

OCTOBER 2020

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



17 The Lincoln Hills Ghost

19 Hauntingly Beautiful Cemeteries

The Official Magazine of Sun City Lincoln Hills

Calendar of Events

October 16 - November 10

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

Date	Event	Page #
10/16	Jeff Applebaum.....	52
10/19	Document Destruction.....	50
10/20	Metal Sign	58
10/22	Great Comic Moments	53
10/23	Keith Calmes	52
10/26	Renaissance Changed the World.....	53
11/3	Wood Box.....	58
11/3	Sudoku	67
11/6	Broadway to Hollywood	52
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11/10	Mads Tolling.....	52

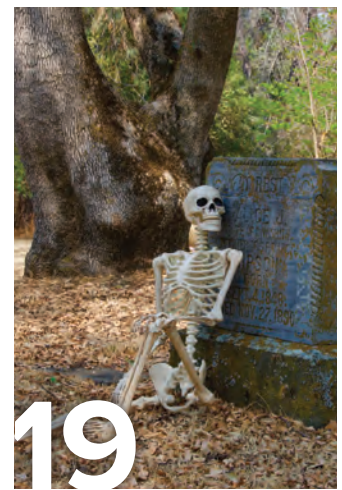
Upcoming Association Meetings: October 15 – November 30	
ARC/Architectural Review Committee Meeting	Monday, October 12, 9:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, October 13 10:00 AM
Finance Committee Meeting	Thursday, October 15, 9:00 AM
Listening Post	Wednesday, October 21, 9:30 AM
Board of Directors Meeting	Thursday, October 22, 9:00 AM
Board of Directors Executive Session	Thursday, October 22, 11:30 AM
ARC/Architectural Review Committee Meeting	Monday, October 26, 9:00 AM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, November 3, 9:30 AM
Compliance Committee Meeting	Wednesday, November 4, 9:00 AM
Properties Committee Meeting	Thursday, November 5, 9:00 AM
Elections Committee Meeting	Friday, November 6, 10:00 AM
ARC/Architectural Review Committee Meeting	Monday, November 9, 9:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, November 10, 10:00 AM
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
Listening Post	Wednesday, November 25, 9:30 AM
<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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On the Cover
One Halloween Evening
at Lincoln Cemetery
Photo by David Wright



Board of Directors' Report

Laura Thiele, Treasurer

These are unusual times. The pandemic has impacted our ability to gather, and the wildfires have made it hard to breathe. And yet we are getting through this. When allowed, we will return to the lifestyle we previously enjoyed and just might appreciate it a little more than before.

DUES

I am writing this article after the September Finance Committee meeting, where the budget was presented and recommended for Board approval. This budget does not increase the dues for 2021. If the Board approves, our dues will remain \$133.00 per month, per house, as they are this year. This article has been written based on the expectation that the Board approves the dues recommendation.

In 2017, dues were \$118.00 per month per house. This means that the dues have increased \$15.00 in four years, about 3% per year. Where did the money go? Most went to reserves, \$8.68, or 58%. When I joined the Finance Committee in 2017, several committee members were working with our staff on the reserve study. Items had been left out of the report, and the lives/replacement costs needed updating. This work still continues with the Properties Committee joining the effort.

The next major impact has been the minimum wage increase required by law.

Reserves	\$ 8.68
Minimum wage	5.36
All other, net	<u>.96</u>
Increase in dues	<u>\$15.00</u>

BUDGET

These unusual times create a difficult budget challenge. How do we budget without knowing if classes, trips, and concerts will be allowed or banned; if the spa and gyms will be open or closed? The approach we took is conservative, assuming a portion of the year will be under each of three levels of restrictions. The good news is we now know how to operate under each of these levels.

You may wonder how we have the same dues in 2021 with greatly reduced expected revenue

and inflationary pressures, including a \$1/hour minimum wage increase required by the state. Here are the major factors:

- The majority of our employees remain furloughed. Our staff brings back employees as restrictions are eased, which is accompanied by increased revenue. This has the biggest impact on our ability to control our costs.

- In 2015, we erected the solar array in the Orchard Creek Lodge parking lot. This immediately reduced our PG&E bills. However, we charged ourselves a fee (amortization expense) equal to the expected savings as a way to return money to our bank account. This year we plan to buy-out the solar lease, as envisioned in 2015. This ends the amortization — we will stop charging ourselves a fee. The impact for the 2021 proposed dues is \$2.70 per month, per house.

- As mentioned, the Finance and Properties Committees and our staff have been working to improve our Reserve Study. One strange situation remained – mulch put along certain streets was considered part of the Reserves and mulch put along other streets was considered part of Operations. This appears to have been a compromise occurring a decade ago or more. We decided to include all mulch in reserves. This saves the operating fund about \$2.27 per month, per house.

- In 2019, our revenues exceeded expenses by 54 cents, per month, per house.

So by controlling expenses and benefiting \$5.51 per month per house from the solar, mulch, and carryforward, we are able to keep our dues flat.

Our Operating Fund, Reserve Fund, and Community Enhancement Fund are all in good shape. Our community remains beautiful, and our dues remain low. I am thankful for the large number of volunteers who have worked with our amazing staff to keep this place truly special. This includes all of our committee members and others. I am also thankful to Bob Richardson for taking the Executive Director's position on an interim basis to help us through these challenging times.

Have a terrific month, and stay safe!



