

January 2019

COMPASS



Navigate Your Way Through Sun City Lincoln Hills



Happy
New
Year!

14 Meet Your New City Council Members

56 Bringing in 2019

The Official Magazine of Sun City Lincoln Hills

Contents

3 Association News

- 3 Board of Directors' Report
- 4 From the Executive Director's Desk
- 4 Calendar of Events
- 5 Listening Post Update
- 5 Upcoming Association Meetings
- 6 Election News
- 7 Finance Committee Report
- 8 Architectural Review Committee
- 8 Compliance Committee
- 9 Communications and Community Relations Committee
- 9 Department News

48 Bulletin Board

51 Community Perks

53 Community Forums

59 Entertainment

14 Community Profile

- 14 Meet Your New City Council Members
- 15 New 'Tech' Devices to Help You Stay in Your Home Longer
- 17 Medical Marijuana: Hashing Out the Science
- 18 The New Year Brings New Directors!
- 20 In Memoriam
- 21 Volunteer Opportunities
- 21 Bingo
- 21 Save the Date: Lincoln Pace Race
- 21 Cheers to 20 Years!
- 22 SCLHCA Assessment Change

63 Day Trips & Extended Travel

77 Class Index

- 78 Lifestyle Classes
- 93 WellFit Classes

106 Association Contacts & Hours

107 Ad Directory

24 Club News

45 Support Groups



On the Cover - Bringing in the New Year.
Find the New Year Baby.



Board of Directors' Report

"For safety is not a gadget but a state of mind." – Eleanor Everet
 Ken Silverman, Vice President, Board of Directors

The Properties Committee asked the Board of Directors to look at five recommendations dealing with Automated License Plate Readers (ALRP) and community safety. At the November Board of Directors meeting, the Board's Task Force presented their recommendations. The following is a synopsis. For the full report on the Associations' website go to Library > Facilities and Landscape Management > Safety & Security – 2018 Security Task Force Final Report. The Task Force was composed of two board members, Joe Stewart (Chair) and Ken Silverman; Chris O'Keefe and Sam McKee (Staff); and, Pauline Watson and Fred Harris (Neighborhood Watch).

Recommendations and Outcomes:

1. Neighborhood Watch signs should be enlarged, and trees that could hide the sign should be trimmed back, so signs are visible.

Outcome: There is one standard sign provided by the National Neighborhood Watch. Neighborhood Watch reports to staff those trees that need trimming. Staff will trim trees on Association property. Staff will inform residents if a tree on their property needs trimming.

2. Place video surveillance signs on posts where the Neighborhood Watch signs are located.

Outcome: Video surveillance signs should be installed at the Associations' seven entrances with wording indicating "Video surveillance is in use." This could act as a deterrent.

3. ALRP on lease basis should be evaluated.

Outcome: After additional research, it was determined at this time cameras on a lease basis are not recommended. The City of Lincoln has one of the lowest crime rates in the state with Lincoln Hills even lower.

4. The Board should consider a proposal for Carlisle Group to look at safety and security measures for the Association.

Outcome: Staff informed the Task Force that there have been no issues within our common areas and our current 24/7 staffing with outside security is sufficient at this time, and no additional review is necessary.

5. The Board should review all current safety and security measures.

Outcome: Staff provided the Task Force with information on how security is handled within lodges and outside venues. They review security and safety on an ongoing basis to ensure they are effective, and if necessary, make appropriate changes. There is ongoing training of staff to be alert and aware.

In conclusion, we all play a part in helping to maintain the safety and security of our community.



At the December 20 Board of Directors Meeting, the Board recognized the Clubs & Community Organizations Committee (CCOC) for their volunteer service to the community. Pictured left to right (*indicates CCOC member): Mike Hilton*, Joe Di Ruscio*, Celeste Martella*, David Conner, Becky Nicholson*, Alice Crawford*, Hank Lipschitz, Marcia VanWagner, Don De Santis, Molly Seamons, Ken Silverman.

Calendar of Events

January 18, 2019 – February 18, 2019

Date	Event	Page #
1/18	The Music of Nat King Cole.....	59
1/19	Ordinary People	51
1/21	Document Destruction.....	51
1/22	The Piano Men.....	59
1/23	The Truth & Science of Cannabis Use ...	53
1/23	Bird Migration Trail Walk	51
1/25	Sip and Paint	79
1/28	Food Adventures Club.....	32
1/31	Danika & the Jeb.....	59
2/2	Mission Impossible	51
2/4	Mission Impossible	51
2/5	Football Officiating.....	53
2/5	YouTube.....	89
2/5	iPhone Basics.....	91
2/6	Getting the Most Out of Gmail.....	89
2/7	The Sun Kings.....	60
2/7	Static in the Attic.....	97
2/10	Sacramento Kings.....	71
2/11	Chromebook Tips n’ Tricks	91
2/13	Haggin Museum & Downtown Lodi.....	65
2/13	Android Smart Phone Basics.....	91
2/14	Android Smart Phone Tips n’ Tricks	91
2/15	A Celebration of Joni Mitchell.....	60
2/15	Eliminate Violence	53
2/18	Exploring Our Website.....	53



From the Executive Director’s Desk

Chris O’Keefe, Executive Director,
SCLH Community Association

Welcome to the January edition of the *Compass* magazine! I hope your holidays were filled with happy moments with family and friends. A little over a half mile south of 12 Bridges there is a cell tower disguised as a tree on top of a hill. When I moved to Rocklin in 1996, I used to ride my mountain bike to the top of that very same hill and look out towards the sleepy town of Lincoln. The view has changed dramatically since then, and what was once fields has turned into neighborhoods, including our community here at Lincoln Hills.

2019 marks Lincoln Hills’ 20th Anniversary, and it’s a great time to take a look back at the previous 20 years and remind ourselves of what took place when this great community was in its formative stages. We have a team at work right now planning for the anniversary, and if you were here in those early years (1999-2005) and have photos that you would be willing to share with us, please email them to Theresa Renken (theresa.renken@sclhca.com). It would be great to take a trip back to 2000 when the Orchard Creek Lodge was a trailer, and you could ride a bike from Rocklin to the outskirts of Lincoln, and see nothing but fields and stands of beautiful oak trees.

2018 continued a trend of continuous improvement for the Association. One example is the magazine you are reading now. Theresa Renken and the *Compass* team refreshed the look and layout of the *Compass* making it more attractive and readable. The Marketing team really started to mesh early in 2018, and you may recall that they secured the Concours event for 2019, and encouraged Skittles to shoot a commercial here that featured many of our residents.

From new fitness equipment to the Meridians home delivery service that started this year, department leaders with input from their teams and our residents were constantly looking for ways to improve what we do for our wonderful residents. This commitment to continuous improvement helps to energize the community and keep things moving forward.

As we start our journey in 2019 that commitment will continue, and it serves as our promise to you that the Lincoln Hills team will remain focused on doing what needs to be done to keep this the premier community around. Let’s make 2019 the best year ever!

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

We did not have a Listening Post in December, but I wanted to take the time to thank once again everyone who attended in 2018. We had the highest attendance levels every month for this get-together, and we had to move the event from a small room to the Front Ballroom! I am very thankful for those who took the time to join us and get the “Straight Scoop.”

One of the great things about the Listening Post is that we can address those “pesky” rumors or misinformation that floats around from time to time. An example is one that came up during the open forum of the December Board of Directors meeting. A resident spoke up and made a statement that our change to 501c (4) tax status meant that we had forfeited our resident only status for our neighborhood parks and that the tax savings realized by the change in status did not offset the potential intrusion by “outsiders” flocking into the parks.

In this particular case, our parks are not open to the public, and the decision to change our tax status is a positive for our community. Our application for exempt status was approved by the IRS, and they did not require any modification of our operations in order

to qualify. This was a good decision by the Board, with positive results for the entire community.

What is sometimes forgotten, is that before the Association makes a decision like this, we reach out to experts in the field.

We also conferred with outside experts for the solar project and the Community Enhancement Fund (both highly successful projects). These experts provide the committees, staff, and Board with the information needed to make beneficial decisions on behalf of the entire community.

This Association, both the Board and management, have a fiduciary duty to the community. This means that your Board and staff approach policy and management options with care, scrutiny, deliberation, and counsel of others. This process shows that well thought out decisions have brought this community to where it is today: thriving!

I would encourage anyone who has a question regarding anything Association related to first contact staff for clarification. We will do everything in our power to ensure that you are provided with the correct information.

Upcoming Association Meetings: January 15 – February 28

CCRC/Communications & Comm. Rel. Meeting	Tuesday, January 15, 9:30 AM
Elections Candidate Forum Session 1	Tuesday, January 15, 10:00 AM, P-Hall (KS)
Listening Post	Wednesday, January 16, 9:30 AM, P-Hall (KS)
Golf Cart Registration	Thursday, January 17, February 7 & 21, 9:00 AM
Finance Committee Meeting	Thursday, January 17, 9:00 AM, P-Hall (KS)
Elections Candidate Forum Session 2	Thursday, January 17, 2:00 PM, P-Hall (KS)
Elections Candidate Forum Session 3	Saturday, January 19, 10:00 AM, P-Hall (KS)
Board of Directors Meeting	Thursday, January 24, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, January 24, 11:00 AM
Board of Directors Executive Session	Thursday, January 24, 11:30 AM
ARC/Architectural Review Committee Meeting	Monday, January 28, 9:00 AM
Elections Meeting	Friday, February 1, 9:00 AM
CCOC/Clubs & Community Organizations Meeting	Tuesday, February 5, 9:30 AM
Compliance Committee Meeting	Wednesday, February 6, 10:30AM
Properties Committee Meeting	Thursday, February 7, 9:00 AM, P-Hall (KS)
ARC/Architectural Review Committee Meeting	Monday, February 11 & 25, 9:00 AM
Board of Directors Annual Meeting of Members	Thursday, February 14, 9:00 AM
Board of Directors Special Meeting	Thursday, February 14, Immediately Following
Board of Directors Organizational Meeting	Thursday, February 14, Immediately Following
Listening Post	Wednesday, February 20, 9:30 AM, P-Hall (KS)
Finance Committee Meeting	Thursday, February 21, 9:00 AM, P-Hall (KS)
Board of Directors Meeting	Thursday, February 28, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, February 28, 11:00 AM
Board of Directors Executive Session	Thursday, February 28, 11:30 AM

Meetings in Orchard Creek Lodge unless noted otherwise.

Election News

Get Ready, Get Set, VOTE!

By now everyone should have received a ballot in the mail for the Board of Directors Election. This year there are 4 Board of Director positions open and 7 candidates running.



Important Things to Know:

- There will be **three candidate Forums this month January 15, 17, 19.** Take the time to attend at least one of them to inform your vote better.
- The **Candidate Forums will also be video recorded** for later viewing on the website.
- All ballots must be received at the Inspector of Elections (IOE) or in the ballot box at Orchard Creek, no later than **3:00 PM February 13.**
- **Vote in time!** Mail-in ballots may take up to 9 days to reach the Inspector of Elections.
- **Out of town during the Elections?** You can still vote through Proxy voting. Look for information in the eNews, or stop by the Executive Director’s Office at Orchard Creek Lodge for a Proxy Package.

Make Your Ballot Count

- The owner of each property address may cast 4 votes for 1 or more candidates. Cumulative voting is allowed.
- Be sure to sign the outer envelope. Unsigned envelopes will be invalid.
- Do not make any additional marks or comments on the ballot or it will be invalidated.
- Make sure your ballot is received in time! You may mail it, drop it in the Election Box at Orchard Creek Lodge*, or hand-deliver it to the Inspector of Elections no later than 3:00 PM February 13.

Date	Day	Event
January 15	Tuesday 10:00 AM to Noon	Candidate Forum, P-Hall (KS)
January 17	Thursday 2:00 to 4:00 PM	Candidate Forum, P-Hall (KS)
January 19	Saturday 10:00 AM to Noon	Candidate Forum, P-Hall (KS)
February 13	Wednesday	All Ballots Due
February 14	Thursday	New Board seated at the Annual Meeting of Members



*During administrative hours - Monday through Friday - 9:00 AM to 5:00 PM

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



Finance Committee Report

Reaching Toward 2020

Robert Copp, Finance Committee

Last month, Pete Saco summarized the 2018 achievements of the Finance Committee. I want to look ahead through 2019 towards 2020. However, I must first start by looking back.

After more than six years of leading the Finance Department, Bruce Baldwin announced his retirement. While we will miss his knowledge of the Association's finances and his smiling face, we are fortunate that Staci Erskine was hired as Controller. Over the last six months, she has worked with Bruce to take over the day-to-day financial operations of the association. Staci has now been promoted to take over Bruce's leadership role as Director of Finance.

Staci, under the leadership of Chris O'Keefe, and with the support of the Board and the Finance Committee, has identified several areas to address through 2019. While the Board and the Committee will focus on policy and big picture items, Staci will be responsible for day-to-day operations and implementation. However, she continues to answer the committee's questions directly by providing an answer or getting back to us in a timely manner. For 2019, she will implement a fixed asset system and prepare to implement the financial systems in the Northstar software.

Staci has simplified the financial reports we

receive. Until Northstar is fully implemented, she has asked for some stability in the financial processes and reporting format. Over the next year, the financial reports will come from automated systems as much as possible rather than a variety of manual spreadsheets.

Over the last several months, Staci and the Board Treasurer, Molly Seamons, have led an effort to update the Association's accounting policies. The proposed changes will be monitored during 2019 to determine where gaps need to be filled, or further adjustments need to be made. The McClintock Accountancy Corporation completed an audit for 2017 and will complete another for 2018 that will validate our progress as we move toward 2020.

The Finance Committee members will continue to work as liaisons to each of the department heads providing suggestions and support while staying out of their day-to-day operations. The budget process will be improved for 2020 by starting earlier and finding ways to share more information in a way that will more fully engage the Finance Committee and the residents.

The Finance Committee looks forward to a banner year under Staci's leadership.

As we close out 2018, we continue to be slightly ahead of budget. Happy New Year to all!

Preliminary Statement of Operations YTD November 2018

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$7,615,830	\$7,580,525	\$35,305	\$8,261,646
Administration (Expense)	(1,861,630)	(1,805,475)	(56,155)	(1,977,330)
The Spa at Kilaga Springs	5,228	10,155	(4,927)	15,010
Fitness	(409,043)	(431,730)	22,687	(479,280)
Lifestyle	(459,328)	(465,350)	6,022	(509,370)
Facilities & Landscaping	(4,841,477)	(4,873,816)	32,339	(5,300,730)
Food & Beverage	(2,154)	(27,373)	25,219	(35,538)
Net Revenues (Expense)	\$47,426	(\$13,064)	\$60,490	(\$25,592)
CEF/FMA Net Change YTD Nov 30, 2018	\$4,673	CEF/FMA Funds Nov 30, 2018		\$721,048
		Unallocated CEF/FMA Funds		\$615,456



Architectural Review Committee

HAPPY NEW YEAR 2019

Carole Dummett, ARC Chair

We hope you all had a beautiful holiday season and are looking forward to a wonderful new year.

The ARC spent the month of December refining the selection of new exterior colors for our homes. The new color palettes were received and approved by the Board of Directors on December 20 and have been posted for member review. We hosted a Paint Party Open House for our members on December 28 to celebrate the new color palettes. We are currently working with digital color prints. However, color chips are also available for a more accurate definition of colors.

What's next? The posting for member review runs for 30 days. During this period the members may send their comments to Chris O'Keefe, he will then submit this information to the Board of Directors for their review. They will then move to approve or make adjustments. Upon completion of this process, Sherwin-Williams Paint has agreed to provide three paint color binders. They require a two to three-week turnaround.

We anticipate everything will be in place and available to members around the middle of February 2019.

The question has been asked, "Why are you doing this and is it just busy work?"

The ARC is a very busy Committee that devotes many hours to serving this community. We currently have Glidden Paint colors; unfortunately, this company was purchased by PPG who has eliminated colors and made it difficult to obtain popular color chips. In an effort to better serve our members we elected to select a large local company who can better meet our needs. We are very pleased with Sherwin-Williams' willingness to help in this endeavor and consider this a positive solution for our members.

A committee member has resigned effective January 1, so we now have an opening on the ARC. The only requirement is a Sun City Lincoln Hills Member in Good Standing and an email address for communication.

Let's make 2019 colorful!



Compliance Committee / Community Standards

I Got a Letter Today

David Mateer, Chair

Should the mail bring you a violation letter from Community Standards, don't panic. Let's talk a little about what is in the letter and what to do next.

The letters from Community Standards will describe the nature of the alleged violation and the corrective action required. There may also be a reference to the CC&R or Design Guideline that covers the relevant topic. There are references on potential future actions Community Standards may take if the matter is not resolved. These are included to ensure the member is aware and also because they are legally required.

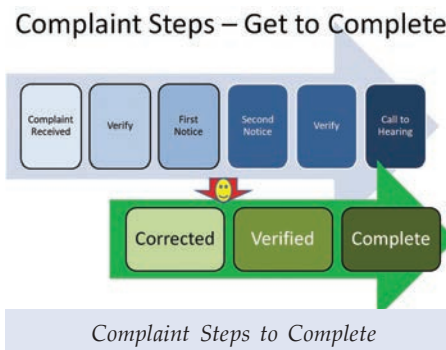
Some corrective actions require an ARC application and approval to perform the work. We understand this process, and these corrections may need additional time. Appropriate adjustments on completion deadlines may be given after ARC approval is obtained.

Community Standards should be advised when the member completes the necessary corrective action; this can be done via e-mail or by completing the newly established Correction Notice form. After the Correction Notice is received, the corrective action will be verified either by the Compliance Committee or Community Standards department. Upon verification, the case will

be closed, and the member notified of the closure.

A second letter will be sent for all cases that are still open 30 days after the first letter. This is both a reminder and a double check in case the first letter was not received. If the case is still open 30 days after the second letter, the alleged violation is verified again either by a member of the Compliance Committee or Community Standards. If the problem is corrected, the case will be closed. For those cases that are not corrected, the member will be requested to come to a Compliance Committee meeting to hear the case. This can provide an important dialog between the member and Committee to share perspectives on the matter. The case may be referred to the Board for action or other appropriate resolution steps. It is important to remember that the Compliance Committee cannot approve variances to the Design Guidelines, only the ARC may approve property improvements.

The Compliance Committee members are fellow residents who volunteer their time and expertise to ensure the CC&Rs and Design Guidelines are fairly and consistently upheld. The goal is to ensure Lincoln Hills maintains and continues to be the desirable and lovely community it is.





Communications & Community Relations Committee

Sun City Lincoln Hills Governing Documents

Kent Noard, CCRC Vice-chair

Like any organization, many legal and procedural considerations have to be part of the decision making. Sun City Lincoln Hills is no different.

The governing documents for the Association include:

- Davis-Stirling Act
- Covenants, Conditions, and Restrictions (CC&Rs)
- Bylaws
- Rules and Regulations
- Policies and Procedures
- Guidelines and Standards

Elections Committee member Dede Barnhart developed a helpful “Getting to Know SCLH Governing Documents” guide that provides a brief explanation about the purpose of the association documents, who it applies to and instructions on how to locate the documents.

A link to the PDF guide can be found on the Resident Website under the FAQ or the Committees section. Scrolling down on a committee page, you will find a direct link to “Getting to Know SCLH Governing Documents.” Alternatively, all of the above documents can be found in the library section of the website.



Let us serve you with a view

Meridians
Restaurant & Bar

**Celebrate Your Someone
Special with Us!**

*Kristy Huskey,
Director of Food & Beverage*

Come share your Valentine’s Day with us at Meridians! We are offering an amazing 3-course dinner with an option to add on a wine pairing experience. This night sells out every year, so get your reservation ASAP. Pre-payment is required. See our ad on page 13.

Don’t miss out on the “new” Dance Night in the ballroom! Tickets are on sale for only \$10 and can be purchased at the Meridian’s Host Stand. A cash bar will be available for your convenience. Please go to www.meridiansrestaurant.com to view the flyer, or come to the Host Stand in Meridians to get one!



Chef’s Recipe of the Month:

**Winter Sage and Kale Pasta
(Vegetarian)**
Serves 4

Ingredients

- 2 tablespoons extra-virgin olive oil, more for drizzling
- 3 shallots, thinly sliced
- 1 large fennel bulb, thinly sliced
- 3 garlic cloves, sliced
- 1/4 teaspoon red pepper flakes
- 1/4 cup chopped sage
- 12 ounces Toscani pasta (or any short pasta)
- 1/4 cup dry white wine
- 8 cups torn kale leaves
- 8 oil-packed sun-dried tomatoes, chopped
- 1/4 cup chopped walnuts, toasted
- 2 tablespoons fresh lemon juice
- Sea salt and freshly ground black pepper
- Freshly grated parmesan cheese, for serving

Instructions

1. Heat the oil in a large skillet over medium heat. Add the shallots, fennel, garlic, red pepper flakes, sage, ½ teaspoon salt, and freshly ground black pepper and cook until the fennel is tender about 8 minutes.
2. Meanwhile, bring a large pot of salted water to a boil and cook the pasta until al dente.
3. To the skillet, add the white wine and let it reduce for 30 seconds. Reduce the heat to low, add the kale and toss until just wilted. Use a slotted spoon to scoop the cooked pasta into the skillet. Add the sun-dried tomatoes, walnuts, lemon juice and toss.
4. Season to taste and serve with generous drizzles of olive oil and freshly grated parmesan cheese.

