

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



*Happy
Holidays*

24 A Lincoln Hills Christmas Carol

29 Lettuce Celebrate

Calendar of Events

December 15 - January 21

**Subject to change.
Please see eNews
for updated times
and dates.**

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12/15	Joy Arrangement	70
12/17	Albertson Duo	63
12/21	Must-Read Books.....	65
12/29	New Year Plate.....	70
1/4/21	Movie – Knives Out.....	59
1/12/21	Door Tags.....	70
1/12/21	Investing	77
1/18/21	Document Destruction.....	59
1/19/21	Sudoku	77
1/21/21	Richard Glazier.....	63

Upcoming Association Meetings: December 15 – January 31	
Finance Committee Meeting	Wednesday, December 16, 9:00 AM
Board of Directors Meeting	Thursday, December 17, 9:00 AM
Board of Directors Executive Session	Thursday, December 17, 2:00 PM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, January 5, 9:30 AM
Compliance Committee Meeting	Wednesday, January 6, 9:00 AM
Elections Committee Meeting	Wednesday, January 6, 10:00 AM
Properties Committee Meeting	Thursday, January 7, 9:00 AM
Elections Committee Candidate Forum 1	Saturday, January 9 10:00 AM
ARC/Architectural Review Committee Meeting	Monday, January 11, 9:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, January 12, 10:00 AM
Elections Committee Candidate Forum 2	Tuesday, January 12, 2:00 PM
Finance Committee Meeting	Thursday, January 21, 9:00 AM
ARC/Architectural Review Committee Meeting	Monday, January 25, 9:00 AM
Board of Directors Meeting	Thursday, January 28, 9:00 AM
Board of Directors Executive Session	Thursday, January 28, 2:00 PM
<i>Meetings subject to change. Visit sclhresidents.com for the most up to date information.</i>	

VOLUNTEER OPPORTUNITIES!
<h3 style="color: #0056b3;">Committee Openings</h3>
<p>Below are Committees that need your volunteer time and expertise. Committees with openings include:</p> <ul style="list-style-type: none"> • Architectural Review Committee (ARC) • Communication & Community Relations Committee (CCRC) • Compliance Committee • Finance Committee • Properties Committee
<p>Committee applications are available at the Lifestyle desks (OC/KS) and online (sclhresidents.com>Library>Forms>Resident Forms).</p>

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On the Cover
Snow Train Trip
Photo by David Wright



Board of Directors' Report Lessons Learned by a 1st Year Director

Jack Harris, Director

Here we are in December, almost the end of the year. For the rest of the Board and me, it has been a very busy and eventful eleven months. When I ran for the Board, I did so with the commitment of representing all residents as valued members. I emphasized my own personal integrity and people skills and refused to make any promises I could not deliver. I had said prior to being elected to the Board, "I didn't know what I didn't know." Like any other endeavor in life, I soon "learned" many of those realities and truths. Here are a few of the lessons learned:

- I witnessed firsthand that we are all blessed to have an abundance of great volunteers, supported by great staff.
- I am fortunate to work with some very dedicated Board members who often work 20 to 30 hours a week on behalf of the Association. I would especially like to recognize Laura Thiele, our Treasurer, who works harder than all of us.
- It has been very rewarding working with the Standing Committees and as the liaison to the Properties Committee.
- Another rewarding experience is seeing the Sports Plaza coming close to completion. The

Pickleball expansion makes our facility one of the best in California.

- One of the biggest rewards is having a part in the budget process and maintaining the dues at the current level without any increase for 2021.
- One of the biggest frustrations has been having to work under the COVID conditions and lacking the "face-to-face" with the members. Along with the inability to provide consistent use of our amenities, not the least of which is the Meridians and Kilaga Café.
- Maybe the most disappointing occurrence this year has been the Boards inability to come to a consensus through discussion and understanding of differences of opinion. I think all of us can take our share of the blame for poor communication and leadership.

With these and other lessons learned, I look forward to serving the Association and residents for the coming 15 months. With the coming election of four Board members, I'm reminded that elections have consequences. Please vote wisely.

One thing is for sure. We all live in an idyllic community, one of the best in all of the country. It is indeed a "cruise ship that never leaves the dock."

Merry Christmas and Happy New Year!

Holiday Hours of Operation						
Holidays	Lifestyle Desk OC/KS	Administration & Membership	WellFit OC/KS	The Spa at Kilaga Springs	Kilaga Springs Café	Meridians Restaurant & Bar
Christmas Eve December 24	TBD	8:30 AM - 2:00 PM	7:30 AM - 1:00 PM	9:00 AM - 2:00 PM	TBD	Lunch: 11:00 AM - 2:00 PM
Christmas Day December 25	Closed	Closed	Closed	Closed	Closed	Closed
Day After Christmas December 26	TBD	8:30 AM - 4:00 PM	8:00 AM - 5:00 PM	9:00 AM - 6:00 PM	TBD	Lunch: 11:00 AM - 2:00 PM
New Year's Eve December 31	TBD	8:30 AM - 2:00 PM	7:30 AM - 1:00 PM	9:00 AM - 5:00 PM	TBD	11:00 AM - 2:00 PM (+) New Year's Event Sports Bar: 11:00 AM - 4:00 PM
New Year's Day January 1	Closed	Closed	7:30 AM - 1:00 PM	Closed	Closed	Closed

Hours subject to change – watch eNews.



A Note from the General Manager

Robert Richardson, General Manager

Here we are in December 2020. The holidays for me epitomize a time for home, where we gather, reflect on our blessings, and the sense of security that a home provides. Home is something that is created, built between people. It is something we work hard for and invest in, which is what makes it so special. "There's no place like home" L. Frank Baum.

This article is being written in mid-November, a week before Thanksgiving and shortly after moving to the purple tier. Yet, as I look around in our administrative offices, there is a flurry of enthusiasm and activity.

Year-end reports are being developed, and new plans are being made to keep as many amenities open as possible during our time in the purple tier. Tennis courts are being finished, additional Sports Plaza parking is being designed, and the sewing room expansion is getting underway. Our hardworking Committees continue to meet, and the Board of Directors are busy attending to the Association's business. All during these challenging times.

But more importantly, I'm watching staff and volunteers working diligently to keep our holidays alive, regardless of the conditions recently imposed upon us. Just to name a few of the positive examples they are currently brainstorming, there is a discussion about moving our decoration program outside, establishing a phone tree outreach over the holiday season for those home alone, and last but not least, a drive-thru caroling in our neighborhoods. Watch your eNews for more information on these and perhaps other holiday projects. This "can-do" attitude is vital to maintaining our sense of home in the Lincoln Hills community. Our challenges seem to become our biggest motivators.

As we continue to adapt to the "new normal," I observe a dedicated staff and community that takes great pride in what they do, always going above and beyond. Along with multiple volunteers working tirelessly to keep our holiday spirit alive. At the end of the day, we all share the common goal of creating a home that is a safe haven, a place to be proud of, a place we can count on.

Wishing Happy Holidays to all.



Finance Committee

New Member Perspective

Linda Mann

I retired from healthcare administration in January 2017. Though fully enjoying retirement, I found myself wanting to get more involved in the Lincoln Hills Community. After exploring ways to participate, I decided to apply for an open seat on the Finance Committee. In December of last year, I interviewed for and was selected to serve. The experience has been incredibly rewarding, stimulating, and an opportunity to be a part of the future direction of our community.

Committee memberships and involvement afford residents an opportunity to understand the business of the Association more fully. By becoming involved, residents can more easily be part of the solution as opposed to identifying only problems or issues. Participation in the Finance Committee has been a means to utilize my previous operational and consulting experience and skills. I have also learned that we have a wealth of knowledge and experience right

here in our community!

Under the Chairmanship of Robert Copp, the structure of the Finance Committee includes the assignment of committee members as “liaisons” to the seven major departments. For me, it has been rewarding to work closely with Spa Manager Trudy Smith as my assigned liaison. I have enjoyed learning the operations of this business and partnering with Trudy in her quest for continual operational improvement.

So I will end by once more underscoring the importance of resident input and involvement! All of the committees are resident-led and exist to represent our interests and provide expertise and support to operational leaders and the Board of Directors. Despite the 2020 COVID challenges, this past year has been a bright light as a Finance Committee participant. I hope that you all will consider joining a Lincoln Hills committee!

Communications & Community Relations Committee

Looking Forward to an Exciting 2021

Denise Bowden, Chair

As we reach the end of this interesting and challenging year, we reflect on the way communications has adapted to limited in-person contact and social distancing. Did we ever expect our meetings to take place over video conferencing and that the term “Zoom” would be used as a verb? It has taken some adjustment, but much of our usual business has continued on. We look forward however, to the time when Community Forums can once again command a full house in Presentation Hall, tours for potential residents can resume and we can meet and greet our new residents and introduce them to this place we call home.

Despite some of the challenges, the CCRC has grown. We have added four new members and have others expressing interest. Sadly we had a couple of team members who left the committee, but we will build on their good work and strive for continuous improvement as we move into the New Year.

The November and December committee meetings are focused on finishing up several significant projects underway. The Community Outreach team focused on defining a process for receiving resident input through development of criteria, processes, and ways to report back to the community. The web team undertook the

huge task of navigation and getting materials on the site updated, a task that can feel like boiling the ocean.

Going forward, we will explore re-energizing programs that are currently on hold. New Resident Orientation and the Ambassador program have been on hiatus, and we will look for creative ways to breathe new life into them. Our video services team is already noodling on new ideas to allow more residents to participate in HOA activities. We also look to identify enhancements to our current programs and find ways to measure our efforts.

Looking ahead, the CCRC has many opportunities to reach our residents as well as hear what they have to say. Not everything happens overnight, especially during a pandemic, but the team is excited about the possibilities.

If you are interested in being part of CCRC 2021, send in an application to the Committee Chair at CCRC@sclhca.com or to Christy Goodlove at christy.goodlove@sclhca.com.

Happy Holidays to all of our Residents and Staff and many thanks to the CCRC Committee and Task Team members for the time and hard work they have put in this year.



Architectural Review Committee

'Tis the Season

Carole Dummett, Chair

'Tis the Season to reflect on our lives in Lincoln Hills with the closing of year 2020, and what a year this has been.

The ARC and residents have made several adjustments to continue with business as usual, processing paperwork in a timely manner. We want to thank all the residents who accommodated the ARC and Community Standards with patience and understanding.

Our committee is still on COVID shut down, and we have not received word when this may change so we will continue to have closed meetings without resident or contractor participation.

We are performing more site visits than usual to accommodate homeowners with unusual circumstances in an effort to eliminate delays with their proposed improvements. We are committed to providing information and assistance for a smooth, timely process.

The Board approved many revisions to our Design Guidelines in 2020, benefitting the homeowners by relaxing appropriate and troublesome requirements, adding new language for better understanding, and developing criteria for pet facilities and fencing.

We also added requirements for Accessory

Dwelling Units and Permanent Generator Installation to comply with the City of Lincoln and the State of California regulations.

We are receiving and approving an unusual amount of requests for hardscape staining and overlays based on conforming within SCLH architecture and earth tone colors. We do not currently have a detailed design guideline so we will be researching the various products for overall appearance, structure, and longevity early next year that will best serve our homeowners and community. Upon completion of our research, we will hold an Open Forum for resident input. Please watch for these announcements.

We continue to have committee openings, so if you are interested in serving this community, please apply to ARC. We review applications for all exterior improvements, periodically revise and update the Design Guidelines, and perform site visits, as needed, to assist our homeowners with their projects. We provide training, and you will team up with a seasoned member. We meet the second and fourth Monday of every month except December.



HAPPY HOLIDAYS!

Your ARC Committee Members

Carole Dummett – Chair

George Beshak – Vice Chair

Charles Vickers

Beverly Schroeder

Ed Kiburis

Louis Bobrowsky

Mary Merlock

Gary Shamber

Chuck Leto



Compliance Committee / Community Standards

Bye Bye 2020

David Mateer, Chair

For most of us, 2020 has been both challenging and boring. We have had to find new ways to entertain ourselves while managing our health risks. Spending more time at home has allowed many residents an opportunity to take care of some home projects this year. Much of what previously was done with face-to-face interaction is now being done via phone, email, and Zoom. How many of you ever heard of Zoom prior to 2020? I had not.

Fortunately, most of the people and companies we rely on to assist with our home and landscape maintenance and improvements are considered essential workers. By the middle of 2020, these service providers adjusted their practices, so they could provide their services with little or no face-to-face contact needed. It is amazing how well our residents and these companies who support us adapted to meet the challenging times. Essentially, all of your maintenance and improvement projects can be performed. Most of the process changes were in the planning and approval phases of the projects.

Similarly, Community Standards staff has needed to adjust and adapt to the ever-changing environment this

year. Although the lodges have been closed for most of the year, I assure you they are working hard behind the scenes to support our community. We are fortunate to have so much information on our guidelines, color palettes, and forms available online. It has not been as easy to get everything done, but again, our residents and staff have risen to the challenge.

You may be surprised to hear that the overall workload of Community Standards, the Compliance Committee, and the Architectural Review Committee has actually increased this year. Knowing the work is to support our great community and residents makes it all worthwhile.

A huge thanks goes to all of you, our residents, in Lincoln Hills. Through all the adversity, you remained upbeat and ready to work through 2020. Although there were a lot of canceled travel plans, we did our best to enjoy our time in Lincoln.

Along the way, you also made time to take care of many of those home maintenance projects. It is fantastic that as we prepare to end 2020, our community looks in better shape than when we started the year. Again much thanks to all of you.

We are looking forward to 2021 and what it brings for all of us.



Tribal Member of the Month Award



Cesar Orozco and Esteban Ortega

Our "Tribal Member of the Month" Award goes to Esteban Ortega! Esteban joined our Facilities Department as a Setup Technician in April of 2019. Here are just a few quotes shared by our staff:

"Esteban is a hardworking employee. He thinks and plans ahead for any situation that could arise. Esteban is always willing to assist whenever needed and gives helpful suggestions. Without a doubt, Esteban goes above and beyond his job duties and assists all with a smile!" "He is smart and thinks ahead when it comes to setups and schedules, especially during this pandemic when things could easily have fallen between cracks." "When Esteban came on board, very quickly, he found himself surrounded by a high demanding wedding & concert season. His outstanding performance and determination were soon recognized by many. He has proven that he can handle any situation thrown his way. We are all proud of his accomplishments!"

Thank you, Esteban, for your outstanding dedication, hard work, and commitment to Lincoln Hills! We are thankful to have you as part of our working family.

Election News
Elections Are On!

Seven candidates are running for the four Board of Directors positions for two-year terms. Please take the time to read the candidates’ Ballot Statements below to decide who, in your mind, should be elected as Directors. Their video recorded introductions are posted on the SCLH website.

Please also take the time to read the Member Issue Statements, which are included.

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

Date	Day	Event
December 28	Monday	Candidate yard signs may go up
January 9 & 12	Saturday 10:00 AM & Tuesday 2:00 PM	Candidate Forums via Livestream
January 11-15	Monday-Friday	Election Ballots mailed
February 17	Wednesday	All Ballots Due by 3:00 PM
February 18	Thursday	Annual meeting, counting of ballots and new Board seated via Livestream for residents



CANDIDATE BALLOT STATEMENTS

Candidate Ballot Statements are those of the candidate and do not necessarily reflect views, rules or policies of Sun City Lincoln Hills Community Association.



Robert Copp
RESIDENTS FIRST

If elected, my commitment is to serve the community by putting Residents First.

- **Engagement** – Encourage dialogue that fully represents residents’ interests and ideas.
- **Strategy** – Facilitate resident participation in planning our community’s future direction.
- **Structure** – Collaborate with Board, Committees and staff to reach consensus.
- **Leadership** – Ensure our community remains active and financially sound.

Association Experience and Contribution

- Finance Committee Member for five years, Chairperson since 2017
 - o Kept dues under control even with increasing State mandates
 - o Expanded Committee Member roles to enhance financial integrity
- Reserves Task Force; Community Enhancement Fund Task Force
 - o Ensured funds were available to protect and improve what we own
- Sports Complex Task Force; Accounting Policy update
 - o Provided financial analysis to achieve and implement the best solutions

Relevant Background

- Civil Engineering Executive with Caltrans with a 32-year career
- Assistant to Caltrans Director - developed Executive Board structure and strategic plan
- Continuous Improvement trainer in State and local government
- Board Member and President, Professional Engineers in California Government
- Registered Civil Engineer, 1982
- Bachelor of Science in Civil Engineering from University of the Pacific, 1979
- Homeowner since August 2013

Contact me by email at: robertcopp64@yahoo.com
Or, on my website at: coppforlincolnhills.com



Craig Fraser

A Voice for All

- I will actively listen to ALL residents' questions and issues and respond with solutions that are of benefit to ALL residents.
- No matter what your level of activity, I will represent you.

My Promises to you, I will:

- Be honest, respectful and straight forward in ALL interactions.
- Be cost conscious regarding dues and the Association spending and ensure that your funds are spent wisely and without waste.
- Work hard to find operational efficiencies to reduce spending while improving service.
- Work to make our Meridians a place with consistent quality and excellent service.
- Appreciate and respect our Committees.
- Hire the very best Executive Director and manage him/her with measurable goals and objectives.
- Be dedicated to keeping our Community beautiful, safe and affordable with a comfortable and fun lifestyle.

My qualifications include:

- Over 30 years of experience managing multi-million dollar budgets and 40 employees.
- Four years as President of 500+ member Association Club.
- Proven reputation and experience in building consensus among diverse groups.
- Experience in dealing successfully with Association committees and staff.
- Ability to simplify and communicate complex issues and find workable, cost-effective solutions.

Please email me with your concerns or questions at votefraser2021@gmail.com • www.electfraser.com



Laura Thiele

** Focused * Experienced **

**Focused*

- ...on financial integrity and strength of our \$20 million Association
- ...on financial review - ratify review of records each month per civil code
- ...on safeguarding our wonderful lifestyle and facilities
- ...on listening and responding to all residents

**Experienced*

- ...in SCLH Finances, serving as your Treasurer (former Finance Committee member)
- ...as an accounting liaison to the ethics officer of a fortune 500 company
- ...in corporate accounting as an assistant controller, finance policy manager, internal auditor
- ...as a leader who implemented integrated financial systems including business process redesign, security set-up and training
- ...as an auditor and CPA

Education and Certification:

- M.B.A. Finance - University of California, Berkeley
- B.S. Business Management – University of California, Davis
- Certified Public Accountant, State of California

**Committed to Our Community*

- Serving as your 2020 BOD Treasurer
- Attending innumerable committee meetings
- Maintaining the financial health of our organization

I truly appreciate your votes!

Contact: jlat1200@gmail.com



Alice Crawford

Two years ago, I campaigned on a promise to actively listen and represent your concerns. Under my leadership, this Board was able to implement monumental changes that residents have been demanding for years. As a change agent, I oversaw the successful hiring of new HOA management and new legal counsel and resolved several resident concerns regarding our community. I'd say we're off to a good start!

Now is the time to keep our community moving in the right direction – financially, operationally and socially. As a member of your Board of Directors, I want to finish the job I started by moving forward with the following:

- Instituting best business practices, transparent purchasing, and construction bidding.
- Developing a budgeting process that includes resident input and spans multiple years, for future visibility.
- Keeping HOA dues low by finding efficiencies and eliminating unnecessary expenditures, all with care to make this community the best it can be.
- Demanding accountability and transparency of HOA management and staff; putting the focus on serving residents.
- Implementing policies that address residents' needs and eliminate those which are over-controlling.
- Implementing residents' suggestions received as a result of the successful Food and Beverage Survey.
- Representing the best interests of ALL residents, not just vocal special interests or clubs.

