

November 2019

COMPASS

Navigate Your Way Through Sun City Lincoln Hills

*Happy
Thanksgiving!*



Turkey Tales 15

Unusual Hobbies and Their Collectors 17

The Official Magazine of Sun City Lincoln Hills

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On the Cover - Fall In Lincoln Hills, photo by David Wright
Find the Turkey



Board of Directors' Report

Thankful

David Conner, President

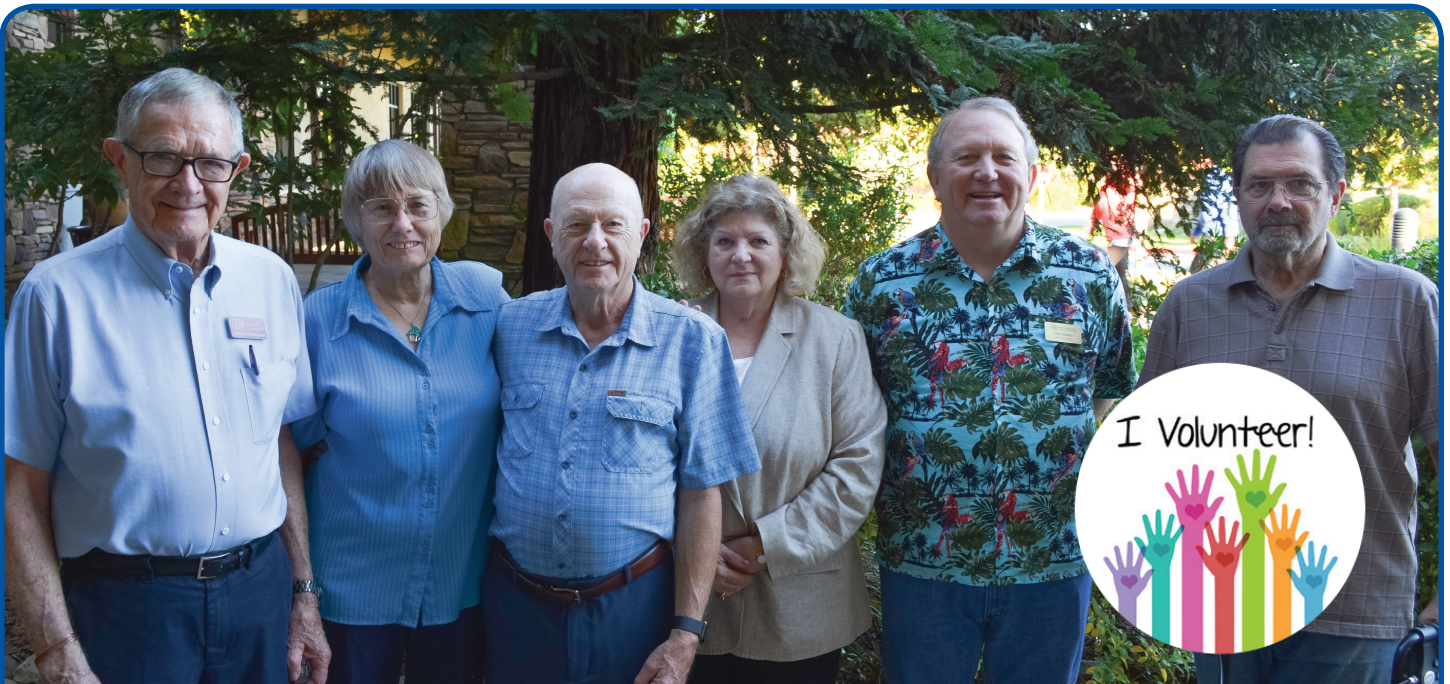
As a boy, I studied the early Thanksgiving celebrations whereby the folks were thankful they had firewood and had sufficient food to nourish their bodies in the struggle for a new way of life in this harsh new world. I always thought the invitation to the local Native Indian tribes was a nice touch as they were helpful to the settlers with hunting, trapping, and planting. I often pondered if they fully understood these strange new people who built large fires and stood way back. Please don't forget our local repast at Meridians as we continue to forge ahead carving out a new way of life with our golf clubs, rackets, and pool parties.

Although I miss being youthful and more vital, I've got to say our 14 years here in Lincoln Hills has

been one of the highlights of my 55-year marriage to one girl. I have survived cancer and several other afflictions pretty well and keep moving forward, which I am thankful for. I miss not being able to eat half a turkey and a pumpkin pie in one afternoon, plus a platter of Italian Ravioli about 6:00 PM.

Since moving here, I am most thankful for discovering that if I take myself out of the center and concern myself more with others, my aches, pains, worries, and even my shortcomings seem to subside. For most of us we have so much, and our needs are so few. In addition to that, I am thankful for, my hair, my teeth, feeling good, the tan lines on my feet and the love I feel living here in the foothills of the Sierras on the fringe of the Big Valley.

I thank Him or Her every day.



At their October meeting, the Board recognized the Communications and Community Relations Committee (CCRC) for their volunteer service to the community. Pictured from left to right: Chuck Cunningham, Patty Beckett, Pete Beckett, Denise Bowden, Kent Noard, and Joe Orsini. (Not pictured: Valerie Jordan)

Calendar of Events

November 15, 2019 – December 15, 2019

Date	Event	Page #
11/15	Sip and Paint	75
11/16	The Help - Movie.....	55
11/21	Golf Cart Registration.....	55
11/21	Produce with a Purpose.....	89
11/21	Android Smart Phone Basics	83
11/26	Managing Retirement	89
12/2	Kings vs. Bulls	67
12/2	Toy Story 4 - Movie	55
12/3	Holiday Poinsettias & Hilmar Cheese..	67
12/3	Coffee with the Mayor	55
12/5	Tom Rigney and Flambeau	60
12/5	Golf Cart Registration.....	55
12/6	Static in the Attic	90
12/7	Toy Story 4 - Movie	55
12/11	More Android Smart Phone Tips.....	83
12/12	Holiday Wreath	77
12/14	Santa Adventure.....	61
12/15	Victorian Christmas	67



From the Executive Director's Desk

Chris O'Keefe, Executive Director,
SCLH Community Association

Welcome to the November edition of the *Compass*! Winter is here, Thanksgiving is upon us, and the New Year awaits. We are coming off of the 20th Anniversary, and it's time to give thought to what the next 20 years will bring. Assisting us in that effort is a talented team of resident volunteers that have been hard at it for the past two to three months. Gary Eckhardt, Faye August, and Denise Bowden are heading up the effort, and they are a perfect example of putting a smart team of people together and letting them work. They are a team in the best sense of the word – each bringing complementary talents to the table and working for the common good. I am proud to know and work with these terrific people, and our Association will be better for their efforts.

Thanksgiving is the perfect time to reflect upon the past year, and look forward to the upcoming holidays and New Year. It's easy to get caught up with everything that goes on in life, but we need to find the time occasionally to sit down and think about the things that are important to us. For me, I have been incredibly fortunate over the past 17+ years to be able to give thanks for the privilege of working in such a great place, and with and for so many great people. I have always said that as a team, we are fortunate that we have the ability to develop so many wonderful relationships with our residents. We get to share a part of our lives with each other, and we come away the better for these relationships. You cannot get that anywhere else, and as a team we are thankful.

I ask our leadership team to run their departments like they are owners here. Our focus is on our residents, and we are family-centric in our approach. Our goal is that when you come into one of the lodges you feel like you are home - because you are. This is especially important at this time of the year. If you know of someone who is on their own here and may be struggling with health or other issues, let us know. Invite them up to the lodge – we will have “community” tables in Meridians over the holidays, and there is always something to do. If someone is alone this holiday, introduce them to their Lincoln Hills family. Let's not leave someone behind this holiday season.

HOLIDAY HOURS

Thanksgiving Day, Thursday, November 28

Administration.....	Closed
Lifestyle (OC/KS).....	Closed
Spa at Kilaga Springs.....	Closed
Kilaga Café.....	Closed
Meridians Restaurant.....	Thanksgiving Event Only
WellFit (OC/KS).....	5:30 – 11:00 AM

Day After Thanksgiving, Friday, November 29

Administration.....	Closed
Lifestyle (OC/KS).....	10:30 AM – 3:30 PM
Spa at Kilaga Springs.....	9:00 AM – 6:00 PM
Kilaga Café.....	6:00 AM – 4:30 PM
Meridians Restaurant.....	7:00 AM – 9:00 PM
WellFit (OC/KS).....	7:00 AM – 2:00 PM

Listening Post Update – Chris O’Keefe, Executive Director

We had another great Listening Post in October, and my thanks go out to those in attendance. We led off with Lavina Samoy, Lifestyle Manager, giving residents a preview of the 20th Anniversary Celebration events, and then had an update from Faye August on the Strategic Planning Team. We are very fortunate to have this team in place, and we need to recognize Faye, Gary Eckhardt, and Denise Bowden for their hard work. The work has just started, but great progress has already been made, and some of the processes that have been put together by the team are being tested by staff.

We provided a few updates on various things around the community, one of which was a rumor going around about the Association logo. We learned that one of our residents was able to reach out to the logo designer, and we are waiting for word on how the design came about. It will be a good story to share.

We addressed issues relating to the Membership



Directory and plans to address these issues moving forward in a way that serves the residents and saves money at the same time by publishing the directory “in-house.” We also talked about the recent PG&E outages, and what we could do as staff to support our residents if they are impacted.

The best part was when we opened things up for resident questions. Lots of good questions about new legislation, auto-doors, ARC issues, and signage. It’s always great when we can get folks the right information.

Thanks again to all in attendance (71)! I deeply appreciate your interest and tell your friends to attend one of these in the future. It’s a great way for us to interact and develop positive relationships.

This is your opportunity to ask questions of our Executive Director and guest speaker, and their opportunity to Listen and provide answers. Please come join in the discussion.

Upcoming Association Meetings: November 15 – December 31

Finance Committee Meeting	Wednesday, November 20, 9:00 AM, P-Hall (KS)
Board of Directors Meeting	Thursday, November 21, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, November 21, 11:00 AM
Board of Directors Executive Session	Thursday, November 21, 11:30 AM
ARC/Architectural Review Committee Meeting	Monday, November 25, 9:00 AM
Listening Post	Wednesday, November 27, 9:30 AM, P-Hall (KS)
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, December 3, 9:30 AM
Compliance Committee Meeting	Wednesday, December 4, 9:00 AM
Properties Committee Meeting	Thursday, December 5, 9:00 AM, P-Hall (KS)
Elections Committee Meeting	Friday, December 6, 10:00 AM
ARC/Architectural Review Committee Meeting	Monday, December 9, 9:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, December 10, 12:30 PM
Finance Committee Meeting	Wednesday, December 18, 9:00 AM, P-Hall (KS)
Board of Directors Meeting	Thursday, December 19, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, December 19, 11:00 AM
Board of Directors Executive Session	Thursday, December 19, 11:30 AM

Meetings in Orchard Creek Lodge unless noted otherwise.



Finance Committee Report Association Insurance Program

Fred Raach

One of the Finance Committee's annual responsibilities is to review and recommend to the Board of Directors the approval of, along with any changes to, the Association's property and liability insurance program for the following year.

The renewal process begins in October with discussions between Staff and the insurance broker on events that have occurred during the current year, which might affect the types and/or amounts of insurance for the coming year.

The broker's firm has many California clients, so it is aware of court cases, legislation and environmental developments that might affect the Association's insurance program. Also, it writes business with many insurance companies, so it has current information on pricing and market conditions.

The Staff reviews and updates the replacement values of the Association's property, as well as changes in operations and the local environment that might modify the risk profile or desired coverages.

Based on these discussions, the broker prepares the proposal detailing coverages and costs for the next year, which is presented at our December meeting.

The Association's insurance portfolio currently consists of eight policies, briefly described as follows:

- Property insurance covering losses to Association real and business personal property. This is similar to a homeowner's policy covering Association structures and their contents.

- Auto insurance on Association-owned cars and trucks.
- General liability insurance covering an extensive list of possible areas where the Association might have liability.

- Cyber liability coverage for loss of digital assets, business interruption costs, and cyber extortion threats.

- Directors' & Officers' liability insurance (D&O) which also covers employees and committee members.

- An Umbrella liability policy and an additional Excess liability policy supplementing all of the above liability coverages.

- Environmental liability insurance covering costs of remediating any pollution incidents.

All of the insurance companies recommended by the broker are rated Excellent or Superior (the top two categories) by A.M. Best, the most respected insurance company rating organization.

The total premium for this year's program is \$184,475. The broker alerted Staff that the major fires in California have had a negative impact on the insurance industry, and SCLHCA may see a higher than usual increase in its insurance premiums in 2020.

If you have questions or want more information on the Association's insurance program, plan on attending the Finance Committee meeting at 9:00 AM on Wednesday, December 18 at P-Hall (KS).

Just as a reminder, copies of the monthly financials are available on the Association website or by request at the front desk at Orchard Creek.



Architectural Review Committee What's Happening with ARC?

Carole Dummett, Chair

Our Design Guideline revisions, once again, are placed "on hold" due to new California legislation (AB-670) being refined and processed through the City of Lincoln.

What is AB-670 Common Interest Developments: accessory dwelling units? This legislation, once implemented, will affect our governing documents, including CC&Rs and General Development Plan.

You will now be allowed to build or rent out an accessory structure (casita) or junior accessory structure being a bedroom within the home. However, these rental units must be permitted through the City of Lincoln and include a kitchenette, bathroom facilities, and outside entrance. Our senior community status and minimum 90-day rental will remain intact.

Sam McKee, Alice Crawford, and I met with Lincoln City officials, which didn't accomplish much as they are waiting for the total legislation to be delivered from the State, so the above information is subject to refinement and additional requirements. We will continue with eNews and other postings throughout this process to keep you informed.

In late November, we will post all proposed revisions to the Design Guidelines absent AB-670 for your review and comments.

A final item, the use of lava rock in rear yards has been requested and, once again, reviewed by the ARC. This is an unforgiving rock that is non-conforming in our community. It has been reviewed many times with previous committees and boards all voting to prohibit in SCLH. We allow many choices of beautiful rock pleasing to the eye and kind to the soil and plants.

Questions arise about the flammability of bark. We discussed fire conditions with the City of Lincoln Fire Department, who indicated very few fires are started with bark, and most of those are the result of a cigarette.

The ARC has an obligation to take all homeowners into consideration when making decisions that affect our property values, aesthetics, safety, architectural style, landscape standards, and compliance with all governing documents.

Many of you have great ideas, so please step up and join this very important committee. We currently have two committee member openings.



Compliance Committee

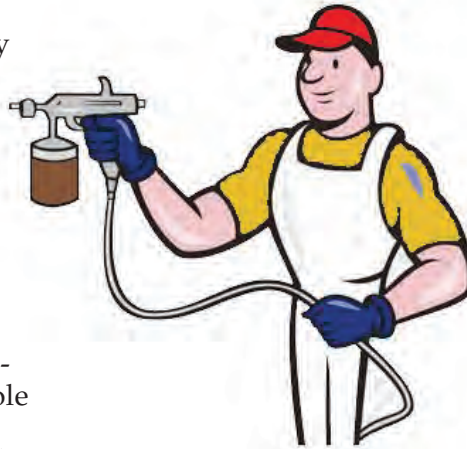
What Color Was That?

David Mateer, Chair

As our houses have weathered the sun and rain over the past 15-20 years, the paint on our homes has been through a lot. Most homes have already been repainted or at least some portions repainted by now. This really helps to maintain both the structure and beauty of your home. Many of you have taken advantage of the increased number of palettes and color choices available.

If your home has not already been repainted, it is likely overdue. What area on your house needs repainting may vary from house to house. This varies based on exposure to elements (rain and sun), color, and the painted surface. Many of the homes with original paint jobs have experienced substantial fading (lightening color or unevenness of the color), and whole house repaint is appropriate.

Fade is usually noticeable first on the pop-out areas of the home first. For example, compare the color of the trim above the garage door opening to the color of the trim going down or the trim along the beltline of the home. The second area likely to need attention is any wood trim, such as trim along the roof edge. If the paint appears to be worn through or cracks in the paint, it



needs some attention.

Remember, any whole house paint or change of color requires ARC approval. The paint books and approval information are available for viewing in the Resources Center by the Lifestyle desk (OC). If only minor paint maintenance/touch up is needed, no approval is needed provided you match the original/approved color. Should you not know the exact original color, it would be a good idea to review and select from the current color palettes available.

Speaking of painting, take a good look at your fence while you are out there. Paint also serves to protect your fence. If you have any part of your home painted, it is a great time to also have your fence repainted while painters are there.

But why would I check this now, you may wonder. Actually it is a great time to take a look at your paint condition. Should you need to do some painting, it provides time to select colors and obtain necessary ARC approvals. You also have time to meet with painting companies and check prices and scheduling. This would have you well-positioned in the spring to have your painting done.

Strategic Planning Committee

The Strategic Plan – What's It All About?

Denise Bowden

The Strategic Plan is the hot topic right now, and it should be as decisions are being made that impact all residents. As generally defined, a strategic plan is an organization's process of determining its strategy or direction and making decisions on allocating resources in support of the strategy.

A useful plan is data intensive and requires examining trends, identifying future goals, and gathering input from a wide variety of sources and viewpoints. This is not an easy or quick process if it's to be done well and result in something that is agreed on, usable and sustainable.

The Strategic Plan team is well into the background work and has delivered the framework on which to base planning for major community projects. Important components include Board of Directors and staff interviews, along with resident input in a variety



of formats such as workshops, surveys, focus groups, and canvassing of clubs and committees. This upfront data gathering is intense, but it ensures that the voices of all constituents have an opportunity to be heard.

