

COMPASS

Navigate Your Way Through Sun City Lincoln Hills

The Love of Dance



18 The Karate Cupid

20 We Love Our New Residents

Calendar of Events

February 15 - March 25

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Upcoming Association Meetings: February 15 – March 31

Finance Committee Meeting	Wednesday, February 19, 9:00 AM, P-Hall (KS)
Board of Directors Annual Meeting of Members	Thursday, February 20, 9:00 AM
Board of Directors Special Meeting	Thursday, February 20, follows Annual Meeting
Board of Directors Organizational Meeting	Thursday, February 20, follows Special Meeting
ARC/Architectural Review Committee Meeting	Monday, February 24, 9:00 AM
Listening Post	Wednesday, February 26, 9:30 AM, P-Hall (KS)
Board of Directors Meeting	Thursday, February 27, 9:00 AM, P-Hall (KS)
Board of Directors Executive Session	Thursday, February 27, 11:30 AM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, March 3, 9:30 AM
Compliance Committee Meeting	Wednesday, March 4, 9:00 AM
Properties Committee Meeting	Thursday, March 5, 9:00 AM, P-Hall (KS)
Elections Committee Meeting	Friday, March 6, 10:00 AM
ARC/Architectural Review Committee Meeting	Monday, March 9, 9:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, March 10, 10:00 AM
New Resident Orientation	Tuesday, March 10, 2:00 PM
Listening Post	Wednesday, March 18, 9:30 AM, P-Hall (KS)
Finance Committee Meeting	Thursday, March 19, 9:00 AM, P-Hall (KS)
ARC/Architectural Review Committee Meeting	Monday, March 23, 9:00 AM
Board of Directors Meeting	Thursday, March 26, 9:00 AM, P-Hall (KS)
Board of Directors Executive Session	Thursday, March 26, 11:30 AM

Meetings in Orchard Creek Lodge unless noted otherwise.

VOLUNTEER OPPORTUNITIES!

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

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

Committee Openings

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

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

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

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On the Cover

The Love of Dance

Photo by Jeff Andersen

 Find the Compass

Last month's Compass was on page 13



Board of Directors' Report Still on Active Duty

David Conner, President

Living in Lincoln Hills is often referred to as living on a cruise line or visiting Disneyland. Recently, a resident announced that it is neither. Their thought is to dispense with all activities. They want to live their lives and be left alone.

I was shocked and saddened that someone would purchase a property in an active adult community and not be aware of the entertainment and social amenities that are offered. The amenities are here for all to enjoy, but they are not forced upon anyone. Even on the cruise ship, you are welcome to stay in your cabin.

My personal joy for my life in Lincoln Hills is not diminished as I am receiving exactly what was promised and a little more, plus as your President, I am charged with ensuring the entire community flourishes, and we remain vital.

I am already looking forward to a new year, the weather warming and resumption of the Italian Club Bocce, and our annual tournament with the Shalom Group.

Yes, the Meat Balls versus the Matzo Balls all under our new shade structures. This one is a real hoot, and all are invited. I must admit that my favorite thing is a burger and beer and the fellowship at the Friday night concerts.

I just visited the Sports Plaza, and it does not take much imagination to visualize how the new croquet courts and horseshoe court will mesh with the re-landscaped bocce courts. The adjacent covered vista area is going to provide a spectacular view of the Sierra foothills, maybe twenty miles. I wonder whose idea this was?

You won't believe I got a call from a brother group in their 70's who sing country music asking if they could try out for one of our concerts. I referred them to Staff. They call themselves the Elderly Brothers.

So folks here we are again, another year and still on active duty. We are the champions, and we'll keep on fighting till the end — no time for losers. We are the Champions, my friend.





From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association

Welcome to the February edition of the *Compass*! Here's hoping that the weather has improved and that we can take comfort in the fact that spring is almost here. By the time you read this, pitchers and catchers will have reported to Spring Training, and that has always been good news to baseball fans. Speaking of baseball, I was watching a rerun of Ken Burns baseball special, and the great Buck O'Neil was talking about how in baseball, you can hit a home run one day and be on top of the world, and then strike out the next day and you are on the bottom. But the great thing about baseball is that tomorrow is a new day, and you have another chance to step in the batter's box.

Baseball is a lot like living in an HOA. You take your swings and hope you hit it out of the park, but there may be times when you take that walk back to the dugout after striking out. In baseball, if you hit safely 3 out of 10 times, and do it for a long period of time, you end up in the Hall of Fame. However, in the HOA world, a .300 batting average would be a failure. I'm happy to report that at Lincoln Hills, our batting average is about .950. Our hits far outweigh our misses.

In 2019 we had positive results from all of the departments except F&B. Despite the fact the F&B department has made strides in food quality and customer service over the past two years, the financial results for 2019 were a disappointment, and we need to do better. I am confident we can get there. In 2010, I was given oversight of the Spa at Kilaga Springs, at a time it was struggling financially and from a quality standpoint. The recipe was simple – provide support and encouragement and focus on the resident experience. Today we have the best spa in the area.

Some advocate outsourcing Meridians. This would, in my opinion be a major mistake. This is our restaurant, and no one will care more about it than a dedicated "in-house" team that values our residents. Like the spa example, we have a great core of dedicated employees who care about Lincoln Hills. To get a positive result will require hard work and the desire to achieve a positive result, and the team will provide those elements. What we will also need is your support. Tomorrow's another day and another opportunity. Let's step back in the batters' box and get a hit.

LISTENING POST UPDATE

We had a wonderful crowd show up despite the weather, and as usual, we had some great questions. Jeff Caponera, our Communications and IT Manager, came in to discuss the marketing that we do as an Association. In today's world, every dollar of revenue we can bring in helps us either offset dues or improve the offerings we provide. We discussed the new Village RoundTables we are putting together. I look forward to hosting six or seven in 2020. It's a chance for the staff to meet and talk to our residents in a casual setting, and get to share thoughts on our operation, and the community as a whole.

I had a resident ask about our New Year's Eve event as compared to the one held at Sun City Roseville. At Roseville, there was a dinner and dance band included in the \$80 ticket price. For our event, we charged \$120, and we offered a dinner (great reviews), a dance band, a casino, a

chocolate fountain, and a fireworks display. We had great feedback from those who attended, and Lavina and her team are looking forward to making next year's event even better. I appreciated the resident question; we want

to make sure we are providing the best experience and value around.

I finished up with some comments regarding civility in our community. I realize we are in an election, but there is no reason to sink to the level that we see in the world around us. We can differ in our opinions and outlook, but we can do it in a respectful way. If we mimic what is going on out there, we will find it hard to get good candidates to serve on our committees

and board. Lincoln Hills has always set the standard for other communities to follow – we can be leaders in terms of civility and respect for others and set a positive example.





Finance Committee Report Working Together on Complex Issues

Robert Copp

A challenge that all HOA's face is how to address complex issues in a timely fashion while still obtaining input from residents and staff. No perfect way exists to address such issues, but we must take the time to engage the appropriate committees, staff, Board Members, and residents before making any major decisions.

New finance-related Association Policies can be proposed by the Finance Committee or Board and may be built on input from residents. A task force may be formed, or for more complicated issues, a joint task force may be formed that includes committee, Board members, staff and residents with specific expertise and skills. Here are a few examples of how this process has worked.

The Accounting Policies were developed by a small task force that provided a draft document to the Board in late 2018. The Committee, Board Members, and the Association's Auditors raised issues that were addressed. During 2019, additional policies were proposed and the document received a final clean-up. This effort took significant time since these Policies had not been updated since 2014. Even though these policies were approved by the Board, changes will continue to be made in this living document.

Another example was when the Finance Committee

and Board recognized that improvements were needed to the Reserve Study to stabilize the Reserve Fund. A small task force of Finance and Properties' Committee members working with staff developed improved procedures for managing the Reserve Study. After this effort, a joint task force was formed to develop further policy improvements. A draft of these policies will be presented to the Board in February.

The Sports Complex was another project that involved multiple Committees and a Joint Task Force. With the help of the Strategic Planning Team, the project was also discussed in focus groups. In addition, a comparison with other Associations' operations was conducted. After these discussions and reviews, the Properties and Finance Committees made their final recommendations to the Board for approval.

At the January Board meeting, all Committee Chairpersons had the opportunity to report on their accomplishments for 2019 and what they expect to accomplish in 2020. The video of this meeting is posted on the Association website.

The final 2019 monthly financial report is available on the website and at the Membership Desk (OC). If you have any questions about the Association's finances, contact us at Finance.Committee@sclhca.com.



Architectural Review Committee Governing Documents

Carole Dummett, Chair

In January 2020, all revisions to our current Design Guidelines were completed and sent to the Board of Directors for their approval and posting for the residents to review, including an Open Resident Workshop on February 13, 2020. This is always a large undertaking, especially with the new government regulations placed upon us.

Remember, all governing documents are on the SCLH Website or readily available at Community Standards.

With spring just around the corner, we would like to remind everybody of the importance of applying to ARC on all exterior improvements as outlined in Design Guidelines. If you are replacing a few plants in your front yard that has a maximum growth habit of 5' high and appear on Appendix A Plant List, you do not need ARC approval.

Section 2. of the Design Guidelines lists all items that do not require ARC approval, so this is a good reference guide.

Some of you are receiving Non-Compliance Letters regarding front yard trees. Refer to Appendix A – Acceptable Plant and Tree List: Front Yard and Open

Space/Golf Course Rear yard landscaping must include a minimum of one 24" box tree, single trunk, topped by foliage canopy able to reach 12' tall at maturity and be maintained at 12' minimum height, or as approved by ARC. Please research the required setbacks for each tree outlined in Appendix A.

Note: Our Design Guideline revision reduces the size to a 15-gallon tree lowering the overall cost to a homeowner. If the Board approves this change, it will be effective in March or April 2020.

All tree installations require ARC approval with a simple plan showing appropriate setbacks. If you do not currently have a tree meeting these requirements, please apply to ARC, and we will work with you.

We now have three openings for new ARC members. The biggest deterrent appears to be our meeting dates and time requirements. We have two meetings per month on the second and fourth Monday of every month except December, which only has one meeting. The meetings are from 9:00 AM to Noon. We can work with you on time restraints. If you are interested, please come talk to us.



Compliance Committee / Community Standards

No Problem

David Mateer, Chair

We live in a great community here in Lincoln Hills, this place we call home. Wouldn't it be great to live problem-free? Well, at least let's avoid the unnecessary problems we can avoid.

With the coming month, we start thinking about the home projects we would like to do this year. The good news and bad news is that approvals are needed for some of these projects. The review process is actually a good thing to avoid problems in the future. The checklists and review will assist in ensuring you meet the Design Guidelines of the community. Some may say it is too restrictive or too much work. That is really not the case. A little effort upfront will avoid problems, with the associated stress and expense, down the road. Normally you can accomplish what you would like and meet the standards of the community. The ARC and their review process can also provide an opportunity to ensure everyone is happy. That includes you and your neighbors.

So, what type of things should you obtain approval to avoid problems? The Design Guidelines outline when approvals are needed. For landscape, if you are changing the amount or type of turf or rock or planting a bush to be over 5' tall. Similarly, any new trees

do require approval, front or back yard. Touch up painting does not require review and approval but any color change or whole house repaint does require approval. Not sure, stop in and check with the Community Standards staff, they are there to assist you.

The other way to avoid problems is through normal property maintenance. Items such as house paint maintenance actually avoids damage to your home and also keeps it beautiful. For the landscape, spring is a fantastic time to do some trimming and also replace any plants that did not make it through the last decade. Selecting plants from the approved plant list will again avoid problems. Planting these plants does not require approval as long as they will be under 5' tall. However, remember 4' tall is the limit along the property line. Also, corner lots and driveway exits should be a little lower to maintain good visibility.

The Community Standards Department is here to help and may help to keep you problem-free in the months and years to come.



Communications and Community Relations Committee

New Year Thoughts

Kent Noard, Chair

From a communications and community relations perspective, we are pleased with the progress that we have made during 2019.

The communications through the *Compass*, websites, eNews, and other electronic messaging continued to provide timely and worthwhile information to the residents about what is going on in the community. We want to congratulate staff on the quality of information disseminated.

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

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

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

Going forward into 2020, we will continue to look into ways to improve communications to residents and get feedback on issues that arise in the community.

The same is true for the Community Relations Groups. Community Forums is gearing up for another exciting year of speakers and presentations; the Video Services Group continues to amaze with the video recording and reporting capabilities; we will continue to welcome our new residents with worthwhile information at the NRO, and the Community Ambassadors will continue to show potential new residents the benefits of living here in Lincoln Hills.

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

The committee continues to need new members to carry out not only the above tasks but some new ones that are in the works and some that have gone dormant in the past year. We currently have three members, not including me as chair, and could use two to three more. If you are interested and have communication skills, I would love to hear from you.

Our meetings are (generally) on the second Tuesday of each month. Check your calendars and come to our committee meetings to find out more.

Thank you for your support in our efforts.

Strategic Planning Discovery Report

Denise Bowden

The Strategic Planning Team ended the year with the completion of the Discovery Report on Orchard Creek and Kilaga Springs lodges. Once again, feedback from focus groups was and continues to be an important component of data collection and anecdotal feedback. With more than 5,200 meetings in 2019, many of them club related, there was a major focus gathering club input which resulted in over 50 percent of recognized clubs weighing in.

Our lodges represent gathering places to enjoy indoor recreation and social activities but have had few material changes since opening. With Reserve spending potential coming up across the next five years, the timing of the discovery was critical in order to assess current usage, future trends and potential

efficiencies prior to making spending commitments.

Though the report contains numerous ideas and suggested changes, it will require detailed review, refinement, and evaluation of trade-offs prior to decisions being made by the Board and HOA management.

Note that the WellFit centers, pools, and food and beverage areas will undergo a discovery process in the months to come and are not represented in this report.

To read the full report, please go to the Resident Website and look for the Strategic Planning big red button.

We continue to look for and encourage resident participation. Watch for upcoming eNews for focus group sign-ups.

Lincoln Hills Foundation Thank You

Jeff Andersen, President



Lincoln Hills
FOUNDATION

Serving the Lincoln Senior Community

This is a thank you to our Lincoln Hills residents who have generously supported the Lincoln Hills Foundation. Here is a description of the avenues we use to create the donations and a report on how those donations are used to benefit this senior community.

With seed money from the Del Webb company in 2002 to cover legal expenses for establishing a 501(c)(3) local charity, the Foundation was created to meet resident needs that fell outside the charter of the Community Association. The SCLHCA provides extensive facilities, a host of activities, and professional management of this wonderful place in which we live. The Foundation provides grant money for services and programs to residents who need help in dealing with health matters, food insecurity, and other issues. These programs and services are primarily provided by professional agencies such as Seniors First, Del Oro Caregiver Resource Center, the Lincoln Library and the Salt Mine. We provide the money, and they do the work.

Most of our grants go to ongoing services rather than one-off requests. We have an annual budget for continuing what we've begun and have a lot of people depending on us every year to help them navigate the choppy waters of aging.

The LHF has used a variety of avenues over the years to promote financial support. Currently, our major sources of revenue will include a 24-hour, 4-county event in May called the Big Day of Giving (BigDoG), being a primary beneficiary of the PACE Race, the annual direct mail campaign in October, and Bingo in the ballroom ten months a year.

Last year, we successfully put on a PreParty event in connection with the Association's Concours d'Elegance, and we will do it again this year.

The beneficiaries are Lincoln residents who needed help with Alzheimer's, tax preparation, breast cancer, bereavement, Multiple Sclerosis, Parkinson's, food insecurity, hearing and sight issues.

Numbers-wise, our grants in 2019 were over \$93,000 and will be closer to \$100,000 in 2020. Since 2002, the LHF has provided over

\$500,000. Our volunteers who entirely manage the LHF provide over 4,000 hours a year to make this happen and we have no paid staff.

We think of this May as "Foundation Month" because it's a crowded calendar: BigDoG on May 7, the PACE Race on May 9, and the PreParty on May 16. Choose one or all of these May events to support the LHF. Give where you live.

Big
Day of
Giving
MAY 7

Election News

Get Ready, Get Set, VOTE!



Make Your Ballot Count

- The owner of each property address may cast a total of 3 votes for 1 candidate, OR the votes can be divided among separate candidates. Cumulative voting is allowed.
- Be sure to sign the outer envelope. Unsigned envelopes will be invalid.
- Do not make any additional marks or comments on the ballot, or it will be invalidated.
- Make sure your ballot is received in time! You may mail it, drop it in the Election Box at Orchard Creek Lodge*, or hand-deliver it to the Inspector of Elections no later than 3:00 PM February 19.

Date	Day	Event
February 19	Wednesday 3:00 PM	All Ballots Due
February 20	Thursday	New Board seated at Annual Meeting of Members

*During Membership Desk Hours - Monday through Friday - 9:00 AM to 5:00 PM. For more information contact: Elections Committee at elections.committee@sclhca.com



Team Member of the Month Award – January 2020



Danielle Merrill, Fitness Coordinator;
Jennifer Ornstead, Fitness Instructor;
Nancy Gabriele, HR/Payroll Manager.

Our “Team Member of the Month” Award goes to Jennifer Ornstead! Jennifer joined our WellFit Department as a Fitness Instructor in June of 2017. Here are just a few quotes shared by our staff:

“Jennifer gives 110% all the time. Her fun, cheerful, high energy personality is infectious! She is a very knowledgeable trainer!” “Jennifer helped save the life of one of our residents last month. She did not hesitate and jumped right in and administered chest compressions. She helped save a life!” “She has built close relationships with her clients, goes out of her way for them every time, and always has a smile on her face!” “We just love having her around!!”

Jennifer, we cannot thank you enough for your passion, knowledge, and skills, and most of all, for saving a resident’s life! We are, without a doubt, grateful and thankful that you are part of our family.



Let us serve you with a view

Meridians
Restaurant & Bar

February 2020

Food & Beverage Team

Welcome to a new Meridians of 2020! February brings great excitement and fun for all. Our Food and Beverage Department is excited about the new menu crafted for a February 10 release. There is truly something for everyone, and more importantly, an emphasis on quality of product and a sense of presentation. Come in, and let your taste buds expound on the experience.

2020 has brought new legislation to the California Health and Safety Code (sections 25990 and 25991). In case you weren't aware, all shell eggs and liquid eggs sold in California must be from egg-laying hens raised with no less than 144 square inches of useable floor space per hen. Unfortunately, this affects the cost of food that contains eggs either directly or indirectly. This includes omelets, breaded items, and desserts. Be on the lookout at your local grocer.

Also, within the New Year, we are bringing back the fun. Everything that makes us a destination for our residents is in one locale. There are several events slotted for the upcoming months. Duck Horn Winery (from Napa Valley) will be our featured wine dinner; Mardi Gras brings a 3-course pre-fixe menu; St. Patrick's Day featuring traditional staples, and exciting new Irish favorites. Expect to see new pop up events such as our Tacos & Tequila Tasting on the Terrace! Please be sure to sign up for eNews for weekly specials and more.

Sunday, February 23, is our next international buffet and bringing on a South American flare! Features from Brazil, Peru, and Venezuela are tantalizing your taste buds. Call Meridians to make a reservation, as these nights sell out quickly!



Chef's Recipe of the Month:

Shaved Asparagus Salad Sauté

by Chef MJ

Asparagus Season Should be underway at the beginning of March! Young asparagus has a tenderness all its own, and what better way to celebrate spring than with a pre-season recipe that goes well with any entrée.

Ingredients

- 1 bunch Asparagus
- 1 bunch of Mustard Greens (or any other "spicy" green, perhaps arugula)
- 2 Shallots, peeled
- 2 Garlic Cloves, peeled
- 1 Carrot, peeled
- 4-6 leaves of mint
- 1/4 cup lemon (used for the juice)

Instructions

Begin with your asparagus. I like to take 1 stalk at a time, holding the tip towards my cutting board. Approximately 2/3 to the other end, I begin using a peeler to peel long strips of asparagus. Do the same with the carrot. Wash your bitter greens well, and tear from the center stalk. Go back over the torn leaves and tear them again. Julienne your shallots and slice garlic thin. Lastly roughly chop your mint leaves.