If YOU want action, not just talk...

Please vote for Alice!



David Conner

Dear Neighbors,

After 15 years of residing in SCLH, we have come to know this community as our home and harborage from the outside world.

I am running for election to the Board of Directors as I do not want our Association to repeat another year like 2020. We must elect a Board that is professional and business-oriented that will build our Staff and Committees and grow our finances.

I have served on the Board six years, from 2009 – 2012 and again 2018 – 2019. As President during 2019 with prudent planning, our finances were left in good stead allowing us to better weather the pandemic this year.

I DO NOT FAVOR AN OUTSIDE CONCERN RUNNING OUR Association OR ANY PORTION THEREOF. The Board needs to understand their connection to the Executive Director and endeavor to refine that relationship on a continuous basis.

We need to make plans to take advantage of and yet secure ourselves from the growing population on our peripheries. Our grounds, restaurant, Sports complex and WellFit centers are in excellent condition at this point, which leaves the Ballroom as my primary focus for revitalization in 2021.

I will strive to assure order in the community and commit to a Board of Directors you can be proud of.

David Conner

916-543-0461 - greyfoxdc@yahoo.com



Kathy Shaddox

MY GOALS: retain and improve life style quality; spend your dues wisely; support future growth; move forward with maintenance/replacement projects and obtaining bids, while working to meet the needs of all our residents.

MY PRIORITIES: address the challenging issues facing SCLH; keep our residents involved; be accessible, assure that transparency filters from top management and committees to the Board and residents; restore faith, trust and respect between board members, staff and residents.

MY EXPERIENCES: Currently a SCLH Board Director; 27 years of financial and budget experiences; 6 years as a Director/Treasurer for my previous HOA. I was appointed as San Mateo County Regional Representative for CSEA which sharpened my negotiating skills. Years of volunteering services for my community, schools and church.

I have the leadership traits, fiscal experience, and negotiating skills that makes me a valuable asset. I am energetic, honest, fair, an independent thinker, and strong believer in due process.

IF RE-ELECTED, I will continue to welcome community input. Let us stand strong as we move to the future by keeping our Association running as smooth as possible.

MY DESIRE: To move forward keeping SCLH the best place to live.

I ask for your Support and your Vote!

kathyshaddox@gmail.com
916-209-3307



Joe Cortez

I am an Air Force veteran, as is my wife, Kathy. We have been married for 45 years. My career was in law enforcement where I rose up to become a chief of police. As a police chief, I managed multi-million dollar budgets and worked hard to keep our community safe. Kathy and I also owned several successful retail businesses.

My military service provided valuable lessons in teamwork, accountability, and dedication. A career in law enforcement provided a strong sense of justice, fair play, and values-centered leadership. From our small business experience I learned many lessons about business, budgeting, and protecting the bottom line. I will rely on those experiences to ensure we make the best decisions going forward, and that our residents have on-going opportunities to participate and be heard.

From high energy sports to cozy indoor activities, Lincoln Hills offers something for everyone to enjoy life on their own terms. With two generations of my family as residents of Sun City, I am committed to ensuring our community remains inclusive to all, no matter age or ability.

I ask for your vote for the Board of Directors so together we can restore civility, unity and trust. By working together we can continue moving this great community forward.

Respectfully,
Joe Cortez

joe4suncity@gmail.com

MEMBER ISSUE STATEMENTS

Member Issue Statements are those of the member and do not necessarily reflect views, rules or policies of Sun City Lincoln Hills Community Association.

Donna Fields

Residents please join me in supporting candidates that will:

Exhibit knowledge of and adherence to our HOA Governing Documents, other laws and regulations.

Willing to take action and hold those that violate the Governing Documents accountable. Consider the application for the \$1.4 Million dollar PayRoll Protection Plan loan? The loan funds were subsequently returned. We cannot tolerate such a situation to be repeated. The residents should have been advised of the application and their input considered.

Will advocate and support transparency with HOA records pursuant to CC 5200 and ensure fiduciary best practices. Whistleblower protection for employees and residents, BOD and Committee members.

Demonstrates a respect for residents exercising their 1st amendment rights of free speech including use of Open Forum during meetings.

Will support including all residents via US Mail & email communications in decisions on large expenditures such as the renovation of the Sports Pavilion.

Will vote to stop the losses of Food & Beverage and ensure a breakeven point.

Will advocate for a review of our HOA Security for our buildings/amenities & IT systems and if upgrades needed propose that CEF funds be used.

Will put the interests of the residents first and support ADA/Accessibility to our facilities.

I see Alice, Kathy and Joe as candidates that I can support.

Bruce Holder

Losing Member Control of our Association.

Currently our By-Laws allow for a simple majority of Board of Directors to vote to outsource or delegate the management of the business and activities of the Association to a Management Company. This can happen without any vote by the membership.

Your vote matters. Use your vote wisely as outsourcing management could be a direct result. Outsourcing management has the potential of affecting your lifestyle, your dues and your property values.

The question each candidate should answer is whether they support the idea that any decision to outsource management of the association to an Outside Management Group should ONLY be made by a membership vote.

Chuck Cunningham

Do you wish you could talk to a Board member regarding issues related to budget or existing and planned projects? So often at Board meetings we are tied to the agenda and rarely get the opportunity.

At Board of Director's monthly meetings, the Board has specific rules regarding responding to a question from the "gallery". The board may not discuss or take action on any item at a nonemergency meeting unless the item was placed on the agenda. The board shall permit any member to speak at any open meeting of the association. A reasonable time limit for all members of the association to speak before a meeting of the association shall be established by the board. During open forum portion of board meetings, members may ask questions but the board's ability to answer is limited to briefly respond to statements made or questions posed. The board may ask a question for clarification or make a brief announcement.

To keep homeowners aware of what is going on with our budget, existing projects and those being planned, I would propose a monthly "Open Forum" between representatives of the Board and the community via ZOOM. I would encourage open, respectful dialogue with residents. I also would suggest conducting some of these forums during evening hours allowing those who work days to participate.

Kathleen (Kay) McAdam

After several years of increasing dues and Meridians' losses, I started to pay closer attention to what was going on in our community. Attending Board meetings in 2017 I witnessed firsthand the disrespect shown to the residents. That is what motivated me to support new candidates with better ideas.

The current BOD, seated in 2019 have taken action and have put the resident's best interest first. They are working towards a solution to stop the losses of Food & Beverage. They have hired a qualified and experienced Executive Director, navigated through COVID -19 challenges, dealt with the \$1.4 million PPP loan that was applied for without their approval and the return of those funds and the harassment of the Lincoln Hills Future Group.

The LHFG was founded by a group of board members who were voted out of office. They seek to regain control of the board's direction by sowing discontent and discrediting the majority of the current board. They are responsible for several articles in the Messenger and a lot of misinformation that has been spread throughout our community.

I have enjoyed living here and look forward to many more years in a respectful and harmonious community.

Please vote wisely.

Jack Orlove Sr.

Meridians – In the past 15 years Meridians has lost over \$2,000,000 due to inefficiencies and high labor costs. Alice Crawford is spearheading an effort supported by Kathy Shaddox to make the Meridians an exciting experience in terms of quality food, good service, attractive prices by bringing in professional management; eventually partnering with a professional food service company to operate the Meridians, which will create substantial cost savings. However, in order to complete this task, additional work is needed, and they require an additional term to conclude this needed change.

Dues – Alice and Kathy have pledged to use their best efforts to avoid unnecessary and substantial increases in dues, without sacrificing the ambiance of Lincoln Hills. This is accomplished by cutting inessential expenses, cost savings program, and exploring periodic transfer of Community Enhancement Funds to our Reserves.

Transparency – Alice and Kathy will seek residents' input on future major capital projects by identifying the project and the estimated cost. No more surprises like the Sports Complex.

Compatibility – Alice and Kathy have worked together for two years. They have mutual respect for one another and can work as a team. Compatibility is important.

I would urge you to give favorable consideration to Alice Crawford, Kathy Shaddox, by voting for them for Directors on the Lincoln Hills Board.

John Hilt & Donna Mazzucchi

False Accusations Made by Lincoln Hills Future

• LHFuture (the "Old Guard") is led by an elite clique of former Board members who've maintained power for years, cycling in-and-out of Board and Committee positions.

They were overwhelmingly defeated in the last elections. However, they're now trying to elect 2 "surrogates" in another attempt to control the board's majority.

• To discredit current Board member candidates, LHFuture cohorts widely disseminated the following false accusations:

- Mr. O'Keefe was fired – untrue!
- Proper procedures were not followed in non-renewal of his contract – untrue!
- They'd hire an HOA Management Company – untrue!
- They had no transition plan; Chaos would ensue – untrue!
- Large legal expenses were due to their incompetence – untrue!
- And much more

Such tactics display deceitful character and lack of common decency. Would you trust LHFuture's "surrogates" to lead our HOA with integrity?

We must refuse LHFuture's "already-tried and rejected" agenda – and their possible attempt to re-hire Chris O'Keefe.

• the truth is... Board members acted 100% responsibly and appropriately. They meticulously adhered to legal guidance, correctly fulfilling their legally required fiduciary duty. They displayed leadership, integrity and courage in taking action and safeguarding our HOA.

To continue moving forward...we must keep the board majority!

Alice, Kathy & Joe are committed to positive change! They'll lead us to a brighter, more secure future!

Rita Louise Piziali

I moved here 2+ years ago and on the surface, it seemed lovely. I soon realized appearances were not reality when it came to politics. Four BOD incumbents running for re-election, were ALL defeated. Red flag. There was dissatisfaction with BOD and ED leadership. Lots of anger, resentment, hostility, and lack of acceptance from old to new. The new BOD members ran on platforms of varying degrees of change which won them the election. Change began. What happened? How did we get to this toxic, abusive atmosphere?

I believe the current situation is a result of an intense negativity from some residents. Resentment for not being re-elected? Start a No Confidence petition? Report to local newspaper about BOD dissention? Demanding the BOD not function at full capacity? Care more about their own agenda than the health of our Association? Ego? Power hungry? Sense of Superiority? Anger? Self-righteous indignation?

Please verify what you hear. There has been lots of disinformation spreading. Look at candidates carefully and know who has done what and who is really creating this dissention.

Four of the current Board members made a heroic effort in changing our HOA management and initiating real changes in Meridians via the F&B Survey.

Let's not go backwards. Please cast your vote for those who will continue to move us forward.



Neighbors InDeed Happy Holidays!

Janet Roberts

Happy Holidays to you, your families, and friends from the volunteers of Neighbors InDeed! It's almost 2021, and we wish the best for you in the New Year.

This has been a difficult year for all of us. Sheltering in place, many of us without our usual in-person contact with family and friends, and having to celebrate holidays with only voice or visual connection through our devices, will be hard. We are so thankful for and appreciative of our Neighbors InDeed volunteers who have worked hard during these past months. Thanks to their efforts, residents know that the tasks they can't do will be taken care of and, in the end, make for a better community – one that makes us proud to live here.

What are your resolutions for 2021? This question makes us think of all the unusual activities we might have done these past months. For me, I did a lot of reading – you know, the books you set aside that you'll read "someday". Did you clean the house – a lot, or sort through your papers and cabinets to throw out or give away papers and items you no longer needed? Now what? It's time to make plans for what you'd like to do in 2021, whether we continue to shelter or whether restrictions are loosened, and there is more that you can think about, plan, and do. January is always the time for planning.

While you're doing that, think about volunteering for Neighbors InDeed this year. As a volunteer, you'll have the opportunity to meet residents who need your help – whether you talk with them on the phone as an I&R volunteer or in their homes replacing smoke alarm batteries or delivering a wheelchair. Dispatchers who assign the tasks to the Handy Helpers have to meet the challenges of finding available volunteers for the jobs being requested. Whichever job you choose, you pick the days to volunteer to fit in with your schedule.

If you're interested and can volunteer one or two days each month (except vacations), call our message center at **916-223-2763**. We'll go through an application process and give you an overall orientation to Neighbors InDeed. Don't think you have the skills needed? The Program Coordinators will provide socially distant training and mentoring as you begin your volunteer work in any of our programs. There is always a volunteer to help you and answer your questions.

How about that for a plan for 2021? Volunteering with Neighbors InDeed gives back to the community that has given us so much. Sounds like a win-win proposition for you, and it's a New Year's challenge from us to you, along with our best wishes for a very happy and healthy 2021.

Check out our website at www.neighborsindeed.org.



Let us serve you with a view

Meridians

Restaurant & Bar

Holiday Spirit

Michael Jackson, Executive Chef
Food & Beverage

Thank you to those of you who have participated in our Thanksgiving Grab & Go Meals and those who frequent Meridians. The Food and Beverage team is greatly appreciative of your business in these tumultuous times of 2020. The holiday spirit lies within all of us and has given our Team a time to reflect on the past year's great opportunities (and not dwell on the negative).

We started off the year with a bang. The Duckhorn Winery's Pairing dinner and Tacos and Tequila Tasting on the Terrace were both big hits! They were a great opportunity for me to get to know many of our residents and guests. However, we had to get creative in the following months. I am proud and privileged to work with great local vendors such as Del Monte Meat Co. They were able to supply a great value of boxed market-fresh beef, poultry, and seafood at cost. While the opportunity wasn't able to sustain long term, we were able to make a big difference in many households during a very difficult time.

Finding our niche with grab & go, delivery through Meridians, as well as Mother's Day and Easter Day Pickups, showed great support from our Residents who believe in the Food & Beverage Team. Several residents sent uplifting and charismatic letters to our staff, and many continued to supporting their restaurant.

Now we find ourselves opening, closing, minimizing, maximizing, and even exercising our tables and seating within Meridians. We hope 2021 brings better times and that we might see more events, catering, and possibly the reopening of Kilaga Springs Café, adding more options for our residents from your dedicated and hard-working Food and Beverage Team.

As we close 2020, in this festive time of year, there are still a few opportunities the Food and Beverage Team has up their sleeves. First, the big one, in partnership with Lavina and the Lifestyle Team, we are planning a New Year's Event. A five-course meal, with four wine/spirit tastings, and ending with renowned comic, Jeff Applebaum. Required table reservations are limited. Secondly, Meridians' will be featuring a Boxing Day Brunch. The day after Christmas, better known as the Canadian Holiday Boxing Day, Meridians will feature numerous favorite dishes for breakfast, lunch, and brunch!

Thank you again to all who have helped support Meridians and the Food & Beverage Department. Happy New Year, Chef MJ

Chef's Recipe of the Month:

Black Eyed Peas

Ingredients

- 2 pounds ham hock
- 2 quarts of room temperature water
- 1 pound dried black-eyed peas, rinsed and picked through
- 1/4 pound bacon, chopped
- 1 cup chopped onion
- 1/2 medium green bell pepper, chopped
- 1/2 cup chopped celery
- 2 cloves garlic, minced
- 2 jalapenos, ribs and seeds removed and minced fine, or to taste, optional
- 1-1/2 teaspoons kosher salt, or to taste
- 1/4 teaspoon freshly cracked black pepper, or to taste
- 1/4 teaspoon Cajun seasoning (like Tony Cachere's or Paul Prudhomme) or to taste
- 2 bay leaves
- Additional water or broth or stock, as needed

Instructions

- Rinse black-eyed peas 3 times, and then soak for at least 2 hours prior to cooking. In the same time frame, bring water to a boil (or stock) with ham hock. Allow to simmer and cook the ham hock until shredded off the bone.
- In a stockpot, cook the bacon until done but not crisp; add the onion, bell pepper, and celery (known as the Holy Trinity of vegetables) to the rendered bacon fat and cook just until tender. Add the garlic and cook another minute or so. Add the shredded ham hock (and bone) and cook until lightly browned. Add peas, and stir until well combined. Begin to add the ham hock broth slowly, stirring in a little at a time; bring to a boil. Add jalapenos, salt, pepper, Cajun seasoning, and bay leaves.
- Reduce to a medium-low simmer and partially cover, cooking for about 1 1/2 to 2 hours or until peas are tender. Add additional chicken stock or water only if necessary to slightly thin out. Pull any extra meat off the bone and return to peas; taste and adjust seasonings as needed.





Communications Corner
Lincoln Hills Volunteering

Jeff Caponera, Communications and Marketing Manager

With several committee openings in Lincoln Hills, we need to bring more awareness to the community about the meaning of volunteering. When you look at the importance of volunteering, you should consider how great the magnitude of the impact is that we can make in the lives of those less fortunate or those who have lost the ability to do for themselves. Doing more for the community, in turn, makes us more tolerant.

Here at Lincoln Hills, we rely heavily on volunteers who help make our daily lives, events, and programs a huge success. This year, with the pandemic, we could not hold our Annual Volunteer Appreciation Luncheon, where we get together to honor all of you who have volunteered throughout the year. We instead showed our appreciation from a

distance. It is not as formal, but we could not let the year go by without acknowledging all of you volunteers.

While Volunteer month may be over, the significance of it continues all year long. Please continue to be on the lookout for weekly eNews announcements and more *Compass* articles on this topic as we utilize our many platforms to publicize the plentiful rewarding opportunities we have for you to engage in the community.

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

The Committee Application is in the website library: Sclhresidents.com>**Library**>**Forms**>**ResidentForms**>**Committee Application**



Select residences and their natural vistas are now available at year-end discounts. And now is a great time to take advantage, whether you're interested in our expansion or main campus homes.

- » Floor plans at The Ridge are on schedule for mid-2021 completion.
- » Limited main campus residences are available to reserve now.

But no matter which suits your timeline, **reservations must be made before December 31st to secure these savings.**





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Lifestyle News & Happenings

A Challenging Holiday

Lavina Samoy, Lifestyle Manager

Holiday celebrations have always meant gatherings of family and friends with lots of noise and merriment. But this year requires a different type of celebration. With the pandemic cases on the rise, we need to be creative in marrying safety with the celebration. One of the biggest challenges is not to be able to see and hug your loved ones, especially your grandchildren. However, this sacrifice is necessary today so we can have hope of resuming these traditions in the future.

Here are a few creative ways of celebrating the holidays safely:

- *Watch movies together with your loved ones via Zoom.* Invite your family members to watch some holiday favorites together and have a discussion afterward. Lifestyle is bringing back our **free at the movies** showing via Zoom instead. Watch **Knives Out on January 4 at 1:30 PM (page 59)**. Depending on residents' response, we will schedule more via eNews announcement.

- *Explore the outdoors and go for a walk with the people in your bubble.* See the beautiful front yard decorations in the morning and drive the community at night to see the lights. Copies of the community **Holiday Lights list will be available on the resident website until January 1.**

- *Create something together virtually.* It could be

trying a new recipe together, playing games, or making a craft. **Krafting with Karla & Lavina** will have you ready to welcome 2021 with our **Hello New Year Plate on December 29 (page 70)**.

- *Sing carols together!* Group singing is considered a high-risk activity, but not if you do it virtually! Try doing a "pass the mic." Select a song and pass the mic to the next person in Zoom to sing the next line until the song is completed. It may not be the best sounding carol (with off keys here and there), but it will be fun! There is a great concert coming **on January 15. Watch Alpha Rhythm Kings duo Livestream and get swinging! (page 63)**.

- *If Zoom is not your thing, invite your family to face time or conference call.* Call your neighbors who you know might be alone. They will surely appreciate hearing someone familiar on the line.

If you need someone to talk to or have some questions, call our **Holiday Hotline 916-625-4022**. We will have our team on standby from **December 21 to 23 from 8:00 AM to 5:00 PM**, and we promise you will get a person on the line.

