems, and more. It is safe and gentle enough for those with compromised health. **Rebecca Kang** is a Certified Bowen Practitioner. For your free Bowenwork Assessment, please contact Rebecca Kang at rebecca.kang@sclhca.com or 916-625-4034.

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.

***Indicates new class on sale December 17**



*Arthritis

Tuesdays,

January 7-28

Wednesdays,

January 8-29

Thursdays,

January 9-30

Fridays, January 10-31

Tuesdays \$36 (four sessions) 11:00 AM to Noon.

Instructor: **Cynthia**

Bullwinkel Wednesdays

& Fridays \$36 (four sessions) 10:00 to 11:00 AM, Aerobics Room (OC). Thursdays \$36 (four sessions) 11:00 AM to Noon. Instructor: **Linda Hunter**. Arthritis class is Arthritis Foundation approved and is appropriate for all seniors who desire a gentle approach to exercise. Our goal is to increase the range of motion, flexibility, endurance, and mobility while also improving balance and strengthening muscles. We will do some standing, but sitting is always an option.



WellFit Orientations

Free Orientation: WellFit Staff

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

Fitness Floor (OC)

- **Thursday, January 16**
3:00 to 4:00 PM
- **Tuesday, January 21**
3:00 to 4:00 PM

Fitness Floor (KS)

- **Thursday, January 9**
4:30 to 5:30 PM
- **Tuesday, January 14**
4:00 to 5:00 PM

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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**
Tuesday & Wednesday, January 7-8
 9:00 to 10:30 AM, meet at the OC Fitness Center \$45. Instructor: **Dr. Richard Del Balso**. By adding Nordic Poles to your walking routine you will be able to incorporate 90% of your muscles in one exercise; burn up to 46% more calories than walking without poles; reduce impact on hips, knees and feet by an average of 25%; and develop upright body posture resulting in less risk of falling. Please bring water as there will be walking outdoors. Walking poles are available for each class at no charge with the option to purchase at the final session.

Mindfulness

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



***Hypnotic Journeys – Unleash the Power of Your Mind with Self-Hypnosis 101!**
Thursdays, January 9-30
 10:00 to 11:30 AM, Multipurpose Room (OC) \$80 (four sessions).

Instructor: **Kelley Moreno**. Unleash the Power of Your Mind with Self-Hypnosis 101! Kelley will show you the secrets of making things happen automatically. From performance enhancement to pain relief, come learn how to change things whether you are thinking about them or not!

***NEW!! Mindful Eating**
Thursdays, January 9-30

10:00 to 11:30 AM, Multimedia Room (OC) \$80 (four sessions). Instructor: **Sheri Mandell**. Are you tired of carrying around a few extra pounds? Have you tried different diets simply to return to your old habits? If so, mindful eating may be for you. Mindful eating

is not a diet; it is an attitude towards food that encourages awareness of what you eat and why. Discover the reasons you overeat, your thoughts and feelings about food, and how to become aware of what your body needs by staying in the present moment. Regain a healthy, joyful relationship with what you put on your plate!

Mindful Movement

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



***Tai Chi Qigong L1**
Tuesdays, January 7-28

1:00 to 2:00 PM, Aerobics Room (KS) \$44 (four sessions). Instructor: **Peli Fong**. Tai Chi is a century-old practice that focuses on soft and gentle movements known as postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi offers harmony of the mind and body as it relieves stress and induces relaxation. Through cultivation and flow of the body's life force known as "Chi," this form of exercise has been known to improve a variety of ailments. People of all fitness levels will benefit from this complimentary health system.

***Tai Chi Qigong L2**
Tuesdays, January 7-28

2:00 to 3:00 PM, Aerobics Room (KS) \$44 (four sessions). Instructor: **Peli Fong**. This class is for Tai Chi and Qi-gong students who wish to bring 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 the Qigong sets of movements. Qigong paired with stillness, and moving meditation will improve body mechanics, muscle memory, and tone while increasing the understanding of these century-old art forms of health, mindfulness, and wellbeing.