From the Executive Director's Desk

Robert Richardson, Interim Executive Director, SCLH Community Association

Greetings to the residents of Lincoln Hills. First, may I express my sincerest thanks to everyone who has warmly welcomed me into the community.

As expected, these first few weeks have presented many challenges. Well, let's be honest, 2020 has presented many challenges. However, many of you have made my transition as Interim Executive Director easier by merely reaching out to offer assistance and advice. I look forward to getting acquainted with all of you as we work together to continue the tradition of excellence here in Lincoln Hills.

Although my role today is "Interim Executive Director," I do not approach this opportunity as temporary. In fact, I'm embracing the challenges that a shorter period of time offers. Much can be done in short order, especially with a Board, Committee Members, and staff so committed to enhancing your quality of life. With your continued support, my sleeves are rolled up as we work towards achieving your goals for Lincoln Hills.

Of course, my background is a bit different from many in this position. I began my professional career working for Norwegian Cruise Lines first as a dive instructor, then working my way up to an

entertainment department head, mostly on the SS Norway, the largest cruise ship in the world at the time. After coming back to shore, I began my career in government service, which included 20 years of managing cities. There, my job was to create great places, great places to raise a family, run a business, and live your life.

My career has been filled working with groups of people to find a common balance to move forward with. So, in Lincoln Hills parlance, *how do we strike that perfect balance between quality services, amenities, and programming while keeping fees to a minimum?* As a City Manager, I never once asked for a tax increase. I always found it amazing that just by bringing good people together, we could often find new and innovative approaches to old problems – old problems that traditionally only got money thrown at them. It is my hope that I can enter into robust discussions with our membership as to what you want and what is important to continue the enhancement of your quality of life.

Lincoln Hills is a beautiful place with a very special lifestyle. It will be my honor to work with this Board, Committees, and talented staff over the next few months to help enhance your experience.





Finance Committee

COVID-19 and Fixed Income Performance

Stuart Gallant

Thanks to stable resident contributions via our dues, and an excellent Portfolio Advisor at UBS, SCLHCA has a solid, stable, and well-managed Reserve Fund. This fixed-income fund is used only to replace and/or repair facilities, e.g., roofing on the lodges, HVAC, fencing, etc. and related equipment, including fitness centers and maintenance items.

It is important to note that of our nearly \$9.5M Portfolio, 57% or about \$5.4M is invested in a bank or related institutional CDs, and the balance in high quality (AAA/AA or A rated) corporate, US Agency and municipal bonds. The maturity dates of these various securities are selected to meet our cash flow needs as dictated by our annual Reserve Study and newly implemented Reserve Expenditure Procedures. By carefully selecting maturity dates and matching them to our cash flow needs, we can usually hold them to their full maturity, which assures us that no principal is lost upon their redemption.

It is reasonable to ask, “so how has COVID-19 affected the performance of this portfolio, meaning the prices and market interest rate of the securities held”? Actually, despite the significant stock and early municipal bond market plunge when COVID-19 first hit, bond prices have

stabilized and done well recently. We’ve seen an over 5% increase in our portfolio value during 2020.

Of course, the natural question is, “why have bonds rebounded”? The answer is comprised of several pieces. First, in every recession when the stock market slides, many prefer to “get out” and take cash and either put it in the proverbial “bank” or something considered almost as safe – which are high-rated bonds. As demand for bonds increases, the prices, in general, will rise, since dollars are “chasing” a limited supply, making that supply more valuable to the purchasers. The counter effect is that bond yields (interest rates) will fall, i.e., prices vary inversely to yields in the bond market.

In this particular environment, government stimulus policies have also put upward pressure on prices, since Federal government bonds are being issued at nearly zero interest rates. Again, as interest rates drop, prices increase. In addition, Federal stimulus dollars, including the CARES Act, provided a backstop to municipal bond issuers, further bolstering their safety in the eyes of purchasers – and people and institutions do pay more for “safety.”

In a nutshell, our well-managed Fixed Income portfolio has “weathered COVID-19” well!



Update on Reserves

Hans Fokkema

During their August meeting, the Board approved the 2020 Reserve Study. The study includes 1228 individual reserve components with a combined replacement cost of \$25,500,184 with a weighted average useful life of 16.6 years. During the 30 years of the study, the coverage percentage ranges from 59.5% to 75.0%, which is within the range we are aiming for.

Developing the study always involves a certain amount of guesswork. We never know for sure what a component’s true useful life is, and the actual replacement cost often turns out to be different than the original best estimate. In reality, the reserve study is a series of assumptions about future events, not one of which is likely to be exactly accurate, and its true purpose is to provide approximately the right amount of money for future replacements at approximately the right time.

In developing the study this year, several important adjustments had to be made. The useful life of our street lights has turned out to be shorter than originally anticipated, and the study has been adjusted to assure that the lights on the main streets will all be

replaced in 2020, and the lights in the village streets will all be replaced within a six-year period. We also discovered that after our pools were converted to saltwater they needed not be resurfaced more frequently than would otherwise have been required.

The most significant change, however, is that mulch (or bark) has been moved from the operating budget to the reserves. While some mulch replacement takes place every year, once it has been replaced in a particular area, that same area does not need to be done again for 4 or 5 years. That makes mulch replacement a legitimate reserve component that does not need to be covered in the annual operating budget. The result of this transfer is that the component of monthly homeowner dues needed to cover operation expenses will be between \$2.25 and \$2.50 lower than would otherwise be the case, but the homeowner contribution to the reserves will have to be approximately \$2.00 higher.

