

COMPASS



Navigate Your Way Through Sun City Lincoln Hills

Give Thanks
&
Give Back

18 Al Roten: Always Giving Back

21 Giving Thanks, Giving Back

Calendar of Events

November 19 - December 17

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

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11/19	Jewish Experience	57
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Upcoming Association Meetings: November 15 – December 17	
Finance Committee Meeting	Wednesday, November 18, 9:00 AM
Board of Directors Meeting	Thursday, November 19, 9:00 AM
Board of Directors Executive Session	Thursday, November 19, 11:30 AM
ARC/Architectural Review Committee Meeting	Monday, November 23, 9:00 AM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, December 1, 9:30 AM
Compliance Committee Meeting	Wednesday, December 2, 9:00 AM
Properties Committee Meeting	Thursday, December 3, 9:00 AM
Elections Committee Meeting	Friday, December 4, 10:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, December 8 10:00 AM
ARC/Architectural Review Committee Meeting	Monday, December 14, 9:00 AM
Finance Committee Meeting	Wednesday, December 16, 9:00 AM
Board of Directors Meeting	Thursday, December 17, 9:00 AM
Board of Directors Executive Session	Thursday, December 17, 2:00 PM
<i>Meetings subject to change. Visit sclhresidents.com for the most up to date information.</i>	

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

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Board of Directors' Report Being Thankful!

Alice Crawford, President

Here it is — the eleventh month of the year. It doesn't seem like we are close to the end of 2020, but we are — and we survived the worst of a pandemic and not without stress, boredom, anxiety, and a wish for it to come to an end. But, rather than be morose, I am choosing to be thankful.

Thankful for:

Living in a beautiful community inhabited by 11,000+ resilient and upbeat neighbors who did their part to keep our community safe and healthy;

Staff who dedicated themselves, with a smile, to continuing to provide services, despite openings and closings and reopening's;

Residents attending our Zoom Board Meetings and participating in greater numbers than ever when we met in person;

Volunteer committee members who have continued to press on with their responsibilities despite the inability to meet around the table;

Projects coming to completion — new pickleball

and tennis courts, the Vista View and croquet court, to name a few;

A Board of Directors willing to explore options for providing the best for the Association, in particular supporting the Food & Beverage Committee's efforts at surveying residents to find out what they want and need. Thanks to Don Negus for seeing that through;

The Interim Executive Director who has stepped in with grace and humility during these trying times and has succeeded in a smooth transition, where some saw impending chaos;

Active adults having fun at the Sports Plaza while adhering to social distancing and mask-wearing;

Miles of scenic trails to walk while enjoying nature;

Restrictions being lifted so we can regain the lifestyle that is so rich and fulfilling to us.

Be thankful for the blessings you receive from the challenges you endure. If you look, you will find them!

Have a safe, healthy, and Happy Thanksgiving!





From the Executive Director's Desk Conversations is Coming

Robert Richardson, Interim Executive Director, SCLH Community Association

It has been wonderful getting to know so many of you these past weeks, even if it is only by email. Your questions, concerns, and guidance has kept me on my toes and has let me know just how varied your interests are and your love of this community. Although it has been enjoyable conversing via email, it is also starting to take me away from other duties. Therefore, it is time for me to get more public and have more direct conversations.

So, on the last Monday of every month, at 10:00 AM, I will hold a Zoom meeting for anyone who is interested to hear the latest goings-on or has a specific question they would like to ask. I will start each meeting going over the pertinent thoughts, questions, ideas, and advice you have shared with me over the previous month, then will open up to questions from each of you. We will plan on about 30 minutes and see where that takes us.

We will get you all the meeting information for Conversations via eNews. We will see you on November 30.

Just as a side thought, a friend recently asked me about the financial condition of Lincoln Hills. I easily answered that the Association is in a solid fiscal position, especially for having weathered the COVID months. But as I have paged through reports, audits, and presentations over these past weeks, it has become obvious where the real wealth of Lincoln Hills has come from. Without a doubt, there is a strong and capable staff here working to continuously move us forward, yet many significant improvements and meaningful business decisions have come from our membership. People with a true wealth of experience and expertise in a variety of disciplines are working with staff to constantly improve Lincoln Hills. From our never-ceasing Committee members to people who volunteer for a single daunting project where they know they can make a difference, it is staggering to see how this membership has helped bring Lincoln Hills to the position it is in today. That is the real wealth of the community.

THANKSGIVING 2020 HOLIDAY HOURS

Thanksgiving Day, Thursday, November 26

Lifestyle Desk OC/KS.....**Closed**
Administration & Membership.....**Closed**
WellFit OC/KS.....**5:30 – 11:00 AM**
The Spa at Kilaga Springs.....**Closed**
Kilaga Springs Café.....**Closed**
Meridians Restaurant & Bar.....**Closed**

Day After Thanksgiving, Friday, November 27

Lifestyle OC/KS..... **TBD**
Administration & Membership..... **Closed**
WellFit OC/KS.....**7:00 AM – 2:00 PM**
The Spa at Kilaga Springs..**9:00 AM – 6:00 PM**
Kilaga Springs Café..... **TBD**
Meridians Restaurant & Bar
Lunch.....**11:00 AM – 2:00 PM**
Dinner.....**4:00 PM – 8:00 PM**
Sports Bar..... **11:00 AM – 8:00 PM**

Finance Committee

Insurance

Fred Raach, Vice Chair

One of the Finance Committee's annual responsibilities is to review the proposed property and liability insurance programs for the coming year and recommend approval and/or changes to the Board. The Association contracts with an insurance brokerage firm to "shop" its desired coverages, obtain the best deal available in the marketplace from companies recognized for their financial strength, and provide claims and other services to support the program's administration.

InterWest Insurance Services, headquartered in Sacramento, has been the Association's broker for a number of years, and is the interface between Association staff and the insurance companies. This is a large firm with numerous California clients (including Sun City Roseville) and extensive relationships with insurance carriers. InterWest is compensated by commissions on premiums paid. Commission rates average 12.5%.

The renewal process begins in October when Staff reviews and updates the replacement values of the Association's property as well as changes in operations and the local environment that might modify the risk profile or desired coverages. Based on this information, the broker selects potential insurers, negotiates price and coverage options, and prepares a proposal detailing coverages, carriers, and costs for the next year. This proposal is presented at the December Finance Committee meeting. All of the insurance companies recommended by the broker are rated Excellent or Superior (the top two categories) by A.M.Best, the most respected insurance company

rating organization.

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

- Property insurance covering losses to Association buildings, business personal property, and business income.
- Auto insurance on Association-owned vehicles and non-owned vehicles on Association business.
- General liability insurance including property damage and bodily injury.
- Cyber liability coverage for loss of digital assets, business interruption costs, and cyber extortion threats.
- Directors' & Officers' fiduciary liability insurance which also covers losses from employee crimes.
- Umbrella Liability policy and an additional Excess Liability policy extending the dollar limits of the above liability coverages.
- Environmental Liability insurance covering costs of remediating any pollution incidents.

The budgeted premium for the eight policies in 2020 was \$210,000, but the actual expense through September is \$15,000 lower than budget. The enormous losses of property this year in California and our own experience may be cause for some increase for next year, and accordingly, the 2021 budget was increased.

If you have questions or want more information, plan on attending the December Finance Committee Zoom meeting at 9:00 AM on December 16.



December 16 • 9:00 AM
Finance Committee Meeting on Zoom



Architectural Review Committee Giving Back through Volunteering

Carole Dummett, Chair

Happy Thanksgiving. Let's celebrate with family and friends in a safe and fun manner.

This is a recap of the important information required to apply for an exterior improvement through the ARC.

All required application documents are available on our SCLH Resident Website/Resources/Community Standards for all forms. Library/Governing Documents/Design Guidelines for the Design Guideline Rules and Regulations.

All Forms are also available at the Orchard Creek Lodge main entrance. If you are unable to locate a form, please call Sam McKee at 916-625-4006 or email sam.mckee@sclhca.com.

If you have questions regarding the Design Guidelines for your improvement or cannot locate the correct information, please contact arc@sclhca.com for a timely response.

As a reminder, we must have a complete application with appropriate signatures and all required information noted on your application and checklist(s) to be posted on the agenda for the next ARC meeting. The cutoff date and

time is the Wednesday before the meeting at 2:00 PM.

Paint Applications and Notice of Completion must have a full picture of the front of the house with the garage door down.

November is a beautiful month for planting, fertilizing, and aerating your lawn. If you are replacing or adding a maximum of 10 dead or overgrown plants without changing the landscape design, you do not need to apply to ARC for approval. They must be on Appendix A Plant List and not exceed five foot height. All trees must be applied for and approved through ARC. Please refer to Appendix A, which outlines approved trees and the required setback for every species.

Once again, we would like to thank the residents for their patience with the COVID shutdown. We are looking forward to our open meetings with resident and contractor attendance. Maybe next year!

We have two wonderful new committee members Gary Shamber and Chuck Leto. Please welcome them. We still have one opening, so please consider this committee. It's fun, and you have the opportunity to meet many of our great residents.



Compliance Committee / Community Standards Bark vs. Rock – How Much?

David Mateer, Chair

We get questions from time to time about how much rock or bark is needed. Let's first talk about rock. The Design Guidelines use the term, Plantable Area, which means any area in the yard, which is not hardscape or turf. The maximum percentage of rock and boulders would be 25% of your Plantable Area. Of course, most properties have less, and none is required. The rock is typically used as a cobble border along the sidewalk or driveway to help hold in the bark. The other typical use is to give the appearance of a dry creek bed. If you are going to change any of the rock coverage or type in your yard, it is critical to get ARC approval first. Removing unapproved rock can be more work and expense than installing it in the first place.

So, what about the rest of the Plantable Area? Well, that is where the bark or chipped wood comes in. We have seen an increase in bark use as our community reduces turf areas. The use of bark in our landscaping serves many purposes. It adds a decorative touch to your landscape while keeping your plants happy and suppressing weeds. It will also protect your irrigation lines from the sun's

damaging UV rays.

The bark we use in Lincoln Hills doesn't compact, decomposes relatively slowly, and is water and air permeable. Eventually, bark will break down, and you will have to replace or augment it with fresh material. Fortunately, bark can be applied at any time of the year. Some owners in our community add a little bark once or twice per year while others wait and do a major refresh every couple of years. Either approach is acceptable as long as the dirt and irrigation lines remain covered.

If it is time to replace your bark, an application to ARC is not required if you are replacing with what was formerly approved (same type and color). According to our guidelines: "Bark/chipped wood shall be in neutral earth tone colors, such as Natural Redwood bark, Dark Brown or Black." If you wish to change your bark's type or color, consider the choices carefully based upon your desired appearance and obtain ARC approval.

Thanks for keeping the landscaping of our homes looking great.



Election News
Elections Are On



Make sure your voice is heard in our community by learning about, supporting, and voting for the candidate(s) who best represent(s) you. Eight candidates are running for the four SCLH Board of Directors seats to be filled. Listed in order of drawing:

- Robert Copp
- Craig Fraser
- Don Negus
- Laura Thiele
- Alice Crawford
- Kathy Shaddox
- David Conner
- Joe Cortez

Learn about the Candidates.

- **Read** the Candidate Statements in the December *Compass* and on the website.
- **Hear** what they have to say at the Candidate Forums (all video recorded), as they address your forum questions submitted to elections.committee@sclhca.com.

Support the Candidates.

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

Vote for the Candidates.

- Ballots will be mailed January 11-15 and will be due February 17 by 3:00 PM.
- Ballots may be returned by mail or dropped off in a ballot box at the Orchard Creek WellFit Center.

Keep our election process courteous and civil.

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

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

Date	Day	Event
2020		
November 9-December 7	Monday	Candidate Forum Questions Accepted via email or question box
November 16	Monday	Candidate material posted via eNews and available for pick-up at WellFit - OC/KS
December 28	Sunday	Candidate yard signs may be displayed
2021		
January 11-15	Monday-Friday	Election Ballots mailed
January 9 & 12	Saturday & Tuesday	Candidate Forums via Livestream
February 17	Wednesday	All Ballots Due by 3:00 PM
February 18	Thursday	Annual Meeting, Counting of Ballots, New Board seated

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

Lincoln Hills Foundation
Helping Direct Our Next Steps
Your Participation in the Needs Assessment Survey
Bonnita Wirth, Ph.D., LH Foundation, Grants Committee



Recently you were sent a survey from the Lincoln Hills Foundation asking questions about the unmet needs among our residents. The Foundation is a separate entity from the SCLH Association and is a 501(c)(3) non-profit community organization that uses 100% of all your donations to sponsor assistance programs to enable senior residents in Lincoln to remain in their homes and enjoy independent lifestyles. All contributions are tax-deductible.

The Foundation strives to understand the needs of the residents of Lincoln Hills. We find the needed resources, vet the agencies and organizations that will be providing the services, provide grants so that these agencies can serve our residents, and monitor the provision of those services to our residents. Currently, we are providing grants to Del Oro Caregiver Resource Center for caregiver respite services for dementia and Alzheimer individuals, The Salt Mine and Seniors First for food security and provision of meals, Bosom Buddies breast cancer support, Friends of the Lincoln Library for large print and audiobooks, AARP Foundation Tax-Aide, Neighborhood Watch, and the support groups for Multiple Sclerosis, Bereavement, Parkinson's, Wise Aging and Low Vision. We also sponsor the monthly Bingo game in Lincoln Hills when it can be held.

All participation in the Survey was voluntary, and responses were anonymous. The intent of the Needs Assessment was to allow us to take a current snapshot of what health and personal welfare problems participants reported experiencing. Many residents are doing well. However, a significant number of residents are experiencing physical challenges that impact their ability to travel to medical appointments, obtain groceries, participate in recreational activities, or perform everyday activities like cooking or housecleaning. Several residents expressed a desire for expanded caregiving respite. A number of residents gave us specific ideas for other services that they would like to see provided.

As an additional question, we wanted to know how residents were faring during these unprecedented times with COVID-19 and sheltering in place. The majority are doing well and had come up with creative ways to stay connected with friends and loved ones (e.g., Zoom & FaceTime), are doing projects that had been deferred, walking more, and finding unique ways to occupy their time. However, there are several residents who are experiencing isolation and loneliness.

We want to thank all the residents that took part in the Survey. With your input, The Foundation is now exploring other services that could benefit our community.



Tribal Member of the Month Award



Staci Erskine and Lisa Hammons

Our "Tribal Member of the Month" Award for October goes to Lisa Hammons! Lisa joined our Accounting Department as a Membership Coordinator in July of this year. Here are just a few quotes shared by our staff:

"From her first day, Lisa has taken on her role in an amazing way. With enthusiasm and a smile, Lisa embraced the Membership Desk's duties, quickly learning the complexities of the job and supporting residents' needs. She is friendly and engaging in every interaction and demonstrates the Lincoln Hills Mission daily, "To provide Lincoln Hills residents, employees, and guests with exceptional services." Lisa asks questions whenever needed and understands the needs of the position." "She joined us during the pandemic and has been a ray of sunshine!" "She is patient, positive, thorough, and hard-working." "We are lucky to have her here!"

