

# C MPASS

Navigate Your Way Through Sun City Lincoln Hills



**17** Resolution Evolution

**18** New Year Brings New Possibilities

# Calendar of Events

## January 18 - February 27

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1/18	Who's Afraid of Virginia Woolf?.....	55
1/20	Android Smart Phone Basics .....	89
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## Upcoming Association Meetings: January 15 – February 27

Listening Post	Wednesday, January 15, 9:30 AM, P-Hall (KS)
Finance Committee Meeting	Thursday, January 16, 9:00 AM, P-Hall (KS)
Board of Directors Meeting	Thursday, January 23, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, January 23, 11:30 AM
Board of Directors Executive Session	Thursday, January 23, 1:00 PM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, February 4, 9:30 AM
Compliance Committee Meeting	Wednesday, February 5, 9:00 AM
Properties Committee Meeting	Thursday, February 6, 9:00 AM, P-Hall (KS)
Elections Committee Meeting	Friday, February 7, 10:00 AM
ARC/Architectural Review Committee Meeting	Monday, February 10, 9:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, February 11, 10:00 AM
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
Board of Directors Meeting	Thursday, February 27, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, February 27, 11:00 AM
Board of Directors Executive Session	Thursday, February 27, 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](mailto: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)

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

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  - Communications Corner
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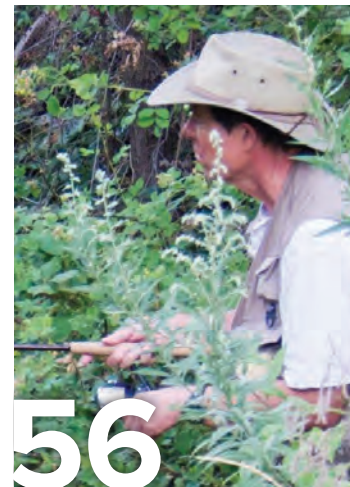
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### On the Cover

Happy New Year 2020

Photo by Klara Kleman

 Find the Compass



## Board of Directors' Report Ask Not What Your Association Can Do For You, But What You Can Do For Your Association

*David Conner, President*

Folks, you know you don't have to be from Tennessee to be a volunteer! From time to time, I like to remind the people that their skills, education or credentials can still be put to good use volunteering for one of our terrific committees, or special teams. In 2009, my first year on the Board of Directors, I made the motion to build our first pickleball courts and ten years later seconded the motion to convert tennis courts in the second phase. Prior to that it was a converted Basketball court that was not regulation and the players have grown a dozen times in numbers since that time.

I am equally proud of our teachers, security volunteers, Library personnel and all who volunteer for the City of Lincoln. Back years ago, when the City of Lincoln was designated an All American City, I am told the Lincoln Hills volunteers were an important element in our selection. I find volunteering comes back to you in so many ways. So if you can, why not step up, help out, and make a real contribution to our great community.

One of my very favorite quotes is from Theodore Roosevelt, and every chance I get, I like to remind people, and repeat the words.

"It is not the critic who counts; not the man who points out how the strong man stumbles,

or whether the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes up short again and again, because there is no effort without error and shortcomings; but who actually strives to do the deed; who knows great enthusiasm, the great devotions; who spends himself in a worthy cause, who at best knows in the end the triumph of higher achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory or defeat."

I believe we are all in the arena, and a smile, a touch, or just a thumbs up says so much.

After the assassination in 1963, President Johnson said "let us continue" and we did and we are here and moving forward always.





## From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association

Welcome to the January edition of the *Compass* magazine! 2020 is here. We can be proud of many things that took place over the past year:

- The third annual Lincoln PACE race was a huge success, and in the past three years, we have raised over \$58k for local schools and charities.
- Despite the weather, the first annual Concours event took place, and we are proud of how everyone came together and pulled it off despite the conditions. The Lincoln Hills Foundation raised over \$10k in donations during the event.
- The Summer Concert Series was a great success again, and kudos to Lifestyle and F&B for the work they put in. Revenue was over \$254k for the series. More importantly, the atmosphere at the concerts was amazing, and all had a good time.
- Our Fitness team continues to set the standard for "Wellness" training, and we are proud of the emails and letters we receive from our residents, who have had positive results from the programs.
- Our *Compass* Magazine continues to improve from both an appearance and a content standpoint. Theresa Renken, *Compass* Editor and the *Compass* team, did a great job in 2019.
- The Administration team continued to the goal of "Continuous Improvement" in 2019, and thanks go out to Staci Erskine, Christy Goodlove, Jessica Galindez, Sam McKee, Tonya Benitez, Andrea Guy, and Judi Masters for their efforts in taking care of our residents.
- Our IT & Communications team continued to lead the way in improving our IT capabilities and our communication efforts. We sent out a record number of eNews items, won several "Best of Lincoln" awards, and for the third time, won the "Best Retirement Community" award from Sacramento Magazine.
- The Spa completed a "Face Lift" of the space at Kilaga and began offering new products and treatments for our residents. We have the best spa in the area.
- Our facilities – thanks to the Facilities Department, they continue to be the envy of the area.
- In December, we hired a new Executive Chef – Michael Jackson (MJ), to lead the back of the house team. There is a new excitement that is flowing through F&B.

Bottom Line, 2019 was a great year, and we expect bigger things for you in 2020. Our goal remains the same. To take care of our residents and guests and continue to set the standards for active-adult living.

## LISTENING POST UPDATE

The Listening Post was a tremendous success in 2019, and it is due to the fact that so many of you attended and watched the videos. We averaged over 75 folks in attendance, which is terrific, and we hope to increase this number in 2020. The Listening Post has become an important opportunity for residents because it is a place where you can get updates on Association activities, get reports from department leaders, and get answers to questions that are important to you. I can't think of a better opportunity to interact in a casual setting and get the "Straight Scoop."

From my perspective, the value I get from your thoughts and comments are incredibly important. I have said on many occasions that the biggest danger for any team is to focus too much on the "Inside-Out" view. We need your ideas and thoughts; the "Outside-In" viewpoint to ensure that our operations are meeting the standards we set and that our residents are getting the

best service possible.

A great example is the Thursday Happy Hour at the Pool events we hold. We had made several decisions regarding this event that to control costs made it dull and unappealing for our residents. We had feedback from residents, made some changes, and the event saw major improvements in 2019. For 2020 we intend to focus even more on this and make it truly special. You cannot "discount" your way to success at Lincoln Hills.

It's that sharing of thoughts and ideas that helps us to grow, and it feeds the process of "Continuous Improvement and Continuous Learning. I hope that you can find time to attend the 2020 series of Listening Posts and help us make this a better place for our residents and guests. On behalf of the Lincoln Hills team, it is an honor and privilege to work for you. Let's make 2020 a spectacular year!



## Finance Committee Report Funding Sources

*Robert Copp*

We have three funding sources: Operations, Reserves and Community Enhancement Fund (CEF). Each of these funding sources has a purpose with specific rules. This article provides a high-level background on these fund sources.

Operations funds are spent on the day-to-day operations of each Association department. The Budget is developed by the Department Heads, working with the Director of Finance with oversight from the Executive Director. The Budget is then recommended by the Finance Committee to the Board of Directors for approval. Operations are funded from your dues, which for 2020 is \$133 per month. Your dues are kept low by revenue collected from a variety of department activities.

While routine maintenance of Association infrastructure is funded in Operations, replacements are covered in the Reserve Fund. When a component meets the end of its useful life or is no longer functioning, the Reserve Fund steps in and funds the replacement. However, every component is reviewed by the Department Heads with support from the Properties Committee to ensure that the component needs to be replaced at that time. Every year, the Director of Finance leads an effort to update the Reserve Study component

costs and useful life. The Finance Committee recommends the Reserve Study to the Board of Director for approval. For 2020, the Reserves are funded by a portion of your dues (\$23.97 per month.)

The CEF is a source for funding improvements and expansions that can be combined with Reserve Funds when needed. The Sports Complex is an example of how CEF funds can be combined with Reserve funds to maximize the benefit to all residents. Besides new pickleball and tennis courts, a bocce ball shade structure is included in the project. The Reserves Fund is being used for parking lot resurfacing. CEF projects are discussed over several months to collect broad input, including using the strategic planning process, before a final recommendation is made by both the Properties' and Finance Committees and forwarded to the Board of Directors for approval. The CEF is funded from a \$3,000 Fixed Mandatory Assessment provided at the close of escrow from each home sold in Lincoln Hills.

Staff, Committee, and your Board work hard to balance the appropriate use of these funding sources to best meet the needs of our community. If you want to know more about how your dues are spent, please attend a Finance Committee meeting or check out the video of every meeting on the Association website, where we also post the monthly financial reports.



## Update on Reserves

*Hans Fokkema, Finance Committee*

When you read this update, the process of creating the 2020 Reserve Study is already underway. The first step is adjusting the 2019 study for 2020 and after that, we have a review of all reserve components with the department heads.

Adjusting the 2019 study for 2020 seems relatively simple. It involves increasing the Current Replacement Cost (CRC) of each component by the system's inflation rate (currently 3 percent) and reducing the Remaining Life (RL) by one year. Where this process becomes more complex is in dealing with a reserve component that has a zero RL in 2019 and with components that had to be replaced earlier than anticipated. Determining a component's Useful Life (UL) and its resulting RL is never an exact science, and for that reason, we always stress that when the estimated RL reaches zero that does not mean that replacement will take place that year and that there are also components that needs to be replaced before their RL reaches zero.

If a zero RL component was in fact replaced during 2019, its actual replacement cost including shipping, tax, and installation becomes its new CRC, and its UL could also be adjusted, if appropriate. If the item was

not replaced we need to determine if it will potentially be replaced in 2020 or maybe even later and adjust the RL accordingly. That also involves a certain amount of guesswork.

Where things really get complicated is when a component was only partially replaced. Should we treat it as having been replaced, as not having been replaced, or does this component need to be broken down into smaller components, each of which might be replaced during a different year? For example, we have 12 bocce ball courts, each of which needs to be resurfaced periodically but they do not necessarily all need to be resurfaced during the same year. And because the four backcourts get less use, they may need to be resurfaced less frequently.

All these things require a fair amount of judgment, which is why it is so essential that we review all the reserve components with the department heads on a regular basis. They are responsible for these components and they, therefore, should be part of the reserving process.

In our April update, we will discuss the additional steps taken before our initial submission to the Browning Reserve Group.



## Architectural Review Committee

**2020 is Here!**

*Carole Dummett, Chair*

So what's new with ARC for 2020? We finally have a timeframe for our Design Guideline

Revisions to be shared with the homeowners. We will request the Board of Directors, at the January 23, meeting, to approve our Design Guideline revisions for publication and posting. Following this approval will be a Resident Open Workshop scheduled for February 13, at 10:00 AM to 1:00 PM at OC. The Association has agreed to cater refreshments for our casual meeting arrangement.

Overall, our Design Guidelines work well, so we concentrated on the areas that create the most confusion along with new legislation on generators and accessory dwelling units. Video surveillance camera language has been rewritten to support ever-changing technology and better serve the homeowner. Once posted, please take the time to review these revisions as we look



forward to your input.

This article is written a month before publication, so we do not have any detailed information regarding Accessory Dwelling Units at this time. The new legislation will override a few of our current governing documents. The ARC will be responsible for establishing regulations for these units based on state and local government requirements.

Once again, we would like to thank the homeowners for their participation in following our Design Guidelines, and keeping this a pristine community resulting in a beautiful place to call home while maintaining high property values. It truly takes a team effort!

We still have openings for committee volunteers; it is interesting and rewarding, so please take the plunge and apply. You will be working with a great group of volunteers.

Questions? Contact [sam.mckee@sclhca.com](mailto:sam.mckee@sclhca.com) or [arc@sclhca.com](mailto:arc@sclhca.com).

## Strategic Planning

### Back to Basics

*Denise Bowden*

Where are we now?

Where do we want to be?

How will we get there?

As we start the New Year, it might be valuable to take a step back and address why a strategic plan is valuable to this community. A strategic plan can be looked at as a roadmap. It outlines priorities and projects for the near term and as well as captures future needs. Developing the Plan is a significant undertaking but once created and ratified it becomes a living document that can guide the use of HOA resources, bring to light challenges and opportunities and guide decision making.

There are numerous parts to a Strategic Plan, with each feeding into an overall strategy to ensure we do the right things at the right time. Along with

spending our money with forethought and consistency towards a long term defined direction.

The plan will identify capital improvement projects, beyond currently approved plans and items that are already scheduled through the Reserves process. We will be using resident input and community trends to define what the future of SCLH should look like and what is needed to maintain it at a high standard. All projects identified in the capital projects plan will go through the normal SCLH project approval process before any funds are spent.

We invite you to watch for future articles where we will address other key components of the planning process.



**Compliance Committee / Community Standards**

**Get Ready for 2020**

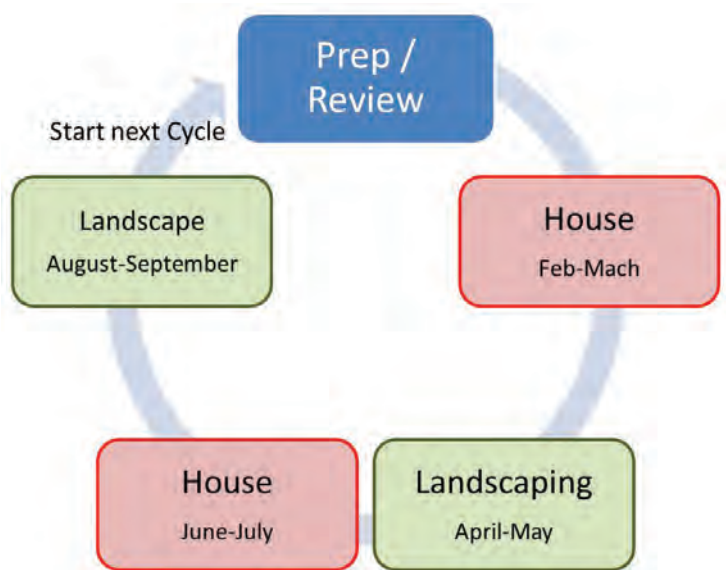
*David Mateer, Chair*

I cannot believe we are starting 2020 already. It seemed like a good time to provide an update of plans for the Community Review Program.

During 2019, we learned a lot and made great progress with the Community Review Program. We are preparing for our 2020 reviews, which will start in February. There are four waves of reviews scheduled, as there will be each year going forward. Each review covers one-third of the homes in the community and focuses on either house or landscaping items. That means that every village will be checked for something and some will be checked for both this year.

The first and third cycle will focus on house items. This primarily means paint condition and color. As there are no planned changes to the fencing standards, we may also be reviewing fences. Now is a great time to take a look at your home and fence. If it is time to do some repairs and painting, you have time to select and obtain approvals for repainting or any desired color changes. You can also talk to any of the many companies that can perform the work. This way you can be ready and scheduled in the spring when the weather improves.

The second and fourth cycles will focus on landscape items. Any time of year is a good time to attend to most of these items. The most common



problems were insufficient bark/wood chip coverage and insufficient plant coverage. If some bark has blown away or some plants have been removed over the years, spring is also a fantastic time to take care of these routine maintenance needs.

Taking care of these items now and through the spring will get you ahead of the game and ready for the review coming to your village this year. Additional information is available in the Community Standards section of the SCLH resident web site.

The timing and villages of the review cycles are outlined below.

REVIEW CYCLES		
MONTHS	FOCUS	VILLAGES
February – March	Paint maintenance and Exterior Paint Standards.	1A, 1B, 2, 3A, 3B, 7, 8, 9, 11, 12, 25A, 25B, 26A, 26B, 26C, 26D, 27, 28, 29, 30A, 30B, 30C, 35A, 35B, 36, 40A, 40B
April – May	Landscape maintenance. Coverage, trimming. Safety Items – visibility	4, 6, 16A, 16B, 16C, 18, 19A, 19B, 20, 24C, 34A, 34B, 38A, 38B, 38C, 38D, 39, 41A, 41B, 41C
June – July	Paint maintenance and Exterior Paint Standards	5A, 5B, 10A, 10B, 13, 14, 15, 17, 21, 22A, 22B, 23, 24A, 24B, 24D, 24E, 31A, 31B, 31C, 32A, 32B, 33, 37, 42A, 42B, 43A, 43B, 43C
August – September	Landscape maintenance. Coverage, trimming. Safety Items – visibility	1A, 1B, 2, 3A, 3B, 7, 8, 9, 11, 12, 25A, 25B, 26A, 26B, 26C, 26D, 27, 28, 29, 30A, 30B, 30C, 35A, 35B, 36, 40A, 40B



## Election News

### Get Ready, Get Set, VOTE!

Soon qualified voters will receive a ballot in the mail for the Board of Directors Election. This year there are 3 Board of Director positions open and 6 candidates running.