Building a strong, actionable plan takes time and patience, but the end result is worth it. As the plan progresses watch eNews for updates, attend Board meetings to hear a monthly progress report, and check out the Strategic Planning section at SCLHresidents.com where you can read all of the related documents.

Election News

Get Ready, GET SET, Vote!

Make sure your voice is heard in our community by learning about, supporting and voting for the candidate(s) who best represent(s) you. Six candidates are running for the three SCLH Board of Directors seats to be filled. Their names are listed by lottery selection:

- Diana Peters
- David Conner
- Joe Stewart
- Jack Harris
- Tom Dunipace
- Hans Fokkema



Learn about the Candidates.

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

Support the Candidates.

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

Vote for the Candidates.

- Ballots will be mailed January 13-17 and will be due February 19.
- Ballots can be returned by mail or to a Ballot Box at the OC lodge.

Keep our election process courteous and civil.

Let’s spend our energy supporting candidates. The following types of actions are inappropriate and unbecoming of residents in our wonderful community:

- Unauthorized removal of yard signs or candidate flyers
- Sending anonymous letters about the candidates to other community members
- Making abusive or threatening comments on social media
- Spreading false information or rumors about the candidates

Date	Day	Event
2019		
December 10	Tuesday	Candidate material display tables out at both lodges
2020		
January 2	Thursday	Candidate yard signs may be displayed
January 13-17	Monday-Friday	Election Ballots mailed
Jan. 14, 16, 18	Tues, Thurs, Sat	Candidate Forums
February 19	Wednesday	All Ballots Due
February 20	Thursday	New Board Seated

For more information contact: Elections Committee at elections.committee@sclh.com



Team Member of the Month Award – October 2019



Manager
Theresa Renken, Compass Editor

Manager

Our "Team Member of the Month" Award goes to Theresa Renken! Theresa joined our Lifestyle Department as a Lifestyle Coordinator in 2016. In 2017 she was promoted to our *Compass* Editor and is now part of our IT/Communication Department. Here are just a few quotes shared by our staff:

"Theresa wears many hats here at Lincoln Hills! She gracefully took on the Community Ambassador Program and has helped turn it into a success! She ambitiously organizes the Home Health and Business Showcase twice a year, as well as the Annual Volunteer Brunch!" "Theresa works hard at finding sponsors to help raise money for many Lincoln Hills events." "She cares about her work and this community!" "Theresa has a keen eye for editing and an outstanding flare of creativity!" "She does an outstanding job putting together our monthly Compass Magazine, which consists of over 100 pages!"

We are happy that Theresa joined our team and is a part of our family! Thank you, Theresa, for your passion, dedication, and hard work to Lincoln Hills!



Let us serve you with a view

Meridians
Restaurant & Bar

Holidays

Kristy Huskey,
Director of Food & Beverage

Holidays are already upon us, and we are ready for you! If you haven't made your Thanksgiving reservation yet, call now! If nothing is available, you can always opt for the "Thanksgiving To Go" and enjoy your meal at home. See website or eNews for details.

Look for a special ethnic buffet dinner on the last Sunday of every month from 4:00 to 8:00 PM. November 24 will be an Asian buffet, all you can eat for only \$19.99! See flyer or eNews for details.

Bring your kids, grandkids, or even great-grandkids for a special brunch with Santa on Sunday, December 15, from 10:00 AM to 2:00 PM. Due to high demand, this event is reservation only with pre-payment of the brunch required. Adults are only \$19.99, and kids under 10 are \$12.99 plus tax and service charge. Kids will get a free picture with Santa!



Chef's Recipe of the Month:

Crab and Shrimp Etouffee Makes 4-6 servings

Ingredients

- 2 lb. unpeeled, medium-size raw shrimp
- 1/4 cup butter
- 2 Tbs. olive oil
- 1/3 cup all-purpose flour
- 2/3 cup chopped onion
- 1/4 cup chopped green bell pepper
- 1/4 cup chopped celery
- 3 cloves garlic, minced
- 1 (14 oz.) can chicken broth
- 1/2 cup dry white wine
- 1/4 cup chopped green onions
- 1 Tbs. Old Bay seasoning
- 1 Tbs. tomato paste
- 1 Tbs. chopped parsley
- 2 tsp. Worcestershire sauce
- 1/2 tsp. hot sauce
- 1 lb. fresh crab meat, flaked
- 5 cups hot cooked long-grain rice
- Garnish: chopped fresh parsley

Instructions

1. Peel shrimp; devein if desired
2. Melt butter with oil in a large Dutch oven over medium-high heat; stir in the flour and cook, stirring constantly, 5 minutes or more until caramel-colored. Add chopped onion, green pepper, and celery; cook stirring constantly until vegetables are tender. Add minced garlic and sauté 1 minute.
3. Stir in chicken broth, white wine, and next 6 ingredients, and cook, stirring occasionally, 10 minutes. Add shrimp. Cover; reduce heat, and simmer, stirring occasionally, 5 minutes.
4. Stir in crabmeat; cook, stirring often, until thoroughly heated.
5. Spoon shrimp mixture into individual serving bowls. Spoon hot cooked rice on top of shrimp mixture. Garnish if desired.



Lifestyle News & Happenings

Grateful!

Lavina Samoy, Lifestyle Manager

The recent 20th Anniversary Celebration brought together hundreds of residents and staff who worked to create a memorable experience for the community. The festivities allowed me to experience the love and pride our residents have and the opportunity to work with some amazing residents whose love for the community shines with their work.

I would like to thank the following residents who I closely worked with during the celebration: Nina Mazzo, Joan Logue, and Klara Kleman for putting together the Memory Book. Thanks also to Joan for working with the Lincoln Hills Foundation to host the special Bingo Fundraiser. Klara not only organized photo coverage of the events with resident photographers but also reviewed 20 years of photos for the slide show.

Pauline Watson and the Neighborhood Watch leaders, mailbox captains, and members who organized the stuffing and delivery of the Anniversary bags to all 6,783 homes.

Bertha Chavez and Donna Tewart (“Frick and Frack”) for a successful Launch Party and Cookie Contest. Barbara Greenfield for introducing and organizing the Horse Derby (a hit among residents). Jimmy Walker for emceeding the race.

Peter and Patty Beckett for sharing their expertise

and equipment in providing video coverage all through the celebration.

Celeste Martella with Michael Deal and CCOC, for organizing and putting together the On Stage Variety Show. Jim Moon and Bob Elo and the rest of the tech crew, who made all the performers sound good and well lit. Joyce Curry and all the dance leaders for spending hours perfecting the “Thriller dance mob.”

Jeff Greenberg for helping with Sports Day and organizing the hotdog sale. The various Groups and Clubs who participated in the event celebrations. Our concert volunteer and the CERT Team for keeping providing assistance in keeping the shows safe.

To every single resident who came and worked the events and I failed to name (you know who you are), THANK YOU! We could not have done it without you!

Now you ask, how do you follow such a celebration? We have the perfect party to end the year and welcome 2020! Our New Years’ Eve Party, “All the Glitters” is just around the corner and now on sale. It offers two celebrations to cater to your preference of early and late party and two-price points to choose from with dinner (\$120) and entertainment only (\$72). Complete with live band music, casino, chocolate fountain, champagne toast, and fireworks, this is the perfect end to a spectacular year!





The Spa at Kilaga Springs
New Staff, New Services, New You
Trudy Smith, Spa Manager

In the Skin Care Department, we are continuing to offer the Designer Face-lift Facial Treatment. As the seasons change to cooler temperatures it allows deeper penetrating treatments. The Designer peel series is the next step following the Face-lift facial.

The Massage Department continues to promote the Signature Massage. This allows the massage therapist to do the ultimate customization of your service by choosing just the right enhancements. We continue to feature our CBD (Cannabidiol) Massages and retail offerings. CBD is one of the biggest trends in the Spa industry and is so new that it can be confusing to compare products or decide what you need. We feel the same and are partnering with Korent Select. The Spa is holding two seminars on October 29 in the P-Hall (KS). We will have two times available – 8:30 to 9:30 AM and 10:00 to 11:00 AM. We will have representatives from the company speaking about what is CBD. How does it affect your body? Why would you use CBD and open to questions as well as having products to sample. The Spa will be offering discounts on products to anyone who attends the seminars.

Spotlight on two new team members. Joseph Hutchinson, CMT, BCTMB joins the massage team. Joseph is Board Certified in Therapeutic Massage and

Bodywork. He is also certified in Orthopedic and Sports Massage. He has extensive experience in working with athletes and active seniors. Joseph has vast knowledge of anatomy and physiology and brings years of practice to Kilaga Springs Spa.



We have added Denise Gibbons to our Spa Concierge team as our Retail Specialist. After a lengthy career in the Electronics field in Silicon Valley, Denise is back once again in the industry she is most passionate about – the Cosmetics and Skin Care industry. Her past experience speaks for itself, Estee Lauder, Sales Manager, specializing in skin profiling and subsequent product recommendations, a Certified Makeup artist, and was also responsible for training a staff of eight Beauty Consultants in skincare and makeup selection. Please stop by the Spa, meet Denise in person and allow her to assist you in finding the optimal skincare, makeup, and spa products to enhance your look and lifestyle.

Please call the Spa Concierge to book your appointments at 916-408-4290 and remember we are open to the public, so bring your friends.

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Available 2020 in Placer, Sacramento & Yolo Counties



WellFit News
Bone Up on Health

Deborah McIlvain, Lifestyle, WellFit & Spa Director

Did you know that the National Osteoporosis Foundation has found that about 10 million older Americans have osteoporosis, and another 44 million have low bone density? In other words half of adults that are 50 and older are at risk of breaking a bone.

A diagnosis of Osteoporosis means it's time to modify, not to end a workout routine. Degenerative bone disease can make mundane activities like carrying groceries, walking the dog or hugging grandchildren risky, and you may become reserved in the gym as you might question your abilities. Some things you can do to help to build strength is through isometric exercise which can be helpful to allow bones to adapt based on the demands placed on them. Along with exercise programs that address postural alignment that will help prevent falls. Before making any changes in your routine make sure that you have clearance from your doctor or physical therapist. Some suggested do and don'ts: *Exercise should be weight-bearing. *Start slowly and do

not suggest twisting motions or anything that will increase your chances of falling. *Impact weight-bearing exercises can help to build lost bone – like brisk walking, elliptical machines, treadmills, functional movements such as standing and rising up on your toes, Yoga, Pilates and Tai chi for flexibility balance and coordination. I also suggest reaching out to one of our certified personal trainers to design a program that focuses on strengthen weak muscles and address postural alignment.

Time to stop in and shop at Lifestyle Retail in WellFit, we are all stocked up and ready for the holidays! For the third year we have those famous candles from NY's Pure Integrity in new scents like Apple Strudel and Pumpkin Pecan Waffle. These candles are made from natural soy and emit no soot, great for people who are sensitive to smell. We also have Lincoln Hills logo clothing and other fun things, and every purchase comes with a gift bag, tag, holiday tissue and ribbon making your gifts ready to give! (See our ad on page 84.)



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Turkey Tales

Linda Lucchetti, Roving Reporter

Whether you roast it, smoke it, or deep fry it, the turkey and all the fixings you'll gobble up on the fourth Thursday in November, only slightly resemble the original feast devoured at Plymouth, Massachusetts in 1621. What was on the table back then? How has Thanksgiving cuisine evolved over time?

History reveals that the 53 New World settlers we call Pilgrims, and 90 Wampanoag Indians from a nearby village, gathered together to celebrate a bountiful harvest during a party that lasted several days.

Although there are few actual accounts of the first Thanksgiving that probably took place between September and November, Mayflower passenger Edward Winslow noted in his journal that the colony's Governor William Bradford sent four men out on a "fowling" expedition.

Though wild turkeys, whose ancestors evolved from dinosaurs some 100 million years ago, were found in the Massachusetts colony, it was more likely that the hunters brought back birds like ducks, geese, swans, and pigeons. Rather than bread stuffing, onions, nuts, and herbs were used for flavoring.

Venison was a common meat. It's said that the Wampanoag showed up with five deer perhaps to be roasted on a spit and made into a stew later.

Culinary historians believe that seafood was sure to have been on the bill of fare because of the colony's proximity to the Atlantic Ocean with its abundance of lobster, fish, mussels, and oysters.

Locally grown vegetables were served: onions, beans, lettuce, spinach, cabbage, carrots, and perhaps peas. Corn was plentiful, but back then, removed from the cob and made into cornmeal, which became porridge.

Fruits could have included blueberries, plums, grapes, gooseberries, raspberries, and, of course

cranberries. However, there was no cranberry sauce or relish because the supply of sugar carried over on the Mayflower had already dwindled. It wasn't until some 50 years later that cranberries and sugar were boiled together and prepared as a side dish for meats.

Potatoes (mashed or other versions) were nowhere in sight. Although introduced to Europeans by the Spanish, the tuber was apparently not as popular with the colony's English who ate other root plants.

Absent from the dessert tray was the now ever-popular pumpkin pie. Although pumpkins and squash were grown in New England, butter and wheat flour were not available for crusts, nor were ovens for baking.

Be thankful for the variety and abundance of food we enjoy today. Happy Thanksgiving!



*The First Thanksgiving 1621,
painting by J.L.G. Ferris, circa 1912-1915*



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Thank You For Your 15 Years— WOW!

Teresa Tanin, Neighborhood Watch

You may not always see them, but there are neighbors among us who have volunteered for over 15 years! Neighborhood Watch is a successful organization because of their dedication, for which we are very grateful.

Volunteers help keep track of neighbors moving in and moving out. They keep a confidential emergency contact list for each resident who wishes to participate. Volunteers also keep us informed through the Alerts Program, and meet with residents to help them feel safer knowing someone cares. These are just a few of the services offered by Neighborhood Watch.

A recent example of such services occurred after a resident, concerned about a neighbor not responding to phone calls or knocks on the door, contacted a team member of Neighborhood Watch. The Village Mail Box Captain, who maintains a confidential list of emergency contacts, was able to call a family member. The non-responsive neighbor had fallen and broken his hip. He

is now recovering, which was information the concerned resident was thankful to receive, a nice example of what Neighborhood Watch volunteers can do.

If you are interested in volunteering for two years or 15 years, your help is felt throughout this community. We may be over 11,000 in number, but only one caring neighbor away. Be there for someone. Join our team of volunteers and stay connected. Visit www.sclhwatch.org for more information. Thank you!



Eva Holding



Left to right: James & Diana Chan, Audrey Morse, John Christiansen



*Front row/left to right: Marilyn Koregelos, Mehdi Javaheri, Cheryl Karleskint, and Ted Klakoff
Back row/left to right: Millie Eslinger, Barbara Iniguez, Sally Stangelan, Iris Hendryk, Ed Hendryk, Raymond Blasquez, Beverly Jeffers, Bob Emge, Loren Winckler, Harvey Moss, Barbara Moss, Sid Frame, Sandra Frame, Wayne Ford, and Gale Jeffers. Not pictured: Chey LeRoy and Cathy Klakoff.*



Unusual Hobbies...and Their Collectors

Richard Pearl, Roving Reporter

This is the first in a series about Lincoln Hills residents and the unique hobbies that frequently consume them.

First up: Trains.

I'll warrant that many of us – especially the guys – had a train set when we were growing up. HO or Lionel; perhaps two sets of tracks; perhaps a few locomotives and a series of cars; perhaps a 4x8 board for the entire set-up.

What some of our residents have created in their garages, room additions, and/or backyards boggles the mind. These railroad buffs are true artists and spend hundreds or thousands of hours (and dollars) designing and building their layouts. To a person, they all say it starts with an idea and grows from there. These are not your trains from yesteryear. They are computer-controlled, scaled, highly detailed miniature railroads that tell a story.



Hugo Solano – Who needs a garage for cars when there are trains to run

Sometimes their personal histories are interwoven into the tapestry. For Hugo Solano, a fourteen-year resident of Lincoln Hills, railroading is in his blood as his grandfather and father both worked for the railroads in his home country of Argentina.

The third garage space in his home is completely devoted to a multi-level railroad diorama; his two-car bay holds a platform that is elevated to the ceiling and lowered electronically to take up most of the available space. And of course, what backyard wouldn't be complete without a larger-scale train track running the entire expanse of the fence line.

Hugo's railroad empire is mostly complete (although there's always something else to add), and



Bill Hunter – Extreme work in progress

he sometimes has one to five similarly-inclined guys over to help him actually run the system. Bill Hunter's piece de resistance is still in the building stage. His layout has been 15 years in the making and still has another 12 to go. Bill had a 35 by 45-foot addition built onto his house just for his railroad! Four levels; 1,350 running board feet of track bed – nearly a mile – of track for his Lionel-scale extravaganza.

Vern Luke's outdoor railroad is "G," or Garden, scale and takes up a large portion of their backyard. Construction started ten years ago, and it's now mostly complete. The layout was originally built to entertain his and Claire's grandkids – who have now, of course, moved on with their lives (naturally!). Vern can direct ten trains from his command station.

If you have an interesting – all-consuming – hobby, contact me at pennyrich@aol.com.



Vern Luke – Wall-to-wall trains

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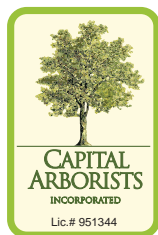
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Lighten Up Your Holidays

Shirley Schultz, *Roving Reporter*

Laugh like St. Nicholas, whose “little round belly...shook when he laughed, like a bowl full of jelly.” That’s the kind of laughter that will lighten up your mood. Without social activities and a sense of humor, we risk falling into the emerging public health problem of increasing loneliness and isolation. This has been defined by psychologists as “the social media paradox” whereby many people are lonelier and more isolated than ever before, even though social media has allowed us to become more connected to other people than at any time in history.