Thank you, Lisa, for your outstanding customer service, dedication, and commitment to Lincoln Hills! We are happy to have you part of our work family.



Let us serve you with a view

Meridians

Restaurant & Bar

Happy Thanksgiving

Michael Jackson, Executive Chef
Food & Beverage

Happy Turkey Month! Most people associate November with Thanksgiving, Pumpkin Pie, and Family Gatherings. Unfortunately, in 2020 things are being shaken away from normal. While we cannot gather together for Thanksgiving, Meridians will be celebrating by providing Reheat & Ready Thanksgiving meals for our residents. Chef MJ and the Food & Beverage Team will be Curbside the day prior to Thanksgiving and passing out Preordered Full Turkey Dinners that are ready for Reheat. Available in Family Size (feeds 6-8 people), or Couples Size (feeding 2-3 people), the meals will be able for preorder starting November 16 and ending November 21. Details on this curbside Reheat & Ready Thanksgiving Meals will be featured within the eNews. Subscribe today!

Meanwhile, Meridians has been taking much of the recent feedback and exploring its weekly features. Specials including Happy Hours, Comfort Food, and a more Contented Atmosphere. While I still have specialty features on Friday and Saturday, my team and I are excited to still serve Prime Rib on Sundays. Be on the look out for daily specials of resident favorites and requests from our regulars.

Lastly, we want to thank all of our recent Patrons in Meridians, the Sports bar, the Patio, and our Lower Terrace. Thank you for your patience during these trying times. The Food & Beverage Department want to ensure we provide the safest, cleanest, and best-served environment as possible. Don't be a stranger, come, and check out the difference.



Chef's Recipe of the Month:

Southern Oyster Stuffing

Thanksgiving generates a lot of arguments, perhaps none more contentious than the issue of stuffing. The disputes begin with the name because some people refer to stuffing as "dressing." Some insist that stuffing is only stuffing if it's from inside the bird, while others can only abide cooking it separately and serve it as a side dish.

By contrast, American stuffing has been proudly regional rather than flashy. Some New Englanders swear by their oysters. Southerners often use a cornbread stuffing that originated from a dish called kush, brought from West Africa. In places like the Northwest, holiday stuffing can include Native American wild rice and corn. This recipe is one that I have enjoyed during my time in the South.

Ingredients

- 12 tablespoons (1 1/2 sticks) unsalted butter, divided, plus more for baking dish
- 1 (8-inch-square) baked and cooled cornbread
- 15 slices white bread, toasted and cooled (the cheaper, the better)
- ½ large white onion, finely chopped
- 2 celery ribs, finely chopped
- ½ large green bell pepper, finely chopped
- ½ cup chicken broth, plus more as needed
- 2 dozen freshly shucked or jarred oysters, drained and coarsely chopped (reserve the oyster liquor)
- ¼ cup freshly squeezed lemon juice
- 1 tablespoon hot sauce, preferably Crystal or Tabasco
- ¼ cup fresh flat-leaf parsley, finely chopped
- 1 tablespoon fresh sage, finely chopped, or 1 teaspoon ground sage
- 1 ½ teaspoons Kosher salt or sea salt
- ½ teaspoon ground white pepper

Instructions

- Heat oven to 350 degrees. Butter 9-10 inch Cast Iron Skillet.
- Meanwhile, Crumble cornbread into a large bowl. Tear toasted white or wheat bread into very small pieces, add to cornbread, and toss to combine.
- Melt 8 tablespoons butter in a large sauté pan over medium heat. Add onion, celery, and bell pepper; sauté, stirring occasionally, for 3 minutes. Cover pan and cook, stirring occasionally, until vegetables are almost translucent, 5 to 6 minutes. Remove cover, add broth, and cook, scraping up any browned bits from the bottom of the pan. Continue to cook the mixture for 2 more minutes, remove from heat, add to bread mixture, and stir to combine.
- In a separate medium bowl, stir together oysters, lemon juice, hot sauce, and seasoning. Add to bread mixture and stir well to combine. If the dressing seems too dry, add a little oyster liquor and up to 1/2 cup more chicken broth; the mixture should be very moist.
- Pour dressing into greased Cast Iron Skillet. Cut the remaining 4 tablespoons butter into small pieces and scatter over the top of the dressing. Bake until top and sides are browned, 35 to 40 minutes.



Lifestyle News & Happenings

Let the Holidays Begin

Lavina Samoy, Lifestyle Manager

For me, November means family, community, togetherness, and appreciation. It ushers the start of holiday celebrations that gather people together near and far. This year's celebration will undoubtedly be different, it may be behind masks, face shields, or through Zoom, but the Thanksgiving celebration will continue despite the pandemic. It shows the resilience of humanity to continue to forge on and celebrate what's good and important.

We have lined up a few events to energize your holiday spirit.

- **Community Holiday Lights** – decorate and light up your home to spark the holiday festivities. We will prepare a list of lighted homes by Village. Join the fun and participate. Please email Lifestyle@sclhca.com SUBJECT: Holiday Lights with your name, home address, and Village number to add your home to the list on or before **December 2**. The list of participating homes will be available for pick up or on our website starting December 7. We ask participants to have their lights and décors on display from December 7 until January 1.

- **Ho!Ho!Ho-liday Happy Hour at the Meridians Patio** on the first three Thursdays in December

(7, 10 & 17) from 4:00 to 6:00 PM will bring friends together. There will be live entertainment to provide music while you eat and drink. Individual appetizers included in the fee, drinks on your own. A different duo or solo act offering different sounds will be featured each night. See page 57 for details.

- You are invited to be part of two Livestream Ray Ahston's yearly discussion of four of the most memorable Christmas movies – **Christmas Vacation, A Christmas Carol, A Christmas Story & It's a Wonderful Life** which runs November 18 to December 9. Join the class and discover the beauty of these movies and other residents who share your interest (details page 64). For crafters, we have another Krafting with Karla & Lavina Zoom project: **A Holiday "Joy" Arrangement on December 15** (details page 64).

- Professor Joseph Luzzi engages you in his Livestream presentation on the **Five Must-Read Books in the New Year on December 21**. Professor Luzzi's presentations have been receiving lots of praise with a growing number of resident followers.

With Thanksgiving just around the corner, I wish you, your family, your loved ones, and friends near and far a wonderful and safe Thanksgiving!





The Spa at Kilaga Springs Exfoliation

Trudy Smith, Spa Manager

Exfoliation of the skin is a natural process during which dead skin cells are released from the stratum corneum of the epidermis and are replaced with new cells from the basal layer of the epidermis where cells are replicated. Until about the age of 30, skin cells turn over approximately every 28 days. This natural exfoliation process decreases as we age, contributing to fine lines, wrinkles, and a dull, dry appearance. This is where exfoliation treatments come into play by increasing desquamation in a controlled manner. Regardless of the exfoliating method, the results are typically a more refined, smoother appearance. With regular exfoliation, a more even skin tone, reduction in fine lines, and overall more youthful appearance may result.

Skin be exfoliated either manually or chemically, and there are many examples of both. Manual exfoliation is the use of a superficial product or device to remove dead skin cells. Chemical exfoliation is the use of an enzyme or an acid to either break apart keratinized cells or to dissolve them.

Clients can manually exfoliate their skin at home with a scrub, abrasive pads, or brushes. Different facial scrubs contain granules of certain nuts, jojoba beads, salts, sugar, and other substances with a granular texture. When these topical home care products are used, they are often recommended

twice a week. Here at The Spa, we have several home care products and a tool called the Foreo Luna Mini 2, a silicone face brush perfect for home care. Watch this YouTube video for at-home instructions. <https://www.youtube.com/watch?v=5DES3cLLTZk>

The best exfoliation with no downtime is the Hydrafacial Deluxe and Signature Treatments. We also love peels this time of year. Please call the Spa Concierge or our Estheticians to discuss your best exfoliation face treatment and home care.

Don't neglect the entire body for exfoliation. The Spa offers three fantastic exfoliation treatments. **The Body Bliss treatment** – a full-body exfoliation with a magnesium-rich cream scrub followed by a full body massage with your choice of aromatherapy. **The Anti-Aging treatment** – a customized exfoliation polishes away dry, aging skin and reveals a brighter, more even appearance. You are wrapped for a firm and lift serum then finished with a revitalizing serum and nourishing massage balm sculpt and tone the body to complete perfection. **The Ocean Dew Detox Body Wrap** – this treatment begins with an exfoliation using magnesium melt, followed by a rich shea butter application, then you are wrapped for deep penetration leaving your body detoxed and fortified.

Please call the Spa Concierge to book your facial and/or body treatment today and experience fabulous healthy skin! 916-408-4290.





WellFit News

Happiness is the Highest Form of Health

Deborah McIlvain, Lifestyle, WellFit & Spa Director

Let's close out this crazy year, no matter what life gives us, give more back to yourself and others. On page 66 is a fun calendar to remind you of all the things we can do around the holidays. We all know this year has been challenging in so many ways, but we need to stay positive as we will all go through these times...Lincoln Hills Strong!

As we all have quarantined in our homes, either if it was just in the beginning or if you are still doing minimal things due to your health or scared of the unknown. It is understandable, but I want to remind you that **Quarantine comes at risk too** – Quarantine and social distancing may help contain the spread of COVID-19. But with that means less movement, and even just within a few weeks, a significant increase in debility and decline in overall health. I think we need to weigh the risk of COVID-19 infection with the risks associated with social isolation, decreased physical activity, and loss of function. Since quarantine restrictions came into play, there has been much discussion on the implications associated with isolation. From April to June 2020, Americans' anxiety and depression symptoms escalated from the same period the previous year. Household Health Survey,

the Centers for Disease Control and Prevention (CDC) reports that approximately 30.7% of respondents reported symptoms of anxiety disorder, up from 8.1% in 2019. Roughly 25.1% of participants reported symptoms of depressive disorder, up from 6.5% in 2019.

Moving Forward in a Pandemic

Everyone should be following basic hygiene protocols when going out in public. Main-taining 6 feet apart, wear face coverings, and washing your hands. It is best for your overall health to be physically active and live life as normal as possible. Physical activity is extremely important for both mental and physical health. Keeps you independent, stay connected socially, and strengthen the immune system. Just continue to move, engage in relationships, get adequate sleep, practice self-care, and eat a well-rounded plant-strong diet.

WellFit is now offering Small group trainings (6-8 per class), Personal training and punch pass classes that are limited in size. So if you are looking to get moving again, this is the place! We do require masks in the buildings, and reservations are needed for classes and using the facilities. For more information, give me a call or email me at Deborah.mcilvain@sclhca.com.



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LET CHEF MJ HANDLE THE COOKING THIS THANKSGIVING!

THANKSGIVING TO GO

**1) PLACE YOUR
ORDER ONLINE
FROM NOV 16-21.**

**2) PICK UP YOUR CHILLED
PRE-COOKED MEAL CURBSIDE ON
WEDNESDAY, NOV. 25.**

3) REHEAT ON THANKSGIVING DAY!



Family Feast (Feeds 6-8 People)

Entire half of a seasoned tom turkey, fully cooked and ready to carve. Includes large sides of herbed dressing, mashed potatoes, giblet gravy, and garlic green beans plus cranberry sauce and a whole pumpkin pie!

Couples Dinner (Easily Feeds 2)

Sliced turkey breast with giblet gravy, sides of herbed dressing, mashed potatoes, giblet gravy, and garlic green beans plus cranberry sauce and two slices of pumpkin pie!

**Go to MeridiansRestaurant.com/thanksgiving
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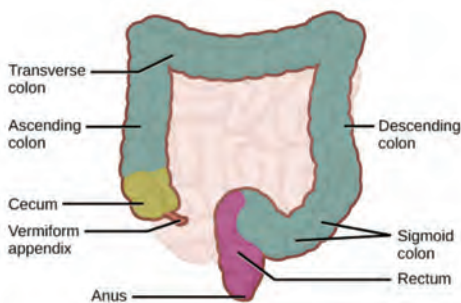
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Chadwick Boseman

Elementary Alimentary Considerations

Shirley Schultz, Roving Reporter



No pun is intended in saying “elementary alimentary considerations” is a mouthful because the mouth is where the alimentary canal starts. Let’s take a journey through the approximate 30 feet of the canal from the lips to the anus. What crosses the lips to the mouth will travel down the throat into the esophagus and cross the cardiac sphincter into the stomach. Then it will cross the

pyloric sphincter into the upper part of the small intestine called the duodenum and continue through about ten feet of small intestine before reaching the ileocecal valve into the colon or large intestine. Once there, it will traverse about five feet of colon and rectum before exiting through the anal sphincters.

A large part of the digestive process is occurring from beginning to end of the alimentary canal, and what comes out, in the end, is what was not digested or absorbed. We call it food and drink when it goes in, but culturally we seem to have some difficulty agreeing on naming what comes out: feces, poop, number two, dung, crap, manure, stool,

guano, and at least one 4-lettered word not mentioned here. For some people, it is very negative to talk about colorectal problems.

The recent untimely death from colon cancer of the actor Chadwick Boseman at age 43 brings in to focus the increase in colorectal cancers in young adults, even though the majority of colorectal cancers occur after age 50. The CDC estimates millions of people in the U.S. are not getting screened as recommended, and they are missing the opportunity to prevent colorectal cancer or possibly be cured if it is detected early. Because there may be a genetic component, if you have a family history of colon cancer, in keeping with this season of giving, “gift” this knowledge to your children or grandchildren so they can ask their doctor about early screening. Advocate for yourself to make sure you have annual screening for colorectal cancer unless your doctor tells you that you do not need it after a certain age.

Eat a diet low in processed foods, sugar, and fat, and avoid excess alcohol. Eat a diet high in lean protein and plant-based foods with high fiber. Properly fermented sauerkraut is good for gut health, and it mixes well with the left-over turkey.





NNO Coordinator, Dr. Barbara Branch, Director

National Night Out—A Time to Give Back!

Teresa Tanin, Neighborhood Watch

2020 has been a challenging year for all of us. We have endured empty store shelves and adapted to delivery. We have abided by COVID-19 safety guidelines, as we've learned to "Zoom." Even so, our desire to give back is incredibly strong.

National Night Out ("NNO") is a special time to thank our first responders, connect with our neighbors, and give back to others. Neighborhood Watch, in partnership with Lincoln Hills Foundation, delivered to the Salt Mine bags of food and \$670 in cash donations collected from our Lincoln Hills community during the NNO food drive held October 6. Thank you for your generous donations!