#### Important Things to Know:

- There will be three candidate Forums this month, January 14, 16 and 18.
- Take the time to attend at least one of them to be better informed.
- The Candidate Forums will also be video recorded for later viewing on the website.
- All ballots must be received at the Inspector of Elections (IOE) or in the ballot box at Orchard Creek, no later than 3:00 PM February 19.
- Vote in time! Mail-in ballots may take several days to reach the Inspector of Elections.
- Out of town during the Elections? You can still vote through Proxy voting. Look for information in the eNews or stop by the Executive Director's Office at Orchard Creek Lodge for a Proxy Package.



#### Make Your Ballot Count

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

Date	Day	Event
January 14	Tuesday 10:00 AM to Noon	Candidate Forum, P-Hall (KS)
January 16	Thursday 2:00 to 4:00 PM	Candidate Forum, Ballroom (OC)
January 18	Saturday 10:00 AM to Noon	Candidate Forum, P-Hall (KS)
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 - 8:00 AM to 5:00 PM  
For more information contact: **Elections Committee at [elections.committee@sclh.com](mailto:elections.committee@sclh.com)**



*Let us serve you with a view*

**Meridians**  
Restaurant & Bar

Kristy Huskey,  
Director of Food & Beverage

We hope everyone had a fun, safe and Happy New Year!

2020 starts with a fresh beginning, and a new Executive Chef! If you have not met Chef MJ yet, stop by Meridians and ask to meet him. He will be more than happy to share his love and enthusiasm for food, and boy, does he have a million ideas!

Meridians Restaurant has a little something for everyone. Tuesdays are Dance Night, Wednesdays we have Prime Rib, Thursdays is Trivia in the Sports Bar, Friday Night's live music, Sunday has a brunch, and the last Sunday of every month is an international buffet for only \$19.99! Sunday, January 26, is the next international buffet and the theme is Mediterranean. Call Meridians to make a reservation, these nights sell out very quickly!

January 27 Meridians is holding a new event- The Escape Room! For \$60 plus taxes and gratuities, you will enjoy a 3-course dinner while trying to escape the evil doctor's grasp. See flyers or eNews for details.

February 14 is, of course, a day of love. Come in and romance your significant other (or whoever you want to share time with) at Meridians for a memorable 3-course dinner for \$60 inclusive. This event sells out quickly, so make your reservations now. Menu choice is required when making the reservation. See flyers or eNews for details.



## Chef's Recipe of the Month:

### Homestyle Tomato Bisque by Chef MJ

Chef MJ comes from a background of fine dining, casinos, hotels, and more throughout the United States. However many ways we can make a Tomato Bisque, this is one of the easiest and tastiest ways Chef makes his. Simple and quality ingredients are key.

#### Ingredients

- 4 cans San Marzano (or peeled Italian Plum tomatoes) 16oz size
- 2 Red Bell Peppers
- 2 White or Yellow Onions, rough chopped
- 1 Carrot, peeled and rough chopped
- 3-4 cloves Garlic, peeled and rough chopped
- 1 can V-8 Juice (low sodium preferred) 5.5oz size
- ¼ cup rice (jasmine preferred), cooked or raw
- 1 qt stock (vegetable is preferred, but chicken is more readily available)
- ½ tsp thyme
- ½ tsp oregano
- 1 tsp basil
- 1 cup Heavy or Whipping Cream
- ¼ lb Butter, Unsalted cold and sliced

#### Instructions

Lightly oil Red Peppers, and place on a cookie sheet. Roast at 400 degrees for approximately 15-20 minutes, until the skin is peeling away from the flesh. Once roasted, place in a bowl, cover allowing to cool to the touch. Meanwhile, in a medium-sized stockpot, over medium-high heat sauté onion and carrot until lightly caramelized. Add V-8 Juice, Stock, Rice and spices, then bring to a boil – stirring constantly. Once boiling, lower the temperature to medium-low, and allow to fully cook the vegetables and rice until “mushy” (roughly 1 hour). Peel and deseed Peppers. Once the soup base is “mushy,” add San Marzano Tomatoes and Peeled Roasted Peppers to the soup and raise to medium-high. Allow to boil, then reduce to simmer for 15-20 minutes, stirring constantly. Add heavy cream and blend thoroughly blend utilizing an immersion blender (or take off of the heat, and place in a heatproof blender). While blending, slowly add slices of cold butter until lightly thickened. Adjust seasonings, and serve hot. Garnish ideas are Toasted Garlic Croutons, Melty Gruyere, or chiffonade of fresh basil.



## Lifestyle News & Happenings Looking Ahead!

*Lavina Samoy, Lifestyle Manager*

2019 was a great year for us! We delivered great performances, exciting experiences with trips, introduced you to new classes, and brought the community together with a wonderful 20th Anniversary celebration.

2020 promises to be another fun-filled, experience-rich, community-building year for us. Join us in welcoming 2020 with joy and enthusiasm. Here are previews of what you can look forward to this year.

- Working with the Billiards Group, new professional-grade billiard tables will be replacing our current tables at both lodges.
- Orchard Creek's Sewing Room expansion to support the ever-growing activities of the Needle Arts Club.
- After a year of hiatus, The Tap Company is back this year with a fun show exhibiting their extraordinary dance talents in April.
- Kilaga Café will soon be selling Movie Munchies to enhance your movie experience in Presentation Hall.
- Plans to add a fourth showing of free movies monthly is underway. Watch out for it!
- Root for your favorite San Francisco Giants team in a great location at the stadium. Feel

the action and excitement with seats on Field Level Section 105, first base side, this season. See page 67 for details on the Giants Games.

- If you enjoy Unni Steven's Sip & Paint Class, join her new Block Art & Sumi-e class and expand your artistic talents. See page 74 for the new class.
- Join Cathy Paris in her new class, Line Dancing 4 Fun on Thursdays! The class welcomes all skill levels presenting the newest line dance classes around the world using all genres of music (details on page 84).
- Exciting plans are underway for a new seating area for Summer Amphitheater Concert Series patrons. Watch for it in the April Compass when we announce another sizzling line-up you will surely enjoy!
- After a two-year break, we are heading back in May to the majestic Yosemite National Park for some exploration and an awesome experience. See details of the four-day trip on page 70.

Be prepared to get involved, have fun, and create meaningful relationships in the community this year. We will continue to strive to give you every reason to come out and enjoy life.

Happy New Year everyone! Looking forward to serving and sharing the best times with all of you.





**The Spa at Kilaga Springs**  
**New Year, New Decade, New You**

*Trudy Smith, Spa Manager*

January is an opportune time to have new beginnings. Start by getting regular Spa treatments like facials that maintain the health of your skin, and massages that maintain your body's range of motion and flexibility. Our goal with all our services and products is to enhance your health and wellness.

The Hydrafacial was one of the best investments the Spa has made. The Signature treatment is simply amazing to all skin types, and the Deluxe Hydrafacial is outstanding. We have discovered the versatility of the Hydrafacial treatments in other areas as well. This month we are featuring the Hydrafacial Signature and including a choice of two enhancements or add-ons using the HydraFacial machine. These choices are the Perk eye, the Perk lip, the neck and décolleté, or hand treatment. Using the specialized equipment on these other areas provides exceptional results. These enhancements exfoliate and hydrate for healthy glowing skin.

January is also a good time to regroup, take a deep breath, and detox. In our massage department, we are featuring our Ocean Dew Detox Body Wrap. This treatment begins with an exfoliation using magnesium melt removed with warm water. It is

followed by a rich shea butter application infused with Ocean Dew essential oil and then wrapped for deep penetration leaving your body detoxed, fortified and hydrated.

In our Retail Boutique, we continue to add new products within our skincare lines and some healthy products such as Korent CBD oil drops and liniments. With all the choices of CBD vendors, we chose the very best and trustworthy. The processing of the

hemp oil is cleaner and third party testing for quality control is verifiable for each package we sell. Come in to view the beautiful artisan jewelry from Wishing Tree and L'Deux rock hair ties, earrings and necklaces. We are also featuring a line called BeeSpa. BeeSpa was founded by beauty and spa visionary Diane Cook in 2012. It was



invented initially to heal Diane's dry, cracked feet. The product is all-natural, water, Sunflower seed oil, Beeswax, Sandalwood and Lavender oil. It is fabulously hydrating and effective with a very lovely light scent.

This month my spotlight is on the entire team at the Spa. The talent and dedication of every member of this team to your health and wellness is astounding.

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



**Do you need help with your PC?**  
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## The Communications Corner

### eNews

*Jeff Caponera, Communications and IT Manager*

Happy New Year! In every New Resident Orientation, I always ask who has signed up for eNews, and maybe, if lucky, one-quarter of the audience raises their hand. I always explain how important it is to sign up for eNews and that it is the main source of communication from the Association to you the residents.

eNews comes out daily; the *Compass* comes out once a month; the best way for you to stay up to date with everything going on in your community is to receive eNews directly to your email inbox. We have daily newsletters from each department:

Monday – WellFit and Kilaga Springs Spa  
 Tuesday – Food and Beverage  
 Thursday – Lifestyle, Trips, and Entertainment  
 Sunday – Full Association news

If you do not want a lot of emails, you can sign up for the Sunday eNews, which is a weekly recap

of the week's eNews, along with new information.

It's easy to sign up, all you need to do is visit the resident website ([www.sclhresidents.com](http://www.sclhresidents.com)), at the top of the page click on the "Sign up for eNews" link. This link will open up a new page. You fill in your first name, last name and email address, select which newsletter you would like to receive and press sign up. It's that easy.

If you use your smartphone to access the website, you can also scan the QR code below, which will direct you to the signup page as well. We get you the information; it's up to you to read it. If you want to unsubscribe from one newsletter but still receive others, make sure you select the box that reads, "I wish to continue receiving occasional mailings based on my interests," and select which newsletter you no longer wish to receive.

I hope this is helpful, and if you have any questions, please feel free to reach out to me at [help.desk@sclhca.com](mailto:help.desk@sclhca.com).



## Sign up for eNews

The eNews is the best way to get the most current and up to date information. Signing up couldn't be any easier!

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## WellFit News

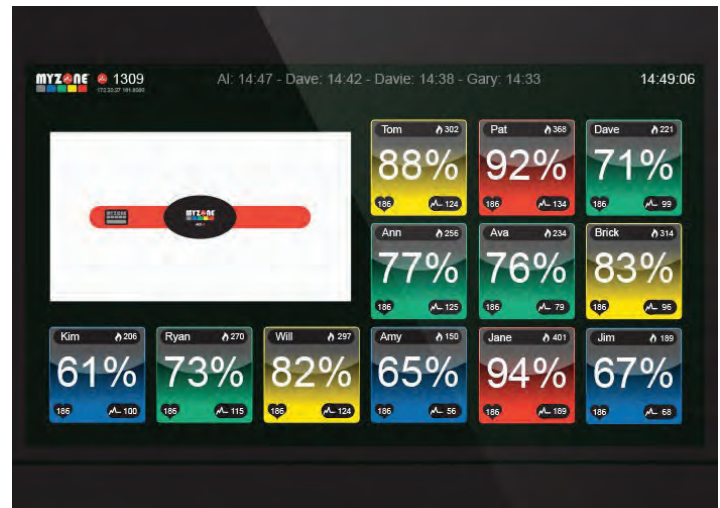
### The Power of Innovative Wearable Devices

Deborah McIlvain, Lifestyle, WellFit & Spa Director

As we move into 2020, it is hard to escape technology, even in fitness. For example, take a look at the new Apple watches; they have already saved lives. There are other ways that technology can help. I started thinking about some of the frequent questions we get. "I'm getting weaker" "I'm afraid to fall and be able to get back up" "how do I get stronger and have better balance." With that in mind, the WellFit team wanted to bring back PROTXX balance sensor unit and offer a 6-week program designed especially for balance and fall issues. This class will be able to measure your balance at the beginning, teach you specific exercises to gain strength balance and give you confidence in your daily life tasks. At the end of 6 weeks, you will be tested again, and be able to see visual results on a graph on how well you improved. This is very motivational since you can actually see your progress. We are offering a Free Spotlight on February 5 at 3:00 to 4:00 PM at OC. Classes start in February.

Talking about measurable results, we are excited to be bringing Myzone to our Spin and small group training classes. Myzone is an innovative wearable heart rate based system that uses wireless and cloud technology to accurately and conveniently monitor physical activity. This tool will be able to monitor heart rate (EKG accuracy of 99.4%). You can view your effort live on a smartphone and in class

on the screen. It will also help you make connections with friends, and connect to cardio equipment on the floor such as the treadmills, elliptical, and bikes. Look for more information on our eNews and flyers.



Are you looking to get started for the New Year? We offer free resident orientations or personal training assessments. Sign up at the WellFit front desks for either the resident orientations or the \$30.00 assessment with a certified personal trainer. Either program can help you get started. Assessment is a private one on one. Resident orientation is a group that walks through the fitness floor. Everyone is different, and not all machines or cardio equipment is right for all, we want you to start out in the safest and most effective way.

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**THU-SAT  
JAN 30-FEB 1**



## NATIONAL GEOGRAPHIC LIVE STEVE WINTER: ON THE TRAIL OF BIG CATS

A voyage around the world in search of big cats with a Wildlife Photographer of the Year.

**FRI JAN 17**



## RUSSIAN NATIONAL BALLET

"A cut above many of its rivals" (*Washington Post*). The company of 50 returns to perform *Swan Lake* and *The Sleeping Beauty* (two shows).

**WED-THU JAN 22 -23**



## THE PLAY THAT GOES WRONG

A "gut-busting hit" (*NY Times*) hilariously blends Monty Python and Sherlock Holmes. It's opening night: the leading lady is unconscious and the corpse can't play dead. Four shows.

**TUE-WED JAN 28-29**



## MYSTERY SCIENCE THEATER 3000 LIVE

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Show creator Joel Hodgson is on his final live tour — he'll riff with three robots over two cheesy films. "...the hippest, deepest satire of the generation" (*LA Times*).

**TUE JAN 21**



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## Resolution Evolution

*Linda Lucchetti, Roving Reporter*

By the time you read this, the new year will be in full swing, but unfortunately, many of your well-intentioned New Year's resolutions will have flown out the window.

Don't worry, you're in good company. According to research, humans have been making (and breaking) resolutions for years – about four thousand or so. Ancient Babylonians were said to make promises to the gods to pay their debts and return borrowed objects. Early Christians marked New Year's Day by contemplating past mistakes and promising to do better in the future.

Fast forward to 2020, when many of us make resolutions not to the gods, but to ourselves – with promises of self-improvement. One study showed that about 45 percent of Americans say they make resolutions, although only 8 percent are successful in

achieving them.

The most popular resolutions are easily recognizable – lose weight, exercise more, and eat healthier.

Why not start a revolution, or an evolution if you will, about New Year's resolutions? Adopt a different mindset. Along the way, be realistic, and kinder to yourself. Here are just a few suggestions.

**Avoid lofty resolutions.** Start small. Cross off your list, "Climb Mt. Kilimanjaro," if you're out of shape. Add to your list – "Take a 25-minute brisk walk at least three times a week."

**Give yourself time.** So many of us expect instant results. Do you ever notice that the tastiest soups and sauces simmer on the stove for hours? What's the rush? Why not allow yourself months, perhaps the entire year, to achieve your goal.

**Start with the familiar.** You're

most likely to succeed at things you already know. Sure, take up a new sport if you like, but also try to improve in those that you already do.

**Be realistic.** Nobody likes failure. We all want to win. But, let's face it. If you're trying to shed pounds, accept the fact that you may not revert to the 20-year old you once saw in the mirror.

Finally, Lincoln Hills residents are fortunate to have many resources and tools to achieve success, health, and happiness. There are more than 70 clubs to join, pages of WellFit classes to sign up for, and lists of Lifestyle classes, social events, trips and entertainment each month. You'll meet people with common interests, improve your health, expand your horizons, and most of all – have fun. This year, make an achievable New Year's resolution: *Try something new!*



## The New Year Brings New Possibilities!

*Teresa Tanin, Neighborhood Watch*

Neighborhood Watch is on a path of advancement due to improvements in technology. The organization has made great changes along the way. However, technology has opened up new possibilities.

A small group of residents met in May 2000 to establish a Lincoln Hills Neighborhood Watch Program. This highly effective program, in cooperation with local law enforcement, has proven to reduce crime and increase security. During the summer of 2000, a committee of nine residents began to organize watch-teams based on mailbox locations. By the end of July 2000, 123 teams had been formed.