Our reserves are in good shape and the current balance of our reserve fund is sufficient to cover the next several years projected reserve expenditures. The work preparing for the 2021 study has already started. More on that in January. If you have questions, please do not hesitate to ask.



Architectural Review Committee Applications

Carole Dummett, Chair

Community Standards is currently experiencing many incomplete applications, which cannot be processed or placed on the ARC Agenda.

The most critical oversight is not signing the application and/or corresponding checklists.

Page two of the application lists all additional information required to approve the project. Community Standards will notify the applicant of missing documents and/or signatures but must receive a reply before proceeding with the application. The only exception is the Plot Plan, which they have the ability to look-up and attach to the application.

We understand the need for you to gain approval for the project in a timely manner but must have your cooperation to proceed on our end.

The applicant is normally contacted with email or a phone call. Check your emails, including SPAM on a daily basis; identifying names will be Jessie.krost@sclhca.com or sam.mckee@sclhca.com.

The ARC is unable to make a proper determination

of your proposed project without all the requested documents, so this is important to all parties. QUESTIONS? We can also be reached at arc@sclhca.com.

The BOD approved lava rock in all rear yards on August 27, 2020, with color, size, percentages, and yard locations. Please refer to Revised Design Guideline 6.20.3. Approved 8/27/2020.

Handrails along driveways also received final BOD approval with the ability to go directly to ARC for approval without a doctor's prescription or \$200 fee. Design Guideline 39.1

In closing, we still have a few openings for new committee members. We strive to uphold property values and visual harmony in a fair and unbiased manner while complying with all governing regulations, including the City of Lincoln, both challenging and rewarding.

Thank you for your cooperation, especially during these difficult times.

You're the best!!

Communications & Community Relations Committee Changes, COVID Impact, and Ongoing Work

Denise Bowden, Interim Chair

There have been several major changes to the CCRC recently. Kent Noard has resigned as the chair of the committee, and committee member Klara Kleman has tendered her resignation as well. During Kent's tenure, he grew both the committee membership as well as its offerings and sadly is departing prior to several activities coming to fruition. Kent will be missed, but his influence will remain. We are equally sorry to see Klara Kleman leave. Klara had recently rejoined the committee after her mandatory year off. She has served the committee well over the years, and she will be missed. We are sad about these departures, but with change comes opportunity. Though valued members are departing, we are fortunate to have several applicants that will bring new ideas and also increase our committee member total to eight.

The COVID-19 shutdown is still having a major impact on our team and its work. The last two Community Forums of the season were held in September with no more on the horizon until such time as our lodges are again made available, at which time we will add live audiences per the social distancing

rules in effect. Just because there are no forums at this time doesn't mean we don't love receiving ideas for topics, so please keep sending in suggestions so we can be ready to create the 2021 schedule.

The New Resident Orientation and Community Ambassador programs have taken the biggest hit this year, and neither program has been able to operate since the March shutdown, but once open again, we look forward to getting the new residents back in the ballroom in some fashion to introduce them to this great community and all it has to offer.

Thankfully we are able to continue with a couple of our programs. There is a team looking at the website and FAQs for refresh and ease of use. We also have the Community Outreach team working on a proposal for obtaining resident feedback through a survey process. It may seem simple, but there are numerous considerations to a good survey, and the team has undertaken the task of determining options for what will work well here as a process and also the all-important close-the-loop reporting back to the community.

It is great work! Submit an application and join us.



Compliance Committee / Community Standards

Holidays Are On the Way...

David Mateer, Chair

Well, this has been quite a year so far. The last three months of the year are full of holidays. I hope our community can also enjoy some of the holiday spirit. Yes, there are a lot of decorations that patiently wait in storage for this time all year. Their time will soon be here to come out and bring joy to everyone.

Everyone has a favorite holiday. There are lots of them spread throughout the year. But toward the last three months, they seem to come one right after the next. Halloween will be upon us in just a few weeks, followed by Thanksgiving. December has several holidays for the choosing.



For holidays throughout the year, decorations are allowed starting two weeks before the holiday and should be removed within two weeks after the holiday. The Design Guidelines also provide for a Winter Holiday Season that even provides some additional time. The Winter Holiday Season (for November and December holidays) starts November 15 and ends on January 15.

Even while most of us are home, the holidays and their associated decorations can provide some time for fun, thanks, and reflection. If you decide to decorate, know that you will bring smiles and enjoyments to your friends and neighbors throughout the community. We really have so much to be thankful for here in Lincoln Hills, be it friends, family, or community in general. So, let's enjoy these times and look forward to more fun for 2021.

Opportunity calls. We have an opportunity for two individuals to join the Compliance Committee. This is an excellent chance to give back to the community and keep Lincoln Hills a fantastic place to live. Of course, we provide appropriate training and are flexible for your schedule. Applications are available on the community website.

SUN CITY LINCOLN HILLS
HOLIDAY EXPO
 Get a head start on your holiday shopping at our annual Holiday Shopping Expo!

Check everyone off your holiday gift list at this one-stop shopping extravaganza! Shop over 50 vendors of Art, Decor, Jewelry, Beauty, Accessories, Kids/Baby items, Treats, Crafts, and much more!
Door Prize Raffles every two hours!