Ongoing donations are encouraged for those in need, especially this year amid the shutdowns and loss of jobs. The Salt Mine continues to accept food and thrift store donations, always giving back, thanks to

the generous contributions of our community and the Lincoln Hills Foundation. Visit the Salt Mine Food Closet at 590 Lincoln Blvd., or the Salt Mine Thrift Store at 105 Flocchini Circle, Lincoln, CA. If you are interested in helping further or in need of assistance, please contact the Lincoln Hills Foundation on-line at lincolnhillsfoundation.org or call Joan Logue at 916-434-0749 (100% of all donations go to those in need; an all-volunteer organization; independent from the SCLH Association). An additional organization, Neighbors InDeed, is ready to assist in many other ways, including household maintenance and handyman work. Please call the 24-hour message line at 916-223-2763 for assistance, referrals, or to volunteer.

Volunteering is the highest level of giving back. The following Neighborhood Watch volunteers are highly commended for their

15 years of giving back to our community (noted 9-29-20). A tremendous thank you to: Jeff Andersen, Robert & Jeanne Auger, Bob Bryans, Marsha Brigleb, George Blind, Marilyn Cachopo, Steve Dalaklis, Charlene & Bruce Decker, Chuck Edmonds, Jim Farrell, Janet Flood, Gwen Holden, Denise Jones, Barry Johnson, Diane Kroll, Claire Luke, Jan MacKay, Sandy MacCullough, Sandy & John Milbauer, Paula Payne, Louise Ringo, Georgia Shipley, Marion Sarver, Karen Smith, Don Schultz, Anita Tyson, Bob Varley, Monique & David Wood, and Bob Vincent. Thank you to our Neighborhood Watch volunteers who continue to devote an incredible amount of time for a safer community.

For more information about giving back and volunteer opportunities, please visit Neighborhood Watch at sclhwatch.org or email our Executive Director at Executivedirector@sclhwatch.org.



Food Bags Going to the Salt Mine!



Village 20 A



Village 39 MS 7 & 8



POLICE ~ COMMUNITY PARTNERSHIPS



Village 19 B MS 12, 13 & 14



Village 10 A MS 8



Village 14 TIOGA



Village 18 MS 6 & 7



Village 39 MS 7 & 8



Al Roten
1932-2020

Al Roten: Always Giving Back

David Wright, Roving Reporter

With loved ones by his side, Al Roten quietly succumbed to his battle with cancer. Lincoln Hills had lost an icon. Few people even knew he was ill because that's the way Al lived—stoic to the very end. Most of Al's 88 years were spent putting others ahead of himself. As a husband, father, church leader, community

activist, scoutmaster, and Air Force veteran, Al was always "giving back."

Al was an original *Compass* reporter—and the only reporter that wrote continuously for 20 years, from the very first magazine edition, right up to the month before his death. As the senior writer, he was not only

a colleague and a mentor, but he was an inspiration to fellow writers. Former *Compass* reporter, Nina Mazzo touted Al as a person who "felt we are part of the greater community and took the time to write articles about the background and history of Lincoln. He was a community spirit who did not look for the spotlight."

Following a 40-year career at Lockheed, Al set sail for new adventures. Like the Pilgrims landing on Plymouth Rock, Al and his beloved wife, Ethel, landed in Lincoln Hills in 2001, seeking a fresh start. Al absorbed himself into his new hometown—choosing involvement over retirement. He served his church, advised on city politics, and supported The Salt Mine.

A pioneer who helped mold Lincoln Hills into what it is



Airman Al in Okinawa



Ice Cream social



Goodness of the Lord

today, Al chaired the Transition Team—taking on the monumental task of transferring volumes of documents from Del Webb to the Community Association. Former Executive Director Chris O’Keefe described Al gifting “the most important resource we have—time. He loved Lincoln, he loved his Lincoln Hills community, and he wanted the best for both.”



Al accepting the transition documents from Del Webb

Past Board President Marcia VanWagner recounted Al taking the helm of the Elections Committee: “Al took no credit

for himself. He pushed to make sure the right thing happened.”

Christy Goodlove, who worked as Al’s Election Committee support staff for five years, saw Al as “the wise owl who sought to find the philosophical nature of candidates for the Board of Directors to help members be fully aware when casting their votes.”

Paul Gardner recalled Al’s innate ability to manage a group: “When I asked him to join the Community Forums Task Force, despite his heavy volunteer schedule, he did so, acting as a liaison to local businesses and the City of Lincoln.”

After his wife of 65 years died, Al formed a men’s bereavement group and the Alzheimer’s Caregivers Support Group. Lincoln Hills Foundation President Jeff Anderson reflected how Al worked tirelessly for the groups right up to his death.

In his spare time, Al did charity fundraisers with the Sports

Car Club. Randy Roten remembers how his dad “entertained us all bombing around like a teenager in his red roadster.”

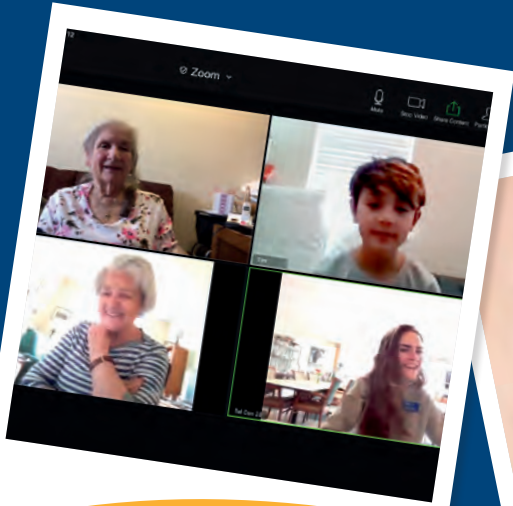


Teenage” Al in his red roadster

His life impacted so many other lives, and those who knew him are better for it. Whenever we hear a teenager “bombing around” our streets, it just might be Al Roten—reminding us to “give back.”

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Salt Mine's truck picks up donations

Giving Thanks, Giving Back

Linda Lucchetti, Roving Reporter

It's that time of year when we give thanks for our blessings and help others less fortunate. With all the difficulties we've experienced this year, it may seem harder to give thanks and easier to say, "Thank goodness-- it's over!" But for many, it's not really over. We cannot forget those who are often forgotten.



Lend a loving hand

These local organizations need our help during these uncertain times.

The Salt Mine, led by Pastor Eric Long, is a faith-based charity whose primary mission is providing food assistance to those in need in Lincoln and Sheridan. Through food and monetary donations, grants, and funds from the sales at their Thrift Store, the Salt Mine operates a Food Closet, assists neighboring food

closets, and funds other programs. Approximately 18% of the thousands of people helped this year have been seniors.

Because the pandemic has heightened job losses and financial hardships, the number of people needing assistance has increased by eight times the normal amount. Due to COVID-19 restrictions, food distribution methods have changed, with curbside pick-ups the norm.

Appreciating Lincoln Hills' generosity, Pastor Long often refers to its residents as "...a bunch of beautiful people!" He adds that continuous monetary monthly support would be extremely helpful in maintaining the Food Closet.

Contact: The Salt Mine, PO Box 155, Lincoln CA, 95648, 916-645-3778, <https://www.thesaltmine.org/>

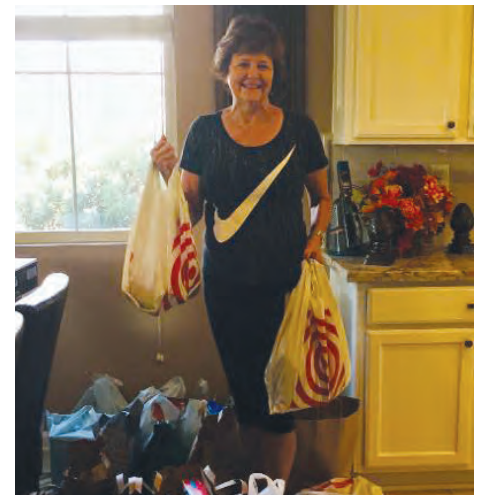
The Lincoln Hills Foundation funds programs that assist senior residents of Lincoln Hills. Monetary donations and fundraising activities provide over \$100,000 in yearly grants that help seniors who need caregiver support services, basic items, or are experiencing food

insecurity. Although the monthly Bingo is on hold due to COVID-19 protocol, the fundraising doesn't stop. Watch for the fall mailing and next spring's "Big Day of Giving," and the yearly olive oil sale. (Check website for dates, locations.)

"Residents can show their support of the Lincoln Hills Foundation through donations or by volunteering their skills and expertise in areas such as marketing and promotion, writing or finance/bookkeeping," states Jeff Andersen, President. "It's easy to donate on the website and rewarding to give back to the community and work with a group of dedicated people."

Contact: Lincoln Hills Foundation, PO Box 220, Lincoln, CA 95648-0220, <https://lincolnhillsfoundation.org/contact/>

Toys for Tots, a national group founded in 1947 and run by the U.S. Marine Corps, collects unwrapped toys for children whose parents cannot afford to buy them gifts for Christmas. Frank Neves, Lincoln Hills resident and program organizer, said, "It's important for all kids to experience the giving nature of Christmas." Collection bins can be found at Meridians. Monetary donations are welcome. Contact: Frank Neves, 2544 Hawk Crest Drive, Lincoln, CA 95648, 916-408-7205, <https://www.toysfortots.org/>



Neighborhood Watch (Denise Hexom) and Lincoln Hills Foundation food drive



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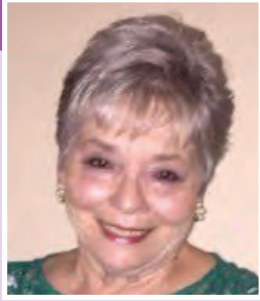
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In Memoriam



Dulcie Peck

Dulcie was born in Springfield, Illinois, but moved to California at an early age. She achieved success in the workplace, her last job being an engineering change analyst at Lam Research in San Jose. Dulcie had an outgoing personality, enthusiasm, energy, and a wonderful smile. She pursued many interests and activities, including Bosom Buddies, bowling league, Singles Club, concerts, bus trips, and volunteering for Meals on Wheels. She loved to travel, her favorite journey being Switzerland for the annual Boogie Woogie Festival. Her passion was genealogy, and she visited the Mormon Library twice to do research. Her annual Mardi Gras parties were awesome. She will be missed by her two sons, grandchildren, sister, niece, dog Roscoe, gal pal lunch group, and many friends.



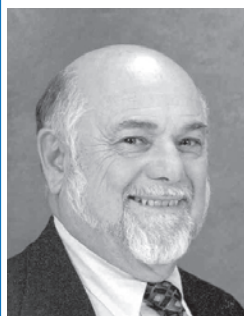
Al Roten

A Native Californian, Al was raised in Burbank, California. He was drafted in 1951 for the Korean Conflict and joined the Air Force. After that, he graduated from Notre Dame University in Belmont, California, with a Master of Economics degree. He married Ethel Hartman, and they had three sons, four grandchildren, and eleven great-grandkids. They were married for 65 years when Ethel died in 2017. Al worked at Lockheed Missiles & Space in Mt. View, and he retired after 40 years there. He was always involved in community and church and was a Boy Scout Leader. After moving here, Al got involved in the Valley View Church, the Lincoln Hills Chorale, and Al spent many hours helping this community transition from Del Webb to our present Association. After his wife died, he began a support group for men whose wives suffered from dementia. He wrote for the *Compass* about the colorful history of this area and volunteered with the Election committee for many years. He could be seen bombing around like a teenager in his red roadster. Al was a friend to all and will be greatly missed.

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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Amateur Radio

Our group continues to “Zoom” our pre-net meetings every Monday at 6:30 PM. We share information and “rag chew” up until our official Net time. Check out our website for useful information such as upcoming Ham contests, technical articles, and other items of Ham interest. Congratulations to Dan, KN6DRN, for earning his Worked All States Award (WAS). WAS is achieved by having a confirmed two-way contact with Amateur Radio Stations in all 50 states of the USA. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG. The LHARG conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 443.2250 MHz, 167.9 PL.

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



*Dan, KN6DRN
Earns WAS Award,
September 2020*



Ballroom Dance

Tom and Michelle Breckon are this month’s featured dance couple. They first started taking lessons at Sierra College in the early ‘80s. Tom and Michelle have taken group dance lessons all over the area from many different instructors. They have learned most of the popular ballroom dances.



Tom and Michelle Breckon

Their list of learned dances includes the Foxtrot, Waltz, Quick Step, East and West Coast Swing, the Night Club Two Step, Rhumba, Bolero, Samba, Salsa, and Cha Cha. They note that the Hustle is their favorite.

Tom and Michelle’s dance experiences include dance cruises on the Queen Mary 2 and the Queen Victoria. Recently they took up Argentine Tango.

They often practice during the Ballroom Dance Club’s (BDC) open floor time. They give a Gold Star to the BDC’s instruction and activities.
Contact: *Ruth Algeri 916-408-4752*



Big History

In October and early November, we explored the development of culture in Mesopotamia during the Bronze Age. A panel of members focused on cultural universals, the emergence of complex economies and technologies, and regulation by religions and governments. Then Dave Lewis spoke on the darker side of culture: the origins of war. On November 16, we will put it all in perspective. Come join us!

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

On December 7, Marggi Holtze will discuss animism, which began in Africa before recorded history and moved around the globe. Animists believe that all things have a spirit or soul—animals, mountains, even rocks—and that these spirits must be worshiped and appeased.

Zoom links are emailed before each meeting. For more information, contact David Lewis.
Contact: *David Lewis 916-626-2795, stuff619@gmail.com*



Billiards

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have to offer. In the meantime, until we are open and able to play pool, I suggest going to YouTube and watching past and present professional pool players playing Nine-ball, Eight-ball, One-pocket, and Bank-pool. You can learn a lot by watching these players. Also, there are great instructional videos. You can learn how to apply english, bank shots, rail shots, and how to get position on your next ball, and much more. Stay safe, stay healthy!

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

Website: lhbilliards.com



Bird

November and December are the best months for viewing waterfowl at the Central Valley's wildlife preserves. Gray Lodge, Colusa, and Sacramento Wildlife Refuge manage their ponds and wetlands to provide habitat for thousands of birds that start arriving in October. These refuges support over 250 species, which include four species of geese: Greater White-fronted,



White-fronted Goose at Colusa Wildlife Preserve, Photo by Larry White

Ross, Snow, and Canada. Other fall arrivals are Tundra Swans and ducks, such as Northern Shovelers, Gadwalls, Green-winged, and Cinnamon Teals, Northern Pintails, American and Eurasian Wigeons, and Ring-necked Ducks. These areas also attract deer, beaver, raccoons, raptors, and songbirds. Spending the morning at a wildlife preserve is truly a rewarding experience. When you plan your visit, remember to bring your binoculars, cameras, and face masks. Happy birding everyone.

Contact: Sal Acosta 843-991-5188, quailrun@wavecable.com

Website: www.lhbirders.org



Bocce Ball, Mad Hatters

Last month, we sent out an email to the group explaining that Paul Mac Garvey was stepping down as leader of our group and asked for volunteers to step up and assume some of the responsibilities for running the Mad Hatters. We did not get

a very robust response to our request. We have one individual who may assume some responsibility for day-to-day operations, but we still need volunteers to write Compass and Sun Senior News articles and perhaps manage our email. We also have an opening on our steering committee if anyone is interested.