***NEW!! Tai Chi Chaun**

Mondays and Wednesdays, January 6-29

1:00 to 2:00 PM, Aerobics Room (OC) \$80 (eight sessions). Instructor: **Anney Siegal-Wamsat**. Anney



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comes to us from the Sierra College Olli program, where she teaches Tai Chi and has been a Tai Chi practitioner for seven years. The Yang 128 long form is “meditation in motion” that helps coordination, circulation, strengthens the brain, and benefits the heart. Students will learn the 128 forms with emphasis on basic concepts, stances, and poses. Practicing T'ai Chi promotes good health, balance, and peace of mind. Loose, comfortable clothing is encouraged.

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.

Intro to Investing with Russ Abbott Tuesday, January 28

10:30 AM to Noon, P-Hall (KS) \$5. Instructor: **Russ Abb**. Learn more about the fundamentals of investing and portfolio management. We will establish a framework to advance your knowledge of financial concepts, investment principles, asset classes, and vehicles. Expect vigorous discussion.

Nutrition

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



*Re-Start—Your Health in Just Five Weeks Tuesdays, January 14-February 11 12:30 to 2:00 PM, Multipurpose

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

*NEW!! Next Level Nutrition for Re-Start Alumni! Tuesdays, January 14-February 11

2:45 to 3:45 PM, Multipurpose Room (OC). \$129 (five sessions). Instructor: **Audrey Gould**, Registered Dietitian, and Nutrition Therapy Practitioner. This 5-week program offers insight and guidance in

answering common health and nutrition questions that have been asked by RESTART® participants. Continue to control your health by giving your body the proper fuel and implementing the lifestyle that you developed during the 21-day sugar detox. Topics will include implementing your new eating habits long-term, the power of intermittent fasting, ketogenic diets, groundbreaking science behind nutrition and disease, and quick and easy cooking ideas. **Prerequisite:** Completion of the RESTART® program.

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, January 28

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

Getting Your Stuff Together: Organizing Your Estate Thursday & Friday, February 11-12

9:00 AM to Noon, Oaks & Multipurpose Rooms (OC). \$30 + \$25 material fee paid to the instructor on first day of class. Instructor: **Marcia VanWagner**. As we age, we wonder “who will help me?” or “will I outlive my money?” We feel overwhelmed and end up doing nothing. Start slowly. Learn the small steps you can take. What you need, where you get it, and where you put it. Getting Your Stuff Together creates order out of chaos, helps your chosen advocates, and alerts you to the complexity of aging. Your LegacyLedger™ is the tool to bring it all together.

Let's Talk About Advance Health Care Directives Wednesday, February 26

9:00 AM to Noon, Multimedia Room (OC). \$30. Instructor: **Marcia Van Wagner**. Every adult needs an Advance Health Care Directive. Regardless of age

or health, none of us knows when a future event may leave us unable to speak for ourselves. What should I consider before completing an Advance Directive? What scenarios might I encounter that having an Advance Directive would help? How do I choose an agent? What is a POLST? Do I need one? How do I talk to my family about my wishes? This interactive class will explore all these questions with handouts and resource materials.



*Traditional Shotokan Karate Saturdays, January 4-25

11:30 AM to 12:30 PM, Aerobics Room (OC) \$20. Instructor: *Al Trimarchi*. Al has over 45 years' experience teaching the

JKA Shotokan style of traditional karate, one of the most widely practiced martial arts. This training has its feet firmly rooted in the traditions and skills of Japan's ancient martial arts while embracing the technical refinement made possible by the awareness of modern scientific knowledge. The practice of karate is a multi-faceted endeavor that offers many benefits and avenues of exploration to participants. This class will focus on the perfection of character through the perfection of technique.

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Pilates Reformers and Towers

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

Membership packages require an agreement for auto-pay upon enrollment. Members select their monthly classes via the online scheduling system; these packages are not available online. See class grid on page 101 for a complete listing of Pilates Reformer classes.

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

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.

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 Merrill
 Fitness Coordinator
 Danielle.Merrill@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 Merrill. You can also visit www.sclhresidents.com under WellFit/Personal Training/meet the trainers.