NEW DATE!
SUNDAY
OCTOBER 25
 10:00 AM—4:00 PM
 ORCHARD CREEK LODGE

RESCHEDULED DATE
TUESDAY, NOVEMBER 10
 7:00 PM | CODE: LSE272
 \$12 PER DEVICE

MADS TOLLING VIOLIN VIRTUOSO

Two-time Grammy winner and internationally renowned violinist and composer Mads Tolling returns. From Gypsy jazz to rock n' roll, from tango to fiddle music, audience will be tapping and clapping as well as moved and mesmerized with his solo show.

Download Zoom App
www.zoom.us

Zoom information is sent automatically upon registration. REGISTER ONLINE: SCLHRESIDENTS.COM

Election News

Elections Are On For New Board of Directors



- The filing period closed on October 14. The names of candidates for the Board of Directors are posted on the website sclhresidents.com. They are also announced on eNews.
- Candidates are required to submit a Candidate Ballot Statement via email attachment to the Executive Assistant at christy.goodlove@sclhca.com no later than 4:00 PM, November 6.
- Members of the community not running for the Board may also submit a Member Issue Statement pertaining to Association issues of no more than 220 words to the Executive Assistant at christy.goodlove@sclhca.com by 4:00 PM, November 6.
- The Member Issue Statement form is posted on the Elections Committee tab of the website. It may also be obtained by contacting the Executive Assistant at christy.goodlove@sclhca.com.
- You will have the chance to hear Candidates state their position and respond to questions at Candidate Forums in January.
- Questions for Candidate Forums may be submitted to elections.committee@sclha.com starting November 9 or placed in the collection box, location TBD.
- If submitted, Member Issue Statements may be presented at the Candidate Forums to be held in January.
- Both Candidate Statements and Member Issue Statements will be published in the December *Compass*, and a hard copy will be available from the Executive Assistant at christy.goodlove@sclhca.com.

Date	Day	Event
2020		
September 14	Monday	Candidate Filing opens
October 14	Wednesday	Candidate Filing closes
October 16	Friday	Candidate Briefing Session
November 6	Friday	Candidate Ballot Statements due
November 6	Friday	Member Issue Statements due
November 9	Monday	Candidate Forum Questions accepted
December 7	Monday	Articles from Candidates due
December 20	Sunday	Candidate yard signs may go up
2021		
January 11-15	Monday-Friday	Election Ballots mailed
January 9 & 12	Saturday & Tuesday	Candidate Forums
February 17	Wednesday	All Ballots due by 3:00 PM
February 18	Thursday	New Board seated

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

Let us serve you with a view

Meridians

Restaurant & Bar

Fall Favorites

Food & Beverage Team

Where has 2020 gone? With the ups and downs throughout the year, we are approaching the close of Seasonal Produce and Summer Tastes, however, coming into the robust flavors of fall. From warm apple cider mulling in the background to slow-braised short ribs reaching to be savored, autumn is one of my favorite times of year (heck, all of them are). New changes are on the horizon within Meridians, bringing a warmth of opportunities in a new menu. Classic favorites will remain; however, squash, pumpkin, apple, and other fall favorites are arriving. Be on the lookout for weekly specials to include winter warmers as well.

Speaking of Specials... Meridians is bringing back some of the fun for the remainder of the year. From the recent Oktoberfest to a Freaky Friday Before Halloween, we want to invite you to many other pop up events. Watch the eNews for more information. Much of our specials, opportunities, and other forms of communication comes directly through the eNews. I highly recommend signing up and checking out our weekly specials and events (they are also posted on our website at meridiansrestaurant.com).

Orchard Creek Lodge Ballroom and Kilaga Springs Café will, unfortunately, be closed until 2021. We have many requested events, weddings, and parties that are currently reserved for next year. Upon more information from the CDC and Placer County Health and Human Services, we are hoping to get more realistic timelines out to the public and residents. I, like many of y'all, are eager to celebrate and party in the ballroom. We just need to ask for your patience during these odd times.



Chef's Recipe of the Month:

Halloween Black Lung Tri-Tip (Fred's Black Marinade)



Who was Fred? Short version – Fred Schaub created his tri-tip marinade while he owned a butcher shop in Los Gatos, CA. The legend continues as his son sells the marinated “black lung” at his butcher shop, Schaub’s Meat Fish and Poultry, in Palo Alto, CA. This deep, dark, and rich flavored marinade combine the umami of flavors everyone will enjoy.

Trim your tri-tip from all fat and silver skin. Submerge and marinate the tri-tip for a minimum of five days. Yes, five days. Skip this step, and the depth and flavor will be lost. All the dark colors and rich flavors will be much more pronounced the longer it marinates.

The best result for cooking your black marinated tri-tip is reverse searing. This is where you slowly roast (in an oven at 225 degrees) the meat to an internal temperature of 105 degrees Fahrenheit, then either sear or grill to your desired internal temperature. A typical 3-pound tri-tip reaches 105 degrees in about 45 minutes. Allow to rest for 15 minutes before carving.