*Make this gluten free by using gluten free pasta.



Happy Trails to You! December 1 Trails Celebration and Ribbon Cutting

Gay Mackintosh, Trails Enhancement Team

More than 100 residents joined the Trails Enhancement Team at the Sports Pavilion on December 1 to celebrate the year's accomplishments:

- New trail maps
- Quarter-mile markers on preserve trails
- Seven additional benches
- Trailhead signs with habitat information and wildlife photos
- Themed Trail Walks: Birds, Wildflowers, Oak Woodlands, Full Moon

The Astronomy Club, Bird Group, Woodcarvers, and Wildlife Heritage Foundation hosted displays

featuring their participation in the trails project. Visitors also enjoyed refreshments, raffle prizes, a woodcarving demonstration, a trail trivia quiz, and a trail map QR code demo.

Highlighting the afternoon was the ribbon cutting showcasing the new trailhead signs on Canyon Oaks, Elderberry, and Northeast Preserve trails at Hidden Hills Lane—more to come. Fourteen resident photographers contributed wildlife photos for the new signs.

Take a winter walk on one of our 18 Fitness and Wildlife Preserve Trails to enjoy ongoing improvements. Coming in 2019: all-new pocket trail guide and additional interpretive signs.



Gold Country Wildlife Rescue's ambassador owl greets visitors at the Sports Pavilion.



Wildlife Heritage Foundation collaborates with Lincoln Hills in managing our trails.



Volunteers Marti and Mary Jacobson, Reta Blanchard, Lani Dodd, and Ida CeCe display prizes.



Bird Group shows spotting scopes and birding guides.



Trails Enhancement Team member Diane Marten shows top trail features.



Vice-president Ken Silverman cuts the ribbon for the new Canyon Oaks trailhead sign, flanked by staff member Tim Rusher, Creative Services Specialist, with his son Mason and Trails Enhancement Team leader Cheri McGrath.

Photos by Truman Holtzclaw and Charlie Schuman



Lifestyle News & Happenings 2019 - Lifestyle Reimagined!

Lavina Samoy, Lifestyle Manager

2018 has come and gone, but the memories linger on. It was a year with lots of "firsts" for us: an Oregon Shakespeare Festival trip, Pet Fair and Parade, Holiday Shopping Expo, top-rated Summer Amphitheater Series, and the first two-party format for New Year's Eve. Thank you to everyone who had fun with us to welcome the New Year! It was a great end to close a wonderful year. See New Year's Eve photos on page 56.

2019 is a banner year for Sun City Lincoln Hills. It marks our **20th Anniversary**...20 years of growth...20 years of challenges...20 years of fun...20 years of life! We have come a long way from manual registration (and boy did we "miss" some people) as well as staff-made concert tickets when we started. Lots of improvements have happened since then, and we will be celebrating our community's accomplishments with a **three-day festival (October 24-26)** full of activities for the whole community. Save these dates and keep reading *Compass* and eNews as we unveil the festivities in store for you.

We have six Overnight/Extended Travel offerings to choose from this month. From San Jose to Paso Robles, Los Angeles to Ashland and Las Vegas to Reno, we have

trips lined up from February to July you don't want to miss. See page 63 for our Featured Trip to the **Pompeii Exhibit at Reagan Library, March 12-15**. More extended travel packages on page 73.

A reminder to all "trips-ters". Please advise the Lifestyle desk during registration if you have any mobility needs. Requests to be seated with friends can only be accommodated for trips that include theater ticketed performances. No special bus seating arrangement requests. Bus seating is prioritized based on enrollment and mobility requirements.

Exciting performances are lined up both in the Ballroom and Presentation Hall. Comedy reigns on **February 19 (David Nihill, page 59) and March 29 (Jason Love, page 59)**. We celebrate two female greats in March with a Patsy Kline Tribute on **March 15 (page 60)** and the music of the "Queen of Soul," **Aretha Franklin on March 21 (page 61)**.

New technology classes are here to help you with your gadgets, i.e., iPhone, Android, and Chromebook. **See page 89 for all Technology classes offered.**

Lifestyle will continue to push boundaries to deliver quality events that are fresh, novel and exciting. With you at our side, 2019 is going to be another spectacular year!



The Spa at Kilaga Springs Image Designer Peels

Trudy Smith, Spa Manager

Once again let me say that winter is a perfect time for that extra exfoliation through peels. We are offering an Image Designer Peel series for \$526 that includes support home care products. This is a series of 4 peels two weeks in between each treatment. These signature peels help to reverse the visible effects of environmental damage and aging of the skin. They power away dull dead cells, and support collagen growth for firmer, illuminated skin, with reduction of fine lines.

For longer lasting peel series results combine with a LED Light Therapy series. This powerhouse further promotes collagen production, reduces fine lines and wrinkles and addresses hyper-pigmentation. The LED series is six treatments for \$300.

In our Retail Boutique, we have a special from January 15 to February 15 for 10% off ALL skin care products. Members can take advantage of an additional 10% off with their membership!

Memberships are available for Skincare and Massage services. This is a great purchase to support your health and wellness and a great savings. Visit our website

www.sclhresidents.com

at www.kilagaspringsspa.com for details or call our Spa Concierge at 916-408-4290.

We had record-breaking sales of Gift cards this season. I hope you received one or two! Gift cards are such a great gift that can be used for services and in the Retail Boutique.

My spotlight this month is on Laurie Green, a massage therapist. Laurie was drawn to relaxation techniques at a very young age. When Laurie was in college taking care of her general education requirement, she was searching for her career. During her exploration of vocational education, she discovered massage; she had found her calling. She transferred full time to a massage school in the bay area and completed over 1100 hours of education

which is exceptional. Laurie has many modalities such as Thai, Cupping, Aromatherapy, Reiki, Hot Stones and many more. Her passion to help with pain management, relaxation, and other health benefits will keep her in the business for many years to come. We are so glad to have her warm spirit on the team.

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





WellFit News
Healthy New Year!

Deborah McIlwain, Director of Lifestyle, WellFit and Spa

Do you want a healthier you in 2019? Let us help by taking the WellFit 28 Day Challenge!

This challenge is designed for you to try new classes and equipment that you may not have tried before. Have you plateaued, are you bored with your current workouts, or don't know where to start? If you answered yes to any of these questions our 28 Day Challenge is for you. See our ad on page 92 for more information.

Don't have the time for that hour workout? In February we are introducing the new Fast Pass! Fast Pass Classes will be in the evening to start, but we plan on adding more as the need grows. The evening classes are designed so you can take one, or two, and they are all NEW formats with a cost of \$2.50 per class. These new classes are located on the color grids in the *Compass*; the class descriptions can be found on the website.

Do you love your strength machines? Depending on how you use them, strength machines can be the key to stronger arms and legs, or they can just waste your gym time while upping your risk of injury. The reason



is "isolation." Exercise machines are designed to work a single muscle at once while letting all other muscles – the ones that help out during real-life movements like squats, lunges, presses and pulls – take a back seat. When isolating an individual muscle at one time, you are able to hit it harder than you could with compound movements. Take rows for example: while standing and performing a dumbbell row, your core can give out long before the back muscles that you're trying to work ever will. Once you sit on a row machine, the only thing that has to work is your back. That means you can go harder with every repetition. Unfortunately, the isolation doesn't come without its trade-off. When you focus on one muscle, you burn fewer calories and build less total body muscle than you could with free weights that use multiple muscle groups. Machines don't

move like we do in real life so before you get on any machine, ask yourself "why this one?" This is where our qualified personal trainers can help you. Set up an appointment an assessment to discuss your goals and they can design the perfect workout for you – and no more wasting your time at the gym. Make 2019 the year of YOU!

Mention this ad and receive a \$50 gift card upon installation of the solar energy system⁴!

vivint.Solar™

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Celebrate Valentine's Day at Meridians

Thursday,
February 14

5:00-8:00 pm

\$55 inclusive
Reservations and Pre-payment required

Meridians
Restaurant & Bar

Menu

Amuse Bouche

Grilled Citrus Shrimp Cocktail

First Course

Edible Flower Salad

Arugula, Edible Flowers,
Strawberries, Toasted Almonds,
Goat Cheese, Citrus Dressing

Entree

Filet Mignon

Caramelized Onion Mashed Potatoes, Wild
Mushroom Wine Sauce, Grilled Asparagus
-or-

King Salmon

Vegetable Biryani, Avocado-Basil Pesto,
Grilled Asparagus
-or-

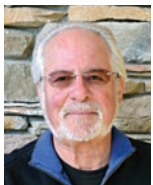
Cauliflower Steak

Herb Crusted Cauliflower Steak, Garden
Vegetable Succotash, White Beans
with a Heirloom Tomato Sauce

Dessert

Chocolate-Orange Passion Cake

Chocolate-Orange Cheesecake with a
Almond-Chocolate Sauce



Meet Your New City Council Members

Richard Pearl, Roving Reporter

The glass ceiling at Lincoln City Hall was definitely shattered this past November with the election of Alyssa Silhi and Holly Woods-Andreatta for the two open seats on the city council.

Alyssa received 37% of the vote, and Holly received 35%; a third candidate received 28%. They will each serve a four-year term. Only three women have served on the Council previously.

The Lincoln City Council has five members, one of whom serves as mayor on a yearly, rotating basis. All members are at-large, i.e., they represent the city as a whole and not specific districts. The positions are officially part-time, but the reality is that city council members spend many hours per week in both official and unofficial meetings, plus public appearances. You have to truly want to serve your community to choose to take this on.

Alyssa Silhi moved to Lincoln nine years ago. She and husband Jacob have three children. She is a graduate of the University of California with a Bachelor of Arts in English and Communications. Alyssa worked for ten years for a firm in governmental relations on state legislative and regulatory policy relating to small business, healthcare, education, public health, and public safety. She also served on the city's Economic

Development Committee.

"I look forward to this very challenging opportunity to contribute to the future of Lincoln. We will be receiving the State fiscal audit soon after the New Year, and there will be a lot of work to do in a very short time, says Alyssa.

Holly Woods-Andreatta was raised in Lincoln. She and husband Mark have four children. She has been teaching since 1991 and currently teaches 8th grade U.S. history. Both Holly and Mark are ordained ministers at a Lincoln church.

Holly states she is a big proponent of transparency, saying, "We need to open up communication between city hall and the community, and reestablish mutual trust to meet our challenges head-on. We also need to look for new opportunities to leverage our resources, especially in public safety."

Alyssa and Holly were sworn in to the Lincoln City Council December 11. Both say they look forward to working with Lincoln Hills residents, groups, and association management. In separate interviews, they praised the volunteerism of Sun City Lincoln Hills residents, and

recognize the tremendous range of expertise of our community. They also expressed their desire to help "meld" our resources with the larger Lincoln community.

Welcome, Alyssa and Holly.



Alyssa Silhi



Holly Woods-Andreatta



Aging in Place

New 'Tech' Devices to Help You Stay in Your Home Longer

Nancie Attwater, Roving Reporter

Health and mobility issues may threaten a move to assisted living, but with some help from new, simple “tech” devices one can remain in the comfort of their own homes for as long as possible. 2019 is proving to be a “tech” year with plenty of new “smart” devices available to help out. Here is the good news! You don’t need to be a gizmo wizard to use them.

Motion sensing devices can be placed around the home and monitored by a friend or relative. These devices can be put on refrigerators, toilets, beds, doors or windows. They will show the monitor of the devices the activity in the home. If there is less than normal use; the homeowner may be too ill to get out of bed; not eating or has fallen your friend or relative will see this and will check on you.

My personal favorite is a device you put in someone’s shoe that has a GPS tracking system that can be accessed on a computer or phone — a fabulous idea for someone that tends to wander.

Smartphones can now remind you to take your pills, drink water, monitor your EKG, and keep track of sleep patterns as well as provide entertainment. Loneliness is a big part of living alone, and entertainment on a phone is simple

and easy. There are also watches that will dial 9-1-1 for you if they sense you have fallen or your heart is having an arrhythmia.

One of the best ways to stay safe is to talk to someone every day. A simple check-in with a loved one or neighbor can relieve a lot of anxiety when someone else knows the plan for the day, including the menu, appointments or shopping that needs to be done.

If you don’t think you are up to a “smart” phone, there are easy phones with simple large buttons and on-screen commands to help the user. They stay charged for 25 days! Phone numbers can be programmed in, so you just push one button to make a call. Great for an emergency.

Another popular way of keeping in touch with someone is “Words With Friends” a simple Scrabble game on a phone or

tablet. You play long distance with no extra charges, and your opponent knows you are up and doing well for the day if you have played your “word.” You can also send simple messages. Another plus is it will give your brain a little workout which is good for mental health and staying healthy.

Wishing you good health and longevity in your home for 2019. Happy New Year!



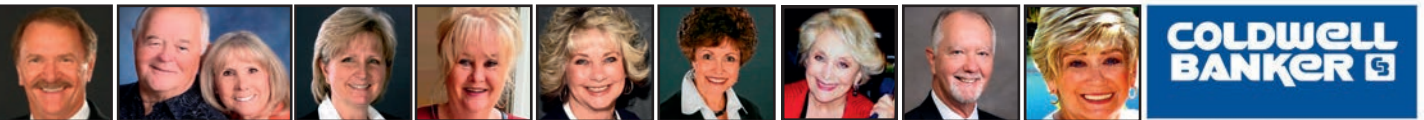
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Tish Leo #01217695 916-257-3410	Jean Lund #01966589 916-751-0712	Jill Mallory #01844265 916-201-3855	Paula Nelson #01156846 Broker Assoc. 916-240-3736	Kathy Nowak #01327209 408-348-0641	Pat Pelton #01806447 916-276-8909	Tara Pinder #00898876 916-600-2836	Peggy Poole #00521665 916-765-3434	Tony Portman #00686943 Broker Assoc. 916-214-7888	Steve Quanstrom #01313449 916-884-4564	Ann Renyer #01746828 916-343-6044
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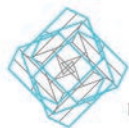
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Medical Marijuana: Hashing out the Science

Shirley Schultz, Roving Reporter

We could have stirred the pot and sent questions about marijuana to a joint committee, but instead, we are sponsoring a **Community Forum** to hash out the science behind its medical use. Don't miss the **January 23 presentation: "The Truth and Science of Cannabis for Medical Use"** (see page 53).

Marijuana is a plant which has been used by people for thousands of years for a variety of purposes. It has many names such as cannabis, grass, weed, herb, pot, green, hemp, hash, and ganja. Although some states allow its use for certain health conditions or recreational use, The Food and Drug Administration (FDA) has not substantiated scientific evidence that marijuana is safe or effective for any health condition. Research varies widely, due in large part to the fact that marijuana remains a Schedule I substance with the Drug Enforcement Agency making scientific research very difficult. Despite the preceding issues with scientific research and lack of evidence for safety and efficacy, marijuana is gaining wider use for medical purposes.

Over 60 types of cannabinoids have been identified, but the two main ingredients of interest in marijuana are THC (delta-9-tetrahydrocannabinol) and CBD (cannabidiol). The FDA has approved two prescription drugs containing marijuana



ingredients for treating symptoms related to cancer and the side effects of cancer treatments. By doctor's prescription only, due to their potential for addiction, Marinol (Dronabinol) is a Schedule III drug, and Cesamet (Nabilone) is a Schedule II drug under the Controlled Substances Act. Nabiximols, used in Europe and Canada in the form of mouth and throat spray for pain relief and the spasticity associated with multiple sclerosis, is currently being studied in the United States.

While THC is the ingredient that produces a high, CBD seems to be the ingredient in marijuana responsible for many of the healing effects. There are reports in the medical literature suggesting CBD eases the symptoms of rheumatoid arthritis, multiple sclerosis, movement disorders, inflammatory bowel

disease, anorexia, nausea, and other conditions. The Academies of Science, Engineering, and Medicine have published a good summary report: *The Health Effects of Cannabis and Cannabinoids. The Current State of Evidence and Recommendations for Research* (2017), <https://doi.org/10.17226/24625>. This report succinctly breaks down the conclusive or substantial evidence, the moderate evidence, and the limited evidence for cannabis effectiveness in various conditions. Weed out misconceptions by reading it.



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The New Year Brings New Directors!

Teresa Tanin, Neighborhood Watch

Neighborhood Watch welcomes five new Directors to our Executive Board. These new Directors reflect many years of experience from a myriad of careers and move from Captain and Coordinator positions to continue their many years of community volunteering.

Dr. Barbara Branch, a 14-year resident, brings her vast educational background, her love for learning and meeting new people.

Patricia Hammer, a new resident in October 2017, offers her many years of teaching and more than 40 years of university administration.

Susan Ishimaru, a resident since 2014, brings her numerous years of working with people as a National Certified Counselor and student advocate.

Renee' Plummer, a resident of Lincoln Hills since 2013, comes to the Board with more than 24 years in School District Transportation Safety and Training

and is now consulting for various school districts.

Suzanne Rosevold, moved to Lincoln Hills in July of 2014, after many years of commercial and investment real estate in South Lake Tahoe, and has continued her love for singing in the Community Chorus.

Veteran Board members, Linda Minor, continues as Executive Director; Denise Hexom, as new Assistant Executive Director; Pauline Watson, continues as Secretary; and Pat Sladky, as new Treasurer.

All Neighborhood Watch Directors are volunteers and strive to keep our community aware and prepared. Have you considered volunteering? Visit our website www.SCLHWatch.org and see our "Would you like to Volunteer?" button at the upper right screen.

For those who prefer to call, please see contact numbers under *Compass* Association Contacts/General Numbers.



2019 Directors Left to Right: Renee' Plummer, Linda Minor, Dr. Barbara Branch, Suzanne Rosevold, Pauline Watson, Susan Ishimaru, Pat Sladky, Teresa Tanin, Patricia Hammer, Denise Hexom



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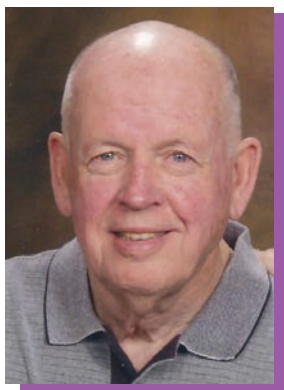


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In Memoriam

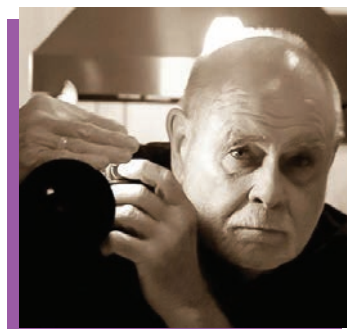


Morgan Lynn Heesch

Lynn Heesch grew up in Astoria, Oregon. He fell in love with hot rods and cool cars after working at a gas station. Later he served in the Air National Guard, worked at the Astoria Plywood Mill, pulled cables for Western Electric and got a degree in Engineering. He married his high school sweetheart and had two children. After a divorce, he moved to San Jose and had a 34-year career at IBM. He also worked in Real Estate where he met his second wife, Patricia. They retired to Aptos but eventually moved here for the lifestyle. They traveled a lot until Patricia passed in 2012. Lynn is survived by his two children, two stepchildren, four grandsons, and numerous friends.

Dr. Patrick F. Jewell, M.D.

Born and raised in Detroit, Michigan, Patrick went to Medical School at the University of Michigan. He subsequently did his Internship, General Surgery Residency, and had a Pediatric Surgery fellowship at Children's Hospital, all in Michigan. He practiced for a short time in Bolivia where he served with the 1st Medical Battalion 1st Marine Division Da Nang, South Vietnam. During his career, he practiced as a Pediatric Surgeon in Grand Rapids, Michigan, and Albuquerque, New Mexico. Patrick was also a gardener, great cook, an avid photographer with a great eye, and a world traveler. His motto, "Always Curious, Never Bored." Patrick is survived by his wife of 40 years, Susan. He has two sons, three daughters, five grandchildren, and two great-grandchildren.



Linda Kathryn Stevens Kuruhara

Tulsa, Oklahoma is where Linda was born and raised. As a child, she became active in the Boston Avenue Methodist Church, one of the tallest skyscrapers in Tulsa in the 1950s. The family moved to Florida when she was in high school. Linda loved the ocean. She attended Methodist Youth Fellowship at various Churches wherever they lived. She obtained an athletic scholarship and went to Mississippi State College for Women where she got a degree in mathematics and physical education. Linda then went on to get a Master's degree in Christian Education. After graduation, she married Dale Kuruhara. She worked for 47 years in Christian Education professionally or as a volunteer in the United Methodist Church. A loyal, compassionate woman, Linda is remembered as an Angel on earth to all.

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!