“Loneliness Rivals Obesity, Smoking as Health Risk” is the title of an article published in May 2018 in WebMD Health News in which the author spotlights studies which show increasing levels of loneliness are undermining the nation’s mental and physical health. The message is that loneliness has the same impact on one’s life span as smoking 15 cigarettes a day, which makes it more dangerous than obesity. The holiday season provides us with a double whammy as we try to avoid both loneliness and obesity. Loneliness is not simply about being alone. Some people are happy being alone. What matters is feeling connected.

Humor is the universal antidote for almost everything. Webster defines antidote as “something that prevents or counteracts injurious effects.” Socializing, whether it be volunteering to help someone or some cause, singing in a choir, or just visiting, provides an opportunity to step outside of self and develop a sense of humor to overcome the deleterious effects of loneliness. A sign on my bathroom mirror says, “The person you are looking at in the mirror is the one responsible for your happiness.” It is a reminder that my own attitudes and behaviors are what will lead me to happiness. So get out and socialize as you look for the positive rather than the negative.

Laughter begets laughter and leads to a feeling of happiness rather than loneliness. Let your funny bone be tickled with some holiday humor.

- “Mail your packages early so the post office can lose them in time for Christmas.” — Johnny Carson

- “Christmas is a time when you get homesick – even when you’re home.” — Carol Nelson

- “One of the most glorious messes in the world is the mess created in the living room on Christmas day. Don’t clean it up too quickly.” — Andy Rooney



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



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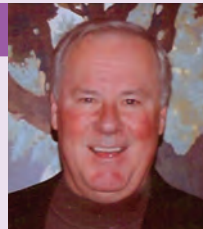
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In Memoriam



Don Cosgrove

Don grew up in Elizabeth City, North Carolina. He joined the Army at age 17 and served in the 101st Airborne. Four years after his Army discharge, he joined the Coast Guard as a rescue swimmer. He ended his 23-year career in the Coast Guard as a Senior Chief. Don loved to travel with his wife, Penne. Their travel included Israel, South America, Europe, Australia, and New Zealand. Don and Penne moved to Lincoln Hills in 1999, specifically for the softball field. In the Spring of 2000, Don founded the Lincoln Hills Senior Softball League and the Sun Eagles tournament travel team. He leaves his wife, Penne, four children, six grandchildren, and six great-grandchildren.



Ralph Emil Dietz

A Native Californian, Ralph graduated from Ignacio Valley High School in Walnut Creek and Chico State, majoring in Political Science. He worked in sales at Breuners Furniture and Carpet Store for 20 years. He also co-owned the Sonora Carpet & Furniture store for eight years. Ralph was an avid sports fan, specifically the 49ers, A's, Warriors, and golf. He collected memorabilia and books. He cherished his friendship with his sports buddies. He is dearly missed by his wife of 42 years, Carmen, his sister, nieces and nephews and stepchildren.



Michael Creasy

Born in England, Mike moved to Vancouver, Canada, in 1956 where he met Joyce and served as a Police Officer before moving to California. He got his MBA at St. Mary's in 1979. Mike was an adventurer as he spent seven years sailing his 43' sailboat from San Francisco to New Zealand and back. He enjoyed traveling in his RV and took many trips overseas. He is known for his dedication to family, his sense of honor, and kindness throughout his years. He was a leader in every sense of the word and enjoyed his seven years as Finance Director here. He leaves his dear wife of 60 years, their three children, eight grandchildren, and one great-granddaughter. He will be missed by many.

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.

Did You Know?

Trail Guide Now Available at Both Fitness Centers



All-new pocket SCLH Trail Guide showcases our 18 Fitness and Wildlife Preserve Trails. Explore four preserves at the heart of our community and complete your fitness loop on neighborhood sidewalks. The Trail Guide features habitat descriptions, detailed maps, trail distances, and difficulty—plus extraordinary wildlife photos by 12 of our resident photographers.

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VOLUNTEER OPPORTUNITIES!

Compass insert stuffing party – We meet on the 14 of each month around noon to stuff the inserts into the *Compass*. No need to register just stop by and join in on the fun!

Compass distribution – You have seen your neighbors handing out the *Compass* each month from the 15 to the 19 in both lodges, why not join in? Come meet your neighbors and make new friends. Email Theresa Renken, *Compass* Editor at Theresa.Renken@sclhca.com.

Committee Openings

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

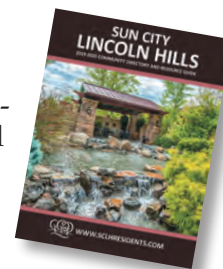
- Architectural Review Committee (ARC)
- Communication & Community Relations Committee (CCRC)
- Finance Committee
- Properties Committee

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

Did You Know?

Now Available For Pick Up 2019-2020 Community Directory and Resource Guide

The highly anticipated 2019-2020 Community Directory and Resource Guide is now available! One per household may be picked up at the Membership and Lifestyle Desks. Your Membership card is required to obtain your copy. For those who wish to pick up a copy for a friend or neighbor, you must have their member card as authorization.



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Club News



Amateur Radio

Reading this column, you may be a ham radio operator or are interested in becoming an amateur radio operator, let's explore some options. I started with a Technician license, so I could use handheld VHF/UHF radios for emergency communication when on RV trips. I used the Amateur Radio Relay League study guide and then practiced all six exams online until I passed each exam. ARG members are available to help you get started. The ARG meets every Monday at 6:30 PM at the South Entry Facility; come to a meeting and let us know your goals, and meet a newly licensed ARG member. We hold a UHF network at 7:00 PM every Monday on 443.225 MHz, with a PL of 167.9. **Contact: Jim Darby 916-408-8599**
Website: <http://lharg.us>



Astronomy

Cosmology Interest Group (CIG): No CIG meeting in November or December. The new series "Introduction to Astrophysics" will start in January. Contact Morey Lewis at (mlewis_cc@sbcglobal.net) for more information.

Thursday, November 21 - Telescope Interest Group (TIG): Star Party at the Sports Pavilion at 5:00 PM. Contact Bob Collins at (bobpcoll@community.net) for more information.

LHAG General meeting: No meeting scheduled for December. Wednesday, January 8, 6:45 PM in the Ballroom (OC). John Combes will present a mind boggling topic "Numbers, Time and the Vastness of Space." A look at our home planet and how it measures up to its place in our Solar System, our home Milky Way Galaxy, and the myriads of galaxies which make up the visible Universe. For additional information, visit the LHAG website.

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



Ballroom Dance

Happy Holidays are coming right around the corner. It has been a terrific year for our dance club, monthly change of dance instruction, dusting up dance moves from previous months, making new friends, not to mention some great exercise. Our Christmas potluck is scheduled for Tuesday, December 10, from 5:00 to 9:00 PM. Sign up sheets will be coming out soon to

help organize the menu, and, certainly lots of door prizes to be won.



Greg and Ann Handling

Club membership is \$7 per person annually, open to Lincoln Hills residents, sponsored guests, couples, and singles. Lessons every Tuesday (KS) 2:00 to 5:00 PM, 1st hour, beginners, 2nd hour, open dance, 3rd hour, more advanced. Please come and join us. **Contact: Ruth Algeri 916-214-6348**



Big History

Our next club meeting will be in 3 days, November 18. Club President, Ranny Eckstrom, and Dr. Guenter Risse will be exploring the ancient roots of religion. Did early hominids and Neanderthals already possess a system of beliefs and practices providing emotional comfort and identity? Our last meeting of the year on December 2 will be a fascinating discussion on how Earth's geologic history influenced human development and where civilizations began.

BIG HISTORY
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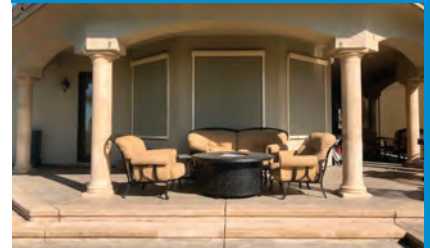
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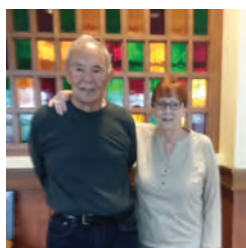
Then stick around. Following the meeting we will have our annual Winter Social (for members only) across the hall in the Placer Room. Join us for this festive affair. The Big History club meets the first and third Monday of the month at 10:00 AM in P-Hall (KS).

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

Website: www.bighistorysclh.com

Billiards

We are offering tournaments to all residents men, and women. We have tournaments for beginners, intermediate, advanced. Please join the fun with the chance of meeting new people! We are offering free lessons at KS Tuesdays 9:00 to 10:00 AM.



1st Rich Lujan
2nd Phyllis Burell

This is for new and returning players (men and women) you do not need to play. Just show up and see what we have to offer. Remember it's free!!

Contact: Tony Felice 916-955-0501, tfelice3@gmail.com

Bird

We welcome you all to our next meeting on December 9, 1:30 PM, P-Hall (KS) for Ed Harper's presentation,



Join us for one of our day trips...always fun!

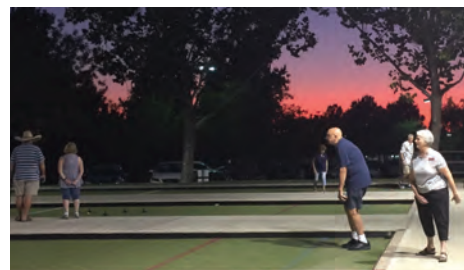
"Wings Over the Central Valley." Ed has a lifetime of experience: studying, teaching and photographing birds throughout the world. As his title suggests, Ed will include his beautiful photographs of birds in flight over the valley and share the techniques he uses for photographing them.

Our next day trips will include two Central Valley wildlife areas that attract thousands of wintering waterfowl. On Friday, November 22, we head to Gray Lodge Wildlife Area. Then on December 6 we travel to the Sacramento National Wildlife Refuge. Both areas attract Snow Geese, Northern Shovelers, Wigeons, and many others. Reminder: Christmas Bird Count will be December 30.

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

Bocce Ball, Mad Hatters

We were formed for the purpose of acquainting the residents of Lincoln Hills with the rules and fun of Bocce. We give free



Mad Hatters Night Out

instruction and furnish all equipment. From November to April we play Bocce every Thursday morning at 10:00 AM. Beginning in May, through October, we start our Thursday Bocce sessions at 8:00 AM. We play to a relaxed set of Bocce rules that make the game fairly simple and easy to learn, no experience required. We also have a wheelchair accessible court. Please see our information flyer on the SCLH Resident web site Bocce Ball page.

Contact: Bob Vincent 916-543-0543, pmac1411@aol.com

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

Book, OC

The first order of business at the November 21 meeting is to vote for the 2020 reading list. Watch your email for the ballot, or you may vote at the meeting. Results will be announced at the Holiday Luncheon, December 19. Tickets are available at the meeting, cash, or check to Shelley Park.

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Our Modern Fiction selection will be *"The Woman in the Window"* by A.J. Finn. A thriller, the plot revolves around a recluse, who sees something odd in the perfect family that moves into the house across the way. But is this real? Has she had too much wine that day? How could it happen to these seemingly wonderful people? Fascinating, descriptive language, plot twists, complex characters—this is what makes a good thriller. See for yourself.

Contact: catsickle@gmail.com

Website:

LHocbookgroup.blogspot.com/wiki:ocbookgroup.pbwiki.com



Bridge, Partners

Call for reservations or show up with a partner in the Sierra Room (KS) by 5:30 PM Thursday. Play begins at 5:45 PM.

Winners: September 26 - First: Rose/Joe Phelan with high round 1620; second: John Butler/Byron Hansen; third: Kay/Ben Newton; fourth: Marlene Harner/Basil Molony. October 3 - First: Jay Southard/Byron Hansen; second: Wendy Wohl/Greg Parker; third: Jodi Deeley/Harry Collings; fourth: Janet Pinnell/Linda Theodore. Gay Gladden/Sue Cirerol had high round 1760. October 10 - First: Byron Hansen/John Butler with high round 2150; second: Chet Winton/Phil Sanderson; third: Susan

Petersen/Gay Gladden; fourth: Nancy Gadsby/Donna St. Peter. October 17 - First: Judy Olson/John Griggs; second: Reta Blanchard/Gay Gladden; third: Betty/Stan Kisbey; fourth: Harry Collings/Jay Southard. Patty/Frank Kamienski had high round 1580.

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

Contact: Carla/Mark Green
916-844-5888



Bridge, Social

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

Winners last week of September to October 18: First: Dolores Marchand, CC Bulich, Phil Sanderson, Bob Fawcett. Second: Mark Green tied with Pat Mullins, Alan Haselwood, Linda Scott, Bob Free. Third: Lyman Olney, Pat Mullins, Joanna Haselwood. Fourth: Ralph Madsen tied with Harry Collins, Jay Southard (twice in two weeks), and George Hubbard. Congratulations to Alan and Joanna Haselwood for a 7-Heart Grand Slam! Our free bridge class is every Wednesday

from 8:30 AM to 12:00 PM in Card Room (OC).

Contact: Pat Mullins 408-202-1865, pam7NT@gmail.com



Bunco

In October, we welcomed three new players Bernice Lehman, Loretta Helzer, and Francie Rodowicz. Everyone was happy to see our traveling Shirley Mohler back, speaking of traveling she had the bear in the end and one the Traveler prize. All other categories had two or three roll offs.

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

October Winners: Most Buncos - Sharon Shook; Most Wins - Christine Bluhm; Most Losses - Lee Branco, 50/50 - Lorri Song, Traveler - Shirley Mohler. Next Bunco is Thursday, November 21.

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



Ceramic Arts

Marcelle Schaefer has been named our new President and will hold that title until our next election in October of 2020. We welcome her and appreciate that she agreed

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to fill this position, which was previously held by Mary Clark who is moving to Southern California with her husband. We also welcome Debbe O'Brien as the newest member of our Steering Committee to fill the sixth position.

The studio is open Fridays, Saturdays, and Sundays, community members are encouraged to drop in to see what's happening. Monitors and artists are happy to talk to you about their projects. Classes are held Tuesdays and Thursdays and are the best way to get started. Make new friends and have some fun. See you soon?
 Website: www.cagsclh.net



Chorus

If you don't already have tickets for "Music from Around the World" on December 8-10, see page 60 for details and delay no longer.

The international theme of our mostly Christmas concert includes music from Africa, Austria, England, France, Germany, Italy, and Spain as well as America. We'll sing you timeless classics, new arrangements of old carols, spirituals, and a Hanukkah tribute. Our "Irving Berlin's Christmas" medley will delight those dreaming of a white Christmas. To cover what we've missed, we'll conclude with "Christmas...In

About Three Minutes," containing snippets of 22 favorites from here and abroad.



Rehearsing for "Music from Around the World"

Our traditional December concert has long been the best way to launch our community's holiday season. Join us again and rediscover why this annual event always fills the Ballroom.

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

Computers

Apple Users



October was an educational and exciting month for the Apple User Group. Ken Spencer gave three presentations covering maps and navigation, new features in iOS 13, and Amazon Alexa. Members were reminded not to install macOS Catalina 10.15.

The group ended October with its annual banquet. Many members demonstrated their creativity by wearing crazy hats. Thanks to banquet co-chairs

Nina Mazzo and Bonnie Esker for their leadership in organizing this event!



Apple Banquet Co-Chairs
 Nina Mazzo and Bonnie Esker

November will bring further opportunities to learn more about iOS, iPadOS, and other Apple products. Did you know about the Apple support channel on YouTube? Check that out to see videos demonstrating some of the new features in iOS 13 and iPadOS. As always, videos of past presentations can be found at our website.

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

Computers

PC



There will be no formal meetings or clinics for December. However, our Walk-In-Workshop will be open and staffed by a few volunteers to aid with limited to

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last-minute issues. Merry Christmas and Happy New Year from us to you. See you in January!

Walk-In-Workshop: December 17, 1:00 to 3:00 PM in the Computer Lab (OC). Our more experienced computer members will provide assistance to any of our Club members who would like hands-on help in utilizing computer hardware components, the Windows operating systems, or application programs.

Contact: Norman Seidenverg
916-209-3894, sclhcc@gmail.com
Website: SCLHCC.org



Country Couples

Members danced "Under The Tuscan Moon" at our September 28 gathering. Jim Keener provided music. Potluck dishes were shared, and pumpkin pies were provided for dessert. Warren and Lauri English made a beautiful decorative display for the dance. Very impressive!



Under The Tuscan Moon

A Halloween dance was hosted by Jim and Jeanie Keener in the Roseville Ballroom, October 30. Members arrived in a variety of costumes once again, finding their inner child.

Our Holiday dance is scheduled to be in the Ballroom (OC) December 4, from 5:00 to 9:00 PM. This is one of our most popular dances where attendee's wear anything from country to semi-formal. Our main goal is to have fun while dancing, eating, and socializing. Join us! Annual membership: \$6 per person.

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



Cribbage

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

We play four-handed partner games using a rotation system. Every game you end up with a new partner as the losing players move on to the next table, and the winning players stay. Each player keeps track of his or her own score.

The weekly winners for September were Nancy Murdick, week one; Howard Beaumont,

week two; Grant Lee, week three; and Nancy Murdick, week four.

New players are always welcome!

Contact: Don W. Lloyd 916-884-4554,
gryeagle1@hotmail.com



Cyclists

We are coming into the season for wet weather. Sometimes we get caught out in the rain or on wet roads. Brakes do not function as well when wet. Apply both brakes well before you need to slow or stop so the water is cleared from the braking surface. Brakes may grab suddenly. The painted lines or markers, when wet, are very slippery. Try not to lean your bike on painted surfaces. Maintenance hole covers and sewer grates become more hazardous when wet. Also, be aware of metal bridges and railroad tracks. They become slick when wet. It is Autumn so wet leaves may cover your path. Do not ride through puddles if you cannot see the bottom. Always wear bright colors and use common sense in wet weather.