In a sauté pan over medium-high heat, raise the temperature of your pan. It is best to heat your pan first before adding any oil. Add a small coating onto your hot pan, and swirl around. Once coated, add shallots and begin to fry them until sweating lightly. Then add the Garlic, Asparagus, and Carrot to the pan. Sauté until shallots and garlic begin to caramelize, add Greens, and lower heat to an even moderate-medium heat and continue to Sauté. Once the Greens have become wilted and the asparagus has a little color, mint, and season with salt and pepper if you like. I like the asparagus to have a bite to it, and not be too fully cooked. Squeeze the lemon lightly over the mixture and serve.



Lifestyle News & Happenings

Lifestyle is Blooming

Lavinia Samoy, Lifestyle Manager

Just in time for spring, we have a new face at the Lifestyle Desk! Julie comes to us after a 27-year career in dentistry serving patients from Elk Grove to Lake Tahoe. She's always enjoyed Customer Service, and after a 2.5 year try at retirement, she realized she missed people, community and community service. Drop by the desk; she would love to assist and share a smile with you.



We anticipate a fun spring season with March and April starting us off with some great performances you don't want to miss! Magic and comedy with great audience interaction are what you can expect from The Award-Winning Magic of Spencer Grey with two shows on March 19 (page 55).

Three female music icons take center stage this spring. The amazing Carolyn Sills Combo delivers

a country and western concert featuring the hits of Patsy Cline, March 6 (page 57). Karen Carpenter's haunting hits will serenade you on March 11 in the Ballroom (OC) with Katy Stephan's vocals and exemplary piano playing (page 57). Finally, travel back to the '60s and '70s as you listen to your favorite Carole King hits and sing along with Bay Area's The Rhythm Method 4 on April 16 (page 59).

We are also bringing back two exceptional music programs. Pianist extraordinaire, Richard Glazier, returns for an intimate piano concert and storytelling in the Ballroom (OC) on March 27 with his program Gershwin-Remembrance and Discovery (page 57). Award-winning Classical guitarist Keith Calmes is back in P-Hall (KS), April 7 for another amazing concert (page 57).

Our three overnight/extended trips scheduled in March all sold out! Thank you very much for your vote of confidence in the way we deliver our trips. Remember to inform the Lifestyle Desk or Katrina Ferland if you have to miss the trip for any reason. We will add your name to our Buy-Sell list and provide you with a Waitlist for the trip, if available.

Not sure what group or club you want to join in the community? Orchard Creek Lodge will host our annual It's the Lifestyle! Expo on February 25 starting at 10:00 AM. This is the perfect time to learn more about our 70+ clubs/groups as well as local non-profit organizations looking for volunteers.

Speaking of blooms, see page 75 for all the various Flower Arranging classes we now offer!

Happy Spring!

Your Old Photos Restored!

I live in Lincoln Hills and will gladly do free estimates in your home.

Patrick J Osborne
Visionary Design
916-747-2080
email patrickjosborne1@gmail.com

Have Medicare questions? I have answers.

Susan Green

Licensed Sales Representative

915 Highland Pointe Dr.

Roseville, CA 95678

916-677-9261, TTY 711

UHCMedicareSolutions.com





**The Spa at Kilaga Springs
Passionate**

Trudy Smith, Spa Manager

The Spa at Kilaga Springs is thriving with a passionate professional and talented team. From the Spa Concierge who greets you and plans your schedule to the well-educated, talented service providers in Skincare, Massage and Body treatments and Nailcare. Lincoln Hills is fortunate to have such a well-run Health and Wellness facility in their community. My goal is to provide to all residents the wide range of services offered at the Spa.

Our Retail Boutique has some very sophisticated products to offer. We carry several skincare lines, Hydropeptide, and Image that satisfies any skin type. We also have a makeup line, Jane Iredale, that is healthy and beautiful for your skin. Makeup can be overwhelming as well as skincare, and with that in mind, I have hired a retail specialist, **Denise Gibbons**, to help navigate your way and make the correct purchase. We are also carrying several lines of CBD. There are so many CBD products on the market that do not have in them what they say they do. These two lines from Korent and Body Bliss do. I have thoroughly vetted the companies and products to bring the best to you. This CBD is full-spectrum, so it does have the legal amount of THC in it, which is < 0.30%. Our CBD is farmed in the USA. The CBD is extracted from the whole plant via C02 process in a food-grade facility, meaning no chemicals are used. This is the cleanest process of extraction. The manufacturers do



a 3rd party test before they ship to vendors, then the vendors do a 3rd party test after making the finished product to ensure there is the amount of CBD that is listed. We have a full line of CBD products from salves, lotions, oils, liniments and tinctures. Other offerings are artisan jewelry, Sonoma lavender neck wraps and weighted blankets, luxurious lotions and oils and more.

In our Massage Department, we are offering Ocean Dew Detox Body. This treatment begins with an exfoliation using magnesium melt, followed by a rich shea butter application infused with Ocean dew essential oil and then wrapped for deep penetration leaving your body detoxed and fortified.

In our Skincare Department, we are offering the Signature HydraFacial plus two specials. This treatment features all the HydraFacial extras – Perk eye and Lip, Boosters, neck, and De’collette’.

We hope to see you in the Spa! Remember we are open to the public so bring your friend.

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The Communications Corner
Facts Support Reality

Jeff Caponera, Communications and IT Manager

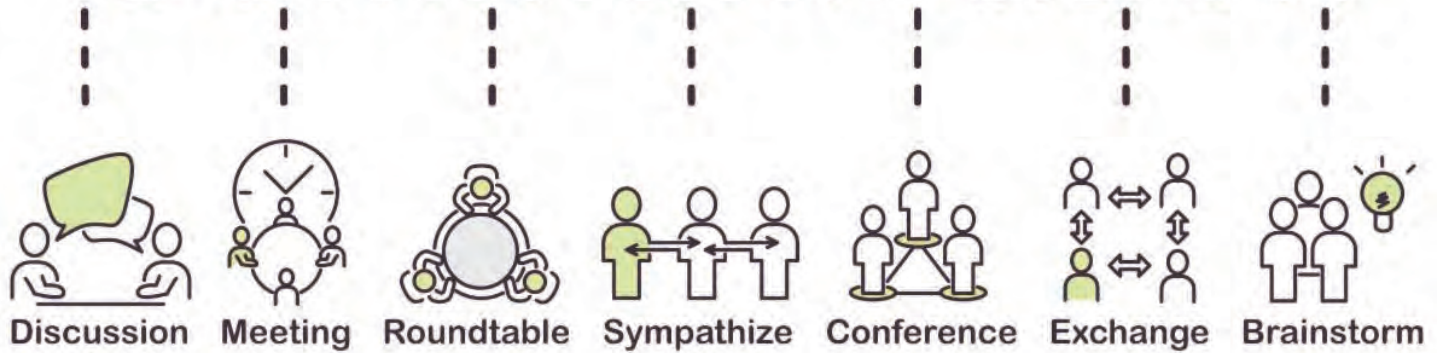
At the January Listening Post, I addressed a couple of questions I have been getting lately. One of which is, "Why do we Market the community?"

In a sense, we do not market the community. At the January CCRC Meeting, a committee member recapped that the Community Ambassadors Program did 35 tours to

to stay relevant through events like the Concours d'Elegance, Lincoln PACE Race, Summer Concert Series, and weddings, all of which bring people here, leading some to purchase homes.

Del Webb set up their communities so that they could generate revenue to offset dues. The more outside revenue gained from these events, the more we can improve the quality of the concerts

Communication



prospective residents in 2019. Requests came from as near as Roseville and as far West as Hawaii. Potential residents tend to be most interested in pickleball, tennis, staying healthy, and looking at our wide selection of social activities.

Most prospective residents find our community online, and it helps that for the past three years, the *Sacramento Magazine – Best of Sacramento* voted SCLH as "Best Retirement Community." We also won 12 Best of Lincoln Awards in 2019 and were just nominated for Non-profit Organization of the Year and Customer Service of the Year by the *Lincoln Chamber of Commerce*. That is the best form of free advertising we can get – outside recognition. The Communications team also operates all five of the Association websites, which helps boost our online presence.

There is plenty of competition not just for the community as a whole, but for a lot of the businesses, such as the Spa, Meridians and fitness centers. Even though WellFit isn't open to the public, they still face competition for classes and facilities with nearby gyms. Lincoln Hills must continue

and other entertainment we provide. Our softball, tennis, and pickleball groups bring in people from the outside from time to time for tournaments.

Gross revenue generated from public sales:

Lifestyle Revenue	\$85,737
<i>(concerts, public room rental, vendors, Anniversary sponsors)</i>	
Spa Revenue	\$90,000
Weddings and Caterings	\$800,000
Compass advertisers, website ads, and Business Showcases	\$438,791
= \$1.4 million in outside revenue	

If by marketing the businesses within the community means we are promoting the community, this is not a bad thing. It means we are staying relevant and vibrant in an ever-growing market filled with competition.



WellFit News

Gym Etiquette – How Can We Help You?

Deborah McIlvain, Lifestyle, WellFit & Spa Director

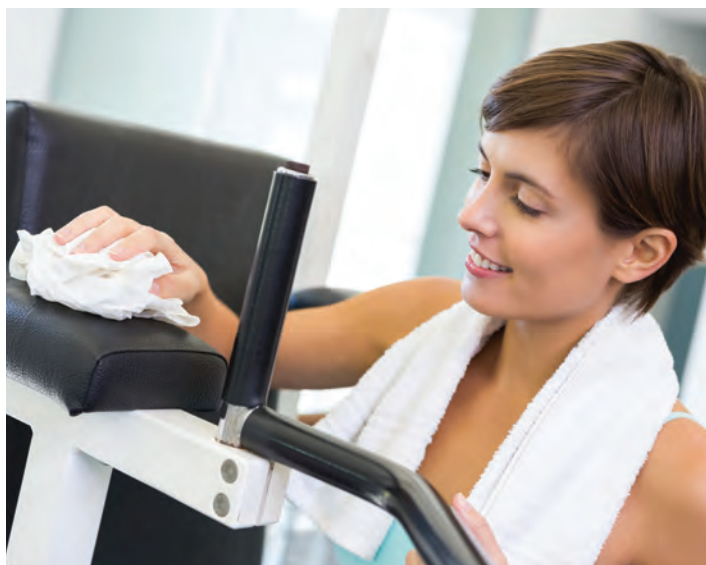
I'm so excited to see some familiar and new faces back in the fitness centers after the holidays! Some friendly reminders on gym etiquette:

- Wipe down cardio and weighted equipment when done; gym wipes are provided throughout the gym.
- There is no holding equipment; please don't leave your items on the equipment to hold.
- There is a 30-minute maximum on cardio equipment if people are waiting. We have a signup board at both OC and KS.
- Please don't sit on the weighted equipment between sets; let others work in with you, especially on busy days.
- Do not talk on your phone while working out or on the track. If you need to use your phone, please go to the lobby or outside.
- If you are using the pools, be aware of the different swimming levels for each lane.
- There is a 30-minute maximum in the swimming lanes; be aware if people are waiting.
- Please shower off before entering pools.
- To help eliminate water and slipping hazards in the locker rooms, please use a towel to dry off after swimming
- Do not use perfume in the fitness centers.

- Bring your card or use the SCLH app to sign in at the front desk; having your card or app is mandatory for entry.

If you ever have any questions on classes, the best approach to getting started, or maybe you are in a rut and need some new challenges, please stop by my office or Jeannette's at OC; you can also stop into Danielle or Johnathan's office at KS. We are always here for you! Remember, *"the secret to change is to focus all your energy, not on fighting the old, but on building the new"* – Socrates.

It is that time again when WellFit gives back. Please help us to bring needed resources to Phoenix Continuing Education School in Lincoln see our ad on page 88.



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



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The Love of Dance – A Night on the Town

Teresa Tanin, Roving Reporter



The Moon rises over the starlit skyline of New York City as you enjoy a new dinner show experience right here in Lincoln Hills! Coming April 2, 3 and 4, in the Ballroom (OC) is “Night on the Town,” an experience you won’t want to miss.

This new Dinner Show, produced by Sharon Lefkov, will include dance and musical numbers by the Lincoln Hills Performers. This production is directed by Becky Nicholson and Carol Rose,

who have previously co-directed and choreographed for the Tap Company and Players shows. They both bring many years of experience and their love of dance to this new production.

The New York skyline set, designed by Wendy-Jean Iannico, is enhanced by the special lighting designs of Jim Moon, the show’s Technical Producer.

Musical numbers will include songs by the “Sunny Singers,” solos by Paul Carroll, Ken Reiss, and by Yvonne Krause, the annual Vaudeville Show Director. Karen Hardage and Jeri Ferris will present special harmonies.

Choreographers, Alyson Meador for all Tap numbers, Melanie Greenwood for “All that Jazz” numbers, and Carol Rose for the “Hula Wahines,” are all dancers and teachers in Lincoln Hills;

classes available!

Tickets go on sale February 17 and will sell out fast for just two 6:00 PM dinner shows and one Saturday 2:00 PM show. Please see the entertainment section of the *Compass* for more information. Wow! Dinner *and* a show; the performers love of dance is something you do not want to miss.





Karate Kids in action

The Karate Cupid of Lincoln Hills

David Wright, Roving Reporter

Al Trimarchi may not look like Cupid, but for students in his Shotokan Karate class, it is love at first strike—jab, block, and kick. Armed with a contagious enthusiasm instead of a bow and arrow, Al captures the hearts of Ninja seniors. His students range in age from 59 to 87. Some have varying degrees of experience and some had never done karate before this course. But all proudly wear their own karate gi (uniform) and all have become Al's extended family.

When he was 20 years old right after his dad died, Al became inspired by the 1970s Kung Fu and Bruce Lee movie craze. He took up karate, but unlike typical trend joiners, he stuck with it, and soon it became part of him. He earned his black belt in five years and has been a practitioner for five decades.

Never in his wildest dreams did Al ever think he would be teaching a seniors' karate class. Retiring from a 30-year career in pharmaceuticals and a volunteer stint as



Sensei Al Trimarchi demonstrates a knifehand strike

a Douglas County reserve deputy sheriff K-9 handler, he and his wife moved to Lincoln Hills just over a year ago. He would work out in the Fitness Center—critiquing his every move in the mirror. Passersby would strike up conversations about how much they miss the martial arts programs they

used to do in their youth. That gave Al the idea to develop a course-specific to golden-agers—emphasizing “perfection of character through the perfection of technique.”

As sensei (teacher), Al transformed the Aerobics Room into the Dojo (place), and last September, held the first Shotokan Karate class. Relying less on athleticism and more on kinesiology, it is a perfect choice for oldsters looking to slow down or even reverse the aging process. Besides self-defense, karate keeps the body in motion—promoting balance, flexibility, strength, agility, discipline, concentration and alertness.

Al lives by the words of his church pastor, “Heaven is like winning a tennis match; you can't get there without serving.” He takes no salary for the class. The enrollment fee only covers the administrative cost and room rental.

While the class will not prepare anyone to become the Green Hornet's sidekick, it will help participants gain mobility and confidence during their twilight years. To kick your workout up a notch—don your gi, enter the Dojo and become one of Sensei Trimarchi's Karate Kids.



Sensei Al Trimarchi takes a punch



Sexually Transmitted Diseases Never Get Old

Shirley Schultz, Roving Reporter

For as long as humans have engaged in sex, there has been the potential for sexually transmitted diseases (STDs). Age does not impede sexual activity and potential disease transmission. The Centers for Disease Control and Prevention reports the incidence of some STDs in seniors has increased over 50 percent to as much as 70 percent in the case of syphilis in recent decades. Sexual behavior is not commonly discussed amongst older adults, and people often do not discuss this with their health care providers. Many cases may go unreported and, therefore, untreated.

At the February 26 Community Forum, “Sex in Sun City: Everything You Should Know about Sex but Didn’t Know to Ask”, Kim Marjama, N.P. will address the most common STDs in older adults from the standpoint of symptoms (or lack thereof), complications, diagnosis, and

emphasizing safe sex practices. You may find a YouTube video, “STDs Never Get Old,” to be enlightening.

Although the toilet seat often gets blamed for transmission of STDs, in reality, it is not the toilet seat but direct sexual contact through the vagina (vaginal), the anus (anal or rectal), or the mouth (oral) that is the most common vehicle for transmission. Common STDs include Herpes simplex, Human Papilloma Virus (HPV), Gonorrhea, Syphilis, Trichomoniasis, Hepatitis B, Chlamydia, and Human Immunodeficiency Virus (HIV). Of these infections, Syphilis, Gonorrhea, Chlamydia, and Trichomoniasis are currently curable, although long term consequences of untreated infection may not be curable. Treatments have markedly improved since World War II, where gonorrhea treatment may have required a 30-day hos-

pitalization, and syphilis required a 6-month regimen. HPV, HIV, Herpes, and Hepatitis B are incurable but possibly treatable. These infections do not discriminate based on age, and they may cause serious health problems or even death if untreated.

Many people may have an STD and not know it. When was the last time a doctor asked you about your sex life? Medicare will pay for testing and treatment for STDs, but many providers are reluctant to ask about sexual activity in seniors. This is one more reason why we need to become knowledgeable and advocate for ourselves.

This article is meant to encourage the reader to seek out the necessary information about how to practice safe sex at any age or to seek evaluation for health symptoms that could be the result of a new or long-standing STD.



We Love Our New Residents — New Neighbors!

Teresa Tanin, Neighborhood Watch

New Resident's Orientation (NRO) is offered several times a year in the Ballroom (OC) from 2:00 to 4:00 PM, with special refreshments during and after the presentations. Attend the next orientation on March 10 and learn what our community has to offer. Come earlier February 25, and attend It's the Lifestyle Expo, 10:00 AM to 1:00 PM, Ballroom (OC) to receive detailed information about the many clubs and numerous activities available to all residents in Lincoln Hills, including safety information from Neighborhood Watch.

During the NRO, Neighborhood

Watch volunteers provide contact information for each resident's Village Mailbox Captain. The Mailbox Captain will follow up with helpful Neighborhood Watch information, including other services offered in our community. *It's the Lifestyle! Expo* is another opportunity for volunteers to answer questions about Neighborhood Watch.

Every resident is a member of Neighborhood Watch and is the eyes and ears for police and fire. Anyone interested in doing more can volunteer to participate in a myriad of roles. Visit www.sclhwatch.org for more

information about volunteering, about neighbors helping neighbors, and how to sign up for Neighborhood Watch safety Alerts!

Join us March 18, 1:00 to 3:00 PM, Ballroom (OC) for the Annual Spring Safety Symposium and learn even more about the services of the Lincoln Police and Fire Departments, from Public Safety Chief, Doug Lee, and his team. Questions are encouraged, and many helpful handouts, including the "vial of life", will be provided—so don't miss this informative presentation!



NEIGHBORHOOD WATCH PRESENTS SPRING SAFETY SYMPOSIUM

MARCH 18, 2020



Neighbors Helping Neighbors

Who: Public Safety Chief, Doug Lee

When: Wednesday, March 18, 2020

Where: Orchard Creek Ballroom

Time: 1:00 pm - 3:00 pm

Public Safety Chief, Doug Lee and his team will be here to share an overview of the Police and Fire Department, crime and fire statistics, crime and fire prevention and volunteerism in our community. Topics will include: how to handle solicitors at your door, vial of life, scams and how to avoid them. Neighborhood Watch will provide various handouts covering alerts, safety tips and who to call flyers.