Neighborhood Watch continues to operate today, covering 6783 homes. Many residents have volunteered as Directors, Village Coordinators, Mailbox Captains, and/or members of support groups. The original committee of nine has grown to over 650 volunteers who continue to work on behalf of our community, with the Mission Statement:

To strengthen neighborhood ties, increase personal safety and security awareness, be the eyes and ears of the Lincoln Police and Fire Departments, and encourage emergency preparedness.

Join our team and help us apply new technology tools and training methods to the volunteer process. Visit [www.sclhWatch.org](http://www.sclhWatch.org) to learn more.

Upcoming events: Hands-on training for Mailbox Captains, January 20, 1:30-3:30 PM, Fine Arts Room (OC), email [rsvp to drbabsie@gmail.com](mailto:rsvp to drbabsie@gmail.com). General Board Meeting, open to all residents and volunteers, January 24, 1:00-3:00 PM, Fine Arts Room (OC), email [rsvp to secretary@watch.lincal.org](mailto:rsvp to secretary@watch.lincal.org). New Residents Welcome Packets, email [kenandbonniesmed@gmail.com](mailto:kenandbonniesmed@gmail.com) for information.

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## Treat the Whole Person: Medicine in the 21st Century

*Shirley Schultz, Roving Reporter*

An evolving paradigm in the practice of medicine and healing puts you, the patient, at the center. It considers your unique physical, mental, emotional, social, spiritual, and environmental needs and circumstances. The practitioner of this approach is focused on identifying the underlying causes of diseases and uses the most appropriate interventions from a wide array of scientific disciplines to help people regain and maintain optimal health. Chronic health conditions such as heart disease, high blood pressure, digestive disorders, depression, or chronic pain are among the health problems responding well to an integrative approach. Dr. Jennifer Griffin, M.D., who practices at the Sutter Institute for Health and Healing, will speak at the Community Forum on January 22, "Integrative Medicine of Mind, Body, and Spirit" (see page 56).

Andrew Weil, MD, has been a leader in bringing the practice of integrative medicine to where it

is at today. He is the founder and Director of the Arizona Center for Integrative Medicine at the University of Arizona since 1994. Today there are over 80 integrative medicine centers across the United States and at least a dozen such centers in California alone recognized by the American Board of Integrative Medicine (ABOIM) and the Consortium of Academic Health Centers for Integrative Medicine.

What are the principles of an integrative and functional approach to care?

- Each person has innate healing powers.
- The patient is foremost a person, not just a disease.
- The healing process is a partnership between the provider and the patient.
- Treatment focuses on fixing the cause of the illness, not just relieving the symptoms.
- Healing is best with a team approach.

Once you have been evaluated by an integrative medicine practitioner, you can expect to be offered many modes of therapy not to replace but to enhance conventional medicine. Some of those therapies may include but are not limited to:

- Acupuncture
- Ayurveda
- Naturopathy
- Chiropractic
- Massage
- Dietary supplements and herbal medicine
- Biofeedback
- Hypnosis
- Visualization and guided imagery

Before you go to an integrative medicine clinic, be sure to ask what your insurance will cover and what it will not. For optimal wellness, your out-of-pocket expenses may be well worth it.

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## A Lake County Escape

*Richard Pearl, Roving Reporter*

There's more to Lake County than just 30+ great wineries. Step off the beaten path and step back in time, and it's less than a two-hour drive from the 'Compound.'

Clearlake is the largest natural freshwater lake entirely within California, with 68 square miles of surface area and is believed to be one of the oldest lakes in North America. Best times to visit – spring and fall, with summer close behind.

Some little-known facts. Lake County is the leading supplier of premium pears in California, complete with its own festival. Like diamonds? Prospect your own "diamonds" – really a form of volcanic glass (quartz) – from fields along the roadside, especially in the Lower Lake area.

The thought for this jaunt came from an article about the *Featherbed Railroad Bed and*

*Breakfast*. This is not your normal B & B, but nine actual railroad cabooses converted into individual sleeping quarters...and they are virtually right on the Lake! This "development" was started thirty years ago with the cabooses being trucked in and totally renovated to live-in environments.



The wow part of the experience is that each caboose has a different theme: "Midnight in Paris," "Wild, Wild West," "Orient Express," "Easy Rider," etc. Each caboose has its own bathroom,

queen bed, sitting area, etc. There's also an outdoor pool and picnic area, and a great breakfast. It's definitely a unique getaway!

Just a few miles up from the Featherbed B&B is the mid-nineteenth century town of Upper Lake, home to the now-restored Tallman Hotel and adjacent Blue Wing Saloon. The original hotel was built in 1874, it was totally destroyed by a fire in 1895 but was immediately rebuilt. It eventually fell into disrepair but again rose sphinxlike after its purchase in 2003 with another total restoration to the 19 rooms and formal dining room. The adjacent Blue Wing Saloon sits across a courtyard from the Tallman Hotel; think gourmet pub food!



OK, want to really relax. Check out Wilbur Hot Springs. This is an off-grid/solar-powered destination resort with natural hot mineral springs (temperatures between 98-110 degrees). To get there, you exit State Route 20 and travel five miles on a gravel road. There's a large gate that you need to move to enter the property. Forget your cell phones and iPads as there's no connectivity. There are 'daily use' privileges available (\$59-\$65/pp); it's clothing optional at the springs and the atmosphere is totally serene. Enjoy!



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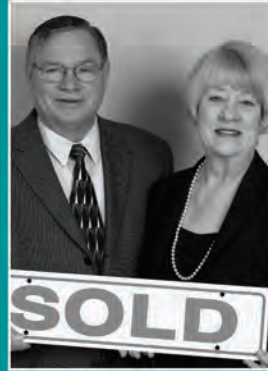
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## In Memoriam



**Frank Propersi**

Frank grew up in Canonburg, Pennsylvania, and moved to Antioch, California as a teen. He tried some football and track but found that music was his passion and he played in the school band.

He joined the Navy and played the clarinet with the ship's band. He married his wife Lois 67 years ago. He was a hairstylist for 38 years owning his own salon. After moving here, he picked up his clarinet and sax after 50 years and joined the music group, and the Sierra senior band in Auburn. He leaves his dear wife, three children, and six grandchildren and six great-grandchildren, who all miss him very much.



**Linda Rush**

A native Californian, Linda was born and raised in the Bay Area. She was the youngest of 11 children. After graduating from Richmond Union High School, she became a graphic artist at Chevron Research in Richmond retiring in 2000. She met her husband Tom at a place called "The Donut Hole" in San Pablo and they were married close to 50 years. They enjoyed the ups and downs of the San Francisco 49ers and the Oakland A's. Linda was one of the founding members of the Pickleball Club and she visited both fitness centers on a daily basis. She leaves two children, two grandchildren and many friends and family. She is missed by her family and all those who knew her throughout her 70 years.



**Audrey Ann Gibert**

Audrey was born on January 18, 1930, in Patterson, New Jersey and passed away peacefully at the age of 89. She lived her life filled with love and memories of her late husband Arnold, her seven children, many in-laws, 15 grandchildren, and 21 great-grandchildren, other numerous family members and many friends. She was involved in the Low-Speed Vehicle Club, helped with the *Compass*, and participated in Bunco groups, but her favorite pastimes were Thunder Valley Casino and Casa Ramos Restaurant. She will be missed by all!

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



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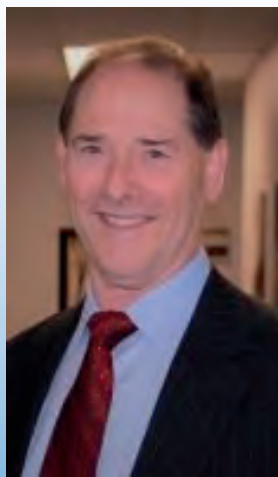
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Dr. Wilmarth is the co-founder and part owner of the new Sutter Sierra Surgery Center located on the Sutter Roseville Hospital Campus. All of his staff are Certified Ophthalmic Assistants and Technicians. We bring the best care and technology to our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

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**Amateur Radio**

In December, Stuart Gallant, a 59 year veteran of amateur radio, was elected President of the Amateur Radio Group. A bio-engineer, Stuart developed medical devices for the management of multiple medical conditions, retiring from Apple in 2017 he moved to Lincoln Hills. Stuart is a ham radio operator with an Extra Class License and is fully engaged on multiple bands and modes. He has plans for the ARG to become more



Stuart at ARG Field Day June 2019

active and engaged in 2020. The ARG meets every Monday at 6:30 PM at the South Entrance Facility to discuss amateur radio and hold a network at 7:00 PM on 443.225 MHz, with a PL of 167.9. Come to an ARG meeting and see how amateur radio can be part of your life.  
 Contact: *Stuart Gallant, stuart.gallant@gmail.com*  
 Website: *lharg.us*



**Astronomy**

LHAG General meeting: Wednesday, February 5 at 6:45 PM in the P-Hall (KS). Carla LaFave will give an exciting presentation on December 4 Parker Solar Probe's findings after

its latest flyby of the Sun. The probe is on a seven-year mission to help unlock the mysteries of the Sun ending with a flyby touching the Sun's corona.



Cosmology Interest Group (CIG): Monday, January 20 at 6:45 PM in the Fine Arts Room, Don Wilson will present "A Congruent Cosmology." Contact Morey Lewis at *mlewis\_cc@sbcglobal.net* for more information.

Telescope Interest Group (TIG): Thursday, January 23, Star Party at the Model Airplane Park at 5:30 PM. Contact Bob Collins at *bobpcoll@community.net* for more information.

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



**Ballroom Dance**

Happy New Year! Now that all the parties have passed and you are thinking about what to do, come and join us in January. We will be teaching West Coast Swing taught by Sal and Ruth Algeri. For February, we will be teaching Waltz taught by Belinda Burns and Nancy Lane.

Our first party of the year will be a Valentine's theme on Saturday, February 15, from 6:00 to 9:00 PM at (KS). Tickets are \$7/ person.



Sunny and Don DeSantis

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 meet on the first and third Monday of each month at 10:00 AM in P-Hall (KS), with presentations by members and invited speakers. On January 20, Doug Brown and Carol McKenzie will speak on myths in the ancient world. They will reenact and retell some of these myths (dragons! unicorns! werewolves!), then focus on the Epic of Gilgamesh, which concerns a half-man, half-god

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### Like to Read? Selections for

- Jan 16- 50 Things that Aren't My Fault  
Cathy Guisewaite
- Feb 20 - Becoming  
Michelle Obama
- Mar 19 - Elderhood  
Louise Aronson
- Apr 16 - The Tattooist of Auschwitz  
Heather Morris
- May 21 - The Death of Mrs Westaway  
Ruth Ware
- June 18 - Year One  
Nora Roberts

### Book Club is for You 2020 are:

- July 16 - And Then There Were None  
Agatha Christie
- Aug 20 - Small Great Things  
Jodi Picoult
- Sept 17 - The Widows of Malabar Hill  
Sujata Massey
- Oct 22 - The Testaments  
Margart Atwood
- Nov 19 - Where the Crawdads Sing  
Delia Owens
- Dec 17 - HOLIDAY LUNCHEON

Join us in OC at 1 pm the 3rd Thursday of each month

who embarks on a perilous quest for immortality. They will also suggest some life lessons to be learned from such ancient fables. Two weeks later, on February 3, Sacramento Archeological Society member Martha Lewis will speak on the Indo-Europeans—their ancestors, languages, and modern descendants.

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 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



Rack and Roll tournament—  
rst, Ted Komaki;  
second, Jack Ryder



**Bird**

Join us for our next General Meeting on February 10, at 1:30 PM, P-Hall (KS). The guest speaker is Heath Wakelee, president of the Rocklin Bird Club and board member of Sierra Foothills Audubon Society. Heath's topic is "Burrowing Owls and Wild Turkeys." These two very different birds will make for a fun and interesting presentation.

The annual trip to Linden is on January 24. This beautiful area along the Sierra Foothills is the winter home for Ferruginous Hawks, Bald Eagles, and other small raptors. February 7, we head to West Sacramento and Bridgeway Island Pond which is on eBird's list of birding hot spots. This pond has a nice variety of ducks that include Blue-winged and Cinnamon Teal and American Wigeons.

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



Do they have anything in common?  
Find out in February!



**Bocce Ball, Mad Hatters**

We were formed for the purpose of acquainting the residents of Lincoln Hills with the

rules and fun of Bocce. We give free instruction and furnish all equipment. From November to April, we play Bocce every Thursday morning 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. Happy New Year!

Contact: Bob Vincent 916-543-0543, pmac1411@aol.com  
Website: https://sclhresidents.com/group/pages/bocce-ball-group



Our Newlyweds,  
Jim and Sherry



**Book, OC**

Feeling a bit low after the holidays? Read "Fi y Things That Are Not My Fault" by Cathy Guisewite. We will be discussing our humor selection at our Thursday, January 16 meeting, which starts at 1:00 PM in the Multipurpose Room (OC). This collection of essays deal with the

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The 2020 reading schedule was announced at the Holiday Luncheon, before the deadline for this article. So the schedule can be found on our website (see below) and there will be copies available at the meeting.

Contact: [catsickle@gmail.com](mailto:catsickle@gmail.com)

Website: [LHocbookgroup.blogspot.com](http://LHocbookgroup.blogspot.com) and [ocbookgroup.pbwiki.com](http://ocbookgroup.pbwiki.com)



**Bridge, Partners**

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

Winners: November 21 – First: Rose Phelan/Kurt Wolff; second: Chet Winton/Ralph Madsen; third: Nancy Rice/Lydia King; fourth: Chris Jacobson/Charles Dietz. Dee Cole/Ed Hartnett had high round 2170. December 5 – First: Erika Wolf/Edith Kesting; second: Johann/Paul Kiesel with high round 1860; third: Rose Phelan/Kurt Wolff; fourth: Wendy Wohl/Greg Parker. December 12 – First: Byron Hansen/John Butler; second: Kay/Ben Newton; third: Carla/Mark Green; fourth: Edith Kesting/

Erika Wolf with high round 2240. December 19 – First: Erika Wolf/Edith Kesting with high round 2060; second: Linda Theodore/Janet Pinnell; third: Johann/Paul Kiesel tied with Kay/Ben Newton. Reservations for second/fourth Thursday: Joanna/Alan Haselwood 916-209-3392.

Contact: Reservations for first & third Thursday: [Carla/Mark Green](mailto:Carla/Mark Green) 916-844-5888



**Bridge, Social**

We welcome Social Bridge Players to join us every Friday. We play from 12:45 to 4:00 PM. Check-in at 12:15 PM in the Sierra Room (KS). We do singles' rotation. In January, call Chet Winton at 916-408-8708 or Judy Olson at 916-408-1435.

Winners two weeks of November, and first three weeks of December: First Place: Ada Towers, Kurt Wolff, Chet Winton, Pat Mullins, John Butler. Second: George Hubbard (twice), Phil Sanderson, Barbara



Left to right: Eleanor Amar, Nancy Griffin, and Nancy Murdick

Moran, Ralph Madsen. Third: Rich McGough, George Hubbard (twice), Nancy Griffin, Joan Darroh. Fourth: Pat Mullins, Theresa DeVito, Jodi Deeley, Joanna Haselwood, and John Woodbury. 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](mailto:Pat Mullins 408-202-1865), [pam7NT@gmail.com](mailto:pam7NT@gmail.com)



**Bunco**

Happy New Year from the Bunco group! In December, we had a wonderful time playing three rounds of Bunco (not a lot of buncos called), sharing the annual gift exchange with some stealing (many gift cards were the main attractions) then onto Thunder Valley Casino buffet for lunch.

Bunco is a non-membership group with a \$5 'pay to play' fee. Play starts promptly at 9:00 AM. 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).

December Winners: Most Buncos - Norma Camilleri; Most Wins - Jean Abelle; Most Losses - Linda Bales, 50/50 - Yvonne Rand, Traveler - Sharlene Christianson. Next Bunco is Thursday, January 16.

Contact: [Kathy Sasabuchi](mailto:Kathy Sasabuchi) 916-209-3089, [ksasabu@icloud.com](mailto:ksasabu@icloud.com)

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**Ceramic Arts**

The Annual Fine Arts Show will be held February 21-23 in the Ballroom. All Lincoln Hills residents have the option to enter their work regardless of club membership. A program of registration instruction will be held Tuesday, January 21, at 2:00 PM in the Fine Arts Room (OC). Complete your forms and bring them to the Multipurpose Room (OC) on Thursday, January 23, 12:30 to 1:30 PM.