Committee Openings

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

- Architectural Review Committee (ARC)
- Clubs & Community Organizations Committee (CCOC)
- Communication & Community Relations Committee (CCRC)
- Compliance Committee
- Finance Committee

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



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Serving the Lincoln Senior Community
presents:

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Tuesday, January 29
Orchard Creek Ballroom
Doors open at 12:30 PM

Cost \$20 for 12 games

No alcohol; cold water \$1.00

Groups of 7+ to reserve a table:

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For free popups, visit:

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SAVE THE DATE Lincoln Pace Race 2019

Saturday, May 4, 2019

7:30 AM to Noon

Proceeds benefit the Leukemia & Lymphoma Society, Alzheimer's Association and Placer County Schools.

For more details go to lincolnpacerace.org

*Cheers to
20 Years!*



"First residents began arriving in August 1999. It was all so new and exciting. Just think, no lodge – just a double wide in the parking lot and lots of dreams and confidence on what was to come. Pioneers starting clubs, activities and embracing this new lifestyle. Lincoln would not be the same!"

– Michele Hutchinson

**Forty-Four Villages,
twenty years,
one great community.**

More exciting details to follow.

**SCLHCA Assessment Change
Effective January 1, 2019**



Effective January 1, 2019, the Quarterly HOA assessment increased from \$363.00 (\$121/mo) to \$381.00 (\$127/mo).

If you use the Association's Preauthorized Electronic Assessment (ACH), all changes are made automatically. For online bill payment with your bank or credit union, you must update the amount to \$381.00.

3 convenient ways to make your payment:

- 1) Mail to: **Sun City Lincoln Hills
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- 2) Drop-box located in the Resident Information Center (OC).
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Question? Contact the Accounting Department at Accounting@sclhca.com.



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THIRD THURSDAY WORKSHOPS

Curious about how reverse mortgages work but not ready for a "sales call"? Join us for an educational workshop, held monthly on the "Third Thursday" at our **Lincoln Hills office** from **9:45 to 11:00 AM**.

Come get your questions answered in a casual, no-pressure environment right here in the community.

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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.

Equity Edge Reverse Mortgage ("Equity Edge") is Reverse Mortgage Funding LLC's proprietary loan program, and it is not affiliated with the Home Equity Conversion Mortgage (HECM) loan program, which is insured by FHA. Equity Edge is available to qualified borrowers who may also be eligible for HUD, FHA's HECM program or are seeking loan proceeds that are higher than HUD, FHA's HECM program limit. Equity Edge currently is available only for eligible properties in select states. Please contact your loan originator to see if it is currently available in your state. Upon a maturity event, any non-borrowing individuals with an ownership interest in the property, including non-borrowing spouses, will have 90 days to purchase the property from the estate or, if the non-borrower inherits the property, pay the loan in full using any sources of funds available to them. Any non-borrowing

individual, including a non-borrowing spouse, should have a plan to pay off an Equity Edge reverse mortgage upon the borrower's death or any other maturity event. If the non-borrower is unwilling or unable to purchase the property or pay the loan in full, **there is no protection for the non-borrower (including a non-borrower spouse) to maintain an interest in the home or to continue residing in the home past the maturity event and the non-borrower may be evicted upon foreclosure.** The FHA HECM program has protections in place for certain non-borrowing parties, so a reverse mortgage applicant with certain non-borrowing parties should strongly consider a FHA-insured HECM loan (see HECM guidelines or ask an RMF representative for details). Under the Equity Edge reverse mortgage loan program, a maturity event occurs when the last surviving borrower no longer lives in the home as his or her primary residence for at least 12 months, the property charges (including taxes, insurance, HOA dues or any other property charges) are not paid, required repairs are not completed or the property is not maintained, or any other maturity event, as specified in the Security Instrument, occurs.

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Club News



Amateur Radio

We are amateur radio enthusiasts who operate the W6LHR repeater for Lincoln Hills residents holding an amateur radio license. The Group conducts a weekly network at 7:00 PM every Monday evening on the W6LHR Repeater at 443.2250 MHz. The LHARG also meets at 6:30 PM every Monday at the South Lincoln Hills Entry Facility. The Group is looking forward to supporting public events and if necessary, provide emergency communication for the community in 2019. If you have an interest in becoming an amateur radio operator and participating in our community support activities in 2019, please visit our website or contact our President Jim Darby or VP Claire Schloenvogt at 916-253-9155. **Contact: Jim Darby 916-408-8599; Website: www.lharg.us**



Antiques Appreciation

Please join us for our next meeting on Monday, February 4. We meet in the Heights and Gable Room (OC). Meetings are from 10:00 to 11:30 AM on the first Monday of each month. Our program for February will be a collection of Silhouettes presented by our members. Cutting portraits, generally in profile, from black

card became popular in the mid-18th century, though the term silhouette was seldom used until the early decades of the 19th century, and the tradition has continued under this name into the 21st century. We look forward to your attendance for a fun day of sharing. **Contact: Jo Quiarte 916-408-7140**



Astronomy

Monday, January 21, Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM. The subject will be Lectures 7 & 8 on Radio Astronomy covering a tour of Green Bank's Radio Telescope. Contact Morey Lewis (eunmor@pobox.com) for more information. Sunday, January 20, Telescope Interest Group (TIG). Join us to view a Total Lunar Eclipse at the Sports Pavilion. The partial eclipse begins at 7:33 PM, total eclipse begins at 8:41 PM and maximum eclipse is at 9:12 PM. We recommend the best viewing experience to be between 8:00 and 9:15 PM. Contact Bob Collins (bobpcoll@community.net) for more information. Wednesday, February 6, LHAG General meeting at 6:45 PM in the P-Hall (KS). Tim Pinkney will present "Wonderful Watery World in our Solar System." **Contact: Ron Olson 916-408-1435, rolson@starstream.net; Website: www.lhag.org**



Ballroom Dance

The Club's annual Christmas Party on December 11 was a huge success. Nearly 90 members contributed to a delicious potluck dinner, then danced and enjoyed the camaraderie of friends. New members of the Steering Committee were elected by unanimous vote. Ruth Algeri, Sue Dumas, John Kirkwood, Ruth Woodmency and Camille Grabowski will lead the club for 2019-2020. Membership, only \$7/year, is open to Lincoln Hills residents, sponsored guests, couples and singles. Lessons are every



Club DJs Ruth Algeri, Larry Eckert, Garry Pitt

Tuesday in KS: Beginners from 2:00 to 3:00 PM and Advanced from 4:00 to 5:00 PM. Open dance hour is 3:00 to 4:00 PM. Sal and Ruth teach West Coast Swing each Tuesday in January. Belinda and Nancy will teach the Waltz in February. **Contact: Sal Algeri 916-408-4752, sr64danz@sbcglobal.net**



Big History

Ranny Eckstrom, club President, began 2019 with a "blueprint" on where we

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will be going for most of this year. She provided a detailed discussion of what exactly is a "civilization." What's your definition? To say it is complicated is an understatement. Our next meeting will be on January 17 with a discussion of how early languages developed. Fascinating topic. Then on February, 4 there will be a group presentation about the world's first cities in Mesopotamia – the land between two rivers. Can you imagine a world without cities? Lifelong learning for the sheer joy of it. Come join us January 17. The Big History club meets the first and third Mondays of the month at 10:00 AM in P-Hall (KS).

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

Billiards

The Billiards Group offers tournaments to all residents, men, and women. We have tournaments for beginners, intermediate, and advanced. Please join us in the fun! With



*Breakers winners 1st Mike Greaney
6 games, Judy Soben 5*

the chance to meet new people. The Billiards Group is offering free lessons at KS to residents on Tuesdays, 9:00 to 10:00 AM. This is for new and returning players (men and women), You do not need anything to play, just show up and see what we have to offer. Remember it's free.

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

Bird



As the new year begins we want to thank our outgoing Chairman, John Garfein, for his excellent leadership these past two years. The club now welcomes Sal Acosta as its 2019-2020 chairman and looks forward to many great programs. January 25 we travel to Linden for our annual raptor



Learn more about the beautiful Bluebird at our February meeting.

trip. This foothills area is home to Ferruginous Hawks, Bald Eagles, Burrowing Owls, and Loggerhead Shrikes. Then, on February 8 we head to Grizzly Island, south of Fairfield. A wildlife area that consists of farmland, marsh, wetlands, and slough so should have a nice variety of birds. At our February

14 meeting, Heath Wakelee will present a program about Bluebirds. He is always informative so join us at 1:30 PM in the P-Hall (KS).

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



Bocce Ball, Mad Hatters

The Mad Hatters Bocce Group was formed for the purpose of acquainting the residents of Lincoln Hills with the rules and fun of Bocce. We give free instruction and furnish all equipment. From November to April we play Bocce every Thursday morning at 10:00 AM. Beginning in May we start our Thursday Bocce sessions at 8:00 AM. The Mad Hatters Bocce group is open to all Lincoln Hills residents. We play to a relaxed set of Bocce rules that make the game fairly simple and easy to learn, no



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

Book, OC



We are starting 2019 with a laugh! "Dave Barry's Not Making This Up" is our humor selection. Pulitzer Prize winner, humorist Dave Barry has been chuckling about life for years. In this book, he includes many varied subjects from his columns that appeared in the Miami Herald. Some will crack you up and others—not so much. Our discussion will be held Thursday, January 17 at 1:00 PM in the Multipurpose Room (OC).

We welcome our new Steering Committee members Maureen Deal, Jojo Felt, and Cathy Cszabo and thank Penny Pearl and Dale Nater for their service. February 21: "Lincoln in the Bardo" by George Saunders. March 21: "Notorious RBG" by Lynne Cheney. April 18: "Before We Were Yours" by Lisa Wingate
Contact: Darlis Beale
916-408-0269; Website:
LHocbookgroup.blogspot.com/ or
[Wiki: ocbookgroup.pbwiki.com/](http://ocbookgroup.pbwiki.com/)

Bridge, Duplicate



Our Board of Directors is a selfless group of volunteers who are the backbone of



Sue, Lynne, Sandy and John in Hawaii to play Bridge

our Club. The Board strives to give our membership direction and advice through our overall policy objectives. Our President, Mitch Miladinovich, is knowledgeable and experienced in duplicate bridge. This is not a plush, easy or glamorous job! We are fortunate to have 11 board members who bring a vast array of diverse backgrounds and interests. In the true spirit of volunteering, our Board members expect nothing in return. Our January website will have a list of all of our Board Members. Games are played at (KS), Wednesdays/Saturdays at 12:30 PM, Friday at 5:00 PM. For Partners or questions, please visit our website.

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



Bridge, Partners

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

29 - First: Janet Pinnell/Linda Theodore; second: Byron Hansen/John Butler; third: Joan Flood/Carol Mayeur; fourth: Warren Sonnenburg/Larry Mowrer. December 6 - First: Carolyn/Bob Calmes with high round of 1900; second: Erika Wolf/Edith Kesting; third: Carol Mayeur/Dolores Marchand; fourth: Gay Gladden/Reta Blanchard. December 13 - First: Jodi Deeley/Harry Collings with high round of 1870; second: Nancy Rice/Carol Mayeur; third: Marlene Harner/Basil Molony; fourth: Marggi Holtze/Phil Sanderson. December 20 - First: John Butler/Byron Hansen; second: Marlene Harner/Basil Molony; third: Dolores Marchand/Carol Mayeur; fourth: Bev/Allan Blaine. Jyoti/Viren Sitwala had the high round.

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



Bridge, Social

We welcome Social Bridge Players to join us on Fridays for Singles' Rotation Bridge in the Sierra Room (KS). Arrive at 12:20 PM. Reserve your space for January and February by contacting Chet Winton at 916-408-8708 or Judy Olson at 916-408-1435. Winners from November 23 to December 21: First Place: Rose Phelan, Theresa DeVito, Frank Kamienski, Carol Mayeur,

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& Gretchen Thomas! Second: Pat Mullins (twice), Bob Free (twice) & Alan Haselwood! Third: Jerry Kluball, Phil Sanderson, Jean Richards, Jay Southard, & Alan Haselwood! Fourth: Alan Haselwood, Debra Skolnick, Harry Collings, John Woodbury, & Janet Pittenger. Our free bridge class is ongoing each Wednesday from 8:30 to 10:00 AM (Beginners) and 10:00 AM to 12:00 PM (Intermediates) in the Card Room (OC). It's free!

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



Bunco

In December, the Bunco group had a full house. The traveling bear was all over the room. A fun time was had by all as we did the gift exchange stealing and annual holiday luncheon! Linda Bales had the most gifts stolen, but each time she was able to open a new gift. 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). Play starts promptly at 9:00 AM. Bunco is a non-membership group with a \$5 'pay to play' fee. December Winners: Most Buncos - Pat McGough; Most Wins - Kathy Sasabuchi; Most Losses - Sara Klesius; Traveler - Jean Apelle. Next Bunco is Thursday, January 17.

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



Ceramic Arts

Can you believe it's already 2019? The holiday bustle is behind us and hopefully everyone has more free time to turn toward a creative endeavor. Joining a ceramics class is a great way to learn how to make some easy projects and meet some new people. Drop by the Ceramics Arts room and see what it's all about. At the Steering Committee meeting in December the drawing was held for the \$25 SCLH gift card - the winner was Alice Wyke. The committee also nominated the following officers: Mary Clark as President, Mike Daley as Treasurer/Membership Chair, Sharon Morrow as Secretary, and Linda Lougy as Publicist. Marian Reeder represents Spanish Oils and Marti Berntsen represents Earthenware to round out the committee.

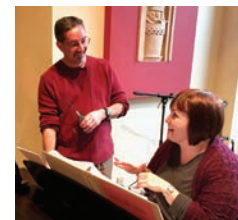
Website: www.cagsclh.net



Chorus

The songs we've begun rehearsing for our spring concert on April 28-30 represent nearly every decade of the last century. Here's just a sample: "It Had to Be You" from the 1920s, "All of Me" from the '30s, "At Last" from the '40s, "Wake Up Little Susie" from the '50s, "The Sound of Silence" from the '60s, "Joy to the World" from the '70s, and "It's Still Rock and Roll to Me" from the '80s. You'll love our renditions of

these and many more songs spanning those decades, selected by Director Paul Melkonian to bring out the best in us and rekindle fond memories in



Director Paul Melkonian and accompanist Nina Malone

our audiences. We'll be working hard to make this our best concert ever, so mark your calendars now!

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

Computers

Apple Users



Happy Apple New Year! New workshops and lectures are in the making to get you up to speed on any new Apple device you might have received over the holidays. There are approximately three meetings a month on the upcoming calendars to keep you using your Apple devices to their full capacity. Dues are payable now.





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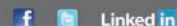


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Contact: *Helen Rains 916-408-4505*
Website: *Ihaug.org*



PC

Main Meeting February 13, 6:30 PM, P-Hall (KS), Shayne Sweeney, the speaker grew up in northern California and will discuss creating Instagram, a video and photo sharing social network, from beginning to present. There are now over 1 billion users and growing. Because of the popularity and its ease of use, the growth has been amazing; learn how a startup can succeed in today's world. Walk-In-Workshop: February 19, 1:00 to 3:00 PM in the Computer Lab (OC). Our more experienced computer members



Shayne Sweeney

will provide assistance to any of our Club members who would like hands-on help. Ask the Tech: February 22, 10:00 AM, Multi-Purpose Room (OC) Informal Q & A session for any and all technical questions. Contact: *Bob Ringo 916 543-5310*;
Website: *www.sclhcc.org*



Country Couples

Happy New Year Everyone! At this time, we would like to introduce our current Country Couples Board Members for 2019: Chairperson – Jim Christie; Vice Chair - Gary Moulton; Secretary – Phyllis Svetich; Treasurer – Nancy Millican; Public Relations – Irene Hesson Thank you all for serving!



Phyllis Soetich, Jim Christie, Irene Hesson, Gary Moulton, Nancy Millican

We had another great year ending with our holiday dinner dance, "December's Magic." Dinner, provided by our own catering department. Dance music, provided by DJ Jim Keener. Table decorations were provided by our dedicated decorating committee. Our first dance of the year will be held on February 9, so mark your calendars now! We have some exciting plans for 2019. Come and join the

fun! Beginner classes: Monday's 7:00 to 8:00 PM (KS).

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



Cribbage

We welcome you to come join the fun at Orchard Creek on Tuesday mornings with a friendly group of Cribbage Players. We meet at 8:00 AM and have our warm-up practice games until 9:00 AM. Then the mini-tournament begins and continues until 12:00 PM. We play four-handed partner games using a rotation system. Every game you end up with a new partner as the losing players move on to the next table, and the winning players stay. Each player keeps track of his or her own score. The weekly winners for November were Howard Beaumont, week one, Frank Cuchetti, week two, Brian Yates, week three, Howard Beaumont, week four. New players are always welcome!

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



Cyclists

Our Annual Christmas Dinner was on December 5. The number of attendees has been going down each year, but we did manage to have 60+ members enjoying the function. There are only three times a year that we have the opportunity to get together & socialize. January is our Annual meeting,

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which is on Wednesday, January 22 from 9:30 to 11:30 AM in P-Hall (KS). Please plan to attend since this is an election year and your vote is very important. We are electing a President, Vice President & Treasurer. Midyear we have our Pot Luck at the Sports Pavilion, and during the Holidays we have our Christmas Dinner. Many thanks to our members who volunteer and work hard to make these functions a success.

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



Fishing

LHFG has been in existence since 2000. We are a group of people who like to fish or at least talk about fishing, place's we've been fishing in our lives and the prize fish we caught or released. We meet on the second Monday of the month at 7:00 PM in P Hall (KS), except May, October and December when we have two BBQ's and a dinner, no meetings at the Hall then. We have members willing



Come on fish! Bite!!

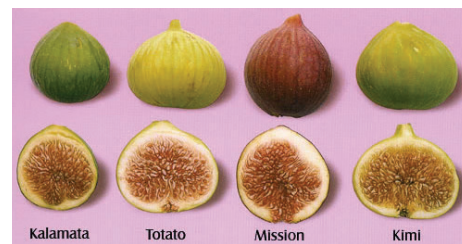
to show you how to fish or refresh your skills. It's a lot of fun! Meet new people, go fishing with a partner. Only \$20 dues gets you a membership.

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



Food Adventures

The Healthy Eating club became the Food Adventures club on January 1, and we're anxious to begin our new mission of sharing the joy of learning about and eating from the widest possible varieties of foods. Foods we formerly ignored are now fair game provided we enjoy these foods "in moderation." The world of foods is a joyous place, and we intend to share this joy by exploring all kinds of tempting



Most Common Figs

foods without totally abandoning healthful choices, too. Our first meeting (and chocolate tasting) is Monday, January 28 P-Hall (KS) at 2:00 PM. Mail your \$20 check for a household membership made payable to Food Adventures Club to 885 Bridalveil Lane, Lincoln 95846. Meetings are the

fourth Monday at 2:00 PM.

Contact: Don Rickgauer
916-253-3984, drradv1@gmail.com



Garden

A pruning lecture and demonstration by Scott Paris (owner of High Hand Nursery, Café and Shops at his historic fruit sheds) will kick-off our first General Meeting of the



Pruning Japanese Maples

New Year, Thursday, January 24, 2:00 PM at KS. The Title of his talk: "Pruning Without Fear. Yes! You Can Do It." Brown Bag Sales and Master Gardeners Q & A's are available before the meeting, and Home Depot donated door prizes given afterward. Scott is a popular speaker, thus seating will be limited to members only first, then guests. Check our website (lhgardengroup.org) for early registration to go through the (fast check-in table), or register at this meeting starting at 1:00 PM (checks: made out to "LHGardenGroup" -\$20) or contact: Marjie Anderson, 916-408-7685.

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

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Genealogy

On January 21, the Genealogy Group will meet. Membership can be started or renewed for \$20. Download application and bring to January 21 meeting. Each general meeting has a door prize for members and a social with refreshments across the hall after each meeting. Officers for 2019 will be elected. We will hear stories from two members: Lou Ann Civiletti, "Adopted at Birth: Finding My True Parents" and Joel Ellioff, "A First-Time Father at 76." So, come join us at 6:30 PM at P-Hall (KS), arrive a few minutes early to sign in and get your ticket. The door prize is a Google Home Mini. See you there.

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



Golf

Ladies XVIII

The end of the year awards luncheon wrapped up and tied a bow on Kathi McCoy, our Most-Improved golfer-of-the-year. She



Linda Chappelle presenting Most-Improved Award to Kathi McCoy (right)

began the year with a handicap index of 16.6, and it fell 5.1 strokes by December. Additionally, she was the Club Champion; and during the Tournament of Club Champions, held at Cherry Island, she had a hole-in-one, her first after 50 years of golf. For this, she was recognized with a pin from PWGA, and a sparkling bagtag from WGAN. She collected other prizes for birdies and chip-ins and eclectic. Cheers to 2018's MVP. Our club will be headed by Valerie McElroy for 2019, with her vice-captain, Julie Storer, Secretary, Dori Knorr, and Treasurer, Deb Dunipace.