City of Lincoln Public Safety Chief, Doug Lee

MISSION STATEMENT: Strengthen Neighborhood Ties, Increase Personal Safety & Security Awareness
Be the "Eyes and Ears" of Lincoln Police and Fire Departments, Encourage Emergency Preparedness

Brought to you by Neighborhood Watch and Lincoln Hills Community Forum in support of NW Mission Statement



Brightview Keeping Lincoln Hills Lovely

, *Roving Reporter*

You've all seen the white trucks with the Brightview logo on the door while the workers are out and about cleaning, mowing, and watering. How do they keep this all straight? How do they know what area to go to and how often?



I spoke with Willie Mayberry, Lincoln Hills Landscape Supervisor, who is a certified arborist and is trained in the use of pesticides. The outside workers are

employed by Brightview a company located in Rocklin.

A great deal of planning and love goes into keeping the 540 acres of Lincoln Hills beautiful.

Willie keeps a two-page schedule on his desk that lets the workers know where to go and what to do each day. It takes one month to go through the schedule, and then they start over for the next month. They only maintain outside plants and shrubs. The inside plants are watered and cared for by another company.

There are usually 14 to 20 men and women workers on the premises each weekday from 6:30 to 3:00 PM. Two "day porters" are located at the lodges to prune, pull weeds and clean the outside flower beds. There is also a full-time "spray tech," taking care of weeds and insect control. Brightview hires them, but Willie

is in charge of their daily work schedule. In this group, there are two detail crews, one mow crew, and four irrigation crews. They utilize six trucks to get around to all of the areas, along with a golf cart or two.

Look at the amazing numbers of trees, and acreage Brightview lovingly maintains.

- 9,000 plus trees
- 30 acres of turf
- 185 acres of shrubs and bushes
- The 500 acres of open space are maintained by other contractors to spray for weeds and maintain the 30-foot fire break

Willie is also in charge of all the animals that find their way to Lincoln Hills. If you see a deceased animal on the road or a tree that has fallen, call Willie and it will be taken care of.

Cesar Orozco, Lincoln Hills Operations Supervisor, is in charge of the indoor workers who have a completely different job in that they set up tables and electronic equipment. Inside workers wear brown, and the outside workers wear a green vest. Say "hello" when you pass by a worker, either inside or out; they like to know they are appreciated.

Spring will be here soon. Enjoy the view, it's sure to be lovely.





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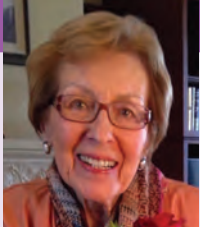


In Memoriam



Russell Wade Steele

Russell grew up in Nevada City, California, and Cobalt, Idaho. He graduated from Troy State University in Alabama and then spent 20 years in the U.S. Air Force retiring as a Lt. Colonel. Russ founded an engineering office in Sacramento, where he was extensively involved in bringing Broadband to rural communities in Northern California. He was also an author of *Legacy of the Blackbird Mine*, and a freelance writer, he belonged to the Veteran's Group and the Amateur Radio Club. He leaves his wife of 56 years, Ellen, four daughters and four grandchildren.



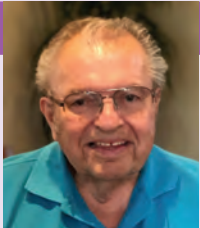
Marilyn "Lynn" Haerr Ripley

Born in a farmhouse in Edelstein, Illinois, Lynn went on to graduate with a degree in Sociology from Bradley University in Peoria. She was an accomplished pianist and loved playing the Strauss Waltz. Lynn married Stuart nearly 55 years ago, and they had two sons. Lynn and Stuart had a successful retail business as owners of a premier bed and high caliber linen shop in La Jolla. They moved here to be closer to family. They were both active in life here using the fitness center and enjoying meals at Meridians. Besides her husband and sons, Lynn leaves eight grandchildren and 22 great-grandchildren. She also is missed by a large extended family.



David Whorf

David grew up in Beverly Hills, although he was born in Syracuse, New York. He graduated from Lawrenceville School in New Jersey and Stanford University. He spent six years in the National Guard and then enjoyed a 65-year career in the film industry, working as an actor and director. He and his wife moved here from Carmel and he loved woodworking, participated in the ukulele, computer and pickleball clubs. David also formed a scooter group to explore the Sierra foothills and surrounding countryside. He is especially missed by his wife Laurel, two daughters and three grandchildren.



John Combes

As founder and President of the Astronomy Group, John is well known here for his knowledge and presentations about the universe and NASA's Hubble Telescope. John was born in New York and grew up in New Jersey. He graduated from the University of Maine and joined the Navy Reserves. He then spent 28 years with the U.S. Department of Forestry as a Ranger. He lived in several beautiful states, and his children still live in Colorado. John enjoyed setting up his telescope and sharing photos. He became involved with the STEM program at Jessup University. He leaves his dear wife, Norma, daughter, two sons, two grandchildren and many friends.

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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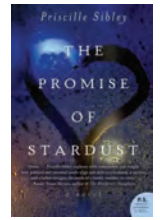
More information:

www.lincolnhillsfoundation.org



Library News

Another year – another decade! We, here, at the libraries, look forward to helping you. Did you remember to bring back all your books from the vacations you have taken? We really appreciate your prompt attention to this as many people are waiting for books to be returned.



Speaking of bringing back books – please remember not to take more than three books of any author. Some authors are extremely popular and residents are looking forward to reading the book you may have. Thanks for your consideration.

Again, when donating books, please only leave books published in 2014 and later.

I just finished “The Promise of Stardust” by Priscille Sibley. This story is about a couple who wants to have children but are unable to conceive. When the wife becomes brain dead in an accident, the husband has to make the decision to terminate her life. But – she is pregnant! A real winner.

Contacts:

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



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Amateur Radio

On a sad note, last month, we lost a fellow Ham and Correspondent – Russ Steele, KF6TAR. Russ was an asset and friend to the Group and will be greatly missed. For the new year, the ARG has brainstormed and came up with some exciting ideas. As an example, we will be conducting 10-15 minute “tech talks” by any member. Exchanging technical books were also discussed. If you are looking for a way to engage in the community and have an interest in amateur radio, please join ARG members on Monday evenings at 6:30 PM in the South Lincoln Hills Entry Facility. The ARG conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 443.2250 MHz, 167.9 PL.

Contact: *Stu Gallant 916-587-3715, Stuart.Gallant@gmail.com*
 Website: *www.lharg.us*



Ballroom Dance

Have you ever thought about learning ballroom dancing? Well, this is your opportunity to learn social dancing in a fun, non-stressful environment. There are no class fees. Come and try it for a week or two before joining the Club. Our annual Ice Cream Social is on Friday, April 17 at Ballroom (OC). Call for details. In February, we are teaching

Waltz taught by Belinda and Nancy. In March, we are teaching Cha-Cha taught by Sal and Ruth.

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

Contact: *Ruth Algeri 916-408-4752*

Big History



We explore history from the Big Bang onward. On February 17, Ranny Eckstrom will describe her fascination with the Tocharians, blond-haired, blue-eyed people whose mummies were found in a Chinese desert. Buried some 4,000 years ago, they were still adorned in colorful clothing and looked as though they'd been buried far more recently. What were they doing in China? On March 2, Richard Thornton

BIG HISTORY
Learning for the sheer joy of it!
 Club website: bighistorysclh.com



Tom and Michelle Breckon

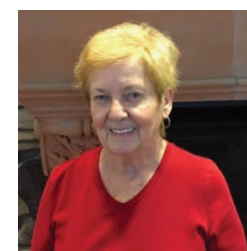
will speak on the history of cannabis, a versatile plant that has been used for thousands of years—as a medicine, to make clothing and paper, in religious rituals, to get high. The Big History club meets on the first and third Mondays of the month at 10:00 AM in P-Hall (KS).

Contact: *David Lewis 916-626-2795, stuff619@gmail.com*
 Website: *www.bighistory.sclh.com*



Billiards

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



Woman Billiard winner 1st place 5 game winner

to all residents on Tuesdays from 9:00 to 11:30 AM. This is for new and returning players (men and women). You do not need anything to play. Just show up and see what we have to offer. Remember it's free!

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



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California Rice Commission is the guest speaker for our March 9 meeting at 1:30 PM, P-Hall (KS). Luke graduated from the University of California at Davis, where his master's research focused on wintering waterfowl of the Sacramento Valley. His presentation, "California Rice Commission and Positive Impacts on Birds and Nature," should be an interesting discussion.



Isenberg Crane Reserve, Sandhill Cranes at sunset.

February 21, we head to the Davis Wetlands and the City of Davis Wastewater Treatment Plant to view the waterfowl and other birds that enjoy these ponds. We may also stop at the Woodland Wastewater Treatment Plant. March 6, we will visit a local birding spot but the destination depends on water levels so it will be announced later.

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



Bocce Ball, Mad Hatters

We were formed for the purpose of acquainting the



Special Olympics coming again in March and April

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

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



Book, OC

"The journey doesn't end." – Michelle Obama.

That neatly sums up Michelle Obama's *Becoming*. We move forward in life, and we evolve, we each form our own story.

How does Michelle's story influence ours? Our book club discussion promises to address that. Read the book, join the Book Club discussion on February 20 at 1:00 PM in the Multipurpose Room (OC).

The Book Club fosters lively discussions of many different book genres. Meetings are on the third Thursday of each month in the Multipurpose Room (OC) starting at 1:00 PM. Newcomers are always welcome. Come and bring your opinions! For the next few months, we'll be enjoying: March 19 – *Elderhood* by Louise Aronson and on April 16 – *The Taoist of Auschwitz* by Heather Morris.

Contact: catsickle@gmail.com

Website: LHocbookgoup.blogspot.com



Bridge, Duplicate

We welcome bridge players of every skill level with games three days a week. Bring a partner and pay the low fee of \$2 each. Annual dues are \$10 per person. A free class, Introduction to Duplicate Bridge, will be offered every other Thursday at 12:30 PM, starting on February 13, in the Sierra Room (KS). Sign up with a partner or one will be provided.

The executive board is President Pat Lewis, Vice-President Susan Brenden, Treasurer Jim McElfresh, and Secretary Trish Barnes.



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Duplicate games start at 12:30 PM on Wednesday and Saturday, and Friday at 5:00 PM at KS. Please arrive one-half hour before game time.

Contact: Patricia Morgan
916 543-0263,
patmorgan2260@hotmail.com



Bridge, Partners

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

Winners: December 26 - Cancelled. Too many Xmas visitors, so unbelievably no time to play bridge. January 2 - First: Carolyn & Bob Calmes; second: Nancy Turrini/Lydia King with high round 1820; third: Barbara & Tom Moran; fourth: Janet Pittenger/Lorraine Minke. January 9 - First: Erika Wolf/Edith Kesting with high round 2770; second: Jodi Deeley/Harry Collings; third: Bev & Allan Blaine; fourth: Phil Sanderson/Mark Green. January 16 - First: Chris Jacobson/Chuckie Dietz; second: Lorraine Minke/Janet Pittenger; third: Gay Gladden/Reta Blanchard with high round 1630; fourth: Johann & Paul Kiesel.

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

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



Bridge, Social

We welcome Social Bridge Players to join us every Friday. Meet 12:15 PM in the Sierra Room (KS). Call Chet Winton at 916-408-8708 in February. Call Pat in March and April for reservations.

Winners December 17: Carol Mayeur, Byron Hansen, Nancy Griffin, Chet Winton. Winners January 3: Bob Wehner, Ann Jensvold, John Woodbury, Nancy Griffin. Winners January 10: Flo Hunt, Phil Sanderson, Bette Dow, Jaylene Gerdes. Winners January 17: Tom Moran, Linda Scott, Phil Sanderson, Harry Collings. Congratulations to Bob Wehner and Bob Belknap for a Seven-Heart Grand Slam on January 3!

Our free bridge class is every Wednesday from 8:30 to 10:00 AM for beginners, 10:00 AM to Noon for intermediates in the Card Room (OC).

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



Bunco

In January, we had a wonderful time chatting about our holiday get-togethers with family and friends. Bunco was called several times, and the traveling bear was all over the room. Everyone had a wonderful time!

Please consider joining us for a morning of laughter, fun and friendship! Bunco play is the third

Thursday of the month in the Cards Room (OC). Bunco is a non-membership group with a \$5 'pay to play' fee. Play starts promptly at 9:00 AM.

January Winners: Most Buncos - Shirley Mohler; Most Wins - Jean Abelle; Most Losses - Phyllis Papagiannis; 50/50 - Marsha Pimentel, Traveler - Diane Lundin. Next Bunco is Thursday, February 20.

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



Ceramic Arts

Two items of interest to artists and people who like to look at art. The first event is the annual Fine Arts Show, which will be held on February 21, 22, and 23 in the Ballroom (OC). Many mediums of creativity will be displayed and most items are available for purchase. This is a terrific opportunity to see what your community members are producing and for you to purchase amazing original art for your home or as gifts.

The second event is the Lifestyle Expo which will be held on February 25 in the Ballroom (OC) from 10:00 AM to 1:00 PM. This is your chance to see the active clubs and organizations in our community. If you're interested in ceramic arts, come by our table and talk with us.

Website: www.cagsclh.net

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Chorus

Under the direction of Paul Melkonian with pianist Nina Malone, we're rehearsing a delightful array of folk songs for our spring concert, "Folk Jamboree!" We'll kick it off with "Americana Jubilee," a rousing medley of seven old favorites, and follow with "Cindy," "Danny Boy," "Oh Shenandoah," "Oh Susanna," "Red River Valley," "This Land Is Your Land," and lots more.

Our hundred-plus singers include several who play key leadership roles, including Donna Wood, Steering Committee chair; Monica Maddern, soprano leader; Cherie Lyle, alto leader; Marian Casey, tenor leader; John Baarts, bass leader; and Doug Brown, concert producer. Many others also contribute extra time and effort to enable our successful performances.



Paul Melkonian and Donna Wood

"Folk Jamboree!" is sure to fill the Ballroom on May 3-5, so mark your calendars now!

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

Computers

Apple Users



We got off to a busy start in 2020 with seminars on macOS Catalina 10.15, iPhone photo editing, iOS 13 iPhone features, and iPad OS tricks and tips. If you missed any of these seminars, you can view the videos at lhaug.org thanks to Videography Director Jeff Hanner and videographers Jim Collier and Lew Barnard.



Videographers Jim Collier, Jeff Hanner, and Lew Barnard

Mac users are advised not to upgrade to macOS Catalina 10.15 yet. To understand more, see the video of Ken Spencer's January presentation. If you purchased new equipment with macOS Catalina pre-installed, call the LHAUG Helpline before unboxing your new equipment.

Did you remember to renew your LHAUG membership? Renewals are being accepted now

for 2020. Membership is \$15 per household and is good through 2020.

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

Computers

PC



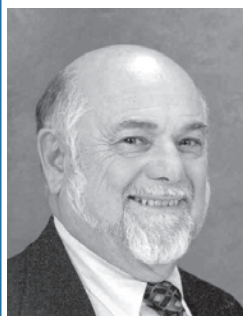
Main Meeting March 11, 6:30 PM, "Ask the Tech" and will cover Windows 10 updates and printer problems. The panel is Bob Ringo, Terry Rooney, and Rita Wronkiewicz. The panel will answer questions from the audience about desktops, laptops, pads and phones (maybe cord-cutting) as time permits. Having any problems, bring your questions and we will all learn from each other. P-Hall (KS)

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

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

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Country Couples

We sure had a great time in 2019: lots of dancing, fun gatherings, a cruise, tour of Sierra Pacific Sawmill, just to name a few. With the new year, we welcome two new Board members: Carroll Cederburg (Treasurer) and Kathy Lopez (PR). They will join Jim Christie (President), Gary Moulton (VP), and Phyllis Svetich (Secretary).



2020 Board

Held earlier this month, our first event was a theme dance: "Roaring Into The '20s." All had a wonderful time with several folks appropriately dressed as flappers, bootleggers, gun molls, and gangsters! 2020 promises to have lots more fun club activities.

Are you interested in joining us and learning Country Couples dancing? Beginner lessons are 7:00 PM on Mondays at KS. For more info, go to our website or contact us. **Contact: Kathy Lopez 916-434-5617, kmlopez46@gmail.com**
Website: www.sclhcc.com



Cribbage

We welcome you to come join the fun at OC on Tuesday mornings with a friendly group of Cribbage Players. We meet at 8:00 AM and have our warm-up practice games until 9:00 AM. Then the mini-tournament begins and continues until noon. We play four-handed partner games using a rotation system. Every game you end up with a new partner as the losing players move on to the next table and winning players stay. Each player keeps track of his or her own score. The weekly winners for December were: Don Lloyd, week one; Cyril Kalbach, week two; Brian Yates, week three; Jerry Carlson, week four and Dan Quick, week five.

New players are always welcome!
Contact: Don W. Lloyd 916-884-4554, gryeagle1@hotmail.com



Cyclists

Here are some things you may want to think about when descending a hill. You may not need to brake hard on some steep descents. Sit up and let your body catch the wind. That can reduce your speed by 10 MPH. On wet hills, slightly contact your rims with the brake pads. This allows better stopping by keeping

excess water from the rims. Your bike will be more stable if you pedal going downhill. Descend in a high gear so you can accelerate if needed. Don't ride the brakes on a long descent. Excess heat can cause a tire to blow. Apply the brakes briefly and firmly. To stop front end shimmy, accelerate or decelerate. It also helps to lean your weight forward over the front wheel.

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

Website: lincolnhillscyclists.com



Fishing

Such a mild winter. I'm already looking at my gear. I sent out a rod for repair, gotta get it back! I made my plane reservations for June to fish the Jefferson River in Montana already! Joe Fletcher is still going out with Paul Ricks; I don't know where they're catching them - too cold for me - Hardy people.



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The bait/spin/troll/boat folks meet at OC Grill, Monday, Wednesday, Friday, at 9:00 AM. The Fly folks meet at the Pipeline, Del Webb Blvd, Friday 8:00 AM. Sharing plans of fishing in 2020, I'll bet.

Our general meetings are the second Monday of each month (except May, October and December) 7:00 PM, P-Hall (KS). Please join our club.
Contact: *Ralph Tonseth 559-860-9104, hsandigo@icloud.com*



Food Adventures

Our January 27 meeting featured tasting fresh bread from The Baker and The Cakemaker. You can visit their bakery in Auburn or buy fresh bread weekly at the Farmers' Markets on Tuesdays at the Fountains in Roseville and Saturdays in Auburn. Tom Bloom, a master wood maker, let us use one of his custom cutting boards to slice the bread and also showed us some of his other beautiful handmade wood items. Members dipped pieces of bread in oil from Ternero Oil. We also eat at local restaurants during the month. Our meetings occur on the fourth Monday of the month in P-Hall (KS) at 2:00 PM and in the Placer Room (KS). You can join the club for \$20 per household at our February 27 meeting.
Contact: *Pam Abad 916-409-5679, pamabad@att.net*
Website: *sclhFoodAdventuresClub@gmail.com*



Garden

"Got Plant Pests? Don't Worry-Be Happy!" The February 27 General Meeting (2:00 PM, KS) will feature a presentation on Integrated Pest Management (IPM). Presented by Kevin Marini (Master Gardener and Editor of the Placer County "Curious Gardener Magazine"), it



Integrated Pest Management (IPM)

will focus on how to determine the pests afflicting your plants and the process of managing those pests from an IPM approach.

Brown Bag Sales, Master Gardener Q's and A's will be available before the meeting.