Ingredients

- 1.5 cup brewed dark roast coffee
- 1 cup red wine
- 1/2 cup olive oil
- 1/3 cup balsamic vinegar
- 1/3 cup Tamari dark soy sauce
- 1/3 cup kitchen bouquet sauce
- 1/3 cup worcestershire sauce
- 2 Tbsp molasses
- 2 Tbsp chili powder
- 2 Tbsp onion powder
- 2 Tbsp paprika powder
- 2 Tbsp garlic powder
- 5 cloves of crushed garlic



Lifestyle News & Happenings This & That This Fall

Lavina Samoy, Lifestyle Manager

Summer is about to end, and fall is about to begin. Our normal routines have been disrupted, and due to the Pandemic and fires, we need to find ways to get ourselves energized and uplifted.

Lifestyle brings you activities to help energize your life by getting you out of the house for an art or dance class; or learn to create new crafts, engage you in discussions and explore new topics of interests through Zoom. We also have high caliber artists to perform your favorite tunes and music.

On page 52, see upcoming Zoom performances starting with **Classical guitarist Keith Calmes on October 23**. Register online to receive the Zoom information for the concert. You have the option to watch the show for free or support the artist and your Association.

Richard Glazier is back with **Broadway and Hollywood** tunes on **November 6** (page 52), and we have our first attempt on **Zoom Comedy with Jeff Applebaum on October 16** (page 52).

Yale Professor Marc Lapadula continues to explore films and its power to make us laugh in **Great Comic Moments in the Movies, October 22** (page 53), and bring social issues and the rich Jewish culture with **The Jewish Experience in American Cinema, November 19** (page 53). Bard Professor Joseph Luzzi engages us in the **Renaissance** movement, art, and its influence in the world with two renaissance presentations on **October 26 and November 23** (page 53).

Weather permitting; we will continue to offer outdoor **Line Dance classes in November** as well as **Mixed Media and Pastel/Charcoal art classes**.

We have your holiday decors covered! **Krafting with Karla and Lavina** offers easy and fun craft

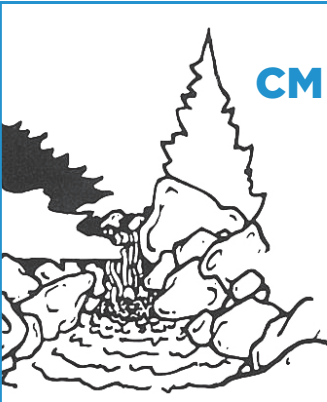


Teresa Pausch

projects that are wonderful gift options as well! See page 58 to see the various holiday projects!

Aside from the above activities, the Association is launching **The Greatest Neighbor Contest**. Do you have a neighbor who has done something extraordinary for you? Someone who has made you smile, hopeful, or grateful? Nominate your candidate by emailing Cindy.Davis@sclhca.com and tell her why your neighbor deserves to be recognized, and you could both win an SCLH Gift Card. **The deadline for entry is November 9. See page 22 for more information.**

Lastly, the Lifestyle Team bids adieu to our dear Teresa Pausch. Teresa was a big part of the team and touched many residents while working at the desk as a Monitor for almost 20 years. We are sure heaven is much brighter with Teresa in her red outfit. 'Till we meet again Teresa!



CM Ponds & Stuff

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AND MUCH MORE!!!





The Spa at Kilaga Springs Well-being

Trudy Smith, Spa Manager

The Spa's offerings in retail boutique and services are here to contribute to your health and well-being.

The Global Wellness Institute defines wellness as **the active pursuit of activities, choices, and lifestyles that lead to a state of holistic health.**

A 10-year study by the University College London suggests that people who experience greater affective well-being may live longer healthy lives. Improving Subjective well-being at older ages may have the potential to increase the number of years that older individuals can expect to live in good health.

Here are some facts about the benefits of **Massage.**

Single Session of Massage Causes Profound Biological Changes

A Cedars Sinai Medical Center study on the effects of a single 45-minute session of Swedish massage caused profound biological changes: significant decreases in AVP – decreases in the primary stress hormone cortisol – and an increase in circulating lymphocytes, the white blood cells that defend the body against disease.

Ongoing Weekly Massages Create Cumulative, Positive Biological Changes

A follow-up study by Cedars Sinai Medical Center on the effect of REPEATED (as opposed to a single session) of Swedish massage found that five weeks of weekly Swedish massage increased circulating lymphocytes (white blood cells that defend the body

from disease) and decreased mitogen-stimulated cytokine production. While ongoing twice-weekly massage further decreased stress hormone cortisol and hormone AVP (neuroendocrine stress measures). Conclusion: Swedish massage creates sustained, cumulative, positive biological changes that last for several days or a week, but they differ significantly based on the frequency of sessions.

Skin health

One of the most important ways to take care of your skin is to protect it from the sun. A lifetime of sun exposure can cause wrinkles, age spots, and other skin problems — as well as increase the risk of skin cancer. Following a consistent healthy skin-care routine can lead to one important thing, beautiful, radiant, and smooth skin. Like anything else, our skin also needs refueling and maintenance. By keeping constant healthy habits, it will be free from any of the dreaded skin diseases and conditions such as acne, inflammation, uneven skin tone, and a great deal more. If there is such a thing as a fountain of youth, then healthy skincare habits are one of them. As we grow older, our body starts to slow down in regenerating new skin cells, and collagen diminishes faster, thus making our skin lose its elasticity and becomes more fragile. Hence, we need to take care of our skin in order to combat these changes and keep our youthful look.

Please call the Spa Concierge to book your facial and/or massage today and experience Well-Being! 916-408-4290.