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

Website: lincolnhillscyclists.com



Euchre

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to learn, yet there is some strategy to it! We meet on the second and fourth Thursdays of the month from 6:00 to 8:30 PM in the Card Room (OC). If you are new to the game, we will give you a few lessons before you come to our regular game, so that you will feel comfortable. All are welcome, but please contact us before showing up so that we can get a proper headcount for the game.

Contact: Audrey McFadden
916-408-3616,
audreyjmcfadden@gmail.com



Fishing

Finally, it's cooling off. The intrepid fisher person continues to seek out the elusive joy of fishing until they just can't go out anymore. If you do go out during the winter weather, exercise caution, fish with a partner, check your safety list, always be prepared.



Chuck's catch, amazing

Our bait/spin/troll folks meet at Orchard Creek Grill, Monday, Wednesday, Friday, 9:00 AM, and the Fly folks meet at the Pipeline on Del Webb, Friday 8:00 AM. What to they do, chat about fishing, what else? Normally our general

meetings are the second Monday of each month unless specified differently, 7:00 PM, P-Hall (KS). Join our club - contact Ralph at ralphtonseth@comcast.net or Henry.

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



Food Adventures

In an earlier month the membership voted to not have a November club meeting because our regular monthly meeting day is November 25, just three days before Thanksgiving Day. We thoroughly enjoyed a lovely evening at Rancho Roble Winery in the Lincoln countryside in October for wine tasting, cheese pairing and desserts and hope to repeat this outing. On November 8 we toured the San Francisco Bay Coffee roasting facility in Lincoln. On Monday December 2 we will gather for our Holiday Paella Dinner at the Ternero Olive Oil Farm featuring the owners' own version of the Spanish national dish, complete with fresh seafood and just the right seasonings.



Club Presentation in Kilaga

We'll top things off with appetizers, a salad, dessert and beverages – and lots of Holiday cheer.

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



Garden

Happy Thanksgiving! No General Meetings in November or December. Registration Membership-2020 information will be out soon.



Annual Plant Sale Proceeds for Lincoln Civic Projects

We are thankful this year for a sizeable increase in membership due to excellent Speakers, Socials, Field Trips, Classes, Master Gardeners Q's & A's at meetings, Brown Bag Sales, Door Prize drawings, and many activities-including the Home Garden Tour, Annual Plant Sale, Flower Show, Rose Show, Bonsai Show, and local garden projects in Lincoln. Our members' participation and volunteerism are most appreciated, and we hope we met the goals of our purpose: to acquire knowledge about gardening techniques, stimulate interest in landscape

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projects, expose the membership to horticulture, and enjoy camaraderie among members. Be sure to visit our website for pictures and information.

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



Genealogy

Our next presentation will be November 18, 6:30 to 8:30 PM in P-Hall (KS). Richard Rand is addressing "Finding Missing Ancestors." Richard has refined the skills for digging through the records in search of those elusive ancestors whose information you need so you can fill out your tree. Members should come a few minutes early to check-in and receive a door prize ticket for a Chromebook. After the meeting refreshments will be served across the hall, and you will have a chance to network with others who share your interests.



Richard Rands

Apply for membership from our website or attend speaker nights. Membership puts you on the email list for notices about Computer Lab Walk-in Sessions, Coaching

Sessions, and Speaker information and handouts.

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



Golf

Ladies XVIII

A perfect fall day of golf was had by 92, many costumed to match the theme in the Harvest Moon Invitational, adeptly chaired by Loretta Kuechle. A pre-event cocktail party, overlooking the course, ended with a sunset flourish of autumn colors. After play on the Hills, we adjourned to the ballroom for an awards luncheon. All of the first-place winning teams by flight: (1) Hebert, McNiff, Miller and Thom; (2) Arts, Dungan, Emge and Mahoney; (3) Carr, Ingraham, Petersen (G), and Stuart; (4) Grant, Padilla, Wohl and Wushing; and (5) Dodgion, Hulst, Roy and Weech. There were also four CTP winners, Koropp on five, Cannon on seven, Emge on 12, and Walker on 16. What fun.

Contact: 916-409-0607, clkoropp@att.net



Loretta Kuechle, tourney chair, with Pat Lewis, Chris Biswell

Lincsters

The Lincster Club Championship was to be held in September on two consecutive Wednesdays. Unfortunately, play on the first Wednesday was canceled due to rain; consequently the club champion was determined on September 25, with play on the back nine of the Hills. The new club champion for the Lincsters is Kate Gold. Congratulations Kate! The annual Breast Cancer Tournament was held on October 23, and the Hocus-Pocus FYOF was held on October 30. Welcome to new members Mitsuko Cameron and Carol McCann, who joined the Lincsters in September. Dues for 2020 need to be paid by the end of November. December 4 will be a general meeting and the festive holiday party.

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

Golf Men's

Congratulations to Club Champions Tournament gross score winner: Bob Schoenherr. Club Champion net score winner: Bill Rapp. Other low gross winners: John Michel, Rob Davies, John Vass. Flight net winners: Doug King, Bruce Lyau, Gary Anderson. Just For Fun Tournament low gross, Ed

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Memorial Tournament result winners from September. Putting contest; Bill Rapp, Ed Lazarek, Gary Anderson-Jason Hong. Horse Race teams; John DeWildt-Gary McGraw, Alan Elsey-Rob Davies, Jim-Peter Smyrak. Gross team winners: Jim-Peter Smyrak, Gene Andrews-Derek Gilchrist, Phil Steinbock-Rich Yoshikawa, Chris Nicholl-Karl Williams, Dick Thornton-Rick Garcia. Net team winners: Rodger Oswald-Mack Tucker, Joe Angel-John Vass, Frank Burkhead-George Porzio, Dan Kramer-Warren Mercer, Dave Jansen-Mike Varin.

Website: mgclh.club



Hiking & Walking

New officers were elected at the Annual Meeting. Welcome, Dan Cortinovic - President, Sue Mott - Vice-President, Judy Bacich - Treasurer, and Carolyn Woolston - Secretary. Thank you for stepping into the job!



October Get-Away in Monterey.

Join us for some easy local hikes: Effie Yeaw Nature Center (Roseville) Thursday November 14, Orchard Creek Trail (Lincoln) Thursday November 21, Home Depot Loop (Lincoln) Tuesday December 3, J Parker Whitney Ranch (Rocklin) Thursday December 12, and Pleasant Grove Trail and La Provence Lunch (Roseville) Thursday December 19. Hike schedules may change so please check the website frequently. Wednesday walkers meet at 8:00 AM at a different starting point in our community. Member dues are being accepted. Our website is the go-to place for more information on hikes, walks or membership.

Contact: LHHikers@gmail.com

Website: www.Lincolnhillshikers.org



Investors' Study

The Christmas Holidays will soon be here. Our holiday party will be held at Turkey Creek Golf Club at 5:00 PM, Thursday, December 5. We look forward to dinner and prizes and induction of new officers. We are in need of some member volunteers: Treasurer, Refreshments, Welcome positions. Please participate. Russ Abbott and guests will be our speakers, and your job is to enjoy an evening of camaraderie and holiday cheer.

Contact: [John Noon 916-846-3372, thenoons@att.net](mailto:JohnNoon@att.net)



Lavender Friends

We are well into fall on the calendar, but we want to tell you about how, on one of the final days of summer, Lavender Friends gathered for its second annual picnic in a Lincoln Hills park. It was, in the words of organizer Denise Webfield, "spectacular."

Forty folks attended the potluck, contributing everything from chicken to ice cream. Denise, who chairs the club's activities committee, wants to especially thank the people who organized the games. They "got a bunch of 60, 70 and 80-year-olds to run around in circles, kick off their shoes, pop balloons with our heinies, and even left some of us all wet."

Lavender Friends is a club of LGBT residents and their allies. Visit our website for more information about the group and its events.

Contact: [Sandi Dolbee 916-409-2156, sandidolbee@yahoo.com](mailto:SandiDolbee@yaho.com)

Website: www.lavenderfriends.com



Line Dance

The holiday season is fast approaching, and that means preparations for our annual potluck party are underway. The date for this event is Monday, December 2, at 5:00 PM in the kitchen (KS). Tickets will be on sale at classes

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the first week of November, and the cost will be \$6. You will be asked to sign up to bring your choice of appetizer, salad or dessert. We will be recognizing our talented teachers and practice helpers and having a few surprises. So if you are currently taking classes, plan to wear holiday garb and join us. Just a reminder there will no line dances classes during December, but make sure to sign up for classes in January.

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



Mah Jongg, Chinese

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

We are already equipped with everything to play the game so just show up at the Cards Room (OC) a few minutes before 9:00 AM, introduce yourself, and we will be happy to teach you the game if it's new to you. Official play begins at 9:00 AM (promptness is highly encouraged) and continues until Noon. We hope to see you soon!
Contact: Randy Fong 916-543-5389, randy888@pacbell.net



Mah Jongg, National

Greetings, we at National Mah Jongg would like to wish everyone a Happy Thanksgiving and to remind you that we play every Tuesday in the Card Room (OC) from 12:15 to 4:00 PM. So if the hustle and bustle of the season begins to weigh on you come join us and let the clacking tiles soothe your mind. All are welcome. If you're a player, just bring your 2019 card, a little luck, and join a table. Or if you want to see what this game we love is all about, you're welcome to join a table and observe. Fran Rivera, 916-434-7061, gives free lessons in her home. We hope to see you next Tuesday and may the jokers be with you.
Contact: Gerry Bell 707-696-2355



Jean shares her high scoring winning hand.



Mixed Media

Come join us, November 20 at 1:00 PM in the Ceramics Room (OC). Jan Stephens will be directing us in a fun activity. We will be creating a collage on canvas (provided by the club) using paints, papers, ephemera,

fabrics, stencils, or other materials to create the collage. Also, at the meeting, you will learn about our next challenge and pick up a free item that will be part of the challenge. We will have a holiday get together in December at a member's home, keep watching emails for details.

Make sure you have paid your membership dues in order to keep up to date on the latest Mixed Media information through emails. The yearly dues of \$15 can be paid at the meeting.
Contact: Nancy Griffin



For our October art challenge we decorated our art aprons



Motorcycle

October 5 was the date for the club's annual bocce ball tournament/pizza party. Thank you to Sandy Milbauer for organizing the event! On October 9, the club took part in the first car and motorcycle show at the amphitheater. On October 12, Road Captain Dennis Berg led a great ride to lunch at the Volcano Pub and Grill. The club will have its annual "Icicle Ride" on November 9.

The club has scheduled rides

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on the second Saturday of the month, March - November. If you like motorcycle touring and have a roadworthy motorcycle or trike - check us out! The club meets on the fourth Thursday of the month at 5:30 PM Multipurpose Room (OC)



Setting up for the car and motorcycle show.

There will be no meeting in November. "Ride Safe - Ride With Friends"

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



Movie Lovers

We meet on the second Thursday of each month at 6:30 PM in the Multimedia Room (OC). We reviewed two movies on November 12 with lively discussions. These movies were selected by the group at the prior meeting. The movies were Judy and Harriet. All residents are welcome to join our facilitation-led discussions of selected movies. Members share their movie-viewing experiences and enjoy enlightening discussions of these movies.

Contact: Cliff Roe 510-889-0265



Music

We met on Wednesday, October 23, and played "New York, New York," closed to "The Green Green Grass of Home," and jammed to "Crossroads." All enjoyed the Holiday Party/Open Mic on October 30, 5:00 to 8:30 PM, P-Hall (KS). Music and desserts, who could ask for more. The Group will be taking November & December off. We hope to see you all in the New Year. We meet every fourth Wednesday of the month from 6:30 to 8:30 PM, Fine Arts Room (OC). You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM, (OC). Open to Lincoln Hills residents. Contact Ron Peck at 916-409-0463 for information. Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com Website: lincolnhillsmusicgroup.org



Needle Arts

On November 12, our speaker was from Kelsey's Needle Krafts in Placerville. Our next regular General Meeting will be in January. Community Service has been busy making quilts for various organizations. They have donated 148 quilts so far in 2019.

Needle Arts' "Light Up Your Holiday Luncheon" will be on Wednesday, December 11, in the Ballroom (OC). Doors will open at 11:30 AM with lunch at 12:15 PM. Make sure you sign up before December 3. After lunch, The Sunny Singers, a group that is part of the SCLH Choir, will entertain us with a variety of songs. The luncheon sign-up form and more details are on the Needle Arts Website. The sewing room window display one of our own members, Vivian Glasspiegel.

Website: www.sclhna.com



One of the quilts from Community Service



Neighborhood Watch

When scanning for a microchip, it's reassuring to discover the pet has one. Yet, half the pets scanned here either have outdated information, or the microchip hasn't been registered with the chip company. When moving, people may forget to update information. Also, some owners assume the rescues



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from which they adopted pets have the contacts. Unfortunately, many small rescues go out of business after a few years. Residents who find lost pets often can't house them, and these animals could wind up at the Placer Animal Shelter. If you need to update information but don't know the chip company, contact our Lost/Found Pet Program: Mary Shelton at 916-409-9923 or Teresa Tanin at 530-400-8526. We have scanners and can help you locate your pet's microchip company.

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

Painters



At our meeting on November 19, members presented work that was "figurative" meaning in the style that is recognizably derived from life! This was our second challenge for the year and one of the most interesting that we have done. Twenty of our painters showed their work as part of the Art League of Lincoln participation in the Placer Arts Studio Tour. Six members work will be hung in the Lincoln City Hall Rotunda, and will remain there until December 1.

Dues for 2020 are now due and payable, they remain the same at \$15 per year. They are overdue

if not paid by February 1. After that date they will be \$18. Checks should be made payable to Linda Shields. Payment in October, November are considered paid.

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

Paper Arts



During the November meeting, we made table decorations for our annual holiday party scheduled for December 10. Thank you to Sue Dambrosio and her committee for leading this project.



Cards in window (OC) recognizing the 20th anniversary

The next Open Lab is scheduled for November 21 from 9:00 AM to Noon in the Terra Cotta Room (KS). Work on a project, use some crafting tools you may not own, or check out what your fellow members are working on.

Thank you to all who created birthday and anniversary-themed cards saluting our community's 20th Anniversary. The cards displayed in our window

(OC) brought smiles to passersby and garnered many positive comments. We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS). Contact: Nancy Sealy 315-702-7986,
nancyb1944@yahoo.com

Pedro



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

Contact: Denise Jones 916-543-3317

Photography



Tim Engle, a commercial photographer from Sacramento, is scheduled to be our November presenter. Tim's work flows seamlessly between portraits, fashion, avant-garde, and commercial photography. Tim appreciates the cost of photography equipment, and he promised to show us how far a photographer can stretch \$20.

I'm December, we will gather at the Sports Bar to celebrate the

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Photo by John Campbell

holidays with a wonderful breakfast buffet. This event is a Club favorite that always draws a sell-out crowd.

We will kick off the New Year With a presentation by Brian Shul. Brian has had a diverse career. He owns Gallery One, a photo studio in northern California, and divides his time between writing, photography, public speaking, and backpacking in the high Sierras.

Contact: Diane Margetts
916-955-1809, dmargett@yahoo.com
Website: Lhphotoclub.com



Pickleball

We are in the middle of our annual drive to make Christmas merrier for kids. We are collecting new unwrapped toys and cash donations at the pickleball courts on selected days this month between 9:30 AM and Noon. The gifts go to children of deployed troops at Beale Air Force Base and Sheridan

Elementary School students. The Softball Club is working with us, accepting donations at their field on alternate days.

Want to learn pickleball? Free introduction lessons offered most Wednesdays at 1:00 PM. Our next free Saturday introduction is 11:00 AM November 23. No reservations or paddles needed but wear tennis shoes.

We say goodbye to several board members: Gerry Gates, Vice-President; Mike Gardner, Publicity; Robin Haney, Member-at-Large; and Fran Brooks, Secretary.

Contact: Mike Gardner 916-834-6549, pickleballmike@gmail.com
Website: www.lhpbclub.com



Pinochle

We welcome all Pinochle players! Many of us have not played in years – but it comes back quickly. We meet in the Card Room (OC) every Wednesday and Friday. We play Single Deck on Wednesdays at 5:30 PM and Double Deck on Fridays at 12:30 PM. We start playing practice hands 30 minutes before start time. On the first and third Thursdays at 4:30 PM, we play Racehorse, a version of Double Deck with passing cards. Hope to see you there.

Contact: John Winning 916-408-2745, jwinning1865@gmail.com



Players

In one week, the Players' Fall extravaganza opens on the Orchard Creek stage. "Magic Moments: The Golden Age of Television" is a festive reenactment of TV shows and popular songs of the 1950s, a decade that saw an explosion of TV purchases across the country. Families gathered in living rooms to see programs like the Ed Sullivan



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Show, featuring current singing sensations crooning unforgettable tunes like "Sh-Boom," "Magic Moments," and, yes, Elvis singing "Don't Be Cruel." We'll recreate hilarious scenes from sitcoms like "Sgt. Bilko," "The Honeymooners," and "I Love Lucy" that'll bring back your own magic moments. This year, besides the two evening shows, Thursday/Friday, November 21 and 22, and we'll offer two

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matinées, Saturday/Sunday, November 23 and 24, at 2:00. For ticket information please see page 59. Hurry!

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



Poker

We play a variety of poker games every Monday and Friday starting 12:45 to 4:30 PM, Tuesday, new Omaha Night, starting 4:45 to 8:30 PM in Multipurpose Room, (OC) and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

All poker players will be seated as long as they arrive by 12:45 PM (Monday and Friday) or 4:45 PM (Tuesday's). The new seating arrangement will eliminate people not being able to play because tables are full. Any questions contact Lynne.