This holiday season can be extra tough without seeing your loved ones but know that you and your safety and happiness are always in our hearts.

Wishing you all a safe, peaceful, and a better and kinder 2021!





The Spa at Kilaga Springs Connection

Trudy Smith, Spa Manager

One of the side effects of the Pandemic has been the loss of connection and oppression on the human spirit and psyche in isolation.

At the Global Wellness Summit this past November, in a powerful interview with Dr. Richard Carmona, the 17th US Surgeon General and chief of health innovations at Canyon Ranch, he said that an antidote to loneliness is human connection and building relationships with people.

The Spa at Kilaga Springs' mission is one of connection, health, and wellness. We strive for those goals through our services and offerings in the retail boutique.

In the Skin care department, our facials begin with an aromatherapy journey. Aromatherapy is a powerful healing mechanism. Aromatherapy is the practice of using the natural oils extracted from flowers, bark, stems, leaves, roots, or other parts of a plant to enhance psychological and physical well-being. We use luxurious and enriching products to get you to your best skin with many home regimen products to continue supporting healthy skin. Facials improve the skin's tone, texture, and elasticity by counteracting the damaging effects of air pollution and sun exposure. Massage induces a relaxation response and is a form of relationship and connection. When the brain experiences itself being soothed by another using touch, it reminds our unconscious selves of the importance of connection and the simple gift of touching. Massage

therapy can prove to be an effective practice to help your body develop a healthy immune system. It can help in building protective cells in the body to neutralize attackers like infection-causing virus and bacteria

Nail care, the maintenance of the fingernails and toenails, is important for health as well as cosmetic reasons. Good nail care can prevent fungus infections of the nail, painful ingrown fingernails and toenails, and infections of the skin in the hands and feet. It is also a nurturing experience as you receive a massage, improving circulation and wonderful hydrating applications. We have several healthy products used in the services and for homecare. Dazzle Dry is a healthy nail polish. Dazzle Dry is specially formulated by Dr. Vivian Valenty to expand and contract with the natural nail. The signature four-step system works together to deliver high-performance wear and protection, allowing nails to become healthier and stronger over time. We also use Footlogix. Footlogix is the world's first and only Pedicetrical® foot care line, offering innovative foot care products that provide effective and transformational results to the skin and nails of the feet.

Please visit our Retail Boutique for your healthy home regimens, and gifts for the holidays. Gift cards make the perfect gift! Retail is available in person and curbside. You can also purchase gift cards online on our website www.kilagaspringspa.com.

Please connect with the Spa Concierge today to book your appointment: 916-408-4290.



WE NOT ONLY HAVE THE BEST NEIGHBOR, WE HAVE THE BEST NEIGHBORHOOD. SHE IS AN ORGANIZER, MAKING SURE THAT ALL OF US ARE BROUGHT TOGETHER ON A REGULAR BASIS TO MEET, GREET AND SHARE SO AS TO MAKE OUR COMMUNITY STRONGER. IF SOMEONE HAD A SMALL PROBLEM WITH SOMETHING, HE WOULD VOLUNTEER TO LOOK AND SEE IF HE COULD FIX IT. SHE IS A FORCE FOR GOOD IN OUR NEIGHBORHOOD. SHE GIVES AND GIVES AND GIVES AND NEVER ASKS FOR A THING IN RETURN. SHE IS ALWAYS AT-THE-

READY IF SOMEONE NEEDS HELP. HE WATCHES OUT FOR EVERYONE ON OUR BLOCK, BUT WE HAVE THE GOOD FORTUNE TO LIVE RIGHT NEXT DOOR. DURING THE CURRENT CORONA-COASTER ERA, SHE HAS MANAGED TO GET US ON ZOOM TOGETHER...SHE IS CLEARLY ONE OF THE BRIGHTEST SPOTS IN THIS WHOLE MESS. RAIN OR SHINE HE ROLLS GARBAGE CANS BACK TO EACH HOME. HE KEEPS THE FENCES IN GOOD REPAIR AND HELPS REPAIR OUR HOUSE. SHE PAYS ATTENTION TO OUR HOME IN CASE ANYTHING SEEMS AMISS WHEN WE ARE AWAY. SHE IS ALWAYS

AVAILABLE TO HELP AND HAS COOKED US SEVERAL MEALS WHILE WE WORKED ON PROJECTS WHEN WE WERE TOO TIRED TO COOK. I WOULD

LIKE TO NOMINATE MY WONDERFUL NEIGHBORS FOR THIS HONOR...THEY ARE THE NICEST, MOST THOUGHTFUL, READY-AT-A-MOMENT'S-NOTICE-TO-HELP KIND OF PEOPLE. SHE WORKS CONSTANTLY TO CONNECT ALL OF US WITH THE INFORMATION COMING FROM THE ASSOCIATION TO MAKE SURE THAT EVERYBODY FEELS INVOLVED. IT GIVES ME GREAT COMFORT KNOWING THAT WHEN I LEAVE, MY PROPERTY IS WELL LOOKED AFTER. WHEN YOU PURCHASE A HOUSE IT'S REALLY UP FOR GRABS WHAT YOUR NEIGHBORS WILL BE LIKE. I CONSIDER MYSELF A VERY LUCKY RESIDENT. IN ADDITION SHE IS ALWAYS THOUGHTFUL ABOUT ASKING IF YOU NEED ANYTHING OR PICKING UP EXTRA FLYERS AT ORCHARD FOR HER NEIGHBORS. IN OUR HOME IN THE BAY AREA, WE BARELY EVEN SPOKE TO OUR NEIGHBORS. SHE OFFERS TO TAKE ME TO FARMER'S MARKET. SHE MAKES ME SMILE. FROM THE DAY THAT HE MOVED INTO MY NEIGHBORHOOD HE HAS ALWAYS BEEN WILLING TO HELP ME WITH ANY WORK NEEDED AROUND MY HOUSE. HE CURRENTLY MONITORS THE VILLAGE BY GOING THROUGH THE NEIGHBORHOOD AT NIGHT TO ENSURE THERE ARE NO SUSPICIOUS ACTIVITIES TAKING PLACE. WORD IS "IF HE CAN'T FIX IT NOBODY CAN." NEED A SHIRT? HE WILL GIVE YOU HIS OFF HIS BACK. HE PLACES MY NEWSPAPER ON MY FRONT DOOR, SPARING ME DIFFICULT STEPS. I WANTED TO RETIRE IN

COMMUNITY AND BE ACCEPTED FOR WHO I WAS AS A GAY WOMAN, THEY WERE VERY SUPPORTIVE OF ME FROM DAY ONE! I CAN'T THINK OF

A MORE GENEROUS WAY TO SHOW NEIGHBORLY LOYALTY AND AFFECTION THAN TO CARE FOR SOMEONE WHO MAY NOT EVEN REMEMBER THAT CARE THE NEXT DAY. SHE IS A KEEPER AND THE NEIGHBORHOOD-EVEN THE WORLD-IS BETTER FOR HER BEING HERE! HE HAS GOTTEN PACKAGES LEFT ON OUR DOORSTEP AND KEPT THEM FOR OUR RETURN. THANK YOU FOR THIS CAMPAIGN. WE NEED

TO BE REMINDED THAT EVEN IN THE MOST RECENT WORLD EVENTS, WE STILL TAKE CARE OF EACH OTHER. I HAVE LIVED IN MANY PLACES AND SHE IS DEFINITELY THE BEST NEIGHBOR I HAVE EVER HAD. THE BOTTOM LINE IS SHE IS ALWAYS THERE FOR ME AND THE REST OF OUR BLOCK. SHE ALWAYS MAKES SURE YOU HAVE ALL UPDATED INFO ON ALERTS. HE PRACTICALLY TAKES CARE OF HALF HIS BLOCK, BUT IS VERY MODEST. SHE IS AN AMAZING WOMAN. SHE IS OUR VILLAGE ICON! SHE BOUGHT ME A BAKED TREAT THE DAY WE MOVED IN AND SHE HAS BEEN WONDERFUL

EVER SINCE. HANDS DOWN...THE BEST... SHE EXEMPLIFIES COMMUNITY SPIRIT AND NEIGHBORLY CONCERN. SHE IS THE GREATEST, MOST

CAPABLE, GENEROUS AND POSITIVE NEIGHBOR ANYONE WOULD BE LUCKY ENOUGH TO KNOW AND LIVE NEAR. ALL HE HAS EVER TAKEN FOR HELPING ME IS "THANK YOU." SHE WILL HOLD YOUR HOUSE KEY JUST IN CASE YOU DON'T HAVE ONE SOMEDAY. SHE IS THE GLUE FOR BRINGING OUR NEIGHBORHOOD TOGETHER. SHE HELPED ME GET THROUGH A DIFFICULT TIME AFTER I FELL ON THE DRIVEWAY AND HURT MY HIP. THREE OF MY NEIGHBORS HELP ME AT DIFFERENT TIMES, TAKING MY GARBAGE OUT AND BACK. HE AND HIS WIFE HELP EVERYONE AND MAKE US FEEL LIKE A BIG FAMILY SUPPORTING AND TAKING CARE OF EACH

SUN CITY LINCOLN HILLS GREATEST NEIGHBOR CONTEST



OUR NEIGHBORS ARE A HUGE PART OF WHAT MAKES LINCOLN HILLS SUCH A WONDERFUL PLACE TO LIVE! WHETHER BORROWING A CUP OF SUGAR OR CHATTING ABOUT THE WEATHER, OUR NEIGHBORS OFTEN ENRICH OUR LIVES IN WAYS WE NEVER THOUGHT POSSIBLE.



OTHER. I HAVE MS AND SHE WATER WALKS WEEKLY WITH ME AT KILAGA POOL FOR THE LAST 8 YEARS. SHE AND OTHER NEIGHBORS HAVE ENRICHED MY LIFE, FOR WHICH I AM SO GRATEFUL. HE PUTS AWAY ALL THE GARBAGE CANS ON THE COURT EARLY BEFORE ANY OF US HAVE ARISEN. SHE NEVER SAYS NO TO ME WHENEVER I ASK A FAVOR. HE IS A COMPUTER GURU FOR MAC ISSUES HELPING NUMEROUS FRIENDS AND WILL NOT TAKE PAYMENT OF ANY KIND. THEY PUT ON 22 GARAGE CONCERTS FROM MAY THRU OCTOBER FOR ALL NEIGHBORS TO ENJOY. IT GAVE PEOPLE SOMETHING TO LOOK FORWARD TO IN THIS VIRUS TIME. I LOST MY HUSBAND 3 YEARS AGO AND THEY ARE ALWAYS WILLING TO HELP ME. I CAN'T IMAGINE LIVING IN A NEIGHBORHOOD WITHOUT HER. SHE REALLY CARES, AND DOES SO MANY GOOD DEEDS WITHOUT EXPECTING ANYTHING IN RETURN, A RARE ATTRIBUTE THESE DAYS! HE IS A GEM...IT IS THE LITTLE THINGS THAT MAKE HIM MY HERO. SHE GOES OUT OF HER WAY TO KEEP US INFORMED ABOUT HAPPENINGS IN OUR NEIGHBORHOOD WITH SUGGESTIONS ON HOW WE MIGHT CHEER AND BE OF HELP TO EACH OTHER. HE MAKES SURE PEOPLE IN OUR NEIGHBORHOOD WHO ARE DISABLED GET THEIR MAIL EACH DAY. WHEN I CAME HOME FROM THE HOSPITAL FOR 2 WEEKS A DIFFERENT NEIGHBOR BROUGHT THE LOVELIEST OF MEALS TO US AT 5PM EACH DAY. SHE IS MY "FLORENCE NIGHTINGALE". I VOTE HER THE WINNER! A WHOLE STREET?

YES! WE HAVE EXPERIENCED THE KINDNESS AND WARM HOSPITALITY OF ALL OF OUR NEIGHBORS ON PICKET FENCE LANE. SHE IS MUCH MORE THAN OUR MAIL BOX CAPTAIN. SHE IS A KIND, CARING FRIEND. SHE MAKES LIVING IN THIS NEIGHBORHOOD A JOY. SHE'S A NURSE AND RESPONDS TO OUR VILLAGE MEDICAL NEEDS, SHE HAS FIX-IT SKILLS AS A FORMER "FARMING RESIDENT AND JACK-OF-ALL-TRADES", SHE ASSISTS NEIGHBORS WITH COMPUTER AND FINANCIAL PROBLEMS...AND THE LIST GOES ON AND ON! SHE IS ALL ABOUT INCLUSION WHICH MAKES SCLH A WONDERFUL PLACE TO LIVE. IF YOU WERE IN HER VILLAGE YOU WOULD FEEL ARMS AROUND YOU. SHE IS A LIVING EXAMPLE OF A GREAT NEIGHBOR IN HER CARING FOR OTHERS. SHE ASSISTS OUR NEIGHBORHOOD AND OTHERS EVERY DAY WHEN THE NEED ARISES. THEY ALWAYS HAVE A GOOD WORD FOR YOU AND A YES TO THINGS LIKE PLANT SITTING, HOUSE SITTING OR PET SITTING. THEY ALSO GIVE ME A RIDE TO CHURCH ON SUNDAYS. I CAN ALWAYS RELY ON THEM TO HELP IN ANY WAY I MAY NEED. WE FORMED A GROUP MANY YEARS AGO CALLED THE GROVE GIRLS BECAUSE ALL OF OUR STREETS HAVE GROVE IN THEIR NAME.... EVERYONE CONTRIBUTES TO OUR VERY WARM, CLOSE NEIGHBORHOOD.... WE HELP EACH OTHER IN ANY WAY WE CAN. SHE IS WELCOMING TO VILLAGE MEMBERS AND BEYOND. SHE DOESN'T LET THE VILLAGE BOUNDARY DEFINE HER WELCOMING SPIRIT. THIS LADY IS A GEM!

WE RECEIVED NEARLY 70 SUBMISSIONS RECOGNIZING NEIGHBORS FOR EVERYTHING FROM PUTTING TRASH CANS AWAY TO PROVIDING MEALS TO FIXING LEAKY FAUCETS. IT'S TRUE: SUN CITY LINCOLN HILLS IS HOME TO SOME TRULY AMAZING FOLKS.

Neighborhood Watch evaluated anonymized submissions and selected who they believed to be the Greatest Neighbor. All nominees received an exclusive SCLH license plate frame, flowers, and a certificate of nomination.

AND THE GREATEST NEIGHBOR IN SUN CITY LINCOLN HILLS IS...

MARILYN KOREGELOS



GREATEST NEIGHBOR MARILYN KOREGELOS (RIGHT) WITH NOMINATOR LORRAINE IMMEL

"As a nurse, she responds not only to our Village medical needs, but other friends in the community as well. Many times she gets the 3:00 AM calls for advice, treatment and knowledge or if an ambulance needs to be called. ... As a former "farming resident and jack-of-all trades" she has the skills to fix dripping sinks, sprinkling systems, repairs electrical outlets, has every tool to loan out for fixing yards, fences, etc. ... She assists neighbors with computer and financial problems. ... She checks in and is aware of neighbors (former, current, and new) about their lives ... new grandbabies, problems with their cars, houses, children. ... And the list goes on!"

- Nominated by Lorraine Immel



SUN CITY
LINCOLN HILLS



WellFit News

Happy Holidays

Deborah McIlvain, Lifestyle, WellFit & Spa Director

New holiday trends to boost your health and immunity after the pandemic.

Health and fitness industry is projecting that next year's travel will increase as more people will be looking for an escape from the long, challenging year. Since the pandemic, it has shown the importance of physical and mental health. People will be looking to book wellness holidays to maintain their wellbeing, begin their fitness journey, and fight off future viruses. This pandemic and the risk of future viruses have shown the importance of good physical and mental health and to look after ourselves. So if it is a pickleball tournament get away, taking your RV and venturing to a new place, re-booking what you missed this year, or just trying new trails and getting back to the fitness centers. Just remember to take time for yourself!



There is still time to have fun this year. Have you been to any of the Thursday Ho holiday happy hours? I also know Chef MJ is putting together something special for New Year's, look for the flyer and eNews. Don't forget to check out the Greatest Neighbor contest, and the winner on Page 20. The response was incredibly inspiring!

WellFit also has some last-minute shopping ideas see our ad on page 72.

What a year 2020 has been. The WellFit team wants to say thank you for allowing us to help you get through this year and giving us your trust through the pandemic. Next year will get better, so till then, stay positive, keep moving and keep in touch with friends and family because that is what we do here

"Lincoln Hills Strong."

Happy Holidays from all of us, and bring on 2021, we got this!

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Must mention *Compass* when booking service to receive special offer

Retail Boutique 20% off selected products

Gift cards make a perfect gift!

All Specials valid December 15 - January 15

Take \$20 off these Body Treatments

*Body Bliss Treatment normally \$145

*Anti-aging body treatment normally \$120

*Ocean Dew Detox treatment normally \$115

See website for all treatment descriptions



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Carolers by the Orchard Creek Lodge tree

A Lincoln Hills Christmas Carol

David Wright, Roving Reporter

Today, we will be visited by three spirits. Whoops, scratch that. The Spirit of Christmas Present is being a humbug, and the Spirit of Christmas Yet-To-Come is hiding-out until the future becomes more predictable. So, today, we will be visited by the Spirit of Christmas Past—taking us back to those good-ole days of 2019 and before, to celebrate an old-fashioned Lincoln Hills Christmas.



Chestnuts roasting on an open fire in Nevada City



Miniature villages surround Orchard Creek Lodge living room

The season greets us with the release of the September *Compass*. Like 20th Century children tearing through the just-delivered Sears Wishbook, residents flip directly to Katrina's newly-announced December trips. Polar Express destinations include the Nevada City Victorian Christmas, Sierra Snow Train, San Francisco Union Square, Hearst Castle Holiday Tour, and the Poinsettia Farm.

As soon as the last table is cleared at the Meridian's Thanksgiving Day Feast, elf volunteers get to

work decking the halls of our lodges. With much mistletoeing, they magically create a winter wonderland adorned with ceiling-high Christmas trees, hanging wreaths, caroling mannequins, and miniature painted villages—giving reindeer pause to all those passing through.

Orchard Creek Lodge is beginning to look a lot like Christmas. The line for See's Candies bows around the donation bins overflowing with toys and canned goods. Workshop classrooms fill with jingling belles learning to craft centerpieces, ornaments, and stockings to be hung with care.

The Ballroom evenings set the stage for yuletide carols being sung by the Community Chorus, and folks dressed up like Eskimos for the Players Group performances. During the day, it becomes a venue for club holiday banquets complete with photo opportunities with that jolly old red-suited saint, though with one clause—no lap-sitting. Santa's hips are not what they use to be.

Tiny tots, with their eyes all aglow, parade through Kilaga Springs Lodge during the Grandkids Santa Adventure. That evening, in the shadow of the treetop glistening, all is calm for a lone resident warming by the hearth while reading a Dickens classic.

Whether it's wassailing through open-houses, enjoying a cup of cheer with friends, four-wheeled sleighing through brightly-decorated streets, or traveling over the river and through the woods for grandmother's special-recipe holiday sauce, neighborhoods ring out like a Whoville Jubilation.

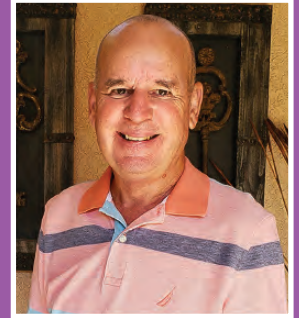
Ultimately, the Norman Rockwell-like scene yields to the New Year's Eve Gala and fireworks display. Festivities may be wrapping up for this journey down memory lane, but here's ho-ho-hoping that next year, Jacob Marley brings back the Spirit of Christmas Present.