WellFit News

What is Happening in WellFit

Deborah McIlvain, Lifestyle, WellFit & Spa Director

Here we are in October, and as we move forward into fall, you're going to see some changes in this department. We unfortunately, lost Jeannette Pyle as our WellFit Manager last month. It will be hard to fill her shoes, but we are also excited for her and her new journey in Tucson, AZ. Danielle Merrill, our Fitness Coordinator (if you have not noticed) is expecting a baby due mid-November.

But don't worry, she will be back in January and has told me many times how much she loves the residents and cannot imagine herself not being around you all!

As we have started to bring back our Punch Pass classes and programs, we are focusing on the importance of doing it slowly and safely. You will notice that the schedules will not be exactly the same as before as some of our Fitness staff will not have the same availability that they had before. Danielle and I will be working on the class schedules and will do

our best to make sure your favorite class is on the schedule! In the future, you will be able to find the class schedules on our grids in the WellFit section of the *Compass*. You can also go online to the resident website www.sclhresidents.com to find the schedules and descriptions there.

Now that we are partially open, our Bowen services are available again. For more information on Bowen and how to schedule an appointment see our ad on page 62.

I'm also excited to announce the "Lincoln Hills' Greatest Neighbor Contest." One of the things that makes this place so amazing is our neighbors. Do you have a neighbor that has done something special for you or someone else that you would like to share? We would love to hear about it. Please see more details on page 22 but don't wait too long to nominate your neighbor, the contest runs from October 15 to November 9.

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Witches' Brew

Shirley Schultz, Roving Reporter



In keeping with the scary theme of this month's magazine, it is time to talk about the witches' brew called alcohol. This conjures up an image of a potent magical concoction which is harmful or diabolical. The community of winos and whiners will be

pleased to know this article will not name names but will attempt to lay bare some facts about alcohol and its consumption.

There are three main types of alcohol: methyl, isopropyl, and ethyl. While all of the types have some level of toxicity for humans, only ethyl alcohol, which comes from grain, may be safely consumed and has long been a recreational drug. Ethyl alcohol, or ethanol, also has other uses, including as a gasoline additive. Isopropyl alcohol, or rubbing alcohol, is used for sterilizing surfaces and can be found in such products as cleaners for electronics, everyday cleaning products, and various cosmetics. Methyl alcohol also called methanol or wood alcohol is mainly used as an industrial solvent for such things as paint remover. Degrading

methanol makes a byproduct called formaldehyde, which is used in such things as explosives, plastics, and to fuel internal combustion engines. Unless you are suicidal, do not consume methyl or isopropyl alcohol. Although the ethanol we consume is pretty much the same as that mixed with gasoline, drinking gasoline mixed with ethanol is not good for your survival either.

Ethyl alcohol is generally diluted for human consumption. The level of the concentration is called the proof. Once consumed, the ethanol passes from the stomach and small intestine into the bloodstream where it is carried to the liver to be metabolized. Generally, the liver can metabolize about one ounce of alcohol in one hour, and if more is consumed, your system becomes saturated. It stays in the blood and body tissues until it can be metabolized. When saturated with this witches' brew, you are in some level of intoxication.

Classified as a depressant, alcohol slows down the central nervous system causing decreased motor coordination and intellectual performance. High levels of blood alcohol or mixing it with tranquilizers and sleeping pills slow respiration and can lead to coma or death. The Tufts University *Health & Nutrition Letter* for September 2020 substantiates the downside of alcohol in an article titled "Alcohol's Overhyped Health Benefits." Their advice is to limit your intake and don't start if you don't drink.





It's Spooky Out There!

Teresa Tanin, Neighborhood Watch

Spooky? Well—it is October, and Halloween is coming. A few goblins and witches will be nothing though compared to the shutdowns, facemasks, fires, smoke, and power outages. We have been resourceful, however, finding toilet paper, hand sanitizers, and meat, if only from deliveries.

As a community, we have more than delivered. During Neighborhood Watch October 6, National Night Out, participants offered food donations for delivery to The Salt Mine (Your Local Charity Feeding Families, 916-645-377), and residents continue to send monetary donations through the Lincoln

Hills Foundation, PO Box 220, Lincoln, CA 95648-0220. No matter how *spooky* things may seem, Lincoln Hills' residents open up their hearts, and this time, their pantries, to help others—nothing spooky about that!

Neighborhood Watch continues to deliver information during the shutdowns through the on-line *Virtual* New Residents Welcome Packet, *Virtual* Training Session “Tutorials” for new Coordinators and Captains, and the on-line “Documents/Forms” (Vial of Life). Also available are current and past safety “Alerts,” “News,” and our *new* Neighborhood Watch

Handbook. Visit sclhwatch.org for more information.

Neighborhood Watch annual meeting has been changed to November 6, 1:00-3:00 PM. This meeting is scheduled as a virtual “GoToMeeting.” Use the following link, <https://global.gotomeeting.com/join/161537917>. Join us as we elect new directors; we have openings! Please contact our Executive Director, Linda Minor, at 707-235-0778 or ExecutiveDirector@sclhwatch.org for more information.

Neighborhood Watch is here to help get the *spooky* out and the safety in—let’s participate and make this community great!