Membership Registration for 2020 and Waiver Forms for Garden Group Activities will be available again at this meeting after 1:15 PM. You may pre-register by printing out online forms on the website for faster check-in! All 2019 members must **renew** for 2020 by March 31.
Contact: *Lorraine Immel 916-434-2918, lorraineimmed@gmail.com*
Website: *lhgardengroup.org*



Golf

Lincsters

The fun enjoyed at the Lincsters Grandmother's Tournament, January 29, is definitely a reason to play golf. Following the tournament play, a luncheon celebrated the winning scorers with clever "trophies." The best gross score was rewarded with a "Gross Granny Doll" (see picture), and flight winners received walking canes. The Bring a Friend Tournament is set as the next big event for the Lincsters on April 11. One more of the many reasons to play golf - the opportunity to make



Gross Granny Doll: one of the Grandmother Tournament clever "trophies."

new friends who share in fair friendly competition aided by the game's handicap system and tee placements. Club membership is growing; nine prospective players attended the January orientation meeting. For more information check on the online site.

Contact: *Nancy Hastings 916-645-5590, nhast38@yahoo.com*
Website: *Lincsters.com*

Golf Men's

January results in the Two-Man Scramble Gross score winners were: John Michel, Bill Rapp, Jerre Haynes, Mike McGuire-Back, Jack Drinkard, Rick Lamb, Dan Kramer, Warren Mercer, Ron Balderston, and Bob Napoli. Net score winners: Joe Angel, John Vass, Edward Rocknich, Ken Storer, Wally Gibson, Doug Hinchey, James McCarthy, Bill Zeek, Larry Brown Greig Nakamoto. The Club appreciates Jesse Reuter and Rich Henrikson who have put out our Sponsor signs at the starting holes for the last three years. Taking over are Sylvan Braa and Gary Anderson, thanks guys for helping out! The March 10 tournament is the Tournament of Champions or Just For Fun is Individual Stroke Play played on the Hills Course. All tournament results are posted on our website.

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



Hiking & Walking

Brrrrr. It's been cold outside! Remember to wear layers, including a hat. Something I like to do to keep warm is to put warm water in my water bottle. Everyone is welcome to join us for a weekly walk or hike. Get started and make some new friends with our Wednesday

8:00 AM walking group and then take a hike. Upcoming hikes include Lake Natoma Trail (Folsom) February 18, Ruck-A-Chucky Trail (Auburn) February 25, Sacramento Northern Trail (Rio Linda) February 27, and Bobelaine Wildlife Sanctuary (Nicholas) March 10. Don't miss the Hike Leaders Meeting (OC) March 5.



A large turnout for the lovely Shirland Canel hike.

Our website is the go-to place for more information on hikes, walks or membership. Schedules may suddenly change especially due to inclement weather, so please check the website frequently.

Contact: LHHikers@gmail.com

Website: www.lincolnhillshikers.org



Investors' Study

Thursday, March 5, at 2:30 PM in P-Hall (KS). Doug Cote will be our guest speaker. Investors' Study has become an annual visit from Doug, possibly because the weather is a lot nicer out here

than in New York. All residents welcome. Russ Abbott will review his playbook and it should be a stimulating afternoon. The Active Investors sub-group meets at 3:00 PM on the second Monday of each month at the Multimedia Room (OC). If interested, contact Norm Quattrin 916-645-4675. Further questions regarding Investors Study, contact Carl.

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



Lavender Friends

Our club ended 2019 with a bang-up winter dinner-dance, which drew 106 people. As in years past, they danced to tunes provided by Jammin' Jo Productions, a Sacramento DJ. And we are looking forward to this new year's activities, which will include a reunion event designed to bring together former and current members in honor of the club's 15th anniversary.

The new year also will see some leadership changes. Longtime activities coordinator Denise Webfield is stepping down, as is Communications Coordinator Lynde Rammelsberg. The Steering Committee thanked both for their great work.

Lavender Friends represents LGBT residents and allies. Check

our website for details about the club and its events.

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

Website: www.lavenderfriends.com

Lincoln Hills

Line Dance

Instructor focus this month is on Sandy Gardetto, who teaches Levels two, three, and four. Sandy was born in Klamath Falls, Oregon, and has lived in many different locations due to her dad being in the military. After her dad retired, the family put down roots in Chico, and that is where Sandy joined dance classes, including: tap, jazz, ballet, baton twirling and competed for over 20 years



Sandy Garde o

in artist Roller Skating. In 1997, she was introduced to line dance and a few years later began teaching. She finds teaching to be "very gratifying." If you would like more information regarding Sandy's classes, or any other Line Dance class, consult the Compass for times and dates. We thank Sandy for sharing her talents with us.

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

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Mah Jongg, Chinese

If you're looking for a way to start the week off with some light-hearted fun, stimulation, challenge, and camaraderie, please join us on Monday morning to play Chinese Mah Jongg. It's an easy to learn, somewhat addictive game played with a set of tiles. It must be fun because some of us have been playing here for over ten years! We are already equipped with everything to play the game so just show up at the Cards Room (OC) a few minutes before 9:00 AM, introduce yourself, and we will be happy to teach you the game if it's new to you. Official play begins at 9:00 AM (promptness is highly encouraged) and continues until Noon. We hope to see you soon!

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



Mah Jongg, National

February is National Time Management Month, which is so appropriate as we have been practicing our timed tournament play which is much different than our normal casual play. The fast pace is a fun challenge. We also want to welcome the new players who have been dropping in recently. Forming new friendships and connecting with people who share

our love of this game is a win-win for all. We play every Tuesday in the Card Room (OC) from 12:15 to 4:00 PM. Everyone is welcome. If you're a player, bring your card and join a table. Or if you're just curious you can join a table and observe. Want to learn? Call Fran Rivera at 916-253-9978. She gives free lessons in her home during the winter.

Contact: Gerry Bell 916-253-7860, mrspenny@gmail.com



Mixed Media

Our meetings are held on the third Wednesday of the month in the Ceramics Room (OC) at 1:00 PM. We always welcome new people. The guest speaker on February 19 will be Deirdre Trudeau. She will be



Holiday fun with Mixed Media friends

leading us in a fun art activity and will supply everything we need. Specific details for the meetings are always sent out in an email the week before our meetings. The challenge project, "snow" will be shared at our

meeting. Do you have extra art napkins laying around your house? We will have an area set aside for napkin sharing at the meeting. It will be a great opportunity to get some new art napkins. Our art challenge for March will be using napkins in an art piece.

Contact: Nancy Griffin



Motorcycle

The club's Road Captains met in January to put together some great rides for 2020! We have scheduled rides on the second Saturday of the month, March - November. We also feature various impromptu rides and social events every year.



Club members at the 2019 car and motorcycle show.

If you like motorcycle touring and have a roadworthy motorcycle or trike - check us out! We meet on the fourth Thursday of the month at 5:30 PM Multipurpose Room (OC) Guests are always welcome. The next meeting will

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be on February 27. "Ride Safe - Ride With Friends"

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



Movie Lovers

Do you enjoy movies? Consider the Movie Lovers Group. We meet on the second Thursday of each month in The Multimedia Room (OC) at 6:30 PM. We review two movies selected by the group at prior meeting. Members share their viewing experiences and enjoy stimulating and enlightening interaction with others. All residents all welcome to attend. Contact: Cliff Roe 510-889-0265



Music

We met on Wednesday, January 22, and opened with "Ring of Fire," and closed with "A Little Help From My Friends," a most appropriate song, as the Group enjoys singing and playing together as well as listening to our fellow musicians perform solos. We jammed to "Kansas City" to end the evening. Volunteers were asked to step forward and fill 2020 positions in the Club. We meet every fourth Wednesday of the month from 6:30 to 8:30 PM, Fine Arts Room (OC). You can find the Lead Sheets for the group songs and more information



Open Mic Performance

on our website; the password is musicgroup. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM, (OC). Open to Lincoln Hills residents. Contact Ron Peck at 916-409-0463 for information.

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

Website:

www.lincolnhillsmusicgroup.org



Needle Arts

Club meetings are the second Tuesday of the month at P-Hall (KS), 1:00 PM. Members who attend will get to participate in a drawing for a prize during each meeting. We have a show and tell after our speaker presentations.



Welcome new members

Our Sewing Room is being expanded, and our President, Jean Storms, will keep members informed as information is received. We are asking for everyone's patience during this time. If you have any questions, please go to Jean directly. Her email address is jeanstorms272@gmail.com

The 2020 Needle Arts Retreat is June 1-5 at the Mercy Center in Auburn. Details are available on the Needle Arts website. Check us out at the It's the Lifestyle! Expo this month. For more information about Needle Arts check out the website.

Contact: Jean Storms

Website: www.sclhna.com



Neighborhood Watch

Lincoln's Public Safety Chief Doug Lee and his team, along with Neighborhood Watch, will present important information on how to keep ourselves safe by encouraging emergency preparedness. Topics will include how to handle solicitors who come to our doors, scams and how to avoid them,



Public Safety Chief Doug Lee will talk about emergency preparedness.

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The Painters Club Presents

Fine Arts Show at Lincoln Hills



Orchard Creek Ballroom - Free - Open to Public

Friday, February 21, 5:30-8 pm; Saturday, February 22, 9 am-5 pm
Sunday, February 23, 9 am- 3 pm

what to do if we spot suspicious activity and how essential the “vial of life” can be in an emergency. Chief Lee also will talk about volunteerism and the role it plays in helping to keep our community secure. Neighborhood Watch will be there to hand out flyers with information on alerts and safety tips. Be sure to mark your calendar: Wednesday, March 18, from 1:00 to 3:00 PM in the Ballroom (OC) to hear this interesting and informative presentation.

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



Painters

The 17th Annual Fine Art Show in the Ballroom (OC) is just around the corner! Dates are Friday to Sunday, February 21 to 23. See our flyers for times. Art includes paintings, photography, ceramics, and woodwork by community members (your neighbors and friends). Come see what they can do. Also, check out our latest



Veske and Duley work at Buonarroti Ristorante

show in Buonarroti Ristorante that features two artists, Ain Veske and Sharon Duley.

February 18 meeting will feature Deidre Trudeau, whose demo will help us get looser and freer in our artwork. This will be Deidre’s first time presenting to our club and promises to be entertaining and inspiring! If you are not a member yet, but interested, feel free to come check us out. We promise to make you welcome.

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



Paper Arts

At our February meeting, Rosy Thielke presented our project, two “pop-up” style cards that we could personalize by changing the dies or stamps for particular sentiments. Thank you, Rosy.



First meeting of 2020

The next “Open Lab” for members is Thursday, February 20, at 9:00 AM in the Terra Cotta Room (KS). Come by to work on

a project, use some crafting tools you may not have at home, or see what other members are creating.

Stop by our window in the hallway (OC). This month, love is in the air with our creations---Valentine cards of pink and red. We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS).

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



Pedro

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

Contact: Denise Jones 916-543-3317



Photography

The new year began with an exciting presentation by Brian Shul. His primary photo subjects include the highly classified SR-71 aircraft—that he had the rare privilege of piloting—and birds which he describes as the natural flyers.

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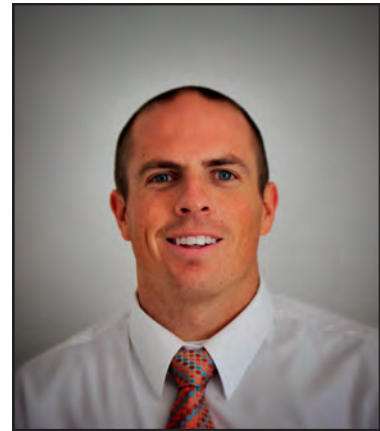
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June	\$305.95	\$133.81
July	\$352.78	\$133.81
August	\$175.75	\$133.81
September	\$157.58	\$133.81
October	\$171.11	\$133.81
November	\$166.09	\$133.81
December	\$193.72	\$133.81



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Kayaking South Yuba River
Dorothe Kress

Photo by Dorothe Kress

February's General Meeting features Gary Wagner. Gary's love of photography began with his photographic duties for his high school newspaper. Gary eventually attended Brooks Institute of Photography. He is sure to have some awesome insights into photography, so don't miss this presentation. Death Valley and Northern California and Oregon Coast field trips are on the Club's spring agenda.

We always welcome new members. You can sign up at any of our monthly General or Special Interest Group Meetings. Check our website for information on meeting times and schedules.

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



Pickleball

We honored our commitment last month by contributing \$20,000 toward the building of new courts at the Board meeting. Pickleball participated in

a local USAPA-sanctioned tournament, with over 360 players and 630 matches with players from as far as Alabama! This tournament wouldn't have happened without the many volunteers.



Craig Fraser and Ron Greeno win GOLD at SW Regionals

Congratulations to Craig Fraser and Ron Greeno for receiving Gold in the Southwest Regional tournament in Arizona which gives an automatic entry into the US Nationals this fall! Congratulations to Ron, Carol Nakao and Lynn Fraser for gold in their doubles matches too!

If tournaments sound exciting, come to our introductory lesson held every Wednesday at 1:00 PM at the courts. Wear tennis shoes. No reservations needed.

Contact: Molly Morris 408-386-9054,
mollyfmorris@gmail.com
Website: lhpbclub.com



Players

We all had a wonderful time at our annual Pre-Valentine Party &

Dinner at Turkey Creek Golf Course on February 13. Thank you, Joan Reiss, Jennifer Carroll, Nancy Mah and David Africa for putting it all together. It was a great event and everyone had a blast!

We will be staffing a table with our PAC group of performing arts clubs at the annual It's The Lifestyle! Expo on February 25, 10:00 AM to 1:00 PM. Come by and see us.

Our next Main Stage event is June 4, 5, 6, 7, at P-Hall (KS). We are always looking for new members. We would love to have you join us. We meet at P-Hall (KS) at 4:00 PM on the second Monday of every month. Annual dues are only \$5.

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



Poker

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

All poker players will be seated as long as they arrive by 12:45 PM (Monday and Friday) or 4:45 PM

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(Tuesday's). The new seating arrangement will eliminate people not being able to play because tables are full. Any questions, contact Lynne. *Contact: Lynne Barsky 916-253-3730*



RV

Our January meeting was packed with planning for the many RV Rallies we have scheduled throughout 2020 and new ideas for 2021-22. Members are already heading out for RV trips to Palm Desert and Arizona. This year's Rallies include Bodega Bay, Las Vegas, Graeagle, Ashland, Oregon, and



RV Rallies are Fun

the Plymouth Wine Crush. We had three new member couples join us, all of whom are experienced RVers. With over 60 members, there is a lot of RV excitement and experience here at Lincoln Hills.

We meet in the Placer Room (KS) at 4:30 PM on the second

Thursday of each month to discuss up-coming Rallies, education and share social time and appetizers. If you have an interest in RV travel, come visit us and get your RV questions answered. *Contact: Steve Beede 916-752-6972, stevebeede5@gmail.com Website: www.lhrvg.com*



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

We are looking for someone just like you to volunteer in K-5 or Phoenix High School. Visit our website at schoolssuncity.org to find out about volunteering. No previous teaching experience is necessary, and the day of the week and times are up to you.



Carol Chicione, volunteer, in Ms. Andersons class, Fosk

We have a special request for Math tutors at Phoenix High who would need a strong background in algebra and geometry. The volunteer would work with one student at a time for one or two class periods. If you are interested, contact Irma Mendez at jmeidm@aol.com.

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



Scrabble

We invite any interested residents to join us for a game of Scrabble. We meet every Monday at 1:00 PM in the Card Room (OC). All materials are provided, and all levels of experience are welcome. No advance notice needed just drop in.

Contact: Joan Anderson 916-505-5000



Singles

Join us at 4:30 PM on Thursday, February 20, at Macaroni Grill in Roseville for Dine-Out. Our famous bingo games are back! On Thursday, February 27, we will be in the Ballroom (OC) at 6:00 PM for great prizes. Celebrate the members who were born in March on Sunday, March 1, at 4:00 PM in the Sports Bar (OC). For Cocktail Time, we will be meeting at Old Towne Pizza in Lincoln at 4:00 PM on Thursday, March 5. To plan our activities, please join us at 4:30 PM on Tuesday, March 10 in the Ceramics Room (OC). At 6:00 PM in the Ballroom (OC) on Thursday, March 12, we will have a re-gift exchange. Saturday, March 14 at 9:00 AM is the Second Saturday breakfast in the Sports Bar.

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

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Softball

Are you ready for some softball? Want to join our Coed Recreational League or our new Ladies League? Now is the time. Applications are available for download on our website. The cut-off date for application submission is February 18. You can be placed on one of the teams by our draft process. Now is the time that we begin to get ready for play that starts in mid-April by stretching, returning to the gym and honing our dormant softball skills. Our 2020 Opening Day - First Day of Play event is scheduled for April 15. Games will be played all day and we will have our now famous "Hot Dog Day" meal deals for sale in full swing. Come watch the games and have a hot dog!
Contact: Bruce Briggs 916-543-3401, bbriggssrsoftball@sbcglobal.net
Website: lhssl.net



Sports Car

What is on your bucket list for this new year/decade? Many of our members had always dreamed of owning a particular sports car first seen in their youth. This year we will hear more stories about when they first got the bug, what car they dreamed about, and what they own today. Boys and girls never outgrow their toys!
 Because the weather is so unpredictable, our new Social Event

Coordinator Linda Snyder has organized the Mardi Gras party with a New Orleans menu and dancing. There will be masks and beads to add to the fun. Linda and her team have several great events in the works.

Our first tour will be in March to Lockeford for sausage and Teresa's in Jackson for lunch.
Contact: Vic Kremesec 916-543-7050, vjk1245@yahoo.com
Website: lhsportscars.com



Sun City Squares

Promised yourself to get more exercise, meet new people, and have some fun? Come join us and explore the world of square dancing. No partner, no problem, we are an all position square dance club we welcome singles and couples alike.

We meet at KS on Mondays from 1:00 to 3:15 PM for Plus Level Dancing, with round dancing between tips. From 3:15 to 3:45 PM for Advanced Level Dancing. On Thursdays from 1:00 to 3:00 PM for Advanced Level Dancing. Come join us and have some fun.
Contact: Beverly Cieslinski 916-622-8424, blm2518@icloud.com



Swimmers & Water Walkers

A member of our club brought up an issue of the opening times on weekends for those who use the gym and the pool. The

concern was communicated to Deborah McIlvain of WellFit. Deborah brought the issue to the recent Monitor's Meeting, and we have received the reply.

5:30 AM

Kilaga Springs Gym New Weekend Opening Time

"I have decided to go ahead and extend the hours at KS on the weekends due to the pools being busy first thing in the morning. We will open at 5:30 AM starting February 1. OC will remain open on the weekends at 7:00 AM. Please spread the word and we will be adding this to our eNews that comes out as well."

When the member was notified, her response was: "Thank you, thank you, thank you!!! Our WellFit people are the best!!!"
Contact: Bob LeRoy 916-412-0552, bobandchey@icloud.com



Table Tennis

We play our ladder on the first Sunday of the month at 2:00 PM. Currently, 83 are participating. Each team of four is evenly matched based on standings on the ladder. Three rounds are played with players

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FRI-SUN MAR 20-22



INTERNATIONAL GUITAR NIGHT

England's "jaw dropping" (*Guitar Player*) Mike Dawes; ground-breaking fretless guitarist Cenk Erdogan; Olli Soikkeli ("among the worthiest successors to Django," *WSJ*) and Jim "Kimo" West ("Weird Al" Yankovic).

WED FEB 26



ACTORS FROM THE LONDON STAGE

THE TEMPEST

Co-founded by Patrick Stewart, the company presents five brilliant actors — each from such prestigious companies as the Royal Shakespeare Company — performing Shakespeare's work, with each actor staging multiple roles.

THU-SAT FEB 27-29

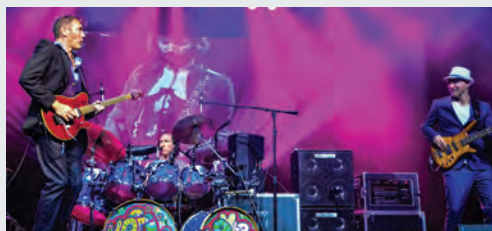


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WED-THU MAR 11-12



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Ginger Baker's son Kofi, Jack Bruce's son Malcolm and Eric Clapton's nephew Will Johns perform *Disraeli Gears*, plus more from Cream, Clapton and Blind Faith.