Website: lhlxviii.com

Lincsters

The Lincster Holiday and Awards Luncheon, Holly Jolly Par-Tee, was held in the OC Ballroom on December 5. The room was decorated in red and green. Each table had a centerpiece which featured hand-made birch Swedish "tomtee," courtesy of Ingela Butters, Chairperson of the event. The "tomtee" were individually made by Alex Hansson, Ingela's father. Gifts wrapped in red and green for the residents



Nancy McDonald, recipient of the Pat Ward Memorial Award

of Lincoln Meadows lined the stage. Steve Treadway presented the Pat Ward Memorial Award to Nancy McDonald who was the most improved golfer of 2018. The WNHGA most improved award went to Jeannine Wuschnig. Claren Bolton received the Golden Putter, and Kate Gold was honored for being the most dedicated Lincster player. Kathie Carlock received the Captain's Points Award.

Contact: Pat Shafer
 gskd70@aol.com;
 Website: lincsters.com

Golf Men's

Membership for 2019 includes NCGA dues, tournaments and two lunches, for just \$96.00. All thirteen Board members are staying on for 2019! Recent scramble Net winners: Ron Cook, Les Hanson, Steve Mumma, Brian Stowe, Tom Gorley, Doug Hinchey, Bob Schoehnerr, Russ Lynch, Jack Drinkard, Rick Lamb, Joe McLeod, Stan Perry, Michael Arnell, Richard Campbell, Wally Gibson, Tom Kausch, John Eterovich, John Griggs, Mercer Tyson, Dave Taylor. Gross winners: Alan Eelsey, Tom Horan, Tom Walker, Ed Lazarek, Virgil Dahl, Rob Davies, Rodger Oswald, Doug Martin, Paul Fellner, Jim Smyrak, Rich Yoshikawa, Phil Steinbock, Glenn Arney, Joel Kaufman, Charlie Kendall, Henry Olsen, Duane Hansen, Bob Napoli, Ron Waisner,

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Jack Smith. The four man scramble is February 5, sign up by January 29.

Contact: Tom Traxel 916-209-3188

Tom.Traxel@sbcglobal.net;

Website: mgclh.club



Healthy Eating

See Food Adventures (name change).



Hiking & Walking

Having a hiking resolution is one of those things you can't fail at. In fact, being outdoors builds your stamina, your strength, and your enjoyment. Planning to get outdoors more is a great resolution, and we have hikes for every skill level. During the



Pleasant Grove Trail – last hike 2018.

winter months when the weather can be dicey, we tend to hike closer to home. A Tip – layering your clothes is a good strategy to regulate your comfort as the weather changes. Some of the upcoming hikes include False Ravine Trail in Roseville January 17, Johnny Cash Trail in Folsom January 24, and Hidden Falls Regional Park February 5. On Wednesdays, at

8:00 AM we walk the local Lincoln Hills trails. Our website is the go-to place for more club information.

Website: www.lincolnhillshikers.org



Investors' Study

After a successful Christmas/Holiday Party in December and a send-off into 2019 in January, our next speaker will be Tally Leger of Oppenheimer on Thursday, February 7 at 2:30 PM in P-Hall (KS). Russ will give his Playbook review, and there will be refreshments afterwards. If you are new to Lincoln Hills, visit with us and bring your questions and observations. The Active Investors sub-group meets the second Monday of each month in the Multimedia Room (OC) at 3:00 PM.

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



Lavender Friends

Dr. Sandra (Sam) Hollingsworth traveled the world teaching about literacy. It was a passion fueled when she discovered her son was dyslexic. With a Ph.D. in cognitive psychology, Sam authored or co-authored more than a dozen books and taught at Michigan State, UC Berkeley



Dr. Sam Hollingsworth

and San Jose State. She also consulted internationally. "She had developed a program that was sort of a universal approach to teaching reading," says her widow, Dr. Robyn Lock, a retired college professor. Moving here in 2006, they helped launch Lavender Friends, a club for LGBT residents. Sam's travels took a toll. "She had malaria many, many times," says Robyn. "She also contracted dengue fever in Yemen." Sam died November 5 from liver failure. She was 71.

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

Website: www.lavenderfriends.com



Line Dance

On December 3, we had our end of the year holiday party and potluck. Good food to give us the energy to dance all night. During the evening we gave a send off to our own Audrey Fish who is retiring after teaching here



since 2000. We will miss her so much. We had some very nice and amusing tributes to her by several of our group. We also surprised her with a flash mob dance that

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she had choreographed. Good luck Audrey. Our thanks to all of our teachers and practice teachers and our "music man," Mike Schenck. Our steering committee has finished their two-year term and will be turning over the reins to the new committee. Happy 2019.

Contact: JoAnn Faria
916-434-6813,
joannfaria@sbcglobal.net



Mah Jongg, Chinese

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

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



Mah Jongg, National

All are welcome to join us, playing this intellectually stimulating and exciting game! Mah Jongg is an ancient game from China, using

tiles in place of cards. We meet on Tuesdays in the Card Room (OC) 12:15 to 4:00 PM. If you are interested in learning to play, please contact Fran Rivera, who offers free lessons in her home. Call Fran so she can put you on the list for the next session. Lessons are weekly, lasting 10-12 weeks. Mah Jongg is a difficult game to learn, but, once you do, you'll be hooked!
Contact: Patti Kingston 916-587-3056,
Designalm@gmail.com



Mixed Media

The Mixed Media Arts Club meets the third Wednesday of the month in the Ceramics Room (OC) at 1:00 PM. February 20 meeting will be a little different since we will be going on a field trip. We will be meeting in the parking lot at OC at 1:00 PM and then carpool to the Sparrow 5 store in Roseville. Check out the website at marshasparrow5.wixsite.com/sparrow5. The club is starting a monthly challenge using a prompt. You are getting a "heads up" for the February challenge. Since we will be on a field trip for our February club meeting and not be able to share our challenge pieces, they will be shared at the March meeting. "Pareidolia" is the February challenge word.



Motorcycle

The RoadRunners celebrated the holiday season at their annual



Celebrating December birthdays at the Christmas Dinner.

Christmas dinner on December 13. Held at Cattlemens restaurant in Roseville, great food and a fun evening was enjoyed by all! Thank you to Bill and Christy Zemina for making the arrangements! The club's Road Captains will meet in January to lay out the 2019 riding calendar to present at the February meeting. If you like motorcycle touring and have a roadworthy motorcycle or trike - check us out! The RoadRunners meet on the fourth Thursday of the month at 6:00 PM Multipurpose Room (OC) There is no club meeting in January. The next meeting will be on February 28. "Ride Safe - Ride With Friends."

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



Movie Lovers

The Movie Lovers Group had a most successful Holiday party in December. Last year our membership increased, and we discussed at least 20 movies. Our discussions are frequently stimulating and challenging. We meet

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on the second Thursday of the month, February 14 at 6:30 PM in the Multimedia Room (OC). All are welcome.

Contact: *Cliff Roe 510-889-0265*



Music

Hope everyone had Happy Holidays and Happy New Year. The Music Group's goal for 2019 is to continue improving our skills while maintaining the informal, supportive fun feeling at our meetings. If you sing, play piano, guitar or harmonica, come on down! We are looking for varied instruments, especially wind players. Please dust off that Sax, Trumpet or Clarinet and bring it to our next group meeting on Wednesday, January 24 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.



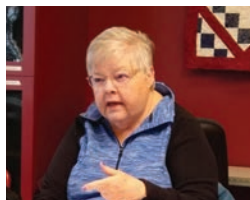
Pete & Peter Sweetly Playing

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



Needle Arts

Needle Arts monthly meetings are held the second Tuesday of the month at P-Hall (KS) 1:00 PM. Workshops are held the first Wednesday of the month at 1:00 PM in the Sewing Room (OC). A couple of upcoming workshops look fun. Debby Bainbridge will be teaching a beginning paper piecing workshop on February 6. March 6 will be ribbon embroidery taught by Ginni Jannicelli. Keep watching emails for details. Community Service is looking for quilters to quilt the quilt tops. If you have not renewed your membership for 2019 now is the time. Check the website for the membership form and where to send the dues. We welcome new people too. For more information about the club check out the Needle Arts website.



Jean Storms, Needle Arts 2019 President

Website: *www.sclhna.com*



Neighborhood Watch

We start off each year with good intentions – more exercise, lose that 10-50 pounds eat a healthier diet. Yet, we know that before January becomes a distant memory, we'll slip back into our usual patterns. Excuses replace exercising, the weather still allows a larger size,



You can be involved and help your neighbors.

and kale is never going to be the "new" chocolate. But, there's one resolution you can keep that will not only benefit you but also help your neighbors. Volunteer! Neighborhood Watch needs village coordinators for 16B, 19B, 20, 22A, 24A, 24C, 26C, 32A, 35B, 38B, 38C, 39 and 40B. Several mailbox positions also need captains. If you're already a captain, you can adopt another. For more information, call Pauline Watson at 916-543-8436. Contact: *Linda Minor 707-235-0778, lindaminor@sbcglobal.net* Website: *www.SCLHWatch.org*



Painters

Club members enjoyed a festive luncheon in December to wrap up a busy year. Focus for 2019 is the annual Fine Arts Show which takes place on February 22-24 in the Ballroom (OC). Registration packets are now available, registrations will be accepted on January 22 at 3:00 PM in the Fine Arts Room (OC). You DO NOT have to be a member of the Painters' club to participate. The

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Winners of the "Water" Challenge

January 15 members meeting in the Fine Arts Room (OC) will feature instructions and information related to the Registration Packet. Election of Officers took place at the November meeting; results were as follows: President: Joan Musillani, Treasurer: Linda Shields, Secretary: Marsha Herlache. Memberships Dues – \$15 – are payable now – mail to Linda Shields.

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



Paper Arts

We launched the new year with a card and calendar presented by our club president, Dottie Macken. Thanks, Dottie! Also lined up for 2019: Shirley Rainman's "Quilting with Paper Techniques" (February); Judy Perkin and Randi Lontz, Stampin' Divas-Folsom, and Stampin' Up demonstrators (March); Peggy Jo Ackley, Pink Ink Stamps (April); and more workshops and events. More details will follow. Open Lab returns January 17 (third Thursday) from 9:00 AM to 12:00 PM in the meeting room (KS).



Nancy Sealy and Kathy Sullivan at the Christmas Party

Stop by this drop-in session for members to work on projects and share ideas. There's also 'free stuff' for the taking. We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS).

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



Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets in the Card Room (OC) on the first and third Friday from 9:00 AM to 12:00 PM. For more information, please call Doris DeRoss at 916-253-7164. We hope to see you there.

Contact: **Denise Jones** 916-543-3317



Photography

Jumping into the New Year in burst mode, Paul Renner, an Africa Photo Safari Tour Guide, is our January presenter. Raised in



Members enjoy our annual holiday brunch

Tanzania and fluent in Swahili, Paul learned the art of tracking and observing animals in their natural habitats. He is an accomplished photographer with a gallery of stunning wildlife images. This is definitely a presentation you won't want to miss! Field trips tapered down over the holiday season but will gear-up with the New Year. Trips under consideration include Yosemite, Point Reyes, Carmel, Hearst Castle, North Coast, Galaxy trips and Death Valley. The Photography Club always welcomes new members of all skill levels. You can sign up when you attend a General or SIG meeting. Check out the meeting schedule on our website.

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



Pickleball

Is pickleball the sport for you? Yes, if your 2019 resolution is to become more fit and make new friends. We play mostly doubles on smaller courts.

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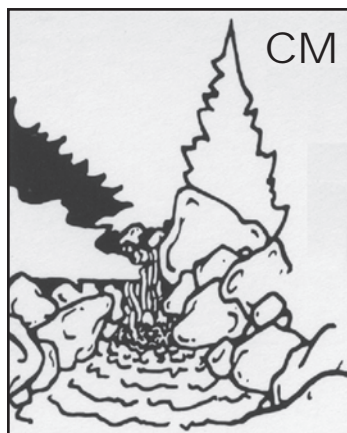
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Want to learn? A free introduction class is offered most Wednesdays at 1:00 PM. No reservations or paddles necessary, but tennis shoes are a must. Member benefits include lessons, parties and ladder league. We receive so much, so we gave back this holiday.

Players competed in a tournament at Courtside, the Rocklin indoor facility. There, a successful silent auction raised funds for victims of the Camp Fire. Also, we



Craig and Lynn Fraser with a special party guest.

helped with a program that delivered 900 Christmas toys to children of deployed troops stationed at Beale Air Force Base.

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

Website: www.lhpickleball.com



Players

The Players' Reader's Theater production, "My Man, Godfrey," will be presented at 3:00 PM on Saturday and Sunday, February 9 and 10 in P-Hall (KS). Admission

is "Free." Mark your calendar. This show stars James Walker, Eileen Hacker, Kevin Smith, Angela Blas, Chuck Harrison, Nick Gerenday, Alice Crawford, Corinne Ehlers, Sean Brancato, Rudy Schneider, and Joe Nichols. The Players are looking forward to their "Valentine's Day" celebration at Turkey Creek on February 13. This group knows how to party as well as have fun on stage, working on the tech crew, or behind the scenes working with props, costumes, and dressers. The annual dues are only \$5.00. Meetings are once a month on the second Monday of the month at 4:00 PM P-Hall (KS).

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

Website: www.lhplayers.org



Poker

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

Contact: Lynne Barsky 916-253-3730



RV

We celebrated the Holidays with a gala dinner/dance organized by Marilee Swanson at which we recognized our 2018 leaders for a great season and installed our 2019 Officers including President Steve Beede; Vice President Susan Brendan; Treasurer Bill Bissen; and Secretary Marggi Holtze. 2019 we'll have Rallies almost every month starting



LHRVG 2019 Board

with Southern CA and Arizona in January. Most Rallies are as near as Santa Cruz or Yosemite, this year we're heading to the Calgary Stampede in Canada. All Rallies include lots of fun dinners, happy hours, golf, and anything else the groups dream up. We meet in the Placer Room (KS) at 4:30 PM on the second Thursday of each month. Residents with an interest in RV'ing are welcome to visit and join us.

Contact: Dean Schumacher 916-223-5182;

Website: www.lhrvg.com



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website to find out about volunteering at schoolssuncity.org or contact Crystal Elledge (elementary) 916-543-8617, ceelledge@sbcglobal.net or Irma Mendez (high School) jmeidm@aol.com. No prior teaching experience necessary. There are openings on the SCHOOLS Steering Committee if you are interested in being involved with planning and working on the volunteer program, or our annual meeting in the Fall or our Spring Picnic in the Sports Pavilion. Contact Patti at pkings-ton@att.net.

Contact: Crystal Elledge 916-543-8617, ceelledge@sbcglobal.net;
Website: schoolssuncity.org

Scrabble

We welcome anyone interested in trying out Scrabble to join us on Monday afternoons at 1:00 PM in the Card Room (OC). All materials are provided, and all levels

of play are welcome. Just show up and play one, two, or more games until 4:00 PM. It's a good way to pass a cold winter afternoon! Happy New Year from the Scrabblers!

Singles



Join us in the New Year as we head to McCormick and Schmidt in Roseville for Dine Out on Thursday, January 17. Call Sue to make reservations for this one! Thursday, January 24, we will be in the Ballroom (OC) for a Pre-Super Bowl event. Tuesday, February 5 at 4:30 PM in the Ceramics Room (OC) as we plan our late winter and spring events for the Club. We will celebrate our members birthdays on Sunday, February 10 in the Sports Bar (OC) On Valentine Day; we will celebrate in the Ballroom (OC) with a short business meeting followed by a fun game of trivia! A friendly reminder: Dues for 2019 need to be paid in January. They remain at only \$15.00 per year.

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

Ski



The snow dances worked, with December being a good start to the season. Many members enjoyed several ski days in Tahoe. The annual Holiday Party in December featured excellent food, fun door prizes and great



Champagne On The Slopes, Life Is Good!

fellowship for 44 members and guests. Weekly carpooling to the North Tahoe resorts will continue throughout the season, with a short break for the 3-day trip to Heavenly Valley in mid-January. Several non-skiers, who will be in Whistler, British Columbia for the annual ski getaway trip, met to plan their non-skiing activities during this outing in February. We expect some very interesting pictures! Our next general membership meeting will be Thursday at 4:00 PM, January 17 in the Multipurpose Room (OC).

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



Sports Car

The Sports Car Club gathered at OC to celebrate their holiday get together. Since this is a very social club, a lively cocktail hour was enthusiastically enjoyed. A buffet dinner was served followed by speeches by Tom Breckon, our out-going Vice President and our new 2019 President. Tom thanked outgoing President, Chuck Schmidt, for his service during the 2018 year. Chuck

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Chuck Schmidt handing Tom Breckon his "GIFT"

handed Tom a gift. Tom opened it expecting a bottle of wine, but it was the President's gavel. A good laugh followed. As always, if you have a sports car and like touring with great people, come to our meeting on the first Monday of the month, 6:30 PM at P-Hall (KS).

Contact: vploon@sbcglobal.net;

Website: lhsportscars.com



Sun City Squares

Sun City Squares welcomed December with a fun party and lots of beautiful dancing.

If you have any interest in square dancing or are even just a little curious, come and check us out. We welcome singles as well as couples. It is a lot of fun! Please come and join us! Sun City Squares meets at Kilaga Springs, *Monday from 1:15 to 3:15 PM for Plus Level Dancing. Round Dancing between tips. *Monday from 3:15 to 3:45 PM for Advanced Level Dancing. *Thursday from 1:00 to 3:00 PM for Advanced Level Dancing.

Contact: **Sandy Cleaver**

916-409-0409



Swimmers & Water Walkers

Happy New Year, everyone. With the New Year, we have a new leader, Ruth Braun. We welcomed Ruth at our last meeting of the year on Monday, December 17. Please give her your support this coming year. As most of you are aware, we have had some challenges this past year, but we will continue to meet these challenges and persevere. We endeavor to keep our pools a viable entity for swimmers, walkers, those with physical problems that keep them from regular exercise. Please join our club. We need your support. Our next scheduled meeting is Monday, March 18 at 3:00 PM Fine Arts Room (OC). Contact Ruth at rbraun1110@gmail.com if you have questions.

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



Table Tennis

Do you remember having fun playing Ping-Pong when you were younger? Well, we still do it here at Lincoln Hills! We call it Table Tennis now, but it's the same fun game that you remember. Maybe it's time to start the New Year off with an old sport and some new friends. We have seven tables designated for every skill level, and we play three times a week. Days and times for play are Sundays

from 12:30 to 4:00 PM, Tuesdays from 6:00 to 9:00 PM, and Fridays from 8:00 to 11:00 AM. You can find us in the Multipurpose Room (KS). Hope to see you there!

Contact: **Howard Parker**

916-408-4655;

pingpongslh2@gmail.com



Tap Company

Our Holiday Luncheon was a lovely event with Alyson's young tap dancers on stage with all their energy and enthusiasm. John Griffin sang a solo, then with help from Joe Stewart, Marilee Imamoto and Cherie Lyle led the sing-along. Nina Malone, the Lincoln Hills Chorus



Can you see the pretty centerpiece?

accompanist, played the piano to our fun singing. Not being singers, it was special having these professionals singing and playing along with us. The Italian Buffet was delicious, and while eating, we enjoyed the beautiful centerpieces. They were silver wreaths with red bows and decorations, which were provided by Mary Adamson, Barbara Appleby, LaDonna Cumiford, Gail Hamilton, Marilee Imamoto, Frima

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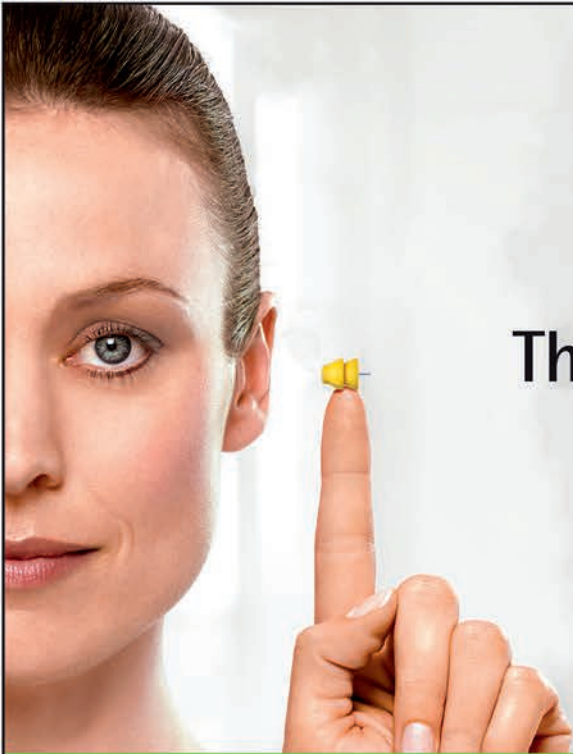
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Stewart, and Alison Wolfe. One of the centerpieces and two bottles of wine were raffled off after a short meeting.

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



Tennis

Our final events of 2018 were met with success. One hundred five members attended the Christmas luncheons. The food and socializing were great. The ladies brought toys for the children of the families displaced by the Paradise fire. At our year-end Annual Meeting our 2019 BOD was announced: President – Les Van Pelt; Finance – Diane McLaughlin; Communications –



Ladies Christmas Luncheon

Linda Burke; and, Social – Carol Vasconcellos & Sandy Zentner. A big plus at the meeting was the responses given by the seven Association BOD Candidates. Each had submitted a letter responding to questions provided to them in advance. If you are a resident and a tennis player but not yet a member, all the information you will need to become a member can be found on our website: sclhtg.com.