We realize it is frustrating for many, but the COVID-19 situation remains unclear, and we still do not feel comfortable playing. On the plus side, we decided to buy a turkey for Thanksgiving.

Contact: Paul Mac Garvey

916-543-2067, pmac1411@aol.com

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



Book, OC

November's Zoom meeting will discuss *The Tattooist of Auschwitz* by Heather Morris. Set within the infamous concentration camp, the novel becomes an unusual love story. Will love survive horrific conditions? Join us on November 19 and see. Not a member? Email Cathie to receive zoom meeting details.

Now to the election. No, not "that one." This is the "important one!" Ballots are out for voting 2021's book selections. The deadline for ballots to be returned is November 19. After compiling the

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votes, winners will be announced in December.

With all that has happened in 2020, we all still have much to be thankful for. The Book Club wishes you to stay safe, stay healthy, and have a Happy Thanksgiving.

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

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



Bridge, Partners

Bridge is still suspended since the KS meeting rooms cannot be used for group activities, even at a 25% occupancy, without the six-foot spacing requirement, which is not met by a card table. The Association will not allow facilities use without the six-foot social distancing required by Placer County health officials. With several small groups, now referred to as "pods," conducting limited home games with one or two tables, use masks and limit personal contact to avoid spreading the virus in Lincoln Hills. National news warns that the Fall/Winter seasons may have a coincident COVID-19/flu outbreak, making matters worse. Our eNews system is the best source of current information on when facilities might open.



Bridge, Social

Soon when KS opens up again, we will welcome our players to join us every Friday. We have requested the same meeting rooms as last year. We have met in the Sierra Room (KS) opposite the Billiards from 12:15 to 4:00 PM. Call in your reservations with our contact below. Our October annual dinner was canceled. We hope all members will join us for our dinner in 2021.

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

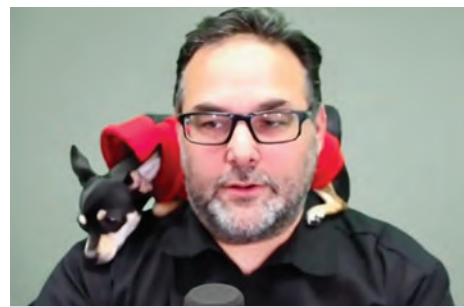
Contact: Pat Mullins 408-202-1865, pam7nt@gmail.com

Computers

Apple Users



With the holidays approaching, don't miss two upcoming seminars. Vicki White and Andy Petro will suggest gift ideas for Apple users, and Helen Rains and Andy Petro will show you how to create a holiday newsletter using Apple Pages.



Pete Lozzi and his assistant, Apollo, discuss iOS 14

October seminars covered new products from Apple. We were pleased to have a guest speaker, Pete Lozzi, present a seminar about iOS 14. If you missed any of these seminars, see the videos on the webpage. If you are upgrading, LHAUG offers a Classifieds page for buying and selling Apple equipment and a donation program for Apple equipment. Of course, the Help Line remains available.

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

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

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Salon for Families

the end of this year. October 14, I gave a presentation, "TeleMedicine," via Zoom. A discussion was held, and five prizes were awarded to the lucky members present. November 11, 6:30 PM, Terry Rooney will speak about "Chromebooks," which are selling rapidly due to use by schools and replacements for desktops. Our Website is available to review previous presentations and other news. Election of the Board of Directors will be held online, November 11 also. Please consider running for the Board and/or giving a presentation. Contact us at our Website or email sclhcc@gmail.com. We continue to assist members with their questions about smartphones, laptops, and desktops. COVID-19 cases are on the increase, so be safe. *Contact: Norman Seidenverg 916-209-3894, gozimas1937@gmail.com Website: www.sclhcc.org*



Country Couples

Even though we haven't been meeting or getting together for dances, we do have a bit of club business happening. There will be two openings on our Steering Committee in 2021, and we need members to volunteer to fill them. The positions are Secretary and Chair. Rich and Donna Pick are the nominating committee, so

please contact them if you are interested. If you've been thinking about volunteering or just want information about the positions being vacated, please give Rich or Donna a call or send an email.



Judy/Lance

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



Cyclists

E-Bikes – Chapter

2: Can we get exercise on an e-Bike? Absolutely. Some people think that e-Bikes are for people not interested in exercising. Nonsense, as you are still pedaling the entire time. To me personally, the real advantages of e-Bikes are climbing efficiency, wind resistance, and range. It allows me to last longer and go farther. For others, it could be health limitations, age, or athletic ability. E-Bikes are geared toward many different activities (cruising, trail riding, mountain biking, road biking,



Monique Wood riding her step through Class 1 e-Bike

and traveling). For road biking, you have your pick of Hybrid or Drop Bar designs.

Depending on the range of your ride, bike weight and ease of rear wheel removal should be given some thought in the event of a flat or mechanical mishap. *Contact: Dave Sausen 916-300-5395, dave.sausen@yahoo.com Website: lincolnhillscyclists.com*



Euchre

When OC is open again for activities, consider joining us. If you like to play trick-taking card games, you will love Euchre. It's simple to learn, yet there is some strategy to it! We meet on the second and fourth Thursdays of the month from 6:00 to 8:30 PM in the Card Room (OC). If you are new to the game, we will give you a few lessons before you come to our regular game, so you will feel comfortable. All are welcome, but please contact us so that we can



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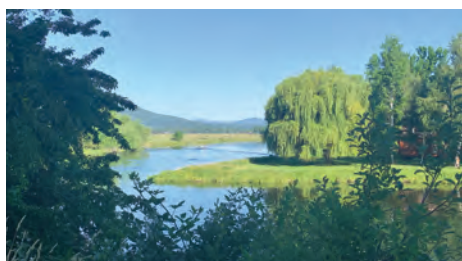
get a proper headcount for the setup of the tables.

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



Fishing

A few anglers were excited to fish the Sacramento River in late October with a guide for Trout. The Egg Hatch is the draw, maybe a size 12 hook or whatever is working, right? As of this note, I don't know how they would have done. A few folks have fished various small lakes or recreational ponds to keep their skills sharpened. I think one or two of our members have fished the Truckee river. I haven't heard how they did. One angler is fishing Fall River, floating that pretty river, surrounded by gorgeous scenery and guided by a guide where to cast.



Peace is fishing

To join, contact Ralph at ralphtonseth@comcast.net, 559-860-9104; or Henry.

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



Food Adventures

We continue to dream about the day when we can resume the food-related activities we enjoy planning and carrying out. Because our activities are all food-related, we're dealt a sort of double whammy for the risks inherent in meal preparation, and then again for the act of assembling for the purpose of enjoying those meals. There is no way of knowing when we can resume our regular activities, so the club will go into a hibernation state (yes, like the bears do) and wait this thing out! We will not be scheduling any activities until well-after the "all clear" signal is heard loud and clear. The only signs of life from the club will be occasional (but quiet) emails.

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



Farmers' Market Scene



Garden

Happy Thanksgiving!

At the last Steering Committee Meeting, the following motion was made by Membership Chair Marjie Anderson and seconded by Treasurer Penny Grmolys: Members of the Garden Group, who paid dues for 2020, will be credited with dues for 2021. Motion Approved.



Time to Plant Sweet Peas!

New (and past members who had not registered yet for 2020) are welcome into our Garden Group for 2021. Membership information is on our Website.

We also approved of giving \$500 again to each of these organizations, who help people through food distributions: "The Lincoln Hills Foundation" and "The Salt Mine."

There are no remaining Garden Group general meetings, field trips, or socials scheduled for 2020.

Be sure to check-out our Website for Fall planting tips.

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

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Genealogy

Karen Burney will be our speaker on November 16 at 6:30 PM on Zoom. Members will receive a Zoom link in a separate email from the Genealogy Club. Her topic is, Combining DNA and Traditional Research to Grow Your Family. We will send a Zoom link to all members and any handouts one week before the meeting. There is no speaker in December. Watch your Membership email for how to get coaching on Zoom with Genealogy Club Members. Notifications for renewal of membership will be sent to members in December. We will be offering a membership discount of \$15 per household for 2021(one year only) for new and renewing members due to Coronavirus constraints. Consider joining or renewing to maintain our services.

Contact: Barbara Branch 916-543-8219, drbabsie@gmail.com

Website: <https://www.suncityllhgc.com/>



Golf

Ladies XVIII

One of our newest members, Linda Fitzmaurice, won the Low Net over-the-field in the annual Helen Lengfeld tourney, a two-day event played in the Monterey area during the first week in October. The tournament

is named for the founder of PWGA, attracting ladies mainly in Northern California. Linda is getting back into golf in a big way, after many years without some sticks in her hand. She also won Low Net in our Club Championship in September. Looking forward, our annual Awards Luncheon has been canceled for December, due to the Coronavirus. Membership dues are due now through December 31 and are to be paid using a new online payment system. Questions go to Rosie Warren, the 2021 Membership Chair.



Linda Fitzmaurice, Low Net winner, for 2020.

Lincsters

Holiday wish lists for Lincoln Meadows Care Center's 56 long-term residents will be filled by Lincsters again this year. "This may be the most important year for us to bring a little fun and excitement into the isolation residents have endured throughout this pandemic," explained Edna Linville, who has chaired the event from inception in 2007. "This heartfelt club activity is even

more rewarding this year." There is still time to sign up at Lincsters.com. Year 2020 golf officially ends for the Lincsters this



Edna Linville has been chair of gift giving since 2007.

week on November 18. January 6 is the first playdate of the 2021 calendar. Club membership is holding steady at 150, with 13 new members filling vacated spots. Pietrina Magna, from San Ramon, is the last to join the 2020 roster. Welcome!

Contact: Joyce Kirk 626-429-2284, thejfkirk@gmail.com

Golf Men's

The December 8 tournament will be the Two Man Pinehurst. Members, watch for Mike's email. Results of the recent Club Championship and Just-For-Fun Tournament can also be found on the Website. Congratulations to our New Club Champions: Gross score, Kerry Baer; Net score, John DeWildt.

Third-quarter Most-Improved Golfers are Rob Davies, Ron Balderston, and David Taylor.

The 2021 Men's Club membership application has been emailed to members. Returning

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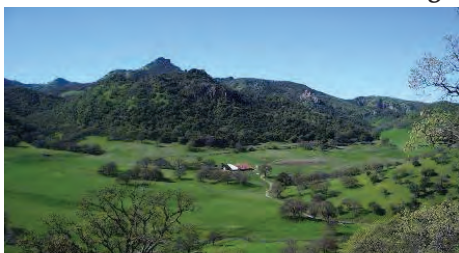
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members get a \$10 discount if they rejoin by December 31. Also included are 2021 NCGA membership and all tournaments for just \$86. After January 1, all new and returning memberships will be \$96. Welcome Michael McGuire-Back, Communications; Rich Henrikson, Sponsors; and John DeWildt, CVS to next year's Board. Have a Happy Thanksgiving!
 Contact: Bob Schoenherr 408-838-5340, schoenherrbob@gmail.com
 Website: mgclh.club

Hiking & Walking



Our group enjoyed a Zoom presentation with Michael Hubbartt, Sutter Buttes Regional Land Trust, on October 13. We look forward to getting back to these beautiful locations in our glorious state. Stay tuned and enjoy the cool autumn air!
 Contact: LHHikers@gmail.com
 Website: www.lincolnhillshikers.org



An overview of Peace Valley



Investors' Study

Russ Abbott or Matt Bopp of Morgan Stanley

will speak at our next meeting on Thursday, December 3, at 2:30 PM, via Zoom or phone call-in, due to corporate travel restrictions. There will be no Holiday Party this year due to COVID-19. The Active Investors sub-group meets at 3:00 PM on the second Monday of each month. If interested, contact Norm Quattrin at 916-645-4675. Contact Carl Sulzer for questions on the Investors' Study. Contact: Carl Sulzer 916-462-0986, carlsulzer@gmail.com



Lavender Friends

When we can gather again, our activities committee is considering an event showcasing members' talents and hobbies. Including, hopefully, the works of Kate McCarthy, former club president, and avid photographer. For a recent class, Kate submitted a photo essay on quarantine. In it was a portrait of her dog looking at a sky too smoky to take a walk.

For this Thanksgiving month, Kate shares this: "I am grateful that I am less likely to take things for granted during this time of qua-



Hannah looks wistfully at smoky air. Photo by Kate McCarthy.

rantine and political disarray. Quarantine brings a deeper appreciation of the value of close friendships. The political disarray makes me realize that we can't take democracy and civil rights for granted."

Lavender Friends is a club of LGBT residents.
 Contact: Sandi Dolbee 916-409-2156, sandidolbee@yahoo.com
 Website: www.lavenderfriends.com

Lincoln Hills

Line Dance

Line Dance continues outside under the solar covers at KS, and we are happy to be dancing again. Dancing is our main focus, but we are also a social group, hosting three socials a year. The steering committee is in charge of planning and hosting the socials, which have proven to be a huge success. The committee has a two-year commitment, and we are searching for volunteers to take over in January. If you have event-planning experience or would like to write the articles published in the Sun Senior News and Compass, please consider volunteering. We look forward to socials next year when it is safe, and need help with planning. The present board will be happy to assist the new board. Please consider volunteering.
 Contact: June Willis 916-253-3348, willtom@sbcglobal.net

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Mixed Media

Our Zoom meetings are on the third Wednesday of the month at 11:00 AM. Members are kept up to date with emails from our President, Nan Griffin. When we are back to our “normal” life, the meeting time will change to 1:00 PM on the third Wednesday of the month in the Ceramics Room (OC).



Art Journaling class in the Secret Garden

At our recent Zoom meetings, we have had lessons from Dina Wakley and Kerry Dahlin.

Our prompt words for our November art challenge are “Fall Leaves.” We will share the challenge at the next Zoom meeting. There are no rules for these challenges. Use the prompt and have fun. Challenges are always voluntary. During our meetings, we share what we have been working on, including our art challenge for the month.

Contact: Nancy Griffin



Motorcycle

With Coronavirus restrictions still in place, along with heavy smoke from the wildfires, the club’s October ride was canceled. As of this writing, it is not known if there will be a club ride in November. Once restrictions have eased, the club will continue to have scheduled rides on the second Saturday of the month, March - November. Club meetings are held on the fourth Thursday of the month at 5:30 PM, Multipurpose Room (OC). There is no club meeting in November.

“Ride Safe - Ride with Friends”

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



Taking a break at the Lincoln Highway monument in Newcastle



Music

We had so much fun “Zooming” our performances in September and October. Several guests attended, and applause was abundant. With a Halloween theme in mind, our October Opening Group song was, “I Put a Spell on You,” CCR inspired. The Closing song, “Bad Moon

Rising,” was also CCR-based. The Jam was “Crossroads.” Many folks performed in costume, scary times indeed. Normally we meet every fourth Wednesday of the month from 6:30 to 8:30 PM, Fine Arts Room (OC). You can find the Lead Sheets for the group songs and more information on our Website; the password is musicgroup. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents and subject to the lodges reopening. Contact Ron Peck at 925-788-5869 for information.