Training Services

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

Small Group Training (SGT)

Small group training classes are designed for specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting and with no more than six people. Classes fill up quickly; please register at least seven days prior to the class start date, no refunds. Events go on sale on the 17 of this month at 8:00 AM. Register at either Fitness Desks or online.

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



SGT—Parkinson's Indoor Cycling Wednesdays, January 8-29

12:30 to 1:30 PM, Aerobics Room (KS) \$70 (four sessions). Instructor: *Milly Nuñez*. 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 Parkinson's Disease have experienced symptomatic relief when they undergo a regular exercise program with "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.

New! SGT—Rock Steady Boxing Thursdays, January 9-30

1:30 to 2:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Milly Nuñez*. Rock Steady Boxing (RSB) is a non-contact fitness program designed specifically for people with Parkinson's. Boxers condition to defend against and overcome opponents. At RSB, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to

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empower people with PD to fight back. All levels are welcome. *There will be a mandatory assessment with the Coach prior to the start of the classes in January to evaluate participants.*

SGT—ParkinsonStrong Combo Fridays, January 10-31

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



SGT—Snow Ski Conditioning L2/3 Mondays & Wednesdays, January 6-29

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

performance on the slopes this year? Take this class for these key components: power, strength, speed, balance, agility, coordination, endurance, injury prevention, and flexibility.

SGT—Fit 101 at Kilaga Springs L1 Mondays & Wednesdays, January 6-29

10:30 to 11:30 AM, Fitness floor (KS) \$135 (eight sessions). Instructor: *Max Alcantar*. 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, 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 and create a workout routine.



SGT—Fit 101 at Orchard Creek L1 Tuesdays & Thursdays, January 7-30

Noon to 1:00 PM, Fitness floor (OC) \$135 (eight sessions). Instructor: *Torin Garza*. Starting a new experience may

seem a little overwhelming. 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 machine 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 fitness goals.



SGT—“Fun”ctional Fitness L3 Tuesdays & Thursdays, January 7-30

Noon to 1:00 PM, Aerobics Room (KS) \$135 (eight sessions). Instructor: *Deanne Griffin*.

Incorporate 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, January 6-29

4:00 to 5:00 PM, Aerobics Room (KS) \$135 (eight sessions). Instructor: *Danielle Merrill*. 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.

ing 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, January 6-29

7:15 to 8:15 AM, Aerobics Room (KS) \$135 (eight sessions). Instructor: *Milly Nuñez*. Rise and shine to enjoy a fun and energizing workout in a small group setting. Discover ways to challenge yourself at your level while getting a full-body workout. A full-body workout

will 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—TGIF TRX & More L2 **Fridays, January 10-31**

7:15 to 8:15 AM, Aerobics Room (KS) \$70 (four sessions). Instructor: *Renae Schmidt*. 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—Therapeutic Water Exercise L1 **Fridays, January 10-31**

12:30 to 1:30 PM, Indoor Pool (OC) \$70 (four sessions). Instructor: *Max Alcantar*. Therapeutic style exercise program in the pool! The warm water helps to increase circulation, respiratory rate, muscle metabolism, strength, flexibility, and ease of movement. Exercises in the water work to relieve pain through decreased weight-bearing and reduced joint stress. Meet in the pool area by the benches, dressed for the pool, and the trainer will assist you in/out of the pool. The trainer is unable to help students in/out of the locker rooms or parking lot. Don't forget your towel!

SGT—Posture, Core and Balance L1/2 **Wednesdays and Fridays, January 8-31**

Noon to 1:00 PM, Aerobics Room (OC) \$135 (eight sessions). Instructor: *Renae Schmidt*. 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 the pressure off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility.

SGT—Posture, Core and Balance L1/2 **Mondays & Wednesdays, January 6-29**

11:30 AM to 12:30 PM, Aerobics Room (KS) \$120 (seven sessions; no class January 8). Instructor: *Danielle Merrill*. 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 the pressure off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility.