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



Veterans

Veterans Group Life Member Les Thomas, a longtime teacher of effective interpersonal communication techniques for dealing with difficult people in confrontational situations, will be the featured speaker at the January 17 general membership meeting at 1:00 PM in the Ballroom (OC). Les has

been teaching these techniques for many years to organizations on the front lines of dealing with the public, including law enforcement, hospitals, first responders, churches, shelters, non-profits, and governmental organizations. The presentation format will be high energy, interactive, enjoyable and designed to create a memorable learning experience. The techniques to be presented will better equip members to end encounters peacefully and positively for both parties.

Contact: Wayne Gallant 916-543-4856



Water Volleyball

Happy New Year 2019. Our club is gearing up for another great year. The new Steering Committee members are in place and already busy planning events and programs. Many thanks to members Sandy Manildi, Elaine Kalani, and Marianne Crosby, who are being recognized for their strong dedication. Our competitive ladies recently tried out the new woman's net height which is 6-7 inches shorter than the regular net. That improvement will make a huge difference. Friday night games are available starting at 5:20 to 8:05 PM. Please check the schedule regarding the different time slots. Club emails will give members any changes and special announcements. Questions can be directed to the Steering Committee using this email address sclhwatervolleyball@gmail.com. See you in the water!

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



Woodcarvers

In December, many of the woodcarvers traded their carving knives for steak knives and butter knives. The main purpose was to get together for a holiday banquet at the Turkey



Santa having a little fun with Joel Ellioff

Creek Golf Club Restaurant. Mary Romo, with skill and ingenuity, managed to organize, arrange and decorate the facilities and make this one of the best holiday banquets for the woodcarvers. After dinner, there was a special woodcarver's version of the "Twelve Days of Christmas" sung by all, as well as a visit from Santa. Woodcarvers club meets every Wednesday at 1:00 to 4:00 PM in the Sierra Room (KS). You're invited to come by and see us in action.

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



Writers

Roses are red; violets are blue; writers write, do you? We meet the second, fourth and fifth Monday evenings in the Ceramics Room (OC) at 6:30 PM. Poems, memoirs, science fiction, fiction, non-fiction, children's stories, what else do you write? Bring ten copies of your writing so we can read along with you and give any editing comments you would like. We wish all writers and readers a Happy New Year!

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



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Support Group News

Alzheimer's-Dementia Caregiver's Support

We begin the year at our January 23 Large Group meeting at 1:00 PM in the Multi-Purpose Room (OC). Most of our members are in the early to mid stages of caregiving for a family member with Alzheimer's or other cognitive disease. If you are a caregiver, please join us to get some peer support, professional guidance, and an opportunity



Losing Memories

to be heard. We offer bi-monthly meetings to hear from professionals working in the health services industry. We also have bi-monthly peer discussions to hear from and be heard by caregivers. Meetings are guided by experienced facilitators. This group is about helping caregivers learn how to more effectively cope with constant change, and take care of themselves in the process. Please join us.

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



Bereavement

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one.

Monthly support meetings are held on the second Wednesday at 3:00 PM at Joan Logue's home. The next support meeting is February 12. 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 Siinos on Thursday, January 24 at 11:30 AM. For more information or to put a Memoriam in the *Compass* please contact Joan.

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



Bosom Buddies

Although most of us knew we have a very nice spa at Kilaga Springs, many of us didn't know how much it has to offer. At our January meeting, Trudy Smith spoke not only about the different treatments and unique boutique items but also about a "healthy living" program being introduced. As a special treat, she let us sample some of the products. Our next meeting, February 14, features



Members celebrate at our annual holiday luncheon.

a radiation oncologist from Sutter Health. There have been a lot of advancements in radiation as a treatment for cancer. This is a meeting you won't want to miss.

Bosom Buddies welcomes breast cancer survivors and those still undergoing treatment. We meet the second Thursday of the month at 1:00 PM in the Multi-purpose Room (OC).

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



Family Mental Illness Support Group

Our support group meets on the second Friday of each month at 2:00 PM. We are a small, informal group. Our purpose is to lend emotional support to family members who



Our purpose is to lend emotional support.

have loved ones suffering from bipolar disorder, schizophrenia, depression, and other serious mental illnesses. There's nothing you can say that will surprise us. We've all been there. Come and know you'll be listened to, heard, and understood. You can read personal stories about mental illness on my blog, www.soonerthantomorrow.com, A Safe Place to Talk About Mental Illness in Our Families.

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



Gam-Anon

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

Contact: denniskayf@starstream.net
Website: www.gam-anon-loomis.com



Glaucoma Support Group

The Glaucoma Support Group will welcome Dr. Jacob Brubaker as our guest speaker for the February meeting. Dr. Brubaker is an associate with Sacramento Eye and has recently expanded his local schedule to be available weekly to see patients at the Twelve Bridges Office. Dr. Brubaker's presentation "Glaucoma: welcome to the new revolution" is sure to bring new and important information for all of us. Our meeting will be held on February 13 at 4:00 PM in the Multipurpose Room (OC). For additional information, please contact Bonnie Dale at 916-543-2133.



Hearing Impaired Support Group

The Hearing Impaired Support Group will hold its next meeting on Thursday, January 24 from 2:30 to 4:30 PM (OC). There will be a presentation on signing given by one of our members, Jennifer Forsyth.

Contact: Joanne Mitchell – 916-408-0533, pipal@prodigy.net



Low Vision Support Group

February Meeting – Tuesday, February 5, 2:00 to 4:00 PM, Fine Arts Room (OC). Bruce Vasquez, Optician and Product Line Manager of the Vision Essentials Store of Kaiser Permanente will be our presenter. Bruce will bring an assortment of basic low vision aids and video reading aids and will discuss how each of these products can help with varying stages of vision loss. This Kaiser store is open to all; members as well as non-members. Android Phone Class. This class is designed to teach us about the many features of the phone that are helpful to those with vision issues. Attendees must bring an Android phone to the class. For questions or to register, contact Steering Committee Member, Dolores Minton at knit.n.purl@att.net or 209-365-3048.

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



Multiple Sclerosis Support Group

ALL ARE WELCOME to hear about Super Foods – The Healthy Food Stars, as presented by Resident Certified Nutritionist,

Beverly Haran. Beverly will speak on Healthy eating of Super Foods for your brain, heart, and body. She is a 20-year cancer survivor and changed her diet to focus on healthy eating. We are fortunate she is willing to take time from her busy schedule to share her updated knowledge. Tuesday, February 5 at 1:00 PM, Sierra Room (KS). Questions regarding the meeting or about MS? Contact: Jeri Di Fiore – 916-408-7565 and leave a message.



Parkinson's Support Group

Happy New Year to you all! This month we will have Andrea Rosenblume from "Healthcare Pathways." Medical challenges can confront people of any age. Andrea Rosenblume of Healthcare Pathways, a Sacramento area patient advocate, can help you navigate through unfamiliar situations so that you and your loved ones can experience the best possible care, quality of life and peace of mind. Come and join us on January 15, 10:00 to 11:30 AM at Granite Springs Church, 1170 E. Joiner Parkway. For more information contact Brenda Cathey at 916-253-7537.

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Bulletin Board

AARP

2018 Tax Season is Here! Lincoln AARP Tax-Aide volunteers are ready to assist you with your 2018 tax returns. The service will be available by appointment only this year at Granite Springs Church, 1170 E. Joiner Parkway. People can make income tax preparation appointments by calling 916-878-6249 beginning January 21. The Intake/Interview Sheet, Form 13614-C, is required of all clients and is available in the Orchard Creek Lodge lobby or Kilaga Springs library. These returns will be filed electronically (e-file) with the IRS and California FTB.

A Course in Miracles

This is a study group for a book, *The Course in Miracles*, which gives us the underlying spiritual truths of all religions as a guide to living in peace and love while in a world of conflict and hate. We meet on the first and third Monday, at a Lincoln Hills residence. The group is ongoing and open to all, whether new to the Course or a long-term student. Call Alexandra at 916-409-5253 for more information.

Airport Co-op

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

Cloggers

Happy New Year! If you haven't yet tried Clogging, this is the year for you! Clogging is fast-paced, with "buck" steps, double-toe and heel taps, leaps (well, not all of us leap), hops, hugely percussive sounds. Clogging shoes have four taps each, adding to the rhythmic beat. And, clogging burns calories at a rapid rate. Samuel Beckett said, "Dance first. Think later."

You Are Invited to Attend:

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

- **Wednesday, January 16, 8:30 AM** – Edward Jones, Solarium
- **Wednesday, February 6, 2:30 PM** – C.R. Abrams, Solarium
- **Thursday, February 7, 11:00 AM** – Edward Jones, Solarium
- **Monday, February 11, 10:00 AM** – Nautilus Society, Oaks (OC)

But we're thinking way ahead to the big Clogging Convention in Sacramento, Crowne Plaza, May 31-June 1, 2019. Hope you'll join us! For more information on clogging here in Lincoln Hills, please contact Natalie Grossner at 916-209-3804.

Craft Beer Enthusiasts

A new club is forming. We plan to visit a craft beer brewery each month or perhaps have a tasting party. In the past few months, we have visited Ol Republic, Out of Bounds, and Loomis Basin. Wednesday, February 6 at 4:00 PM we will tour Crooked Lane Brewery and Moonraker Brewery in Auburn. If you would like to share a brew with us, please contact Phil Hermanson at 530-320-7469 or email at philhermanson1@gmail.com. We can add you to our e-mail distribution list to let you know of our monthly plans.

Democratic Club

Our meeting on January 17 focuses on the California Democratic Party legislative priorities going into the new year. Our speaker is Hilary Crosby who is currently the President of the California Democratic Council. See their website <https://caldc.org/>. We meet the third Thursday of the month at the Granite Springs Church, 1170 E. Joiner Parkway, Lincoln. Doors open at 6:15 PM for a social time, business meeting is at 6:45 PM, followed by the program. Please see the club website at

<http://www.demcraticclublincoln-ca.org>.

The Guardians

THE GUARDIANS is a revealing investigative documentary that exposes allegations of corruption within the Nevada Guardianship and Family Court systems. The film shines a light on a lucrative business that drains seniors' life-savings and robs them of their freedoms. As our aging population is about to record the largest transfer of wealth in history, we must protect them and their families from those that have been using the system to take advantage. For 40 years nothing and no one has stood in their way. Please join us January 26, P-Hall (KS) at 2:00 PM. Contact Phyllis at 916-543-6948 for complimentary tickets.

Italian Club

Many unique social events to be held throughout 2019 are being planned. Look for a comedian in February, dinner at the "Blue Goose" in March, "All Things Lazio" in April, and "Barbecue and Bocce" in May, just to name a few. Check out the social events calendar on the website for more details about events during the rest of the year. If you are a Lincoln Hills resident of Italian heritage, go to the website at www.lhitalianclub.org and learn more about us and our monthly activities. Want to join us? Contact: Sandi Graham, membership at 916-826-5711.

Library Author Night

Todd Borg whose series of mysteries are set in the Tahoe area featuring an ex-SF Homicide inspector will be the guest at the February 7 Twelve Bridges Lincoln Library Author's Night. Borg has 15 novels in this series that earned the Ben Franklin "Best Mystery of the Year" award as well as being ranked in the top 5 mysteries of the year by the Library Journal. Borg will answer questions plus sign books at this open to the public event held in the Willow Room of the Library. Doors open at 6:00 PM with refreshments provided by the Friends of the Lincoln Library. See more on their website: friendsofthelincolnlibrary.org.

Lincoln Police Department

The Lincoln Police Department is recruiting for its LPD Volunteer Program. The program is open to Lincoln Residents who are 21 years old or older. This ongoing recruiting effort is for those individuals who would like to volunteer either as Front Office Staff (informational, meet and greet) or Patrol (vehicle patrol, "eyes and ears" in the community). Qualified individuals will receive training on all aspects of Police Volunteer work. For more information contact Roy Osborne at 916-645-4081.

Open Play Games

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

Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Center in Roseville

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

Republican Club

Our next meeting is Tuesday, January 15 in P-Hall (KS). Doors open at 6:00 PM, the program begins at 6:30 PM. Our speaker is Assemblyman Kevin Kiley (R-Granite Bay), who will address the topic: "2018 Election – What Happened and What's Next" Assemblymember Kiley recently announced his candidacy for the special election for State Senate District No. 1. That seat will become vacant in January when Senator Gaines becomes a member of the State Board of Equalization. Mr. Kiley's State Senate candidacy has been endorsed by all members of the Lincoln City Council.

Shalom Social Group

At our recent festive Hanukkah party, our own Lynne Snyder installed new officers for the Shalom Social Group: Co-presidents, Vida Morrison and Judie Panneton; Membership Co-Chairs, Margie Gulko and Joanne Levy; Activities Co-Chairs, Lorraine Katz, Harriet Kroot and Elliott Levy; Treasurer, Bruce Herold; Recording Secretary, Martha Hanley; Corresponding Secretary; Jim Ganulin; and Past Presidents, Gerry Burstain and Hagai Narkis. Our group focuses on matters of Jewish food, culture, and general interest. Our first general membership meeting of the year will feature a speaker from Big History. For more information, please call Joanne Levy at 508-333-8590.

Sons in Retirement

With good weather, we meet on Tuesdays for Trap and on Thursdays for Skeet at Coon

Creek Trap and Skeet at 5393 Waltz Road, just minutes from Lincoln. Occasionally other shotgun sports are enjoyed. We have no fees, but each shooter must pay for their own clay targets. For more information about shotgun shooting sports contact John Kightlinger at 916-408-3928 or johnnpat@sbcglobal.net. The rifle and pistol activities occur on Tuesdays at the Lincoln Rifle Club at 150 Lincoln Boulevard. For information about rifle or pistol shooting, please contact Jim Trifilo at 916-434-6341 or trifilom@gmail.com. Come out and have fun!

Sons In Retirement Branch 13

Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its monthly luncheon on Tuesday, January 15 at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. This is a good opportunity for retired men new to the area to meet other retired men. A three-course gourmet lunch costs \$20pp. Arrive at 11:30 AM; luncheon adjourns at 1:30 PM. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending the luncheon as a guest, please contact Chet Winton at 916-408-8708.

Yacht Club?

Ahoy, residents of Lincoln Hills! Are you a saltwater sailor or power boater; owner or crew; 6-pack ticket holder, or higher? Perhaps a reader of *Latitude 38*? Do you have neighbors who are? I don't see any boating oriented clubs listed in the *Compass* pages. Would you like to meet and swap sea stories, compare racing tactics, or bareboat charter adventures? Let me know? Maybe lunch at the Sports Bar will lead to a Yacht Club. Contact Norm Trondsen at 916-209-3402 or ntrondsen@yahoo.com.

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Community Perks



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

P-Hall (KS) Rated R, 124 min, Drama. The accidental death of the older son of an affluent family deeply strains the relationships among the bitter mother, the good-natured father, and the guilt-ridden younger son. Starring Donald Sutherland, Mary Tyler Moore, Judd Hirsch, and Timothy Hutton. Directed by Robert Redford.



**Document Destruction
Monday, January 21 – 10:00 AM
to 12:00 PM, Fitness Center
Parking Lot (OC)**

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



**Bird Migration Trail Walk
Wednesday, January 23 – 10:00 AM,
Ferrari Pond Trail—Free**

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



**Food Adventures Club
Monday, January 28 –
2:00 PM, P-Hall (KS)
—Free**

All Residents are invited to the Food Adventures Club's first ever meeting where we will hear about the Club's new direction that places the emphasis on the

joy of all foods, not just healthy foods. Best of all we'll hear all about Lincoln's own Blabbermouth Chocolates by its founders, Gary, and Darlene Kramer. It gets even better when we then proceed to the Kilaga Kitchen where Gary and Darlene will offer samples of some of the best chocolates you've ever tasted.



**2 Showings!
Mission Impossible -
Fallout (2018)
Saturday, February 2 –
6:00 PM Screening—Free
Monday, February 4 –
1:30 PM Screening—Free**

P-Hall (KS) Rated PG-13, 147 min, Action/Adventure/Thriller. Ethan Hunt (Tom Cruise) and his IMF team, along with some familiar allies, race against time after a mission gone wrong. Also starring Henry Cavill, Ving Rhames, and Simon Pegg.



**Return Engagement
Crazy Rich Asians (2018)
Saturday, February 16 –
1:30 PM Screening—Free**

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



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**It's The Lifestyle! Expo
Tuesday, February 26 –
10:00 AM, Orchard Creek
Lodge—Free**

Want to learn about the various Clubs and volunteer opportunities available within and outside your community? Join us for the annual *It's the Lifestyle! Expo* and celebrate the lifestyle that is uniquely Lincoln Hills. The event will have over 70 Lincoln Hills clubs and community interest groups participating plus various local non-profit organizations. Learn about the many clubs and organizations within your community, speak to different Lincoln Hills department teams and learn about local volunteer opportunities and how to get involved! See you there!

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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.

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

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



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

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



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



Students speak for their lives! We seem to be in an era of escalating violence in our schools. It's time to

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

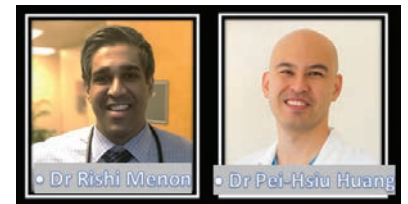
Exploring Our Website Monday, February 18, 2:00 PM, P-Hall (KS)—Free

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



When Heart Valves Malfunction Wednesday, February 27, 7:00 PM, P-Hall (KS)—Free

We are excited to have cardiac surgeons from Sutter Heart and Vascular Institute, Dr. Rishi Menon and Dr. Pei-Hsui Huang, present new information on Heart Valve Issues. Heart valve issues often go untreated in later years. Attendees will learn about valve problems such as Aortic or Mitral Valve Stenosis, the symptoms, and how to distinguish heart symptoms from symptoms individuals may think are normal aging. Attendees will learn how to identify when to discuss these issues with their primary doctor, when a cardiac evaluation is needed and will learn about advanced treatment options like the Transcatheter Aortic Valve Replacement.



Roaming the Sierra Nevada Foothills
Monday, March 11,
10:00 AM, P-Hall (KS)

—Free

Explore the historic bridges across the North Fork of the American River with Michael Stark. Learn about places to take out-of-town guests, Gold, Murder, Ghost Towns, Hangings, Railroads, Corruption, and The Most Haunted House in The United States.



You Really Can Walk Across Switzerland
Monday, March 18,
2:00 PM, P-Hall (KS)

—Free

After walking the Camino de Santiago across Spain in 2016 and more of the Camino in France in 2017, someone suggested to Bruce Quick, a Lincoln Hills resident, to walk the Camino across Switzerland. WHY NOT? StarAng in Innsbruck, Austria in August, Bruce walked across half of Austria, all of Switzerland and the remaining half of France ending in Le Puy en Velay, France. Forty-one days and 650 miles of trekking up mountains and winding through valleys, he made it! He is truly excited to share his Camino adventures with all who like to listen.



Upcoming Events

- **Coping with Disaster and Loss**, Wednesday, March 27, 7:00 PM, P-Hall (KS)—Free
- **Placer Land Trust**, Friday, April 5, 2:00 PM, P-Hall (KS)—Free
- **Who You Callin' Ovoviperous**, Monday, May 13, 10:00 AM, P-Hall (KS)—Free

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Lifestyle



A Celebration of JONI MITCHELL

with Kimberly Ford

Friday, February 15

Concert at 7:00 PM

Ballroom (OC)

Reserved Seating: \$25

General Admission: \$22

Event Code: LSE148

Presented by:



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Entertainment

*Indicates new performances on sale January 17

—Comedy—



KS Comedy Night:
David Nihill
Tuesday, February 19,
P-Hall (KS)
6:00 PM Show — **LSE149**
8:00 PM Show — **LSE150**
Reserved Seating \$16
David Nihill “43rd annual
San Francisco Comedy
Competition Winner” got

his unconventional start in comedy when he tried to overcome his public speaking fears by pretending to be an accomplished comedian called “Irish Dave” crashing comedy clubs, festivals, and shows. By the end of the year, Dave had been on tour with some of Ireland’s best comedians, performed at leading comedy clubs across the US and wrote the bestselling book “Do You Talk Funny?” arguing that comedians are the world’s true masters of public speaking. (Published by Benbella/Persius). Save \$1 on purchases of \$4 or more at KS Cafe.



***KS Comedy Night:**
Jason Love
Friday, March 29,
P-Hall (KS)
6:00 PM Show — **LSE154**
8:00 PM Show — **LSE155**
Reserved Seating \$16
One of today’s hardest-
working comedians, Jason
Love, has appeared on
HBO, Comedy Central,
and America’s Got Talent.