Some new ceramic artists have joined our group and are enjoying classes and studio time on the weekends. Come by the Ceramic Arts Room on Tuesdays or Thursdays to visit a class. Studio monitors are available Friday, Saturday and Sunday to share information and answer your questions. Join us and have some fun.

Website: [www.cagsclh.net](http://www.cagsclh.net)

Lincoln Hills Community Chorus



**Chorus**

With tributes for our best-ever December concert still echoing in our ears, we're determined to make our spring concert even better. We've already begun rehearsing a colorful collection of folk music and other old favorites: Irish tunes like "Danny Boy" and "The Salley Gardens" and Americana like "Oh

Susanna" and "This Land Is Your Land." Rivers run through many, including "Oh Shenandoah," "Down by the Riverside," "Red River Valley," and "The Water Is Wide."

You'll love our renditions of these and many more songs from our folk musical heritage, selected by Director Paul Melkonian to bring out the best in us and rekindle fond memories in our audiences. We'll sing them all for you in the Ballroom on May 3-5, so mark your calendars now!

Contact: *Suzanne Rosevold*  
916-587-3035,  
[suzannechorus@gmail.com](mailto:suzannechorus@gmail.com)  
Website: [lincolnhillschorus.org](http://lincolnhillschorus.org)

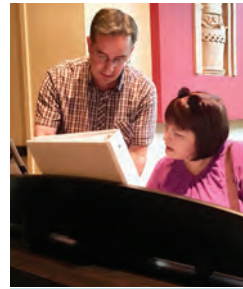
**Computers**

**Apple Users**



Ken Spencer kicked off 2020 with a seminar on the pros and cons of upgrading to macOS Catalina 10.15. If you missed this presentation, view the video before deciding whether to upgrade.

At the January 15 meeting, Andy Petro will discuss editing photos on an iPhone running iOS 13. He'll show the enhanced



Paul Melkonian with pianist Nina Malone

editing tools and the capability to create photo books from your iPhone.



LHAUG Volunteers

The accompanying photo shows the many LHAUG volunteers. In front from left: Ken Silverman, Sharon Worman, Andy Petro, Sue Schwartz, Bonnie Esker, Helen Rains, Jeff Hanner, Bill Smith, Nina Mazzo, Lew Barnard, Vicki White. In back from left: Gerry Esker, Arnie Schwartz, Rich Thayer, Doug Thom, Harlan Felt, Henry Sandigo, Steve Kirkland, Jim Collier, Jack Harris. Not pictured: Ken Spencer.

Contact: *Helen Rains* 916-408-4505,  
[helen.lhaug@icloud.com](mailto:helen.lhaug@icloud.com)  
Website: [www.lhaug.org](http://www.lhaug.org)

**Computers**

**PC**



Main meeting February 12, 6:30 PM, "Your Public Library and Use Your Computer." The talk will educate us on the computerized Lincoln Public Library and Kanopy. Kanopy is

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Amanda Toohey

Amanda Toohey is the Literacy Coordinator at the Lincoln Public Library. She received a BA in Liberal Arts from Sonoma State University. At the Lincoln Public Library, Amanda coordinates the Adult and Family Literacy program, where adults needing help in reading, writing and math, P-Hall (KS).

Walk-In-Workshop: February 18, 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. **Contact: Norman Seidenverg 916-209-3894, sclhcc@gmail.com**  
**Website: sclhcc.org**



### Country Couples

2019 is behind us, and we look forward to a great year in 2020.



Country Couples members who performed in the 20th Anniversary show.

Our club just completed its 10th year of dancing, eating, socializing and travel. As we begin our 11th year, we will be celebrating last year's milestone with more dances, more community events and hopefully some travel together. For information about Country Couples Dance Classes, please review the advertisement in this magazine. Once you have taken some beginner classes and find you are enjoying the exercise, the music, the dancing, the people, then your next step is to become a Country Couples Dance Club member for just \$6/person per year.

**Contact: Kathy Lopez 916-434-5617**

**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 player's stay. Each player keeps track of his or her own score. The weekly winners for November were: Larry O'Donnell, week one; Kathy Lloyd, week two; Rick Johnson, week three and Grant Lee, week four.

New players are always welcome!

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



### Cyclists

The month of December turned out to be a short month of cycling days. Lots of rainy weather caused many groups to cancel their rides. A few groups attempted to fit in a ride between the raindrops. Of course, appropriate clothing was being worn so the riders remained fairly dry. For the first time in many years, our cycling club did not schedule a combined Holiday party for all the groups. Most of our groups arranged to have a Holiday get together at a members home. Many thanks to our members who opened their homes for their fellow riders to celebrate the Holiday Season



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together. Happy New Year to everyone and ride safely.

Contact: Steve Valeriote  
916-408-5506, [jillsteval@gmail.com](mailto:jillsteval@gmail.com)  
Website: [lincolnhillscyclists.com](http://lincolnhillscyclists.com)



### Fishing

The end of another great year of fishing. 2019 will be in our memories for a while.

During the winter, though, our anglers will continue seeking that special fish in waters still open for fishing, fishing in bone-chilling weather, brrr. Hardy people.



Don's favorite fish, Bass

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

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 at [ralphtonseth@comcast.net](mailto:ralphtonseth@comcast.net) or Henry.

Contact: Henry 415-716-0666,  
[hsandigo@icloud.com](mailto:hsandigo@icloud.com)



### Food Adventures

We ended our year with a terrific Paella Dinner Party in early December. This is the national dish of Spain, and we celebrated at the Ternero Olive Oil barn in Lincoln's coun-



Our lovely local veggies

tryside. This was just the way our Spanish hosts make their Paella dinners—the authentic way paella is done in the Spanish countryside with tons of seafood ingredients and all the right spices. We served up white wine cocktails (kirs) to our guests along with Spanish tapas (appetizers), and three kinds of Cheesecake were served up for dessert. Our club membership grew over 80% in 2019 and we now have 105 paid members.

Contact: Don Rickgauer  
916-253-3984,  
[sclhFoodAdventuresClub@gmail.com](mailto:sclhFoodAdventuresClub@gmail.com)



### Garden

Happy New Year!  
Welcome to our first

meeting of the year, January 23, at 2:00 PM (KS). Debbie Flower, a retired professor of horticulture, will be the speaker on "Container Gardens: Water Wisdom." Successfully gardening in containers is very different from gardening in the ground. What container to use? What medium? Grow what plants? Put the container where? Water when? How much water? Debbie will answer these questions and more!



Debbie Flower-  
Container Gardens

Membership Registration will begin at 1:00 PM. All members will need to complete the new, one time, liability waiver form available at the "liability waiver" table. For those of you who have pre-registered by mail (available on the website) please note there are two forms to complete—*The Membership Form* and *The Waiver*.

Contact: Lorraine Immel 916-434-2918,  
[lorraineimmel@gmail.com](mailto:lorraineimmel@gmail.com)  
Website: [lhgardengroup.org](http://lhgardengroup.org)



### Genealogy

The next Genealogy Club Meeting will be January 20. Membership can be started or renewed for \$20. Download the application and bring it to January



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License # 490908

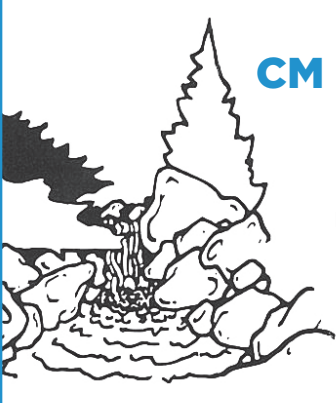
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20 meeting or mail to Lodge Carlton, Treasurer. Computer help, coaching, workshops for beginners, and DNA are available for members. Beginner's Boot Camp will begin in February. Watch for info in January. Each general meeting has a door prize raffle for members and a social for story sharing with refreshments after each meeting. Officers for 2020 will be elected. At the January meeting, our President, Barbara Branch, will share two internet genealogy ideas. Join us at 6:30 PM in P-Hall (KS). Arrive a few minutes early to sign in and get your raffle ticket.

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



**Golf**

**Lincsters**

The Holiday Awards luncheon, filled with golf honors, charitable gifts, and the installation of officers, wrapped up the Lincsters' 2019 year. Top trophy awards were presented to Kate Gold for "Most Dedicated Golfer and 2019 Club Champion" and to Mary D'Agostini for "Most Improved Golfer." Players who achieved the most pars, chip-ins and birdies were acknowledged. Dozens of gift packages

highlighted the luncheon event. Lincsters had filled the Santa wish lists for 61 long-term residents at the Lincoln Meadow Care Facility. According to Sherry Villapando, facility activity director, this was by far the largest holiday contribution by any community group. The 2020 Lincsters Board: Ruth Pennington, Captain; Judy Josse, Co-captain; Georgia Shipley, Secretary; Brenda Cook, Treasurer; Jan Varin, Assistant Treasurer; and Kathy Lindner, Tournament Chair. Contact: Nancy Hastings 916-645-5590, nhast38@yahoo.com Website: Lincsters.com



Lincsters Most Improved Golfer Trophy was awarded to Mary D'Agostini

**Golf Men's**

Here are good reasons to join the Men's Golf Club for 2020! NCGA membership fee included. No additional cost to play in our monthly tournaments that have a variety of formats. Enjoy Fall and Spring great lunches, plus the fellowship and meeting other golfers! All for \$96 for the year!

The 2020 Board will be Brian Wanzer-President, Roger Cummings-Vice President,

Jim McGeough-Secretary, Phil Steinbock with Bruce Lyau-Treasurer, Mike Munro-Tournaments, Bob Schoenherr-Membership, Pete Saco-Sponsors, Steve Beede and Jesse Reuter-CVS (Central Valley Seniors), Rob Davies-Handicaps, Roger Val with Dudley Lewis-Rules, Jack Dillon-Social, Doug Hinchey-Communications, Al Soares-Webmaster. Thank these men for serving Men's Golf Club Board of Lincoln Hills when you see them!

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



**Hiking & Walking**

Did you make any resolutions for hiking or walking in 2020? Please join us on any of the upcoming hikes or walks Stevens Trail (Colfax) January 16, Miners Ravine-North (Roseville) January 23, Lake Clementine (Auburn Rec Area) January 28, Nimbus Fish Hatchery (Folsom) February 13. Wednesday walkers meet at



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8:00 AM at different starting locations in the community. Each week's walk meet-up location can be found on our website under the Walking Group tab.

With unpredictable weather during the winter season, we tend to hike more closely to home. We have some great local hikes planned.

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](mailto:LHHikers@gmail.com)

Website: [www.lincolnhillshikers.org](http://www.lincolnhillshikers.org)



**Investors' Study**

We welcome Talley Leger of Invesco, who enjoyed a visit in the past year. Russ Abbott will present his play-book and the afternoon should be an energetic one. We meet at 2:30 PM in P-Hall (KS) on Thursday, February 6. There is so much going on I'm sure you will have things to say and questions to offer. We are open to all residents. 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](mailto:CarlSulzer@gmail.com), [carlsulzer@gmail.com](mailto:carlsulzer@gmail.com)

**Lincoln Hills**

**Line Dance**

We were "Rockin' Round the Christmas Tree" at our annual holiday potluck, which was held on December 2. The steering committee decorated the tables with lights, garlands and ornaments—everything was twinkling. Our instructors planned the evening to incorporate many of the dances we learned during the year along with some holiday favorites. We thanked our instructors, prac-



*Line Dancers enjoying holiday party*

tice teachers and DJ, Mike Schenck, for all their hard work and dedication. There are no line dance classes during December so we are all looking forward to January when classes resume. Check out the *Compass* for the dates and times of classes and maybe make Line Dance a part of your Lincoln Hills Life in the New Year!

Contact: [June Willis 916-253-3348](tel:916-253-3348), [willtom@sbcglobal.net](mailto:willtom@sbcglobal.net)



**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](tel:916-543-5389), [randy888@pacbell.net](mailto:randy888@pacbell.net)



**Mah Jongg, National**

We are so happy to get back to our regular schedule. It was three weeks between games because of the holidays. The National Mah Jongg League starts playing with the new 2020 card in April. So until then, we will be practicing for our first mini-tournament



*Lots of fun at our Christmas Lunch*



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to be scheduled in March. Some of us are excited and some of us are nervous. But it's all just fun. 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 curious, you are welcome to join a table and just 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



**Mixed Media**

The club meets the third Wednesday in the Ceramics Room (OC) at 1:00 PM. We always welcome people to come and check us out. We have a time of sharing our art at the meetings. Every month we reveal the next month's art challenge. Challenges are always voluntary. After sharing, we have guest speakers who lead us in an art project. If you don't have supplies, our group is great about sharing. Mixed Media Arts Club is a safe place to explore, play, have fun and meet people. We are planning the speakers this year



Thanks for sharing your beautiful necklace, Kate

if you have ideas for speakers or would be willing to lead an art activity, see our President, Nancy Griffin. I hope to see everyone at our Mixed Media Arts meetings.

Contact: Nancy Griffin



**Motorcycle**

The club held its annual Christmas dinner on December 5. Cattlemen's restaurant in Roseville provided the perfect venue for a great dinner and the installation of the club's officers for 2020. Thank you, Bill and Christy Zemina for putting it together! The club's Road Captains are meeting this month to schedule the upcoming riding season, should be a great one!



Christmas Dinner 2019

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

(OC). There will be no meeting in January. "Ride Safe - Ride With Friends"

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



**Movie Lovers**

We meet on the second Thursday of each month in the Multimedia Room (OC) at 6:30 PM. We review two to three movies that were selected by the group at a prior meeting. All residents are welcome to join our facilitation-led discussions of these movies. Members share their movie viewing experiences and enjoy enlightening interaction with others.

Contact: Cliff Roe



**Music**

Although we did not meet in December, several musicians met privately in small groups in their homes to play and tune-up for the coming year ahead. If you play an instrument and/or sing, our meetings encourage all levels of musicianship. We start up again on January 22 with elections and sharing of ideas for the New Year. We meet every fourth Wednesday of the month from 6:30 to 8:30 PM, Fine Arts Room (OC). You can find the Lead Sheets for the group songs and more information

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on our website; the password is musicgroup. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM, (OC). Open to Lincoln Hills residents. Contact Ron Peck at 916-409-0463 for information. *Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com*  
*Website: lincolnhillsmusicgroup.org*



### Needle Arts

The club meets the second Tuesday of the month in P-Hall (KS) 1:00 PM. Our speaker for February 11 will be from The Sacramento Button Club. The Sewing room will be closed during January due to the expansion. Reopening information will be sent via email and posted on the Sewing Room door when we are given a date. We know that many of you have questions; please continue to be patient.



*You can always find great friends at Needle Arts*

*Save The Date* - The 2020 retreat will take place June 1-5 at Mercy Auburn, details to be out soon.

Needle Arts is looking for members who are willing to help with the hosting/planning/helping with the 2020 May

Luncheon and December Holiday Party. If interested, email Jean. *Contact: Jean Storms, jeanstorms272@gmail.com*  
*Website: www.sclhna.com*



### Neighborhood Watch

Our next general meeting is an important one, and all village coordinators are urged to attend to discuss several changes going forward. Among the agenda items are voting on new by-laws, information on the "welcome" packets, deadlines for reports, updates from advisory and support groups, and the calendar of events. This meeting also offers a forum for questions and answers. Residents wanting to learn more about

Neighborhood Watch and how to be involved are invited to attend, along with village coordinators and mailbox captains. Volunteering with



*Want to help the community and meet new people? Volunteer!*

Neighborhood Watch is a good opportunity to help your community and to meet new people. Mark your calendar for the Neighborhood Watch General Meeting, Friday, January 24 from 1:00 to 3:00 PM in the

Fine Arts' Room (OC). *Contact: Linda Minor 707-235-0778, lindaminor@sbcglobal.net*  
*Website: www.SCLHWatch.org*



### Painters

Happy New Year! We will open the year with our meeting on January 21 from 1:30 to 4:00 PM, in the Fine Arts Room. It starts with 30 minutes of meeting new members and greeting friends. Our program is about the first event of the year, the Annual Fine Arts Show. The show includes paintings in all mediums, along with Photography, Ceramics and Wood Turners and other pieces of fine art.



*Winners of November 2019 Art Challenge*

If you are new to Lincoln Hills, this will be informative and a good way to see if joining our club would be of interest to you. Dues are only \$15 per year. We have guest artists doing demos, two lunches a year along with painting challenges.

*Contact: Joyce Bisbee 916-672-7252, joybis@aol.com*



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**Paper Arts**

The new board met last month to plan events and projects for 2020. There was a lot of enthusiasm, along with many ideas and suggestions. Stay tuned for information about the club's future activities.