Mona Matthias, Director

'Tis The Season To Greet New Neighborhood Watch Directors!

Teresa Tanin, Neighborhood Watch



Dennis Wagner, Director

Annual elections held “virtually” November 6 resulted in Mailbox Captains, Coordinators, Directors, and residents, unanimously voting-in two new 2021 Directors.

We welcome Mona Matthias, a current Village Coordinator. Mona brings her many years of teaching and her experience in mathematics instruction, including the methods of teaching mathematics. Mona served as a Co-Director and is now a Fellow of the Northern California Mathematics Project. Mona also brings her experience in heading many speaking engagements around the world and has contributed her time in fundraising.

We also welcome Dennis Wagner, a former Village Coordinator. Dennis brings 35 years of experience in the Federal Government, 25 years of which was in the U.S. Army of Corps of Engineers. Dennis was previously a Director for the Lincoln Hills Foundation and has served on the City of Lincoln’s Economic Development

Committee. Dennis has also been active in matters related to our Association, striving to bring improvements for Lincoln Hills’ residents.

Neighborhood Watch benefits greatly from our volunteers. We welcome new Directors, thank our continuing Directors, and commend those Directors that are stepping down. Linda Minor, previous Executive Director, has completed her second two-year term, and Director, Susan Ishimaru, is retiring. We will miss them both and their many contributions; however, they remain Coordinators and Mailbox Captains in their Villages. Thank you!

To learn more about our Directors, please visit Neighborhood Watch website schwatch.org “About Us.” Listed are “bios” for each Director and the new officers for 2021.

Neighborhood Watch Bylaws allows for a total of fourteen Directors, and with our current number of nine, we are open to

adding more. Managing Villages, Coordinators, and Mailbox Captains is a rewarding volunteer opportunity. Volunteers offer a variety of talents adding to the success of the Neighborhood Watch Mission Statement:

- Strengthen neighborhood ties
- Increase personal safety and security awareness
- Be the “eyes and ears” of the Lincoln Police and Fire Departments
- Encourage emergency preparedness.

Neighborhood Watch and all of our volunteers would like to wish everyone a safe and happy holiday season—’Tis the Season!



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- Varicose veins
- Swelling
- Itching
- Heaviness or tiredness
- Aching
- Cramping
- Restlessness
- Open skin sores

CVI Risk Factors¹:

- Family history
- Lack of exercise
- Leg injury or trauma
- Prolonged sitting or standing
- Obesity or excess weight
- Current or previous pregnancies
- Smoking

If venous reflux is left untreated, it may worsen over time and develop into a more serious form of vein disease called chronic venous insufficiency, or CVI.²

Learn more about symptoms, risk factors, and treatments at [Medtronic.com/VeinDisease](https://www.Medtronic.com/VeinDisease)

References

¹ Criqui MH, Denenberg JO, Langer RD, Kaplan RM, Fronek A. Epidemiology of Chronic Peripheral Venous Disease. In Bergan JJ, Bunke-Paquette N, eds. *The Vein Book*. New York, NY: Oxford University Press; 2013:27-36.

² Eberhardt RT, Raffetto JD. Chronic venous insufficiency. *Circulation*. July 22, 2014;130(4):333-346.

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Light Therapy Box

See the Light

Shirley Schultz, Roving Reporter



We got hit with a triple whammy this 2020 season: shorter days with more hours of darkness, increased social isolation due to the COVID-19 pandemic, and the common stressors that often accompany the holiday season. Although we all respond differently to these phenomena, it is quite common for people to experience Seasonal Affective Disorder (SAD). This is just a fancy name for depression,

and the depression may be made worse by social isolation.

Light boxes (also called light therapy boxes and phototherapy boxes) have become a common treatment for seasonal depression. Consider giving yourself the present of light. Before investing in a light therapy box, be advised to clear with your physician that such is safe for you. Certain medications may increase your photosensitivity to light leading to sunburn or rashes, or light therapy may tilt you towards a manic stage if you are bipolar. If you are able to get adequate light exposure outdoors, then you probably do not need to consider getting an indoor light therapy box.

There are basic criteria for safe

and effective light therapy boxes:

- Select a light box that emits 10,000 lux (a measure of illuminance), about 20 times the strength of typical indoor lighting.

- The light box should filter out at least 99% of harmful ultraviolet rays. Avoid tanning booths because they do not block ultraviolet rays.

- The position of the light box is essential. Place it at eye level or higher, about two feet away from your eyes, and at a 45 degree angle from your eyes at 10 o'clock or 2 o'clock. Do not put the light directly in front of your eyes. With the light box at this angle, you can multitask while doing therapy: eat breakfast, drink coffee, read emails, etc.

- Use the light box for 20 to 60 minutes in the morning to boost your mood and energy. It may take one to two weeks to notice a difference. Since it is meant to mimic sunlight, use it daily in fall and winter.

- Depending on your level of depression, additional therapies may also be needed to get relief.

Of the several light therapy boxes on the market, the one that came to the top most often in my research is the Verilux Happy Light Lucent, which can be purchased for about \$40.00. Say Happy Holidays to yourself and light up your life!



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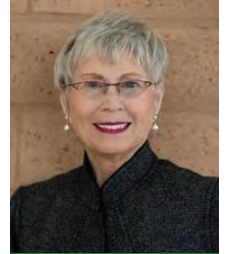
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The sandwich, as we know it today, was most likely invented during the 18th century by an English Nobleman, John Montagu, the 4th Earl of (you guessed it) Sandwich. The story goes that Montagu loved to gamble as much as ‘gobble’ and desired a clean, freehand at the card table while eating. He ordered his cooks to produce a meal to accommodate his wish. Thus, the name “Sandwich” became synonymous with the moveable feast.

Nowadays, common entries on America’s sandwich board include: Peanut Butter and Jelly; BLT (Bacon, Lettuce, Tomato); Club (A triple-decker toasted bread, turkey, lettuce, and tomato); and, Grilled Cheese. However, that’s just the tip of the iceberg. No matter how you slice it, a filling of meat, cheese, and/or vegetables between two slices of any type of bread makes a sandwich.

Lettuce Celebrate

Hero. Hoagie. Submarine. Club. No, these aren’t computer passwords, but rather, varieties of a popular American food commonly known as the sandwich.

Let’s get to the meat of the matter. It is estimated that more than 300 million sandwiches are devoured daily by Americans of all races, ethnicities, shapes, and sizes.



The Earl of Sandwich was from Britain’s upper crust

We love the sandwich because it’s portable, cheap, easy to buy or make, and palatable at any meal. There’s even a National Sandwich Day. You probably missed it this year because it fell on November 3—the same day as Election Day, when many people were busy ingesting a different kind of baloney!

Right now, you’re probably thinking ahead to the sandwich platter you’ll roll out at your upcoming holiday party, perhaps utilizing fresh meats or leftovers such as chicken, turkey, ham, and roast beef, and topped with cranberry sauce, mayo, or other spreads.

Just how did the sandwich get its start? An early semblance of the food goes back to the 1st century BC when Jewish Rabbi Hillel the Elder began a Passover tradition of putting lamb between two pieces of unleavened bread or matzo.

In the 17th century, taverns in the Netherlands often combined pieces of the cured beef that hung from the ceilings with bread and butter for customers.



Santa’s snack – a “Santa-wich”

Years ago, an East Coast disc jockey launched a publicity stunt – a campaign to unseat the sandwich, claiming that the Earl of Shrewsbury was the actual originator of the foodstuff and the name should be changed. Luckily for us, the attempt failed. Somehow a “Turkey Shrewsbury” doesn’t cut the mustard!

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In Memoriam



Patrick Gates

Pat was born in Fresno, California, and grew up in Walnut Creek. He served in the Army in Korea and then graduated from San Francisco State University. Pat worked for Colgate-Palmolive Company for 30 years and retired in 1989. He and his wife, Margo, moved here and enjoyed 19 years of new friends, hunting, fishing, playing cards, wine tasting, potlucks, and travel. He is survived by his wife, five children, 11 grand-children, and 19 great-grandchildren. Pat will be truly missed by all who knew him.

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

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"We lived in Lincoln Sun City for 6 years and decided to upgrade to a larger home. We contacted Penny and were very impressed with her knowledge of the construction, community, pricing and market knowledge. Her sense of urgency in responding to our questions; looking at property on a moments notice, explaining the process we would go through not only purchasing another home but, selling our existing home as well. If you are new to the area and considering our great community, contact Penny. You will not be disappointed." - Steve Giordano, Sun Valley Lane



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Merry Christmas

Please celebrate with us this Christmas and New Year season. We hope to be back in Sun City the first part of January 2021.

If you are unable to join us, Pastor Tom is posting a video of his sermons every week on our website & on YouTube. Be sure to watch.

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Amateur Radio

Our Group is pleased to welcome new members Mike-KM6YOQ and Jay-KN6LPV. Mike hosted one of our weekly Nets. Jay recently passed his Technician License Exam. Our hobby is seeing renewed interest from veteran Ham operators as well as those new to the hobby. The club offers support to folks who want to get started in Amateur Radio with incredibly knowledgeable members. We continue to Zoom our pre-Net meetings every Monday at 6:30 PM. Tips and tricks are shared. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG. The LHARG conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 443.2250 MHz, 167.9 PL.
Contact: Stu Gallant 916-587-3715, Stuart.Gallant@gmail.com
Website: lharg.us



Astronomy

We will begin presenting online video programs in addition to guest speakers during our regular scheduled meeting date and time on



the first Wednesday of each month at 6:45 PM. The next general membership meeting will be on January 6. All LHAG members will receive an email with details on accessing the online meeting and presentation. If you wish to participate, you are welcomed to contact Ron Yelton, LHAG Treasurer, at ryelton660@aol.com. Annual membership dues are \$10 per household. If you are interested in just keeping updated with current events in general astronomy, own a telescope, or choose to learn about the mysteries of the Cosmos, the LHAG has a place for you. No meeting is scheduled for December.

Contact: William Weaver 916-408-1252, hamweaver@wavecable.com
Website: www.lhag.org



Ballroom Dance

Gary and Karen Allington moved to Lincoln Hills in 2011 from eastern Washington (Soap Lake) and have been participants with our club ever since.



Gary and Karen Allington

They enjoy all the dances, but their favorites are the Waltz and Rhumba. They like the Waltz because it was the first dance they learned together. The Rhumba is another favorite because they especially enjoy the music associated with the dance. The Allingtons enjoy dancing because they like the music, fellowship, and the exercise both physically and mentally.

Gary and Karen have found that everyone in the Ballroom Dance Club is friendly and supportive. They add the membership is a great, uplifting group of people to be around. They especially have found Sal and Ruth Algeri to be great teachers.
Contact: Ruth Algeri 916-408-4752



Big History

On December 7, in our final presentation of 2020, Marggi Holtze discussed animism, the belief that everything—animals, rocks, trees—has a spirit or soul. She gave fascinating examples from Africa, South East Asia, the Near East, and the Americas, to name a few.

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Now we break for the holidays and then start up again on January 25. Details will be in the January *Compass*. It has been another great year for Big History, and we look forward to more peer-to-peer learning and explorations of the big picture of human existence, whether on Zoom or at in-person meetings once they become possible. For more information, please contact David.

Until 2021, we wish everyone a happy and safe holiday season.
Contact: David Lewis 916-626-2795, stuff619@gmail.com

Billiards



Please check our webpage and see what we have to offer. In the meantime, until we are open and able to play pool,



Orchard tables

I suggest going to YouTube and watching past and present professional pool players playing Nine-ball, Eight-ball, One-pocket, and Bank-pool. You can learn a lot by watching these players. Also, with instructional videos, you can learn how to apply english, bank shots, rail shots, and how to get position

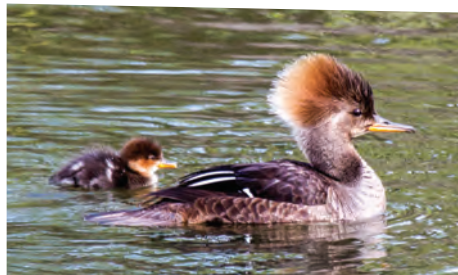
on your next ball, and much more. Stay safe, stay healthy!

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



Bird

Our group maintains six duck boxes in our wetland areas. Three were put in over ten years ago by Paul Beach and Kent Duncan to provide nesting places for Wood Ducks and Hooded Mergansers. Later, Don and Ruth Baylis oversaw the placement of three more boxes. This November, Paul MacGarvey and Steve Olcott took on the job of cleaning and refilling the boxes with bedding. Annual inspections give us an opportunity to check on the success of each box.



A Hooded Merganser with chick

Christmas Bird Count will be on December 29. Part of a larger Lincoln Area Count, it will help us understand the effect of recent fires on birds. Linda Morley has set up eight teams. We are

limiting the number of participants to comply with COVID-19 distancing.

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



Bocce Ball, Mad Hatters

After a month's-long talent search, John and Cynthia Gradwohl has agreed to take over primary responsibility for the Mad Hatters Bocce Group. John and Cynthia have been Lincoln Hills residents for a few years now and started playing Bocce with our group shortly after they moved in. They were involved with community Bocce groups before moving here and bring that experience to the courts. Along with John and Cynthia, Chuck Solt has volunteered to be on your Steering Committee. Chuck has been playing with us for a couple of years now.



John and Cynthia Gradwohl

As we write this the COVID-19 pandemic seems to be exploding around us. After several phone

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calls back and forth, our Steering Committee has decided to affirm our previous decision not to engage in group activity.

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

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



Book, OC

There is no meeting in December. That “other election” is over, and it’s on to the important one of voting for books we’ll read in 2021. Just like everything else in 2020, we adapted to remote nominations and voting.

Hopefully, you already have the results in hand (if you are a member) or will see them in *Compass* articles for the new year.

Lastly, pat yourselves on the back for adapting to new ways of doing things (zoom meetings, “masking up”) and for finding that enjoyment and escape reading can bring.

The holidays this year will be different, but the feelings remain the same. From all of us bookworms, best wishes. Stay safe and stay well.

For information, contact catsickle@gmail.com.

Contact: Cathie Szabo 916-434-6667, catsickle@gmail.com

Website: <https://lhocbookgroup.blogspot.com>



Bridge, Partners

We have been inactive since March 13 (Friday the 13th), and as of November 13 (Friday the 13th), the situation has deteriorated as Placer County went from orange to red to purple along with most of the state. KS will remain closed, with bridge still suspended, since KS meeting rooms cannot be used without the six-foot spacing requirement regardless of color alert level. The Association cannot allow facilities use without the six-foot social distancing. Our eNews system is the best source of current information on when facilities might open.



Bridge, Social

When KS opens up again to our community, we will welcome our players to join us every Friday. This bridge is Singles’ rotation—no partner needed. We usually meet in the Sierra Room (KS) opposite the Billiards from 12:15 to 4:00 PM. Make your reservations with our contact below. Hope to see you in 2021. Have a Merry Christmas and a Happy New Year.

We also teach bridge. Our free bridge class will resume when

OC opens. We meet in the Card Room (OC) from 8:30 to 10:00 AM for beginners, and 10:00 AM until Noon for Intermediates. No reservations are needed.

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



Chorus

We are keeping our fingers crossed that we’ll be singing in May, but the chances of an early January startup of rehearsals are slim. Nevertheless, in hope that springs eternal, Director Paul Melkonian and his committee have assembled a selection of “happy” songs that we guarantee will put audiences in high spirits! Keep your fingers crossed.

Meanwhile, taking advantage of our year-long break from singing, we have just completed the complex process of revising many pages of our governing documents, as the Steering Committee has voted their unanimous approval.

The Chorus greatly missed your smiling faces and wild applause at what would have been a festive Christmas concert earlier this month! Happy holidays to all, with great optimism for 2021 just around the corner!

Contact: Jim Worley 916-532-0727, jmworley2013@gmail.com

Website: lincolnhillschorus.org



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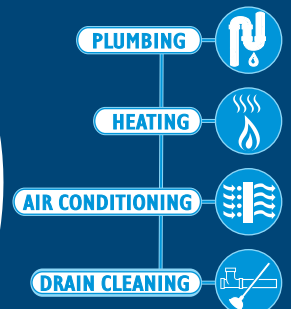


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We re-elected president Helen Rains, vice-president Ken Silverman, secretary Sharon Worman, and treasurer Gerry Esker. We appreciate their leadership through the challenges of 2020, and we look forward to their continued leadership in 2021.

We also appreciate the many volunteers that make LHAUG possible. They are Doug Thom, Bonnie Esker, Bill Smith, Harlan Felt, Arnie Schwartz, Sue Schwartz, Henry Sandigo, Vicki White, Jack Harris, Jeff Hanner, Rich Thayer, Ken Spencer, Steve Kirkland, Andy Petro, Lew Barnard, Jim Collier, and Nina Mazzo. If you'd like to volunteer with the group, contact Helen Rains and let us know about your interest.

LHAUG is now accepting membership renewals for 2021. To renew, go to the 'About Us' tab on our website.

We wish you a happy holiday season!
 Contact: *Helen Rains* 916-408-4505,
helen.lhaug@icloud.com
 Website: *www.lhaug.org*

Computers

PC



Our lodges remain closed with no opening date available. On November 11, Terry Rooney gave an excellent presentation and update regarding "Chromebooks." Not only are sales increasing due to use by students at all levels, but others are finding the function and costs to be very attractive. A free conversion of your old laptop to a Chromebook was discussed. You may submit questions to our website for assistance. A lucky winner, who attended the talk, received a new Chromebook. Past presentations are on our website. Help (as able) with your desktops, laptops, pads, and phones is also available to members via the website. Membership dues for 2021 are \$15 per household (check only). See our website. Happy holidays, and stay safe. Vaccines are coming.

Contact: *Norman Seidenverg*
 916-209-3894,
gozimas1937@gmail.com
 Website: *www.sclhcc.org*



Country Couples

2020 – What a year!
 Who would have thought

we'd live through a pandemic with all the restrictions, preventive measures, hospitalizations, and death? The silver lining for us is we live in a safe/caring community with the knowledge that our friends and fellow residents are being careful, plus following the guidelines to keep the virus away. With COVID-19 controlling the scenario, no one knows what our holidays will look like. We can only try to keep a positive attitude and celebrate with caution. Happy Holidays anyway!



Fun Times!

Are you interested in joining us and learning Country Couples dancing? Once everything is back to usual, Beginner lessons are 7:00 PM Mondays at KS. For more info, go to our website or contact us.
 Contact: *Kathy Lopez* 916-434-5617
 Website: *www.sclhcc.com*



Cyclists

E-bikes – Chapter 3: When riding, there have been many times I've been asked, "what is the range of your e-Bike?" There are many factors that determine range. Those you



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can control include the size of your battery/motor, how hard you are pedaling, what speed you are going, and the level of motor assist you select during your ride. Those you cannot control include wind, weather, temperature, and terrain.



Sue Worrall riding her new Trek Domane+ HP7 e-Bike

Battery size (Wh) has a direct effect on range. For example, if your efficiency number in Wh/mi is 10, then a 500W battery would provide a 50-mile range, whereas a 325W battery would provide approximately a 32-mile range. Of course, your efficiency number is determined by the many factors listed above.