His crafty punch lines and guitar bits make him a favorite for companies like Google, and Pepsi. Says L.A. Weekly, “Jason Love is comedy that brings people together.” He performs at clubs everywhere,

www.sclhresidents.com

from the Laugh Factory in Hollywood to Caroline’s on Broadway and overseas for the troops and on the seas for cruise lines. Jason’s non-profit, Love & Laughter, brings free shows to cancer support communities nationwide. Save \$1 on purchases of \$4 or more at KS Cafe.

—Concerts—



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

Place your name on Wait List
for possible ticket resale.



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

**Reserved Section Seating Sold Out, General
Admission \$21**

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



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

Reserved Seating \$23
Danika & the Jeb, an
acoustic duo from
Nashville, will pre-

sent a variety of their original compositions, share stories, and play their own interpretations of classic songs! Danika & the Jeb are dynamic, uplifting, and fun. Their music is a soulful combination of artfully

written songs and powerful musical phrasing. Original songs include: "Bluebird," "Rainy Day Lovin" and "Sway into the Storm." Reinterpreted cover songs include: "While My Guitar Gently Weeps," "Superstition," and "Little Wing." A perfect show for the Presentation Hall's intimate setting, discover the music and talent of this exceptional duo! Save \$1 on purchases of \$4 or more at KS Cafe.



Free Fallin': An Intimate Evening of Classic and Contemporary Pop with Rising Star Jonny Zywieciel
Thursday, February 28, 7:00 PM, P-Hall (KS) — LSE151
Reserved Seating \$23

Jonny Zywieciel is a 24-year-old multi-faceted musical artist based in Los Angeles. Years before picking up the guitar as

a young teen, Jonny was influenced by a variety of musical genres, from classic rock to funky pop, soulful jazz to twangy country. Today, these musical influences are evident throughout his original compositions, as well as the extensive catalog of songs he recreates from memory. Join Jonny for an evening of Contemporary Pop with songs from artist such as Green Day, Bruno Mars, Frankie Valli, Frank Sinatra, and much more. Save \$1 on purchases of \$4 or more at KS Cafe.



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

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



***The Everly Brothers Experience Featuring the Zmed Brothers**
Thursday, March 7, 7:00 PM, Ballroom (OC) — LSE152
Reserved Section Seating \$25, General Admission \$22

The Zmed brothers, Zachary, and Dylan are back! They bring a genuine and youthful Everly Brothers experience, as well as the genetic intimacy so ever-present in the harmonies created by Don and Phil Everly. When the guitar became electric, the Everly Brothers bridged the gap between Country and Rock 'n Roll with countless hits and classics like "Wake Up Little Susie," "All I Have to Do is Dream," "Bird Dog," "Bye Bye Love," and much more. The Zmed Brothers have perfected the blend of two-part harmony that made the Everly Brothers memorable for three decades and continues to influence artists worldwide.



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

Reserved Section Seating \$25, General Admission \$22
 When the counter-culture blossomed in the late 1960s, Joni Mitchell's poetic tales of

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



***A Patsy Cline Tribute Featuring the Carolyn Sills Combo**
Friday, March 15, 7:00 PM, P-Hall (KS)
— LSE153
Reserved Seating \$23

The Carolyn Sills Combo, the 2018 Ameripolitan Award winner for

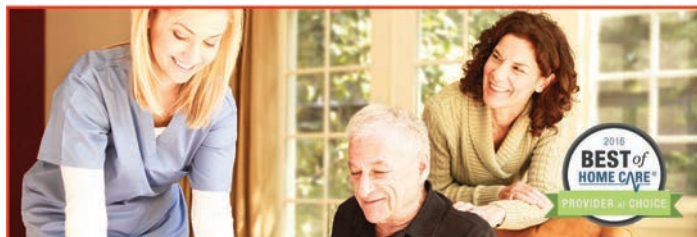
Western Swing Group of the Year, will perform Patsy Cline's hits and heartbreakers at Lincoln Hills! This special event will showcase Patsy Cline's upbeat honky tonk and country numbers, classic ballads and lesser-known gems, all sung and played with amazing authenticity by Carolyn and her ace combo. The band will also throw in some of their original, award-winning country, western and swing numbers for a one of a kind night that everyone will enjoy! Save \$1 on purchases of \$4 or more at KS Cafe.



***Top Shelf Classics presents The Songs of Aretha Franklin Featuring Wanda Diamond**
Thursday, March 21, 7:00 PM, Ballroom (OC) — LSE156
Reserved Section Seating \$24, General Admission \$21

Enjoy a soulful musical journey with Top Shelf Classics, featuring Ms.

Wanda Diamond! Enjoy hits made famous by vocal icon Aretha Franklin including such classics as "Respect," "Chain of Fools," "(You Make Me Feel Like) A Natural Woman," "I Say a Little Prayer," and more. By the end of the 1960s, Aretha Franklin became known as "The Queen of Soul" and was the first woman to be inducted into the Rock and Roll Hall of Fame. Her brilliant career included 73 Billboard Hot 100 chart entries and 18 Grammy Awards. Wanda Diamond's natural talent and powerful stage presence will deliver a magical, soul-stirring tribute you won't want to miss.



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***Indicates new trip on sale January 17**

Featured Trip



**Another exclusive trip
for our residents!**

***Four days,
three nights**

**Pompeii Exhibit
at Reagan Library
Tuesday, March 12
to Friday,**

**March 15 — LST225
\$675 per person
double occupancy;
\$895 single.**

Join Katrina, your Trip
Coordinator, for a trip to The

Ronald Reagan Presidential Library and Museum in Simi Valley featuring *Pompeii: The Exhibition* plus a train experience with a gorgeous view of the Pacific Ocean. This fun and relaxing trip includes the following:

- Entrance to the *Pompeii: The Exhibition* at the Ronald Reagan Presidential Library and Museum featuring 2,000-year-old artifacts from wall-sized frescos, marble and bronze sculptures to full body casts of the volcano's victims
- 4-D Eruption Theater experience recreating the devastating impact of Mount Vesuvius on Pompeii
- Docent-led tour of the Reagan Library and Museum Trip with buffet lunch under the actual Air Force One
- Front row view of the Pacific Ocean aboard the Amtrak Pacific Surfliner train in business class from Simi Valley to San Luis Obispo offering possible whale sightings
- Wine tasting at resident favorite Tobin James Winery
- Hotel accommodation at Best Western Plus Posada Royale in Simi Valley



- Hotel accommodation at the Holiday Inn Express in Paso Robles with a complimentary evening reception
- Lunch at Harris Ranch and Pea Soup Andersen's
- Three breakfasts, three lunches, one dinner
- Driver gratuity and tips for all included meals

Detailed trip itinerary outline, menus, and trip insurance providers list from the US State Department available at the Lifestyle Desks. *A signed liability waiver is required for each participant.* Wheels roll from OC at 8:00 AM, March 12, return March 15 ~ 3:45 PM. **Short vendor deadline! Please purchase no later than Tuesday, February 19, 12:00 PM.**

Day Trips

—Casino/Races—



Colusa Casino
Thursday, February 21 — LST211
\$25

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

Donna Judah



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CACHE CREEK

CASINO RESORT

***Cache Creek Casino**
Wednesday, March 20 — LST223
\$27

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

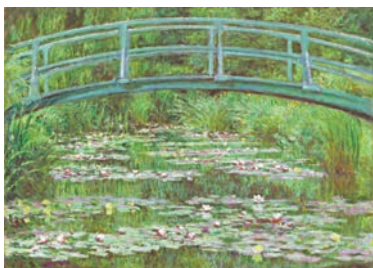
—Museums—



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

The Haggin Museum, an art and history museum located in Stockton's Victory Park has been referred to by Sunset magazine as "one of the undersung gems of California." We will enjoy

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



Date Change!
Monet: The Late Years & Gauguin: A Spiritual Journey de Young Museum, San Francisco
Thursday, March 21
— LST210
\$78

Featuring 50 paintings by Claude Monet dating from 1913 to 1926, the final phase of his career, including 20 works from Paris' Musée Marmottan

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

—Performances—



Additional bus added!
Cirque du Soleil—
"Crystal" Bus #2
Golden One Arena
Sacramento
Sunday, March 31
— LST204
Matinee Performance,
\$81

Cirque du Soleil's Crystal explores the

artistic limits of ice for the first time in the company's 34-year history. This unique & stunning new production pushes boundaries of performance by combining skating and acrobatic feats that defy the imagination. Synchronized skating, freestyles figures, and extreme skating are featured alongside circus disciplines such as swinging trapeze, aerial traps and hand to hand. The result is an adrenaline-packed show that surpasses all expectations! Lower level seating. Please advise at registration if accessible seating is needed. Wheels roll at 12:00 PM, return ~ 5:00 PM. Show 1:30 PM. All other show dates are SOLD OUT!



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

The State Theatre Acting Company and the Auburn Placer Performing Arts Center present the musical

Mamma Mia! Enjoy the story-telling magic of ABBA's timeless hits with this enchanting tale of love, laughter, and friendship. Directed by one of our great instructors, Ray Ashton. Matinee show, floor seating. Wheels roll from OC at 12:45 PM, return ~ 5:45 PM.

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Financing Options Available



Dr. Wilmarth is a Board Certified Ophthalmologist and Medical Director of Ophthalmic Surgery at Sutter Sierra Surgery Center located on the Sutter Roseville Campus.



LASIK (Advanced Laser Vision Correction) is available to you with the Wavelight EX500, the most advanced system available in the U.S. Dr. Wilmarth has over 20 years experience with LASIK. He is Founder of Horizon Vision with 6 centers in Northern California and he serves as Medical Director of the Horizon Roseville Center.

Complimentary LASIK Consultations

Call today to schedule your consultation. Together we will determine which vision correction option is best suited for your lifestyle.

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Dr. Wilmarth is the co-founder and part owner of the new Sutter Sierra Surgery Center located on the Sutter Roseville Hospital Campus. All of his staff are Certified Ophthalmic Assistants and Technicians. We bring the best care and technology to our patients.

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***Andrea Bocelli – Golden One Arena BUS#1
Saturday, June 15 — LST226
\$248**

Following a record-breaking year with the release of his number one album, "Si," world-renowned tenor Andrea Bocelli has announced a U.S. concert tour, including a stop at Golden 1 Center on June 15. Joined by the Sacramento Philharmonic & Opera, the performance will feature a unique repertoire from Bocelli's landmark release "Si," as well as treat audiences to his beloved traditional selection of arias, love songs, and crossover hits. Lower level seating sections 110, 117 & 118 Rows T-W. Wheels roll from OC at 6:15 PM, return ~ 11:15 PM.

**Broadway on Tour – Sacramento
All Shows \$101 each**

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



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

William Finn and James Lapine's ground-breaking, Tony Award-winning musical returned to Broadway in an all-new production from Lincoln Center Theater and was nominated for five 2017 Tony Awards, including Best Revival of a Musical. Falsettos is a hilarious and achingly poignant look at the infinite possibilities that make up a modern and non-traditional family and a beautiful reminder that love can tell

a million stories. Falsettos' story centers around a boy whose parents divorced and are both in new relationships, one of which is homosexual. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.

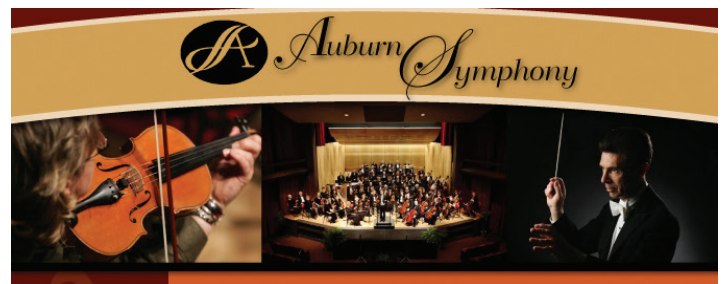


**Disney's Aladdin
Tuesday, May 21
— LST152**

\$101

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

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



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

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

Harris Center for the Arts, Folsom

We have been able to obtain a few matinee shows for next season. Buy any or all shows on page 69. Seating area listed with each show. Wheels roll from OC at 12:30 PM, return ~ 5:30 PM, show at 2:00 PM.

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

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

Idle and music and lyrics by the Grammy Award-winning team of Mr. Idle and John Du Prez. *Spamalot* tells the tale of King Arthur and his Knights of the Round Table as they embark on their quest for the Holy Grail. Flying cows, killer rabbits, taunting Frenchmen, and show-stopping musical numbers are just a few of the reasons audiences worldwide are eating up *SPAMALOT!* Matinee show, front parterre seating. Deadline to meet minimum is February 22 at noon or trip will be canceled.



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

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

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



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

Choose from four entertaining musicals at the air-conditioned Wells Fargo Pavilion "Theater in the Round" in Sacramento. These exciting classic musicals are performed

by touring artists and local professionals. Enjoy the convenience of being dropped off right at the entrance gate with time to purchase food and beverage prior to the show. Seating rear area. Wheels roll from OC at 6:15 PM, return ~ 11:00 PM; show 7:30 PM. Buy any or all four shows at right.

Oklahoma!



Tuesday, June 25
 — **LST217**

A new production of Rodgers and Hammerstein's first collaboration. This groundbreaking, Pulitzer Prize-winning musical, set in early 1900s Oklahoma Territory, is about a young farm girl and her courtship by two rival suitors. With a rapturous and immortal score featuring the title song, "Oklahoma!", now celebrating its 75th Anniversary, set the standard for American musical theatre.



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

Hailed by *New York Magazine* as "The Perfect Broadway Musical!"

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



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

A high-rolling gambler attempts to woo a strait-laced missionary in this romantic comedy classic.

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



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

From the creator of the smash hit *HAMILTON*, Lin-Manuel Miranda's multiple Tony-winning

Best Musical captures the sights and sounds of a vibrant New York City neighborhood on the brink

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—Sports—



***San Francisco Giants 2019**

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

Giants vs. San Diego Padres • \$98
Wednesday, April 10 — LST216

Wheels roll from OC at 8:45 AM for a 12:45 PM game time and return ~ 8:00 PM.

There will be a rest stop on the way home from this weekday game.



Giants vs. Los Angeles Dodgers • \$173
Sunday, June 9 — LST215

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



Giants vs. Los Angeles Dodgers • \$173
Sunday, September 29 — LST214

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



Sacramento Kings

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

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

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

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



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

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



—Tours/Leisure—



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

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

lunch at The Garden Restaurant, followed by a performance of "A Change of Heart." The largest Buddhist church in America, Buddha's Universal Church is back with a new classical Chinese play performed in English and Cantonese featuring glittering costumes, dance, and martial arts. This is a single episode play, not a continuing play like prior years. Rest stops are scheduled for both ways of the trip. Wheels roll from OC at 8:30 AM, return ~ 8:00 PM. (Includes admission, lunch, and tips). Trip will be canceled if minimum not met by Monday, January 21 at noon.



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—Overnight/Extended Travel—



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***Laughlin and Grand Canyon West Monday, April 15 thru Friday, April 19**

— **LST227**

\$855 per person double occupancy; \$895 single

Join Katrina your Trip Coordinator, on a special air getaway to Laughlin Nevada and a visit to Grand Canyon West!

Trip includes:

- Roundtrip bus transportation to and from both airports
- Roundtrip air on Harrah's charter jet
- Luggage service from airport to room
- Four nights in a non-smoking south or central tower room at Harrah's Laughlin
- Private beach access at Harrah's Laughlin on the Colorado River
- Three breakfast or lunch buffet passes
- Visit to Grand Canyon West on the Hualapai Tribal land with meal ticket and admission (option to purchase admission to glass skywalk day of visit \$22)
- Two day pass for Laughlin Water Taxi on free days to do as you wish
- Riverboat sunset dining cruise with included dinner
- Laughlin fun book with many two-for-ones
- Gratuities for bus drivers & included meals



Trip Prerequisite: Detailed trip itinerary, meal stop information, menus, and U.S. State Department trip insurance providers list available at the Lifestyle Desk

or online. *A signed liability waiver is required for each participant.* Wheels roll from OC at 11:45 AM, Monday, April 15, return Friday, April 19 ~ 12:30 PM.



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

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



THE HUNTINGTON
Library, Art Collections, and Botanical Gardens



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

Join Katrina your Trip Coordinator, as we see America's longest running outdoor drama "The Ramona Pageant" California's Official outdoor play based on the story by Helen Hunt Jackson. Discover

the romance of the mission days in an amphitheater that uses the whole mountain as it's stage and a cast of over 350! Enjoy a docent-led spring tour at The Huntington Library, art collection and gardens in Pasadena.

This excellent trip includes:

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

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



New! Five days, four nights!
 *Ashland, Oregon Theater Excursion – Monday, June 10 to Friday, June 14 — **LST224**
\$1,010 per person double occupancy; \$1,315, single.

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



Trip Includes:

- Reserved seating at Angus Bowmer Theater for matinees of Shakespeare's "As you Like it" and John Waters "Hairspray."
- Backstage tour at Oregon Shakespeare Festival
- Box lunch for a picnic in Lithia Park (after the backstage tour and before play)
- Dinner show of "Mamma Mia!" at the Oregon Cabaret Theater
- Four nights at Ashland Hills Hotel with daily breakfast
- Welcome buffet dinner at Ashland Hills Hotel
- Visit the quaint town of Jacksonville with lunch on your own
- Visit Central Point's Artisan Corridor of Rogue Creamery, Lillie Belle Farms Chocolates & Ledger David Winery (wine tasting included)
- Visit the Harry & David Outlet Store in Medford
- Stop at Mt. Shasta Park (Mt. Shasta Spring headwaters location) with included box lunch
- Lunch at Sierra Nevada Brewery on return trip
- Gratuity for driver and included meals



Detailed trip itinerary, menus, and US State Department trip insurance providers list available at the Activities Desk. A signed liability waiver is required for each participant. Wheels roll at 8:00 AM, June 10, return June 14 ~ 3:45 PM.



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

\$725 double occupancy; \$1015 single. Sold Out!

Join your Trip Coordinator, Katrina, on an amazing trip to the world-famous Festival of the Arts in Laguna Beach. The Pageant of the Masters is where "Art comes to life!" The theme will be "The Time Machine." See famous paintings recreated in full detail right before your eyes. We will also enjoy a day at the Getty Center in Los Angeles. Total

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

Sold Out Trips

Trip • Date • Departure Time

- Auburn Symphony at the Mondavi
Sunday, January 21 • 1:15 PM
- Jackson Rancheria
Wednesday, January 23 • 9:00 AM
- Jersey Boys – Harris Center
Friday, January 25 • 12:30 PM
- Sierra Winter Train
Tuesday, January 29 to Thursday,
January 31 • 10:30 AM
- EVITA – Harris Center
Friday, February 22 • 12:30 PM
- Cirque du Soleil
Wednesday, March 27 • 6:00 PM
- Cirque du Soleil
Thursday, March 28 • 6:00 PM
- Cirque du Soleil
Friday, March 29 • 6:00 PM
- Cirque du Soleil BUS#1
Sunday, March 31 • 12:00 PM
- CATS – Broadway Sacramento
Tuesday, April 2 • 6:45 PM
- Hamilton
Wednesday, April 24 • 9:30 AM
- Menopause The Musical
Friday, May 10 • 12:30 PM
- Pageant of the Masters
Sunday, July 28 to Wednesday July 31
• 8:00 AM

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Class Index

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AARP Driver Safety Training.....	87	Oil & Acrylic Painting.....	78
Android.....	91	Parkinson Strong	99
Arthritis	94	Parkinson’s Indoor Cycling	99
Balance & Fall.....	100	Pilates	97
Bootcamp	100	Posture, Core and Balance.....	100
Bowenwork Services.....	93	Private Reformer Training.....	98
Brain Gain.....	97	Produce with a Purpose.....	97
Card Making	80	Quilting.....	87
Ceramics.....	80	Re-Start Your Health	95
Chromebook.....	91	Rock and Roll History	87
Clogging.....	81	Seasonal Sports Conditioning.....	100
Country Couples Western Dance	82	Sewing.....	87
Fit 101.....	99	Sip & Paint	79
Fun ctional Fitness L3	99	Stained Glass	85
Gmail.....	89	Static in the Attic.....	97
Guitar.....	85	Stock Market.....	95
Hula	82	Tai Chi - Qigong.....	95
Hypnosis	94	Tap.....	84
iPhone Basics	91	TGIF TRX & More L2	100
iPhone Camera and Photos	91	Training Services	98
Jazz.....	82	Ukulele	87
Line Dance	82	Watercolor	79
Meditation.....	94	Wellfit Class Schedule.....	102
Mixed Media Art Journaling	78	West Coast Swing	84
Morning Burst L2.....	100	Windows 10	89
Nordic Pole Walking	94	YouTube TV	89
Nutritional Consulting.....	93		

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 January 17**

Classes

Vacation Drop-In

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

Art

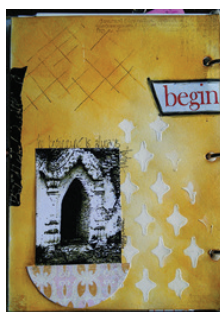
—Announcement—



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

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

—Drawing—



***Mixed Media Art Journaling**
Tuesdays, February 12 & 26

— **LSC1096**

9:00 AM to 12:00 PM (OC). \$45 (two sessions) plus \$5 supply fee paid to the instructor. Instructor: **Kerry Dahlin**. A variety of media will be used as we "play" on the pages of our art journals. Learn

how to visually and artistically record your days and express yourself while exploring color theory, composition, balance, and texture. You will love creating interesting, interactive mixed media pages in a journal that is uniquely you. Supplies needed: mixed media spiral-bound artist paper pad, glue stick, scissors, small paintbrush, Sharpie pen, white gesso, plus any of your favorite mixed media supplies.