TUE MAR 10



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SAT MAR 14



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rotating. Thus, one game is played with each member of the team. Based on their scores, players can move up or down on the ladder. DJ. Cox is at the top. We awarded him socks with the same logo as our table tennis shirts! Playtimes are Sundays, 9:00 AM to closing except for the first Sunday when play begins at 12:30 PM, Tuesdays, 6:00 to 9:00 PM, and Fridays, 8:00 to 11:00 AM. Play is in the Multipurpose Room (KS). Free lessons are offered. All are welcome from beginners to advanced.
Contact: Tim Frank,
timcfrank@gmail.com



Tap Company

Happy New Year! As we enter the New Year, we are totally engaged in the production of our show, scheduled on April 2, 3, and 4. We are excited about introducing this new concept of a dinner show, "Night on the Town." Let us take this opportunity to "dress up" for this occasion and enjoy our show! We are fortunate to have the coordination and collaboration of the many members of the performing arts. This show is fully produced by the Tap Company, and we are drawing from the talents of the Chorus, Payers, Vaudeville and Jazz members. The Tap Company will be performing three numbers. Tickets go on sale February 17. Please look for a special article in this issue regarding the Tap Company show.

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



Tennis

Our new 2020 Tournament Directors, Cathy, and Dennis Vaillancourt are getting the year off to a good start with the Mid-Winter Blues Tournament on February 14, followed by the very popular St. Patrick's Day

Tournament on March 18. Mark your calendars and plan to join in the fun!

The web site has links to our current USTA teams. Marilyn Duncan and Cindy Fuog's Combo team is in playoffs; Linda Burke's 55 Mixed Doubles Team and Sharon Klotz and BJ White's 40 & Over teams are off to a good start.

New membership continues to be a priority. You can find out more about the tennis group at the It's the Lifestyle! Expo in the Ballroom (OC) on February 25.
Contact: Helen Berott 530-320-6468,
hberott@msn.com
Website: lhgt.com



Vintage Treasures

The March 2 program will feature that rectangular holder of secrets, treasures, keepsakes, and contraband, known simply as "The Box." Made of metals, woods, porcelain, and other fine materials, these functional and decorative items can range from the simple to the extraordinary. The program will commence with one of our longstanding members presenting her collection. The membership is highly encouraged to bring some of their own cherished pieces to share with the group. Items should be pre-1970. Please join us as we open up some boxes!

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 Meridians.

Contact: Sandi Janisch 916-253-9085



Water Volleyball

We are off to a great year! During the January 14 Steering Committee Meeting, the final two vacancies of Webmaster and Equipment Coordinator were

approved. The Steering Committee also reviewed and discussed feedback received as a result of the Member Survey in December. This important information will be utilized by the Steering Committee and Subcommittees as it focuses on player recruitment and retention, player development and net use. The Water Volleyball Rules and Procedures have been updated and will be posted on the website and whiteboard. A Training Calendar is in the works to support player development, share updated Water Volleyball Rules and Procedures and promote both recreational and competitive play. Come and enjoy the Water Volleyball experience in 2020.

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



Woodcarvers

Whether you're a seasoned carver, a novice, or somewhere in between, you are welcome in our Club! All different levels of carvers come together each week to carve, learn, and experience the support and camaraderie available in our group. We have many resources for beginning carvers, as well as advanced, with our library of books and magazines chocked full of ideas, inspiration, and techniques. Beginners may also check out our DVD on carving basics, which is very helpful and thorough. Whatever your level, you will find a group of people who love to work with wood, chat, advise, and share their knowledge with those of us not quite as advanced. We meet every Wednesday, in the Sierra Room (KS), from 1:00 to 4:00 PM.

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



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Alzheimer's-Dementia Caregiver's Support

Because this is a Leap Year, and there is an extra day in Valentine's month, let's hope the extra time will, in some way, allow for a breakthrough in the fight to end Alzheimer's. The 2019 Sacramento Walk to End Alzheimer's referred to the "First Alzheimer's Survivor," and let's fervently hope that survivor is alive today. If you are a caregiver for a family member diagnosed with Alzheimer's, our group can



September 2019 Sacramento Walk to End Alzheimer's

help you survive the rigors and mysteries of Alzheimer's caregiving. We have a general discussion group, a ladies group, and a men's group each month. Join us for insight into how other caregivers manage their roles so you can use similar solutions to your challenges. We are here for you.



Bereavement

We offer support and friendship through sharing with others who have also lost a loved one. Monthly support meetings are held on the second Wednesday at 3:00 PM at Joan Logue's home. The next support meeting is March 11. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be at Casa

Ramos, Tuesday, February 25, at 11:30 AM. Meet at the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan.

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



Bosom Buddies

We're fortunate to have two of our favorite speakers back to back. In February, Dr. Yona Barash spoke about the latest surgical developments for cancer, and our March 12 meeting will feature Dr. Vijay Suhag, an oncologist/hematologist with Sutter Health.



January's speaker Nurse Practitioner Kimberly VanYsseldyk spoke about genetics.

He'll talk about the treatment of cancer as well as answer questions from the audience. This should be an informative and interesting presentation you won't want to miss. If you're interested in learning more about Bosom Buddies but aren't sure whether or not to join, please feel free to attend a meeting. We meet on the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC). Members and guests who'd like to meet for lunch before meetings should call Val Singer at 916-645-8553.

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



Family Mental Illness Support Group

Our group meets at 2:00 PM on the second Friday of the month at my home.

Our purpose is to lend emotional support to family members of those with bipolar disorder, schizophrenia, schizo-affective disorder, OCD, depression, and any other serious mental illness (SMI). There's no judgment. Only listening and sharing of resource information.



My 5-star book, *Sooner Than Tomorrow — A Mother's Diary About Mental Illness, Family, and Everyday Life* (2019) is available on Amazon. Read stories from others like you on my blog, www.soonerthantomorrow.com.

If you'd like a copy of the 5-part, Grassroots Plan to address SMI (developed by SMI advocates from across the country), send me an email. We're attempting to give it to all 2020 presidential candidates and local and state influencers. Contact: Dede Ranahan 916-408-4541, dederanahan@gmail.com



Gam-Anon

If your life is affected by someone else's gambling problem, Gam-Anon can help. Gam-Anon meets weekly on Friday evenings from 7:00 to 8:30 PM at the First United Methodist Church, 6414 Brace Road, Loomis. Follow the signs to the proper meeting room. A Gambler's Anonymous meeting is held concurrently in another room. Call or text Kay F. for more information. Please leave a message if there is no answer. She will call you back. Contact: Kay F. 916-204-1624, denniskayf@starstream.net Website: www.gam-anon-loomis.com

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David Moody #02005018 916-581-0940	Paula Nelson #01156846 Broker Assoc. 916-240-3736	Kathy Nowak #01327209 408-348-0641	Sue Noyes #01506617 916-295-4324	Pat Pelton #01806447 916-276-8909	Tara Pinder #00898876 916-600-2836	Peggy Poole #00521665 916-765-3434	Steve Quanstrom #01313449 916-884-4564	Ann Renyer #01746828 916-343-6044	Michael Renyer #00894446 916-343-6044	Bill & Jan Rexrode #01700676/#01700677 916-408-3997
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Loree Risi #01203309 916-716-0854	Keneta Sanchez #00960821 916-257-1004	Doreen Traxel #00822877 916-698-0801	Tangi Walker #00820609 916-316-1112	Tony Williams #01390054 916-521-3400	Sharon Worman #00905744 916-408-1555
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Glaucoma Support Group

Luck of the Irish to Ya! Our March meeting is scheduled for March 11, at 4:00 PM in the Multimedia Room (OC). We may think that we ran out of luck when we were diagnosed with Glaucoma, but this is probably not so true. Fortunately for us, we have an opportunity for outstanding care from Physicians who are up to date with Glaucoma treatments. Please join us as we share the care experiences we have fortunately received as we have walked our Glaucoma paths. For more information, please contact Bonnie.

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



Hearing Impaired Support Group

We meet on Thursday, February 27, in the Multipurpose Room (OC) from 2:30 to 4:30 PM. Our speakers will be Janet Roberts of Neighbors In Deed and Linda Minor of Neighborhood Watch. They are interested in learning how they might help those in Lincoln Hills with hearing loss. Last month we had a very informative presentation by Bobbi Long, the director of the signing program at William Jessup University, and several of her students. They presented

information on career opportunities as well as communication updates for severely hearing impaired and deaf children and adults. Please let Donna Szabados know that you plan to attend so that adequate seating can be arranged: 916-543-3288.

Contact: *Joanne Mitchell 916-408-0533, pipa1@prodigy.net*



Low Vision Support Group

Meeting, Tuesday, March 3, 2:00 to 4:00 PM, Fine Arts Room (OC). "Assistive Devices in Lincoln" will be our topic. Mike Lacerda, the owner of AAA Optical in Lincoln, will be telling us about low vision devices that are available right here in Lincoln. He will be accompanied by Jay Sanders, a regional representative for Eschenbach, a distributor of vision-enhancing products. They will discuss various low vision devices used through different stages of vision loss. See more about Eschenbach products at <https://www.eschenbach.com/>. Meeting, Tuesday, April 7 2:00 to 4:00 PM, Fine Arts Room (OC), to be announced.

Contact: *Cathy McGriff 916-408-0169, cathymcgriff1010@gmail.com*



Parkinson's Support Group

We meet on the third Tuesday of each month. This month we are meeting on

February 18. We gather together to discuss current treatments for Parkinson's, hear informative speakers, and support one another. We meet at 10:00 AM at Granite Springs Church, 1170 E. Joiner Parkway, Lincoln. For more information, contact Maggie.

Contact: *Maggie White 916-367-3908, mag6693@yahoo.com*



Wise Aging Resource and Support Group

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

Join the 60 people who have discovered the comfort in sharing information and being heard. Every first Monday at 1:00 PM Gables/Heights Room (OC). The next meeting is on March 2.

Contact: *Carol Eisenhower 916-995-9350,*

ceisenhower@comcast.net Website: lhwisearg.com

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

- **Monday, February 24**, 11:00 AM – Nautilus Society Seminar – Oaks (OC)
- **Tuesday, February 25**, 2:30 PM – Revocable Living Trust Seminar – Oaks (OC)
- **Thursday, March 5**, 3:00 PM – Club Cruise Seminar – Front Ballroom (OC)
- **Wednesday, March 11**, 9:30 AM – Infinity Medical – Solarium (OC)

AARP

Lincoln AARP Tax-Aide volunteers are ready to assist you with your 2019 tax returns. The service will be available by appointment only this year at Granite Springs Church, 1170 E. Joiner Parkway. People can make income tax preparation appointments by calling 916-878-6249 beginning January 20. The Intake/Interview Sheet, Form 13614-C, is required of all clients and is available in the Orchard Creek Lodge lobby, Kilaga Springs library, Lincoln City Hall, and Granite Springs Church. These returns will be filed electronically (e-file) with the IRS and California FTB.

A Course in Miracles

“Change your mind, and you will change your world,” is a repeated statement, but how do we change our minds to bring about the change in the world that we want to see? A Course in Miracles has 365 lessons that teach you exactly how to change your mind from the obsessive thoughts of anxiety and fear to those of constant peace, love, and joy. This ongoing study group is a support system for the study of the book. We meet on the first

and third Monday of the month in the afternoon. Call Alexandra at 916-409-5253 for more information.

Blood Drive

Here’s the score: Blood Supply 2. That means there is only a two day supply of blood and blood products in our medical facilities and blood banks. That is about five days shy of the required supply. Here is a way to change that, donate a pint of blood. That could save the lives of three adults and as many as ten infants. Our next blood is February 22, 10:30 AM to 3:30 PM, Lincoln Veterans’ Memorial Hall, 541 Fifth Street. You can drop in any time between those hours or you can pre-register. Go to: <https://lincolnblooddrive022220.eventbrite.com>.

Cannabis Information Group

In January we had our first meeting and as this submission is prior to the meeting, I would ask that if you are interested in joining, you email me at drthornton1@yahoo.com and I will add you to our mailing list. The next meeting is on Tuesday, February 18 at 7:00 PM Art Room (OC).

Cloggers

If you really want to keep warm, put on your clogging shoes! We dance to the fast beats of country music, bluegrass, pop, and lots more. And you’re just in time to sign up for the March Madness Clogging Workshop & Dance in Danville on March 14. We’ll be learning and dancing all day long, and this will not only keep you warm, but it will also burn off lots of calories (not that you need to). For more information on the Danville workshop and on clogging right here in Lincoln Hills, contact Natalie Grossner at 916-209-3804.

Democratic Club

We started 2020 on a positive note. On Thursday, February 27, OLLI instructor Terence McAteer updates us on the coming elections. (Note: This is the fourth Thursday, not our usual third Thursday.) On Thursday, March 19, Willie Duncan of Sierra College describes the state of the college and its students’ food and housing needs. On Thursday, May 21, Steve and Susie Swatt will speak on the 100th Anniversary of the 19th Amendment, which gave

voting rights to women. All programs start at 6:15 PM in P-Hall (KS). For more information visit our website at <https://democraticclublincolnca.org/>.

Italian Club

It's Western Night on March 11, from 5:00 to 8:00 p.m. at the Blue Goose Event Center in Loomis. Grab your cowboy hat and come on down lickety-split for a good time. (Check the flyer on the website.) Stop by the "It's The Lifestyle! Expo" on February 25, from 10:00 AM to 1:00 PM. (OC). If you're interested in becoming an Italian Club member, learn more about us and how to join. The Italian Club presents entertaining social events. If you're 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 Police Department

The Lincoln Police Department is looking for an individual to volunteer with the Community Service Officer in helping to process Evidence Documents and Data Entry work. Excellent computer knowledge, a high level of organizational ability, attention to detail and communication skills are critical to this volunteer position. For more information, please contact Roy Osborne at 916-645-4081.

Open Play Games

Interested in playing cards, tile, and board games? Opportunities are available for Open Play at both Lodges. Come to the Card Room (OC) on Sundays from 12:00 to 4:30 PM, Wednesdays from 12:30 to 4:30 PM, and the Sierra Room (KS)

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

Portuguese Social Club

If you live in Lincoln Hills and are of Portuguese descent and want to meet new friends who have lots of fun, then the Portuguese Club is for you. We are a social club that gets together

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several times throughout the year to enjoy festive events such as a Portuguese BBQ, Wine Tasting, Potluck Dinner, and Happy Hour. There is always lots of food; you know how much Portuguese people love to cook. The dues are \$15 per person a year. Contact Doreen Traxel at 916-543-4965 to find out more about our Portuguese Social Club.

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, cut-throat and/or singles. Ladies are welcome. See you on the court. Contact: Armando Mayorga at 916-408-4711 or amoon38@sbcglobal.net.

Republican Club

Our next meeting is Tuesday, February 25, in P-Hall (KS). Doors open at 6:00 PM, the program begins at 6:30 PM. By popular demand, our speaker is

Eric Johnson, City of Lincoln Planning Commission. In an encore presentation, Mr. Johnson will continue to inform us of current and upcoming residential developments, as well as commercial and retail plans in our city. Please come with your questions regarding any projects in Lincoln about which you might have heard. For more information, including membership: info@RepublicanClubSCLH.org.

Shalom Social Group

We heard the most interesting presentation at our January meeting. Active Lincoln Hills resident Marcia Van Wagner spoke about "Predictable Challenges of Aging and Some Strategies for Meeting Them." It was a very informative talk, full of information we all can use. Our February event will be a dessert social at 7:00 PM on Monday, February 24, in the Placer and California Rooms (KS). We invite all residents who have an interest in Jewish heritage to come to our meetings and events. For more information, please contact Joanne Levy at 508-333-8590.

Sons In Retirement Branch 13

We will hold our monthly luncheon on Tuesday, February 18, at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. A three-course gourmet lunch costs \$20pp. Arrive at 11:30 AM; luncheon adjourns at 1:30 PM. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending the luncheon as a guest, please contact Chet Winton at 916-408-8708.

Stanford Alumni, Family and Friends

The Sacramento Stanford Association would like to reach people in our area for upcoming events such as wine tasting, hiking, lectures by Stanford speakers, sports viewing parties, and more. If you would like to be in touch will Stanford Alumni, Family, and Friends, and learn more about local events, contact Carol Hoge, at Cchoge2000@yahoo.com or 916-408-5334.



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Golf Cart Registration

Thursday, February 20 and March 4, 9:00 to 10:00 AM, Orchard Creek Lodge

The City of Lincoln prides itself on being NEV and golf cart friendly. Golf carts are inspected by the City of Lincoln Police Department to make sure safety requirements are met. For more information and NEV/golf cart route maps, visit the City of Lincoln's website: www.lincolncga.gov.



Coffee with the Mayor

Tuesday, March 3, 10:00 AM, Sierra Room (KS)

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



KS Classic Movie Fracture (2007)

Saturday, February 15, 1:30 PM Screening P-Hall (KS)

An attorney intent on climbing the career ladder toward success finds an unlikely opponent in a manipulative criminal he is trying to prosecute. Starring Anthony Hopkins, Ryan Gosling, David Strathairn, and Rosamund Pike. Rated R, 113 minutes, Drama/Crime/Thriller.



It's The Lifestyle! Expo

Tuesday, February 25, 10:00 AM to 1:00 PM, Orchard Creek Lodge

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



2 Showings!

Ford v Ferrari (2019)

Monday, March 2, 1:30 PM Screening, P-Hall (KS)

Saturday, March 7, 6:00 PM Screening, P-Hall (KS)

American car designer Carroll Shelby and driver Ken Miles battle corporate interference, the laws of physics, and their own personal demons to build a revolutionary race car for Ford and challenge Ferrari at the 24 Hours of Le Mans in 1966. Starring Matt Damon, Christian Bale, and Caitriona Balfe. *For your added movie pleasure, \$5 Movie Munchies Combo (drink, candy, popcorn) will be on sale at KS Café prior to the show.* Rated PG-13, 152 minutes, Drama/Biography/Action.



KS Classic Movie

A Lion Is in the Streets (1953)

Saturday, March 21, 1:30 PM Screening, P-Hall (KS)

A charismatic peddler from the bayous finds his true calling in politics. Is he a demagogue in the making? Starring James Cagney, Barbara Hale, and Anne Francis. *For your added movie pleasure, \$5 Movie Munchies Combo (drink, candy, popcorn) will be on sale at KS Café prior to the show.* Not Rated, 88 minutes, Drama/Romance/Thriller.



Document Destruction

Monday, April 20, 10:00 AM to Noon, Fitness Center Parking Lot (OC)

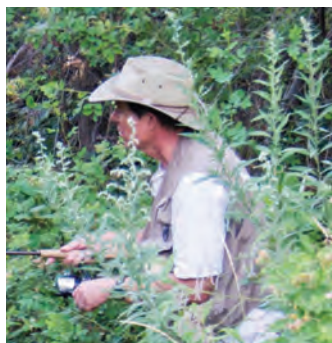
Shred-It offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files are okay, but no plastics or cardboard. Due to a change in the new vendor's policies: \$10 cash or check per average file box will now be payable to SCLHCA. Just look for the big Shred-It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



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

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

All Forums are Free



Friends of Auburn Ravine

Monday, February 17, 2:00 PM, P-Hall (KS)

Auburn Ravine is a 34-mile long creek that flows westward from Auburn to the Sacramento River. In the summer, it looks like a creek, but when rains begin each fall, it roars like a river! Hundreds of salmon and some steelhead feel that flow and swim-up Auburn Ravine every fall and winter to spawn east of Lincoln. Friends of Auburn Ravine seek to protect and improve wild-life diversity in places where people live, work, or play in such a way that human uses of the landscape can continue.