Contact: Dave Sausen 916-300-5395, dave.sausen@yahoo.com
Website: lincolnhillscyclists.com



Euchre

When OC is open again for activities, consider joining us. If you like to play trick-taking card games, you will love Euchre. It's simple to learn, yet there is some strategy to it! We meet on the second and fourth Thursdays of

the month from 6:00 to 8:30 PM in the Card Room (OC). If you are new to the game, we will give you a few lessons before you come to our regular game so that you will feel comfortable. All are welcome, but please contact us so that we can get a proper headcount for the tables' setup.

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



Fishing

The fishing club is at a standstill. The guys I chat with ask if I've been fishing. I say, "well, yes, two times this year." They respond with, "that's two more than I have!" Of course, that is not true of all of us. Many of the members headed out to a lake, creek, river to cast a few lures or flies. Sturm was fishing "the Sac" a few weeks back. He said, "I had a hell of a day." In fish lingo, that means great. Maybe 2021 will be when we gather again to share fishing memories and plans as a club.

We are always looking for new members—email Ralph at



Mar nally gets one ;)

ralphtonseth@comcast.net or Henry.

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



Garden

"Merry Christmas, Happy Hanukkah, Holidays, and New Year."



Christmas Wreath from Natural Boughs

A Message from our President, Marian Reeder, and Steering Committee Members:

Let's put an end to the disappointments we have had in 2020 and look forward to the Spring of 2021. Your Garden Group will again host Plant Sales, Rose & Flower Shows, Garden Tours, Bonsai Show, monthly General Meetings, and Field Trips. All of us on the Steering Committee are ready to move ahead as soon as possible, to bring you the joy of your membership. If you paid dues

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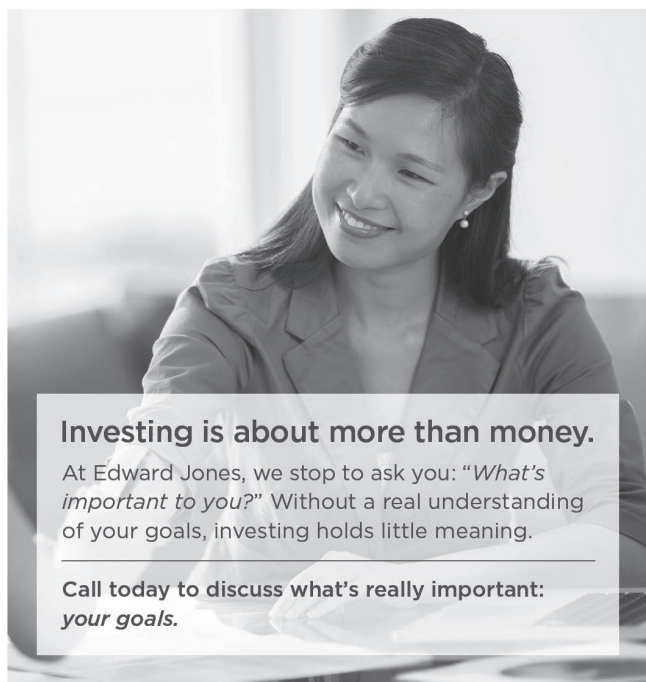
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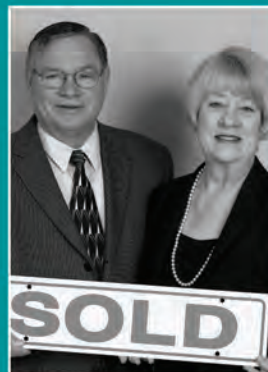
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in 2020, you are also paid for 2021. Remember to check out our web site for the latest information and links to interesting "garden stuff." We wish you a safe and healthy Holiday.
 Contact: Lorraine Immel 916-434-2918, lorraineimmel@gmail.com
 Website: lhgardengroup.org



Genealogy

There is no speaker in December. Watch your Membership email for how to get coaching on Zoom with Genealogy Club Members. Notifications for renewal of membership will be sent to members in December. We will be offering a membership discount of \$15 per household for 2021 (one year only) for new and renewing members due to coronavirus constraints. Please consider joining or renewing so that we can maintain our services for you. In the new year, we will offer Boot Camp on Zoom. Watch for details.

Contact: Barbara Branch 916-225-4990, drbabsie@gmail.com
 Website: <https://www.suncitylhgc.com/>



Golf

Ladies XVIII

Our membership drive is in full gear and growing for 2021. Some returning members include Sylvia Feldman, former two-time Captain in 2012 and 2015; Bonnie Hing, former Captain from 2006;

Lena Ingraham; and Vivian Lim. We are welcoming new players Karen Gabriel, Ilene Marshall, and Kathie Sutter. For questions about membership, contact Rosie Warren. The last playday for November was played by 31 gals on the Orchard, over a landscape of ever-changing fall color. The winner of flight one was Sanderson, with Brinkerhoff in second. Flight two was captured by Dong, four strokes under Thom. Fitzmaurice was best in the third flight, four-better than Hur, who persevered in a three-way tiebreaker with Carr and Unger. Biswell and Thom earned CTP's.

Contact: Rosie Warren 530-613-2327, rmw1903@gmail.com
 Website: lhlxviii.com

Lincsters

Giving, not golfing, is the December theme. Each of 150 Lincsters found a surprise package at their front doors on December 2. In lieu of the cancelled Holiday Luncheon, creative Social Committee members prepared a "socially-distanced-hug." Chairman Kim Schutz explained, "Lincsters are members for the golfing and also, for the friendships and personal connections that carry over from the fairway." Thanks go to Committee



"Keep Lincsters in Your Future." Gift prepared by Social Committee.

Santa Helpers: Co-Chairs Kim Schutz and Kim Hall, Co-Captain Judy Josse, Kathy Lindner, Marnie Badgley, Olga Vinyard, Ann Diddy, Nancy Dodgion, Kathy McCuiston. Even with the cancellation of the fundraising tournament/silent auction luncheon, Lincsters tallied over \$3,000 in donations for the Placer Breast Cancer Foundation. Club members also purchased individual holiday gifts for the 56 long-term residents at the Lincoln Meadows Care Center.

Contact: Joyce Kirk 626-429-2284, thejf Kirk@gmail.com
 Website: Lincsters.com

Golf Men's

Our Club thanks Board members Roger Cummings, Phil Steinbock, Doug Hinchey, and Steve Beebe for their years serving on the Board of Directors. For 2021, we welcome John Garfein, John deWildt, Mike

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McGuire-Back, Rich Henrickson, and Brian Fox. The Four-Man Tournament Gross score flight winners were: Joe Angel, John Vass, George Booker, George Wuschnig, Michael McGuire-Back, Jerre Haynes, Dan Guth, Allan Wong, Ron Weech, Doug Martin, Joe Varner, and Doug Hinchey. Net flight winners were: Pete Saco, Steve Thornton, Roger Val, Bruce Lyau, Jay Stockton, Mercer Tyson, Rob Phillips, Jack Dillon, Jerry McCann, Rudy Ladera, Mike Shannon, and Bob Leonard. Check our website for the 2021 Tournament schedule.

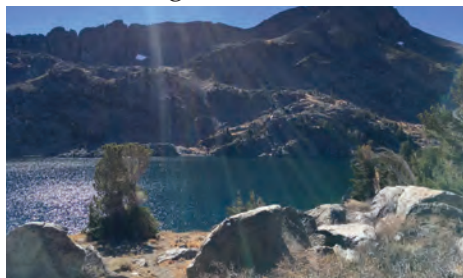
Best wishes to everyone for a Merry Christmas and a Happier New Year!

Contact: *Bob Schoenherr* 408-838-5340, *schoenherrbob@gmail.com*
Website: *mgclh.club*



Hiking & Walking

Our active hikers are enjoying the beauty around us with individual or couple hikes during this COVID-19 time.



Autumn light at Winnemucca Lake

Take a look at the photo gallery on the website. It is inspiring. So great to see! Anxious for next year to bring us all back together. Stay safe!

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



Investors' Study

We hope you will join us Thursday, January 7, at 2:30 PM, via Zoom or phone call-in due to corporate travel restrictions. The market discussions have been informative and insightful. Russ Abbott or Matt Bopp of Morgan Stanley will speak at the meeting. The Active Investors sub-group meets at 3:00 PM on the second Monday of each month, if interested, contact Norm Quattrin at 916-645-4675. Contact Carl Sulzer for questions on the Investors' Study.

Contact: *Carl Sulzer* 916-462-0986, *carlsulzer@gmail.com*



Lavender Friends

January will bring an election and three new officers to Lavender Friends—president, vice president and secretary. A nominating committee has been busy putting together a slate of candidates to fill the positions. The election will be held at the biannual business meeting next month—probably on Zoom. Watch for details in your weekly

communication emails. Don't forget: annual membership dues (\$10) also will be collected in January. Lavender Friends is a club for LGBT residents here and their allies. Because of COVID-19, our planned 15th anniversary celebration was postponed. The anniversary committee is hoping to hold a 16th-anniversary party in May or September. For more information about the club, check out our website.

Contact: *Sandi Dolbee* 916-409-2156, *sandidolbee@yahoo.com*
Website: *lavenderfriends.com*

Lincoln Hills

Line Dance

Line Dance classes continued on the parking lot (KS) in November, but there were no classes during December. Hopefully, we may be able to have classes again inside during the beginning of the New Year. Our holiday potluck had to be canceled, but we look forward to having our three socials in the New Year. The Steering Committee needs volunteers to help plan our 2021 socials—one in spring and the other in late summer. Please consider joining our group. No experience is necessary, and the current committee will lend their support. We are a social group as well as a dance group, and we need volunteers to keep the fun

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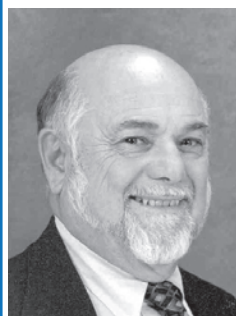


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times rolling and make 2021 the best year ever. Happy Holidays.
 Contact: June Willis 916-253-3348,
 willtom@sbcglobal.net



Mixed Media

Happy Holidays, Mixed Media friends. How about one more challenge this year if you want something to do? Take a holiday song you like and let it inspire you with a piece of art. Next time we get together on Zoom or wherever you can share it.

Last month, some of our group met together in a park by Patricia Branham's home. Those who attended had a great time. Everyone kept a safe distance and wore masks. Julie Bright shared her painted rocks.



Julie, thanks for sharing your rocks!

The unknown each month with our club is making it hard to plan. But for now, we will continue to Zoom. If those plans change, Nan Griffin will be sending out an email to Mixed Media Arts members.
 Contact: Nancy Griffin



Motorcycle

Road Captain John Marin led the club's November ride through the Sierra Foothills to a great lunch in Plymouth. With the club's year-end election of officers completed, we welcome Don Bowden as the new club President. Special thanks to outgoing President Doug Sterne (and wife Patti!) for six years of leadership and service.



Ready for a ride!

The club has scheduled rides on the second Saturday of the month, March - November. Once coronavirus restrictions have eased, the club will resume having monthly meetings on the fourth Thursday of the month at 5:30 PM, Multipurpose Room (OC). Guests are always welcome. There will be no meeting in December.
 Contact: Manny Perez 916-253-9121,
 manwil412@wavecable.com



Music

The Group Zoomed our performances in November. Applause and smiles were abundant. Musicians are

becoming more comfortable with performing online, and several folks have invested in audio interfacing devices. These devices improve the sound quality of our voices and instruments over the Internet. Group songs were "In the Still of the Night" and "Tie a Yellow Ribbon 'Round the Ole Oak Tree." When OC reopens, we will 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 925-788-5869 for information.

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



Needle Arts

Come January, we will need someone to write articles for the Sun Senior News and the Compass. Gathering information is not difficult. Jill Short is willing to walk the new person through how to do articles. Please, contact Jean Storms if you are interested or have questions.

The 2021 Needle Arts dues will be \$10 if paid or postmarked by January 30. After that, the dues will go up to \$20. Check

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out the Needle Arts website for the Membership Form and where to send it. Congratulations to our 2021 elected Board: President, Jeanne Helland; First Vice President, Program Chair, Shirley Rainman; Second Vice President, Travel Chair, Nancy Norton; Secretary, Sue Beresh; and Treasurer, Linda Garrett.
Contact: Jean Storms, jeanstorms272@gmail.com
Website: sclhna.com



Neighborhood Watch

This has been an odd year! How often we ask, "Where has the time gone?" However, since mid-March, the months have dragged on, and yet—it's holiday time, again. And, as always, "So soon!" Neighborhood Watch is gearing up for 2021 and hoping for more in-person events. Nevertheless, our board will continue to work together to make Lincoln Hills a great place to live. Although Executive Director Linda Minor and Director Susan Ishimaru will be stepping down from the board, both will continue as mailbox captains and village coordinators. We



Happy Holidays to our volunteers and to our community.

appreciate their work on the board and want to thank them for their dedication to our community. Dr. Barbara Branch will assume the position of Executive Director. We wish our neighbors a happy holiday season.

Contact: Dr. Barbara Branch 916-543-8219, drbabsie@gmail.com
Website: www.SCLHWatch.org



Painters

Congratulations 2021 officers. Welcome to Marilyn Brodersen as President and Bob Green as Vice President; and a happy return of Marsha Herlache as secretary and Linda Shields as Treasurer. Watch for new and creative programs as we Zoom into 2021! As past President, I wish the new Board all the best, and I look forward to benefitting from their fresh approach. I also thank the members for all the support over my terms as President. It's a great club.

2021 Membership Drive is on! Because of multiple missed meetings for COVID-19 restrictions, the dues for 2021 have been waived. Open sign-ups are December 1 through February 28. Current members get a free pass, and so do new members signing up during the Membership Drive.
Contact: Joan Musillani 916-712-4393, joanmusillani@gmail.com



Paper Arts

Happy Holidays! We're thinking back to previous years when we'd be busy making our table centerpieces for our holiday parties. We look forward to returning someday to our club meetings and activities.

In November's newsletter, we displayed many Thanksgiving cards from members. Thank you to those who contributed their beautiful designs. Thanks to those who donated their cards to "Cards for Kindness," an organization that collects and distributes homemade cards nationwide to those in hospitals and nursing homes. A package of our donated cards has been sent to the organization's headquarters. To learn more about Cards for Kindness, go to the website, <https://www.scrapbook.com/articles/cards-for-kindness>. Upon lodge reopening, we meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS).
Contact: Susan Long 916-408-3451, scewlong@sbcglobal.net



Happy Holidays!



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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. When the lodge reopens for card games, Pedro will meet in the Card Room (OC) on the first and third Friday from 9:00 AM to Noon.

For more information, please contact Denise or Doris DeRoss at 916-253-7164. We look forward to seeing you when we reopen.

Contact: Denise Jones 916-543-3317



Photography

Our members will miss the Club's traditional December holiday breakfast. In lieu of this much-loved event, we tuned in virtually on December 9 and enjoyed a surprise presentation featuring the works of some of our favorite photographers—our own members!



Photo by a Truman Hol claw

The Round Table and the Enhancement SIGs will be held in December. The Enhancement SIG will look at what's new in Lightroom and Photoshop. The Learning SIG is on hold but will resume after the first of the year.

Our photographers' works are on display at Simple Pleasures in Lincoln. Take the time to enjoy a delightful lunch and view the spectacular photography!

The Club Facebook page is open to all Lincoln Hills residents who are interested in photography. Check it out at <https://www.facebook.com/groups/SCLHPhotographyClub>.

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



Players

As we approach the end of 2020 (finally), we would sincerely like to wish all a healthy and happy holiday season. Hopefully 2021 will allow us once again to present to you, the Lincoln Hills audience, a selection of plays and musicals that you have enjoyed so much in the past.

Our actors, singers, dancers, and stage management people are anxious to get back to work—just as you are ready to return to some sort of normalcy. We will

get there! Hopefully, the vaccine we are anticipating by the end of the year or early spring will allow us to present *Murder on the Orient Express* in June and *Damn Yankees* in November 2021.

Contact: David Africa 916-708-0009, djafira@sbcglobal.net



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 (Mondays and Fridays) or 4:45 PM (Tuesdays). The new seating arrangement will eliminate people not being able to play because tables are full. (Subject to the reopening of the lodge.) Any questions, contact Lynne.

Contact: Lynne Barsky 916-253-3730



RV

Our Members are busy both traveling, as well as, planning RV adventures for 2021 all over California and throughout the USA. February and March, we will be Rallying in Palm Desert and then San Diego. Additional Rallies are being sought for Buellton/

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Solvang; Likely, CA; Graeagle; Monterey; and more. Our Rallies typically include golf, pickleball, and much more. Members are planning individual 2021 travels through the South, Yellowstone, and even Alaska; plus, Cruises and international travels.



Ready to Roll

When Lodges open, our Monthly Meetings are at 4:30 PM on the second Tuesday of each month, Placer Room (KS). New Members have been joining us on our Rallies, and so can you. Remember, RVing is the safest way to travel—as three million new RVers are experiencing.

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



SCHOOLS

With COVID-19 cases rising, Western Placer Unified School District's promise to parents is still a focus. The schools will provide a welcoming environment to assist children in achieving his or her highest academic potential. Schools continue to offer both in-person and distance

education. Evidence shows that WPUSD schools are not a primary transmission for COVID-19. There are no plans to close schools. Strict protocols are in place for wearing masks and distancing, which has kept the number of cases very low. Volunteers are not allowed in the classroom but may contact teachers they have worked with before to offer help from home. Details are changing daily. For updates, the WPUSD website is www.wpusd.org.

Contact: Cyndi Colloton, ccolloton@yahoo.com
Website: schoolssuncity.org



SCHOOLS li le schoolhouse



Singles

December is here! Even though it will be a bit different than in previous years, we can still enjoy the holidays. Call a friend to say hello, bake some cookies, listen to some holiday music, put up a few decorations, and you will feel better! Non-perishable food items are still welcomed by The Salt Mine. Donate a few items to them and that will help our local families in Lincoln enjoy a nice holiday meal. There are several

toy drives in our community, and they too would appreciate a donation.

Your Singles Board wishes you a very happy holiday season! We are just waiting for the day when we will all be together again. Hopefully, that will happen very early in the new year!

Enjoy this festive season!
Contact: Susan Platt 916-397-0850, foster.p.susan@outlook.com



Ski

Based on the November snowfall and resort snowmaking, many of us should have been to the slopes by the time you read this! The Club's friend, Trevor from Blue Zone Sports, joined us once again at our November Zoom meeting and gave us our annual update on ski equipment. Club President Ken Spencer also described the likely COVID-19 protocols for the local ski resorts and the Club's plans for carpools that we coordinate (masks required in the vehicle) or for alternative meet-ups at the resorts. Plans for the annual getaway trip to Park City, Utah, in February are being finalized. If you are considering joining us, contact Ken as soon as possible for information on accommodations.

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

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Softball

We hope the world health circumstances improve so that softball action can return in the spring of 2021. We're scheduled to start the summer co-ed season next year on Wednesday, April 14. Currently, our Del Webb Field has just finished its annual maintenance in preparation for next year's play. Summer league games are traditionally held on Mondays and Wednesdays. Travel and Tournament teams practice and play on Thursdays and Fridays. Several weekend tournaments and "Hot Dog Days" are planned throughout the spring and summer. We currently are trying "Fun Games" this winter, weather permitting, on Mondays and Wednesdays to stay sharp and fit. See our website for more information. Come watch the games at 1050 Del Webb Blvd. next spring.