—Oils, Pastels & Acrylics—



***Oil and Acrylic Painting: Beginner/Refresher**

Wednesdays, February 6-27

— **LSC1120**

1:30 to 4:00 PM (OC). \$54.00 (four sessions). Instructor: **Marilyn Rose**. Have you always wanted to try

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

***Oil and Acrylic Painting: Intermediate/Advanced**
Wednesdays, February 6-27

— **LSC1109**

9:00 to 11:30 AM (OC). \$54.00 (four sessions). Instructor: **Marilyn Rose**. Have you painted in the past and want to get back into it? Do you paint



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



***Sip and Paint: "Winter Night"**

Friday, January 25 — **LSC1172**

Or Sip and Paint: "Reflection Pond"

Friday, February 22 — **LSC1173**

5:00 to 8:00 PM (OC). \$55. Instructor: *Unni Stevens*.

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

—Pastels & Watercolor—



Art Classes with Michael Mikolon

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


- ***Watercolor Class**
Wednesdays, February 6-27 — **LSC1197**
5:30 to 8:30 PM (OC). \$68 (four sessions).
Instructor: *Michael Mikolon*
- ***Pastel and Watercolor Combo Class**
Thursdays, February 7-28 — **LSC1185**
1:00 to 4:00 PM (OC). \$68 (four sessions).
Instructor: *Michael Mikolon*




***Watercolor Step-by-Step Mondays, February 4-25 — LSC1147**

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

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



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Ceramics

—Pottery—



***Beginning /Intermediate Ceramics**
Tuesdays, February 5-26
 — **LSC1224**

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 instructor's tools to create their first art piece. Supply list provided at first class. Vacation drop-in: CERD1 — \$17 per session.



***Advanced Ceramics**
Tuesdays, February 5-26
 — **LSC1236**

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: CERD3 — \$17 per session.



***Beginning/Intermediate Ceramics**
Thursdays, February 7-28
 — **LSC1260**

9:00 AM to 12:00 PM (OC). \$54 (four sessions). Instructor: **Taylor Jackson** For beginners with no experience or those wishing to freshen up former passions. Covers the basics of hand built and wheel thrown ceramics. Assignments, demos, and individual instruction are provided to help students explore their interests and become comfortable with the process. New students will receive materials list and 5 lbs of clay.



***Advanced Ceramics**
Thursdays, February 7-28
 — **LSC1248**

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

Crafts

—Card Making—



***Beginning Card Making**
Fridays, February 8-22
 — **LSC1707**

9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: **Dottie Macken**. Have you ever wanted to make a greeting card, but you just weren't sure how to get started? Then this class is for you! This class will teach all of the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards and/or projects at each session. This is a fun three-hour class. Class size is limited, sign-up early to reserve your space. All supplies will be provided. February 5 - last day to register.



***Card Making Level 2**
 —**Intermediate**
Mondays, February 4-18
 — **LSC1284**

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



***Card Making Level 3
—Intermediate/Advanced
Wednesdays, February
6-20 — LSC1689**

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

Prerequisite: This class will build on your skills from Level 2 and offers more complex and challenging projects and paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. February 3 – last day to register.

Dance

—Clogging—

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



***Beginning Clogging
Tuesdays, February 5-26
— LSC1296**

10:00 to 11:00 AM (KS). \$32
(four sessions). Instructor:
Janice Hanzel. Start a new
passion! Join this new
beginners class, a low
impact, revamped founda-
tion, 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 accepted this month.*

***Easy-to-Intermediate Clogging
Tuesdays, February 5-26 — LSC1308**

11:00 AM to 12:00 PM (KS). \$32 (four sessions). Instructor: *Janice Hanzel*. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We will also learn new dances, easy to intermediate, from recent workshops and conventions. Come join in the fun. All levels encouraged to participate. Vacation drop-in: CLOG1 — \$10 per session.

www.sclhresidents.com

***Intermediate Plus Clogging
Tuesdays, February 5-26— LSC1319**

12:00 to 1:00 PM (KS). \$32 (four sessions). Instructor: *Janice Hanzel*. **Prerequisite:** Instructor approval. Students are strongly encouraged to take the 11:00 AM class. Challenge yourself with a higher level of clogging. Review steps from some of the Intermediate level dances in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events. This class will move a bit faster this year and will get into more intermediate level dances. Vacation drop-in: CLOG2 — \$10 per session.



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—Country Western Dancing—



***Country Couples
Western Dance
Beginner Level 1 & 2
Mondays, February 4-25
— LSC1330**

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, February 4-25 — LSC1341**

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

—Hula—



***Hula Intermediate/Advanced
Thursdays, February 7-28
— LSC1373**

1:00 to 2:00 PM (KS). \$40 (four sessions). Instructor: *Pam Akina*. Ongoing class for hula dancers of all experience and skill levels. Come learn the beautiful dance of the Hawaiian islands. You will exercise mind, body, and spirit while learning choreographed routines. Historical and cultural information surrounding each of the dances will be shared. Drop-in: HULA — \$14 per session.

—Jazz—

***Jazz for Beginner
Thursdays, February 7-28 — LSC1385**

11:00 AM to 12:00 PM (KS). \$36 (four sessions). Instructor: *Melanie Greenwood*. This class will leave your mind, body, and spirit feeling empowered and energized. Different styles of Jazz will be

demonstrated. You will leave with a smile on your face and a love of jazz dancing in your heart. About the Instructor: Melanie started teaching at the age of 16. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, and Disneyland to name a few, as well as TV and video. Vacation drop-in: JAZZ1 — \$14 per session.

***Jazz Performance
Tuesdays, February 5-26 — LSC1398**

1:00 to 2:00 PM (KS). \$36 (four sessions). Instructor: *Melanie Greenwood*. Not open to new students. Must have instructor approval to register. The current class is in the midst of preparing for a performance. The class is geared toward stage performances throughout the year. Vacation drop-in: JAZZ2 — \$14 per session.

—Line Dance—



Line Dances are non-partner dances done in lines. Line dance is usually performed by turning to two or four walls. Patterns are repetitive. Line dances are a choreographed variety of music such as Blues, Soul, Rhythm and Blues, Rock, Jazz, Pop, and Latin as well as Country. Line dancers are a friendly, social group, who love to dance and welcome new participants.

Level I – Absolute Beginner (Intro)

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

- ***Thursdays, February 7-28 — LSC1856**
9:00 to 10:00 AM (KS). \$28 (four sessions).
Instructor: *Yvonne Krause-Schenck*
- ***Mondays, February 4-25 — LSC1851**
4:00 to 5:00 PM (KS). \$28 (four sessions).
Instructor: *Cathy Paris*

Level 2 – Beginner

Beginner level dances are built upon the skills learned in the Absolute Beginner level. Dances are suitable for those who have some previous dance experience. Many rhythms will be explored. The

dances will be longer and contain new steps to add to what was learned in the introductory class.

- ***Thursdays, February 7-28 — LSC1503**
10:00 to 11:00 AM (KS). \$28 (four sessions).
Instructor: *Yvonne Krause-Schenck*
- ***Fridays, February 1-22 — LSC1448**
2:00 to 3:00 PM (KS). \$28 (four sessions).
Instructor: *Sandy Gard o*
- ***Thursdays, February 7-28 — LSC1884**
3:30 to 4:30 PM (KS). \$28 (four sessions).
Instructor: *Cathy Paris*

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, February 4-25 — LSC1492**
9:00 to 10:00 AM (KS). \$28 (four sessions).
Instructor: *Yvonne Krause-Schenck*
- ***Wednesdays, February 6-27 — LSC1459**
9:00 to 10:00 AM (KS). \$28 (four sessions).
Instructor: *Sandy Gard o*

Level 4 – Easy Intermediate

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

- ***Wednesdays, February 6-27 — LSC1470**
10:00 to 11:00 AM (KS). \$28 (four sessions).
Instructor: *Sandy Gard o*
- ***Mondays, February 4-25 — LSC1426**
5:00 to 6:00 PM (KS). \$28 (four sessions).
Instructor: *Cathy Paris*

Level 5 – Advanced

More difficult dances will be featured in this class suitable for the more experienced dancer. Dances will be taught at a faster pace to a smaller group of dancers. If you have a good foundation and are comfortable with easy, intermediate dances, you

will be able to master these dances. Come and join this enthusiastic group and see how much fun you can have!

- ***Thursdays, February 7-28 — LSC1437**
4:30 to 5:30 PM (KS). \$28 (four sessions).
Instructor: *Cathy Paris*

*Country Line Dancing Fridays, February 1-22 — LSC1352

3:00 to 4:00 PM (KS). \$28 (four sessions). Instructors: *Jim & Jeanine Keener*. This class is a mixture of beginner, high beginner, and intermediate dances. It features the popular “old” line dances that are done at country dances around the area.

Line Dance Instructors

• **Sandy Gardetto**

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



• **Yvonne Krause-Schenck**

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



• **Cathy Paris**

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

—Tap—

Tap Classes with Alyson

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



***New Beginners 1**
Thursdays,
February 7-28
— LSC1581

10:00 to 11:00 AM (KS). \$36 (four sessions). Instructor: **Alyson Meador**. If you have never

taken a tap class, or have less than six months experience, this is a class for you. You will be taught the basic tap skills to build a solid basic level of technique (shuffles, flaps, cramp rolls Irish, shuffle ball change, etc.). Basic fundamental music skills will also be introduced. Students will learn unique combinations using these tap fundamentals, and learn parts of the "Soft Shoe" the "Waltz Clog" and the "Shim Sham." *Minimum 8 students required to make the class a go.*

***Beginning Tap 2**

Mondays, February 4-25 — LSC1525

11:00 AM to 12:00 PM (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, February 5-26 — LSC1570**
10:00 to 11:00 AM (KS).
\$36 (four sessions).
- ***Mondays, February 4-25 — LSC1514**
10:00 to 11:00 AM (KS).
\$36 (four sessions).

—West Coast Swing—



***West Coast Swing**
Introduction/Beginner
Wednesdays,
February 6-20 — LSC1868
 7:30 to 8:30 PM (KS). \$30 (three sessions). Instructor: **Dottie Macken**. Learn the basics of this great dance from WCS

Instructor Dottie, and how it can be applied to various types and styles of music. Join this fun and very social dance class. Partners suggested – this class is for beginners.

***Intermediate West Coast Swing**
Wednesdays, February 6-20 — LSC1698

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

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Glass Art



*Stained Glass Mondays, February 4-25 — LSC1591

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

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

Music

—Guitar—



*Beginning Guitar Mondays, February 4-25 — LSC1616

8:00 to 9:30 AM (OC). \$48 (four sessions). Instructor: **Jon Gowin**. Join this new class for beginning students. Learn to read music notation for melody as well as strum chords using nylon or steel string acoustic guitars.

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

*World Guitar Intermediate Level Wednesdays, February 6-27 — LSC1628

8:00 to 9:30 AM (KS). \$48 (four sessions). Instructor: **Jon Gowin**. **Prerequisite:** Able to read standard notation for the guitar in at least the first position;

for acoustic guitars only. This class will be a continuation of the beginning class and cover music from around the world providing a unique, fresh and exciting experience for students. Get ready to learn very old folk melodies from Eastern and Western Europe, Africa, South America, Mexico, Asia, the Middle East, Greece, and America; all in single line melodies. Some of these tunes are written in challenging time and key signatures.



*Folk Guitar for Fun Folks 101 Beginner Level Tuesdays, February 5-26 — LSC1678

1:00 to 2:00 PM (KS). \$40 (four sessions). Instructor: **Darrell Effinger**. No prior music knowledge or good singing voice necessary! Emphasis is on playing chords to familiar

songs while singing and having fun with fellow guitarists. Folk songs of the '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 Darrell at 916-989-8532.



*Folk Guitar for Fun Folks 102 Intermediate Level Tuesdays, February 5-26 — LSC1721

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

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

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FEB
5-11



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FEB
12-18



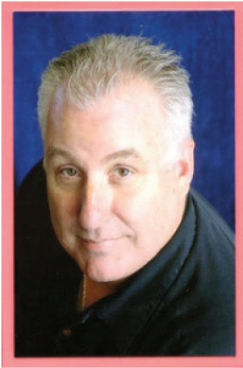
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FEB
19-25



—Music History—



***The History of Rock and Roll Part 4**
Wednesdays, February 20-
March 13 — LSC1871

1:00 to 3:15 PM (KS). \$32 (four sessions). Instructor: *Ray Ashton*. In part 4, we go West to San Francisco. Then it's down South to discover those who came to Los Angeles with California Dreamin' on their

minds. Our next step takes us to Monterey for the first Pop Festival and back to Yasgur's farm where a half-million came to celebrate the music of their time. And just for fun, we will find a new Jazz-Rock, Art-Rock and the Rock Opera, wow! A good time is guaranteed for all as we journey through the History of Rock and Roll Part 4.

—Ukelele—



***Beginning Ukulele**
Wednesdays, February 6-27
— LSC1640

9:45 to 11:15 AM (KS). \$48 (four sessions). Instructor: *Jon Gowin*. The sweet sounds and the super portability of the ukulele make it almost a perfect instrument.

This class will introduce the beginning musician to the joys of playing the ukulele, a simple instrument with simple chords that can accompany virtually any song in the world. *About the Instructor:* Jon teaches uke at The Strum Shop in Roseville and leads their free monthly Open Strum song session. This class will help prepare you to play with other uke clubs and participate in song sessions.

Personal Improvement

—Driving—



Two-day class!
***AARP Driver**
Tuesday & Wednesday,
February 19 & 20
— LSC1861

9:00 AM to 1:00 PM (OC). Fee \$25 (AARP member) or \$30

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

Sewing

—Certification—

Sewing Certification



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

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

—Quilting—



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

9:00 AM to 12:00 PM (OC). \$140 (six sessions). Instructor:

Betty Kisbey. This six-month class is perfect for the beginner student wanting to be a quilter! This three-hour class teaches how to: sew an accurate 1/4 inch seam allowance, accurate cutting, pressing, and



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

For details and other tax-cutting assistance, contact:

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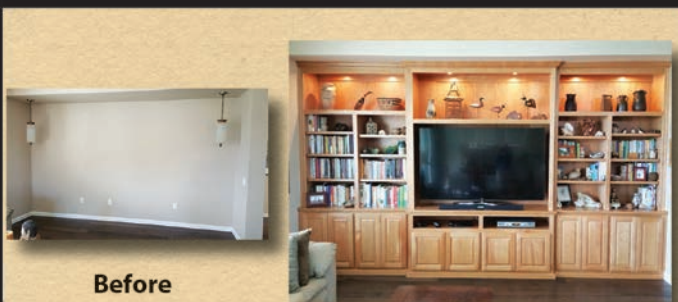
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sewing a quilt block pattern (completing two quilt blocks per session). The class will focus on hints for accurate sewing and an introduction to quilting tools for easy sewing. Students must register and attend all sessions. Supplies and materials must be purchased by students, patterns provided by the instructor. Be sure to get the supplies list several weeks before the class.



***Beginning Quilting**
Fridays, March 1-22
 — LSC1879

9:00 AM to 12:00 PM (OC). \$96 (four sessions). Instructor: *Be y Kisbey*. This class will cover the fundamentals of quilting and making a quilt top.

Over a period of four weeks, you will learn to select fabrics for a quilt, cut using a rotary cutter, accurately, sew 1/4" seam allowance, and practices correct pressing techniques. You will learn time-saving tips for construction of the quilt block. Students will make 6 -9 blocks. One or two blocks will be done in class each week, and the other block will be done as homework. This class is for the beginner quilter or a great review for the new quilter.

Technology

—PC—



***YouTube TV**

Tuesday, February 5 — LSC1878

1:00 to 3:00 PM (OC) \$25. Instructor: *Bob Ringo*. Google-owned YouTube has become the worldwide video sensation enabling you to watch everything from home videos, comedy clips, TV episodes, and full-length movies. YouTube is no longer about kids saying and doing crazy things — you can also view quality TV programs. YouTube is simple to access and can be used to share videos with friends online. In this class, you will learn to exploit YouTube's full potential. Learn to upload images from your phone, subscribe to complete TV series, set up your own channels, and generally get more from this voluminous video site.



***Getting the Most Out of Gmail**
Wednesday, February 6

— LSC1877

1:00 to 3:30 PM (OC). \$25. Instructor: *Bob Ringo*. Prerequisites: Basic computer skills; an individual Gmail account pre-set prior to class. Gmail, also known as Google Mail, is the best free email

service in the world. Many users rely on Gmail as their primary email address. Gmail is available everywhere, from any device — desktop, laptop, phone, or tablet. Learn to create a Gmail account and use the many features and options available in Gmail. Learn to create special groups from your Gmail contacts that will make it easy to send announcements to the different groups in your Village.



***Windows 10 Basics**
Wednesday & Thursday,
March 20 & 21

— LSC1872

9:30 AM to 12:00 PM (OC). \$47 (two sessions). Handout Fee: \$10. Instructor: *Rita Wronkiewicz*. If you

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

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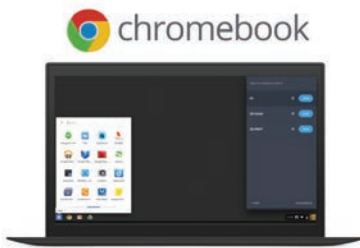


***iPhone Basics Workshop**
Tuesday, February 5 — LSC1873

9:00 AM to 12:00 PM (OC). \$35 + \$5 paid to instructor for class material. Instructor: *Andy Petro*.

Prerequisite: You must have an iPhone 6, 6 Plus, 6S, 6S Plus, 7, 7 Plus, 8, 8 Plus, iPhone X, iPhone XS, iPhone XS Max, or iPhone XR;

and must be on iOS 12.1 or higher. Bring your (fully charged) iPhone to the workshop. Do you want to learn how to use the Settings App to personalize your iPhone and get the most out of it? Then this class is for you. Questions? call Andy at 916-474-1544.



***New class!**
Chromebook
Tips n' Tricks
Monday,
February 11
— LSC1880

9:00 AM to 11:00 AM (OC). \$20 + \$5 supply fee paid to instructor.

Instructor: *Len Carniato*. Get more out of your Chromebook! There are lots of things your Chromebook can do, and this class will help you find them. Whether you've been using a Chromebook for some time, or you're new to them, it's time to learn some handy tricks that will take you to the next level with your ultra-portable machine. We'll be sure to cover the basics like Gmail, Calendar, Drive, Keep and others, but we won't stop there.



***Android Smart Phone Basics**
Wednesday, February 13
— LSC1881

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

Instructor: *Len Carniato*. Bring your SmartPhone from any carrier, any brand and any version. This class will help you get much more from your Android Smart Phone. On our large screen display, we will focus on how to navigate

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

New Class!

***Android Smart Phone Tips n' Tricks**
Thursday, February 14 — LSC1882

9:00 to 11:00 AM (OC). \$20 + \$5 supply fee paid to instructor. Instructor: *Len Carniato*. The world is using SmartPhones to do more and more things "online," and there are hundreds of functions your SmartPhone is capable of, many of which you will find can enhance your lifestyle and experience. Attend this seminar, watch on our big screen, and learn to use useful features and functions every Android Smartphone has already built-in, plus those available from the "AppStore." Learn how to access Music, backup your Photos, tune in Radio Stations, use GPS maps, connect to an array of Medical Services, and more.

***iPhone Camera & Photos Editing Workshop**
Thursday, February 21 — LSC1876

9:00 AM to 12:00 PM (OC) \$35 + \$5 paid to instructor for class material. Instructor: *Andy Petro*. **Prerequisite:** Must know how to use the basics of the iPhone and have an iPhone 7, 7 Plus, iPhone 8, 8 Plus, iPhone X, iPhone XS, iPhone XS Max, or iPhone XR; and must be on iOS 12.1.1 or higher. Bring your (fully charged) iPhone with you. Learn how to use the features of your iPhone camera and edit your pictures in your Photos App on your iPhone. We will also review several iPhone Photos Apps like Mark up, Camera + 2, and Retouch. Questions? Call Andy at 916-474-1544.



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February 1-28

Beginning January 21, pick up your Challenge Card at OC or KS WellFit Centers.

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- **Fast Pass Class- \$2.50**
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- **Strength Machines-FREE!**
- **Track- FREE!**



February 2019

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3 ✓ STRENGTH MACHINE	4 ✓ AQUA CLASS	5 ✓ CARDIO MACHINE	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

Take the Challenge! Sign up today for only \$10 and complete a minimum of 20 of 28 challenges to earn a spot in our "Fit Finale" (drawing and Fit & Sip Master Class) on March 7.