Contact: Lynne Barsky 916-253-3730



RV

Another great RV Season is wrapping up, and we're busily getting ready for our Annual Christmas Party at Turkey Creek. V.P. Susan Brenden and her helpers are lining-up fun social and adventure Rallies for 2020 including San Diego, Ashland OR, Las Vegas, the Amador Wine Crush, Graeagle,

and more. All Rallies share fun dinners, golf, shopping, trips to museums, theaters, and anything else the participants dream up. Several new members have joined us recently, and more are always welcome.



Octoberfest 2019

We normally meet in the Placer Room (KS) at 4:30 PM on the second Thursday of each month where we discuss up-coming Rallies; gain RV education, and socialize. Residents with an interest in RVing are welcome to visit, meet new friends, and discuss the joys of RV travel. Come join us.

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



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

Our Lincoln schools are in full swing. Eager students are in the classroom geared up for another fabulous school year. Teachers are refreshed after spending time with family on vacation. Our devoted volunteers are getting

acquainted with students and teachers in their designated classrooms. Volunteers are excited to make a difference for teachers and in the education of the children. There is a continuing need for more volunteers.



Volunteer Douglas Grant in Ms. Tucker's class. First St. School.

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

Contact: Cyndi Colloton, ccolloton@yahoo.com

Website: schoolssuncity.org



Scrabble

We invite you to join us any Monday afternoon in the Card Room (OC) at 1:00 PM to play some Scrabble. All materials are provided and all levels of experience are welcome. No reservations or advance notice needed. Come and try out your skill with words.

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Singles

Join us as we travel to Rubino's in Rocklin for Dine-out at 4:30 PM on Thursday, November 21. Call Sue to make your reservation for this dinner. Happy Thanksgiving to one and all on Thursday, November 28! Our Birthday Celebration will be on Sunday, December 1, at 4:00 PM in the Sports Bar. Cocktail Time will be at Buonaratti's in downtown Lincoln on Thursday, December 5 at 4:30 PM. On Thursday, December 12 at Noon, we will be in the Ballroom (OC) for our annual Holiday Luncheon. Don't miss this one! This event is a special time to celebrate the joyous holiday season with friends! The 2nd Saturday breakfast will be held on Saturday, December 14 at 9:00 AM in the Sports Bar. Happy Holidays!
 Contact: Susan Platt 916-397-0850, foster.p.susan@outlook.com



Softball

Nominations for the 2020 Hall of Fame Class will close December 31. Nominees must have at least six years of participation in the league. There is a list on the website under the HOF tab showing those members who have met this minimum requirement as well as those who are already in the HOF. This tab

also contains other information about the nomination and selection process. The HOF recognizes those individuals who have contributed "Over and Above" in their support of our League. Please take a look at the list and requirements. Nominate a worthy individual!

Exciting news on the embryonic Women's League; They played an exhibition game last month and are looking to join the Summer League in 2020. Practices are being held on Sundays. Check the website.

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



Sports Car

With our sports cars all tucked away under covers and trickle battery chargers attached, we are ready for winter and the holiday festivities.



Vikingholm Fun

We needed to make one last ride up to Apple Hill and High Hill Ranch. Beautiful fall leaves

and pumpkins. Lunch was their famous chicken with dessert of apple pie/ice cream. This is the season to enjoy and appreciate all our friends. Enjoying our friends was what the group's Halloween party was all about. Some will be dressed up in both scary and funny outfits! Turkey Creek always provides a perfect setting.

Next up will be the Holiday party with the clever and beautiful decorations, next year's officer installation, and thank you to all the members who lead tours last year.

Contact: Jo Fratessa 916-408-7209,
 mfratessa4@icloud.com
 Website: lhsportscars.com



Sun City Squares

We welcomed Fall and Halloween with a fun party, great food, and lots of beautiful dancing!



We welcome singles as well as couples. If you have not danced in a long time or if you have lost a partner, we are very happy to help you learn again. Square Dancing is fun! Come and check us out.



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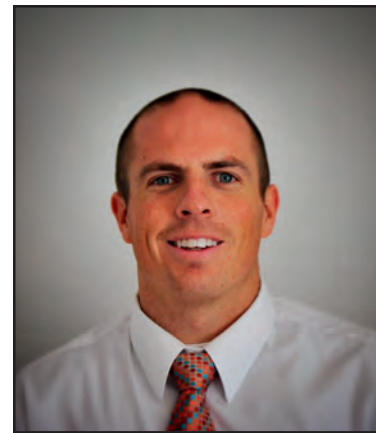
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August	\$175.75	\$133.81
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October	\$171.11	\$133.81
November	\$166.09	\$133.81
December	\$193.72	\$133.81



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



Swimmers & Water Walkers

Of all the forms of exercise here at Lincoln Hills, water walking and swimming is truly the most under-rated but invaluable. Physically, getting in the water enables veterans the ability to walk, which they can't do on dry land. Water aerobics gets their heart rate up in a safe environment. The warm water in the spas and pools relaxes the veteran's mind and body, which can't really be achieved by any other means.



So, bottom line: All forms of exercise at Lincoln Hills are beneficial to everyone who lives here, but for veterans the benefits of developing an exercise routine helps them tremendously: physically, mentally and emotionally. Of all the venues available, the pools

and spas provide the greatest relief and benefit because of how water affects both mind and body.

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



Table Tennis

Most playdates for December are canceled. However, play is allowed on the following dates: Sundays, December 1 and 29, Tuesday, December 3, and Fridays, December 6, 20, and 27. All are welcome from beginners to advanced. Advanced level play requires a high skill level. Table Tennis is recognized as an Olympic Games sport, being featured for the first time in the 1988 games in Seoul. We play in the Multipurpose Room (KS) on Sundays, 9:00 AM to closing except the first Sunday of the month when play commences at 12:30 PM, Tuesdays, 6:00 to 9:00 PM, and Fridays, 8:00 to 11:00 AM. Free lessons and loaner paddles are available. A robot serving machine is available for practice on Fridays. Remember to wear tennis or soft-soled shoes.

Contact: Tim Frank, timcfrank@gmail.com



Tap Company

The holiday luncheon is scheduled for December 19, Ballroom (OC) at noon. The Italian buffet

is \$15. for members, \$25 for non-members.

Auditions for the 2020 tap show will take place on December 3 at 6:00 PM in the Fine Arts Room (OC). The auditions will be for all performers with exception of tap dancers. Dance groups will be required to prepare one minute of their dance for the show. The show will take place on April 2, 3, 4, Ballroom (OC). Tickets will be \$39 per person. It will be a dinner show, with a choice of three entrees, salad and dessert.

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



Tennis

LHTG Women's Doubles Championship was held in October. It was an invitational, so some new faces were out on the courts.

6.0 Bracket Winners: Rosemary Marty & Tamara Jarad (guest). Finalists: Carol Vasconcellos & Pam Flaherty (not pictured). 7.0 Bracket Winners: - Lisa Snapp & Terri Miladinovich. Finalists: Sally Sanguinet &



L to R: Carol, Rosemary & Tamara



L to R: Kathy, Sally, Terri & Lisa

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Kathy Jaskot.

Our Luau themed potluck was well attended with delicious food, socializing, and dancing to great music by DJ Tom.

Start getting into the holiday spirit! Men's Christmas Luncheon - December 12, Women's Christmas Luncheon - December 13, both at Turkey Creek, since we enjoyed having it there last year. New pictures have been posted on the website for the above events - check them out!

Contact: Linda Burke 916-209-3463, scteam10s@aol.com

Website: <http://sclhtg.com>



Veterans

VFW senior mentor Jaime Lim will relate the fascinating and inspiring story of his father, Alfred Estoche Lim, when he addresses the Thursday, November 21 general membership meeting at 1:00 PM in the P-Hall (KS). In 1942, Alfred Lim joined the U.S. Army and eventually became part of the 1st Filipino (American) Infantry Regiment. He volunteered to assist the native Filipinos in their resistance to the Japanese occupation forces. He went by submarine to the Philippines, where he joined the guerrillas who used his demolitions training to destroy Japanese military targets. He was one of 500 Filipino Americans who worked to prepare the islands for

liberation. Make your reservations now for the group's annual holiday luncheon on December 12 in the Ballroom.

Contact: Mike Schultz 916-209-3460, avid9er2007@gmail.com



Vintage Treasures

The December 2 gathering will be our annual holiday luncheon, held in the Ballroom (OC) from 11:30 AM to 1:30 PM. Tickets for the lunch will be 25 dollars per person. They will be sold before and after the November 4 meeting. For further questions, please see Ann Renyer or call her at 916-408-7008. Please bring a toy, preferably for an older child. There will be good food, entertainment, and door prizes. It is a great way to start the holiday season! We meet in the Heights and Gables Room (OC), the first Monday of every month, from 10:00 to 11:30 AM. Followed by an optional lunch at the Meridian.

Contact: Pat LePage 916-543-9564, jplepage2396@gmail.com



Water Volleyball

The Fall Fling on November 2 was a wonderful event. Water Volleyball Club members were able to thank Steering Committee officers who will be exiting in January 2020, feast on a lovely Mexican buffet, enjoy each other's company outside of the water and participate in a



Ladies' Night

Halloween costume contest — great fun. During October, the Club honored our members who are Breast Cancer Survivors. Ladies' Night on October 2 was dedicated to Rita Wilks, Feli Kimball, Jeanne Williams, and Sherry Manning — look for pink bows in the pool. Two upcoming exciting happenings for the Water Volleyball Club — "Some Like It Hot" Competitive Player Tournament is scheduled for November 2 and online payment for annual dues of \$20 is now available to members.

Contact: Rosemary Elston 916 474-1610,

sclhwatervolleyball@gmail.com

Website: www.lhwatervolleyball.com



Woodcarvers

Three basic tools are all it takes to get you started in woodcarving. If you have a knife, a gouge, and a V tool, you can pretty much carve whatever you would like. An additional requirement our club has is that members wear a Kevlar glove and a thumb

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

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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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protector. And we have all these items ready and waiting for anyone wishing to start a woodcarving project! Included in this list of supplies we provide, for a nominal fee, each new carver will receive a warm welcome, assistance in any project, and lots of encouragement. We have a wonderful environment in which to work, so come join us every Wednesday, from 1:00 to 4:00 PM in the Sierra Room (KS).

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



Writers

It is great to meet new people who have shown an interest in writing and welcome to our group. Our members have varying interests, and that shows in their writing. Memories, poems, facts, and fiction are subjects we get to hear about. Bring about a dozen copies of your writing to the meeting so that we can read along with you. Let us know what kind of editing comments you want to hear. Only constructive criticism, not destructive criticism is allowed. Our goal is to help each other improve our writing skills. We meet the second, fourth, and fifth Monday evenings at 6:30 PM in the Ceramics Room (OC).

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



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Low Vision Support Group

If you have 20-20 vision, good for you!

If you are losing vision, join us to learn about:

★Technology Aids ★Current Research ★Practical Living Skills

Meetings: First Tuesday of the Month

Fine Arts Room, Orchard Creek Lodge, 2:00 PM - 4:00 PM

Contacts: Cathy McGriff 916-408-0169 or June Meredith 916-253-7574



Support Group News

Alzheimer's-Dementia Caregiver's Support

Our last Peer Group meeting for this year will be on November 20 at the same 1:00 PM time, but in a different place - the Multi-Media Room (OC). We switch rooms from time to time to help keep coping skills sharp. Managing life with an Alzheimer's patient, as we all know, is entirely too unchallenging and predictable, so it's healthy for caregivers to have changes and challenges to break up the routine. A caregiver service, if you will.



Losing It

On the other hand, having access to programs and services that provide some time away from a 24/7 job, an opportunity to talk with peers, gather important information or enjoy the simple pleasure of personal time have value as well. This is why we are here.

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

Bereavement



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

Logue's home. The next support meeting is December 11. 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, Tuesday, November 19, at 11:30 AM. The December lunch will be at Red Robin, Friday, December 27, at 11:30 AM. Meet at the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan.

Contact: Joan Logue 916-765-1745, joanlogue@sbcglobal.net



Bosom Buddies

Our November meeting gave us the chance to learn more about each other. We spoke about interests, hobbies, family members and even shared some interesting, humorous vignettes that showed we're not defined by our cancer journeys. December brings our most anticipated event of the year - the annual holiday party. President Patty McCuen opens her beautifully decorated home, and members get into the seasonal spirit with a catered lunch, wine, and good friends. We ask each member to bring a toy to put into the Toys for Tots barrel. Last year, our donations spilled over the top, and we hope to do that again. For reservations, call Patty at 916-408-4185. We meet the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC).

Contact: Marianne Smith 916-408-1818



October's speaker Kristin Kozlowski talked on "Finding Joy After Cancer."



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 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. My book, *Sooner Than Tomorrow - A Mother's Diary About Mental Illness, Family, and Everyday Life* is available on Amazon.

Contact: Dede Ranahan 916-408-4541, 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 room. Call Kay F. for more information. Please leave a message if there is no answer. She will call you back. Contact: Kay F. 916-543-3079, denniskayf@starstream.net Website: www.gam-anon-loomis.com



Glaucoma Support Group

Happy Holidays to all people living with Glaucoma. Our next meeting will be held



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on December 11 at Noon in the kitchen (KS). We will share our traditional potluck luncheon. This party is for all members and their guests. RSVP is a must. If you have not yet signed up and wish to attend, please call Bonnie Dale no later than December 5. We look forward to seeing you at our party. For more information, please contact Bonnie Dale. Happy Holidays to all.

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



Hearing Impaired Support Group

Due to holiday scheduling, we will not meet in November or December. Should there be a last-minute change, an email will be sent out. Last month, Andy Petro gave a very interesting demonstration of iPhone capabilities to assist with hearing. We wish all our members a happy and joyous holiday season!



Low Vision Support Group

No meeting in December. Our annual Holiday Luncheon will be on Friday, December 13 in the Solarium (OC). Invitations have been sent to all of our members, and we hope that many of you will be able to attend. Reservations are

due by December 9. For luncheon details contact Janet Newby at 916-409-2011. We have very interesting speakers coming up in 2020. See details in future issues of the *Compass*.

The Low Vision Support Group Steering Committee extends thanks to the Lincoln Hills staff for their guidance and hard work. We also wish everyone in the community a wonderful and warm Thanksgiving.

Steering Committee Members: Cathy McGriff, June Meredith, Dolores Minton, Connie and Bernie Hoffman, Janet Newby, and Joan Brant-Love.

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



Multiple Sclerosis

At our No Host Holiday Luncheon in the Solarium, Thursday, December 5, 12:30 PM we have a special Speaker, Richard Thornton, Doctor Chiropractic. Dr. Thornton will share the rest of the story regarding Cannabis and Seniors. As there was standing room only when Dr. T spoke recently at a Forum in Ballroom (OC), MS Members and a guest will get the first reservation opportunity.

A posting with menu choices, price, and payment details was sent to Members, with sign-ups

on Tuesday, November 12 MS Meeting. Questions and further details can be obtained by calling Laura Ludwig at 408-249-1223.

Contact: Jeri Di Fiore,
916-408-7565,
jerihansondifiore@gmail.com



Wise Aging Resource and Support Group

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

Join the 60 people who have discovered the comfort in sharing information and being heard. Every first Monday at 1:00 PM Gables/Heights Room (OC). No December meeting. The next meeting is January 5. For information contact: Jane Carhart, jzcarhart@hotmail.com 916-543-6938.

Contact: Carol Eisenhower
916-995-9350,
ceisenhower@comcast.net
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Bulletin Board

You Are Invited to Attend:

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

- **Wednesday, November 20, 8:00 AM** – Ansel Park – Solarium (OC)
- **Friday, November 22, 10:00 AM** – All Types of Insurance – Solarium (OC)
- **Monday, November 25, 11:00 AM** – Nautilus Society Seminar – Oaks (OC)
- **Thursday, December 5, 10:00 AM** – Kaiser Permanente Senior Advantage – Gables and Oaks (OC)

A Course in Miracles

A Course in Miracles is a year-long course in learning how to achieve an experience of love, peace, and joy while living in a world that seems to be anything but peaceful. This study group meets on the first and third Mondays to discuss the principles found in a book called A Course in Miracles, which teaches how to see everything from the perspective of Spirit, which allows for a different interpretation, and therefore a different response, to life challenges. Call 916-409-5253 for more information.

AARP

AARP Foundation Tax-Aide is looking for volunteers as counselors, greeters, and schedulers to help taxpayers complete their 2019 income tax returns in Lincoln during the 2020 tax-filing season. Some knowledge of computers is required to assist in providing our free e-file service. Volunteers need to commit four hours in one day per week from February 3 through April 15. To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2019 tax season,

please email yorke1946@gmail.com with your name, address, phone number, and position(s) you are interested in.

Cannabis Club Forming

It will be a club to get the latest information on Cannabis research, types of cannabis, and dosage protocols. We will have short presentations and time for questions. No selling or promotions of Cannabis products at no time will be allowed. There will be information only on Cannabis use. If you missed my talk on Cannabis in August, you could view it here. Just type this into your browser, CF 2019 08 21 Cannabis 2.0 Uses for Seniors. Drthornton1@yahoo.com. Phone 530-217-7606.

Cloggers

Happy Thanksgiving! We have so many things to be thankful for, and the ability to clog is one of them. This is not “clog,” as in clogging up a drain! Clogging is an Appalachian/Irish dance — a vigorous, noisy, energetic, high-kicking, fast-moving dance with double metal taps on heel and toe. We dance to fiddle music, country music, contemporary music,

whatever suits our steps. And we burn a lot of calories (think Thanksgiving dinner) while we dance. For more information on clogging right here in Lincoln Hills, please contact Natalie Grossner at 916-209-3804.