Contact: Bruce Briggs 916-543-3401, bbriggsrsoftball@sbcglobal.net
Website: lhssl.net



Sports Car

Sometimes the push to get a sports car can come from unusual places. For George and Marie Ramos, it came from their son! After having only family wagons, they were surprised



George & Marie Ramos

when their son called and told them about a sports car that was for sale in his area. George's first thought was that he hasn't even driven a sports car. But his son encouraged him to go to a dealer and just try it. Well, after George and Marie saw a beautiful Victory Red 2006 Corvette, they just fell in love. Next, they joined the River City Corvette Club for several years, then soon joined us, where they enjoy tours and socials and many new friends. Stay safe and enjoy the Holidays.

Contact: Vic Kremesec 916-434-7368, vjk1245@yahoo.com
Website: lhsportscars.com



Sun City Squares

The photo is from our 2019 holiday gathering. We miss everyone and would like to wish all a safe holiday season filled with memories of loved ones and friends, near and far (if only by Zoom or Facetime, etc.) Let's hope that in 2021, we can return to dancing and socializing. We



2019 Holiday Dance

are a Plus and Advanced Level all-position (no partner required) square dance club. We meet at KS on Mondays from 1:15 to 3:15 PM for Plus Level dancing, with Round Dancing between tips. Advanced Level dancing is held on Mondays from 3:15 to 3:45 PM and on Thursdays from 1:00 to 3:00 PM. Please stop by Multipurpose Room (KS) on Mondays or Thursdays after reopening and check us out.

Contact: Beverly Cieslinski 916-622-8424, blm2518@icloud.com



Swimmers & Water Walkers

Over the last year and a half, we have been featuring swim stories in the *Compass* from our five Advisory Committee Members and our three Board Members. Those stories have been compiled in a poster that is now on our Swimmers & Water Walkers Club information board in the KS pool area. Stop by and enjoy reading their stories. Enjoy your

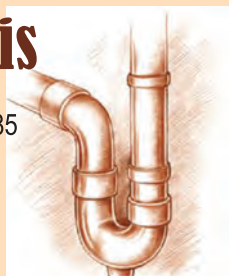
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When Kilaga Springs opens, we will meet on Tuesdays from 2-5 PM. For information, contact Ruth Algeri, 916-408-4752



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Swim Stories now posted at KS Pool

holidays, stay safe, and see you at the pools (when they are open).
Contact: Bob LeRoy 916-412-0552, bobandchey@icloud.com



Table Tennis

Table Tennis is again suspended until further notice. We look forward to the day when COVID-19 restrictions are lifted, and we can resume our play at KS. We offer a fond farewell to Robin Bisline, our outgoing President. Robin has done a great job coordinating our club and making arrangements for the past few months when our game was allowed under very limited circumstances. She will be missed, and we wish her well as she moves to a new location. We welcome our new club president, Allan Smith. We greatly appreciate Allan's willingness to fill the President's role.
Contact: Allan Smith 916-253-9525, aledsmith0411@gmail.com



Tap Company

Hello Tap Dancers. I can't believe we last saw each other the week of St. Patrick's Day. Crazy times. I have been continuing to work at LDP Monday-Friday. We've had to roll with the punches as far as how we are able to operate. Sometimes virtual classes, sometimes a combo of virtual and in-person.

My kids and grandkids are all doing well. I miss all of you very much, and I am hoping when January comes around, we will be able to, once again, be in class together! I am a little scared we will all have to start back at the beginning by the time we are allowed to dance again! Please tell me you still know what a shuffle is! Happy Holidays.
Contact: Alison Wolfe 925-487-6902, awolfe@tt-value.com



Vaudeville

From our article published in the July Compass earlier this year, come the following words: "We're hoping by the time you read this that most of our facility is open and we are getting back to normal." Oh Well! There were no auditions, no rehearsals, and no show. We're back and forth on the colored tiers that ultimately prevent our facilities from fully opening. Who would have

thought this virus would last into December and surely into 2021, a few weeks away? We don't know what the future holds, but we have faith that in the coming months, this virus will diminish enough to open our facilities again. Stay positive, and have a safe holiday season. Hopefully, we will have our show in July next year.
Contact: Yvonne 916-408-2040, ykrause@yahoo.com



Veterans

As the COVID-19 pandemic continues and opportunities for group gatherings are few, the LHVG board of directors has authorized a two-for-one dues offer for new and continuing annual members. For \$20, new applicants and those renewing their annual memberships will be considered paid up through December of 2022. Dues should be sent to Jon Hodson, membership chairman, at 100 Turtledove Court, Lincoln, CA 95648.



Veterans Day 2020 (photo by Gary Shamber)

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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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Voting for 2021 directors has concluded, and the group welcomes Gretchen Wallin, Sanford Wolfe, and Kerby Landis as new members of the board. The full seven-member board will convene during December to select next year's officers. Top-quality American flags are available from Joan and Doug MacAdams at the phone number and email address below.

Contact: Joan MacAdams
916-751-9272,
joan.macadams13@gmail.com



Vintage Treasures

With the new year almost here, I hope that everyone is healthy, and keeping busy with projects, staying in touch with friends and family, and planning something to look forward to.

An antique is usually an item that is collected or desirable because of its age, beauty, rarity, condition, utility, personal emotional connection, and/or other unique features. It is an object that represents a previous era or time period in human history. Our focus is on vintage and antique items, pre-1970.

We look forward to gathering again. We meet in the Heights and Gables Room (OC) on the first Monday of every month, from 10:00 to 11:30 AM. The presentation is followed by an optional lunch at the Meridians. (Subject to lodge reopening.)

Contact: Sandi Janisch 916-253-9085



Water Volleyball

Placer County's movement to the Red tier has placed the return of Water Volleyball Club play on hold. The Association's feedback on the Club's proposal for resuming play at KS Pool was reported to be positive, with the ventilation and use of the emergency exit as their primary concerns. On November 10, the Annual Membership Meeting took place virtually between the Steering Committee and the General Membership. In addition to an update on the Water Volleyball Club proposal, the previous actions to defer member dues till 2021 and the one-year extension of the current Steering Committee were reviewed. The Steering Committee Meeting ended on a positive note with a gallery of member photographs. Stay safe.

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



Woodcarvers

Woodcarving is such an interesting and challenging hobby! The first challenge is to find a project that's exciting and inspiring. Next is your choice of wood—examining the knots, the grain, the density, and the color. Transferring the project onto the wood is the next step, with an opportunity to tweak the illustration or model

to fit your own liking. Carving begins, time to detail—focusing on the lines, depth, shadows, and contrasts. After much time, you create a unique piece of work that is very satisfying. When our club resumes meeting, we will be in the Sierra Room (KS) on Wednesdays from 1:00 to 4:00 PM.

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



Writers

Our Group is always looking for writers and new ideas for our writings. We find ideas in books, magazines, journals, documentaries, billboards, advertisements, the Internet, conversations with family and friends, and from special monthly days. December has a few special days designed for poets, playwrights, and storytellers. Two special December days were Rosa Parks' Day on December 1 and Pearl Harbor Remembrance Day on December 7 (79th anniversary).

The tongue-in-cheek days include December 5-Bathtub Party Day; 12-Ding-a-Ling Day; and 15-Cat Herders' Day. Though Whiners' Day is December 26—don't. Instead, be thankful for all the love you've received from family, friends, co-workers, and neighbors. Until we can rejoin, put pen to paper, and keep on writing!

Contact: Anne Constantin Birge
909-965-3556, raybirge@aol.com



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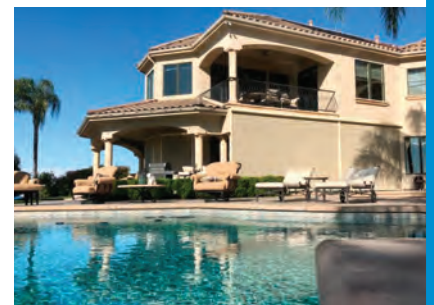
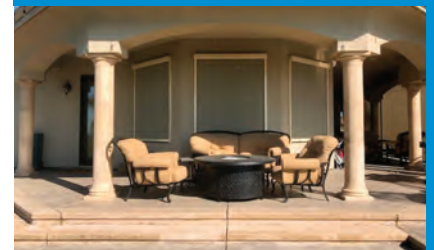
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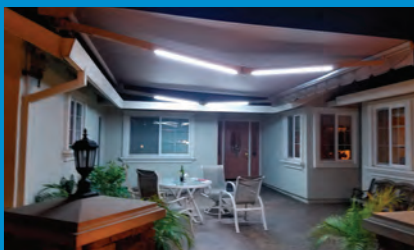
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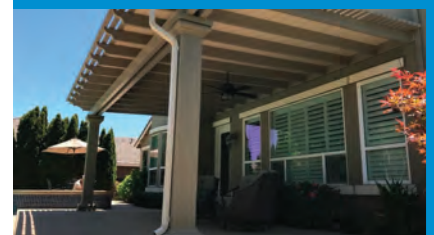


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Alzheimer's-Dementia Caregiver's Support

As this is written, Placer County has slipped into the COVID-19 purple zone, so the likelihood of our group meeting at OC anytime soon has gotten more remote. Candidly, while this is a hardship for caregivers, it's also a layer of insulation from the very things that have moved this county into the purple zone.



Still in Love

Indifference and carelessness about social distancing and hygiene are part of the general problem, but science, not yet knowing precisely how COVID-19 is spreading, makes this pandemic all the more problematic. For Alzheimer's caregivers and their loved ones, who are in the high-risk category due to age and stress, be careful and keep connected by phone, plus via Zoom on meeting dates. Be safe. Be well. Be happy.

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



Bereavement

Our Group offers support and friendship through sharing with others who have also lost a loved one. Because of the Pandemic, we will not be meeting. However, please feel free to call and talk. I can connect you with others who will be happy to talk with you, also. If you would like to put a Memoriam in the *Compass*, please contact me. My deadline to turn in Memoriams is the 19th of each month for the following month's *Compass*. Stay safe.

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



Bosom Buddies

Because of COVID-19, our popular Christmas party has been canceled. Still, Bosom Buddies finds ways to celebrate its members and to remind them we're here for them. Our slate of officers will remain the same for the coming year: Patty McCuen, president; Kathy Woodward, vice-president; Corinne Ehlers, secretary, and Kay Brady, treasurer. We also have a good support staff who will continue in their positions. We welcome breast cancer survivors and those still undergoing treatment, and much of what we're able to do is because of the generous grant from the Lincoln Hills Foundation. Hopefully,



Our popular holiday party.

2021 will find us getting together. Until then, we wish you a Happy New Year! If you would like more information about Bosom Buddies, please call Patty McCuen at 916-408-4185.

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



Gam-Anon

If your life is affected by someone else's gambling problem, Gam-Anon can help. Gam-Anon meets weekly on Friday evenings from 7:00 to 8:30 PM at the First United Methodist Church, 6414 Brace Road, Loomis. Follow the signs to the proper room. We are meeting in-person with COVID-19 restrictions (face masks, social distancing, hand, and surface sanitizing). A Gambler's Anonymous meeting is also held in another room. Call Kay F. for more information. If there is no answer, Kay will return your call if you leave a message.

Contact: Kay F. 916-204-1624, denniskayf@starstream.net
Website: www.gam-anon-loomis.com

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Glaucoma Support Group

Happy New Year. Since this is being written in November for the December *Compass*, I am not exactly sure about our meeting plans for next year. I have submitted paperwork for the room rental, but whether or not we will be able to gather in person with more than ten people allowed is unknown. So, for now, we will plan on Zooming it. The January meeting will be held on January 13, at 4:00 PM in either the Multimedia Room (OC) or by Zoom. The actual meeting announcement will have more information. Questions? Call Bonnie.

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



Low Vision Support Group

We look forward to resuming meetings in 2021. Keep well and enjoy the holidays!

While many symptoms of eye trouble are normal conditions of aging, they can indicate more serious underlying issues. See your doctor if he have: trouble adjusting to dark rooms; trouble identifying objects; difficulty seeing near and far objects; sensitivity to light or glare; change in iris color; difficulty recognizing colors; swollen eyelids; double vision; dark spots in the center of vision; wavy lines;

excessive tearing, itching, or burning or dry eye(s); seeing strange images; sudden loss of vision in one eye; flashing lights or black spots; halos or rainbows around lights or headlights; or loss of central or peripheral vision. Early diagnosis can save vision! There are new treatments available.

Contact: Cathy McGriff 916-408-0169, cathygriff1010@gmail.com



Multiple Sclerosis

As I write this, Santa is quarantining, and we are doing the same. What a strange year this has been! We are looking forward to 2021 with hope and Zoom!

The Tuesday, January 12, MS Meeting will be via Zoom at 1:00 PM, with a link sent to all Members the prior Sunday. If you are not a Member and would like to be added, email us. This Meeting ought to be very interesting as we'll share how we spent the weird Holidays and discuss our hopes for 2021. See you on January 12!

Contact: Jeri Di Fiore 530-401-2135, 2020jeridifiore@gmail.com

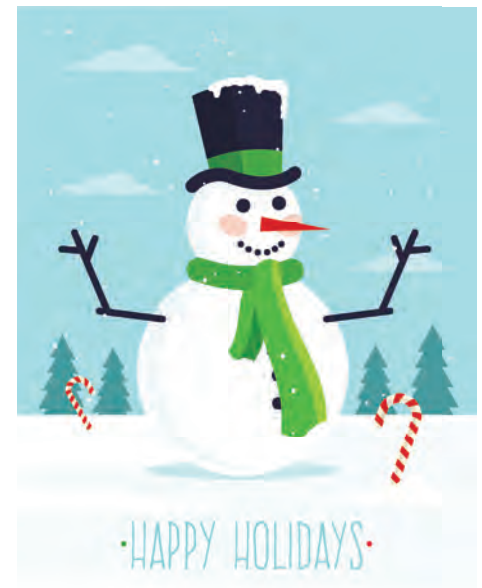


Wise Aging Resource and Support Group

We provide a forum for discussion, support, education, and sharing aging-related resources for all residents wanting to plan for their older

years, whether aging in place or exploring other options. Recent topics include senior peer counseling, local housing options, and the financial abuse of seniors. Meetings are a mixture of speakers, small group discussions, and member input. Future topics include transitioning from home to a facility, legal issues, coping alone, leveraging assets, and handling finances in a crisis. Join the other 60 people who have discovered the comfort in sharing information and being heard. Meetings are on the first Monday every month at 1:00 PM via Zoom. To be added to our mailing list, contact Marsha Van Wagner at mmvanwagner@gmail.com.

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



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A Course in Miracles

We are a study group that meets to share their experiences and gain a better understanding of this book which teaches basic spiritual principles that are found in almost all religions. It will teach you how to take control of your thoughts and beliefs and to calm your mind so that you can receive the peaceful, loving guidance coming from the Universe. We meet on the first and third Mondays and will also be meeting on Zoom beginning in January. Call 916-409-5253 for more information.

Blood Drive

Vitalant will be conducting a Lincoln Community Blood Drive on December 18 from 10:00 AM until 3:30 PM. This will be a whole blood drive and will be conducted at McBean Park Pavilion. Donating blood is perfectly safe, providing you do your due diligence. Social distancing will be observed, and you must wear an approved face mask. The Vitalant staff will be wearing face masks and adhering to the COVID-19 protocol. You must pre-register prior to your arrival. Please pre-register at: <https://bit.ly/LincolnBloodDriveDec182020>. Pick a time that is available and which suits your schedule. Observe the instructions on the Vitalant website.

Cloggers

Merry Christmas and Happy Hanukkah to all in this most unusual and difficult year. May you find joy with family and friends, even if it is by Zoom! 2021 is right around the corner, and we still do not know when dance classes can resume. Meanwhile, we hope you are able to stay active by practicing clogging (Irish-Appalachian dance) steps with online classes. Please google “NCAA Clogging” and stay fit and well, ready to clog in person again soon. For more information on clogging (when it happens) right here in Lincoln Hills, contact Natalie Grossner at 916-209-3804.

Democratic Club

Happy holidays to all! The Lincoln Democratic Club will meet by Zoom at 6:45 PM on Thursday, November 19. Our speaker, Tomas Vera, will discuss “Blue Placer – How We Got Here and Our Path Forward.” Vera is chair of the Placer County Democratic Central Committee. A native Californian, he earned a B.S. degree in physics, with a minor in chemistry, from Sonoma State University, Rohnert Park. He worked in analytical chemistry in the Central Valley and later changed to computer programming. New members are always welcome. For more information about our activities, please visit our website, <https://democraticclublincolnca.org/>.

Italian Club

Buon Natale. Felice Anno Nuovo. There’s still time for holiday baking. Posted on our website are eight new Italian cookie recipes. Make any of these cookies and take your photo with them. Send the photo to Karen at

bobzkarenz@att.net by December 31, and you’ll receive a \$5 coupon for a future event. Shop at the online Apparel Store for hats, shirts, and sweatshirts with the club’s colorful logo. Go to the website’s homepage to access the store. If you are a Lincoln Hills resident of Italian heritage, check out our website at www.lhitalianclub.org. Contact Sandi Graham, membership, at 916-826-5711.

Lincoln Hills Public Library

Remember your childhood visits to the local public library? Learning was new and exciting because of the vast choices. The opportunity to experience “new,” for all ages, is flourishing through the Lincoln Public Library. Many virtual and online programs (author events, science talks, book clubs, reading challenges, E-books, E-audiobooks, and movies) are accessible. Membership in FOLL helps to keep Library programs available. Make a lasting difference by becoming a FOLL member or renewing your membership. To join/renew, visit FOLL’s Web site at FriendsoftheLincolnLibrary.org. Renew/join by December 31, 2020, for a chance to receive a \$75 gift certificate for Old Town Pizza.

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

Congratulations to Assemblyman Kiley, who won the October lawsuit against Governor Newsom in Sutter Court, Yuba City! The Governor will be unable to execute new changes to existing California laws. LHRC will gather signatures on recall petitions through March 10. Zoom meeting in January with a guest speaker. Recommended reading: "White House Reds" by Trevor Loudon. LHRC remains loyal to Trump/Pence Administration, "thank you for your great work getting the vaccine so quickly!" Two good time events, Red Wave Caravan and Neighbors Night Out. Welcome to our new Members! Christmas blessings to all! www.RepublicanClubSCLH.org.

Shalom Social Group

We heard a presentation on COVID-19 in Placer County. Dr.

Rob Oldham, Acting Director of the Placer County Health and Human Services Department and Chief Psychiatrist, brought us up to date on what is happening here and what plans are for the future. It was most interesting and informative! We play bocce ball weekly. We also plan to start an informal weekly Zoom discussion group for our members. Membership is open to all. For more information, please call Joanne Levy, jolevy.com@gmail.com or 508-333-8590.

Shooting Group

We are a friendly group of Lincoln Hills residents enjoying recreational shooting sports. We meet on Tuesday for Trap and on Thursday for Skeet with weather permitting, at a privately owned facility just minutes from SCLH. We have no dues, but shooters

must pay for their ammunition and range fees. For more information about shotgun shooting contact John Kightlinger at 916-408-3928 or johnnpat@sbcglobal.net. For information regarding rifle or pistol activities that occur at the Lincoln Rifle Club at 150 Lincoln Boulevard, contact Jim Trifilo at 916-434-6341 or trifilom@gmail.com.

Sons In Retirement Branch 13

Sons In Retirement Branch 13 (Lincoln/Roseville) is canceling its activities until further notice. We are a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending one of our luncheons at Catta Verdera Country Club as a guest in the future, please contact Chet Winton at 916-408-8708.