Contact: Dan Lehrer

916-587-3419, dlehrer72@gmail.com



Needle Arts

We have canceled our meetings for the rest of this year. The slate for elected 2021 Board Members is: President - Jeanne Helland. 1st Vice-President, Programs - Shirley Rainman, 2nd Vice-President, Travel - Nancy Norton, Secretary - Sue Beresh, Treasurer - Linda Garrett.

At the time of writing this article, Needle Arts is continuing to look for someone to take the Communication position, which requires writing articles for the Sun Senior News and the Compass. If interested, contact Jean Storms.

2021 Needle Arts Dues are \$10 and must be postmarked by January 30. After that date, the dues will go up to \$20 for

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everyone. Our Website (under membership) has the membership forms and information on where to mail your checks.

Contact: Jean Storms,
jeanstorms272@gmail.com
Website: sclhna.com



Neighborhood Watch

This past year brought us challenges we haven't experienced before. Much of the time was spent in lockdown, unable to interact as much as we'd like. Despite these challenges, Neighborhood Watch continued to look out for this community through alerts, virtual meetings, and our volunteers. We'd like to say "thank you" to the people who helped keep up the communications: our members who posted the alerts, residents who

logged into the meetings, village coordinators and mailbox captains who sent on the information to their neighbors, and the volunteers who helped with the food drive. A special "thank you" to Executive Director Linda Minor and to Director Susan Ishimaru, who are ending their terms on the board. Our volunteers are the backbone of



We're successful because of our volunteers.

Neighborhood Watch.
Contact: Linda Minor 707-235-0778,
lindaminorNW@gmail.com
Website: www.SCLHWatch.org



Painters

Our October program was a demo by Michael Obermeyer and was made available to us by the California Art Club. The demo was available for viewing for a week, and many members accessed it and benefited from his presentation. Members could work along with him or just take notes. In November, we are presenting our Challenge, Urban Scenes. Club members submit their entries online, and then they are uploaded for viewing and voting by all members. Of course, we are still hopeful that our traditional holiday luncheon will be held in December.



Michael Obermeyer's Seascape Demo

Our continuing Critique meetings, held every first Tuesday

at KS parking lot (weather permitting) provide open discussions that offer helpful critiques to painters with challenging works and general painting advice and suggestions.

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



Paper Arts

Club meetings and activities are still on hold. Keep checking our newsletters for updates, and while you're there, enjoy photos of some projects and creative cards shared by our members.

Have you heard about "Cards for Kindness?" This organization, through Scrapbook.Com, collects and distributes handmade cards to brighten the days of cancer patients, children, people in hospitals, nursing homes, and retirement homes. If you would like to donate your cards, contact Linda Lucchetti, linnluu@aol.com, who is organizing the club's effort. To learn more about it, go to the Cards for Kindness website at



Halloween wine bottle decoration by June Paquette.

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<https://www.scrapbook.com/articles/cards-for-kindness>.

Upon lodge reopening, we meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS).

Contact: Susan Long 916-408-3451, scwlong@sbcglobal.net



Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. When the lodge reopens for card games Pedro will meet in the Card Room (OC) on the first and third Friday from 9:00 AM to Noon. For more information, please contact Denise or Dois DeRiss at 916-243-7164. We look forward to seeing you when we reopen.

Contact: Denise Jones 916-543-3317



Photography

Karen Hutton was the presenter at our October' virtual' General Meeting. She is on a self-described mission to create photographic art that is like oxygen for your walls. She convinced us!

On November 11, we experienced Nigel Danson, who spoke to us from the United Kingdom.

Nigel believes that true happiness is about following your passion. My new passion is getting lost in Nigel's gallery of breathtaking landscape photography.

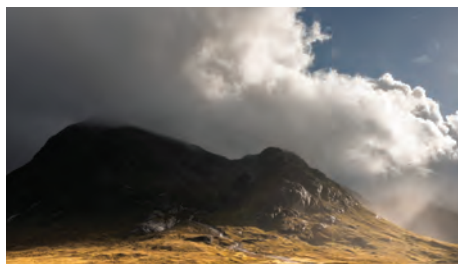


Photo by Nigel Danson

The Enhancement and Round Table SIGs are active and welcoming new members. The Learning SIG will restart after the first of the year.

The Club Facebook page is open to all residents of Lincoln Hills who are interested in photography. Beginners are especially welcome. To join, go to <https://www.facebook.com/groups/SCLHPhotographyClub>.

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



Pickleball

While the holidays are upon us and we are inside more, we are still enjoying safe pickleball outside. We continue to practice our COVID-19 protocols. We have an online reservation

system, so there is no waiting at the courts. We wear masks whenever we are not on the court, have hand sanitizer, and social distance.

Feel free to come join us and get some fun exercise. If you are brand new to pickleball consider joining the Intro to Pickleball class. All you need are tennis shoes and water. We provide the balls and paddles.

Please see our Website for the many ways to get involved or contact Molly Morris.

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



Players

Julie Africa tells me she has wonderful ideas for this Spring's, Murder on the Orient Express. We are hoping she will be able to realize them in the Spring of 2021. Take a moment to feel how wonderful that would be to get together again and rehearse a new play! But we may have to be patient a while longer and see where life takes us. New York has announced Broadway will remain closed through June.

We are very hopeful that we can present Damn Yankees next fall. We are always looking for new faces as actors, singers, dancers,

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support, and technical crews. When the Lodges reopen, our meetings will be held on the second Monday of the month at 4:00 PM, P-Hall (KS). Stay safe and healthy.

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



Poker

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

All poker players will be seated as long as they arrive by 12:45 PM (Mondays and Fridays) or 4:45 PM (Tuesdays). The new seating arrangement will eliminate people not being able to play because tables are full. (Subject to the reopening of the lodge.) Any questions, contact Lynne.

Contact: Lynne Barsky 916-253-3730



RV

Our monthly meetings remain canceled due to COVID-19, but it has not stopped our Members from RVing all over California and the USA. For 2021, we have Rallies in Palm Desert in February and Campland on

the Bay in San Diego in March. Plus, we're planning additional Rallies throughout California. Meanwhile, several Members are planning individual travels to Yellowstone and even Alaska.

Our Annual Holiday Party will be on December 10 at Catta Verdera, where we can expect great food, lively music, and lots of dancing; plus, install our new Officers. Thank you Vicki White.

If you're an RVer, you don't have to wait for the Lodges to reopen to join our Group and attend our Rallies. RVing is the safest way to travel, as three million new RVers are experiencing.

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



SCHOOLS

Mask-wearing students are back in classrooms, and some are learning at home with distance learning. Scott Leaman, district Superintendent, reports that it was a great day when he was able to welcome 400 students to the new Scott Leaman Elementary School. It will be the district's first Science, Technology, Engineering, the Arts, and Mathematic elementary school. Mr. Leaman will retire at the end of the school year having been with the system since 1993, during years of tremendous

growth.

SCHOOLS volunteers cannot appear in classrooms but should contact their teachers from



SCHOOLS little schoolhouse

last year to ask how they can be of help. As the situation changes, there will be adjustments, and details are changing daily. For updates, the Western Placer School District website is www.wpusd.org.

Contact: Cyndi Colleton, ccolleton@yahoo.com
Website: schoolssuncity.org



Shanghai

Well, we just cannot meet at the lodge and sit down to a great card game of Shanghai. When we do, we will be the first to yell "Shanghai," as this is what you do when you develop the perfect hand. You just need to play to understand its significance. We hope to see you at the proper opening of the lodge. For right now, contact the name below if you have any questions.

Contact: Howard Beaumont
916-408-0395,
hbeaumont@wavecable.com



Singles

The holidays are just around the corner, and



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2021 will be here before long. My wish is that our Lodges will reopen with the New Year! We have many things to anticipate—business and social meetings on the second and fourth Thursdays in the Ballroom (OC), and monthly Dine-outs and Cocktail Hours. Just as soon as we are able to return to our new normal, we will be there! Your Board of Directors is busy making plans for a memorable New Year for our Club.

We hope that you have a lovely Thanksgiving. Please practice social distancing with your family and friends, and soon we will all be able to join together for all of our upcoming scheduled events! Keep calm and have a cocktail!
 Contact: Susan Platt 916-397-0850, foster.p.susan@outlook.com



Ski

Thanks to the support of our Fitness Center, we were able to have our annual ski conditioning meeting on October 15. And it was more fun than ever! It was conducted on cool, shaded grass in the Sports Plaza near the Bocce ball courts (the old horseshoe pits area). With a stunning view from the bluff overlooking the northern portion of Lincoln Hills, Danielle Merrill of the WellFit department had us working our ski muscles from one end of the grass area to the other.



Just Add Snow and Skis!

Contact us if you would like a copy of her handout and instructions on where to find her video demonstrating the workout. Remember, club members, to make your 2020/2021 dues payment; click on Membership Application at our Website.

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



Softball

Our 2020 Champion for our Summer Co-Ed League is the team sponsored by Siino's Pizza Pasta Grill managed by Darrell Rinde. The Championship game came down to the number one and number four seeded teams competing for the title—playing twice that day to determine the outcome. It is still difficult to believe that we were able to complete a meaningful Summer season during the COVID-19 pandemic and many weeks of air quality issues. Thanks to our players, umpires, volunteers, and the fans that



Siino's Manager Rinde accepts Championship Trophy from Tournament Director Briggs

practiced social and physical distancing, disinfection rules, and the wearing of masks during the season. We hope that world health circumstances improve so that softball action can return in the Spring of 2021 unimpeded. Hopefully, play will begin in mid-April.

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



Sports Car

This walk down memory lane is by Jim & Jayne Clark.

I got my first sports car in 1961. It was an older model red MG. I didn't have the car long since my daughter came along, and there was no room for three in the vehicle. It was a fun ride while I had it. I always enjoyed working on vehicles (when you

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Jim & Jayne Clark

could work on them) and over the years, have probably had at least 20 cars, but never another sports car. That changed when I bought my 2005 red Corvette. Owning a Corvette has always been my dream. Joining the Sports Car Club is great. We love the tours, socials and have enjoyed traveling to so many new places that we hadn't visited before.

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



Sun City Squares

We are a Plus and Advanced Level all-position (no partner required) square dance club.

We meet at KS on Mondays from 1:15 to 3:15 PM for Plus Level dancing, with Round Dancing between tips. Advanced Level dancing is held on Mondays from 3:15 to 3:45 PM and on Thursdays from 1:00 to 3:00 PM.

We look forward to the

reopening of our community activities and facilities soon.

Please stop by Multipurpose Room (KS) on Mondays or Thursdays after reopening and check us out.

Stay safe, hopefully, things will start to normalize soon, and we can resume dancing, keep your fingers crossed.

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



Swimmers & Water Walkers

When I returned to the USA after a year overseas, my friends had already started high school. I soon learned that my best friend had joined a swim team. So, I joined too. I have been swimming ever since. Swimming was my main sport in high school. Although I wasn't nearly good enough to compete at the collegiate level, I've enjoyed swimming for fun and exercise for over 50 years.



Advisory Committee Member
Fred Barnhart's Swim Story

One of the reasons my wife and I moved to Lincoln Hills was the fact that there are four swimming

pools here. Best of all, KS is designated as a "cool pool" - perfect for lap swimming. Swimming, and water walking at our own pace, is a terrific way for us to stay in shape.

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



Table Tennis

Table tennis is back! Play will occur on Tuesdays, Fridays, and Sundays, from 8:00 AM to Noon. Two tables will be set up on the terrace behind KS. The entrance is along the walkway to the right of the main doors. Players must make reservations with Robin Bistline through email or telephone. Times are reserved for 30-minute intervals. Those wishing to play with a particular partner should arrange with him/her ahead of time. Only one player needs to make contact. Players must bring their own paddle and mask. To avoid large groups, players are urged to arrive no more than five minutes before their reservation. Masks are preferred, but since we are outside, not mandatory. Protocols for sanitation and COVID-19 precautions will be available, a must-read upon arrival.

Contact: Robin Bistline 480-570-1355, texan1255@gmail.com



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develop into a more serious form
of vein disease called chronic
venous insufficiency, or CVI.²

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

References

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

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

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Tap Company

An update on our winter Holiday Luncheon: back in August, we had hoped it would take place. But unfortunately, with all that is still going on, we've had to cancel it. There will be no Holiday Luncheon this December. We wish everyone a Happy Thanksgiving. *Contact: Alison Wolfe 925-487-6902, awolfe@sscto.net*



Tennis

Our tennis courts continue to be filled most mornings, and players are enjoying some beautiful fall weather! We also have men's evening groups transitioning to their fall hours. Unfortunately, our usual social and competitive events held in the fourth quarter have been canceled. We are hopeful that in 2021, we will be able to get back to our normal schedule of in-house tournaments and socials.

Thank you for continuing to follow the COVID-19 guidelines. As a result, we haven't had any further restrictions. The poor air quality and high heat of summer are behind us - so get out and enjoy our beautiful tennis facilities *Contact: Helen Berott 530-320-6468, hberott@msn.com Website: sclhtg.com*



Veterans

Our members enjoyed a "Roll out the Barrel" Oktoberfest celebration on Saturday, October 24, when small groups gathered at the homes of host members to raise a stein and enjoy the conviviality of this annual event. President Joan MacAdams and her husband Doug visited each party location, bringing traditional German music and liquid refreshment to all.

The group performed its annual Veterans Day ceremony under the portico (OC) on November 11. Chaplain Bill Lewis designed a fitting program to recognize all veterans despite Coronavirus limitations that prevented the group's traditional Ballroom (OC) event.

The Veterans Group encourages everyone to fly the American flag and to make a special effort to show the colors on December 7, Pearl Harbor Remembrance Day. *Contact: Joan MacAdams 916-751-9272, joan.macadams13@gmail.com*



Vintage Treasures

Vintage Treasures will pause in December. We have been enjoying e-presentations by members since Spring. All those who have enlightened us with their beautiful and

interesting treasures are to be lauded for their kindness and generosity.

We hope that each member of our group is staying safe and keeping their spirits up with favorite activities. Some are learning to Zoom! As 2021 dawns, let us hope that we will be able to once again gather and share our treasures.