Democratic Club

Dana Nuccitelli, an environmental scientist and climate journalist, will address the Lincoln Democratic Club on Thursday, October 17, at KS. Social hour at 6:15 PM, general meeting at 6:45 PM, program at 7:00 PM. Nuccitelli has written about climate change for nearly a decade and is the author of a book, “Climatology versus Pseudoscience.” He won the National Center for Science Education’s “Friend of the Planet” award in 2016. He graduated in astrophysics from UC Berkeley and earned his master’s degree in physics from UC Davis. For more information please see our website, <https://democraticclublincolnca.org/>.

Italian Club

Come celebrate the holidays at the Italian Club’s Christmas Dinner and Dance on Sunday, December 8, from 5:30 to 9:30 PM

at Catta Verdera Country Club, Lincoln. Please consider bringing an unwrapped toy for our "Toys for Tots" drive. Go to the Web for the flier. Reservations should be received no later than November 29. The Italian Club offers a special activity each month. If you are a Lincoln Hills resident of Italian heritage, check out our events calendar on the website at www.lhitalianclub.org. Want to join? Contact Sandi Graham, membership, at 916-826-5711.

Lincoln Library

The December Book Sale at the Twelve Bridges Lincoln Public Library on Saturday December 7, from 11:00 AM to 3:00 PM. In the Rotunda there will be books beginning at \$1 as well as puzzles, music CDs, and DVDs and cookbooks with tasty dishes for holiday parties. Books for both the children and adults on your Christmas wish list with prices from \$1 to \$5. The Willow Room will be packed with paperback fiction plus teaching and parenting books as well as children's books, all only 25 cents each. More details online at Friends-of-the-Lincoln-Library.org.

Lincoln Hills Foundation

Olive Oil will again be available from the Lincoln Hills Foundation in time for the holidays. Our local Ternero Farms makes this high-quality extra virgin olive oil, and many have been asking for it again. Also we will be selling a great balsamic vinegar along with the olive oil if you wish. Call 916-409-2016 to order. Orders will be delivered

to your home. For more information check the website: lincoln-hillsfoundation.org.

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 Noon to 4:30 PM, Wednesdays from 12:30 to 4:30 PM, and the Sierra Room (KS) on Fridays between 8:30 and 11:30 AM. Newly added: Saturdays from Noon to 4:30 PM. Bring your own resources and meet your friends and neighbors to play. All residents of Lincoln Hills are welcome. Tables are first come first serve.

Plant-Based Food Group

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

Racquetball Group

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

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

Republican Club

This holiday season, we are planning our annual Christmas Luncheon for members (first 100). Monday, December 9, in the Placer room (KS). Festivities start at 11:30 AM. No host bar, hot catered Italian chicken entree, sides, salad, and dessert. Our speaker is Frank Neves, Toy for Tots chairman. A very special musical program follows. Bring a new unwrapped toy valued at \$10 or if preferred, a check made out to Toys for Tots.

For luncheon make out check by December 4 for \$15.00 per person to LHRC and mail to Laurie Crisp at 1166 Truchard Lane, Lincoln. Questions - info@Republican-ClubSCLH.org.

Shalom Social Group

'Tis the season for events for the Shalom Social Group. First up is our annual Game Night, set for November 20 at Kilaga. Members and guests can enjoy a variety of card and table games. Next is our Hanukkah celebration, set for December 23 at Kilaga kitchen area. We are seriously into planning our 20th Anniversary Celebration, tentatively scheduled for July 15, 2020. We meet on the last Monday of every other month, with a speaker or film of Jewish/social interest, and in

between meetings we have an activity. For more information please contact Joanne Levy at 508-333-8590.

Shooters Group

With good weather we meet on Tuesdays for Trap and on Thursdays for Skeet at Coon Creek Trap and Skeet at 5393 Waltz Road, just minutes from Lincoln. Occasionally other shotgun sports are enjoyed. We have no fees but each shooter must pay for their own clay targets. For more information about shotgun shooting sports contact John Kightlinger at 916-408-3928 or johnnpat@sbcglobal.net.

Sons In Retirement Branch 13

Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its monthly luncheon on Tuesday, November 19, at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. 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.

Stanford Alumni, Family and Friends

The Sacramento Stanford Association would like to reach people in our area for upcoming events such as wine tasting, hiking, lectures by Stanford speakers, sports viewing parties, and more. There will be a Big Game viewing party in Roseville this fall, and an art show and luncheon in Roseville next spring. If you would like to be in touch will Stanford Alumni, Family, and Friends, and learn more about local events, contact Carol Hoge, Cchoge2000@yahoo.com or 919-408-5334.

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Community Perks



Farmers Market
Every Wednesday until
November 20
8:00 AM to Noon
Fitness Parking Lot
(OC)—**Free**

Live healthy and support your local farmers! Fresh fruits, vegetables, flowers, and delicious food items are available right in your neighborhood. Swing by OC Parking Lot and peruse through the variety of vendors, including some fun gift items, baked goods and household stuff you just might need. Interested in becoming a vendor? Please contact Shelvie Smith at 916-625-4021 or shelvie.smith@sclhca.com to reserve a space.



Coffee with the Mayor
Tuesday, December 3, 10:00 AM
Sierra Room (KS)—**Free**

To find out more about what is happening in the City of Lincoln, Join Mayor Joiner at this informal coffee. Pick up a free cup of coffee from the Kilaga Springs Café prior to the meeting. He would love

to meet you. Coffee with the Mayor is held every first Tuesday of the month at Kilaga Springs Lodge in the Sierra Room and promises to be a positive networking experience for those attending



Golf Cart Registration
Thursday, November 21
Thursday, December 5
9:00 to 10:00 AM
Orchard Creek Lodge

The City of Lincoln prides itself on being NEV and golf cart friendly. Golf carts are

inspected by the City of Lincoln Police Department to make sure safety requirements are met. For more information and NEV/golf cart route maps, visit the City of Lincoln's website: www.lincolncalifornia.gov.



KS Classic Movie
The Help (2011)
Saturday, November 16,
1:30 PM Screening
P-Hall (KS)—**Free**

PG-13, 146 minutes, Drama. An aspiring author during the civil rights movement of the 1960s decides to write a book detailing

the African American maid's point of view on the white families for which they work, and the hardships they go through on a daily basis. Starring Emma Stone, Viola Davis, Octavia Spencer, and Bryce Dallas Howard.



2 Showings!
Toy Story 4 (2019)
Monday, December 2,
1:30 PM Screening
Saturday, December 7,
6:00 PM Screening
P-Hall (KS)—**Free**

Rated G, 100 minutes, Animation/Comedy/Adventure. When a new

toy called "Forky" joins Woody and the gang, a road trip alongside old and new friends reveals how big the world can be for a toy. Tom Hanks, Tim Allen, and Annie Potts.



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

PG-13, 138 minutes, Comedy/Romance. Two women troubled with guy-problems swap homes in each other's countries, where they

each meet a local guy and fall in love. Starring Kate Winslet, Cameron Diaz, Jude Law, Jack Black, and Eli Wallach.

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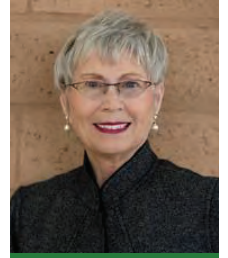
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Lincoln Hills Community Forums

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

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



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

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



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

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

Upcoming Events

- **Integrative Medicine: Medicine of Mind, Body, and Spirit**, Wednesday, January 22, 7:00 PM, Ballroom (OC)—Free
- **League of Women Voters: Pro-Con on Measures Appearing on the March Ballot**, Tuesday, February 4, 9:00 AM, Ballroom (OC)—Free
- **Friends of Auburn Ravine**, Monday, February 17, 2:00 PM, P-Hall (KS)—Free
- **Speech Trek, Friday**, February 21, 3:00 PM, P-Hall (KS)—Free
- **Why Is It So Hard to Plan For Aging**, Monday, March 9, 10:00 AM, P-Hall (KS)—Free
- **Budapest to Innsbruck Trek**, Monday, March 16, 2:00 PM, P-Hall (KS)—Free

All That Glitters

NEW YEAR'S EVE CELEBRATION

Two Party Times!

7:00 PM

DOORS: 5:00 PM

DINNER: 5:30 PM

ENTERTAINMENT: 7:00 PM

TOAST: 9:00 PM

FIREWORKS: 9:10 PM

10:00 PM

DOORS: 7:00 PM

DINNER: 7:30 PM

FIREWORKS: 9:10 PM

ENTERTAINMENT: 10:00 PM

TOAST: MIDNIGHT

Celebration with Dinner: \$120

Entertainment Only: \$72

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and online at SCLHResidents.com

Entertainment

*Indicates new performances on sale November 17

—Featured Event—



2019 New Year's Eve Celebration! "All That Glitters"

New Year's Eve Dinner and Dance Concert Tuesday, December 31, Ballroom (OC)

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

7:00 PM Party

Dinner Dance Package — LSE214 — \$120

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

- Champagne toast 9:00 PM
- Fireworks 9:10 PM

Entertainment Only — LSE215 — \$72 Doors open 6:30 PM

10:00 PM Party

Dinner Dance Package — LSE217 — \$120

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

Entertainment Only — LSE218 — \$72 Doors open 8:30 PM

—Club Performances—



The Lincoln Hills Players Club presents
"Magic Moments – The Golden Age of Television"
Thursday, November 21,
7:00 PM, Ballroom (OC) — LSE204
Friday, November 22,
7:00 PM, Ballroom (OC) — LSE205

Saturday, November 23, 2:00 PM, Ballroom (OC)
— LSE206

Sunday, November 24, 2:00 PM, Ballroom (OC)
— LSE207

Reserved Seating \$20, General Admission \$16

The Players proudly present a show of song, dance, and comedy that celebrates the "golden age" of television – the 1950s – when tiny, grainy television screens offered family entertainment in living rooms everywhere. Magic Moments will entertain you with a potpourri of popular programs and songs of the era. You'll love reenacted scenes from "Sgt. Bilko," "I Love Lucy," "The Honeymooners," and more. Enjoy singers doubling as the Chordettes ("Lollipop"), Crew Cuts ("Sh-Boom"), and Perry Como singing "Magic Moments," complemented by sprightly dance sequences. Cheer on your neighbors and friends as you relive your own magic moments.



**Lincoln Hills Chorus
Holiday Concert:
"Music from Around
the World"**
**Sunday, December 8, 2:00 PM,
Ballroom (OC) — LSE210**
**Monday, December 9, 7:00 PM,
Ballroom (OC) — LSE211**
**Tuesday, December 10, 7:00 PM,
Ballroom (OC) — LSE212**
**Reserved Seating \$20, General
Admission \$16**

The Lincoln Hills Community Chorus continues its annual holiday concert tradition with "Music from Around the World," showcasing a multicultural variety of times and places. Highlights include classics from the great German and Italian composers J.S. Bach and Antonio Vivaldi; "An African Celebration" and the spiritual "Christmas Kum Ba Ya"; a traditional French carol, "Bring a Torch, Jeanette, Isabella"; contemporary arrangements of "Silent Night" and "Joy to the World," familiar carols from Austria and England; and "Sleigh Bells," a Ukrainian folk tune. "One Light" celebrates Hanukkah, and "Irving Berlin's Christmas" is a medley of favorites by that eminent Jewish-American songwriter. Marvelous music from more than a hundred voices with professional direction and accompaniment—how better to launch our holiday season?

—Comedy—



***KS Comedy Night:
Jason Love
Tuesday, January 14,
P-Hall (KS)
6:00 PM Show — LSE220
8:00 PM Show — LSE221
Reserved Seating \$16**

One of today's hardest-working comedians, Jason Love, has appeared on HBO, Comedy Central, America's Got Talent, and over 20 national TV broadcasts. 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, 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—



**Tom Rigney and
Flambeau
Thursday, December 5,
7:00 PM, Ballroom (OC)
— LSE208
Premium Reserved
Seating \$22, General
Admission \$19.**

Tom Rigney is one of the premier Roots Music fiddle players on the planet. His band, Tom Rigney and Flambeau, specializes in blazing two-steps, low-down Blues, funky New Orleans grooves, Boogie Woogie piano, and heartbreakingly beautiful ballads and waltzes. Much of the repertoire is composed by Rigney, but they mix in a few classics from the Cajun/New Orleans songbook. Along the way, you may pick up a trace of Rigney's Irish roots, or echoes of Eastern Europe, it just makes the musical gumbo that much tastier.



**Mads Tolling and Ian
Scarfe present
"Classical Crossover"
Thursday, December 19,
7:00 PM, P-Hall (KS)
— LSE209
Reserved Seating \$23
Save \$1 on purchases
of \$4 or more at KS**

Café. What happens when a globe-trotting Jazz Violinist from Denmark meets the professional virtuoso Pianist out of Texas? Come hear this duo perform a special winter program, featuring a spectrum of great music from the past three centuries. Enjoy the Classical elegance of Vivaldi's "Winter" from *The Four Seasons*, the Scandanavian folksiness of Niels Gade and Edvard Greig, and the Romantic lyricism of Fritz Kreisler and Johannes Brahms. Will there be jazzy numbers? Undoubtedly, the duo will present selections of Gershwin, popular songs of the early 20th Century, and even a couple of Christmas selections.



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

Watch a different kind of entertainment! Jason Lyle Black is an award-winning pianist, composer, and

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



***Dirty Cello**
Friday, January 31,
7:00 PM, P-Hall (KS)
— **LSE219**

Reserved Seating \$22
From China to Italy,
and all over the U.S.,
Dirty Cello brings the
world a high energy
and unique spin on
blues and bluegrass.

Led by vivacious cross-over cellist Rebecca Roudman, Dirty Cello is cello like you’ve never heard before. From down-home blues with a wailing cello to virtuosic stompin’ bluegrass, Dirty Cello is a band that gets your heart thumping and your toes tapping!

—Grandkids Event—



Santa Adventure
Saturday,
December 14,
10:00 AM to Noon,
Kilaga — **LSE197**
General Admission,
\$14.

Santa, Mrs. Claus,
and the Elves will be
coming to Lincoln
Hills for a special visit!

Share holiday memories and magical activities with your grandchildren at “Santa Adventure.” They will be greeted by Santa’s Elves and enjoy interactive activity stations offering treats, glitter tattoos, and lots of fun plus a special holiday cartoon showing at 11:30 AM to close the event! Limited space available, so buy early. Important: *Each child must be accompanied by a grandparent for all activities (multiple siblings would require two grandparents or parent present), all children need to be pre-registered and wristbands will be provided during registration and are required for participation.* Doors open at 9:45 AM. Toddler to 12 years old.



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or online at SCLHResidents.com

*Indicates new trip on sale November 17

Day Trips

—Featured Trip—



*Laguna Beach Pageant of the Masters Art Festival & Autry Museum of the American West
Sunday, July 26 to Thursday, July 30, 2020

— **LST310**

\$1,005 Double occupancy/\$1,415 Single

Join your Trip Coordinator, Katrina, on an amazing trip down to the world-famous Festival of the Arts in Laguna Beach. The Pageant of the Masters is where "Art comes to life!" A nation's history is preserved in the memories of its citizens and the inspiration of its artists. In the 2020 production "Made in America," audiences will meet the artists – revolutionaries, innovators, dreamers – who not only made this country their home but let their creativity be inspired by the freedoms upon which this nation was founded. Through their lives, artworks and voices, a compelling portrait of our artists will come to life with all the theatrical magic, live original music and engaging storytelling that make the Pageant a one-of-a-kind, must-see summer tradition with our excellent Premium Lower Loge seating! We'll also enjoy some time at the Autry Museum of the America West that was a hit with residents this past summer. This excellent trip includes:

- Stay at Hilton-Los Angeles North-Glendale

- Hot buffet breakfast at Hilton
- Warner Brother Studios "The Classics Tour"
- Two-night stay at the Ayres Hotel Laguna Woods (*a resident favorite*)
- Hot buffet breakfasts with cook-to-order egg station at Ayres Hotel
- Lunch at Harris Ranch
- Newport Beach Harbor & Sea Lion Cruise, with time to enjoy the beach/shopping/lunch on Balboa Island
- Reserved Premium Lower Level Loge ticket to Pageant of the Masters Show
- Admission to Art-a-Fair at the Festival of the Arts
- *Dinner at Terra Laguna Beach Restaurant on the Festival of the Arts grounds
- Visit to the Autry Museum of the American West in Los Angeles at Griffith Park
- Stay at The Doubletree Hotel by Hilton in Bakersfield on the return trip
- Hot buffet breakfast at Doubletree
- Lunch at Hilmar Cheese Factory on the return trip

Total meals included: Four breakfasts, two lunches, and one dinner. Gratuities included for bus driver and included lunches and dinner. *Please advise at registration your preferred food choice for Terra Laguna. Choose from *Chicken, Fresh Salmon, or Vegetarian*. Detailed trip itinerary, menus, and trip insurance providers list available at the Lifestyle Desks. *A signed liability waiver is required for each participant.* Wheels roll from OC at 7:45 AM, July 26, return July 30 ~ 4:15 PM. **Vendor deadline to purchase the lower rows in the lower level seating is December 19 at Noon. Seating for registration made after December 19 will be located further back in the lower level section.**

—Casino/Races—

*Harrah's Northern California
Tuesday, January 28, 2020
— **LST311**

\$35

We're returning to one of the newer Indian Casinos in the area operated by Harrah's just outside the town of Ione. Receive \$50 slot credit per person for



this trip plus any other promotions offered, or from your Caesar's Rewards card. 4-Hour stay. Wheels roll from OC at 8:30 AM, return ~ 4:30 PM.



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—Museums—



***Oakland Museum of California**
Thursday, January 16, 2020 — LST308
\$63

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

—Performances—



The Nutcracker
Harris Center –
Folsom Saturday,
December 21—
LST285
\$68

Join Clara and her Nutcracker Prince on an enchanted journey

through the Land of Snow and Kingdom of Sweets in this timeless holiday classic. Infusing fantasy with comedic choreography and stunning costumes, Pamela Hayes Classical Ballet Theatre transforms this wonderful story ballet into a feast for the eyes. Audiences, young and old, will be swept away as they enjoy this delightful holiday tradition. Open to grandchildren ages six and up! Matinee show, Reserved Middle Orchestra Seating.