*Christmas luncheon, December 2019*

Meanwhile, thank you to Rosy Thielke, project coordinator, and Susan Long, president, who led January's projects that kicked off the new year.

A special thank you to our outgoing president, Dottie Macken, who worked so tirelessly during her term the past two years. Dottie will continue her involvement in the "Open Lab" sessions for members. The next Open Lab is Thursday, January 23, at 9:00 AM in the Terra Cotta Room (KS).

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



**Pickleball**

We have just the ticket to help keep your resolutions to exercise more and make new friends.

Here's step one: stop by our free introduction lessons offered most Wednesdays at 1:00 PM. No reservations or paddles needed. Please wear tennis shoes. Once hooked, and we know you will be, join the club for just \$15 a year. Parties, lessons and ladder leagues are just a few of the membership perks.

The Pickleball and Softball Clubs raised \$4,500 – the most ever – to deliver Christmas gifts to children of deployed troops at Beale Air Force Base and Sheridan Elementary School students.

New Year officers for 2020 are Rein Lemberg, Vice-President; Rita Weighall, Secretary; Molly Morris, Publicity; and Steve Schaumleffel, member-at-large.

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

Website: www.lhpbclub.com



**Players**

We took a break in December after our successful November show. We had 1300 people attend! A big thank you to our supportive and appreciative audience. We are looking forward to our annual Valentine's party at Turkey Creek on February 13.

Readers Theatre is performing two radio plays, free, on February 8, 9, at P-Hall (KS), 3:00 PM. They are Damon Runyon's Neat Strip, first performed in 1949, and the Screen Guild Theater's The Shop Around the Corner, first performed in 1940 with Jimmy Stewart and Margaret Sullavan.

Plans are in the making for our next Main Stage event, June 4, 5, 6, 7, P-Hall (KS). We are always looking for new members! We meet at P-Hall (KS) at 4:00 PM on the second Monday of every month.

Contact: David Africa, President 916-708-0009,

djafrica@sbcglobal.net

Website: www.lhplayers.org

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**Poker**

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

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

Contact: Lynne Barsky 916-253-3730



**RV**

We celebrated the Holidays on December 7 with a fun-filled Party at Turkey Creek. After a sumptuous dinner, we danced the night away to the vocal and musical talents of Steve Evans and his Fun Company. Thank you so much to Ed Hartnett for sponsoring our dance floor



Enjoying the Party

and to Thad Stanley and Reverse Mortgage Funding for supporting our Event.

Our next group meeting will be Thursday, January 9, at 4:30 PM (KS), when we'll go over Rally plans for 2020 and much more. Planned Rallies include Southern CA, Ashland, Oregon, Las Vegas, Nevada, and Graeagle. If you are interested in RV'ing and want to learn more, come visit with us, make some new friends, socialize over shared appetizers, and learn the joys of RV travel.

Contact: Steve Beede 916-752-6972, [stevebeede5@gmail.com](mailto:stevebeede5@gmail.com)  
Website: [www.lhrgv.com](http://www.lhrgv.com)



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

You can start the New Year right by volunteering in one of our local schools, K through 5 or Phoenix High School. Teachers are grateful for their help, and students love them. You can work with groups or individuals or spend time correcting papers or recording scores.



Karen Gould in Mrs. Hinnenkamp's K class at Creekside Oaks

Some are asked to help decorate for the seasons of the year.

We have a special request for Math or English tutors at Phoenix High. The English tutor would need a strong background in the elements of literature and the fundamentals of grammar. The Math tutor would need a strong background in algebra and geometry. Both 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](mailto:jmeidm@aol.com).

Contact: Cyndi Colloton 408-410-8479, [ccolloton@yahoo.com](mailto:ccolloton@yahoo.com)  
Website: [schoolssuncity.org](http://schoolssuncity.org)



**Scrabble**

New Year's Greetings from the Scrabble group! We invite you to join us sometime in 2020 for a friendly game of Scrabble. We play every Monday afternoon, starting at 1:00 PM in the Card Room (OC). All materials are provided and we welcome players of all skill levels. No reservations or advance notice needed, come and try it out!



**Singles**

On Thursday, January 16, we will be at McCormick & Schmick's for Dining Out. Join us at 4:30 PM. Call Sue to reserve your spot. Thursday, January 30, is

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our annual pre-Super Bowl party (KS). Call Susan for tickets. Enjoy hot dogs and all things Super Bowl! Activity planning will be on Tuesday, February 4 at 4:30 PM in the Ceramics Room (OC). Cocktail Time will be at 4:00 PM on Thursday, January 6 at Strikes in Rocklin. The second Saturday breakfast is on Saturday, February 8 at 9:00 AM in the Sports Bar (OC). Our birthday celebration will be at 4:00 PM on Sunday, February 9 in the Sports Bar (OC). Business meeting and games will be at 6:00 PM on Thursday, February 13, in the Ballroom (OC).

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



**Ski**

The annual Holiday Party in December featured excellent food, fun door prizes, and great fellowship for 45 members and guests. After a few dry weeks in the first part of November, the snow finally arrived, and December turned out to be very good for skiing. Weekly ridesharing to the North Tahoe resorts will continue throughout the season, so be sure to take full advantage. There may still be room to join the 35 skiers and non-skiers who are headed to Sun Valley, Idaho, from February 9 through February 15. Contact

us if interested. Our next general membership meeting will be Thursday at 4:00 PM, January 16, in the Multipurpose Room (OC).

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



**Softball**

Thanks to your generosity, we provided sports equipment to Sheridan Elementary school, Glen Edwards Middle School, and Lincoln and Phoenix High Schools. Additionally, 700 children at Beale AFB and 63 youngsters at Sheridan Elementary enjoyed Christmas festivities, including gifts and a meal. Our own Wally Quintero (Santa) and Charlie Schuman (pictures) volunteered their time for the children's enjoyment. Joy and Richard Norman, Sue Dambrosio and Margaret Bellah organized the gift give-away. We also gave toys to Lighthouse Counseling and Family Resource Center in Lincoln.

2020 season applications, available on the website, will close February 18. The new Board, President (Jeff Greenberg), First VP (Bruce Briggs), Second VP (Dave Bruni), Player Rep (Sam Megason), Commissioner (John Griffin), Treasurer (Gage Johnson), and Secretary (Bec Cannistraci) is seated.

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



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2020 Board Members at Holiday Party

Our Holiday Party was wonderful. The food and music made for a magical atmosphere, but the sharing of memories from last year reminded all of the wonderful friends we have in our group.

Already we have a couple of tours planned with more in the planning stages. Last year's tours were the best, and everyone is anxious to repeat the experience. Our group is fortunate to have so many volunteers. Tours are a team effort with members always ready to help and when events call for a change, our members realize we are just out for some fun. Besides, our cars do have reverse!

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### Sun City Squares

We had a wonderful time at our annual Christmas gathering. Please see if you recognize any of our dancers. We would love to have you come and dance with us. If you are a plus dancer or above, please join us Mondays starting at 1:15 PM.



Hopefully, in the coming year, we would like to start a beginners' class. If you would be interested in learning how to square dance, please let us know at the number listed below.

Sun City Squares meets at Kilaga Springs Monday from 1:15 to 3:15 PM for Plus Level dancing. Round dancing between tips. Monday from 3:15 to 3:45 PM for Advanced Level dancing. Thursday from 1:00 to 3:00 PM for Advanced Level.

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



### Swimmers & Water Walkers

At our club meeting on Monday, February 17, at 3:00 PM

in the Fine Arts Room (OC), we will have a guest speaker, Kathy Carpenter, who will speak on the Benefits of Water Exercise and Power Water Walking Tips. She knows that power walking can be as effective as swimming for conditioning.



The meeting will be followed by a no-host social at the Sports Bar. Hope to see you at the meeting.

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



### Table Tennis

Many of our players are in their 70s and 80s. One is 87. Senior players find table tennis an excellent venue for exercising the aging brain. Furthermore, reaction time and hand-eye coordination are in constant practice during play. If you are a beginner, don't be reluctant to play. A table is designed just for you! Four additional skill levels are accommodated. A good time was had by all at our Christmas party with Valerie Green orchestrating

the event. Thank you, Valerie! We play in the Multipurpose Room (KS) on Sundays, 9:00 AM to closing except for the first Sunday of the month when play commences at 12:30 PM, Tuesdays, 6:00 to 9:00 PM, and Fridays, 8:00 to 11:00 AM. Free lessons and loaner paddles are available.

Contact: Tim Frank,  
timcfrank@gmail.com



### Tap Company

A good time was had by all at our holiday luncheon. We were entertained by nine young tappers of the Leighton Dance Project, directed by Alyson Meador. Merilee Imamoto and Melodee Mathay led us in songs with Nina Malone at the piano. The cast has been selected for our "Night On The Town" dinner show in April. The tap groups are in full swing rehearsing. Becky Nicholson and Carol Rose, our directors, with Sharon Lefkov producer, are in the midst of organizing all aspects of the



Holiday Luncheon

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show. A performers' launch party is scheduled for January, with more details to come! With the New Year upon us, we encourage newbies who want to learn to tap to join us.

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



**Tennis**

Happy New Year (Eat-Sleep-Tennis-Repeat) as I end my year as LHTG Communications, I'd like to thank the LHTG members for their compliments throughout the year. Please welcome the new 2020 Board!



Looking forward to SERVING you this year!

2020 LHTG Board has been elected, coming in with a lot of energy to add to the Club. The new board (pictured here), is from L to R Back row: Social Co-Coordinators: Sarah Solberg, Jill Gossard, Pam Geernaert, Jan Soto; President: Steve Bringman; Communication: Helen Berott. Front row: Tournament Directors: Dennis Vaillancourt, Cathy Vaillancourt; Treasurer:

Lanell Stanley. Thank you, Carl Lynch, for staying on as Webmaster.

We had so many fun activities in 2019, now the new board is working on the calendar of events and will send it out to membership soon.

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

Website: <http://sclhgt.com>



**Veterans**

Paul Loeffler, a long-time radio and television personality in Fresno, takes advantage of his travels for sports broadcasts by connecting with veterans wherever he goes. Paul will be the featured speaker at the Thursday, January 16, Veterans Group meeting at 1:00 PM in the P-Hall (KS). A decade in local television allowed Paul to branch off from sports and learn from men and women who won a crucial victory: America's World War II veterans. Inspired by his grandfather, a decorated WWII doctor, Paul shares veterans' stories on his syndicated radio show and serves WWII veterans through the Central Valley Honor Flight, an all-volunteer organization he helped launch. The Honor Flight has transported more than 1,200 veterans to visit their memorials in Washington, D.C.

Contact: Joan Mac Adams  
703-851-7987, jmacadams8@gmail.com



**Vintage Treasures**

With mid-winter upon us, our minds may drift from wonderful frosty mountain holidays to warm summers at the beach. Our February 3 program will feature pre-1970 Travel, Vacation, and Transportation Memorabilia. Members may share two or three items with the group. Examples can be items from air travel, trains, ships, buses, road trips, hotels, casinos, parks, landmarks, and fairs. Open your closets and drawers, find those treasured memories of your travels!


Please Join us! We meet in the Heights and Gables Room (OC), the first Monday of every month, from 10:00 to 11:30 AM. The Program will be followed by an optional lunch at Meridians.

Contact: Sandi Janisch 916-253-9085



**Water Volleyball**

December is a quiet month for the Water Volleyball Club. Elections for the Steering Committee vacancies took place from November 15 through 30. Members were asked to vote for Club Chairperson, Secretary, Treasurer/Membership and Email Coordinator. A vacancy still exists for the important position of Equipment Coordinator. In addition to voting on the Club



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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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website, members were asked to complete a Member Survey designed to assist the Steering Committee in its planning activities for the upcoming year. Members are always welcome to attend Steering Committee Meetings. The Steering Committee agenda is posted on the Water Volleyball Club website prior to the second Tuesday evening monthly meeting.

Contact: Rosemary Elston

916 474-1610,

sclhwatervolleyball@gmail.com

Website: www.lhwatervolleyball.com



**Woodcarvers**

With new members joining our club, and seasoned carvers offering support, our meetings are filled with good ideas, suggestions, and demonstrations. It's so enjoyable

to experience camaraderie. Some members travel to experience and learn from expert woodcarvers. The new creations are then brought to our meetings and all are inspired! For those that want to expand their carving skill and ability, an extensive library is available for members. You are welcome to join us on Wednesdays, from 1:00 to 4:00 PM in the Sierra Room (KS) where you will be provided support, and you can purchase, at a nominal fee, a starter set of knives, a Kevlar glove and thumb protector to get you started! Come check us out.

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



**Writers**

We are looking forward to 2020. We have new officers and a new meeting

room. Jerry Steinman, President; Jim Fulcomer, Vice President; and Anne Birge, Secretary will lead us in our writing adventures. We will continue meeting on the second, fourth, and fifth Monday evenings 6:30 PM, but will meet in the Multi-Media Room (OC). Our latest meetings have been filled with poignant, humorous, fictional and nonfictional writings. If you need some prompting, there are some interesting celebrations and funny holidays you may not know about in January. How about National Bath Safety Month. Then there is Old Rock Day on January 7 and Popcorn Day on January 19. Bring about 12 copies of your writing so we can read along with you.

Contact: Jim Fulcomer

916-543-9201,

fredeedee@gmail.com



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### 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 February 12. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be at Rum Thai, Wednesday, January 22, 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

For years, Bosom Buddies has had a phone tree to inform members of meetings and lunches and as a way to stay in touch, because being here for each other is important to us. We're discontinuing the tree captains; however, we'll maintain a list of members who still would like to have the monthly reminders and contact. Any member who wishes to be on



Kathy Woodward and P y McCuen  
ank our over owing toy bin.

the list should call Barbara Mathot at 916-408-3554.

Bosom Buddies welcomes breast cancer survivors as well as those still undergoing treatment. We meet on the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC). Our next meeting is February 13. Members who'd like to meet for lunch at Meridians before the meeting, please call Val Singer at 916-645-8553.

Contact: Marianne Smith  
916-408-1818



### Gam-Anon

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

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



### Glaucoma Support Group

We meet February 12 at 4:00 PM in the Multimedia Room (OC). Living life while treating Glaucoma can be a challenge at times. It is important to have a good working knowledge of your chronic disease. Do you know what questions to ask? Are you confused about your treatment plan? Please join us and bring your questions. For more information, please contact Bonnie.

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



### GriefShare Support Group

GriefShare is a weekly Christian faith-based seminar/support group for people grieving the death of someone close to them. Whether the loss was recent or some time ago, you are welcome. It is a place where you can be around people who understand how you feel and the pain of your loss. At GriefShare, you'll learn valuable, practical information that will help you through this difficult time in your life. A new group starts Tuesday, February 4, 9:30 to 11:30 AM at Granite Springs Church at 1170 E. Joiner Parkway in Lincoln. We meet weekly for 13 weeks, ending on April 28. Contact Cheryl Edwards. Please leave a message if you want a callback. She can also be reached by email. Contact: Cheryl Edwards  
916 505-5777, 63cheryle63@gmail.com



### Hearing Impaired Support Group

We will hold our next meeting on Thursday January 23 in the Multipurpose Room (OC) from 2:30 to 4:30 PM. Our guest speaker will be Bobbi Long, Lead Faculty, American Sign Language, at William Jessup University. She will be bringing several students with her, and the presentation will be oral and accompanied by signing and captioning as well. The presentation may be helpful for children and/or adults whom members know who may have hearing issues. Please let Donna Szabados know if you will be attending, so that adequate seating may be provided. Her email is dszabados@gmail.com.

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

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### Low Vision Support Group

Meeting, Tuesday, February 4, 2:00 to 4:00 PM, Fine Arts Room (OC). Speakers will be two representatives of the California State Braille and Talking Book Library. This is a free library service for Northern California residents who are print disabled, blind, visually impaired, or unable to read conventional print due to physical or organic disabilities such as dyslexia. The library loans talking and braille books and magazines via postage-free U.S. mail, along with downloadable books and magazines via desktop or mobile app. Audio playback equipment is free of charge to eligible patrons.

Meeting, Tuesday, March 3, 2:00 to 4:00 PM, Fine Arts Room (OC). AAA Optical will provide a speaker who will discuss various low vision devices that are available locally.

Contact: *Cathy McGriff* 916-408-0169, [cathymcgriff1010@gmail.com](mailto:cathymcgriff1010@gmail.com)



### Multiple Sclerosis

Time to catch our breath after a busy holiday season! We were busy elf's, starting with a Holiday

luncheon with Chiropractor, Dr. Richard Thornton, educating us on Cannabis and Multiple Sclerosis to a January "White Elephant" Pizza party in Kilaga's kitchen.