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The Lincoln Hills Ghost

David Wright, *Roving Reporter*



Long before Lincoln Hills, Nisenan People frequented the land

It was a dark night in Del Webb's latest booming development. Jan (last name withheld) had just moved into her brand-new home off Cottage Rose Lane. She was alone in her house and alone in her village. Due to a failed cement core-sample test, 76 homes in various stages of completion had to be torn down and started over. All of Jan's future neighbors were delayed moving-in until their homes

could be rebuilt. Jan's house was the exception—the lone structure in a remote corner of Lincoln Hills. Jan was sitting in her living room on that shadowy night when she noticed the curtain flutter. She looked out the closed window—coming face-to-face with a bob-haired Native American boy. The boy, who could not have been more than ten years old, was smiling and waving. Jan laughed it off—blaming tired eyes. She kept the sighting to herself.

Shortly thereafter, her son and grandkids spent the night. The next morning, her son told of strange sounds coming from beneath the slabbed floor. "There's something big moving around this house," he added.

Jan dismissed the notion—until her grandson asked if the boy could come over to play again.

Judy Bennett remembers like it was yesterday—that winter

morning of 2001 when Jan appeared at the Administrative office and recounted her eerie story. As the Del Webb Director of Public and Community Affairs, Judy had Jan's house inspected. It showed the house was "clean and tight."

But the anomalies continued—even triggering a hasty exit by one of Jan's out-of-town house-guests, who vowed not "to spend another night in *that* house." Jan's daughter came over and suggested a psychic-reading of the premises. Her suggestion was met with a heavy potted plant tipping over—on its own. The mystical presence was more playful than mean-spirited, and Jan was more annoyed than scared—prompting more reports to Judy, more inspections, and more "clean and tight" findings.

Following a year-long out-of-state business assignment, Jan returned home to the maze of newly-inhabited dwellings surrounding her house. As she introduced herself to one neighbor, he calmly touched Jan's arm and said, "he's gone."

"Who's gone?" Jan asked.

"The boy. He never meant any harm," her neighbor replied.

Jan lived in that house another six years—having no further contact with the apparition. The only ghost ever reported in any Del Webb Community had gone...or has it?

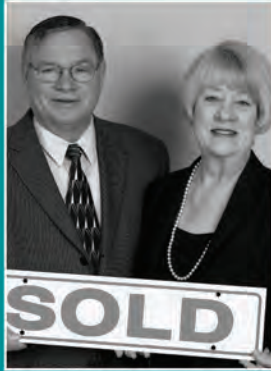


Nisenan Grinding Rock overlooking the salt marsh

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Family Plot - Lincoln Cemetery

Hauntingly Beautiful Cemeteries

Richard Pearl, Roving Reporter

At 78 years old, is this really what I want to be writing about?

On second thought, why not, because this subject – and taxes – are the only two things of which we can be absolutely certain!



Hanging Around on Boot Hill Lane

In the larger sense, there's so much history in cemeteries...if only we take the time to appreciate the past. Tombstones and vaults are windows into the past, magnified in one's mind's eye as

we think about what it was like in their day. For Californians, our history really only stretches back to the mid 1850s; there's so much more depth in other parts of the USA, and certainly in other parts of the world.

So, let's explore some local area history:

Placer County has 21 documented cemeteries, including those with the intriguing names of Boot Hill Cemetery, Auburn's Old Chinese Cemetery, Colfax Indian Burial Ground, Maidu/Indian Burying Ground, Placer County's Pauper's Cemetery, and Weimar Sanatorium Cemetery. The Placer County Genealogy Trails History Group has a great write-up on each cemetery; following are some excerpts:

Two of the most interesting local cemeteries are Manzanita Cemetery and Lincoln Cemetery. Manzanita Cemetery was at one

time home to rustlers, a school, and then the final resting place for many of Placer County's founding citizens. According to a *Sacramento Bee* article in 1988, "Lincoln Cemetery will use up its space in six to eight years... if the city of 6,225 continues its rapid growth." Imagine that!

Ophir Community Cemetery. You gotta love a cemetery that's located on Boot Hill Lane. Ophir, aka originally designated Spanish Corral, now has a population of a few hundred people, but in the Gold Rush days of the 1850's, it was Placer County's largest community. The last interment was in 1905 and at the time was so isolated that families had to carry the coffin 250 yards from the nearest dirt road.

Maidu/Indian Burying Ground. According to the *Placer Herald* (May 23, 1942), the ancient Os-Suts Indian tribe somehow lost title to their burial ground, and the land was to be sold off. The local pastor contacted Bing Crosby, who purchased not only the disputed acreage but also an additional acre. For his efforts, Crosby was made an Os-Sut chieftain with the name "Chief Flying Eagle."

Halloween is right around the corner, so keep the lights on and the drapes closed. On second thought, let's party!

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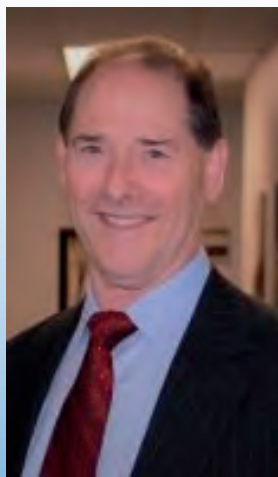
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In Memoriam



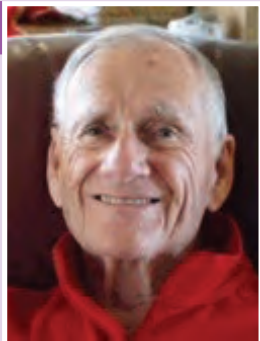
William (Bill) Inman

Bill died at the age of 90 at the Cascades Assisted Living Facility in Grass Valley. He will forever be remembered by family and friends for his love of God, his kind spirit, and his love of a good conversation. He served honorably in the United States Army and was an active member of the Lincoln Church of Christ. He is survived by his wife Elizabeth "Liz" Inman of 64 years, one daughter, one sister, four grandchildren, ten great-grandchildren, and five great, great-grandchildren.