Speech Trek

Friday, February 21, 4:00 PM, P-Hall (KS)

How can you be inspired and impressed by high school students? Come hear the authentic voices of 5 student finalists as they compete in the Final Round of AAUW's Eleanor Stem Allen Memorial Speech Trek Contest. From different local high schools, the students will address the topic, "Are men and women truly equal today, or are the Suffragettes of 1920 still suffering in 2020?" The topic coincides with the 100th anniversary of the 19th amendment, which gave

women the right to vote. Please join us afterward at the reception for complimentary hors d'oeuvres and a cash bar.



Sex in Sun City: Everything You Should Know About Sex But Didn't Know to Ask

February 26, 7:00 PM, P-Hall (KS)

Our culture has a lot of taboos around sex and the body, and a big one revolves around older adults having sex. Many remain sexually active as seniors; however, in some, it could lead to serious health problems. According to a 2018 CDC report, nearly 2.3 million cases of STDs were reported, the highest on record. *STD rates in adults over 60 rose 23% between 2014 and 2017, (as compared to an 11% increase for the entire population over 13).* We have invited Kim Marjama, R.N., N.P., from Kaiser Permanente to discuss how to maintain optimum sexual health.



Why Is It So Hard to Plan For Aging

Monday, March 9, 10:00 AM, P-Hall (KS)

Marcia VanWagner, RN, PNP, Ret. advocates for and teaches fellow residents about aging issues. One of the most challenging decisions we face is making the next move. We're staying put, no matter what. Why? Join the discussion on the changes that signal we need more help on how to approach the decision, the options available. How does our aging brain impact our decision-making? Why is it so hard to plan for our future?



Budapest to Innsbruck Trek

Monday, March 16, 2:00 PM, P-Hall (KS)

Bruce Quick, Lincoln Hills resident, will present his fourth segment of his 2,500 miles, eight-country walk across Europe. This year he walked for 39 days, 650 miles from Budapest, Hungary to Innsbruck, Austria. Starting on the Camino de Santiago in St. Jean Pied de Port, France and ending in Porto, Portugal in 2016, he has worked back-ward across Europe walking the Camino each year. This year's journey from Budapest completes this particular Camino trail. His colorful photo presentation and interesting descriptions of country and culture bring people back each year to hear more.



Neighborhood Watch Spring Safety Forum

Wednesday, March 18, 1:00 PM, Ballroom (OC)

Public Safety Chief, Doug Lee and his team will be here to share an overview of the Police and Fire Department, crime and fire statistics, crime and fire prevention, and volunteerism in our community. Topics will include: how to handle solicitors at your door, the vial of life, scams and how to avoid them. There will be a question and answer period as well. Neighborhood Watch will provide various handouts covering alerts, safety tips and who to call flyers. This symposium supports the Neighborhood Watch Mission: to increase personal safety and awareness and to be the eyes and ears of the Lincoln Police and Fire Department.



Demystifying Cannabis and Hemp

Wednesday, March 25, 7:00 PM, Ballroom (OC)

Jahan Marcu, Ph.D., researcher, international speaker, and co-founder of the International Research Center on Cannabis and Health, is superbly qualified to speak about medical uses for cannabis, its production, and its safety. With a 15-year background in cannabis pharmacology and chemistry, Dr. Marcu has worked to create standards for cannabis operations. With a mixed background in science and regulatory affairs, he will share insights into mitigating consumer safety issues. He is also the editor in chief of the American Journal of Endocannabinoid Medicine. Unique circumstances have made it possible to feature this New York-based speaker. Take advantage of his expertise.

UPCOMING EVENTS

- **Sierra Pacific Industries**, Friday, April 3, 2:00 PM, P-Hall (KS)
- **Roaming the Sierra Nevada Foothills (#6)**, Thursday, April 9, 10:00 AM, P-Hall (KS)
- **Breakthroughs in Non-toxic Cancer Therapies**, Wednesday, April 22, 7:00 PM, Ballroom (OC)
- **Do You Hear What I Hear?**, Wednesday, May 27, 7:00 PM, P-Hall (KS)

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Tickets available at the Lifestyle Desk (OC/KS)
 and online at SCLHResidents.com.

—Comedy—



**KS Magic Night: The Award-Winning Magic of
 Spencer Grey**

Thursday, March 19, P-Hall (KS)
 6:00 PM Show — **LSE229**
 8:00 PM Show — **LSE230**
 Reserved Seating \$18

Award-winning magician Spencer Grey combines his energetic personality with audience participation, visual illusions, and original magic for a fun and funny show you won't see anywhere else. He has appeared on television and stages across the country, including at The Orleans Hotel/Casino in Las Vegas, The California Magic Theatre, and corporate events for Amazon, Apple, The 49ers and The Hilton Hotels. A night of magic and illusions you won't want to miss! Save \$1 on purchases of \$4 or more at KS Cafe.

—Concerts—



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

Please advise the Lifestyle Desk if you wish to be placed on the Buy-Sell List for ticket resale opportunities from residents.



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

General Admission \$20 — **LSE224**

The Folk Legacy Trio sings the songs of the great

—Club Performances—



***Lincoln Hills
 Tap Group Presents
 "Night On
 The Town"**

Thursday, April 2,
 6:00 PM
 Dinner Show,
 Ballroom (OC)
 — **LSE231**
 Friday, April 3,
 6:00 PM
 Dinner Show,
 Ballroom (OC)
 — **LSE232**
 Saturday, April 4,
 2:00 PM
 Dinner Show,
 Ballroom (OC)
 — **LSE233**

Reserved Table Seating \$39

"Night On The Town" is a dinner and show package that combines a sit-down dinner with a fabulous stage show. Dinner includes an entree, rolls, salad and dessert with wine available for purchase. Choose from these entrée options: *pot roast*, *chicken piccata*, or *vegetarian pasta*. Talented Lincoln Hills singers and dancers are preparing a fantastic variety show that includes "All That Jazz" dancers, The Lincoln Hills Tap Company, solo singers: Yvonne Krause, Ken Reiss and Paul Carroll, The Sunny Singers, The Hula Wahines, and much more. The stage sets, table décor, and special effects will create a wonderful ambiance that takes you on a journey "into the city." Reserve a table with friends by completing a registration form indicating the preferred entrée for each guest. Doors open at 5:30 PM for 6:00 PM dinner with a 7:00 PM show and 1:30 PM for 2:00 PM dinner with a 3:00 PM show.

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closing credits to Warner Brothers "Catwoman," and throughout Dreamwork's "Time Machine" and the SciFi Channels "Earthsea." She has also appeared at Lincoln Hills with Branden and James. Join us for a night of beautiful memories.



Celebrate Patsy Cline with The Carolyn Sills Combo!
 Friday, March 6
 7:00 PM,
 P-Hall (KS)
 Reserved Seating
SOLD OUT
 — **LSE226**

Come celebrate the music of Patsy Cline with the award-winning country and western group, The Carolyn Sills Combo. In addition to performing your favorite Patsy Cline tunes, the group will play other classic country and western hits, including original songs in that fun, familiar style, influenced by Marty Robbins, Bob Wills, Merle Travis, and more. Back by popular demand, this show will be sure to put a big western smile on your face. Save \$1 on purchases of \$4 or more at KS Café.



Gershwin - Remembrance and Discovery
Performed by Richard Glazier
 Friday, March 27
 7:00 PM, Ballroom (OC)
 Reserved Seating \$22
 General Admission \$18
 — **LSE227**

From their days in Tin Pan Alley and Broadway to Carnegie Hall and the final years in Hollywood, George and Ira Gershwin were popular music royalty—the golden songwriting team that created some of our most memorable and beloved music. Richard Glazier is a master storyteller whose charming, insightful narration is the perfect accompaniment to his brilliant piano performances. Playing rare arrangements of the great Gershwin songs, and the complete solo piano version of *Rhapsody in Blue*, Glazier brings his audiences entertainment of the highest order. Glazier's new show introduces fresh materials to his audience and loyal followers.



Yesterday Once More: The Songs of Karen Carpenter
Performed by Katy Stephan
 Wednesday, March 11
 7:00 PM, Ballroom (OC)
 Reserved Seating \$22
 General Admission \$18
 — **LSE228**

Pianist and singer Katy Stephan will perform the songs of the legendary Grammy Award-winning songstress Karen Carpenter. This intimate piano and vocal tribute will include songs "We've Only Just Begun," "Close to You," "Rainy Days and Mondays," and many more. You might have already heard Katy Stephan's solo voice on the title theme to the ABC sitcom "Hot Properties," the opening and



***Keith Calmes: Classical Guitarists**
 Tuesday, April 7
 7:00 PM, P-Hall (KS)
 Reserved Seating \$16
 — **LSE235**

Classical Guitarist Keith Calmes returns to Sun City Lincoln after an amazing sold-out concert here in 2018. Dr. Calmes' background in music includes a recital at Carnegie Hall as Winner of the Artists International Competition, degrees from The Juilliard School and USC and studies in Spain. He has published several books on the guitar with Mel Bay Publications and has also released several recordings, which are widely available online. Keith runs a high school guitar program in New Jersey and is a very active performer. You can learn more about Keith at keithcalmes.com. Save \$1 on purchases of \$4 or more at KS Café.

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***You've Got a Friend: The Carole King Songbook Performed by The Rhythm Method 4**
Thursday, April 16, 7:00 PM, Ballroom (OC)
Reserved Seating \$24 General Admission \$20
— **LSE236**

A celebration of one of the most prolific songwriters of the '60s and '70s. Carole King's hits include memorable classics like Aretha Franklin's "Natural Woman," The Drifters' "Up on the Roof," and The Shirelles' "Will You Still Love Me Tomorrow." The show will also honor songs from her best-selling, 4-time Grammy Award-winning album *Tapestry*, including "So Far Away," "It's Too Late," "I Feel the Earth Move," and "You've Got a Friend." The Rhythm Method 4 is a group of 4 distinctively talented musicians who regularly perform throughout the Bay Area.



***Movie Music**
Favorite Songs from Favorite Movies
Performed by Stars from Beach Blanket Babylon
Ruby Day and Scott Reardon
Thursday, April 23, 7:00 PM, P-Hall (KS)
Reserved Seating \$22 — **LSE237**

An evening filled with Classic Movie Songs to celebrate from generation to generation. From

Oscar-Winning favorites like *Moon River* and *Raindrops Keep Falling On My Head* to honored standards like *The Way We Were* and *A Whole New World*. These are the songs that support the drama and mystery and fun of so many movie memories. From *Frozen* to *Footloose*, and *Beaches* to *Titanic*, Movies aren't Movies without the songs that brought them to life. Save \$1 on purchases of \$4 or more at KS Café.

—Grandkids Event—



***Spring Egg Hunt**
Saturday, April 11, 10:00 AM to Noon
Outdoor Amphitheater Terrace
General Admission, \$14 per child — **LSE234**

An eggciting time for all the kids and kids at heart! Bring your grandchildren (toddler to 10 years) to the out-door Amphitheater terrace to enjoy our traditional egg hunt and festive surprises with a special visit from the Easter Bunnies Bluebell and Buttercup! Fun prizes and activities await your grandchildren. Don't forget your cameras for picture-perfect photo opportunities! Bring a basket for collecting eggs. Must have ages of grandchildren during registration. The egg hunt will be divided into age groups: One to four-years-old; five to seven years old; and eight to 10 years old. Children one to four years old will begin the hunt sharply at 10:30 AM. Wristbands required to participate. The event may be canceled due to rain. *For extra fun, Meridians is offering a Special Pancake Breakfast for the whole family to enjoy prior to the "hunt" for only \$5.00 (for 3 large pancakes). Please call Meridians to reserve a table and for more information.*

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*Indicates new trip on sale February 17

Day Trips

—Featured Trip—



*Michelle Obama – Golden One Center Sacramento
Wednesday, April 1
\$217 — **LST335**

The former first lady is set to participate in a moderated question and answer session at the Golden 1 Center. The moderator is yet to be announced. She's touring the country to promote her autobiography, "Becoming." As first lady, Obama championed many causes, including addressing childhood obesity, supporting veterans and active duty service members and their families, inspiring young people to seek higher education and helping adolescent girls around the world go to school. All seating is lower level in section 108. Wheels roll from OC at 1:30 PM for a 3:30 PM Presentation ~ return 5:45 PM.

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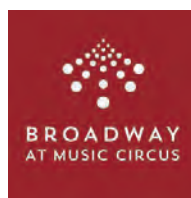
Hard Rock Casino at Fire Mountain

Wednesday, March 25

\$31 — **LST333**

Visit the brand new Hard Rock Casino in Wheatland for a four-hour visit. New players will receive free play based on their upper tier status with another casino. You'll need to bring your other casino players cards and your government identification with you to obtain anywhere from \$25 to \$100 introductory gaming credits. Wheels roll from OC at 9:30 AM return ~ 3:30 PM.

—Museums—



2020 Music Circus

Tuesday Performances

All Shows, \$95 each

Choose from five entertaining musicals at the air-conditioned Wells Fargo Pavilion "Theater in the Round" in Sacramento. These exciting classic musicals are performed by touring artists and local professionals. Enjoy the convenience of being dropped off right at the entrance gate with time to purchase food and beverage prior to the show. Seating rear area. Wheels roll from OC at 6:15 PM return ~ 11:00 PM; show 7:30 PM. Buy any or all five shows below.



Kinky Boots

Tuesday, June 9

\$95 — **LST320**

Broadway's huge-hearted, high-heeled, multiple Tony-winning Best Musical! With songs by Grammy and Tony-winning pop icon Cyndi Lauper and a book by Broadway legend and four-time Tony-Award winner Harvey Fierstein, this joyous musical celebration is about the power of belief in oneself and the friendships we discover when we embrace each other's differences. Inspired by true events, KINKY BOOTS takes you from a gentlemen's shoe factory in Northampton to the glamorous catwalks of Milan.

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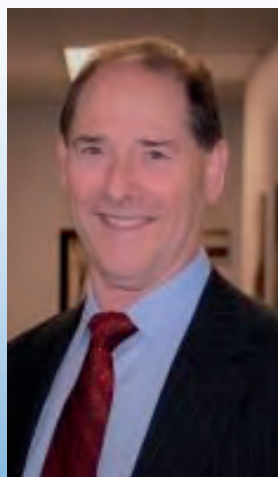
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Rodgers & Hammerstein's Carousel
Tuesday, June 23
\$95 — **LST321**

The Rodgers and Hammerstein masterpiece, considered one of the greatest American musicals, returns to Broadway at Music Circus for the first time in twenty years. Critics called the 2018 Broadway revival of CAROUSEL “a miraculous fusion of sentiment and craftsmanship” (*Wall Street Journal*) with “the theater’s most beautiful and enduring songs” (*Variety*), including “If I Loved You,” “You’ll Never Walk Alone,” and “Soliloquy.” A powerful musical theatre classic about love, relationships, and redemption.



Kiss Me Kate
Tuesday,
July 7
\$95 — **LST322**

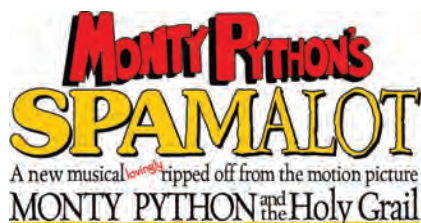
Battle lines are drawn as a bickering divorced couple find themselves working on the same musical. A Broadway version of Shakespeare’s *The Taming of the Shrew*. The beloved multiple Tony-winning musical comedy KISS ME, KATE is filled with backstage shenanigans, onstage mishaps, and unexpected romance. Featuring an explosive Cole Porter score with some of the composer’s wittiest lyrics and catchiest melodies, including the favorite songs “Another Op’nin’, Another Show,” “So In Love” and “Too Darn Hot.”



Annie
Tuesday, July 21
\$95 — **LST323**

Winner of seven Tony Awards, this beloved musical is a tribute to the

optimism and resiliency of youth, a wondrous story that brings hope to the hearts of children and adults alike. Follow Annie, with her lovable dog Sandy, as she foils Miss Hannigan’s evil schemes, befriends President Franklin Delano Roosevelt, and escapes the orphanage to find a new home with billionaire Oliver Warbucks. Featuring such unforgettable songs as “Hard Knock Life” and “Tomorrow.”



Spamalot
Tuesday, August 4
\$95 — **LST324**

A new musical *loosely* tipped off from the motion picture **MONTY PYTHON and the Holy Grail**

The outrageous, uproarious, and gloriously entertaining musical based on the film classic *Monty Python and the Holy Grail* is a retelling of the story of King Arthur and his Knights of the Round Table as they embark on their quest for the Holy Grail. Flying cows, killer rabbits, taunting Frenchmen and show-stopping musical numbers are just a few of the reasons you’ll love this multiple Tony-winning Best Musical that *Variety* calls “a sharp-flavored mix of satire, sarcasm, and silliness.”

—Sports—



***Sacramento River Cats**

The River Cats are the AAA affiliate of the San Francisco Giants with up-and-

coming future stars! Who knows what Giants players you may spot on injury rehab? Enjoy a cool evening next to the river at beautiful Raley Field in West Sacramento. Both games Senate seating Sections 108-110. Wheels roll from OC at 5:45 PM ~ return 11:00 PM.

***Rivercats vs. Las Vegas Aviators (A’s Affiliate)**
Wednesday, April 29
\$49 — **LST330**

***Rivercats vs. Oklahoma City Dodgers (LA Dodgers Affiliate)**
Wednesday, June 17
\$49 — **LST331**



Sacramento Kings

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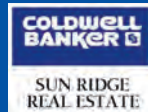
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**Sacramento Kings vs.
Detroit Pistons**

Sunday, March 1
\$102 — **LST296**

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



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snacks after the game. Wear layers for SF weather
and a cap for sun protection. See individual games
for game time, departure, and pricing.

Giants vs. San Diego Padres

Thursday, June 4
\$114 — **LST325**

Wheels roll from OC at
8:45 AM for a 12:45 PM game
time and return ~ 8:00 PM.
There will be a rest stop on
the way home from this weekday game.



Giants vs. Los Angeles

Dodgers

Thursday, August 13
\$139 — **LST326**

Wheels roll from OC at
8:45 AM for a 12:45 PM game
time and return ~ 8:00 PM.
There will be a rest stop on the way home from this
weekday game.



Giants vs. St. Louis Cardinals

Wednesday, September 9
\$114 — **LST327**

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



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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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Oakland A's

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A's vs. Boston Red Sox

Wednesday, April 15
\$81 — **LST328**

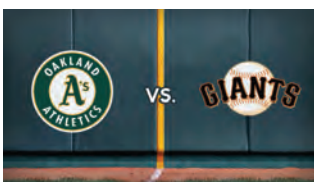
Wheels roll from OC at 9:15 AM for a 1:05 PM game time and return ~ 7:45 PM.



A's vs. SF Giants – Bay Bridge Series!

Sunday, June 7
\$96 — **LST329**

Wheels roll from OC at 9:15 AM for a 1:05 PM game time and return ~ 7:45 PM.



—Tours/Leisure—



*Celtic Festival

Sunday, April 26
\$40 — **LST334**

Experience a taste of Scottish and Irish culture without having to travel thousands of miles. Join us on a trip to the Celtic Festival at the Yolo County Fairgrounds in Woodland. Enjoy competitions related to Celtic culture; athletics, highland dance, piping and drumming, fiddling and harps, Scotch tasting, march of the clans, and more! There is something Celtic for everyone, and you don't have to be Celtic to have fun. Indoor and outdoor venues food and drink on your own. Wheels roll from OC 9:45 AM return ~ 4:15 PM. (Includes admission).



*Beale AFB Open House and Air Show Bus #1

Saturday, May 9
\$37 — **LST336**

Join us to visit our nearby USAF base

for their open house & airshow. There will be a jet demonstration from USAF Thunderbirds and more to be announced! Enjoy static displays of many types of aircraft and talk to the ground support crew and pilots! Skip the traffic and parking hassles and join us for this spectacular airshow. Bring your own lunch or purchase from any of the various vendors. Foam earplugs and bottled water will be provided. This trip does not include a tour of the base. Wheels roll from OC at 9:00 AM return ~ 6:00 PM.