The February meeting will help ground us again by sharing how we handled the Holidays, the good and bad and also planning the remainder of the year. Reminder, the MS meetings are now the second Tuesday of the month! Tuesday, February 11, 1:00 PM, at the Sierra Room (KS).

Contact: *Jeri Di Fiore, Facilitator* 916-408-7565, [jerihansondifiore@gmail.com](mailto:jerihansondifiore@gmail.com)



### Parkinson's Support Group

We meet the third Tuesday of each month at the Granite Springs Church, 1170 E. Joiner Parkway, from 10:00 to 11:30 AM. The group provides those with Parkinson's and their caregivers the opportunity to connect with each other and to receive information about living with Parkinson's Disease. The format consists of informative speakers and an occasional general discussion. The next meeting will be on January 21.

Please come and join us.

Contact: *Maggie White* 916 367-3908, [mag6693@yahoo.com](mailto: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). Next meeting is March 2. For information, contact Jane Carhart, [jzcarheart@hotmail.com](mailto:jzcarheart@hotmail.com), 916-543-6938.

Contact: *Carol Eisenhower* 916-995-9350, [ceisenhower@comcast.net](mailto:ceisenhower@comcast.net)  
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## You Are Invited to Attend:

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

- **Tuesday, January 21, 9:00 AM** – Say No to Incontinence with Emsella – Oaks and Gables Rooms (OC)
- **Wednesday, January 22, 2:30 PM** – Free Revocable Living Trust Seminar – Solarium (OC)
- **Monday, January 27, 11:00 AM** – Nautilus Society Seminar– Oaks (OC)
- **Wednesday, January 29, 9:00 AM** – Eskaton Seminar – Solarium (OC)
- **Thursday, February 6, 11:00 AM** – Reverse Mortgage Seminar – Solarium (OC)
- **Wednesday, February 12, 9:00 AM** – Deboer Financial Seminar – Solarium (OC)
- **Wednesday, February 12, 9:00 AM** – Sutter Care at Home – Front Ballroom (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 or Kilaga Springs library. These returns will be filed electronically (e-file) with the IRS and California FTB.

### A Course in Miracles

“Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God.” This is how the book begins. The

Peace of God seems to be what everyone is searching for in this world of conflict, divisiveness, and separate interests. But how do we find it? The attainment of inner peace is the objective of this course, as stated in the preface and is attained by doing the 365 Lessons during the yearlong study. The study group meets on the first and third Mondays, and shares in the discussion of the theory and practices. Call 916-409-5253 for more information.

### Airport Co-op

Transportation to and from the Sacramento Airport for Lincoln Hills residents works on a point system, give a ride - get a ride. Membership is \$15.00 per year. Information can be found on our website [www.lh-airportco-op.org](http://www.lh-airportco-op.org) or contact Barb Iniguez at 916-408-7812. Happy travels in 2020.

### Cannabis Information Group

The cannabis information group will hold its first meeting on Tuesday, January 21. The meeting will be held at the Fine Arts Room (OC) at 7:00 PM. We will have a discussion on how to use cannabis and titrate dosages. We will also discuss where to purchase and the importance of testing before use. Please bring your questions concerning cannabis use, and how it could help with your future health. Please contact Dr. Thornton at 530-217-7606 or [drthornton1@yahoo.com](mailto:drthornton1@yahoo.com). Open to anyone interested at no charge.

### Cloggers

Happy New Year! Let's put those New Year's resolutions to good use by exercising in the most effective and fun way – that is, clogging! We happily dance to

bluegrass, country, ragtime, folk and more, and burn off those holiday-feast calories in the process. Clogging is a dynamic, loud, high-stepping dance for high-energy people! (That's you.) If you happen to be in Tennessee as we speak, take yourself to the "Showdown of [clogging] Champions," January 17-18, at the Civic Auditorium, Knoxville. For more information on clogging right here in Lincoln Hills, please contact Natalie Grossner at 916-209-3804.

### Democratic Club

We ended 2019 with its annual Holiday Party, where we brought non-perishable food for the Sierra College Food Pantry. We supported The Salt Mine and Placer County Food Bank (where we also volunteer). Now we look forward to a year of exciting campaigns and interesting programs, starting Thursday, January 16, when our speaker will be Cheri Greven, Director of Public Affairs, East Bay/Sacramento Region of Planned Parenthood. We meet at 6:30 PM at KS. We welcome new members. For more information, please visit our website at <https://democraticclublincoln.ca.org/>.

### Kiwanis Club

We meet on the first and third Fridays with Lunch at 11:30 AM. The meeting is Noon to 1:00 PM at Turkey Creek Country Club, 1525

Hwy 193, Lincoln. Lunch is available for \$10-18. Guests welcome. RSVP: Beth at 916-434-5372. [www.LincolnFoothillsKiwanis.org](http://www.LincolnFoothillsKiwanis.org).

### Italian Club

Join us for "Movie Night" on Thursday, February 20, at 5:45 PM, P-Hall (KS). Watch the delightful film set in Italy, "Letters from Juliet." After the movie, there'll be pie, popcorn and coffee in the MultiPurpose Room (KS). Go to the Website for details and the flyer. Sign up no later than February 12.

The Italian Club presents social events and activities that are always fun and entertaining. If you are a Lincoln Hills resident of Italian heritage, check out our website at [www.lhitalianclub.org](http://www.lhitalianclub.org) and see the activities planned for this year. Contact: Sandi Graham, membership, at 916-826-5711.

### Lincoln Hills Police Department

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

Volunteer work. For more information, contact Roy Osborne at 916-645-4081.

### Open Play Games

Interested in playing cards, tile, and board games? Opportunities are available for Open Play at both Lodges. Come to the Card Room (OC) on Sundays from 12:00 to 4:30 PM, Wednesdays from 12:30 to 4:30 PM, and the Sierra Room (KS) on Fridays between 8:30 and 11:30 AM. 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.

### Racquetball Group

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

### Shalom Social Group

We ended 2019 on a very high note – we had our sold-out annual Hanukkah dinner, with great food, good music and lots of camaraderie. Now we turn to 2020. Our first regular meeting of the year will be

on Monday, January 27, at 6:30 PM at KS. We will also have some cooking classes next year, led by our own resident chef Hagai Narkis. We focus on Jewish food, culture and interests, but membership is open to everyone. For more information, please contact Joanne Levy at 508-333-8590.

**Shooting Group**

With good weather we meet on Tuesdays for Trap and on Thursdays for Skeet at Coon Creek Trap and Skeet at 5393 Waltz Road, just minutes from Lincoln. Occasionally other shotgun sports are enjoyed. We have no fees, but each shooter must pay

for their own clay targets. For more information about shotgun shooting sports contact John Kightlinger at 916-408-3928 or johnnpat@sbcglobal.net.

**Sons In Retirement Branch 13**

Branch 13 (Lincoln/Roseville) will hold its monthly luncheon on Tuesday, January 21 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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### KS Classic Movie

#### Who's Afraid of Virginia Woolf? (1966)

Saturday, January 18, 1:30 PM Screening P-Hall (KS)—**Free**

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



### Document Destruction

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

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



### Golf Cart Registration

Thursday, January 16 and February 6, 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: <http://www.lincolncity.gov>.



### 2 Showings!

#### Judy (2019)

Saturday, February 1, 6:00 PM Screening P-Hall (KS)—**Free**

Monday, February 3, 1:30 PM Screening P-Hall (KS)—**Free**

Legendary performer Judy Garland (Renee Zellweger) arrives in London in the winter of 1968 to perform a series of sold-out concerts. Starring Renee Zellweger and Rufus Sewell. Rated PG-13, 118 minutes, Drama/Biography/Romance.



### Coffee with the Mayor

Tuesday, February 4, 10:00 AM, Sierra Room (KS)—**Free**

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



### KS Classic Movie Fracture (2007)

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

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—**Free**

Want to learn about the various Clubs and volunteer opportunities available within and outside your community? Join us for the annual *It's the Lifestyle! Expo* and celebrate the lifestyle that is uniquely Lincoln Hills. The event will have over 70

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!



*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](mailto:communityforums@sclhca.com). All Forums are free.*



### **Explore the Story of the Book on the Shelf**

Monday, January 20, 2:00 PM, P-Hall (KS)

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



### **Integrative Medicine: Medicine of Mind, Body, and Spirit**

Wednesday, January 22, 7:00 PM, Ballroom (OC)

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



### **You Make The Call - Updated**

Tuesday, February 4, 9:00 AM, Ballroom (OC)

Bill Richardson, a SCLH resident, will once again present an analysis of this season's NCAA football video reviews. Bill is currently the Supervisor of Instant Replay for the PAC-12 Conference. He has officiated four NCAA National Championships, two as the crew chief Referee, and two as the instant replay official. Bill just worked the College Football National Championship game on January 13 in charge of instant replay. His is the final say in all replay reviews. He was inducted into the PAC-12 Field of Honor last August.



### **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 wildlife 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.

Kaiser Permanente to discuss how to maintain optimum sexual health.

**UPCOMING EVENTS**

- **Why Is It So Hard to Plan For Aging**, Monday, March 9, 10:00 AM, P-Hall (KS)
- **Budapest to Innsbruck Trek**, Monday, March 16, 2:00 PM, P-Hall (KS)
- **Neighborhood Watch Spring Safety Forum**, Wednesday, March 18, 1:00 PM, Ballroom (OC)
- **Demystifying Cannabis and Hemp**, Wednesday, March 25, 7:00 PM, Ballroom (OC)
- **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)

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PREMIUM RESERVED SEATING \$24  
GENERAL ADMISSION \$21  
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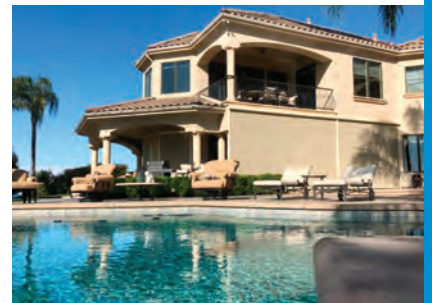
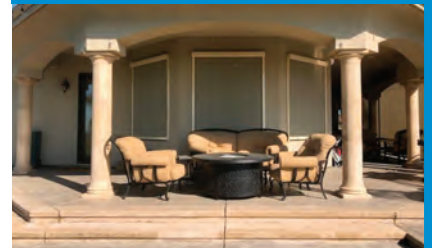
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Tickets available at the Lifestyle Desk (OC/KS)  
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\*Indicates new performances on sale January 17

—Comedy—



**KS Comedy Night:**  
**Gina Stahl-Haven**  
 Tuesday, February 4, P-Hall (KS)  
 6:00 PM Show — **LSE222**  
 8:00 PM Show — **LSE223**  
 Reserved Seating \$16

Gina Stahl-Haven has been performing in the comedy and improv world for over Fifteen years, featured at the Un-Scripted Theatre

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



**\*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 49er's 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—



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

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



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

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



**Broadway's Biggest Hits**  
**Performed by Award-Winning Theater Star Tielle Baker**  
 Tuesday, February 18,  
 7:00 PM, P-Hall (KS)  
 Reserved Seating \$23  
 — **LSE225**

Tielle Baker is a musical theater and opera star who has appeared in over 50 productions with over 20 different com-

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



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

\$23 General Admission \$20 — **LSE224**

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



**\*Celebrate Patsy Cline with The Carolyn Sills Combo!**  
Friday, March 6  
7:00 PM,  
P-Hall (KS)  
Reserved Seating  
\$23 — **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.



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



**\*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.



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<sup>1</sup>As compared to previous Miracle-Ear models. Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. <sup>2</sup>Not valid on Audiotone® Pro. <sup>3</sup>If you are not completely satisfied, the aids may be returned for a full refund within 45 days of the completion of fitting, in satisfactory condition. <sup>4</sup>Our hearing test and video otoscopic inspection are always free. Hearing test is an audiometric test to determine proper amplification needs only. These are not medical exams or diagnoses nor are they intended to replace a physician's care. If you suspect a medical problem, please seek treatment from your doctor. Not valid with any other discount or offer. Does not apply to prior purchases. See store for details.

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16596RCPA

**Katrina Ferland**  
Lifestyle Trips Coordinator  
Katrina.Ferland@sclhca.com



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

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

## Day Trips

—Featured Trip—

**amazon**



### \*Amazon Fulfillment Center Tour & Sacramento State Planetarium!

Thursday, February 13

\$52 — **LST332**

Ever wonder how Amazon gets your packages to you so quickly? Come see the magic. We'll get a firsthand look at the Sacramento Amazon distribution location and see how they do it. Lunch on your own at the University Union on Sacramento State Campus, then a presentation at the new Planetarium and a speaker from the Department of Physics and Astronomy. Trip limited to 33 people. Wheels roll from OC at 8:30 AM, return ~ 5:30 PM.

—Casino/Races—



### Harrah's Northern California

Tuesday, January 28

\$35 — **LST311**

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

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



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

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



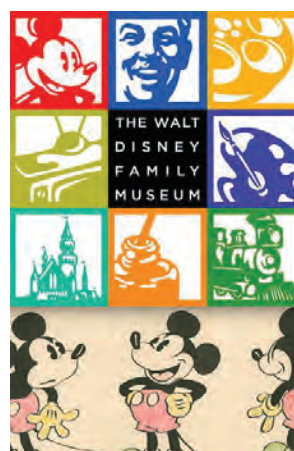
### \*Hard Rock Casino at Fire Mountain

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—



### Disney Family Museum - Presidio of San Francisco

Wednesday, February 5

\$87 — **LST315**

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

fame, and enduring world-wide appeal, juxtaposed with Walt Disney's inspiring and parallel story. There are also ten permanent galleries recounting the history of Walt Disney's life and career. Lunch on your own in the museum café or outside restaurants in the Presidio. The deadline to purchase is Thursday, January 30 at Noon. Wheels roll from OC at 8:00 AM, return ~ 7:00 PM.

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## —Performances—



**The Last Ship**  
Golden Gate Theater,  
San Francisco  
Wednesday, March 18  
\$197— **LST305**

This personal, political, and passionate new musical from multiple Grammy Award-winner Sting is an epic account of a family, a community, and a great act of defiance. The production, which was initially inspired by his own childhood experiences, tells the story of a community amid the demise of the shipbuilding industry in Tyne and Wear, with the closure of the Swan Hunter shipyard and when the last ship sails. Matinee performance with Rear Orchestra seating. Loge seating upon request. Dinner on your own at Union Square after the show. Bring your own lunch to eat en route. Wheels roll from OC at 10:45 AM, return ~ 9:45 PM. The deadline to purchase is January 30, by Noon, or the trip will be canceled.



**\*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.



**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**

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

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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 Kings

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



**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.



#### \*San Francisco Giants 2020

Wonderful news to all Giants fans! We will be enjoying the games from field level Section 105 (the first base side in the shade) with convenient bus drop off and pick up! No cans, glass bottles, alcohol, or hard-sided coolers allowed inside the ballpark, but you are welcome to leave your cooler under your seat on the bus for 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 will be a rest stop on the way home from this weekday game.



#### \*Oakland A's

Enjoy Plaza level seating in Oakland Coliseum in the shade behind dugout overlooking the first base, Section 209 & 210. Bus drop off in Lot B near our seat locations. See individual games for game time, departure, and pricing.

#### 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.

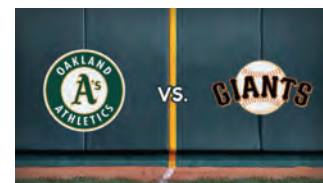


#### A's vs. SF Giants – Bay Bridge Series!

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—



**Chinese New Year — San Francisco**  
Sunday,  
February 9

\$48 — **LST306**

Celebrate Chinese New Year and the Year of the Rat

at San Francisco's exhilarating Chinatown annual Community Street Fair. You will find over 120 booths and concessions, making this a shopper's paradise. The SF Chinese Chamber of Commerce has planned activities and entertainment for all ages. Enjoy Chinese folk dancing, opera, drumming, and much more! The Buddhist Church is taking the year off their play to remodel their venue. Lunch on your own. Be aware there are some small hills to reach parts of Chinatown from bus drop off area. The deadline to purchase is Friday, January 31. Wheels roll from OC at 9:00 AM, return ~ 7:00 PM.



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Roundtrip Reno**

Wednesday, March 11 to Friday, March 13  
\$342 per person double occupancy, \$397 single

— **LST319 SOLD OUT**

Enjoy the breathtaking mountain scenery from our reserved rail car via Amtrak on a relaxing winter train trip to Reno, escorted by Katrina, your Lifestyle Trip Coordinator. We go round-trip on the train and spend two nights in Reno. List of activities to do on your own on the free day available at Lifestyle Desks.