Our club focus is on vintage and antique items, pre-1970. When our facilities reopen, we will meet in the Heights and Gables Room (OC) on the first Monday of each month, from 10:00 to 11:30 AM. The program is followed by an optional lunch at Meridians. *Contact: Sandi Janisch 916-253-9085*



Water Volleyball

In the absence of playing water volleyball, members have been maximizing the availability of our facilities to exercise in preparation for the opening of the Pool (KS). On October 13, the Steering Committee was scheduled to meet virtually for the first time since June. The agenda for the Steering Committee Meeting included reporting on the COVID-19 Protocol submitted to the Association, discussion regarding 2021 Club member dues, how to proceed with the annual election of officers for

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the Steering Committee, and a proposal for a virtual yearly General Membership Meeting on November 10. Contact the Water Volleyball Club website for information on the sport of water volleyball and the Lincoln Hills Club. *Contact: Rosemary Elston 916-474-1610, sclhwatervolleyball@gmail.com Website: www.lhwatervolleyball.com*



Woodcarvers

Once upon a time, long, long, long ago (okay, it was only March 2020!), this writer looked forward to her Woodcarving Club meeting every Wednesday at 1:00 PM. Carrying her project and tools, she would enter the Sierra Room (KS) and take her seat. After a bit of chatting with her tablemates, she'd carve away, enjoying the ambiance of the room. Later, she'd get up and begin moving around the room to see everyone's project.

Some of her carving friends, men, and women are incredibly skilled; others are just starting, but that didn't matter. She'd "oooooh" and "ahhhhhhh", over their project and chat with each carver. Following a ten-minute meeting, club members resumed one of their favorite pastimes, woodcarving—once upon a time.

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

Writers



November's national events are fodder for writers. November 5 is Love Your Red Hair Day. For foodies; November 3 is Deviled Egg Day, November 6 is Nachos Day, November 12 is Pizza with the Works Except Anchovies Day, and November 15 is Clean Out Your Refrigerator Day (remove evolving alien life forms). For

writers, November 1 is Authors' Day. For satirists, November 20 is Absurdity Day. On November 17, Take A Hike Day, take one or tell someone to.

Until the Writers' Group reconvenes, please honor the 245th Birthday of the US Marine Corps on November 10, Veterans' Day on November 11, World Kindness Day on November 13. On November 26, be thankful for all the love you receive. Until then, keep on writing! *Contact: Anne Constantin Birge 909-965-3556, raybirge@aol.com*



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Alzheimer's-Dementia Caregiver's Support

As we do on most November meetings, our general meeting will be on the third Wednesday (November 18) instead of the fourth Wednesday because of Thanksgiving. This will also be the last general meeting of the year, and it will be via Zoom.



Team Snail getting ready to roll

September's Walk to End Alzheimer's was both virtual and actual. The virtual portions were online, of course, but the actual included about 30 supporters of Tom Rush's Team Snail in Lincoln Hills. We did both the one and three-mile strolls with folks honking their horns in support and offering donations to the cause.

For all of you who participated in some way, thank you for your support to stop this miserable disease as soon as possible.
 Contact: Jeff Andersen 916-521-0484, 2jeffa@gmail.com



Bosom Buddies

Few will deny this has been a "challenging year for many of us, made worse by the isolation forced by COVID-19 shutdowns. Sometimes, it's difficult to list our daily blessings, but if we look carefully, we find them and often close to home. Bosom Buddies' meetings and socials were canceled this year, and that meant limiting the support we could offer our members. However, it didn't mean we stopped doing whatever we could with balloons, signs of encouragement, cards, e-mails, and phone calls. It's important to us that our ladies know we're here for them. Bosom Buddies is a group that opens its heart to breast cancer survivors and those still undergoing treatment. We're grateful that we can help and thankful for what we've received.

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



President Patty McCuen spearheaded visits to our members.



Gam-Anon

If your life is affected by someone else's gambling problem, Gam-Anon

can help. Gam-Anon meets weekly on Fridays from 7:00 to 8:30 PM at the First United Methodist Church, 6414 Brace Road, Loomis, CA. Follow the signs to the meeting room. A Gambler's Anonymous meeting is held in another room. We are observing COVID-19 restrictions (face masks required, social distancing, hand and surface sanitizing). Call Kay F. for more information. Please leave a message if there is no answer and she will call you back!

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



Glaucoma Support Group

In a perfect world, we would be enjoying our traditional Holiday Potluck Party this month. I know that I promised to do my best to arrange something, but I care too much for each of you to possibly expose you to COVID-19. So, our party will have to wait. However, we will gather on Zoom on December 9 at 4:00 PM (or if you prefer, it could be earlier in the day). In the meantime, enjoy your special Holiday times this year. If you are like me, you can lose yourself in the lights of the Holidays. Oh, and Happy New Year, too. Let's all hope that the New Year will bring healing from this virus,

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and some sort of normalcy will return.

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bjdale@aol.com



Low Vision Support Group

Once the Lodges are reopened, monthly meetings will resume.

Hallucinations?? It could be Charles Bonnet Syndrome. Charles Bonnet Syndrome is a condition that causes people with decreased vision and various eye diseases to have visual hallucinations. These hallucinations can include seeing patterns or more complex images such as people, animals, flowers, and buildings.

About one in five people with retinal conditions, such as macular degeneration, experiences hallucinations, which can also occur in people with other macular diseases and ocular conditions such as glaucoma, as well as stroke.

CBS is estimated to affect 10% to 30% of people with visual impairment involving both eyes, although the estimates may be

lower than the true prevalence.

Excerpted from <https://www.asrs.org/patients/retinal-diseases/38/charles-bonnet-syndrome>
Contact: Cathy McGriff 916-408-0169,
cathymcgriff1010@gmail.com



Multiple Sclerosis

The Holidays are a time of reflection, gratitude, and fun plans. These topics will be the focus of our December, second Tuesday of the month Zoom Meeting: December 8, 1:00 PM.

Zoom Link will be sent to Members the prior Sunday, December 6.

Not a Member and wish to see what we are all about, email me.

Do you have Multiple Sclerosis or a family member or friend have MS, and feeling anxious about life and/or finances? The MS Navigator Program will help with resources. Call MS Navigator at 1-800-344-4867.

Continue to bravely carry on, and see you at the December 8 Zoom!

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

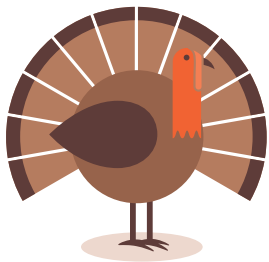


Wise Aging Resource and Support Group

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

For more information, contact Stefanie Spikel at stefhope@att.net or 916-253-7431.

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



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A Course in Miracles

Is a book that offers a new way of thinking and believing which can transform lives. Do you want to experience peace, love, and harmony instead of fear, conflict, and pain? It is possible to change our experiences by changing the way we think about ourselves in relation to everyone else and All That Is. You are invited to attend a study group that explores the ideas set forth in this book. Call 916-409-5253 for information.

Cloggers

We hope you are staying safe, well, and active! We have to dance by ourselves now, which is not nearly as much fun as being in class with our friends, but it is essential that we find ways to exercise, to walk, and especially for those of us who love to clog (Irish/Appalachian dance) – to dance. Until Kilaga opens again (may it be soon), google “NCAA Clogging” for online classes, then we can quick-step right back in when our classes resume. For more information on clogging here in Lincoln Hills (when it happens), contact Natalie Grossner at 916-209-3804.

Democratic Club

Like everyone else, we are meeting by Zoom these days. Our next general meeting will

be Thursday, November 19. Although at this writing, we don't know the outcome of the election, we expect this meeting to be a victory party. We have been delighted to see the number of Biden-Harris yard signs in our neighborhoods. It is never too late to join the Lincoln Democratic Club. New members are always welcome. For more information, please visit our website, <https://democraticclublincolnca.org>.

Italian Club

We've canceled all remaining activities through 2020, but please check the website for updates and news of next year's events. Have you shopped at the online Apparel Store yet? There's hats, shirts, and sweatshirts with the club's logo. Go to the website's homepage to access the store. Just in time for the holiday season, now posted on the website are eight new Italian cookie recipes, including recipes for Amaretti, Anginetti, Pignoli, Sicilian S cookies, and more! If you are a Lincoln Hills resident of Italian heritage, check out our website at www.lhitalianclub.org. Contact: Sandi Graham, membership, at 916-826-5711.

Kiwanis Club

We will be selling See's Candy starting November 10 in both the former Pipeline Coffee shop located across from the Orchard Creek Lodge in Lincoln Hills and downtown Lincoln in what was formerly the Lincoln Gun Exchange, 426 Lincoln Blvd., right next door to Awful Annie's Restaurant. Additionally, the See's for Soldiers program will be in effect. All proceeds benefit the youth of Lincoln and the surrounding area.

All safety requirements

of the Placer County Health Department regarding COVID will be taken. If anyone has questions, please call Mike Caporale at 707-548-1490 or Criste Freymond at 916-343-7643.

Racquetball Group

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

Republican Club

We await the final ruling on Kevin Kiley's October 21 suit against Governor Newsom, Sutter Court - Yuba City, on Newsom's proliferation of executive orders since COVID. Moving on, LHRC continues to host tables gathering signatures on Recall Gavin petitions, registering voters, promoting President Trump and other Republicans. October 12 - Zoom meeting hosted speaker Trevor Loudon – New Zealand Author on US politics. Most recent book; “White House Reds.” Thirty years' research disclosed an inordinate number of people (in positions of power) with allegiance to China! We recommend everyone check out trevorloudon.com. LHRC remains loyal to Trump/Pence Administration 2020. Your Vote Counts!

Shalom Social Group

We heard several interesting and informative presentations

this past month. First, we heard from Lincoln Hills Interim Executive Director Robert Richardson. Then we heard from MacGregor Scott, U.S. Attorney for this area, and his staff. We had contacted his office because we learned that someone had painted a swastika on a resident's garage door, and as a primarily Jewish group, we found that offensive and frightening. Our last program was on the Electoral College, presented by Terry McAteer, a professor in the OLLI program at Sierra College. For more information, please contact Joanne Levy at 508-333-8590.

Shooting Group

We are a friendly group of residents enjoying recreational shooting sports. We meet on Tuesday for Trap and on Thursday for Skeet with weather permitting at a privately owned facility just minutes from Lincoln Hills. We have no dues, but shooters must pay for their ammunition and range fees. For more information about shotgun shooting contact John Kightlinger at 916-408-3928 or johnnpat@sbcglobal.net.

For information regarding rifle or pistol activities that occur at the Lincoln Rifle Club at

150 Lincoln Boulevard, contact Jim Trifilo at 916-434-6341 or trifilom@gmail.com.

Sons In Retirement Branch 13

Sons In Retirement Branch 13 (Lincoln/Roseville) is canceling its activities (except bocce) until further notice. 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 one of our luncheons at Catta Verdera Country Club as a guest in the future, please contact Chet Winton at 916-408-8708.



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Lincoln Hills Farmers Market

Wednesdays, June-November

8:00 AM to Noon, OC Fitness Parking Lot

Our Wednesday Farmers Market continues to deliver local fresh produce to our community. With guidance from the Placer Department of Health, our vendors will conduct business following the required safety standards and procedures on physical distancing, touchless purchase, and facial covering. Customers are encouraged to follow protocols and guidelines at the market. **Customers and vendors are required to wear a face-covering while at the Market.** Come shop around! In addition to fresh vegetables, fruits, and flowers, we have fish, bread, pastry, jam, olive oil, pies, and more! If you are interested in becoming a vendor, please email Shelvie Smith (shelvie.smith@sclhca.com).



New!

2021 Free Calendar Program

Wednesdays at the Farmers Market

Do you have an abundance of 2021 calendars, and you don't know what to do with them? Please drop them off at the Lifestyle Booth at Farmers Market so other residents can use them. Depending on the number of donations we receive, residents may pick up 1 or 2 calendars. Any professionally printed calendars are accepted (wall, desk, pocket, etc.). We will run this program from October 21 until the last day of the Market.



SCLH Book Exchange

Wednesdays at the Farmers Market

Are you missing our library? Participate in the community book exchange every Wednesday at the Farmers Market. It is easy. Just drop off a maximum of two books at the Lifestyle Booth, and you may pick up two books in exchange. Books should be published no earlier than 2010, preferably best sellers and popular publications. No instructional and table books will be accepted. Paperbacks and hard bounds are okay. Exchange is exclusive to residents. Participants must follow all Farmer's Market Safety Guidelines, including required face coverings, 6' distancing, and hand sanitation.



Golf Cart Registration

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



Community Holiday Lights

December 7 to January 1

Get into the holiday spirit! Decorate and light up your home to spark the holiday festivities in our community! Join the fun and participate! Please email Lifestyle@sclhca.com with your name, home address, and Village number on or before December 2. Residents are encouraged to view the splendor of our community all lit up! The list of participating homes by Village will be available for pick up at the OC lodge or download from the Resident Website (sclhresidents.com) starting December 7. We ask participants to have their lights and décors on display from December 7 until January 1.

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Window to Wellness

The Health Education Team has been unable to sponsor live Community Forums on health topics due to COVID-19. Instead, we have engaged a medical professional to provide health education in written form. This month we are pleased to feature a physician from the UC Davis Health Care System.

Staying Positive in Difficult Times

“We have always held to the hope, the belief, the conviction that there is a better life, a better world, beyond the horizon.” - Franklin D Roosevelt



*Nathan Fairman, MD, MPH,
Associate Clinical Professor,
Department of Psychiatry and
Behavioral Sciences at the
UC Davis School of Medicine.*

Has 2020 got you down? It’s hard to imagine a more challenging year. A global pandemic, economic collapse, raging wildfires, social upheaval, and political division – it seems like the list keeps growing. Some days, just one glance at the morning’s headlines is enough to send me back under the covers.

If you’ve been feeling stressed out or worried, sad, or blue – no one would blame you, and you wouldn’t be alone either: a lot of people are struggling to cope with things these days, and symptoms of anxiety and depression have been on the rise.

How can you be resilient in these difficult times? What can you do to maintain mental and emotional wellness? Here are a few tips:

Take care of your body.

- Stay active with daily physical activity.
- Eat well to support your body and brain.
- Get a good night’s sleep.

Take care of your mind.

- Give yourself a “media holiday.” There is such a thing as too much news, so turn off your TV, radio, or smartphone for some part of the day.
- Rely on unbiased, expert health information. (Social Media is NOT a reliable source of information.)

- Nourish your mind by staying mentally active. Reading, playing games, doing puzzles, etc. – all of these things engage your brain and provide a healthy distraction.

Take care of your spirit.

- Stay socially active (but physically distanced). Minimize isolation by investing in the relationships that matter most to you.
- Deepen or develop your spiritual practice in whatever way works for you: meditation, prayer, worship, time in nature, etc.
- Cultivate your sense of gratitude: value what you have every day.

Want to know more? Check out some of the resources below. Here’s hoping for brighter days in 2021!

“Coronavirus: Mental Health and Wellness During the COVID-19 Pandemic”

Peter Yellowlees, MD, UC Davis

https://www.youtube.com/watch?v=FqprqUd56_g

“Mental Health in the COVID-19 Pandemic: How to Cope in a Crisis”

Monica Schoch-Spana, PhD, Johns Hopkins
Bloomberg School of Public Health

<https://www.youtube.com/watch?v=gGVmo6lprx0>

“How to Protect Your Mental Health During the Coronavirus Outbreak”

Lynne S Gotts, PhD, George Washington University

<https://www.nami.org/Blogs/NAMI-Blog/>

March-2020/How-to-Protect-Your-Mental-Health-during-the-Coronavirus-Outbreak

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DECEMBER 3

DUO GADJO - LSE281

ENJOY A REPERTOIRE FROM BAL-MUSETTE TO EDITH PIAF, AND SERGE GAINSBORG, PLUS GREAT AMERICAN SONGBOOK WITH A FRENCH TWIST!