Wheels roll from OC at 11:45 AM, return ~ 4:45 PM.
 Deadline to purchase November 22 at Noon.



***The Last Ship**
Golden Gate Theater,
San Francisco
Wednesday,
March 18, 2020
— LST305

\$197
 This personal, political, and passionate new musical from multiple Grammy Award-winner Sting is an epic

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

Broadway on Tour Sacramento 2019-2020

The Broadway on Tour series, the region’s largest live performing arts event, features national touring productions of some of the most popular Broadway shows. All performances this season will be held at the Sacramento Memorial Auditorium while the Community Center Theater goes through renovation. Enjoy the convenience of bus drop area on theater property off of the street without the hassle of driving and parking in downtown Sacramento. All seats are center to rear orchestra. No charge to add to waitlist for any sold-out show.



A Bronx Tale
Tuesday, March 3, 2020 — LST263
\$103

Broadway’s hit crowd-pleaser takes you to the stoops of the Bronx in the 1960s, where a young man is caught between the father he loves and the

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Additional date added!
Come From Away
 Wednesday, May 20, 2020 — **LST304**
 \$103

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

—Sports—



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

various food and beverage concessions. See individual games below for section, pricing and bus times.

Sacramento Kings vs. Chicago Bulls
 Monday, December 2 —
LST294
 \$78

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



Sacramento Kings vs. Dallas Mavericks
 Wednesday, January 15, 2020
 — **LST295**
 \$94

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



Sacramento Kings vs. Detroit Pistons
 Sunday, March 1, 2020
 — **LST296**
 \$102

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



—Tours/Leisure—



Holiday Poinsettias & Hilmar Cheese
 Tuesday, December 3 — **LST300**
 \$81

Duarte's Poinsettia Farm in Hughson in the Central Valley grows over 60,000 poinsettias, with over 30 varieties and colors. You pick and purchase your own poinsettia directly from the greenhouse where they are grown. Included hot buffet lunch at Hilmar Cheese Factory. See menu at Lifestyle Desks or Online. Optional holiday shopping activity at Hilmar of \$10 to be paid directly to Hilmar, includes a gift basket with sizzle, cellophane wrap and ribbon that you can fill with purchased items, their staff will assist with your creation. Wheels roll from OC at 8:30 AM, return ~ 8:30 PM. *Trip goes rain or shine.*

Additional Bus Added!
Victorian Christmas BUS#2
 Sunday, December 15,
 — **LST309**
 \$28



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Additional Bus Added!

San Francisco Holiday Shopping Thursday, December 19 — LST313 \$48

Enjoy a lovely weekday holiday trip to the city by the bay and don't worry about the traffic, the bridge, parking, etc. Relax and let our comfortable coach take you to the heart of San Francisco (Union Square-Post & Powell) for a day of shopping, lunching, and people watching. Includes a 10% off Macy's Certificate. Lunch on your own. Departure from SF will be 6:15 PM to allow you more dining and shopping time and less traffic on the way home. Wheels roll from OC at 8:45 AM, return ~ 8:45 PM.



***Chinese New Year — San Francisco Sunday, February 9, 2020 — LST306 \$48**

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

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—Overnight/Extended Travel—



***San Francisco Overnight
Movie Tour, Brunch at The Spinnaker
in Sausalito & More!
Sunday, March 22 to Monday, March 23, 2020
— LST312**

\$398 per person double occupancy; \$490 single.

Join Katrina, your Trip Coordinator, for a special trip to San Francisco for a lovely seaside brunch at The Spinnaker in Sausalito. Resident favorite San Francisco Tour Guide Gary Holloway will then take us on a bus tour through Land's End, Sutro Baths, Lake Merced, and Golden Gate Park. We'll end the tour at our hotel, the Sheraton Fisherman's Wharf (which recently completed a 30 million dollar renovation) just in time for the complimentary wine tasting reception. Dinner on your own in Fisherman's Wharf, and you're just a few short blocks to The Buena Vista Cafe! The next day, enjoy a guided tour aboard the San Francisco Movie Tours Shuttle Bus around the city's famed movie locations. Trip Includes:


- Buffet Brunch at The Spinnaker in Sausalito
- Services of local step-on guide Gary Holloway
- Overnight stay at newly renovated Sheraton Fisherman's Wharf
- Hot buffet breakfast at the Sheraton
- San Francisco Movie Tours shuttle bus tour of San Francisco movie sets and locations with full commentary & video clips from over 50 movies filmed in San Francisco
- Driver, step-on guide and brunch gratuities included

Detailed trip itinerary outline 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 22, return March 23 ~ 5:15 PM.

Sold Out Trips

Trip • Date • Departure Time

- Hard Rock Casino at Fire Mountain BUS#1
Tuesday, November 19 • 9:30 AM
- Four Italian Tenors
Friday, November 22 • 6:00 PM
- Beach Blanket Babylon
Wednesday, December 4 • 1:45 PM
- Big Band Christmas
Wednesday, December 11 • 12:45 PM
- Beach Blanket Babylon
Wednesday, December 11 • 1:45 PM
- Victorian Christmas BUS#1
Sunday, December 15 • 12:30 PM
- SF Holiday Shopping
Thursday, December 19 • 8:30 AM
- Winter Holiday Train
Tuesday, December 17 • 10:30 AM
- Winter Comedy Train
Tuesday, January 7 • 10:30 AM
- Dear Even Hansen
Tuesday, January 21, 2020 • 6:45 PM
- Russian National Ballet – Sleeping Beauty
Thursday, January 23, 2020 • 12:45 PM
- Cirque du Soleil - Amaluna
Sunday, January 26, 2020 • 12:00 PM
- The Play that Goes Wrong
Wednesday, January 29, 2020 • 12:45 PM
- BANDSTAND
Tuesday, April 17, 2020 • 6:45 PM
- Come From Away
Tuesday, May 19, 2020 • 6:45 PM






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



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

*Indicates new class on sale November 17

Classes

Art

Vacation Drop-In

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

—Announcement—

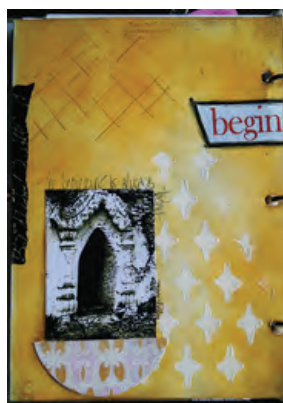


Fine Arts Class Gallery

Fine Arts Room (OC). The Lifestyle Department, in cooperation with Lincoln Hills art instructors and their students, 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, December 10 & 17
— LSC1106

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

artistically record your days and express yourself while exploring color theory, composition, balance, and texture. You will create interesting, interactive mixed media pages in a journal. Supplies needed: mixed media spiral-bound artist paper pad, glue stick, scissors, small paintbrush, Sharpie pen, white gesso, plus your favorite mixed media supplies.
Vacation drop-in: \$25 per session.

—Oils, Pastels & Acrylics—



*Oil and Acrylic Painting for All Levels

Wednesdays,
December 4-18
9:00 to 11:30 AM

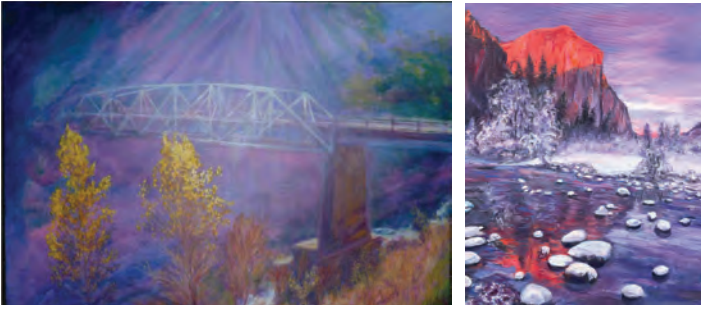
— LSC1118

Or 1:30 to 4:00 PM

— LSC1131

(OC) \$40.50 (three

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



Sip and Paint: "Fall Bridges"
Friday, November 15 — LSC2561
Or Sip and Paint: "Yosemite in Winter"
Friday, December 27 — LSC1183

5:00 to 8:00 PM (OC) \$55. Instructor: *Unni Stevens*. Enjoy cheese and wine while painting. This class is great for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day, with step-by-step instruction. Learn how to mix colors, brushstroke, and pallet knife techniques. All supplies are included. Canvases are under-painted and ready to hang. Fee includes a glass of wine, selection of cheese, crackers, and fruits. *About the Instructor:* Artist Unni Stevens studied art in Norway, Japan, and at the Laguna College of Art with 30+ years of painting experience. More information at www.unniart.com.

—Pastels & Watercolor—



Art Classes with Michael Mikolon

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

an encouraging and fun environment! Each student will be given individual instructor attention at their level and chosen art medium. Class begins with a live demonstration followed by one-on-one instruction. This course will focus on materials and painting techniques, color theory, and mixing fresh/vibrant colors with the use of a well-organized palette. Learn to create your own voice in art! Choose the schedule that works best for you.

- ***Watercolor – Afternoon Class**
Thursdays, December 5-19 — LSC1195
 12:30 to 3:30 PM (OC) \$51 (three sessions).
 Instructor: *Michael Mikolon*



***Watercolor Step-by-Step Mondays, December 2-30 — LSC1157**

9:30 AM to Noon (OC) \$85 (five 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.

Ceramics

—Pottery—



***Beginning/Intermediate Ceramics**
Tuesdays, December 3-17 — LSC1234

1:00 to 4:00 PM (OC) \$48 (three sessions). Instructor: *Jim Alvis*. An introductory class for residents who have never worked with clay and continuing students who want to continue to develop their skills. This

course covers basic hand building and wheel throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use the instructor's tools to create their first art piece. Supply list provided at first class. **Vacation drop-in: CERD1 — \$17 per session.**



***Advanced Ceramics**
Tuesdays, December 3-17 — LSC1246

9:00 AM to 12:30 PM (OC) \$48 (three sessions). Ins-

tructor: *Jim Alvis*. This class is for self-motivated



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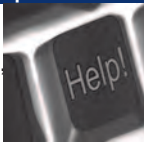
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students/artists with established ceramic skills. Students explore their craft and sculpture projects with guidance from the instructor. The course includes demonstrations, assignments, group discussion, and constructive critique. **Vacation drop-in: CERD3 — \$17 per session.**



***Introduction to Ceramics**
Thursdays,
December 5-26
— LSC1269

9:00 AM to Noon (OC) \$54 (four sessions).
Instructor: *Taylor Jackson*. A

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



***Intermediate Ceramics**
Thursdays, December 5-19
— LSC1257

1:00 to 4:00 PM (OC) \$48 (three sessions). Instructor: *Taylor Jackson*. An intermediate class in ceramic for self-driven students who want to work on their skills. This class is for those who want guidance but enjoy flexibility. Students are encouraged to share ideas and engage in discussion. This class includes

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

Crafts

—Card Making—

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

—Flower Arranging—



***Holiday Wreath Class**
Thursday,
December 12
— LSC2562

10:00 to 11:45 AM (KS) \$30 plus supply fee \$28 payable to Instructor. Instructor: *Jennifer Steele*. Come enjoy a time of creating a holiday-inspired

wreath using evergreens, dried plant materials, various holiday decor, string lights, and ribbon. These are sure to accentuate any area of your home or great to give as a gift. Follow along with floral designer, Jennifer Steele as we explore the endless design possibilities. Let's gather together for a fun time while making something wonderful! All wreath supplies will be provided with required supply fee. Must bring your own garden shears and gloves (optional).



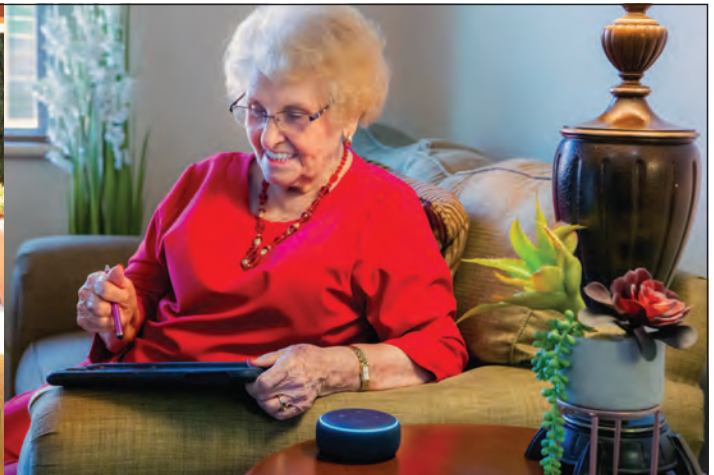
***Holiday Centerpiece Class**
Thursday,
December 19
— LSC2563

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

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

Dance

Dance classes will be on hiatus for December and will return January 2020.



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Glass Art



***Stained Glass**
Mondays, December 2-23
 — **LSC1602**

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

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

Movies



Christmas Movie Series
Wednesdays,
November 27-December 11
 — **LSC2031**

1:00 to 3:00 PM (KS) \$30 (three sessions). Instructor: *Ray Ashton*. Let's get into the holiday spirit with three of our most beloved classic Christmas stories.

Together we will journey and discover *A Christmas Carol* (November 27) — we look at Dickens' book and watch scenes from five different movies to tell this great story. *A Christmas Story* (December 4) — based on students' request, look at the back-story of Ralphie and his desire for the Red Ryder BB rifle. And lastly, discover the warmth, the heart, and a time before television in Jean Shepherd's favorite Christmas tale, *It's a Wonderful Life* (December 11) — learn the story behind the making of Frank Capra's classic starring Jimmy Stewart and Donna Reed, "what could have been" had our hero not been born. Find out how this wonderful movie came to be.



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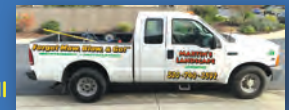
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Music

—Guitar—



***Beginning Guitar** **Mondays, December 2-30** — LSC1626

8:00 to 9:30 AM (OC) \$48 (four sessions, no class December 23). Instructor: *Jon Gowin*. Join this new class for beginning students. Learn to read guitar TAB and standard notation, play

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



***Folk Guitar for Fun Folks 101** **Beginner Level** **Tuesdays, December 3-17** — LSC1688

1:00 to 2:00 PM (KS) \$30 (three 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, December 3-17** — LSC1731

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

***Intro to Swing Guitar** **Intermediate Level** **Wednesdays, December 4-18** — LSC1638

8:00 to 9:30 AM (KS) \$36 (three sessions). Instructor: *Jon Gowin*. **Prerequisite:** Students can easily play some barre chords and able to read some standard notation and/or Tablature. This class will explore "Swing Guitar" as played by the gypsy guitarist Django Reinhardt but in a simplified approach. We will guide you into one of the most exciting styles of guitar playing in the world how simple it can be once you know the tricks. We will be playing Acoustic guitars only: either steel strings or nylon, and need to play with a pick.

—Ukulele—



***Beginning Ukulele** **Mondays, December 2-30** — LSC2565

10:00 to 11:30 AM (OC) \$48 (four sessions, no class December 23). Instructor:

Jon Gowin. This class will introduce the beginning musician to the joys of playing the ukulele, a simple instrument with simple chords that can accompany virtually any song in the world. Open to new beginner students.

***Intermediate Ukulele** **Wednesdays, December 4-18** — LSC1650

9:45 to 11:15 AM (KS) \$36 (three sessions). Instructor: *Jon Gowin*. This class is an intermediate Ukulele class and will be playing songs that progressively use a few more chords than beginners' class. We will continue to build on our chordal knowledge, and gradually bring in a greater variety of songs. We will bring in more songs in tablature and will incorporate some fingerpicking.

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Personal Improvement

—Driving—



Two-day class!
***AARP Driver Safety Training**
Tuesday & Wednesday,
December 17 & 18
— LSC1867

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

member). Instructor: *Dotti May*. The class fee includes a \$10 administration fee. 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. 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 (OC). We offer Certification classes for

Bernina Serger, Bernina, and Janome Sewing Machine. Please contact Instructor *Sylvia Feldman* at sdfeldmans@gmail.com or 916-543-3403 to schedule your lesson. Lessons are offered monthly. Fee: \$15 per lesson. Must register prior to class.

Technology

—Smart Phone—



Android Smart Phone Basics

Thursday, November 21
— LSC2479

9:00 to 11:00 AM (OC) \$25 + \$10 supply fee paid to instructor. Instructor: *Len Carinato*. Bring your SmartPhone from any carrier, any brand, and any version. This class will help you

get much more from your Android Smart Phone. On our large screen display, we will focus on how to navigate your screens, manage phone calls, organize your contacts, 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.



*More Android Smart Phone

Tips n’ Tricks

Wednesday, December 11 — LSC2480

9:00 to 11:00 AM (OC) \$20 + \$10 Supply fee paid to instructor. Instructor: *Len Carniato*. Get even more from your Android SmartPhone. We will demonstrate and discuss “Settings,” setting up Widgets, using the Camera, then Editing,

and Sharing. We’ll also explore how Apps to make Collages, Read Bar Codes, Podcasts, Radio Stations, and much, much more. **Prerequisite:** Attendees should already feel comfortable using their smartphone functions and apps.

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WellFit Orientations

Free Orientation: WellFit Staff

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

Fitness Floor (OC)

- **Tuesday, November 19**
2:00 to 3:00 PM
- **Tuesday, December 10**
2:00 to 3:00 PM

Fitness Floor (KS)

- **Tuesday, November 19**
4:00 to 5:00 PM
- **Tuesday, December 3**
4:30 to 5:30 PM



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- 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.