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

Trip package includes per person:

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

- Gratuities for bell service and bus drivers

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

**Four Days, Three Nights!  
Las Vegas by Air!**

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

— **LST317**

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

Trip includes:

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

Trip Prerequisite: Detailed trip itinerary, menus,

and U.S. State Department trip insurance providers list available at the Lifestyle Desks or online. Trip insurance is highly recommended, as name changes are not allowed after March 23. A signed liability waiver is required for each participant. Trip size limited to 48. The deadline to purchase is Tuesday 28 at Noon. Wheels roll from OC at 1:15 PM, return ~ 8:00 PM.



### Four Days, Three Nights!

#### Yosemite National Park

Monday, May 4-Thursday, May 7

\$680 per person double occupancy, \$877 single

— **LST316**

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

#### Trip Inclusions:

- Box lunch at Merced Fruit Barn with choice of Turkey, Pastrami or Tuna sandwich
- Visit the Mariposa Museum and History Center
- One night stay at Best Western Plus Yosemite Way Station Hotel - Mariposa
- Two-night stay at Chukchansi Resort & Casino – Coarsegold

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

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

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Ashland Theater Trip, September 21 to 24  
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### Sold Out Trips

Trip • Date • Departure Time

- Dear Evan Hansen  
Tuesday, January 21 • 6:45 PM
- Russian National Ballet – Sleeping Beauty  
Thursday, January 23 • 12:45 PM
- Cirque du Soleil - Amaluna  
Sunday, January 26 • 12:00 PM
- The Play that Goes Wrong  
Wednesday, January 29 • 12:45 PM
- A Bronx Tale  
Tuesday, March 3 • 6:45 PM
- San Francisco Overnight -Movie Tour  
Sunday, March 22 • 8:00 AM
- BANDSTAND  
Tuesday, April 17 • 6:45 PM
- 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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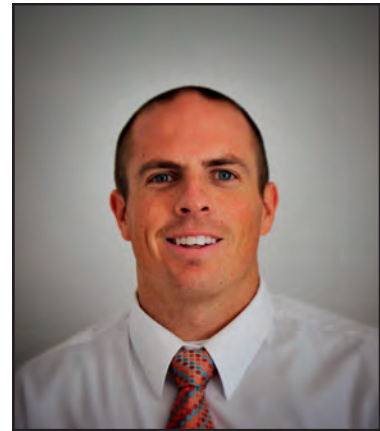
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November	\$166.09	\$133.81
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Below are a list of classes that are offered. Please see the page number to learn more about the class.

A More Pain Free Lifestyle .....	93	Mixed Media Art Journaling .....	74
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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 January 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—



#### YUPO® Abstract Art Workshop

Mondays, January 27-  
February 10  
1:00 to 4:00 PM (OC)  
\$90 (three sessions) —

— **LSC2569**

Instructor: *Faye*

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

Instructor: *Unni*

**Stevens.** 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.

### —Mixed Media—



#### \*Mixed Media Art Journaling

Tuesdays, February 11 & 25  
9:00 AM to Noon (OC)  
\$45 (two sessions) plus \$5  
supply fee paid to the instructor  
— **LSC2505**

Instructor: *Kerry Dahlin.* A variety of media will be used as we "play" on the pages of our art journals. Learn how to visually and artistically record your days and express yourself while exploring color theory, composition, balance, and texture. You will create interesting,

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

—Oils, Pastels & Acrylics—



**\*Oil and Acrylic Painting for All Levels**

Wednesdays,  
February 5-26  
1:00 to 4:00 PM (OC)  
\$60 (four sessions)

— **LSC2008**

Instructor: *Marilyn*

*Rose*. Students receive guidance in creating original paintings. Those with little or no art training can gain a solid grounding in the principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. **Prerequisite:** New students must call the instructor at 916-409-0397 at least a week before the class for pre-class guidelines. Please pick up a supply list upon enrollment. *About the Instructor:* Marilyn is an award-winning professional artist with nearly 30 years of experience. Website: [artistmarilynrose.com](http://artistmarilynrose.com). Vacation drop-in: \$18 per session.



**Sip and Paint "San Francisco Lights"**

Friday, January 24 — **LSC2516**  
5:00 to 8:00 PM (OC)

**Or \*Sip and Paint "The Rooster"**

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

\$55

Instructor: *Unni Stevens*. Enjoy cheese and wine while painting. This class is great for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day, with step-by-step instruction. Learn how to mix colors, brushstroke, and pallet knife techniques. All supplies are included. Canvases are under-painted and ready to hang. Fee

includes a glass of wine, selection of cheese, crackers, and fruits. *About the Instructor:* Artist Unni Stevens studied art in Norway, Japan, and at the Laguna College of Art with 30+ years of painting experience. More information at [www.unniart.com](http://www.unniart.com).

—Pastels & Watercolor—



**Art Classes with Michael Mikolon**

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

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

**Watercolor Step-by-Step**

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

- **\*Morning Class**

Thursdays, February 6-27  
9:30 AM to Noon (OC)

\$68 (four sessions; 2.5 hour/session) — **LSC2538**

Or

- **\*Evening Class**

Thursdays, February 6-27  
5:30 to 8:00 PM (OC)

\$68 (four sessions; 2.5 hour/session) — **LSC2550**

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**\*Watercolor – Afternoon Class**

Thursdays, February 6-27

1:00 to 4:00 PM (OC)

\$72 (four sessions) — **LSC2054**

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

**Ceramics****—Pottery—****\*Beginning/Intermediate Ceramics**

Tuesdays, February 4-25

1:00 to 4:00 PM (OC)

\$64 (four sessions) — **LSC2078**

Instructor: *Jim Alvis*. An introductory class for residents who have never worked with clay and continuing students who want to continue to develop

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

**\*Advanced Ceramics**

Tuesdays,

February 4-25

9:00 AM to 12:30 PM (OC)

\$64 (four sessions)

— **LSC2066**

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

**\*Introduction to Ceramics**

Thursdays,

February 6-27

9:00 AM to Noon (OC)

\$54 (four sessions)

— **LSC2090**Instructor: *Taylor*

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

**\*Intermediate Ceramics**

Thursdays, February 6-27

1:00 to 4:00 PM (OC)

\$54 (four sessions) — **LSC2102**

Instructor: *Taylor Jackson*. An intermediate class in ceramic for self-driven students who want to work on their skills. This class is for those who want guidance but enjoy

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

**Crafts****—Card Making—****\*Card Making Level 2 – Intermediate**

Mondays,

February 3 &amp; 17

9:00 AM to Noon (KS)

\$30 (two sessions)

— **LSC2592**Instructor: *Dottie Macken*. **Prerequisite:**

Completion of at least four sessions of Intro to Card Making 101—Level 1, and have instructor's approval. This class will build on your card making skills while introducing you to some new and different card making and papercraft techniques.

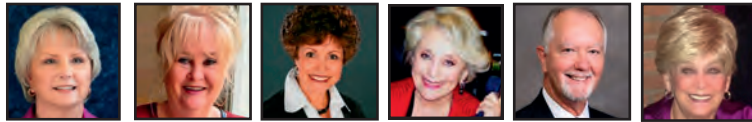
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**\*Card Making Introduction 101**  
Wednesdays, February 5 & 19  
9:00 AM to Noon (KS)  
\$30 (two sessions) — **LSC2494**  
Instructor: *Doie Macken*.

Have you ever wanted to make a greeting card, but you just weren't sure how to get started? Then this class is for you! This class will teach all of

the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards and/or projects at each session. This is a fun three-hour class. Class size is limited, sign-up early to reserve your space. All supplies will be provided. *Last day to register - February 2.*



**\*Card Making Level 3 Intermediate-Advanced**  
Fridays,  
February 7 & 21  
9:00 AM to Noon (KS)  
\$30 (two sessions)  
— **LSC2504**

Instructor: *Dottie*

**Macken. 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 - February 3.*

### —Flower Arranging—



**\*Double Valentine's Wreath Workshop**  
Tuesday, February 4  
10:00 to 11:45 AM (KS)  
\$20 plus \$25 supply fee payable to instructor  
— **LSC2593**

Instructor: *Jennifer Steele*. Love is in the air this month. Let's gather

together to make a beautiful double wreath using faux florals, lovely ribbon, and curly willow all in the pink and red color palette. One wreath will suspend directly below the other to give your decoration a unique spin on an old classic. This will be a beautiful adornment in your home, on your door, or as a gift. All supplies provided by the instructor. Space is limited, register early.



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

Instructor: *Jennifer Steele*. 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.

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**\*Beginning Clogging**  
Tuesdays, February 4-25  
10:00 to 11:00 AM (KS)  
\$32 (four sessions)  
— **LSC2114**

Instructor: *Janice Hanzel*. Tell your friends, neighbors, and fellow dancers! Join this brand new beginner's class, a low impact, revamped

foundation, and fundamental class. The class will move through at a relaxed pace, the eight basic traditional clogging movements while developing skills of the foundations of clogging. Special attention will be paid to balance skills. No special shoes required; flat-soled shoes recommended. New Beginners are taught January, February, and March only.

**\*Easy-to-Intermediate Clogging**  
Tuesdays, February 4-25  
11:00 AM to Noon (KS)  
\$32 (four sessions) — **LSC2125**

Instructor: *Janice Hanzel*. **Prerequisite:** Instructor approval and/or new and returning

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

### \*Intermediate Plus Clogging

Tuesdays, February 4-25

Noon to 1:00 PM (KS)

\$32 (four sessions) — **LSC2136**

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

### —Country Western Dancing—



#### \*Country Couples Western Dance - Beginner Level 1 & 2

Mondays, February 3-24

7:00 to 8:00 PM (KS)

\$28 (four sessions)

— **LSC2147**

Instructors: *Jim & Jeanie Keener*. Western dancing is done to many types of music, country being the most popular. Many of the dances

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

#### \*Country Couples Western Dance - Beginner/Intermediate Level 3 & 4

Mondays, February 3-24

6:00 to 7:00 PM (KS)

\$28 (four sessions) — **LSC2158**

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

### —Hula—



#### \*Hula

Thursdays, February 6-27

1:00 to 2:00 PM (KS)

\$50.00 (four sessions)

— **LSC2169**

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

### —Jazz—

#### \*Jazz for Beginner

Thursdays, February 6-27

11:00 AM to Noon (KS)

\$36 (four sessions) — **LSC2181**

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

#### \*Jazz Performance

Tuesdays, February 4-25

1:00 to 2:00 PM (KS)

\$36 (four sessions) — **LSC2192**

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

### —Line Dance—



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

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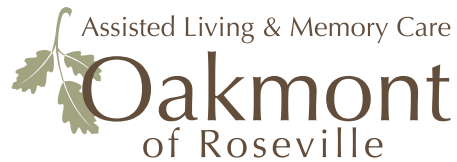
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a choreographed variety of music such as Blues, Soul, Rhythm and Blues, Rock, Jazz, Pop, and Latin as well as Country. Line dancers are a friendly, social group, who love to dance and welcome new participants.

### Level I – Absolute Beginner (Intro)

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

- **\*Thursdays, February 6-27**  
9:00 to 10:00 AM (KS)  
\$28 (four sessions) — **LSC2291**  
Instructor: *Yvonne Krause-Schenck*
- **\*Mondays, February 3-24**  
4:00 to 5:00 PM (KS)  
\$28 (four sessions) — **LSC2203**  
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, February 6-27**  
10:00 to 11:00 AM (KS)  
\$28 (four sessions) — **LSC2313**  
Instructor: *Yvonne Krause-Schenck*
- **\*Fridays, February 7-28**  
2:00 to 3:00 PM (KS)  
\$28 (four sessions) — **LSC2256**  
Instructor: *Sandy Gardetto*  
Vacation Drop-in: \$10 per session
- **\*Thursdays, February 6-27**  
3:30 to 4:30 PM (KS)  
\$28 (four sessions) — **LSC2226**  
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, February 3-24**  
9:00 to 10:00 AM (KS)  
\$28 (four sessions) — **LSC2302**  
Instructor: *Yvonne Krause-Schenck*
- **\*Wednesdays, February 5-26**  
9:00 to 10:00 AM (KS)  
\$28 (four sessions) — **LSC2267**  
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, February 5-26**  
10:00 to 11:00 AM (KS)  
\$28 (four sessions) — **LSC2279**  
Instructor: *Sandy Gardetto*  
Vacation Drop-in: \$10 per session
- **\*Mondays, February 3-24**  
5:00 to 6:00 PM (KS)  
\$28 (four sessions) — **LSC2214**  
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, February 6-20**  
New Time 5:30 to 6:30 PM (KS)  
\$14 (two sessions, no class February 13) — **LSC2595**  
Instructor: *Cathy Paris*  
Vacation Drop-in: \$10 per session

**New \*Line Dancing 4 Fun**

Thursdays, February 6-27

4:30 to 5:30 PM (KS)

\$21 (three sessions, no class February 13)

— **LSC2596**

Instructor: *Cathy Paris*. 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.

**\*Country Line Dancing**

Fridays, February 7-28

3:00 to 4:00 PM (KS)

\$28 (four sessions) — **LSC2237**

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

**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—

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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



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### \*Beginning Tap 2

Mondays, February 3-24  
11:00 AM to Noon (KS)  
\$36 (four sessions)

— **LSC2335**

Instructor: *Alyson Meador*. For students who

have been taking Beginning Tap previously. The class will continue the lessons learned in Beginning Tap.

### Tap Technique

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

- \*Tuesdays, February 4-25  
10:00 to 11:00 AM (KS)  
\$36 (four sessions) — **LSC2345**
- \*Mondays, February 3-24  
10:00 to 11:00 AM (KS)  
\$36 (four sessions) — **LSC2324**
- \*Thursdays, February 6-27  
10:00 to 11:00 AM (KS)  
\$36 (four sessions) — **LSC2356**

## Glass Art



### \*Fused Glass

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

Instructors: *Jim*

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



### \*Stained Glass

Mondays, February 3-24  
1:00 to 4:00 PM (KS)  
\$61 (four sessions). Supply fee: \$10 payable to instructor  
— **LSC2418**

Instructor: *Jim Fernandez*.

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

## Movies



### \*History of Movie Musical Part 4

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

Instructor: *Ray Ashton*. 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 bio-pics 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."

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**Yes, he definitely had our backs!!** Sy & Eleanor Inamine SCLH

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

Many more upon request



Semper Paratus

## Music

### —Guitar—



#### \*Beginning Guitar

Mondays, February 3-24

8:00 to 9:30 AM (OC)

\$48 (four sessions) — **LSC2368**

Instructor: *Jon Gowin*. Join this new class for beginning students. Learn to read guitar TAB and standard notation, play melodies, and strum chords.

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



#### \*Folk Guitar for Fun Folks 101 - Beginner Level

Tuesdays, February 4-25

1:00 to 2:00 PM (KS)

\$40 (four sessions) — **LSC2442**

Instructor: *Darrell nger*. No prior music knowledge or good singing voice necessary! Emphasis is on playing chords

to familiar songs while singing and having fun with fellow guitarists. Folk songs of the '50s, '60s, and '70s will be taught. Basic music theory will be shown. How to choose and purchase a guitar and guitar aides will be discussed. *About the Instructor:* Darrell is a long-time teacher, musician, storyteller, and folk singer. He was a member of the New Christy Minstrels and toured with Glenn Yarbrough and other artists. Questions? Call instructor at 916-989-8532.



#### \*Folk Guitar for Fun Folks 102 - Intermediate Level

Tuesdays,

February 4-25

2:00 to 3:00 PM (KS)

\$40 (four sessions)

— **LSC2454**

Instructor: *Darrell*

*Effinger*. **Prerequisite:** Knowledge of guitar playing using basic chords while doing a simple strum and singing (no vocal training required). This class is

an intermediate class with emphasis on harder chord fingerings, more transitions of chords in songs, different strumming patterns, and various fingerpicking styles used by folk artists. The class can be taken in conjunction with the beginning class, as long as the student feels comfortable, they have met this prerequisite, and their fingers can withstand the pain! Questions? Call instructor at 916-989-8532.