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- A Bronx Tale
Tuesday, March 3 • 6:45 PM
- March Private Chef's Dinner Train
Wednesday, March 11 • 10:30 AM
- San Francisco Overnight – Movie Tour
Sunday, March 22 • 8:00 AM
- Las Vegas by Air!
Monday, March 30 • 11:30 AM
- BANDSTAND
Tuesday, April 17 • 6:45 PM
- Yosemite Natinal Park
Monday, May 4 • 9:00 AM
- Come From Away
Tuesday, May 19 • 6:45 PM
Wednesday, May 20 • 6:45 PM
- Laguna Beach Pageant of the Masters Art Festival
Sunday, July 26 • 7:45 AM

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

***Indicates new class on sale February 17**

Art

Vacation Drop-In

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

—Announcement—



Fine Arts Class Gallery

Fine Arts Room (OC). Drop by the Fine Arts Room and view wonderful artworks. The gallery will feature a revolving display of artworks from Marilyn Rose's Oil &

Acrylic classes and Pastels and Watercolor paintings from Michael Mikolon's class. Come by anytime an art class is in session to view the works and watch the class' creative process in action.

—Abstract Art—



*Abstract Art Workshop

Mondays March 16 & 23
1:00 to 4:00 PM (OC)
\$70 (two sessions)
— **LSC2642**

Students will create a unique abstract from concept to finished

painting. Students will also learn to add texture and life to an abstract piece using individually selected color palette, rich in color with interesting texture and value contrast. The first session will focus on composition, design, and color selection. The second session will add texture, enhance values, and create interest and dimension in the finished painting. Participants may work in watercolor or acrylics. Participants must bring own supplies. For questions or recommendations on materials, contact *Faye August* the instructor at 916-209-3643 or watercolorist55@gmail.com.

—Block Print with Sumi-e—

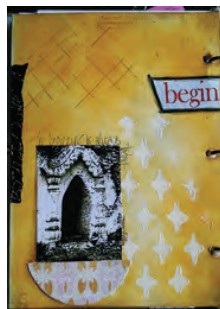


*Block Print with Sumi-e Painting Workshop

Friday,
February 28
5:00 to 7:30 PM (OC)
\$45 — **LSC2590**

Learn a new hobby this year! In this class, we will combine Linoleum printing with Japanese painting and symbols on rice paper. Using ink and watercolors, we will create our own background painting on rice paper. Learn to design and carve an image into a linoleum block, add colored ink to the block, and print it onto our sumi-e painting. Finish up with some oriental symbol stamps and end up with one or more finished paintings, plus a linoleum block that can be used for printing again and again. All supplies will be provided. Instructor: *Unni Stevens*.

—Mixed Media—



*Mixed Media Art Journaling

Tuesdays, March 10 & 24
9:00 AM to Noon (OC)
\$45 (two sessions) plus \$5
supply fee paid to the instructor
— **LSC2506**

A variety of media will be used as we "play" on the pages of our art journals. Learn how to visually and artistically record your days and express yourself while exploring color theory, composition, balance, and texture. You will create interesting, interactive mixed media pages in a journal. Supplies needed: mixed media spiral-bound artist paper pad, glue stick, scissors, small paintbrush, Sharpie pen, white gesso, plus your favorite mixed media supplies. Vacation drop-in: \$25 per session. Instructor: *Kerry Dahlin*.

—Oils, Pastels & Acrylics—



New Class!
***Oil and Acrylic
 Painting: Intermediate/
 Advanced**
 Wednesdays,
 March 4-25
 9:00 to 11:30 AM
 \$56.00 (four sessions)
 — **LSC1975**

Learn new ways to paint and polish your skills in this new class. Art demos will be done on a regular basis with

group critiques and individual instruction. The goal is to help you become a better painter while having a good time. *About the Instructor:* Sandy has 2 BFA's in art from the Art Academy University in San Francisco and is a colorist and a prolific painter specializing in animals and other subjects. Check out her website at www.sandylindblads.com. Questions about class supplies? Email **Sandy Lindblad** the instructor at sandski2@yahoo.com prior to class.



Sip and Paint "The Rooster"

Friday, February 21
 5:00 to 8:00 PM (OC)
 \$55 — **LSC2526**

OR *Sip and Paint "San Francisco from Hwy 1"

Friday, March 20
 5:00 to 8:00 PM (OC)
 \$55 — **LSC2527**

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

of Art with 30+ years of painting experience. More information at www.unniart.com.

—Pastels & Watercolor—



New Class!
**Pastel and
 Watercolor**
 Mondays,
 March 2-30
 9:00 to 11:30 AM
 \$70.00 (five
 sessions)
 — **LSC2021**

All levels welcome! This class provides

you the opportunity to play with either medium that you bring to class. The goal is to show students various ways to improve on skills with different techniques. Bring simple images to work from! Recommendation for supplies: Pastel: soft pastel set, no hard pastel! Paper: Uart, or Pastel Premier or Canson paper. *About the Instructor:* Sandy has 2 BFA's in art from the Art Academy University in San Francisco and is a colorist and a prolific painter specializing in animals and other subjects. Check out her website at www.sandylindblads.com. Email **Sandy Lindblad** the instructor sandski2@yahoo.com prior to class for any questions.



Art Classes with Michael Mikolon

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

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

Watercolor Step-by-Step

This class will give the beginner watercolor student a chance to work with the medium with



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

- ***Morning Class**
Thursdays, March 5-26
9:30 AM to Noon (OC)
\$68 (four sessions; 2.5 hour/session) — **LSC2539**

Or

- ***Evening Class**
Thursdays, March 5-26
5:30 to 8:00 PM (OC)
\$64 (four sessions; 2.5 hour/session) — **LSC2551**

***Watercolor – Afternoon Class**

Thursdays, March 5-26
1:00 to 4:00 PM (OC)
\$68 (four sessions)
— **LSC2055**

Beginner and advanced students learn various watercolor approaches and techniques in an encouraging and fun environment! Each student will be given individual instructor attention at their level. Class begins with a live demonstration followed by one-on-one instruction. This course will focus on materials and painting techniques, color theory, and mixing fresh/vibrant color with the use of a well-organized palette. Learn to create your own voice in art!

Ceramics

—Pottery—



***Beginning/Intermediate Ceramics**

Tuesdays, March 3-31
1:00 to 4:00 PM (OC)
\$80 (five sessions)
— **LSC2079**

An introductory class for residents who have never worked with clay and continuing students who want to continue to develop their skills. This course covers basic hand building and

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



***Advanced Ceramics**
Tuesdays, March 3-31
9:00 AM to Noon (OC)
\$80 (five sessions)
— **LSC2067**

This class is for self-motivated students/artists with established ceramic skills. Students explore their craft and sculpture projects with guidance from the instructor. The course includes demonstrations, assignments, group discussion, and constructive critique. Vacation drop-in: \$17 per session. Instructor: *Jim Alvis*.



***Introduction to Ceramics**
Thursdays, March 5-26
9:00 AM to Noon (OC)
\$54 (four sessions)
— **LSC2091**

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



***Intermediate Ceramics**
Thursdays, March 5-26
1:00 to 4:00 PM (OC)
\$54 (four sessions) — **LSC2103**

An intermediate class in ceramic for self-driven students who want to work on their skills. This class is for those who want guidance but enjoy flexibility. Students are encouraged to share ideas and engage in discussion. This class includes demonstrations, discussions, and individual instruction to help students grow their skills. Some advanced



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tools are available from the instructor to assist in the progression of an art piece. Vacation drop-in: \$17 per session. Instructor: *Taylor Jackson*.

Crafts

—Card Making—



***Card Making Level 2**
– Intermediate/Advanced
 Mondays, March 9 & 23
 9:00 AM to Noon (KS)
 \$30 (two sessions)
 — **LSC2485**

Prerequisite: Completion of at least four sessions of Intro to Card Making 101—Level 1, and have instructor's approval. This class will build on your card making skills while introducing you to some new and different card making and papercraft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. *Last day to register March 5.* Instructor: *Dottie Macken*.



***Card Making Introduction 101 Beginners**
 Wednesdays, March 11 & 25
 9:00 AM to Noon (KS)
 \$30 (two sessions)
 — **LSC2495**

Have you ever wanted to make a greeting card, but you just weren't sure how to get started? Then this class is for you! This class will teach all of the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards and/or projects at each session. This is a fun three-hour class. Class size is limited, sign-up early to reserve your space. All supplies will be provided. *Last day to register – March 5.* Instructor: *Do ie Macken*.



***Card Making Level 3**
Intermediate-Advanced
 Fridays,
 March 13 & 27
 9:00 AM to Noon (KS)
 \$30 (two sessions)
 — **LSC2517**

Prerequisite: This class will build on your skills from Level 2 and offers more complex and challenging projects and papercraft techniques.

This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. *Last day to register – March 5.* Instructor: *Do ie Macken*.

—Flower Arranging—



Driftwood Succulent Garden
 Tuesday, March 10
 10:00 to 11:45 AM (KS)
 \$20 plus \$25 supply fee payable to instructor
 — **LSC2594**
SOLD OUT

Incorporating driftwood and real succulents together will inspire the natural and coastal feel into any space. As we knock on the door of spring, we are reminded of the warm breezy days to come. All the feelings of relaxing near the open waters and fresh air can be found in our own individual creation. With each piece of unique driftwood, we will choose from a variety of succulents, moss, and tiny rocks to make something we will surely enjoy. Space is limited, register early. Instructor: *Jennifer Steele*.

***Easter Bunny Door Wreath**
 Tuesday, April 7
 3:00 to 3:45 PM (KS)
 \$20 plus \$25 supply fee payable to instructor
 — **LSC2640**

Let's get together and make a Springtime themed bunny rabbit wreath. We will go step by step in making our form from natural curly willow and add in cute pieces of faux vines, faux florals, and pretty ribbon. Instructor: *Jennifer Steele*.

***Classic Spring Floral Basket**
 Wednesday, April 22
 3:00 to 4:45 PM (KS)
 \$20 plus \$30 supply fee payable to instructor
 — **LSC2641**

Whether you are having a quiet Easter dinner at home or spending time with others, this will be a lovely addition to your holiday. A classic yet beautiful basket arrangement will be spilling out with ivy, greenery, and all the beautiful flowers of the season. Adorned with pastel accents like colored eggs, mini birds, and butterflies, these decors will make your creation something special. Instructor: *Jennifer Steele*.

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Games

—Bridge—



New Class!
***Beginning Bridge Class**
 Mondays and Tuesdays,
 May 4-26
 4:00 to 6:00 PM (KS)
 \$40 (eight sessions)
 — **LSC2639**

The class is designed for people who have never played bridge before or have only played long ago socially. Using mini-bridge as an introduction, you will be playing on the first day. By the end of the class, you will be familiar with all aspects of the game- bidding, playing, and defense. This class is the beginning of your bridge education, but it will get you to the point of being able to play, whether you aspire to play socially, or compete in tournaments. Instructor: *Jack Uppal*.

Dance

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



***Beginning Clogging**
 Tuesdays, March 3-31
 10:00 to 11:00 AM (KS)
 \$40 (five sessions) — **LSC2115**

Tell your friends, neighbors, and fellow dancers! Join this brand new beginner's class, a low impact, revamped foundation, and fundamental class.

The class will move through at a relaxed pace, the eight basic traditional clogging movements while developing skills of the foundations of clogging. Special attention will be paid to balance skills. No special shoes required; flat-soled shoes recommended. Last month accepting new students until Fall 2020. Instructor: *Janice Hanzel*.

***Easy-to-Intermediate Clogging**

Tuesdays, March 3-31
 11:00 AM to Noon (KS)
 \$40 (four sessions) — **LSC2126**

Prerequisite: Instructor approval and/or new

and returning students with clogging experience. Class features review of steps from previously learned dances. We will also learn new dances, easy to intermediate, from recent workshops and conventions. Come join in the fun. All levels encouraged to participate. Vacation drop-in: \$10 per session. Instructor: *Janice Hanzel*.

***Intermediate Plus Clogging**

Tuesdays, March 3-31
 Noon to 1:00 PM (KS)
 \$40 (five sessions) — **LSC2137**

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

—Country Western Dancing—



***Country Couples Western Dance – Beginner Level 1 & 2**
 Mondays, March 2-23
 7:00 to 8:00 PM (KS)
 \$28 (four sessions)
 — **LSC2148**

Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles, including some of the dances at mixers. Instruction will be at a slower pace for beginners. Instructors: *Jim & Jeanie Keener*.

***Country Couples Western Dance – Beginner/Intermediate Level 3 & 4**

Mondays, March 2-23
 6:00 to 7:00 PM (KS)
 \$28 (four sessions) — **LSC2159**

Prerequisite: Completion of Beginner level Country Couples for at least six months. After you have completed the Beginner Class and you are ready for more challenging dances, join us for a fun-filled hour of higher beginner and easy, intermediate dances. You have learned some of the basics; now it's time to add a few more steps and turns. This month we will be teaching "The Mexican Wind Walz" and a New Dance to be determined. Instructors: *Jim & Jeanie Keener*.

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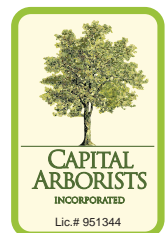
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—Hula—

***Hula**

Thursdays, March 5-26
1:00 to 2:00 PM (KS)
\$50 (four sessions)

— **LSC2170**

An ongoing class for hula dancers of all experience and skill levels. Come learn the beautiful dance of the Hawaiian islands. You will exercise the mind, body, and spirit while learning choreographed routines. Historical and cultural information surrounding each of the dances will be shared. New students, please contact *Pam Akina*, the instructor before the first session at 916-521-0474. Vacation drop-in: \$17 per session.

—Jazz—

***Jazz for Beginner**

Thursdays, March 5-26
11:00 AM to Noon (KS)
\$36 (four sessions) — **LSC2182**

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

***Jazz Performance**

Tuesdays, March 3-24
1:00 to 2:00 PM (KS)
\$36 (four sessions) — **LSC2193**

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

—Line Dance—



Line Dances are non-partner dances done in lines. Line dance is usually performed by turning to two or four walls. Patterns are repetitive. Line dances are a

choreographed variety of music such as Blues, Soul, Rhythm and Blues, Rock, Jazz, Pop, and Latin as well as Country. Line dancers are a friendly, social group, who love to dance and welcome new participants.

Level I – Absolute Beginner (Intro)

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

- ***Thursdays, March 5-26**
9:00 to 10:00 AM (KS)
\$28 (four sessions) — **LSC2292**
Instructor: *Yvonne Krause-Schenck*
- ***Mondays, March 2-30**
4:00 to 5:00 PM (KS)
\$35 (five sessions) — **LSC2204**
Instructor: *Cathy Paris*
Vacation Drop-in: \$10 per session

Level 2 – Beginner

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

- ***Thursdays, March 5-26**
10:00 to 11:00 AM (KS)
\$28 (four sessions) — **LSC2314**
Instructor: *Yvonne Krause-Schenck*
- ***Fridays, March 6-27**
2:00 to 3:00 PM (KS)
\$28 (four sessions) — **LSC2257**
Instructor: *Sandy Gardetto*
Vacation Drop-in: \$10 per session
- ***Thursdays, March 5-26**
3:30 to 4:30 PM (KS)
\$28 (four sessions) — **LSC2227**
Instructor: *Cathy Paris*
Vacation Drop-in: \$10 per session

Level 3 – High Beginner/Improver

The High Beginner class is for those who have had previous dance experience and have learned the basic skills. Additional patterns will be taught,

and the steps will be more challenging. Dances will have turns, and some tags and restarts.

- ***Mondays, March 2-30**
9:00 to 10:00 AM (KS)
\$35 (five sessions) — **LSC2303**
Instructor: *Yvonne Krause-Schenck*
- ***Wednesdays, March 4-25**
9:00 to 10:00 AM (KS)
\$28 (four sessions) — **LSC2268**
Instructor: *Sandy Gardetto*
Vacation Drop-in: \$10 per session

Level 4 – Easy Intermediate

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

- ***Wednesdays, March 4-25**
10:00 to 11:00 AM (KS)
\$28 (four sessions) — **LSC2280**
Instructor: *Sandy Gardetto*
Vacation Drop-in: \$10 per session
- ***Mondays, March 2-30**
5:00 to 6:00 PM (KS)
\$35 (five sessions) — **LSC2216**
Instructor: *Cathy Paris*
Vacation Drop-in: \$10 per session

Level 5 – Advanced

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

- ***Thursdays, March 5-26**
New Time 5:30 to 6:30 PM (KS)
\$21 (three sessions, no class March 19)
— **LSC2600**
Instructor: *Cathy Paris*
Vacation Drop-in: \$10 per session

New *Line Dancing 4 Fun

Thursdays, March 5-26

4:30 to 5:30 PM (KS)

\$28 (four sessions) — **LSC2609**

Line Dancing 4 Fun is just that! Today's line dancing is also known as modern or contemporary line dancing. We will keep current with what is popular and danced around the world, written by many well-known international choreographers. The class offers line dancing to many different genres of music, and the skill levels include "Beginner Plus" to "Improver" and slightly above. The teaching pace will be a bit quicker for those coming from Beginner classes, yet fast enough for "Improver/Improver Plus" dancers. Instructor: *Cathy Paris*.

*Country Line Dancing

Fridays, March 6-27

3:00 to 4:00 PM (KS)

\$28 (four sessions) — **LSC2238**

This class is a mixture of beginner, high beginner, and intermediate dances. It features the popular "old" line dances and some new popular dances that are done at country dances around the area. Instructors: *Jim & Jeanie Keener*.

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Line Dance Instructors

- **Sandy Gardetto**

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



- **Yvonne Krause-Schenck**

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



- **Cathy Paris**

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



—Tap—



Tap Classes with Alyson

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

successes as a choreographer and mentor have brought her a great deal of prestige and recognition. As the daughter of a Radio City Rockette and an Arthur Murray ballroom instructor, her exposure

to the dance world was inevitable. She has been instructing for over 30 years. She is currently the Artistic Director of the Leighton Dance Project Tap Company and has served the Lincoln Hills community since 2000.

- ***Beginning Tap 2**

Mondays, March 2-30

11:00 AM to Noon (KS)

\$45 (five sessions) — **LSC2336**

For students who have been taking Beginning Tap previously. The class will continue the lessons learned in Beginning Tap. Instructor: *Alyson Meador*.

- **Tap Technique**

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

- ***Tuesdays, March 3-31**

10:00 to 11:00 AM (KS)

\$45 (five sessions) — **LSC2346**

- ***Mondays, March 2-30**

10:00 to 11:00 AM (KS)

\$45 (five sessions) — **LSC2325**

- ***Thursdays, March 5-26**

10:00 to 11:00 AM (KS)

\$36 (four sessions) — **LSC2357**

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Glass Art



*Fused Glass

Monday, March 9
9:30 to 11:00 AM (KS)
\$28. Supply fee: \$10
payable to instructor
— **LSC2572**

Learn to make fused glass jewelry with a focus on Dichroic glass or create glass projects. Beginners & experienced artists are welcome. This class is designed to teach the fundamentals of Dichroic glass jewelry designing and glass finishing. The \$10 supply fee provides enough compatible glass and dichroic glass to create four pieces of jewelry, or one plate, one bowl, one vase, or another similarly sized project. Larger projects are available for an additional supply fee. Instructors: *Jim Fernandez and Danielle Echeverria.*



*Stained Glass

Mondays, March 2-30
1:00 to 4:00 PM (KS)
\$61 (four sessions, no class March 16). Supply fee: \$10 payable to instructor — **LSC2419**

Requirements: No open toe shoes. You will learn the technique of cutting glass, foiling, and soldering, along with safety and the proper use of equipment. Create a beautiful butterfly suncatcher, candle holders, and other projects. The class is also open to more experienced students. The instructor will evaluate the students' skill level on the first day of class and recommend a project. Lead glass technique is now available. *About the Instructor: Jim Fernandez* has 29 years of stained glass experience.