SGT—Balance & Fall Prevention L1 **Mondays and Wednesdays, January 6-29**

2:00 to 3:00 PM, Aerobics Room (OC) \$135 (eight sessions). Instructor: *Danielle Merrill*. Learn simple stretches and exercises that will help improve balance, core strength, and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

SGT—Balance & Fall Prevention L2 **Tuesdays and Thursdays, January 7-30**

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

Punch Pass and Fast Class

We now offer Fast Class Passes for \$2.50. These Fast Class Passes can only be used on our new 30 minute classes. Please see the colored grids on pages 98-101 for days and times. We also still offer our Punch Pass classes for \$4.50 each. Purchase your Punch Passes or your Fast Class Passes at either Fitness Center front desk. There are no refunds for Punch Passes or Fast Class Passes.

For a list of class descriptions, please refer to www.sclhresidents.com under WellFit tab.



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OC WellFit Class Schedule January 1-31, 2020						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OC	OC	OC	OC	OC	OC	OC
7:00	Stretch for EveryBODY L1/3 - Renae		Stretch for EveryBODY L1/3 - Renae			
8:00	Strictly Strength L3 - Katie	Intermediate Step L3 - Kim	Strictly Strength L3 - Katie	Intermediate Step L3 - Kim	Try it Out! FREE! Barre L2/3 - Gretchen	
9:00	Zumba L3 - Summer	Core & Strength L2 - Kim	Zumba L3 - Summer	Core & Strength L2 - Kim	20/20/20 L2/3 - Gretchen	Yoga Basics L1 - Amy/Sara
10:00	Slow Flow Yoga L2/3 - Katie	Yoga Flow L2 - Ashley	Arthritis L1/2 - Linda	Yoga Flow L2 - Amy	Arthritis L1/2 - Linda	Vin Yoga L2 - Sara
11:00	Mat Pilates - Sarah	Arthritis L2 - Cynthia	Piloga L2 - Lola	Arthritis L2 - Linda	Piloga L2 - Lola	
12:00	New Class! Strong & Stable L1 - Cynthia	New time! Chair Yoga L1 - Sara	SGT - Posture, Core & Balance L1/2 - Renae	Yoga Stretch L1 - Julie	SGT - Posture, Core & Balance L1/2 - Renae	Shotokan Karate L1/2 - All 11:30am Chair with Flair L1 - Julie 12:30pm
1:00	New class! Tai Chi L1/2 - Anney	New time! Rest Meditation and Yoga L1 - Iram	New class! Tai Chi L1/2 - Anney	Chair with Flair L1 - Julie	Basic Chair L1 - Maria	
2:00	SGT - Balance & Fall Prevention L1 - Danielle		SGT - Balance & Fall Prevention L1 - Danielle			
3:00	Healthy Living Exercise L1/2 - Milly	Healthy Living Exercise L1/2 - Milly	TBA	Healthy Living Exercise L1/2 - Julie	Activities	SCLH Booking
4:00	TBA	Activities	TBA			
5:00	TBA			Activities		
5:30			Mixed Levels Yoga L1-3 - Sara			
Group Exercise Classes (punch pass) \$4.50		30 min Group Exercise Classes (Fast Pass) \$2.50		Wellness Classes (session based) Small Group Training (session based)		
All classes are subject to change without notice. All classes are 55 minutes, unless otherwise noted.						