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



***Arthritis**
Tuesdays, December 3-17
Wednesdays, December 4-18
Thursdays, December 5-19
Fridays, December 6-20

Tuesdays \$27 (three sessions)
11:00 AM to Noon. Instructor:
Cynthia Bullwinkel Wed-
nesdays & Fridays \$27 (three
sessions) 10:00 to 11:00
AM, Aerobics Room (OC).

Thursdays \$27 (three sessions) 11:00 AM to Noon.
Instructor: **Linda Hunter**. Arthritis class is Arthritis
Foundation approved and is appropriate for all
seniors who desire a gentle approach to exercise.
Our goal is to increase the range of motion, flexibi-
lity, endurance, and mobility while also improving
balance and strengthening muscles. We will do some
standing, but sitting is always an option.

Lessons

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



***Nordic Pole Walking**
Wednesday & Thursday,
December 4-5

9:00 to 10:30 AM, meet at
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Instructor: **Dr. Richard Del
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poles; reduce impact on hips, knees and feet by an
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resulting in less risk of falling. Please bring water as
there will be walking outdoors. Walking poles are
available for each class at no charge with the option
to purchase at the final session.

Mindfulness

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

Hypnotic Journeys – Returning next year!

Instructor: **Kelley Moreno**. Hypnotic journeys ulti-
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***Tai Chi Qigong L1**
Tuesdays, December 3-17

1:00 to 2:00 PM, Aerobics Room (KS)
\$33 (three sessions). Instructor: **Peli
Fong**. Tai Chi is a century-old practice
that focuses on soft and gentle move-
ments known as postures. The 24
postures enhance balance, coordi-
nation, posture, flexibility, and body
tone. Tai Chi offers harmony of the

mind and body as it relieves stress
and induces relaxation. Through
cultivation and flow of the body's
life force known as "Chi," this

form of exercise has been known to improve a variety
of ailments. People of all fitness levels will benefit
from this complimentary health system.

***Tai Chi Qigong L2**
Tuesdays, December 3-17

2:00 to 3:00 PM, Aerobics Room (KS) \$33 (three ses-
sions). Instructor: **Peli Fong**. This class is for Tai Chi

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***NEW!! T'ai Chi Chaun**

Mondays and Wednesdays, December 2-18

1:00 to 2:00 PM, Aerobics Room (OC) \$60 (six sessions). Instructor: **Anney Siegal-Wamsat**. Anney comes to us from the Sierra College Olli program, where she teaches T'ai Chi and has been a T'ai Chi practitioner for seven years. The Yang 128 long form is "meditation in motion" that helps coordination, circulation, strengthens the brain and benefits the heart. Students will learn the 128 forms with emphasis on basic concepts, stances, and poses. Practicing T'ai Chi promotes good health, balance, and peace of mind. Loose, comfortable clothing is encouraged.

Money Matters

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

Managing Retirement Income Risk with Russ Abbott
Tuesday, November 26

10:30 AM to Noon, P-Hall (KS) \$5. Instructor: **Russ Abbott**. We age, and life progresses from Go-Go, through Slow-Go, to No-Go. Spending patterns change, shifting demand on our assets, and creating a need to adjust investment strategy in a manner that is supportive and sustaining. In this class, we will discuss spending strategies and other ways to potentially mitigate risk and maintain a consistent standard of living during retirement. Specific topics addressed include estimating longevity, the sensitive relationship between market risk and taking income from portfolios, Social Security planning, identifying likely spending patterns, retirement funding ratios, and more.

Nutrition

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



***Produce with a Purpose: Healthy Holiday Feasting**
Thursday, November 21

4:00 to 6:00 PM, Multimedia (OC) \$45. Instructor: **Kerin Gould**. Did

your doctor tell you to eat more fruit and veggies? Now what? This month: Learn how to make enviable, delicious holiday dishes, no guilt, and still stay on top of your health during this tempting time of year! We'll make a few dishes that are festive, filling, and flavorful – and you don't have to tell anybody they are healthy or eat "special diet food" all alone. We'll make holiday yams so yummy you'll never miss the marshmallows (kid-tested!), and more!

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.

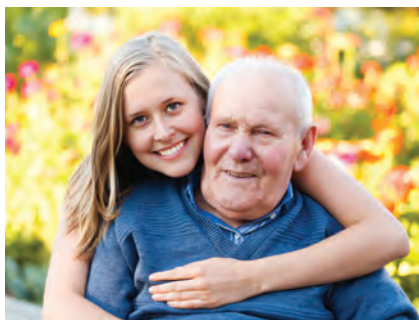


***Traditional Shotokan Karate**
Saturdays, December 7-28

11:30 AM to 12:30 PM, Aerobics Room (OC) \$20. Instructor: **Al**

Trimarchi. Al has over 45 years' experience teaching the JKA Shotokan style of traditional karate, one of the most widely practiced martial arts. This training has its feet firmly rooted in the traditions and skills of Japan's ancient martial arts while embracing the technical refinement made possible by the awareness of modern scientific knowledge. The practice of karate is a multi-faceted endeavor that offers many

benefits and avenues of exploration to participants. This class will focus on the perfection of character through the perfection of technique.



***Static in the Attic Friday, December 6**
10:00 AM to 12:30 PM, Multimedia 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 join educational physiologist, Dr. Alice Jacobs, and find out why this occurs and what you can do about it. This workshop covers current scientific information about components of memory, changes with age, and tips for improving memory and leading a brain wellness lifestyle.

Pilates Reformers and Towers

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

Membership packages require an agreement for auto-pay upon enrollment. Members select their monthly classes via the online scheduling system; these packages are not available online. See class grid on page 97 for a complete listing of Pilates Reformer classes.

Our Reformer packages are as follows:

Four-class membership package \$80 per month

Eight-class membership package \$135 per month

Add-on classes for member \$17 per class

Introductory Reformer Session L1 Continuous Dates

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


Private Reformer Training

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

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


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Danielle Merrill
 Fitness Coordinator
 Danielle.Merrill@sclhca.com



Personal and Clinical Training

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

Training Services

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

Small Group Training (SGT)

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

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



SGT—Parkinson's Indoor Cycling Wednesday, December 4-18

12:30 to 1:30 PM,
 Aerobics Room (KS)
 \$55 (three sessions).
 Instructor: *Milly Nuñez*.

A trainer will guide you

using the premise of “forced exercise” (exercise that is beyond a voluntary level). Studies have shown many individuals that have been diagnosed with Parkinson’s Disease have experienced symptomatic relief when they undergo a regular exercise program with “forced exercise.” The first class will include an assessment and bike setup. Participants must be able to sit unassisted on a spin bike, and heart rate monitors are required.

SGT—ParkinsonStrong Thursdays, December 5-19

1:30 to 2:30 PM, Aerobics Room (KS). \$55 (three 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. The class will emphasize focused movement, maintaining and increasing the range of motion, movement in all planes, low versus high-intensity movements,

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balance and coordination, multi-tasking, and more. All levels are welcome as the class will address modifications and progressions to keep participants motivated and engaged.

SGT—Rock Steady Boxing **Thursdays – Coming in January!**

1:30 to 2:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Milly Nuñez*. Rock Steady Boxing (RSB) is a non-contact fitness program designed specifically for people with Parkinson's. Boxers condition to defend against and overcome opponents. At RSB, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to empower people with PD to fight back. All levels are welcome. *There will be a mandatory assessment with the Coach prior to the start of the classes in January to evaluate participants.*

SGT—ParkinsonStrong Combo **Fridays, December 6-20**

12:30 to 1:30 PM, Aerobics Room (KS) \$55 (three sessions). Instructor: *Milly Nuñez*. Interested in the Parkinson's Cycle class, but don't think you could do an entire hour of cycling? Try this class to change it up. Milly will combine content from Parkinson's Indoor Cycling and ParkinsonStrong classes to create a class that helps improve the quality of life through meaningful exercise.



SGT—Snow Ski Conditioning L2/3 **Mondays & Wednesdays,** **December 2-18**

2:30 to 3:30 PM, Aerobics Room (KS) \$105 (six sessions). Instructor: *Max Alcantar*. Looking to improve your performance on the slopes this year? Take this class for these key components: power, strength, speed, balance, agility, coordination, endurance, injury prevention, and flexibility.

SGT—Fit 101 at Kilaga Springs L1 **Mondays & Wednesdays, December 2-18**

10:30 to 11:30 AM, Fitness floor (KS) \$105 (six sessions). Instructor: *Max Alcantar*. Take this class, and not only will you finish the class with a complete understanding of the new equipment, but you will also work on the TRX, weights, exercise bands,

stretching, and more. By the end of the session, you will have a customized workout routine that includes settings and weights appropriate for you! This format is a great opportunity to work with a trainer and create a workout routine.



SGT—Fit 101 at Orchard Creek L1 **Tuesdays & Thursdays,** **December 3-19**

Noon to 1:00 PM, Fitness floor (OC) \$105 (six sessions). Instructor: *Torin Garza*. Starting a new experience may seem a little overwhelming. Fit 101 is a perfect place to start.

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



SGT—'Fun'ctional Fitness L3 **Tuesdays & Thursdays,** **December 3-19**

Noon to 1:00 PM, Aerobics Room (KS) \$105 (six sessions). Instructor: *Deanne Griffin*. Incorporate strength training and high-intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on "Functional Fitness" using a variety of equipment, including TRX suspension training. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual. Intermediate to advanced fitness levels encouraged. This class is available for the SGT Drop-in Pass.



SGT—Progressive Bootcamp L2/3 **Mondays & Wednesdays,** **December 2-18**

4:00 to 5:00 PM, Aerobics Room (KS) \$105 (six sessions). Instructor:

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

SGT—Morning Burst Group Training L2 Mondays & Wednesdays, December 2-18

7:15 to 8:15 AM, Aerobics Room (KS) \$105 (six sessions). Instructor: *Milly Nuñez*. Rise and shine to enjoy a fun and energizing workout in a small group setting. Discover ways to challenge yourself at your level while getting a full-body workout. A full-body workout will build balance, coordination, and strength in your entire body. Learn to use your body weight and various pieces of equipment available to you, including dumbbells, steps, TRX, and so much more! This class is available for the SGT Drop-in Pass.



SGT—TGIF TRX & More L2 Fridays, December 6-20

7:15 to 8:15 AM, Aerobics Room (KS) \$55 (three sessions). Instructor: *Rena Schmidt*. Let's kick off the weekend right with a great total body workout. Use this class to enhance your current workout routine or to

learn the basics of the TRX. Other pieces of equipment may also be used. This class is available for the SGT Drop-in Pass.

SGT—Therapeutic Water Exercise L1 Fridays, December 6-20

12:30 to 1:30 PM, Indoor Pool (OC) \$55 (three sessions). Instructor: *Max Alcantar*. Therapeutic style exercise program in the pool! The warm water helps to increase circulation, respiratory rate, muscle metabolism, strength, flexibility, and ease of movement. Exercises in the water work to relieve pain through decreased weight-bearing and reduced joint stress. Meet in the pool area by the benches, dressed for the pool, and the trainer will assist you in/out of the pool. The trainer is unable to help students in/out of the locker rooms or parking lot. Don't forget your towel!

SGT—Posture, Core and Balance L1/2 Wednesdays and Fridays, December 4-20

Noon to 1:00 PM, Aerobics Room (OC) \$105 (six sessions). Instructor: *Rena Schmidt*. Balance your body with exercises for proper postural alignment and a strong core. This class is formatted to accommodate a wide range of fitness levels and also includes the right stretches to allow for improved posture, which can take the pressure off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility.

SGT—Balance & Fall Prevention L1 Mondays and Wednesdays, December 2-18

2:00 to 3:00 PM, Aerobics Room (OC) \$105 (six sessions). Instructor: *Danielle Merrill*. Learn simple stretches and exercises that will help improve balance, core strength, and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

SGT—Balance & Fall Prevention L2 Tuesdays and Thursdays, December 3-19

3:00 to 4:00 PM, Aerobics Room (KS) \$105 (six sessions). Instructor: *Danielle Merrill*. Build on concepts learned from L1 Balance and Fall Prevention to keep working on more advanced strength exercises and balance challenges. A great class to try if you have already taken level one balance class but still want to continue getting instruction. Students are expected to warm up and stretch on their own before class as well as a stretch on their own right after class; using warm-up and stretches taught in the L1 class.

Punch Pass and Fast Class

We now offer Fast Class Passes for \$2.50. These Fast Class Passes can only be used on our new 30 minute classes. Please see the colored grids on pages 94-97 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.

OC WellFit Class Schedule December 1-31, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	OC Stretch for EveryBODY L1/3 - Renae	OC	OC Stretch for EveryBODY L1/3 - Renae	OC Intermediate Step L3- Kim	OC Barre L2/3-Gretchen	OC Yoga Basics L1- Amy/Sara	OC
8:00	Strictly Strength L3- Katie	Intermediate Step L3- Kim	Strictly Strength L3- Katie	Intermediate Step L3- Kim	Barre L2/3-Gretchen	Yoga Basics L1- Amy/Sara	All Sunday classes have been moved to KiLaga
9:00	Zumba L3 - Summer	Core & Strength L2 - Kim	Zumba L3- Summer	Core & Strength L2-Kim	20/20/20 L2/3-Gretchen	Yin Yoga L2- Sara	
10:00	Slow Flow Yoga L2/3- Katie	Yoga Flow L2 - Ashley	Arthritis L1/2 - Linda	Yoga Flow L2- Amy	Arthritis L1/2 - Linda	Yin Yoga L2- Sara	
11:00	FREE TOY! Mat Pilates - Sarah	Arthritis L2- Cynthia	Piloga L2 -Lola	Arthritis L2- Linda	Piloga L2-Lola	11:30am Shotokan Karate L1/2 - AI	
12:00	New Class! Strong & Stable L1 - Cynthia	12:15-1:15pm Rest Meditation and Yoga L1 - Iram	SGT - Posture, Core & Balance L1/2- Renae	Yoga Stretch L1- Julie	SGT - Posture, Core & Balance L1/2- Renae	New Class! 12:30pm Chair with Flair L1 - Julie	
1:00	New class! Tai Chi L1/2 - Anney	1:30-2:30pm Chair Yoga L1 - Cassie	New class! Tai Chi L1/2 - Anney	Chair with Flair L1- Julie	Basic Chair L1-Maria		
2:00	SGT - Balance & Fall Prevention L1- Danielle		SGT - Balance & Fall Prevention L1- Danielle				
3:00	Healthy Living Exercise L1/2 - Milly	Healthy Living Exercise L1/2 - Milly	TBA	Healthy Living Exercise L1/2 - Julie	Activities	SCLH Booking	
4:00	TBA	Activities	TBA	Activities			
5:00	TBA		Mixed Levels Yoga L1-3- Sara				
5:30							
Group Exercise Classes (punch pass) \$4.50		30 min Group Exercise Classes (Fast Pass) \$2.50		Wellness Classes (session based)		Small Group Training (session based)	
All classes are subject to change without notice.							
All classes are 55 minutes, unless otherwise noted.							

KS WellFit Class Schedule December 1-31, 2019

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

OC Aqua WellFit Class Schedule December 1-31, 2019

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

Pilates Reformer WellFit Class Schedule December 1-31, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1- L2 - <i>Cynthia</i>				Mixed Equipment L1-L2 - <i>Sarah</i>		
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>	Pilates Bootcamp L1-L2 - <i>Julie</i>	Pilates Ref L3 - <i>Delphine</i>
9:30	Mixed Equipment L1- L2 - <i>Sarah</i>	Ref Basics + L1-L2 - <i>Julie</i>	Ref Basics + L1-L2 - <i>Delphine</i>	Ref Basics L1 - <i>Julie</i>	Ref L1-L2 - <i>Sarah</i>	Mixed Equipment L1- L2 - <i>Julie</i>	
10:30				Mixed Equipment L1-L2 - <i>Julie</i>	Ref Basics + L1-L2 - <i>Sarah</i>	Ref Basics L1-L2 <i>Julie</i>	
11:30	Pilates Bootcamp L2 - <i>Valerie</i>	Ref Basics + L1-L2 - <i>Julie</i>		Cardio Jump & Core L2 - <i>Gretchen</i>	Ref L1-L2 - <i>Valerie</i>		
12:00			Cardio Jump & Core L2 - <i>Gretchen</i>				
5:30	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625-4034			
				Pilates Bootcamp 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
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 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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Lifestyle Desks

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Jeannette.Pyle@sclhca.com

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Meridians Delivery (916) 625-4044

Kilaga Springs Café (916) 408-1682

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Kristy.Huskey@sclhca.com

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Catering Sales Manager

Don Giles (916) 625-4043
Don.Giles@sclhca.com

•The Spa at Kilaga Springs•

(916) 408-4290

Spa Manager

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

Hours

Administration Offices & Membership

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

Orchard Creek & Kilaga Springs Lodges

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

Lifestyle Desk (OC/KS)

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

Meridians Restaurant

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

Catering Office

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

Kilaga Springs Café

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

The Spa at Kilaga Springs

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

WellFit (OC/KS)

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

General Numbers

Broken Water Line on Association Community Property

(916) 645-4501 Landscape Office

Curator Security, Inc.

(916) 771-7185

Golf Shop

Website: lincolnhillsgolfclub.com
General Manager, LH Golf Club
 Tony Marino (916) 543-9200, ext. 4

Lincoln Police & Fire (916) 645-4040

Neighborhood Watch

Linda Minor (707) 235-0778
 Pauline Watson (916) 543-8436

Lincoln Hills Foundation

(916) 434-0749

Neighbors InDeed (916) 223-2763

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Adrian Felice (916) 408-4332

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Norcal@delwebb.com

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Clubs & Community Organizations Committee

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Communications & Community Relations Committee

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