DECEMBER 10

**AARON LEIGH OF VAGABOND BROTHERS
- LSE282**

FROM LAST YEAR'S HAPPY HOUR BY THE POOL, LEIGH IS BACK TO BRING YOU SOME ROCKIN' HOLIDAY CELEBRATION WITH AN ALL ACOUSTIC "VINTAGE ROCK" HITS!



DECEMBER 17

ALBERTSON DUO - LSE283

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Notice:

All dates listed for performances held in the lodge may be subject to change based on State and County Re-opening Guidelines. Correct price and date will be reflected on your enrollment.

—In-Person Holiday Event—

In cooperation with Meridians, we bring you HO!HO!HO-LIDAY HAPPY HOUR at the Meridians Patio! Meridians will provide a mix of yummy charcuterie while you listen to great entertainment. Each table is requested to bring a gift (\$20 or more in value) to exchange with other tables. **The event is from 4:00 to 6:00 PM. \$140 for a party of six/\$100 for a party of four.** Fee includes individually served boxed appetizers. *Drinks are not included but may be ordered separately.* A limited menu will also be available that evening. Register Online (make sure you choose the correct number of people in your party when you register). Due to COVID restrictions, no dancing will be allowed, and everyone must wear a mask until food/drinks are served. Each night presents a different music genre for your entertainment pleasure.

Duo Gadjo

Thursday, December 3

— **LSE281**

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

Duo Gadjo's music is inspired by the sounds of the '20s and '30s when jazz was the thing, and Paris was the place to be. Their style is generally called 'French Cafe', and their repertoire spans from Bal-Musette to Edith Piaf and Serge Gainsbourg, but also includes selections from the Great American songbook. They accompany themselves on guitars and the Melodica, but the real feature is Isabelle Fontaine's sultry vocals. Their version of La Vie En Rose from their album Meet Me In Paris is one of



the most popular streams on Pandora and Spotify in the French Cafe Music category. Be ready to listen to some holiday songs with a French twist.

Aaron Leigh of Vagabond Brothers

Thursday, December 10

— **LSE282**

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

From last year's Happy Hour by the Pool, we bring back Aaron Leigh to rock you out this holiday season! Aaron is an American Rock musician and current bassist for the legendary Hard Rock band Y & T and a solo artist in his own right. Be ready to enjoy Vintage Rock hits!



Albertson Duo

Thursday,
 December 17

— **LSE283**

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

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



—Livestream Presentation—

**The Jewish Experience in American Cinema
 A Presentation
 by Yale Professor
 Marc Lapadula**

Thursday,
 November 19
 1:00 PM - Zoom
 \$14 per Zoom
 device — **LSE279**

Produced shortly after World War II and extremely controversial for their time, films like **Crossfire** and **Gentleman's Agreement** startled audiences by provocatively portraying the plight of Jewish individuals dealing with the complex



challenges of assimilating into mainstream American life. Tackling social issues like anti-semitism from different artistic perspectives, highly capable film directors embedded poignant themes of the Jewish American Experience into movies that general audiences enthusiastically embraced. This presentation will look at classics as well as contemporary films charting this complex range of social and psychological experience. Issues of integration, discrimination, social justice, the plight of the underdog, and the uniquely-hilarious articulation of Jewish Humor will also be explored. Several dramatic and comic clips will be screened from films by Alan Crosland (**The Jazz Singer**), Edward Dymtryk (**Crossfire** and **The Young Lions**), Elia Kazan (**Gentleman's Agreement**) Roman Polanski (**Chinatown** and **The Pianist**), Fred Zinnemann (**Julia**), Sidney Lumet (**The Verdict**), Mel Brooks (**The Producers** and **Blazing Saddles**), Woody Allen (**Annie Hall** and **Hannah and Her Sisters**), Mike Nichols (**The Graduate** and **Birdcage**) to name a few. Online registration only. Zoom information will be sent automatically to your email upon registration.

Five Renaissance Paintings That Influenced the World
A Presentation by
Joseph Luzzi

Monday, November 23
1:00 PM - Zoom
\$14 per Zoom device
— **LSE280**

Paintings like Leonardo Da Vinci's *Mona Lisa*, Michel-angelo's *Sistine Chapel*, and Sandro Botticelli's *Primavera* attract millions of visitors each year. Some of whom become so overwhelmed by their beauty that, in Florence, there have been reported cases of "Stendhal's syndrome," a state of shock brought on by encountering breathtaking Renaissance art. In this brand new presentation, acclaimed author and Italian cultural historian Professor Joseph Luzzi from Bard College will explore five works of art that changed the cultural map forever. He will discuss the fascinating stories of how these works came to be and analyze how their technical breakthroughs continue to dazzle art enthusiasts all over the world and the influence they have on artists' work for centuries.



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Memorable Movie Moments

A Presentation by Yale Professor Marc Lapadula

Thursday, December 10
1:00 PM - Zoom
\$14 per Zoom device
— **LSE284**



This presentation will focus on exciting films that you will want to see if you haven't seen them. But if you have, you'll want to go back and revisit them all over again. Discussion of what a screenwriter does in league with a film director will be illustrated in the close examination of movies like, **Running On Empty, Witness, Rebel Without A Cause, Sorcerer, Booksmart, 3 Billboards Outside Ebbing, Missouri,** and others.

Five Must-Read Books for the New Year

A Presentation by Joseph Luzzi

Monday, December 21
1:00 PM - Zoom
\$14 per Zoom device
— **LSE285**



What books, past and present, should you consider reading this holiday season in preparation for the New Year? Who are the emerging – and established – voices in fiction whose work can help us make sense of our complex society and world as we head into 2021? In this presentation, a *New York Times Book Review* Editors' Choice author and Professor of Comparative

Literature at Bard College, Joseph Luzzi, will guide participants through a marvelous range of groundbreaking writing that is sure to inspire your thoughts and imagination during the upcoming holidays and beyond. Authors will include Italy's magnificent and mysterious Elena Ferrante, legendary Nobel Laureate Toni Morrison, the endlessly innovative Philip Roth, plus some surprises!

—In-Person Comedy/Magic—

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6:00 PM Show — **LSE229**
8:00 PM Show — **LSE230**

Due to continued restrictions brought about by the pandemic, this show has been canceled. Ticket holders have been refunded.

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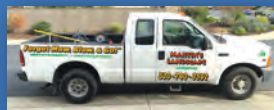
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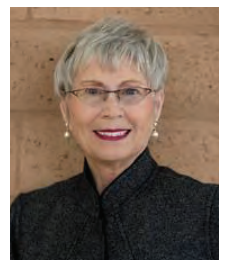
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Katrina Ferland

Lifestyle Trips Coordinator
Katrina.Ferland@sclhca.com



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

Notice:

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

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

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

Watch out for it on eNews!

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"My experience with Carolán Properties was incredibly positive. When I first met with Penny she was focused and professional and she laid out all of the steps that needed to happen next. There was never any pressure to do something, all of the decisions were up to me but her experience and knowledge helped me make my way. Every item that needed to happen on the house was itemized, figured out and fixed as needed. All of this work was done in a quick and professional way. I didn't have time to oversee the work or fret over the details so I left this to Penny because I knew she would get it done right. I would (and will) recommend working with Penny and Carolán Properties to anyone in Lincoln who is in the market. When I initially thought about selling my parents house it seemed like a daunting and difficult task. This was not the case, Penny was a pleasure to work with. Thanks so much Penny!" - Jeff Mazzeo, Homewood Lane

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



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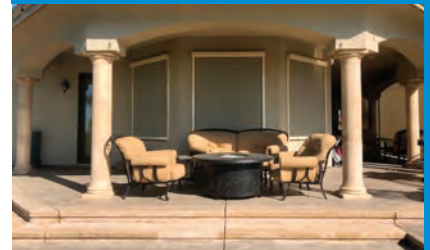
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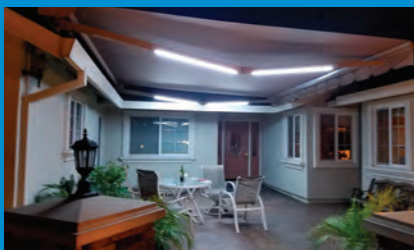
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Below are a list of classes that are offered. Please see the page number to learn more about the class.

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



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

Livestream Classes

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

Online registration preferred.

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

—Krafting with Karla and Lavina—



“Happy Holidays” Round Door Sign

Tuesday, November 17
10:00 AM - Zoom
\$20 includes supplies -
Registration Closed

This cute holiday sign will definitely add a pop to your front door, wishing your friends, family and

neighbors Happy Holidays. All supplies will be provided. Students required to personally provide: a hot glue gun, scissors, pencil, and ruler. Pick up supplies (curbside) from Orchard Creek Lodge front entrance Monday, November 16, at 2:00 PM.



Holiday “Joy” Arrangement

Tuesday,
December 15
10:00 AM – Zoom
\$22 – includes supplies
— **LSC3103**

Get your table all gussied up for the holiday with a festive arrangement incorporating winter spruces, berries, pinecones, and orna-

ments to help brighten the holiday spirit. To top off the arrangement, we will be adding a “Joy” vinyl decal to the front of the metallic vase. *May your holiday season be filled with Joy!*

—Movies—



Christmas Movies - Christmas Vacation, A Christmas Carol, A Christmas Story & It's a Wonderful Life

Wednesdays,
November 18-December 9
1:00 to 4:00 PM – Zoom
\$40 (four sessions) — **LSC2709**

Let's get into the holiday spirit with four of our most beloved classic Christmas stories. Together we will journey to discover *Christmas Vacation* (November 18) when a modern American family tries to cope with a traditional family holiday celebration in the hilarious Chevy Chase 1989 movie. *A Christmas Carol* (November 25) will look at Dickens' own book and watch scenes from five different movies in class to tell this great story. Based on the student's request, we will cover *A Christmas Story* (December 2) and look at the backstory of Ralphie and his desire for the Red Ryder BB rifle. Discover the warmth, the heart, and time before television in Jean Shepherd's favorite Christmas tale. And last, *It's a Wonderful Life* (December 9), learn the story behind the making of Frank Capra's classic starring Jimmy Stewart and Donna Reed... “what could have been” had our hero not been born. Find out how this wonderful movie came to be. Movies in its entirety will be shown in class. Instructor: **Ray Ashton**.

In-Person Class

—Line Dance—

Students are required to sign a COVID-19 Waiver, wear a face covering when 6' physical distancing is not possible, stay home if sick and follow all other safety protocols. Online registration only.



Line Dance Level I – Absolute Beginner (Intro)

Mondays, December 7-28
9:00 to 10:00 AM, KS
\$28 — **LSC2300**

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. Instructor: *Yvonne Krause*.

Line Dance Level 2 – Beginner

Thursdays, December 10-17

9:00 to 10:00 AM, KS

\$14 — **LSC3104**

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. Instructor: *Yvonne Krause*.



Line Dance Level 3 – High Beginner/Improver

Wednesdays, December 2-16

9:00 to 10:00 AM, KS

\$21 — **LSC3105**

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. Instructor: *Sandy Gard* o.



Country Line Dance

Fridays, December 4-18

9:00 to 10:00 AM, KS

\$21 — **LSC3106**

This class is a mixture of beginner, high beginner, and intermediate dances. It features the popular “old” line dances and some new popular dances that are done at country dances

around the area. Instructors: *Jim & Jeannie Keener*

—Art—



Mixed Media

Thursday, December 3

9:00 to Noon, OC

\$25 — **LSC2515**

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. Instructor: *Kerry Dahlin*.

Notice:

The following indoor classes will resume in 2021.

Mixed Media Art Journaling

Oil and Acrylic Painting: Intermediate/Advanced

Pastel and Watercolor: Intermediate to Advanced

Ceramics – All Levels from Jim Alvis

Ceramics – All Levels from Taylor Jackson

Card Making – All Levels

Clogging – All Levels

Country Couples Western Dance – All Levels

Hula

Jazz Beginner & Performance

Line Dance – All Levels from All Instructors

Line Dancing 4 Fun

Country Line Dancing

Tap Classes with Alyson

Stained Glass

Guitar – All Levels

Folk Guitar for Fun Folks – All Levels

Intro to Swing Guitar – Intermediate Level

Ukulele – All Levels

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Here are some fun things to do

DECEMBER 2020

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

		1	2	3 DO SEVEN SQUATS WHILE HANGING ORNAMENTS	4	5
6	7 TRY A NEW SCLH TRAIL	8 PLAN A "ZOOM" HOLIDAY PARTY	9 TAKE A PUNCH PASS CLASS	10 10% OFF RETAIL AT LIFESTYLE RETAIL TODAY!	11	12 DRINK 4 LITERS OF WATER TODAY!
13	14 STRETCH YOUR STRESS AWAY	15 DO 50 JUMPING JACKS WITH YOUR JINGLE BELLS ON	16 BUY YOUR DOG A CHRISTMAS GIFT	17 SIGN UP FOR A SMALL GROUP TRAINING	18 LAST MINUTE SHOPPING AT LIFESTYLE RETAIL	19 WEAR YOUR REINDEER EARS AND SMILE AT A STRANGER
20 BRING YOUR NEIGHBOR CHRISTMAS COOKIES	21 SING "FELIZ NAVIDAD" WHILE YOU WRAP GIFTS	22 BALANCE ON ONE FOOT WITH YOUR EGG NOG	23 SLEEP LIKE A BABY	24 PUT OUT LOW CARB SNACKS FOR SANTA	25 LOOK AT VILLAGE CHRISTMAS LIGHTS	26 WRITE A THANK YOU NOTE
27	28 THROW OUT THE FRUITCAKE	29 TAKE A PUNCH PASS CLASS	30 PLAN YOUR NEW YEAR RESOLUTIONS (more fitness!)	31 WATCH THE BALL DROP ON TV, BE HAPPY YOU'RE HOME		

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
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Healthy Holidays from the Fit Five - Deborah, Jonathan, Danielle, Cindy & Rex
and our

Merry Monitors - Marta, Mike G., Mike B., Phil, Natalie, Jerry, Tom, Paul, Debra, Susan,
Debbie C., Mary Sue, Steve and Donna!

Danielle Merrill
Wellfit Program Manager
Danielle.Merrill@sclhca.com



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WellFit Orientations

Updated! Free Orientation: WellFit Staff

New to SCLH Fitness Centers? Our free Orientation teaches you how the Fitness Centers work and how to use a select number of pieces of equipment safely and properly! Orientations are designed to educate you on all the WellFit Department has to offer and to get you started on your fitness journey. Group Orientations are temporarily unavailable at this time due to COVID-19. If you are new to the gym and have questions regarding the Fitness Centers or equipment, please email rex.owens@sclhca.com, and he can assist with scheduling you a walk-through of either location.