KS WellFit Class Schedule January 1-31, 2020						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
KS	KS	KS	KS	KS	KS	KS
7:15 SGT - Morning Bootcamp L2 Milly	Mixed Level Cycle L2/3 - Deanne	7:15-8:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2/3 - Helena	SGT - TGIF TRX L2 - Renne		
8:30 45 min Cycle & Strength L2 - Gretchen	Zumba Gold L2 - Joanie	45 min Cycle & Strength L2 - Jeannette	Zumba L2/3 Sharon	Zumba Gold L2 - Joanie	45 min Cycle & Strength L2 - Helena	9:00am Cardio Strength L3 - Kim
9:30 Cardio Strength L3 - Gretchen	Strictly Strength L2 - Liso	Cardio Strength L3 - Katie	Strictly Strength L2 - Linda	Cardio Strength L3 - Katie	Strictly Strength L2 - Helena	10:00am Zumba L3 - Carrie
10:30 New Class! Roll & Release L2 - Delphine	Piloga Flow L2 - Julie M	Strength & Flexibility L2 - Gretchen	Piloga Flow L2 - Cynthia	Yo-Chi L1/2 - Katie		
11:30 SGT - Posture, Core & Balance L1/2 - Danielle	12:00pm SGT - Functional Fit L3 - Deanne	SGT - Posture, Core & Balance L1/2 - Danielle	12:00pm SGT - Functional Fit L3 - Deanne	Waldan Gong L1 - Joan	Yoga Stretch L1 - Julie	
12:30	1:00pm Tai Chi L1 - Pell	SGT - Indoor Cycling for Parkinson's L1 - Milly	1:30-2:30pm SGT - ParkinsonStrong L1 - Milly	SGT - ParkinsonStrong Combo L1 - Milly		
1:30 Yoga Basics L1 - Amy	2:00pm Tai Chi L2 - Pell	Yoga Basics L1 - Lesley	SGT - ParkinsonStrong L1 - Milly			
2:30 SGT - Snow Ski Conditioning L2/3 - Max	SGT - Balance & Fall Prevention L2 - Danielle	SGT - Snow Ski Conditioning L2/3 - Max	SGT - Balance & Fall Prevention L2 - Danielle			
3:00	Yoga for Osteo L1 - Julie	SGT - Progressive Bootcamp L2/3 - Danielle	Yoga for Osteo L1 - Julie	SCLH Booking		
4:00	30min Cycle L1 - TBA		30min Cycle L1 - TBA			
5:00	TRX Circuit - Torin		TRX Circuit - Torin			
5:30						
6:00						
6:30						
Group Exercise Classes (lunch pass) \$4.50		30 min Group Exercise Class (fast pass) \$2.50		Wellness Classes (session based) Small Group Training (session based)		
All classes are subject to change without notice. All classes are 55 minutes unless otherwise noted.						

OC Aqua WellFit Class Schedule January 1-31, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Works L2/3- <i>Helena</i>		Water Works L2- <i>Jiji</i>		Water Works L2/3- <i>Danielle</i>		
8:30	Aqua Fitness L2/3- <i>Helena</i>		Aqua Fitness L2- <i>Marla</i>		Aqua Fitness L2/3 - <i>Jiji</i>		
9:30	Deep Water Fitness L3- <i>Lisa</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3- <i>Jeannette</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3- <i>Helena</i>		
10:30	Aqua Intervals L2/3- <i>Sharon</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Making Waves L2- <i>Marla</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Aqua Intervals L2/3- <i>Lisa</i>		
11:30	(11:30am-12:15pm) AF Aqua L1- <i>Sharon</i>		(11:30am-12:15pm) AF Aqua L1- <i>Marla</i>		(11:30am-12:15pm) AF Aqua L1- <i>Marla</i>		
12:30	Class Cancelled TBA				SGT - Therapeutic Water Exercise L1 <i>Max Alcantar</i>		
2:00							
4:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
5:00	Total Body Conditioning L3 <i>Jeannette</i>		Total Body Conditioning L3 <i>Jeannette</i>				
<p>All classes are subject to change without notice.</p> <p>All classes are 55 minutes unless otherwise noted.</p> <p>Group Exercise Classes (punch pass) \$4.50</p>							

Pilates Reformer WellFit Class Schedule January 1-31, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1- L2 - Cynthia				Mixed Equipment L1-L2 - Sarah		Pilates Ref L3 - Delphine
8:30	Ref Basics + L1-L2 - Sarah	Mixed Equipment L1-L2 Cynthia	Ref Basics L1 - Cynthia	Mixed Equipment L1-L2 - Julie	Ref Basics + L1-L2 - Sarah	Pilates Bootcamp L1-L2 - Julie	
9:30	Mixed Equipment L1- L2 - Sarah	Ref Basics + L1-L2 - Julie	Ref Basics + L1-L2 - Delphine	Ref Basics L1 - Julie	Ref L1-L2 - Sarah	Mixed Equipment L1- L2 - Julie	
10:30				Mixed Equipment L1-L2 - Julie	Ref Basics + L1-L2 - Sarah	Ref Basics L1-L2 Julie	
11:30				Cardio Jump & Core L2 - Gretchen	Ref L1-L2 - Valerie		
12:00	Pilates Bootcamp L2 - Valerie	Ref Basics + L1-L2 - Julie	Cardio Jump & Core L2 - Gretchen	Cardio Jump & Core L2 - Gretchen			
5:30	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625-4034			
				Pilates Bootcamp L1- L2 - Julie			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							
All classes are subject to cancellation for insufficient registration 24 hours prior to class.							