#### \*Intro to Swing Guitar - Intermediate Level

Wednesdays, February 5-26

8:00 to 9:30 AM (KS)

\$48 (four sessions) — **LSC2381**

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

### —Ukulele—



#### \*Beginning Ukulele

Mondays,

February 3-24

10:00 to 11:30 AM

(OC)

\$48 (four sessions)

— **LSC2406**

Instructor: *Jon Gowin*. This class

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

#### \*Intermediate Ukulele

Wednesdays, February 5-26

9:45 to 11:15 AM (KS)

\$48 (four sessions) — **LSC2393**

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

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## Sewing

### —Certification—



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for Bernina Serger, Bernina, and Janome Sewing Machine. Please contact Instructor *Sylvia Feldman* at [sdfeldmans@gmail.com](mailto:sdfeldmans@gmail.com) or 916-543-3403 to schedule your lesson. Lessons are offered monthly. Fee: \$21 per lesson for 2020. Must register prior to class.

## Technology

### —PC—



#### Windows 10 Basics

Wednesday & Thursday,  
January 29 & 30

1:00 to 3:30 PM (OC)

\$49 (two sessions).

Handout Fee: \$10 — **LSC2584**

Instructor: *Rita Wronkiewicz*.

Start the year right by increasing your Windows 10 skills.

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

### —Smart Phone—



#### Android Smart Phone Basics

Monday, January 20 — **LSC2582**

Or Friday, February 14

— **LSC2597**

9:00 to 12:00 AM (OC)

\$25 + \$10 supply fee paid to instructor.

Instructor: *Len Carniato*.

Are you getting your money's worth from your Cellphone Service? Bring your SmartPhone from any carrier, brand or version. In this class, we focus on the "Phone" part of your SmartPhone. On our

large screen display, you will learn how to connect to open WiFi networks, arrange and navigate your screens, make and take phone calls, organize your contacts, so your list works for you, use text messaging, access the internet, take and share photos, and more. While this class is presented for the novice user, more seasoned owners will also benefit from taking this class.



#### Android Smart Phone Tips Tricks

Wednesday, January 22

9:00 to 11:00 AM (OC)

\$20 + \$10 Supply fee paid to instructor — **LSC2583**

Instructor: *Len Carniato*. Get more from your SmartPhone because it's way more than just a Phone! In this class, we will explore many useful features built right into your Android device. We'll discuss important settings such as

WiFi, Bluetooth, and others. We will also cover using your built-in Camera, sharing and saving photos, even basic photo editing. and how to find, install, and remove "APPS." Learn to use Google Play to get APPS that make collages, listen to podcasts, tune in radio stations, and play music, to name a few. **Prerequisite:** Attendees should already feel comfortable using their smartphones.



#### \*Chromebooks, Great Computer for Seniors

Wednesday,

February 12

9:00 to 11:00 AM (OC)

\$20 + \$10 Supply fee paid to instructor

— **LSC2598**

Instructor: *Len Carniato*. 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 instructor at 916-434-7970.



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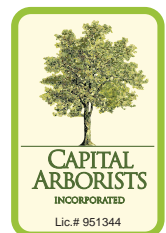
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**\*Indicates new class on sale January 17**



### \*Arthritis

Tuesdays, February 4-25  
Wednesdays, February 5-26  
Thursdays, February 6-27  
Fridays, February 7-28  
Tuesdays \$36 (four sessions)  
11:00 AM to Noon

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



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#### Fitness Floor (OC)

- **Tuesday, January 21**  
3:00 to 4:00 PM
- **Tuesday, February 11**  
3:00 to 4:00 PM
- **Wednesday, February 19**  
3:00 to 4:00 PM

#### Fitness Floor (KS)

- **Wednesday, February 5**  
4:00 to 5:00 PM
- **Tuesday, February 25**  
4:30 to 5:30 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

Wednesday & Thursday,  
February 5-6  
9:00 to 10:30 AM, meet at the  
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\$45

Instructor: **Dr. Richard Del Balso.**

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

## Mindfulness

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



**New**

### \*Hypnotic Journeys Deep Relaxation

Thursdays,  
February 6-27  
10:00 to 11:30 AM,  
Multipurpose, and  
Multimedia Room (OC)  
\$80 (four sessions)

Instructor: **Kelley Moreno.** Join us as we journey to real and imagined landscapes in order to fully relax the mind, body and soul, learning the skills needed to relax yourself completely at home too.

## Mindful Movement

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



### \*Tai Chi Qigong L1

Tuesdays, February 4-25  
1:00 to 2:00 PM, Aerobics Room (KS)  
\$44 (four sessions)

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

### \*Tai Chi Qigong L2

Tuesdays, February 4-25  
2:00 to 3:00 PM, Aerobics Room (KS)  
\$44 (four sessions)

Instructor: **Peli Fong.** This class is for Tai Chi and Qi-gong students who wish to bring higher awareness and understanding of their lifelong

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### New \*Tai Chi Chaun

Mondays and Wednesdays, February 3-26  
1:00 to 2:00 PM, Aerobics Room (OC)  
\$80 (eight sessions)

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

## Money Matters

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

### Intro to Investing with Russ Abbott

Tuesday, January 28  
10:30 AM to Noon, P-Hall (KS)  
\$5

Instructor: **Russ Abbott**. Learn more about the fundamentals of investing and portfolio management. We will establish a framework to advance your knowledge of financial concepts, investment principles, asset classes, and vehicles.



### Getting Funded for Retirement

Tuesday, February 25  
10:30 AM to Noon, P-Hall (KS)  
\$5

Instructor: **Russ Abbott**.

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.

## 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, **Coming in March!**  
12:30 to 2:00 PM,  
Multipurpose Room (OC)  
\$129 (five sessions)

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

## 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.*

### New A More Pain Free Lifestyle

Wednesdays, February 5, 12, 19, 26  
2:30 to 3:30 PM, Aerobics Room (KS)  
\$20 per session; take one or all four

Instructor: **Lisa Kwon**. Learn how to modify your lifestyle to prevent pain, live smart with pain, and reduce pain through the use of modalities. Classes are interactive and pain patching samples will be available while supplies last. Class topic will repeat weekly with a new topic at the start of every month. February's topic: Back Pain. Lisa is an occupational Therapist with over 26 years of experience.

### New PROTX Balance Testing

Wednesdays and Fridays, February 12-March 20  
Noon to 1:00 PM, Aerobics Room (OC)  
\$135 (twelve sessions)

Instructor: **Renae Schmidt**. Learn simple stretches, strength exercises, and balance challenges that will help improve core strength, reaction time, coordination, and lower extremity strength to prevent falls. We will use chairs, balance bars, and

the wall for support. We will be using the PROTXX balance sensor for testing before and after the course to measure improvement. Please commit to all 12 classes in the session for best results.

### **New PROTXX Balance Testing**

Mondays and Wednesdays, February 10-March 18  
2:00 to 3:00 PM, Aerobics Room (OC)  
\$135 (twelve sessions)

Instructor: *Danielle Merrill*. Learn simple stretches, strength exercises, and balance challenges that will help improve core strength, reaction time, coordination, and lower extremity strength to prevent falls. We will use chairs, balance bars, and the wall for support. We will be using the PROTXX balance sensor for testing before and after the course to measure improvement. Please commit to all 12 classes in the session for best results.

### **Getting Your Stuff Together: Organizing Your Estate**

Thursday & Friday, February 11-12  
9:00 AM to Noon, Oaks & Multipurpose Rooms (OC)  
\$30 + \$25 material fee paid to the instructor on the first day of class.

Instructor: *Marcia VanWagner*. As we age, we wonder, "who will help me?" or "will I outlive my money?" We feel overwhelmed and end up doing nothing. Start slowly. Learn the small steps you can take. What you need, where you get it, and where you put it. Getting Your Stuff Together creates order out of chaos, helps your chosen advocates, and alerts you to the complexity of aging. Your LegacyLedger™ is the tool to bring it all together.

### **Let's Talk About Advance Health Care Directives**

Wednesday, February 26  
9:00 AM to Noon, Multimedia Room (OC)  
\$30

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

### **\*Traditional Shotokan Karate**

Saturdays, February 1-29  
11:30 AM to 12:30 PM, Aerobics Room (OC)  
\$25

Instructor: *Al Trimarchi*. 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](http://www.santenkarate.com).

## **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](http://www.sclhresidents.com) under WellFit/Personal Training/meet the trainers.

### Training Services

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

## Small Group Training (SGT)

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

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



### SGT—Parkinson's Indoor Cycling

Wednesdays,  
February 5-26  
12:30 to 1:30 PM,  
Aerobics Room (KS)  
\$70 (four sessions)

Instructor: *Milly Nuñez*. A trainer will guide you using the premise of "forced

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



### New SGT—Rock Steady Boxing

Thursdays,  
February 6-27  
1:30 to 2:30 PM,  
Aerobics Room (KS)  
\$70 (four sessions)

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

### SGT—ParkinsonStrong Combo

Fridays, February 7-28  
12:30 to 1:30 PM, Aerobics Room (KS)  
\$70 (four sessions)

Instructor: *Milly Nuñez*. Interested in the

Parkinson's Cycle class, but don't think you could do an entire hour of cycling? Try this class to change it up. Milly will combine content from Parkinson's Indoor Cycling and ParkinsonStrong classes to create a class that helps improve the quality of life through meaningful exercise.



**Coming in March**  
**SGT—Golf**  
**Conditioning L2/3**

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

Instructor: **Max Alcantar**. 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. Sign-ups begin February 17.

**SGT—Fit 101 at Kilaga Springs L1**

Mondays & Wednesdays, February 3-26  
10:30 to 11:30 AM, Fitness floor (KS)  
\$120 (seven sessions; no class February 17)

Instructor: **Max Alcantar**. Take this class, and not only will you finish the class with a complete understanding of the new equipment, but you will also work on the TRX, weights, exercise bands, stretching, and more. By the end of the session, you will have a customized workout routine that includes settings and weights appropriate for you! This format is a great opportunity to work with a trainer and create a workout routine.



**SGT—Fit 101 at**  
**Orchard Creek L1**

Tuesdays &  
Thursdays,  
February 4-27  
Noon to 1:00 PM,  
Fitness floor (OC)  
\$135 (eight sessions)

Instructor: **Torin Garza**. Starting a

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



**SGT—"Fun"ctional**  
**Fitness L3**

Tuesdays &  
Thursdays,  
February 4-27  
Noon to 1:00 PM,  
Aerobics Room (KS)  
\$135 (eight sessions)

Instructor: **Deanne**

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



**SGT—Progressive**  
**Bootcamp L2/3**

Mondays &  
Wednesdays,  
February 3-26  
4:00 to 5:00 PM,  
Aerobics Room (KS)  
\$120 (seven sessions;  
no class February 17)

Instructor: **Danielle**

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

**SGT—Morning Burst Group Training L2**

Mondays & Wednesdays, February 3-26  
7:15 to 8:15 AM, Aerobics Room (KS)  
\$135 (eight sessions)

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





**SGT—TGIF TRX & More L2**  
Fridays, February 7-28  
7:15 to 8:15 AM,  
Aerobics Room (KS)  
\$70 (four sessions)

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

### SGT—Therapeutic Water Exercise L1

Fridays, February 7-28  
12:30 to 1:30 PM, Indoor Pool (OC)  
\$70 (four sessions)

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

### SGT—Posture, Core and Balance L1/2

Mondays & Wednesdays, February 3-26  
11:30 AM to 12:30 PM, Aerobics Room (KS)  
\$120 (seven sessions; no class February 17)

Instructor: **Danielle Merrill/Max Alcantar**.  
Balance your body with exercises for proper  
postural alignment and a strong core. This class is  
formatted to accommodate a wide range of fitness  
levels and also includes the right stretches to allow  
for improved posture, which can take the pressure  
off your back, shoulders, and neck. We will round  
out the class with concepts from Balance and Fall  
Prevention to build confidence and mobility.

### SGT—Balance & Fall Prevention L2

Tuesdays and Thursdays, February 4-27  
3:00 to 4:00 PM, Aerobics Room (KS)  
\$135 (eight sessions)

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

after class, using warm-up and stretches taught in  
the L1 class.

## Punch Pass and Fast Class

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

For a list of class descriptions, please refer to  
[www.sclhresidents.com](http://www.sclhresidents.com) under WellFit tab.

## SPA MEMBERSHIP

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OC WellFit Class Schedule February 1-29, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:00	Stretch for EveryBODY L1/3 - Renae		Stretch for EveryBODY L1/3 - Renae				
8:00	Strictly Strength L3 - Katie	Intermediate Step L3 - Kim	Strictly Strength L3 - Katie	Intermediate Step L3 - Kim	TRY IT OUT! L2/3 - Gretchen Barre		
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	11:30am Shotokan Karate L1/2 - Al	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		
1:00	<b>New class!</b> Tai Chi L1/2 - Anney	<b>New class!</b> Yin Yoga L1 - Iram	<b>New class!</b> Tai Chi L1/2 - Anney	Chair with Flair L1 - Julie	Basic Chair L1 - Maria		
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	TBA	Activities	TBA				
5:00	TBA				Activities		
5:30			Mixed Levels Yoga L1-3 - Sara				
Group Exercise Classes (punch pass) \$4.50		30 min Group Exercise Classes (Fast Pass) \$2.50		Wellness Classes (session based)		Small Group Training (session based)	
All classes are subject to change without notice.							
All classes are 55 minutes, unless otherwise noted.							

KS WellFit Class Schedule February 1-29, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	KS	KS	KS	KS	KS	KS	KS
7:30	7-15-8:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2/3 - Deanne	7-15-8:15am 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 - Jeanette	Zumba L2/3 Sharon	Zumba Gold L2 - Joanie	45 min Cycle & Strength L2 - Helena	
9:00							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	
10:30	FREE! Try It Out! Roll & Release L2 - Delphine	Piloga Flow L2 - Julie M	Strength & Flexibility L2-Gretchen	Piloga Flow L2 - Cynthia	Yo-Chi L1/2 - Katie		10:00am Zumba L3 - Carrie
11:30	SGT - Posture, Core & Balance L1/2 - Danielle		SGT - Posture, Core & Balance L1/2 - Danielle		WaiDan Gong L1 - Joan		
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	New! 1:30-2:30pm SGT - Rock Steady Boxing Milly	New! 1:30-2:30pm SGT - Rock Steady Boxing Milly		
2:30			New! A More Painfree Lifestyle - Lisa K.				
3:30		2:00pm SGT - Balance & Fall Prevention L2 - Danielle		2:00pm SGT - Balance & Fall Prevention L2 - Danielle			
4:00	SGT - Progressive Bootcamp L2/3 - Danielle	Yoga for Osteo L1 - Julie	SGT - Progressive Bootcamp L2/3 - Danielle	Yoga for Osteo L1 - Julie	SCLH Booking		
5:00		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 February 1-29, 2020

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

Pilates Reformer WellFit Class Schedule February 1-29, 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	<b>New!</b> 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							
12:00	Pilates Bootcamp L2 - Valerie	Ref Basics + L1-L2 - Julie	Cardio Jump & Core L2 - Gretchen	Cardio Jump & Core L2 - Gretchen	Ref L1-L2 - Valerie		
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 Website ..... SCLHResidents.com  
Public Website ..... SunCity-LincolnHills.org  
Help Desk ..... Help.Desk@sclhca.com

**HOURS**

<b>Lodges (OC/KS)</b> Mon–Sat: 8:00 AM–9:00 PM Sunday: 8:00 AM–5:00 PM	<b>Meridians Restaurant</b> Sun–Thu: 7:00 AM–8:00 PM Fri–Sat: 7:00 AM–9:00 PM Sports Bar: 11:00 AM–8:00 PM Delivery: 1:00–7:00 PM
<b>Administration/Membership</b> Mon–Fri: 8:30 AM–5:00 PM First Sat: 8:00 AM–NOON	<b>Kilaga Cafe</b> Mon–Sat: 6:00 AM–4:30 PM Sunday: 7:30 AM–3:30 PM
<b>Lifestyle Desks (OC/KS)</b> Mon–Sat: 8:00 AM–8:00 PM Sunday: 8:00 AM–4:00 PM	<b>Catering Office</b> Tue–Sat: 9:00 AM–5:00 PM
<b>WellFit (OC/KS)</b> 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	<b>The Spa at Kilaga Springs</b> Mon–Fri: 9:00 AM–6:00 PM Saturday: 9:00 AM–5:00 PM

**ADMINISTRATION**

**Executive Director**  
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**Executive Assistant/Office Manager**  
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**Compass Editor**  
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**Community Standards Manager**  
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**FOOD & BEVERAGE**

**Meridians Restaurant**.....MeridiansRestaurant.com  
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Lincoln Police & Fire..... 916-645-4040  
Neighborhood Watch ..... lincal.org/SCLHWatch  
Linda Minor: 707-235-0778  
Neighbors InDeed .....916-223-2763 .....neighborsindeed.org  
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