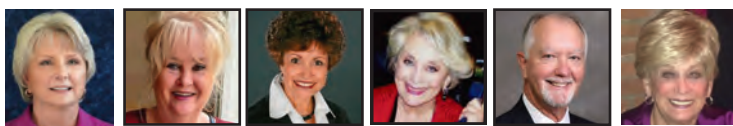
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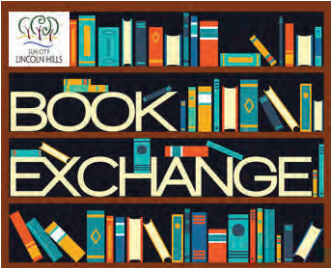
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Community Holiday Lights

December 7 to January 1

Decorate and light up your home to spark the holiday festivities in the community! We will prepare a list of lighted homes by Village for everyone to see. The participating homes list will be available for pick up at the lodge and on our website beginning December 7. Cruise by the Villages to lift up your holiday spirit!



SCLH Book Exchange

Every Wednesday, 9:00 AM to 1:00 PM, OC Lodge Portico

Please do not leave books any other time

You asked for it, you got it! Weather permitting, we will continue with the Book Exchange that we started at the Farmers Market! It is easy to participate. Just drop off a maximum of two books at the designated table in exchange for two books on the shelves. Books should be published no earlier than 2010, preferably best sellers and popular publications. Please do not leave publications, no instructional, self-help and table books. Paperbacks and hard

bounds are okay. Exchange is exclusive to residents. Participants must sanitize their hands before touching the books, wear face coverings, and follow 6' distancing. There will be **no book exchange when it rains.**

Zoom Movie

We are bringing back the fun and the fans of our FREE movie presentations via Zoom (instead of having it in the Presentation Hall)! All you need is the ability to log into Zoom through your laptop, PC, tablet, iPad or Mac computer and watch the show with the rest of the community. Popcorn and drinks in your home optional. 😊



Knives Out (2019)

Monday, January 4, 1:30 PM Screening, Free — **LSE294**

A detective investigates the death of a patriarch of an eccentric, combative family. Starring Daniel Craig, Chris Evans, Jamie Lee Curtis, and Christopher Plummer. Rated PG-13, 131 minutes, Comedy/Crime/Drama. We ask that you register Online (www.sclhresidents.com) if you wish to watch the movie for planning purposes.

Zoom Meeting ID: 891 8236 6256

Passcode: 349642



Document Destruction

Monday, January 18

10:00 AM to Noon, Fitness Center Parking Lot (OC)

Shred-It offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files are okay, but no plastics or cardboard. Staff and volunteers will be there to assist. Please place your items in your trunk for easy access. \$10 cash or check per average file box payable to SCLHCA. Place your payment in an envelope with your name, amount, and number of boxes. Just look for the big Shred-It truck in the parking lot!

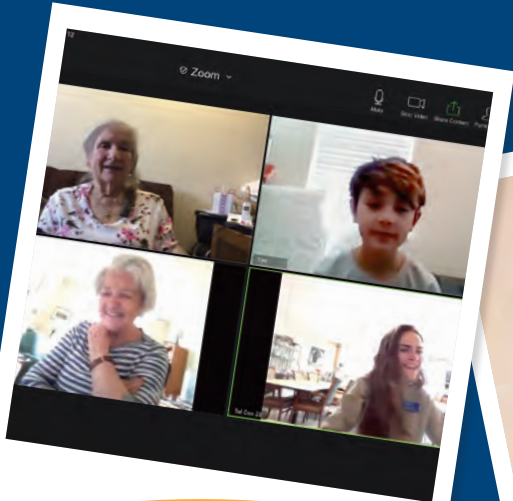


Golf Cart Registration

Golf Cart Registration is canceled until the City of Lincoln's volunteer program returns to normal operations. Watch for future announcements via eNews and *Compass*.

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Window to Wellness

Since the Health Education Team has been unable to sponsor live Community Forums on health topics due to COVID-19, we have engaged a medical professional to provide health education for us in written form. This month we are pleased to feature a physician from Kaiser Permanente, Roseville.

CELEBRATE THE HOLIDAYS SAFELY



Richard Florio, MD
Physician-in-Chief
Kaiser Permanente, Roseville

As COVID-19 continues to spread, this year's holiday season will look and feel very different throughout our country and across the globe. I, for one, am used to hosting large family gatherings with relatives from out of town coming together to enjoy a holiday meal. But this year, we all need to do our part to keep ourselves and our family members safe.

We can still celebrate the holidays—and we all need a little celebration in our lives now more than ever. Kaiser Permanente's infectious disease specialists support the Centers for Disease Control and Prevention's guidance that staying home is the best way to protect yourself and others, as travel increases your chances of getting and spreading COVID-19.

If you still decide to host or attend an in-person celebration, Kaiser Permanente recommends the following CDC considerations first:

- Host or attend outdoor activities rather than indoor activities as much as possible. Avoid crowded,

poorly ventilated, or fully enclosed indoor spaces.

- Limit the number of attendees as much as possible.
- Consider asking all attendees outside of your household to strictly avoid contact with people outside of their households for 14 days before the gathering.

Technology can also be a good way to connect with people who are far away, and you can easily make it a Zoom celebration.

To further protect yourself and others from the spread of COVID-19, always remember to:

- **Know you're healthy before you go.** Do not plan to gather if you are sick or with someone who is sick or if you have been around someone with COVID-19 in the past 14 days.

- **Wear a protective mask when in public.** Cover your nose and mouth, and allow your mask to be a reminder to avoid touching your face.

- **Watch your distance.** Avoid close contact by staying at least 6 feet apart from anyone who is not from your household.

- **Wash your hands frequently.** Using soap and water, wash your hands often for at least 20 seconds, or use hand sanitizer with at least 60% alcohol.

The pandemic won't last forever, and we can all be thankful for recent news that a vaccine is getting closer to being approved. Join me in doing your part to be safe and stay healthy this holiday season so we can all thrive.

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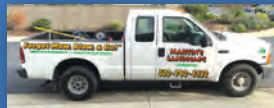
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Notice:

All dates listed for performances held in the lodge may be subject to change based on State and County Re-opening Guidelines.

—In-Person Holiday Event—

In cooperation with Meridians, we bring you HO!HO!HO-LIDAY HAPPY HOUR at the Meridians Patio! Meridians will provide a mix of yummy charcuterie while you listen to great entertainment. **The event is from 4:00 to 6:00 PM. \$140 for a party of six/\$100 for a party of four.** Fee includes individually served boxed appetizers. *Drinks are not included but may be ordered separately.* A limited menu will also be available that evening. Register Online (make sure you choose the correct number of people in your party when you register). Due to COVID restrictions, no dancing will be allowed, and everyone must wear a mask until food/drinks are served.

Albertson Duo

Thursday,
 December 17
 — **LSE283**

\$140 for a
 party of six
 \$100 for a
 party of four

From their recent well received Zoom concert, we bring back the wonderful couple of Meghan and David Albertson to entertain you. They will play a selection of beautiful songs from their Holiday Songbook program covering artists ranging from Adele and Norah Jones to the Eagles, Michael Jackson, and more!



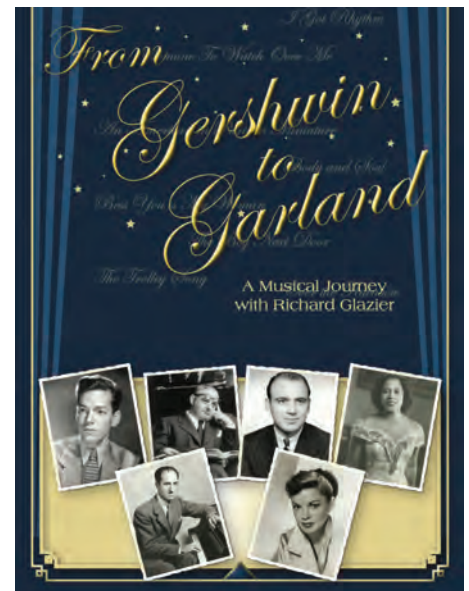
Robert Dehlinger's Alpha Rhythm Kings
 Friday,
 January 15
 6:00 PM - Zoom
 \$12 per Zoom device
 — **LSE289**



Have a taste of the cool music of the Alpha Rhythm Kings (ARK)! Their music selection includes swing, jump blues, vintage lounge, and boogie woogie. Established in 2017, ARK has created quite a stir with music fans, having crafted an exciting King Size California sound what Roots Music Magazine No Depression class' the badge of authenticity." For our livestream concert, frontman Robert Dehlinger will entertain you with his blazing trumpet and "magnetic" singing accompanied by his topnotch piano player Richard Nelson Hall. You will be surprised how a two-person act can capture such a big sound. Clear out your living room and get ready to clap, dance, and swing in your own home!

Richard Glazier presents From Gershwin to Garland
 Thursday,
 January 21
 6:00 PM - Zoom
 \$12 per Zoom device — **LSE290**

Phenomenal pianist Richard Glazier is back to present his PBS presentation of "From Gershwin to Garland" with personal behind the scene commentaries on the production. The show begins with the opening bars of George Gershwin's Rhapsody in Blue. He will take us through the Golden Age of American Popular Song plus personal stories of his musical heroes from George & Ira Gershwin, composers Johnny Green, Hugh Martin, and star Judy Garland. He will also be sharing his personal collection of music memorabilia on screen. The show's climax is the complete solo piano version of "Rhapsody in Blue."





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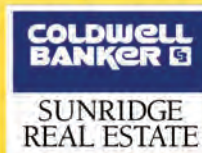
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—Livestream Presentation—

**Five Must-Read Books
for the New Year
A Presentation by
Joseph Luzzi**

Monday, December 21
1:00 PM - Zoom
\$14 per Zoom device

— **LSE285**

What books, past and present, should you consider reading this holiday season in preparation for the New Year? Who are the emerging – and established – voices in fiction whose work can help us make sense of our complex society and world as we head into 2021? In this presentation, a *New York Times* Book Review Editors' Choice author and Professor of Comparative Literature at Bard College, Joseph Luzzi, will guide participants through a marvelous range of groundbreaking writing that is sure to inspire your thoughts and imagination during the upcoming holidays and beyond. Authors will include Italy's magnificent and mysterious Elena Ferrante, legendary Nobel Laureate Toni Morrison, the endlessly innovative Philip Roth, plus some surprises!



**The Books That Shaped America's Presidents
A Presentation by Professor Joseph Luzzi**

Monday, January 25
1:00 PM - Zoom

\$14 per Zoom device — **LSE291**

What books shaped some of the most powerful men ever to sit in the Oval Office? In this presentation, Professor Joseph Luzzi will discuss why George Washington was obsessed with a play about a Roman freedom fighter who opposed Julius Caesar; how

Thomas Jefferson came to have the largest personal library in the country; what drew Abraham Lincoln to Shakespeare so obsessively (and which Shakespeare play he loved most); which British poet Franklin Delano Roosevelt memorized as a child and read throughout his life; why John F. Kennedy was devoted to a spy novelist whose books would create one of the greatest film franchises in history; and how Barack Obama came to understand his American identity and spirit through two favorite authors. Together, we will see how presidential action and presidential reading are intimately linked, as we explore the momentous events in these presidents' lives in light of the books that inspired their thoughts and guided their actions. Professor Luzzi will also summarize his "ALL" (American Library List) detailing the sometimes surprising books and literature, which influenced many other U.S. leaders.

—Comedy/Magic—

**Zoom Comedy presents
Steve Ausburne**

Friday, January 29
\$10 - per Zoom device
6:00 PM Show — **LSE292**

It's time to laugh! Steve has embraced the stage as a place to present a spoken word memoir of all the embarrassing life moments that only stand up or therapy sessions can reveal. Steve performs throughout Sonoma County and the Bay Area. His edgy comedic style is a regular at Punch Line and Cobb's Comedy Club and has opened for comics like Craig Robinson, Michael Costa, and others. Don't miss it!



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Katrina Ferland

Lifestyle Trips Coordinator
Katrina.Ferland@sclhca.com



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

Notice:

We continue to monitor and follow prescribed guidance from the State, County and Health officials regarding safe conduct for group leisure travel.

Currently, group leisure travel is not allowed with no future date when it can safely be offered.

We will announce and offer trips and extended travel as soon as things can safely be resumed.

Watch out for it on eNews!

CREATE • LAUGH • MEET NEW FRIENDS

KRAFTING WITH KARLA & LAVINA

DECEMBER 29
HELLO NEW YEAR PLATE
\$18 - LSC3107



JANUARY 12
VALENTINE HUGS & KISSES DOOR TAGS
\$20 - LSC3108

JANUARY 26
WINE CORK SUCCULENT MAGNET
\$14 - LSC3109




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Lifestyle

ALL CLASSES HELD ON TUESDAY
AT 10:00 AM LIVESTREAMED VIA ZOOM.

REGISTER ONLINE: WWW.SCLHRESIDENTS.COM | INQUIRIES: 916-625-4073

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

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



Register online at SCLHResidents.com.

Livestream Classes

We are bringing the following classes right into your home! Students are required to have a PC, laptop, tablet, iPad, or Chromebook to participate in these classes. We will be using the Zoom platform to deliver these programs.

Online registration preferred.

Questions? Call 916-625-4073 or 916-408-4609.

—Krafting with Karla and Lavina —



Holiday "Joy" Arrangement
 Tuesday,
 December 15
 10:00 AM – Zoom
 \$22 – includes supplies

— **Registration Closed**

Get your table all gussied up for the holiday with a festive arrangement incorporating winter spruces, berries, pinecones, and ornaments to help brighten the holiday spirit. To top off the arrangement, we will be adding a "Joy" vinyl decal to the front of the metallic vase. *May your holiday season be filled with Joy!*



Hello New Year Plate
 Tuesday,
 December 29
 10:00 AM – Zoom
 \$18 – includes supplies — **LSC3107**

Get your home ready for the new year with this cute "Hello New Year"

plate project. The project will include a gold charger plate and stand. A vinyl decal will be applied, stating "Hello New Year." To finish off the project, we will add some greenery and a bow. Students must provide their own hot glue gun, scissors, and wire cutter. All other supplies are included. Supply pick up will be Monday, December 28, 2:00 PM at Orchard Creek Lodge front round about.



Hugs & Kisses Door Tags
 Tuesday, January 12
 10:00 AM – Zoom
 \$20 – includes supplies — **LSC3108**

Valentines Day is fast approaching! Create a Valentine's door tag that will greet your guests with love. You will receive a set of pre-painted door tags. We will teach you how to lightly distress

the tags and apply vinyl decals: *Hugs & Kisses* and *XOXO*. Finish off the decor with a festive Valentine's bow. Student will need sharp scissors and a hot glue gun. All other supplies are included. Supply pick up will be Monday, January 11, 2:00 PM at Orchard Creek Lodge front round about.



Wine Cork Live Succulent Magnet
 Tuesday, January 26
 10:00 AM – Zoom
 \$12 – includes supplies — **LSC3109**

Add life to your kitchen by creating a wine cork succulent magnet. This is the perfect gift for wine lovers, gardeners, and plant lovers! Each registrant will receive supplies to make three

wine cork magnets, each including cork, succulents, moss, decor and magnet. Students must provide glue gun, craft paint and brush. Pick up craft supplies Monday, January 25, 2:00 PM at Orchard Creek Lodge front round about.

Notice:

The following indoor classes will resume once lodges are allowed to open. Keep an eye out for Enews announcements once registration is available.

Line Dance - All Levels
 Mixed Media Art Journaling
 Oil and Acrylic Painting: Intermediate/
 Advanced
 Pastel and Watercolor: Intermediate to
 Advanced
 Ceramics – All Levels from Jim Alvis
 Ceramics – All Levels from Taylor Jackson
 Card Making – All Levels
 Clogging – All Levels
 Country Couples Western Dance – All Levels
 Hula
 Jazz Beginner & Performance
 Line Dance – All Levels from All Instructors
 Line Dancing 4 Fun
 Country Line Dancing
 Tap Classes with Alyson
 Stained Glass
 Guitar – All Levels
 Folk Guitar for Fun Folks – All Levels
 Intro to Swing Guitar – Intermediate Level
 Ukulele – All Levels
 Sewing Certification
 Pastel & Watercolor
 Movies - Ray Ashton

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WellFit Orientations

Updated! Free Orientation: WellFit Staff

New to SCLH Fitness Centers? Our free Orientation teaches you 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. Group Orientations are temporarily unavailable at this time due to COVID-19. If you are new to the gym and have questions regarding the Fitness Centers or equipment, please email rex.owens@sclhca.com, and he can assist with scheduling you a walk-through of either location.

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



Bowenwork Services

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

Practitioner. For your free Bowenwork Assessment, please contact *Rebecca Kang* at rebecca.kang@sclhca.com or 916-625-4034.

Disease Prevention & Management Session-Based Classes

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

Due to Compass printing publication deadline, the listed Class start dates might change. Start dates and pricing will be adjusted following the CDC and County's recommended social distancing. Correct price, dates, and number of class sessions will be re ected on your enrollment.

Watch out for rescheduled dates for Postponed classes on the website, eNews and future Compass, as applicable.

Arthritis

Location & Time: TBD

New classes and pricing coming soon! **Check the website and sign up for eNews for the most up to date information on classes!**

Arthritis class is Arthritis Foundation approved and is appropriate for all seniors who desire a gentle approach to exercise. Our goal is to increase the range of motion, flexibility, endurance, and mobility while also improving balance and strengthening muscles. We will do some standing, but sitting is always an option. *Please sign up before the first day of class.*

Lessons

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



Beginners Pickleball Lessons

Returning in April
Location Pickleball
Courts 5 & 6

If you have never played Pickleball before, this is designed especially for you! The instructor has a master's in physical education and is an avid pickleball player since 2002. The course will cover basic rules, terminology, primary skills, coordination focus on serve and service return, Volley, dinks forehand and backhand, and more.



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16596RCPA

We recommend starting here with our three-part course. Must wear a mask and follow COVID rules. No loitering in the area. Please wait in your car before class is to start for your safety. Bring your own ball and paddle. Instructor: **Barry Cunningham**.

Advanced Beginners Pickleball Lessons

Returning in April

Location Pickleball Courts 5 & 6

These lessons are the next step after the Beginners course (see above). The instructor will base this class on the ability of participants. The focus will be on strokes, Volley, dinks, court strategy, lobs, return lobs, and more. Must wear a mask and follow COVID rules. No loitering in the area. Please wait in your car before class is to start for your safety. Bring your own ball and paddle. Instructor: **Barry Cunningham**.

Intermediate Pickleball Lessons

Returning in April

Location Pickleball Courts 5 & 6

The intermediate course is designed for players that want to take their game to the next level. Prerequisite of the advanced beginner course is recommended. These sessions will include more of the same at advanced levels such as court position, service returns, lobs, etc. Must wear a mask and follow COVID rules. No loitering in the area. Please wait in your car before class is to start for your safety. Bring your own ball and paddle. Instructor: **Barry Cunningham**.

To Schedule appointment for 1 on 1 sessions on the Pickleball Courts with Barry and for more information, please email rex.owens@sclhca.com.

Intro to Pickleball

Wednesdays

11:00 AM to 1:00 PM

Free

This class is for any Lincoln Hills Resident interested in learning about Pickleball. No equipment is necessary; just wear clothing appropriate for Pickleball and court shoes. Bring your own water also. You must pre-register each week for the class. Eight spots are available. We are using two courts to allow for social distancing. Please wear a mask when arriving at the courts. Email Lynn Fraser to register: paddleuppartner@gmail.com or go to lhpclub.com and look for Calendar on the left. Click on Intro to Pickleball class.