Call 916-625-4030 or visit OC and KS Fitness Centers for more details

Jeannette Pyle

WellFit Manager

Jeannette.Pyle@sclhca.com



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- **Wednesday, January 23**
1:00 to 2:00 PM
Fitness Floor (OC)
- **Tuesday, February 12**
3:00 to 4:00 PM
Fitness Floor (OC)
- **Wednesday, February 27**
3:00 to 4:00 PM
Fitness Floor (OC)
- **Tuesday, January 15**
4:00 to 5:00 PM
Fitness Floor (KS)
- **Wednesday, February 6**
3:00 to 4:00 PM
Fitness Floor (KS)
- **Thursday, February 21**
4:30 to 5:30 PM
Fitness Floor (KS)

Nutrition Services

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

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

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

Disease Prevention & Management Session-Based Classes

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



Arthritis
Tuesdays, February 5-26
Wednesdays, February 6-27
Thursdays, February 7-28
Fridays, February 1-22

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

to 12:00 PM, Aerobics Room (OC). Instructor: **Linda Hunter**. This class is designed for those with Arthritis and other conditions that cause muscle and joint pain. The goal of the class is to increase the range of motion, increase flexibility, endurance and mobility, improve balance, and strengthen muscles using weights, bars, balls, and bands. The class includes some standing but sitting in the chair is always an option.

Lessons

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



Nordic Pole Walking
Thursday and Friday,
February 19-20

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

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

Mindfulness

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



New!
Hypnotic Relaxations
Thursdays, February 7-28

9:30 to 11:30 AM, Multimedia Room (OC) (Three sessions, no class February 14). \$60. Instructor: **Kelley Moreno**. Join us for a month of relaxation – focusing on sleep, stress relief, positive thinking and good energy. Each class will build upon the next taking your results deeper and deeper for ultimate results.



New!
The Happiness Factor
Wednesdays, February 6-27

3:00 to 4:00 PM, Aerobics Room (OC) (three sessions; no class February 20) \$45. Instructor: **Michelle Jamieson**. Are you happy? Recent research shows that happiness can be fostered, and gratitude can be cultivated.

People can alter their brains with a simple intention to become more positive. There is the possibility of happiness in each moment. Discover ways to bring more joy into your life.



**Establishing a
Meditation Practice**
Wednesdays,
February 6-27

4:00 to 5:00 PM, Aerobics Room (OC) (three sessions; no class February 20)

\$45. Instructor: **Michelle Jamieson**. The path of Meditation involves slow and steady cultivation of the mind. The benefits of mindfulness and contemplative practice are real, tangible, and can be experienced by anyone who practices with proper guidance. To experience these benefits directly, we need to take time in our lives to practice. We must give our minds the right conditions for the powers of wisdom and concentration to grow, which includes refining our understanding of the teachings and ensuring that we are using the techniques properly.

Mindful Movement

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



Tai Chi Qigong L1 Tuesdays, February 5-26

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

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



Tai Chi Qigong L2 Tuesdays, February 5-26

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

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

Money Matters

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



Stock Market Corrections. What you really should understand to avoid unrecoverable mistakes. With Russ Abbott Tuesday, February 19 10:30 AM to 12:00

PM, P-Hall (KS). \$5. Instructor: **Russ Abbo**. The US Stock Market was extremely volatile in 2018! Investors experienced twin 10% price corrections, getting whipsawed through painful swings from highs and lows exceeding 30% "round trip". While unnerving to most, Market Corrections are also commonplace to stock investing. As such, volatility and corrections are not only a force with which investors must reckon, but also a phenomena that the successful investor must study! In this class, we take a deep-dive into understanding market corrections through a detailed study of the historical data, as well as discuss strategies to take proper action.

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, February 26-March 26 1:00 to 2:30 PM, Multi-

purpose Room (OC). \$129 (five sessions). Instructor: **Audrey Gould**, Registered Dietitian, and Nutrition Therapy Practitioner. Restart is a five-week program with a three-week sugar detox built right in; the

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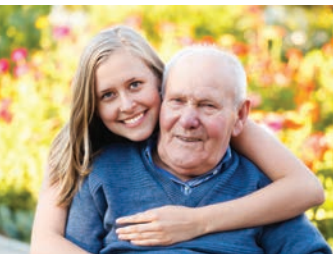
Thursday, February 21

4:00 to 6:00 PM, Placer (KS) \$45. Instructor: **Kerin Gould**. Did your doctor tell you to eat more fruit and veggies?

Now what? Come to our monthly Produce with a Purpose class to learn the super-powers of veggies (for resisting cancer, diabetes, heart disease and more), enjoy a cooking demo and tasting, and boost your wellness! Take home a goodie bag of farm-fresh, pesticide-free produce, too! This month we'll explore root veggies, little power-packs of nutrients and slow-burning carbohydrates and fiber. We will try a colorful variety and a few easy tricks to bring out their rich flavors and warming qualities.

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.



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

Thursday, February 7

9:30 AM to 12:00 PM, Multi-purpose Room (OC) \$30. Instructor: **Alice**

Jacobs. Are you noticing word grope syndrome and "senior moments?" Are you frustrated because you can't remember names of people, but recognize faces? Come find out why these occur and what you can do about it. This single session workshop covers the current scientific information about the components of memory, changes with age, and tips and techniques for improving memory and leading a brain wellness lifestyle. Facilitated by educational physiologist, Dr. Alice Jacobs, founder and principal of Brain Gain www.braingain.info, a leader in brain wellness. Extensive materials and hand-outs included in the fee.

Brain Gain™

Thursday, February 21

9:30 AM to 12:00 PM, Multi-media Room (OC) \$30. Instructor: **Dr. Alice Jacobs**. Come experience "Neurobic" fun interactive brain exercises. Join educational physiologist, Dr. Alice Jacobs, as we learn about the hemispheres of the brain and the predominant functions. We will then engage in hemisphere dominant exercises that provide both hemispheres of the brain a good workout. Do for your brain what you do for your body – all in a non-threatening, engaging, and fun environment that has you working in small groups. You'll be surprised by what a good brain workout you'll get – without a drop of sweat.

Pilates Reformers and Towers

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

Pilates Reformer Membership Packages

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

Four-class membership package \$80 per month

Eight-class membership package \$135 per month

Add-on classes for member \$17 per class

Membership packages require an agreement for auto-pay upon enrollment. To enroll in Reformer Membership, complete an Introductory Reformer Session. These packages are not available online. Private Reformer Training is available. See class grid on page 105 for a complete listing of Pilates Reformer classes.

Introductory Reformer Session L1

Continuous Dates

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

Private Reformer Training

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

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

Danielle Lawlor
Fitness Coordinator
Danielle.Lawlor@sclhca.com



Personal and Clinical Training

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

Training Services

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

Small Group Training (SGT)

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

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



**SGT—Parkinson's
Indoor Cycling
Wednesdays, February 6-27**

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

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

**SGT—ParkinsonStrong Combo
Fridays, February 1-22**

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—ParkinsonStrong
Thursdays, February 7-28**

1:30 to 2:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Milly Nuñez*. Improve your quality of life through meaningful exercise. Exercise and movement are effective in delaying the progression and reducing the impact of symptoms while increasing general well-being. The class will emphasize focused movement, maintaining and increasing the range of motion, movement in all planes, low versus high-intensity movements, balance and coordination, multi-tasking, and more.

Enjoy a group setting with a certified trainer who will lead and motivate the class. All levels are welcome as the class will address modifications and progressions to keep participants motivated and engaged.

**SGT—Fit 101 at Kilaga Springs L1
Mondays & Wednesdays, February 4-27**

10:30 to 11:30 AM, Fitness floor (KS). \$120 (seven sessions, no class February 18). Instructor: *Max Alcantar*. Are the new machines at Kilaga Springs Fitness Center a little overwhelming? Take this class and not only will you finish the class with a complete understanding of the new equipment, but you will also work on the TRX, weights, exercise bands, walking, stretching, and more. By the end of the session, you will have a customized workout routine that includes settings and weights appropriate for you! This format is a great opportunity to work with a trainer and create a workout routine.



**SGT—Fit 101 at
Orchard Creek L1
Tuesdays & Thursdays,
February 5-28**

12:00 to 1:00 PM, Fitness floor (OC). \$135 (eight sessions). Instructor: *Jared Young*. Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect

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



**SGT—"Fun"ctional Fitness L3
Tuesdays & Thursdays,
February 5-28**

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

cardio-vascular benefits. This team-oriented class focuses on "Functional Fitness" using a variety of

equipment including TRX suspension training. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual. Intermediate to advanced fitness levels encouraged. *This class is available for the SGT Drop-in Pass.*



SGT—Progressive Bootcamp L2/3
Mondays & Wednesdays,
February 4-27

4:00 to 5:00 PM, Aerobics Room (KS). \$120 (seven sessions, no class February 18). Instructor: *Danielle Lawlor*. Looking to change things up? Try this

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

SGT—Seasonal Sports Conditioning L2/3
Mondays & Wednesdays, February 4-27

2:30 to 3:30 PM, Aerobics Room (KS). \$120 (seven sessions, no class February 18). Instructor: *Max Alcantar*. Looking to improve your fitness and sports performance? Take this class for these key components: power, strength, speed, balance, agility, coordination, endurance, injury prevention, and flexibility.



SGT— Morning Burst Group Training L2
Mondays & Wednesdays,
February 4-27

7:15 to 8:15 AM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Milly Nuñez*. Rise and shine to enjoy a fun and energizing workout in a small group setting. Discover ways to

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

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

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

SGT—Posture, Core and Balance L1/2
Mondays & Wednesdays, February 4-27

11:30 AM to 12:30 PM, Aerobics Room (KS). \$120 (seven sessions, no class February 18). Instructor: *Danielle Lawlor*. Balance your body with exercises for proper postural alignment and a strong core. This class is formatted to accommodate a wide range of fitness levels and also includes the right stretches to allow for improved posture which can take pressure off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility.

SGT—Posture, Core and Balance L1/2
Wednesdays and Friday's, February 1-27

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



SGT—Balance & Fall Prevention L1
Mondays and Wednesdays,
February 4-27

2:00 to 3:00 PM, Aerobics Room (OC). \$120 (seven sessions, no class February 18). Instructor: *Danielle Lawlor*. Learn simple stretches and exercises that will help improve balance, core

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

SGT—Balance & Fall Prevention L2
Tuesdays and Thursdays, February 5-28

3:00 to 4:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Danielle Lawlor*. Build

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

Punch Pass and New Fast Class

New! 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 102-105 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.

Come join the happy!

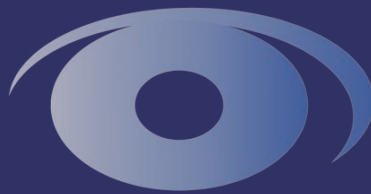
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OC WellFit Class Schedule February 1-28, 2019

	Monday OC	Tuesday OC	Wednesday OC	Thursday OC	Friday OC	Saturday OC	Sunday OC
7:00	Athletic Stretch L1/3 - Jen		Athletic Stretch L1/3 - Jen				
8:00	Strictly Strength L3- Katie	Step for All L2- Kim	Strictly Strength L3- Katie	Step for All L2- Kim	New Class! Barre L2/3- Gretchen		
9:00	Zumba L3 - Summer	Core & Strength L2 - Kim	Zumba L3- Summer	Core & Strength L2- Kim	New Class! Cardio Plates L2/3- Gretchen	Yoga Basics L1- Amy/Sara	
10:00	Slow Flow Yoga L2/3- Jennifer	Yoga Flow L2 - Ashley	Arthritis L1/2 - Linda	Yoga Flow L2- Jennifer	Arthritis L1/2 - Linda	Yin Yoga L2- Sara	
11:00	Piloga L2 - Cynthia	Arthritis L2- Linda	Piloga L2 -Lola	Arthritis L2- Linda	Piloga L2- Lola		All Sunday classes have been moved to Kilgus
12:00	Yoga Stretch L1- Julie		SGT - Posture, Core & Balance L1/2- Max	Yoga Stretch L1- Julie	SGT - Posture, Core & Balance L1/2- Max		
1:00	Chair with Flair L1- Julie	Rest Meditation and Yoga L1 - /ram					
		1:30-2:30pm Chair Yoga L1 - Cassie		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	New! The Happiness Factor Michelle Jamieson	Healthy Living Exercise L1/2 - Julie	Activities	SCLH Booking	
4:00	TBA	Activities	Establishing a Meditation Practice Michelle Jamieson				
5:00	TBA			Activities			
5:30	TBA		Mixed Levels Yoga L1-3- Jennifer				
Group Exercise Classes (punch pass) \$4.50		30 min Group Exercise Classes (punch 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 February 1-28, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	KS	KS	KS	KS	KS	KS	KS
7:30	7-15-8:15am SGT - Morning Bootcamp L2- Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT - Morning Bootcamp L2- Milly	Mixed Level Cycle L2 - Deanne	SGT - TGIF TRX L2 - Max		
8:30	Exercise Mashup L2 - Danielle	Zumba Gold L2 - Joanie	Power Vinyasa L3- Deanne	Low Impact Sculpt L2 - Jeri	Zumba Gold L2 - Joanie	Low Impact L2 - Jeri	
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3- Katie	Strictly Strength L2- Linda	Cardio Strength L3- Katie	Strictly Strength L2 - Jeri	9:00am Cardio Strength L3 -Kim
10:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2-Gretchen	Piloga Flow L2 - Cynthia	New Class! Strictly Strength L3- Valerie	Athletic Stretch L2 - Jeri	10:00am Zumba L3- Carrie
11:30	SGT - Posture, Core & Balance L1/2- Danielle		SGT - Posture, Core & Balance L1/2- Danielle		WaiDan Gong L1- Joan		
12:30		12:00pm SGT - Functional Fit L2- Deanne		12:00pm SGT - Functional Fit L2- Deanne			
1:00		1:00pm Tai Chi L1 -Pell			SGT - ParkinsonStrong Combo L1- Milly		
1:30	Yoga Basics L1- Amy	2:00pm Tai Chi L2 - Pell	Yoga Basics L1- Cynthia	1:30-2:30pm SGT - ParkinsonStrong L1- Milly			2:00pm Yoga Flow L2- Ashley
2:30	SGT - Seasonal Sports Conditioning L2/3- Max		SGT - Seasonal Sports Conditioning L2/3- Max				
4:00	SGT - Progressive Bootcamp L2/3- Danielle	SGT - Balance & Fall Prevention L2- Danielle		New time! SGT - Balance & Fall Prevention L2- Danielle		SCLH Booking	
5:30		Yoga for Osteo L1 - Julie	SGT - Progressive Bootcamp L2/3- Danielle	Yoga for Osteo L1 - Julie			
6:00		30 min. TRX Circuit L2/3- New! Danielle		30 min. TRX Circuit L2/3- New! Jeannette			
6:30		30 min. Butts n Guts L2/3- New! Danielle		30 min. Butts n Guts L2/3- New! Jeannette			
Group Exercise Classes (punch pass) \$4.50 30 min Group Exercise Class (punch 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 February 1-28, 2019

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

Pilates Reformer WellFit Class Schedule February 1-28, 2019

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

Sun City Lincoln Hills Community Association

965 Orchard Creek Lane
Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

www.sclhresidents.com

Need help? Email:

help.desk@sclhca.com

Public Website:

www.suncity-lincolnhills.org

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Kilaga Springs (916) 408-4013

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Spa Manager

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

Hours

Orchard Creek & Kilaga Springs Lodges

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

Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

Lifestyle Desk (OC/KS)

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

Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

Administration Offices & Membership

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

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

WellFit (OC/KS)

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

Saturday/Sunday—OC 7:00 AM-8:00 PM

Saturday/Sunday—KS 6:30 AM-6:00 PM

Kilaga Springs Café

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

Sunday 7:30 AM-3:30 PM

Meridians Restaurant

(hours subject to change)

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

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

Sunday Brunch 7:00 AM-2:00 PM

Catering Office 9:00 AM-5:00 PM

(Tuesday - Saturday)

The Spa at Kilaga Springs

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

Saturday 9:00 AM-5:00 PM

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General Manager, LH Golf Club

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Adrian Felice (916) 408-4332

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Jefferson Lee Clark, **16**
Jon Vongschamphen, DDS, **62**
Victoria Mosur, DDS, **50**

DRYWALL

Drywall Magic, **76**

ELECTRICAL SERVICES

Brown's Quality Electric, **25**
Dodge Electric, **70**

EYE CARE

Sacramento Eye Consultants, **101**
Wilmarth Eye/Laser Clinic, **66**

FINANCIAL SERVICES

Am. Pacific Reverse Mortgage Grp., **40**
Edward Jones, **28**
Reverse Mortgage Funding, **23**
TAD Executive Fiduciary Services, **64**

GOLF

Electrick Motorsports Inc., **62**

HAIR CARE

Kathy Saaty, **24**

HANDYMAN SERVICES

A-R Smit & Associates, **41**
Bartley Properties, **70**
Home Handyman Services, **29**
L&D Handyman, **33**
Wayne's Fix-all Service, **34**

HEALTHCARE

Acupuncture Medical Center, **22**
Placer Private Physicians, **90**

HEARING

Gold Country Hearing, **42**
Miracle Ear, **54**

HEATING AND AIR

Accu Air & Electrical, **76**
Good Value Heating & Air, **96**
Peck Heating & Air, **70**
Sierra Valley Home Corp., **62**

HOME FURNISHINGS

California Backyard, **44**

HOME IMPROVEMENT

1A Advanced Garage Doors, **17**
Ace Appliance Repair, **54**
Blind Corners, **84**
Cal-Rox Roofing, **96**
Carpet Discounters, **47**
Don's Awnings, **22**
Findley Iron Works, **76**
Gary's Refinishing, **27**
Hot Water Co., **70**
Knock on Wood, **88**
Nielson Fine Floors, **28**
O.Tile, **75**
Overhead Door Co., **46**
Screenmobile, **96**
The Closet Doctor, **68**
Wallbeds & More, **66**

IN HOME CARE

Dave Norman's Helping Hand, **66**
Home Care Assistance, **61**
Welcome Home Care, **33**

INSURANCE

Allstate Insurance, **68**
Pat's Med. Ins. Counseling, **31**
State Farm, Christine Taylor, **70**

INTERIOR DESIGN

Guchi Interior Design, **90**

LANDSCAPING

Boulder Creek Synthetic Grass, **34**
CM Ponds & Stuff, **38**
Complete Ponds, **72**
Duran Landscaping, **76**
New Legacy Landscaping, **89**
Rebark Time, Inc., **90**
Sanchez Home & Yard Service, **87**
Terrazas Landscape, **16**

LEGAL

Gibson & Tuttle, Inc., **47**
Law Office Darrel C. Rumley, **30**
Michael J. Donovan, **79**
Robertson Law Group, **35**
Seasons Law, **28**
Vic DiMattia, **32**
William J. Sweeney, **50**

LIVING STYLE CARE PLANNING

Silver Pathways, **54**

MISCELLANEOUS

Electric Bikes, **55**
Visionary Design, **36**

MORTUARY SERVICES

Cremation Society/Wagemann, **27**
Heritage Oaks Memorial Chapel, **50**

NOTARY PUBLIC

A McClellan, Notary Public, **70**

PAINTING

Dynamic Painting, **35**
Preferred Painting, **38**
Sorin's Painting, **76**

PEST CONTROL

Noble Way Pest Control, **81**

PETS

A Pet's World, **81**
Ben's Barketplace, **35**
Classic Kennels, **30**

PLUMBING

BZ Plumbing Co. Inc., **64**
Eagle Plumbing, **24**
Maples Plumbing, **39**
Ronald T. Curtis Plumbing, **37**

PODIATRY

Lincoln Podiatry Center, **52**

PROPERTY MANAGEMENT

Gold Properties of Lincoln, **88**

REAL ESTATE

Carolyn Properties, **44**
Century 21 - Mary Olsen, **30**
Coldwell Banker/Sun Ridge, **16**
- Anne Wiens, **91**
- Don Gerring, **29**
- Donna Judah, **64**
- Gail Cirata, **35**
- Michelle Cowles, **70**
- Paula Nelson, **68**
- Tara Pinder, **61**
- The Gillis Group, **98**
- Tony Williams, **76**
Grupp & Assocs. Real Estate, **22**
HomeSmart Realty - Shari McGrail, **72**
Shelley Weisman, **52**

SENIOR DAYCARE

Daycation for Seniors, **18**

SENIOR LIVING

Ansel Park, **72**
Eskaton Village, **26**
Oakmont of Roseville, **52**
Summerset, **47**

SHREDDING

RedDog Shredz, **40**

SOLAR

Vivint Solar, **12**

SPRINKLER SERVICES

Gary's Sprinkler Repair, **98**
Sprinkler Medic, **96**

TRANSPORTATION

Apex Airport Transportation, **25**

TRAVEL

Club Cruise, **108**

TREE SERVICES

Acorn Arboricultural Svcs. Inc., **96**
Capital Arborists, **68**

VACATION RENTAL

Maui & Tahoe Condos, **36**

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