Movies



*History of Movie Musical Part 4

Wednesdays, February 19 -
March 11
1:00 to 3:00 PM (KS)
\$32 (four sessions) — **LSC2577**

We will continue our journey into the 21st century and the resurgence of the movie musical. We will discover original movie musicals like *La La Land* and more movie biopics like *Bohemian Rhapsody*. So, bring a friend and let's discover as we journey through one of the great stories called "The History of the Movie Musical." Instructor: *Ray Ashton.*

Music

—Guitar—



*Beginning Guitar

Mondays, March 2-30
8:00 to 9:30 AM (OC)
\$60 (five sessions) — **LSC2369**

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



*Folk Guitar for Fun Folks 101 - Beginner Level

Tuesdays, March 3-31
1:00 to 2:00 PM (KS)
\$50 (five sessions) — **LSC2443**

No prior music knowledge or good singing voice necessary! Emphasis is on playing chords to familiar songs while singing and having fun with fellow guitarists. Folk songs of the '50s, '60s, and '70s will be taught. Basic music theory will be shown. How to choose and purchase a guitar and guitar aides will be discussed. *About the Instructor: Darrell* is a long-time teacher, musician, storyteller, and folk singer. He was a member of the New Christy Minstrels and toured with Glenn Yarbrough and other artists. Questions? Call *Darrell nger* the instructor at 916-989-8532.



*Folk Guitar for Fun Folks 102 - Intermediate Level

Tuesdays, March 3-31
2:00 to 3:00 PM (KS)
\$50 (five sessions)
— **LSC2455**

Prerequisite: Knowledge of guitar playing using basic chords while doing a simple strum and singing (no vocal training required). This class is an intermediate class with emphasis on harder chord fingerings, more transitions of chords in songs, different strumming patterns, and various fingerpicking styles used by folk artists. The class can be taken in conjunction with the beginning class, as long as the student feels

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*Intro to Swing Guitar - Intermediate Level

Wednesdays, March 4-25

8:00 to 9:30 AM (KS)

\$48 (four sessions) — **LSC2382**

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

—Ukulele—



*Beginning Ukulele

Mondays, March 2-30

10:00 to 11:30 AM (OC)

\$60 (five sessions)

— **LSC2407**

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

This class is an intermediate Ukulele class and will be playing songs that progressively use a few more chords than beginners' class. We will continue to build on our chordal knowledge, and gradually bring in a greater variety of songs. We will bring in more songs in tablature and will incorporate some fingerpicking. Instructor: *Jon Gowin*.

*Intermediate Ukulele

Wednesdays, March 4-25

9:45 to 11:15 AM (KS)

\$48 (four sessions) — **LSC2394**

This class is an intermediate Ukulele class and will be playing songs that progressively use a few more chords than beginners' class. We will continue to build on our chordal knowledge, and gradually bring in a greater variety of songs. We will bring in more songs in tablature and will incorporate some fingerpicking. Instructor: *Jon Gowin*.

Sewing

—Certification—



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Technology

—Smart Phone and Smart Books—



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Friday, March 13

9:00 to 11:00 AM (OC)

\$20 + \$10 Supply fee paid to instructor — **LSC2631**

If you need a little help, this class will get you through the basics and more. Chromebooks can run Android Apps from Google Play. Except for complex tasks such as Video Editing and Gaming, most people find that a Chromebook will easily do all your typical tasks such as Email, Texting, Spreadsheets, and a host of other tasks, both "on" and "off-line". If you have a Chromebook, this class will expand your experience. If you are "on the fence," come to this class with your Windows or Apple Laptop [with Chrome] and compare. Questions, call *Len Carniato* the instructor at 916-434-7970.

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***Apple Watch Essentials**
 Saturday, March 28
 9:00 AM to Noon (OC)
 \$35 + \$5 paid to the instructor
 for class materials — **LSC2633**

This hands-on workshop will focus on setup and operation of all versions of the Apple Watch. Emergency and Fall Detection will be covered in detail. Using watch for phone calls, messages, alarms, and timers will be demonstrated with time to practice. The workshop will conclude with the health features of the watch. **Preparation:** Bring your paired Watch/iPhone each updated with the latest WatchOS and iOS 13 along with the charge cords. If you have questions or difficulty in getting watch and iPhone paired or the latest software installed, contact **Bill Smith** the instructor at wsmith986@me.com before attending the class.



***iPhone Basics (iOS 13) Workshop**
 Saturday, March 7 — **LSC2637**
 Or *Tuesday, March 31
 — **LSC2638**

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

Prerequisite: You must be on iOS 13 and must have an iPhone 6S, 6S Plus, 7, 7 Plus, 8, 8 Plus, iPhone X, XS, XS Max, XR, iPhone 11, 11 Pro, or 11 Pro Max ... no older iPhones, please. Bring your (fully charged) iPhone to the workshop. We will review the basic iPhone settings and functions along with features in iOS 13. There will be instructions on how to personalize your iPhone to get the most out of it. If you have any questions, call **Andy Petro** the instructor at 916-474-1544.

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Bowenwork Services

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

Disease Prevention & Management Session-Based Classes

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

***Indicates new class on sale February 17**



*Arthritis

Tuesdays, March 3-31

Wednesdays, March 4-25

Thursdays, March 5-26

Fridays, March 6-27

Tuesdays \$45 (five sessions)
11:00 AM to Noon

Instructor: **Cynthia Bullwinkel** Wednesdays &
Fridays \$36 (four sessions)

10:00 to 11:00 AM, Aerobics Room (OC).

Instructor: **Linda Hunter** Thursdays \$36 (four sessions) 11:00 AM to Noon. 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.



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WellFit Orientations

Free Orientation: WellFit Staff

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

Fitness Floor (OC)

- **Wednesday, February 19**
3:00 to 4:00 PM
- **Tuesday, March 10**
3:00 to 4:00 PM
- **Wednesday, March 25**
3:00 to 4:00 PM

Fitness Floor (KS)

- **Tuesday, February 25**
4:30 to 5:30 PM
- **Thursday, March 12**
4:00 to 5:00 PM
- **Tuesday, March 24**
4:00 to 5:00 PM

Lessons

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



*Nordic Pole Walking

Tuesday & Wednesday,
March 3-4
9:00 to 10:30 AM, meet at the OC
Fitness Center
\$45 (two sessions)

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*.



*Tennis Lessons

Sundays,
April 19-May 24
Beginner
8:00 to 8:50 AM
Intermediate
9:00 to 9:50 AM

Advanced 10:00 to 10:50 AM
Courts #10/11. \$75 (six sessions)

Mike is USPTA-certified and has been giving SCLH tennis lessons for the past eight years. Group lessons with four to 12 participants per group. Focus: Basics of forehand, backhand, and serves. Proper doubles strategies are also covered. Register: Fitness Desks. Instructor: *Mike Gardetto*.

*RedCross Adult First Aid/CPR/AED

Tuesday, March 10
9:00 to 12:00 PM, Oaks Room (OC)
\$20

Come learn skills that can save someone's life. Please wear comfortable clothing as this is a hands-on learning class and participants must be able to perform required skills. With the successful demonstration of skills, participants will receive an adult CPR/AED/FA certification. Certifications are good for two years. This class is subsidized by the Lincoln Hills Foundation. Instructor: *Jeann e Pyle*.

Mindfulness

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



*Hypnotic Journeys – Self Hypnosis 101, 102, and 103

Thursdays, March 5-26
10:00 to 11:30 AM,
Multipurpose Room (OC)
\$80 (four sessions)

Self-Hypnosis 101, 102, and 103 combined into one class. A simple five-minute process becomes quite sophisticated the deeper you go, letting you instantly change your mood, improve your immune system and well-being, feel confident and focused, learn a skill quickly or enhance the one you already enjoy. Join us! Instructor: *Kelley Moreno*.

Mindful Movement

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



*Tai Chi Qigong L1

Tuesdays, March 3-31
1:00 to 2:00 PM, Aerobics Room (KS)
\$55 (five sessions)

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

*Tai Chi Qigong L2

Tuesdays, March 3-31
2:00 to 3:00 PM, Aerobics Room (KS)
\$55 (five sessions)

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*.

New *Tai Chi Chaun

Mondays and Wednesdays, March 2-25

1:00 to 2:00 PM, Aerobics Room (OC)

\$80 (eight sessions)

Anney comes to us from the Sierra College Olli program, where she teaches Tai Chi and has been a Tai Chi practitioner for eight years. The Yang 128 long form is "meditation in motion" that helps coordination, circulation, strengthens the brain, and benefits the heart. Students will learn the Yang long-form (128) forms with emphasis on basic concepts, stances, and poses. Practicing T'ai Chi promotes good health, balance, and mindfulness. Loose, comfortable clothing is encouraged. Instructor: *Anney Siegel-Wamsat*.

Money Matters

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



Getting Funded for Retirement

Tuesday, February 25

10:30 AM to Noon,

P-Hall (KS)

\$5

The retirement spending reality is much different than conventional wisdom will tell you. The traditional way to estimate a person's retirement needs is to assume they will spend some portion of their final salary every year, with small annual increases to compensate for rising prices. This oversimplification inaccurately estimates how much a retiree will need and to misrepresent the pattern of their spending. In this class, we will discuss strategies focused on how to plan, save, manage taxes, and invest for retirement. Instructor: *Russ Abb*.

*Active vs. Passive

Tuesday, March 24

10:30 AM to Noon, P-Hall (KS)

\$5

Bull markets produce many winners which include both passive and active investors. Passive tends to be associated with buy and hold, whereas active is associated with market timing. Both have pluses and minuses, some of which are nothing to worry about while others can be detrimental to an investor's success. Come to this informative class to learn which investing style might be most appropriate for you. Instructor: *Russ Abbo*.

Nutrition

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



*Re-Start—Your Health in Just Five Weeks

Tuesdays, March 3-31

12:30 to 2:00 PM

Multipurpose Room (OC)

\$129 (five sessions)

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



*Produce with a Purpose: Spring Cleaning!

Thursday, March 26

4:00 to 6:00 PM,

Placer (KS)

\$45

Did your doctor tell you to eat more fruit and veggies? Now what? This month: This month we'll explore Spring Cleaning! There are lots of spring fruits, veggies and herbs that clean out our system after a long winter, and that's more enjoyable than spring house cleaning! Let's freshen our insides with light and tasty dishes that are - as always - stupid-easy, madly tasty, and secretly healthy. Sign up at least 24 hours prior to class and receive a goody bag of organic farm produce! Instructor: *Kerin Gould*.

Personal Improvement

The following Personal Improvement classes are offered through the WellFit Department; registration is available at the WellFit front desks. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.



*Brain Gain™

Wednesday,
March 11
10:00 AM to
12:30 PM,
Multimedia
Room (OC)
\$30

Come experience "Neurobic" fun interactive brain exercises. Join educational physiologist, Dr. Alice Jacobs, as

we learn about the hemispheres of the brain and the predominant functions. We will then engage in hemisphere dominant exercises that provide both hemispheres of the brain a good workout. Do for your brain what you do for your body – all in a non-threatening, engaging, and fun environment that has you working in small groups. You'll be surprised by what a good brain workout you'll get – without a drop of sweat. Instructor: *Dr. Alice Jacobs*.



New! Living with Knee Pain

Wednesday,
March 4,
2:30 to 3:30 PM,
Aerobics Room
(KS)
\$20

Learn how to modify your lifestyle to prevent pain, live smart with pain, and reduce pain 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.



*Traditional
Shotokan Karate
Saturdays,
March 7-28
11:30 AM to
12:30 PM,
Aerobics Room
(KS)
\$20

Al 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*.

Spotlight On

Spotlight On is a FREE informative session designed to answer all of your questions about a service that we offer in the WellFit department.

Myzone

Tuesday, February 18
3:00 to 4:00 PM, Aerobics Room (KS)
FREE

The February spotlight on is Myzone. Myzone is an innovative wearable heart rate based system that uses wireless and cloud-based technology to accurately and conveniently monitor physical activity. The Myzone straps can be used in our cycle and SGT classes as well as being compatible with our cardio equipment. Myzone monitors heart rate, calories and time exercising with an accuracy rate of 99.4%. Come to this month's Spotlight On to learn more and receive 10% off!

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Pilates Reformers and Towers

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

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

Our Reformer packages are as follows:

Four-class membership package \$80 per month

Eight-class membership package \$135 per month

Add-on classes for member \$17 per class

Introductory Reformer Session L1

Continuous Dates

WellFit Studio (OC) \$30 (one session, one-hour long).

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

Private Reformer Training

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

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

Danielle Merrill

Fitness Coordinator

Danielle.Merrill@sclhca.com



Personal and Clinical Training

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

Training Services

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

Small Group Training (SGT)

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

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



SGT—Parkinson's Indoor Cycling

Wednesdays,
March 4-25
12:30 to 1:30 PM,
Aerobics Room (KS)
\$70 (four sessions)

A trainer will guide you using the premise of "forced exercise" (exercise

that is beyond a voluntary level). Studies have shown many individuals that have been diagnosed with Parkinson's Disease have experienced symptomatic relief when they undergo a regular exercise program with "forced exercise." The first class will include an assessment and bike setup. Participants must be able to sit unassisted on a spin bike, and heart rate monitors are required. Instructor: *Milly Nuñez*.



New SGT—Rock Steady Boxing

Thursdays, March 5-26
1:30 to 2:30 PM, Aerobics Room (KS)
\$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*.

New SGT—Rock Steady Boxing

Fridays, March 6-27
1:30 to 2:30 PM, Aerobics Room (KS)
\$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

Fridays, March 6-27
12:30 to 1:30 PM, Aerobics Room (KS)
\$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*.



Golf Conditioning L2/3

Mondays,
March 2-30
2:30 to 3:30 PM,
Aerobics Room (KS)
\$85 (five sessions)

Looking to improve your performance on the course? Take this class for these key

components: power, core strength, balance, coordination, injury prevention, rotation, and flexibility. Instructor: *Max Alcantar*.

SGT—Fit 101 at Kilaga Springs L1

Mondays & Wednesdays, March 2-25
10:30 to 11:30 AM, Fitness floor (KS)
\$135 (eight sessions)

Take this class, and not only will you finish the class with a complete understanding of the new equipment, but you will also work on the TRX, weights, exercise bands, stretching, and more. By the end of the session, you will have a customized workout routine that includes settings

and weights appropriate for you! This format is a great opportunity to work with a trainer and create a workout routine. Instructor: **Max Alcantar**.



SGT—Fit 101 at Orchard Creek L1

Tuesdays & Thursdays,
March 3-26
Noon to 1:00 PM,
Fitness floor (OC)
\$135 (eight sessions)

Starting a new experience may seem a little overwhelming. Fit 101 is a perfect place to start. This class will incorporate a little of everything at our Orchard Creek Fitness Center. By the end of the session, you will have a customized workout routine that includes machine settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine, and meet friends that share fitness goals. Instructor: **Torin Garza**.



SGT—“Fun”ctional Fitness L3

Tuesdays & Thursdays,
March 3-31
Noon to 1:00 PM,
Aerobics Room (KS)
\$150 (nine 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. This class is available for the SGT Drop-in Pass. Instructor: **Deanne Griffin**.



SGT—Progressive Bootcamp L2/3

Mondays & Wednesdays,
March 2-30
4:00 to 5:00 PM,
Aerobics Room (KS)
\$150 (nine sessions)

Looking to change things up? Try this Bootcamp class that gives you progressive exercises

to accommodate each participant’s fitness level. The class will enjoy workouts in the Aerobics Room and the gym floor. A variety of equipment will be introduced and used for a workout you’ve never seen before. This class is available for the SGT Drop-in Pass. Instructors: **Danielle Merrill and Max Alcantar**. Both trainers every hour!

SGT—Morning Burst Group Training L2

Mondays & Wednesdays, March 2-30
7:15 to 8:15 AM, Aerobics Room (KS)
\$150 (nine sessions)



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



SGT—TGIF TRX & More L2

Fridays, March 6-27
7:15 to 8:15 AM,
Aerobics Room (KS)
\$70 (four sessions)

Let’s kick off the weekend right with a great total body workout. Use this class to enhance your current workout routine or to learn the basics of the TRX. Other pieces of equipment may also be used. This class is available for the SGT Drop-in Pass. Instructor: **Renae Schmidt**.

SGT—Therapeutic Water Exercise L1

Fridays, March 6-27
12:30 to 1:30 PM, Indoor Pool (OC)
\$70 (four sessions)

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

SGT—Posture, Core and Balance L1/2

Mondays & Wednesdays, March 2-30
11:30 AM to 12:30 PM, Aerobics Room (KS)
\$135 (eight sessions; no class March 11)

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: *Danielle Merrill*.

SGT—Balance & Fall Prevention L2

Tuesdays and Thursdays, March 3-31
3:00 to 4:00 PM, Aerobics Room (KS)
\$135 (eight sessions; no class March 19)

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

Punch Pass and Fast Class

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

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



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

KS WellFit Class Schedule March 1-31, 2020

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

OC Aqua WellFit Class Schedule March 1-31, 2020

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

Pilates Reformer WellFit Class Schedule March 1-31, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1- L2 - Cynthia				Mixed Equipment L1-L2 - Sarah		Pilates Ref L3 - Delphine
8:30	Ref Basics + L1-L2 - Sarah	Mixed Equipment L1-L2 Cynthia	Ref Basics L1 - Cynthia	Mixed Equipment L1-L2 - Julie	Ref Basics + L1-L2 - Sarah	New! Playing with Props L1- L2 Delphine	
9:30	Mixed Equipment L1- L2 - Sarah	Ref Basics + L1-L2 - Julie	Ref Basics + L1-L2 - Delphine	Ref Basics L1 - Julie	Ref L1-L2 - Sarah	Mixed Equipment L1- L2 - Delphine	
10:30				Mixed Equipment L1-L2 - Julie	Ref Basics + L1-L2 - Sarah	Ref Basics L1-L2 Delphine	
11:30				Cardio Jump & Core L2 - Gretchen	Ref L1-L2 - Valerie		
12:00	Pilates Bootcamp L2 - Valerie	Ref Basics + L1-L2 - Julie	Cardio Jump & Core L2 - Gretchen	Cardio Jump & Core L2 - Gretchen			
5:30	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625-4034			

All classes are subject to change without notice.
All classes are 55 minutes unless otherwise noted.

All classes are subject to cancellation for insufficient registration 24 hours prior to class.

Orchard Creek Lodge..... 965 Orchard Creek Lane
Main Phone: 916-625-4000
Kilaga Springs Lodge..... 1167 Sun City Boulevard
Main Phone: 916-408-4013
Resident WebsiteSCLHResidents.com
Public Website SunCity-LincolnHills.org
Help DeskHelp.Desk@sclhca.com

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Administration/Membership Mon–Fri: 8:30 AM–5:00 PM First Sat: 8:00 AM–NOON	Kilaga Springs Café Mon–Sat: 6:00 AM–4:30 PM Sunday: 7:30 AM–3:30 PM
Lifestyle Desks (OC/KS) Mon–Sat: 8:00 AM–8:00 PM Sunday: 8:00 AM–4:00 PM	Catering Office Tue–Sat: 9:00 AM–5:00 PM
WellFit (OC/KS) Mon–Fri: 5:30 AM–8:30 PM Sat–Sun (oc): 7:00 AM–8:00 PM Sat–Sun (KS): 6:30 AM–6:00 PM	The Spa at Kilaga Springs Mon–Fri: 9:00 AM–6:00 PM Saturday: 9:00 AM–5:00 PM

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