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



Bowenwork Services

Have aches and pains? Talk with Rebecca and learn how Bowenwork can relieve those aches and pains. The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. Bowenwork addresses core issues, not just symptoms.

It can help with chronic conditions from asthma to bunions, as well as acute injuries like sciatica, knee problems, and more. It is safe and gentle enough

for those with compromised health. Rebecca Kang is a Certified Bowen Practitioner. For your free Bowenwork Assessment, please contact **Rebecca Kang** at rebecca.kang@sclhca.com or 916-625-4034.

Disease Prevention & Management Session-Based Classes

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

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

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

Arthritis

Location & Time: TBD

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

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

Lessons

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



**New-Beginners
Pickleball Lessons**
Sunday, November 29-
January 3
9:00 to 9:50 AM
Location Pickleball
courts 5 & 6
\$90.00 (6 sessions)

If you have never played Pickleball before, this is designed especially for you! The instructor has a master's in physical education and is an avid pickleball player since



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2002. The course will cover basic rules, terminology, primary skills, coordination focus on serve and service return, Volley, dinks forehand and backhand, and more. We recommend starting here with our three-part course. Must wear a mask and follow COVID rules. No loitering in the area. Please wait in your car before class is to start for your safety. Bring your own ball and paddle. Instructor: **Barry Cunningham**.

New-Advanced Beginners Pickleball Lessons

Sunday, November 29-December 13

10:00 to 10:50 AM

Location Pickleball courts 5 & 6

\$45.00 (3 sessions)

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

New-Intermediate Pickleball Lessons

Sunday, November 29-December 13

11:00 to 11:50 AM

Location Pickleball courts 5 & 6

\$45.00 (3 sessions)

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

Intro to Pickleball

Wednesdays

11:00 AM to 1:00 PM

Free

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



Nordic Pole Walking

Location & Time: TBD

By adding Nordic Poles to your walking routine, you will be able to incorporate 90% of your muscles in one exercise; burn up to 46% more calories than walking without poles; reduce impact on hips, knees, and feet by an average of 25%;

and develop upright body posture resulting in less risk of falling. Please bring water as there will be walking outdoors (weather permitting). Walking poles are available for each class at no charge, with the option to purchase at the final session. Instructor: **Dr. Richard Del Balso**.

Mindful Movement

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



Tai Chi Qigong L1

Tuesdays, TBD

Location & Time: TBD

Tai Chi is a century-old practice that focuses on soft and gentle movements known as postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi offers harmony of the mind and body as it relieves stress and induces relaxation.

Through cultivation and flow of the body's life force known as "Chi," this form of exercise has been known to improve a variety of ailments. People of all fitness levels will benefit from this complimentary health system. Instructor: **Peli Fong**.

Tai Chi Qigong L2

Tuesdays, TBD

Location & Time: TBD

This class is for Tai Chi and Qi-gong students who wish to bring higher awareness and understanding of their lifelong practice of complementary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short forms. In addition, you will learn



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the Qigong sets of movements. Qigong paired with stillness and moving meditation will improve body mechanics, muscle memory, and tone while increasing the understanding of these century-old art forms of health, mindfulness, and wellbeing. Instructor: *Peli Fong*.

Personal Improvement

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



Traditional Shotokan Karate
Sundays,
December 6-27
10:00 to 11:00 AM
Location: KS
Aerobics Room
\$20 (4 sessions)

The instructor is a member of the International San Ten Karate Association and has over 45 years' experience teaching the JKA Shotokan style of traditional karate, one of the most widely practiced martial arts. This training has its feet firmly rooted in the traditions and skills of Japan's ancient martial arts while embracing the technical refinement made possible by the awareness of modern scientific knowledge. For more information about the International San Ten Karate Association, please visit www.santenkarate.com. Instructor: *Al Trimarchi*.

Money Matters

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



How to Play Sudoku
Tuesday, December 8
10:00 AM
\$5 Zoom

Sudoku has become one of the most popular puzzles

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

The Return of Inflation

Tuesday, December 8
\$5 Zoom

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

Inflation expectations collapsed as the Great COVID-19 Recession (GCR) began, and the demand for goods and services tumbled, but the recession should give way to a new cycle, one in which inflation will likely return. This presentation discusses the historic drivers and the current pressures underlying the potential pickup in inflation. Instructor: *Abbott Group*.

Pilates Reformers and Towers

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

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

Membership packages require an agreement for auto-pay upon enrollment. Members select their monthly classes via the online scheduling system; these packages are not available online. See class grid on page 81 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



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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 Danielle Merrill at Danielle.Merrill@sclhca.com.

- **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.

Rex Owens
Fitness Supervisor
Rex.Owens@sclhca.com



Personal and Clinical Training

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

Training Services

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$54, half-hour session \$34.
- **Clinical Training:**
One client and one trainer. One hour session cost is \$60, half-hour session \$40.
- **Buddy Training:**
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- **Assessment:**
Meet and greet trainer, talk about and establish goals. Trainer assesses ability level. One hour session \$30.

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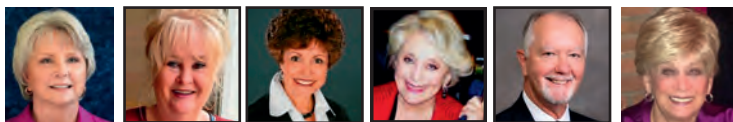
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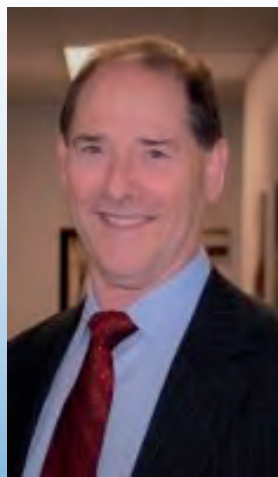
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Small Group Training (SGT)

Small group training classes are designed for specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting. Classes fill up quickly; please register at least seven days prior to the class start date, no refunds. *Date events go on sale is the 17 of each month. Register at Orchard Creek, Kilaga Springs Fitness Desks or online.*

Are you a current SGT participant, but need some extra workouts; or does your schedule require a little flexibility with your SGT classes? Try our SGT Drop-in Pass. \$25 per drop-in, and you can take as many days as you would like of the eligible SGT classes if space is available. 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.

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



SGT—"Fun"ctional Fitness L3

Tuesdays & Thursdays,
December 1-31
11:15 AM to 12:15 PM,
Aerobics Room (KS)
\$135 (eight sessions; no
class December 22-24)

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



SGT—Progressive Bootcamp L2/3

Tuesdays & Thursdays,
December 1-29
10:00 to 11:00 AM,
Aerobics Room (KS)
\$135 (eight sessions;
no class December 24)

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

SGT—TRX Circuit L2

Tuesdays & Thursdays, December 1-29
12:30 to 1:30 PM, Aerobics Room (KS)
\$135 (eight sessions; no class December 24)

TRX Circuit is a great way to shed a few of those quarantine pounds while gaining strength, flexibility, balance, and a stronger core. TRX suspension training straps makes gravity your resistance, so adjusting the level of difficulty is as easy as moving your hands or feet, and progression is limitless. This class is available for the SGT Drop-in Pass if space is available. Instructor: *Torin Garza*.

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SGT—Posture, Core and Balance L1/2

Mondays & Wednesdays,
November 30-December 23
12:30 to 1:30 PM
Aerobics Room (KS)
\$135 (eight sessions)

Balance your body with exercises for proper postural alignment and a strong core.

This class is formatted to

accommodate a wide range of fitness levels and also includes the right stretches to allow for improved posture, which can take the pressure off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility. Instructor: **Renae Schmidt**.

SGT—Balance & Fall Prevention L1

Mondays & Wednesdays, November 30-December 23
1:45 to 2:45 PM, Aerobics Room (KS)
\$135 (eight sessions)

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

SGT—Therapeutic Water Exercise L1

Fridays, December 4-18
\$55 (three sessions)
10:00 to 11:00 AM, Indoor Pool (OC)

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



SGT—Rock Steady Boxing

Thursdays,
December 3-17
1:45 to 2:45 PM
Aerobics Room (KS)
\$55 (three sessions)

Rock Steady Boxing (RSB) is a non-contact fitness program designed specifically for people with

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

SGT—Rock Steady Boxing

Fridays, December 4-18
1:45 to 2:45 PM, Aerobics Room (KS)
\$55 (three sessions)

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



SGT—ParkinsonStrong Combo

Thursdays, December 3-17
3:00 to 4:00 PM, Aerobics Room (KS)
\$55 (three sessions)

Interested in the Parkinson's Cycle class, but don't think you could do an entire hour of cycling? Try this class to change it

up. Milly will combine content from Parkinson's Indoor Cycling and ParkinsonStrong classes to create a class that helps improve the quality of life through meaningful exercise. Instructor: **Milly Nuñez**.

Live Stream Class Passes

Tuesday and Thursday classes available, please see WellFit class Grid. You will need to use the Mindbody app on your phone or access from your computer. You will need to set up your account, search on SCLH schedule for the class you want to take on the app and then book your class. You will receive a confirmation and your live stream link 30 minutes prior to class. You must book your class no later than 4:00 PM the day before, if we

do not have sign-ups for class, we may cancel and notify you. For more information, email danielle.merrill@sclhca.com. Instructor: *varies*.

Punch Pass and Fast Class

Fast Pass Classes are \$2.50 and can only be used on our 30 minute classes. Please see the colored grids on pages 78-81 for days and times. We also offer 55 minute 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, and all passes expire one year after purchase. For a list of class descriptions, please refer to www.sclhresidents.com under WellFit tab. *Note: Due to Covid limitations there are no Fast Pass Classes at this time. We will be extending current punch pass expiration dates; more details coming soon.*

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OC WellFit Class Schedule November/December 2020						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OC	OC	OC	OC	OC	OC	OC
Livestream Classes - Join through MindBody						
9:00am						
	Zumba Gold L2 - <i>Ruby/Sharon</i>		Zumba Gold L2 - <i>Ruby/Sharon</i>			
Group Exercise Classes (punch pass) \$4.50				Wellness Classes (session based)		
30 min Group Exercise Classes (Fast Pass) \$2.50				Small Group Training (session based)		
Due to the COVID-19 pandemic classes are subject to change at any time. Please check your Fitness Centers for the most up to date class schedule.						

KS WellFit Class Schedule November/December 2020							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
KS	KS	KS	KS	KS	KS	KS	
8:45	Cycle & Floor Strength Stretch L2- Gretchen	Core-N-Strength L2/3 - Kim	Cycle & Floor Strength Stretch L2- Helena	Core-N-Strength L2/3 - Kim	Zumba Toning L2 - Ruby	Strictly Strength L2 - Helena	
10:00	Cardio Strength L3- Gretchen	SGT - Progressive Bootcamp L2/3 - Torin	Yoga Basics & Flow L2/3 - Helena	SGT - Progressive Bootcamp L2/3 - Torin	Strength & Athletic Stretch L2 - Beth	Yoga Basics L1/2 - Helena	Traditional Shotokan Karate L1/2 - Al
11:15		SGT - Functional Fit L3 - Deanne		SGT - Functional Fit L3 - Deanne			
12:30	SGT - Posture, Core & Balance L1/2 - Renae	SGT - TRX Circuit L2 - Torin	SGT - Posture, Core & Balance L1/2 - Renae	SGT - TRX Circuit L2 - Torin			
1:45	SGT - Balance & Fall Prevention L1 - Renae		SGT - Balance & Fall Prevention L1 - Renae	SGT - Rock Steady Boxing - Milly	SGT - Rock Steady Boxing - Milly		
2:30				SGT - ParkinsonStrong Combo L1 - Milly			
4:00							
5:15							
Group Exercise Classes (punch pass) \$4.50				Wellness Classes (session based, sign-up ahead)			
30 min Group Exercise Class (fast Pass) \$2.50				Small Group Training (session based, sign-up ahead)			
Due to the COVID-19 pandemic classes are subject to change at any time. Please check your Fitness Centers for the most up to date class schedule.							

OC Aqua WellFit Class Schedule November/December 2020

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

Future Classes!

Pilates Reformer WellFit Class Schedule November/December 2020

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

Coming soon to a new room!

Stay tuned for more details to come soon or contact

Deborah.McIlvain@sclhca.com

All classes are subject to change without notice.
All classes are one hour unless otherwise noted.

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

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

HOURS

HOURS SUBJECT TO CHANGE DUE TO COVID-19 RESTRICTIONS

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

ADMINISTRATION

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Spa Manager
Trudy Smith.....916-408-4071 Trudy.Smith@sclhca.com

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Kathy Shaddox DirectorKathy.Shaddox@sclhca.com

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Lifestyle Class Coordinator
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Shelvie Smith.....916-625-4021 Shelvie.Smith@sclhca.com
Trip Coordinator
Katrina Ferland916-625-4002 Katrina.Ferland@sclhca.com

WELLFIT

WellFit Desks
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Assistant Director of WellFit & Spa
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Fitness Coordinator
Danielle Merrill916-625-4032 Danielle.Merrill@sclhca.com

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To-Go Orders & Info: 916-408-1682

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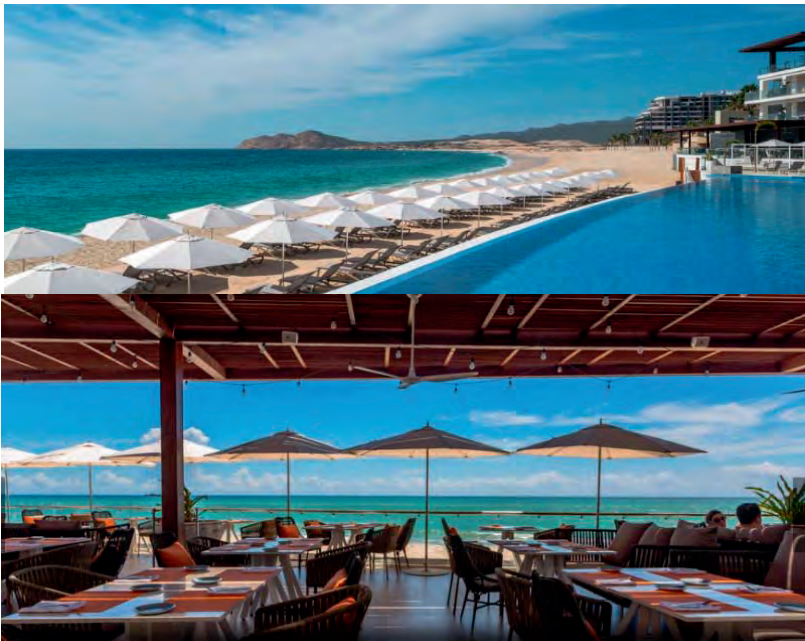
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