Sun City Lincoln Hills Community Association

965 Orchard Creek Lane
Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

www.sclhresidents.com

Need help? Email:

help.desk@sclhca.com

Public Website:

www.suncity-lincolnhills.org

•Administration•

Executive Director

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

Executive Assistant/Office Manager

Christy Goodlove (916) 625-4062

Christy.Goodlove@sclhca.com

Accounting

Director of Finance

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

Communications & IT

Manager

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

Community Standards

Manager

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

Facilities & Maintenance

Manager

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

Membership

Jessica Galindez

(916) 625-4068 membership@sclhca.com

Room Booking & Club Support

Coordinator

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

•Lifestyle•

Lifestyle Desks

Orchard Creek (916) 625-4022

Kilaga Springs (916) 408-4013

Director of Lifestyle, WellFit & Spa

Deborah McIlvain (916) 625-4031

Deborah.McIlvain@sclhca.com

Lifestyle Manager

Lavina Samoy (916) 625-4073

Lavina.Samoy@sclhca.com

Lifestyle Class Coordinator

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

Lifestyle Entertainment Coordinator

Deborah Meyer (916) 408-4310

Deborah.Meyer@sclhca.com

Lifestyle Trip Coordinator

Katrina Ferland (916) 625-4002

Katrina.Ferland@sclhca.com

COMPASS

Editor

Theresa Renken (916) 625-4014

Theresa.Renken@sclhca.com

•WellFit•

OC Fitness Center (916) 625-4030

KS Fitness Center (916) 408-4683

Assistant Director of WellFit & Spa

Jonathan Leung (916) 258-8289

Jonathan.Leung@sclhca.com

WellFit Manager

Jeannette Pyle (916) 408-4825

Jeannette.Pyle@sclhca.com

Fitness Coordinator

Danielle Merrill (916) 625-4032

Danielle.Merrill@sclhca.com

•Food & Beverage•

Meridians Reservations (916) 625-4040

Meridians Delivery (916) 625-4044

Kilaga Springs Café (916) 408-1682

Director of Food & Beverage

Kristy Huskey (916) 625-4049

Kristy.Huskey@sclhca.com

Catering

Catering Sales Manager

Don Giles (916) 625-4043

Don.Giles@sclhca.com

•The Spa at Kilaga Springs•

(916) 408-4290

Spa Manager

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

Hours

Administration Offices & Membership

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

Orchard Creek & Kilaga Springs Lodges

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

Lifestyle Desk (OC/KS)

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

Meridians Restaurant

Sunday-Thursday 7:00 AM-8:00 PM
Friday-Saturday 7:00 AM-9:00 PM

Catering Office

Tuesday - Saturday 9:00 AM-5:00 PM

Kilaga Springs Café

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

The Spa at Kilaga Springs

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

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

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

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David Conner, President

David.Conner@sclhca.com

Laura Thiele, Vice President

Laura.Thiele@sclhca.com

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Hank.Lipschitz@sclhca.com

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Alice.Crawford@sclhca.com

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Joe.Stewart@sclhca.com

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Don.Negus@sclhca.com

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Kathy.Shaddox@sclhca.com

Committee Chairs

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arc@sclhca.com

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ccoc@sclhca.com

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ccrc@sclhca.com

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compliance.committee@sclhca.com

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COMPASS — A monthly magazine established August 1999

COMPASS Editor: Theresa Renken 916-625-4014

Resident Writers: Nancie Attwater, Joan Logue, Linda Lucchetti, Richard Pearl, Al Roten, Teresa Tanin, David Wright **Layout/Design and Printing:** Fruitridge Printing

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