Nordic Pole Walking

Location & Time: TBD

By adding Nordic Poles to your walking routine, you will be able to incorporate 90% of your muscles in one exercise; burn up to 46% more calories than walking without poles; reduce impact on hips, knees, and feet by an average of 25%; and develop upright body posture resulting in less risk of falling. Please bring water as there will be walking outdoors (weather permitting). Walking poles are available for each class at no charge, with the option to purchase at the final session. Instructor: **Dr. Richard Del Balso**.

Mindful Movement

Experience with mindful movement of the body that helps create a link between the mind and body that quiet our thoughts, unwanted feelings, and prepare us for creating positive behaviors. *Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds. Due to COVID, all classes, times and locations are to be determined by our reopening date.*



Tai Chi Qigong L1

Tuesdays, TBD

Location & Time: TBD

Tai Chi is a century-old practice that focuses on soft and gentle movements known as postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi offers harmony of the mind and body as it relieves stress and induces relaxation. Through cultivation and flow of the body's life force known as "Chi," this form of exercise has been known to improve a variety of ailments.



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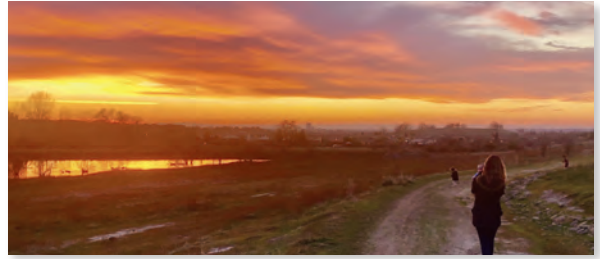
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Tai Chi Qigong L2

Tuesdays, TBD

Location & Time: TBD

This class is for Tai Chi and Qi-gong students who wish to bring higher awareness and understanding of their lifelong practice of complementary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short forms. In addition, you will learn the Qigong sets of movements. Qigong paired with stillness, and moving meditation will improve body mechanics, muscle memory, and tone while increasing the understanding of these century-old art forms of health, mindfulness, and wellbeing. Instructor: *Peli Fong*.

Personal Improvement

The following Personal Improvement classes are offered through the WellFit Department; registration is available at the WellFit front desks. *Classes ll up quickly, please sign up at least 7 days prior to class start. No refunds. Due to COVID, all classes, times, and locations are to be determined by our reopening date.*

Coming Soon! Living with Neck and Shoulder Pain

Check your next *Compass* for dates!

Aerobics Room (KS)

\$20

Learn how to modify your lifestyle to prevent pain, live smart, and reduce discomfort through the use of hot and cold modalities. Class is interactive, and pain patching samples will be available while supplies last. The instructor *Lisa Kwon* is an occupational Therapist with over 26 years of experience. *Class lls up quickly! Please sign up at least 48 hours ahead. Sign-ups begin on the 17 of the month at 8:00 AM.*



Traditional Shotokan Karate

Saturdays,

January 2-30

11:15 AM to 12:15 PM

Location: TBD

\$25 (five sessions)

The instructor is a member of the International San Ten Karate Association and 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. For more information about the International San Ten Karate Association, please visit www.santenkarate.com. Instructor: *Al Trimarchi*.

Money Matters

The following Money Matters classes are offered through the WellFit Department; registration is available at the WellFit front desks and online. *Classes ll up quickly, please sign up at least 7 days prior to class start. No refunds. Due to COVID, all Abbo Group classes are o ered through Zoom and the Abbo Group will send you an email link for the class the morning of the class you registered for.*



How to Play Sudoku

Tuesday, January 19

10:30 AM to Noon

\$5 Zoom (link emailed the morning of the class from The Abbott Group)

Sudoku has become one of the most popular puzzles on the planet and is most likely played by many of your neighbors and friends. The fun thing about Sudoku is that it does not involve math at all, rather just basic logic. Once you learn this logic and how it applies to solving Sudoku puzzles, your brain will feel healthier, and your confidence will grow. Russ Abbott will teach you his personally developed and simple to understand Four-Step system that will help you to understand the logic needed to successfully solve puzzles. This system will make the puzzle easier to play plus increase your speed if that is of interest. Instructor: *Russ Abbo*.



Dollar-Cost Averaging vs. Lump-Sum Investing: Deploying a Significant Sum into an Investor's Portfolio

Tuesday, January 12

\$5 Zoom (link emailed the morning of the class

from The Abbott Group)

11:00 AM to Noon or 5:00 to 6:00 PM

Investors understandably would like a favorable start when deploying capital into their portfolios. This is present in all investment horizons. The loss aversion bias for investors can often challenge and conflict our internal decisions of how and when to invest. We believe that, for investors to reach their long-term goals, they must commit to a constructed strategy.



WELCOME

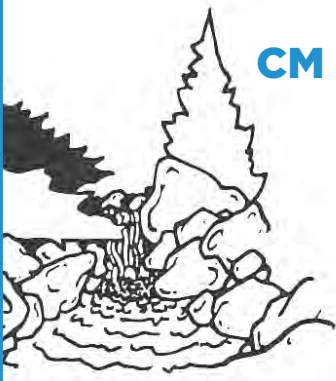
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This class is intended to enable informed decisions when launching an investment program or redeploying capital, with dollar-cost averaging or lump-sum investing. We will also explore why and when to consider pursuing each course and identifies the potential consequences of each approach. Instructor: *The Abbot Group*.

Pilates Reformers and Towers

Pilates Reformer Classes coming soon! Look for updates in your eNews on Tuesdays.

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 85 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.

AVAILABLE NOW! *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 Danielle Merrill at Danielle.Merrill@sclhca.com.

- *****One-on-One Training:**
One client and one trainer. One hour session cost is \$54.
- **Buddy Training:**
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Rex Owens
Fitness Supervisor
Rex.Owens@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 Rex Owens. 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. Classes fill up quickly; please register at least seven days prior to the class start date, no refunds. *Date events go on sale is the 17 of each month. Register at Orchard Creek, Kilaga Springs Fitness Desks or online.*

***Check eNews and sclhresidents.com for the most up to date information. Due to the changing regulations from the Coronavirus, please be aware that class locations, dates, and times could change. Prices will be adjusted accordingly.**

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SGT—“Fun”ctional Fitness L3
TBD depending on county guidelines for COVID restrictions
 Tuesdays & Thursdays,
 January 5-28
 11:15 AM to 12:15 PM,
 location: TBD
 \$135 (eight sessions)

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. Instructor: *Deanne Griffin*.



SGT—Progressive Bootcamp L2/3
TBD depending on county guidelines for COVID restrictions
 Tuesdays & Thursdays,
 January 5-28
 10:00 to 11:00 AM,
 location: TBD
 \$135 (eight sessions)

Are you 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. Instructor: *Torin Garza*.

SGT—TRX Circuit L2
TBD depending on county guidelines for COVID restrictions
 Tuesdays & Thursdays, January 5-28
 12:30 to 1:30 PM, location: TBD
 \$135 (eight sessions)

TRX Circuit is a great way to shed a few of those quarantine pounds while gaining strength, flexibility, balance, and a stronger core. TRX

suspension training straps makes gravity your resistance, so adjusting the level of difficulty is as easy as moving your hands or feet, and progression is limitless. Instructor: *Torin Garza*.



SGT—Posture, Core and Balance L1/2
TBD depending on county guidelines for COVID restrictions
 Mondays & Wednesdays,
 January 4-27
 12:30 to 1:30 PM
 location: TBD
 \$135 (eight sessions)

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. Instructor: *Renae Schmidt*.

SGT—Balance & Fall Prevention L1
TBD depending on county guidelines for COVID restrictions
 Mondays & Wednesdays, January 4-27
 1:45 to 2:45 PM, location: TBD
 \$135 (eight sessions)

Learn simple stretches, exercises, and techniques that will help improve balance, core strength, and reflexes to prevent falls. We will use chairs, bars, and the wall for support. Instructor: *Renae Schmidt*.

SGT—Therapeutic Water Exercise L1
TBD depending on county guidelines for COVID restrictions
 TBD Fridays, January 8-29 ***Only if in Covid’s Orange Tier and Indoor Pools reopen.*
 \$70 (four sessions)

10:00 to 11:00 AM, Indoor Pool (OC)
 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 and be in the pool with you. The trainer is unable to help students in/out of the locker rooms or parking lot. Don’t forget your towel! Instructor: *Lisa Fisher*.

**SGT—Rock
Steady Boxing**
TBD depending
on county
guidelines
for COVID
restrictions



Thursdays, January 7-28
1:45 to 2:45 PM, location: TBD
\$70 (four sessions)

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 class if you are new to the program.* Instructor: *Milly Nuñez.*

SGT—Rock Steady Boxing
TBD depending on county guidelines for COVID
restrictions

Fridays, January 8-29
1:45 to 2:45 PM, location: TBD
\$70 (four sessions)

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 class if you are new to the program.* Instructor: *Milly Nuñez.*



**SGT—ParkinsonStrong
Combo**
TBD depending on county
guidelines for COVID
restrictions

Thursdays, January 7-28
3:00 to 4:00 PM
location: TBD
\$70 (four sessions)

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. Instructor: *Milly Nuñez.*

Live Stream Class Passes

Tuesday and Thursday classes available, please see WellFit class Grid. You will need to use the Mindbody app on your phone or access it from your computer. You will need to set up your account, search on SCLH schedule for the class you want to take on the app and then book your class. You will receive a confirmation and your live stream link 30 minutes prior to class. You must book your class no later than 4:00 PM the day before, if we do not have sign-ups for class, we may cancel and notify you. For more information, email danielle.merrill@sclhca.com. Instructor: *varies.*

Punch Pass and Fast Class

TBD depending on county guidelines for
COVID restrictions

Fast Pass Classes are \$2.50 and can only be used on our 30-minute classes. Please see the colored grids on pages 82-85 for days and times. *Note: Due to Covid limitations, there are no Fast Pass Classes at this time.*

We also offer 60 minute Punch Pass classes for \$4.50 each. Purchase your Punch Passes or your Fast Class Passes at either Fitness Center front desks. There are no refunds for Punch Passes or Fast Class Passes, and all passes expire one year after purchase. For a list of class descriptions, please refer to www.sclhresidents.com under WellFit tab. *We will be extending current Punch Pass expiration dates; more details are coming soon.*

Living Trusts \$695 Complete

Vic DiMattia, Attorney at Law Ca. Bar #129382

Mr. DiMattia has created thousands of Living Trusts over the past 25 years and is a prior Sun City Lincoln Hills resident.

Documents include:

- Revocable Living Trust
- Notary Service
- Transfer of Home into Trust
- Community Property Agreement
- Health Care Directive
- Pour-over Will
- Durable Power of Attorney
- Home appointment available

Please call **800-775-2698** or **916-824-1700**
for a free consultation.

KS WellFit Class Schedule December/January 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	KS	KS	KS	KS	KS	KS	KS
7:30							
8:45	Cycle & Floor Strength Stretch L2 - Gretchen	Core-N-Strength L2/3- Kim	Cycle & Floor Strength Stretch L2 - Helena	Core-N-Strength L2/3- Kim	Zumba Toning L2 - Ruby	Strictly Strength L2 - Helena	
10:00	Cardio Strength L3- Gretchen	SGT - Progressive Bootcamp L2/3 - Torin	Yoga Basics & Flow L2/3 - Helena	SGT - Progressive Bootcamp L2/3 - Torin	Strength & Athletic Stretch L2 - Beth	Yoga Basics L1/2 - Helena	
11:15		SGT - 'Functional Fit L3 - Deanne		SGT - 'Functional Fit L3 - Deanne		Traditional Shotokan Karate L1/2 - Al	
12:30	SGT - Posture, Core & Balance L1/2 - Renae	SGT - TRX Circuit L2 - Torin	SGT - Posture, Core & Balance L1/2 - Renae	SGT - TRX Circuit L2 - Torin			
1:45	SGT - Balance and Fall Prevention - Renae		SGT - Balance and Fall Prevention - Renae	SGT - Rock Steady Boxing - Milly	SGT - Rock Steady Boxing - Milly		
3:00				SGT - ParkinsonStrong Combo L1 - Milly			
4:15							
5:30							

TRIP

Group Exercise Classes (punch pass) \$4.50

30 min Group Exercise Class (fast pass) \$2.50

Wellness Classes (session based, sign-up ahead)

Small Group Training (session based, sign up ahead)

Due to the COVID-19 pandemic classes are subject to change at any time. Please check your Fitness Centers for the most up to date class schedule.

OC Aqua WellFit Class Schedule December/January 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Aqua Surge L2 - <i>Helena</i>	Coming Soon!	Aqua Surge L2 - <i>Jiji</i>	Coming Soon!	Aqua Surge L2 - <i>Jiji</i>	OC	OC
8:45	Power Waves L3 - <i>Helena</i>	Coming Soon!	Power Waves L3 - <i>Lisa</i>	Coming Soon!	Power Waves L3 - <i>Lisa</i>		
10:00	Fluid Moves L1 - <i>Beth</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Fluid Moves L1 - <i>Lisa</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Therapeutic Water Exercise SGT L1 - <i>Lisa</i>		
12:30-1:30	Closed for cleaning	Closed for cleaning	Closed for cleaning	Closed for cleaning	Closed for cleaning	cleaning 12-1:30	cleaning 12-1:30
5:00	Coming Soon!		Coming Soon!				
5:30	Coming Soon!		Coming Soon!				
<p>Due to the COVID-19 pandemic classes are subject to change at any time. Please check your Fitness Centers for the most up to date class schedule.</p> <p>30 Minute Group Exercise Classes (fast pass) \$2.50</p> <p>Small Group Training - SGT (session based, sign up ahead)</p> <p>Group Exercise Classes (punch pass) \$4.50</p>							

Future classes!

Pilates Reformer WellFit Class Schedule December/January 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
8:30							
9:30							
10:30							
11:30							
12:00							
5:30							

Coming soon to a new room!
Stay tuned for more details to come soon or contact Deborah.McIlvain@sclhca.com

All classes are subject to change without notice.
 All classes are one hour unless otherwise noted.
 All classes are subject to cancellation for insufficient registration 24 hours prior to class.

Orchard Creek Lodge965 Orchard Creek Lane
Main Phone: 916-625-4000
Kilaga Springs Lodge 1167 Sun City Boulevard
Main Phone: 916-408-4013
Resident WebsiteSCLHResidents.com
Public WebsiteSunCity-LincolnHills.org
Help DeskHelp.Desk@sclhca.com

HOURS

HOURS SUBJECT TO CHANGE DUE TO COVID-19 RESTRICTIONS

Membership Desk BY APPOINTMENT ONLY Mon–Fri: 8:30 AM–12:00 PM	Meridians Restaurant OPEN SEVEN DAYS A WEEK Lunch: 11:00 AM–2:00 PM Dinner: 4:00–8:00 PM Sports Bar: 11:00 AM–8:00 PM Curbside: 11:00 AM–7:00 PM SCLH Delivery: 4:00–7:00 PM
WellFit (OC/KS) RESERVATIONS REQUIRED Mon–Fri (OC): 5:30 AM–8:30 PM Sat–Sun (OC): 7:00 AM–8:00 PM Mon–Fri (KS): 5:30 AM–4:00 PM Sat–Sun (KS): 5:30 AM–2:00 PM	CURRENTLY CLOSED: Lodges (OC/KS) Lifestyle Desks (OC/KS) Kilaga Cafe Catering Office
The Spa at Kilaga Springs Mon–Fri: 9:00 AM–6:00 PM Saturday: 9:00 AM–5:00 PM	

ADMINISTRATION

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Facilities & Maintenance Manager
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Landscape Supervisor
Willie Maybery916-645-4501 Willie.Mayberry@sclhca.com

THE SPA AT KILAGA SPRINGS

Spa Concierge.....KilagaSpringsSpa.com
Appointments & Info: 916-408-4290
Spa Manager
Trudy Smith.....916-408-4071 Trudy.Smith@sclhca.com

BOARD & COMMITTEES

Board of Directors
Alice Crawford PresidentAlice.Crawford@sclhca.com
Don Negus..... Vice PresidentDon.Negus@sclhca.com
Laura Thiele Treasurer Laura.Thiele@sclhca.com
Tom Dunipace..... SecretaryTom.Dunipace@sclhca.com
Jack Harris..... Director.....Jack.Harris@sclhca.com
Diana Peters Director.....Diana.Peters@sclhca.com
Kathy Shaddox..... Director.....Kathy.Shaddox@sclhca.com

LIFESTYLE

Lifestyle Desks
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Room Booking & Club Coordinator
Shelvie Smith.....916-625-4021 Shelvie.Smith@sclhca.com
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Katrina Ferland916-625-4002 Katrina.Ferland@sclhca.com

WELLFIT

WellFit Desks
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Assistant Director of WellFit & Spa
Jonathan Leung.....916-258-8289Jonathan.Leung@sclhca.com
Fitness Coordinator
Danielle Merrill916-625-4032 Danielle.Merrill@sclhca.com

FOOD & BEVERAGE

Meridians Restaurant.....MeridiansRestaurant.com
Reservations & Info: 916-625-4040..... To-Go: 916-625-4044
Kilaga Cafe
To-Go Orders & Info: 916-408-1682

CATERING

Catering Sales Manager.....OrchardCreekLodge.com
Don Giles916-625-4043 Don.Giles@sclhca.com

GENERAL NUMBERS

Curator Security916-771-7185
LH Golf Club916-543-9200lincolnhillsgolfclub.com
Lincoln Police & Fire916-645-4040
Neighborhood WatchSCLHWatch.org
Linda Minor: 707-235-0778
Neighbors InDeed916-223-2763 neighborsindeed.org
Lincoln Hills Foundation....916-434-0749 ..lincolnhillsfoundation.org
Lodge Library Contact.....Adrian Felice: 916-408-4332

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Compliance.....Compliance.Committee@sclhca.com
Elections Elections.Committee@sclhca.com
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COMPASS — A monthly magazine established August 1999**COMPASS Editor:** Theresa Renken 916-625-4014**Resident Writers:** Linda Lucchetti, Richard Pearl, Shirley Schultz,Teresa Tanin, David Wright **Layout/Design and Printing:** Fruitridge Printing

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CLUB CRUISE & LINCOLN TRAVEL



Go To Mexico !

Dear Sun City Travelers and Friends,

My husband and I just returned from 3 weeks in Los Cabos where we stayed at LeBlanc Spa Resort which is a 5 Star, All Inclusive resort. It was spectacular! The cleanliness was better than anywhere we have seen in the USA, the service was amazing and the food was incredible at their 10 different themed restaurants in addition to room service and poolside dining in our swimsuits. We absolutely loved it and would highly recommend it to you. There is nightly live music, every room category has a butler, and you never have to leave the resort if you don't want to go explore Cabo, Los Cabos or San Jose del Cabo, however if you do, LeBlanc makes all of the arrangements effortless and safe. LeBlanc Spa Resort is just one of the many Palace all inclusive properties, so if you want to be at an adults only or a family friendly property, Club Cruise & Lincoln travel along with Palace Resorts is ready to make your vacation magical.

Right now is a great time to travel! Prices have never been lower and the resorts have never been cleaner or safer. Please call our office or send an email to book@clubcruise.com and let us know when you would like to go.

Sincerely,

Amanda Huber

Owner, Club Cruise &

Lincoln Travel



Call us M-F 9am—5:00pm 916-789-4100

Or email us - book@clubcruise.com We're local!



CST#2033380-40

CLUB CRUISE & Lincoln Travel 916-789-4100

Located at 851 Sterling Parkway, Lincoln CA