Poleda Martin

Poleda grew up in Newark, California. She worked in the electronic industry as an inspector and then worked for the State of California as a special education instructor until she retired and moved here. She loved traveling, dancing, reading for self-improvement, and attending classes at Sierra College. She was predeceased by her mother and her daughter. All who knew her will miss her happy and positive attitude.



Matt Rogers

Born and raised in Los Angeles, Matt served in the Coast Guard during the Korean War. He graduated from the University of Utah with an engineering degree. Later in life he met his wife, Rita, and they moved here in 2003. Matt enjoyed skiing, golf, and swimming. He started a wine club here, "Club La Vita," which is still going strong. One of his favorite pastimes was taking his dog to the Ferrari pond. He is missed by his family, including his wife, children, grandchildren, and great-grandchildren.



Ron Wood

A Native Californian, Ron was born and raised in Vallejo. He received a Bachelor's degree from San Francisco State University. During his career, he was an engineer and computer programmer. Ron was married to Gerry for 58 years and leaves four children and two grandchildren. Ron enjoyed golf and volunteered for Neighborhood Watch as a Mailbox Captain, Village Coordinator, and served as a Director, Treasurer, and Executive Director. He will be missed by many.

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

DO YOU HAVE THE BEST NEIGHBOR IN LINCOLN HILLS?

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SUN CITY LINCOLN HILLS

GREATEST NEIGHBOR CONTEST



Our neighbors are a huge part of what makes Lincoln Hills such a wonderful place to live! Whether borrowing a cup of sugar or chatting about the weather, our neighbors often enrich our lives in ways we never thought possible.

Do you have an amazing neighbor? We'd love to hear about it! Nominate your neighbor and tell us why they are the greatest, and you could both win an SCLH Gift Card!

DOES YOUR NEIGHBOR . . .

- ... CUT YOUR GRASS?
- ... LEND YOU SUGAR?
- ... GRAB YOUR MAIL?
- ... BAKE YOU BREAD?
- ... CHECK IN ON YOU?
- ... MAKE YOU LAUGH?
- ... WALK YOUR DOG?
- ... COOK YOU DINNER?
- ... DRIVE YOU HOME?

**IF SO, GUESS WHAT . . .
THEY MIGHT BE THE BEST!**

Send your Greatest Neighbor Nominations to Cindy Davis at Cindy.Davis@selhca.com by Monday, November 9!

Neighborhood Watch will evaluate anonymized nominations and select the Greatest Neighbor. Winners will be announced in the December *Compass*!



SUN CITY
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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. We wish departing member Paul – KN6DRM all the best as he and his wife relocate to Canada. We will miss you, Paul. We welcome new member Michael – KM6YOQ. Check out our website for useful information such as upcoming Ham contests, technical articles, and events as well as our roster and net scripts. 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*



Ballroom Dance

It is with great pleasure to introduce this month’s Ballroom Dance Club couple. They were instrumental in the formation of our club. Their participation began with the very first club meeting in 2001. Since then, they have been a cornerstone



Garry and Sheila Pit

of club activities. Most notable among their contributions include all styles of dance instruction. They also assisted with music creation and playing for our open hour dance sessions. This fantastic duo is no other than Garry and Sheila Pit.

The Pits whetted their appetite for ballroom dance when they took a six-week course while living in Santa Rosa. From that original ballroom dance course, they have enjoyed dancing as a couple. They add that dancing is just plain fun and enjoyed the opportunity to meet and socialize with friends.
 Contact: *Ruth Algeri 916-408-4752*



Big History

We continue to meet via Zoom at 10:00 AM on the first and third Monday of each month. On October 5, in the first of a two-part series, a panel of members discussed how culture influences all aspects of life, from technologies to economies to religions. (If you missed

BIG HISTORY
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this presentation, a recording is available.) Part Two will be on October 19. Then, on November 2, David Lewis will speak about War and Civilizations. Never in history has there been a century without war. Why were the first ones fought? Can there ever be a human world without war? Please join us and share your thoughts. Zoom links will be emailed before each meeting.
 Contact: *David Lewis 916-626-2795, stuff619@gmail.com*



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Bird

Fall is a great time to enjoy some of our local birding spots. Two such places are the Lincoln Wastewater Treatment Plant just off Fiddymont Road, and the Woodland WTP. Both attract Black-neck Stilts, Eared Grebes, Northern Shovelers, Sandpipers, American White Pelicans, and other migratory birds that spend winter in our area. If you like raptors, you might take a drive along Catlett or Brewer Road. And for those of us who like to get out and walk, Effie Yeaw Nature Center in Carmichael with its trails adjacent to the American River, has a nice variety of woodland birds and waterfowl.



White-crowned Sparrows return in early fall. Photo by Truman Holtzclaw

As you head out on your own or plan to meet friends, remember to take your mask and social distance when possible.

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



Bocce Ball, Mad Hatters

As of this writing, our steering committee members still do not feel it safe to resume full group activities. We have been in touch with Deborah McIlvain regarding the use of Association equipment, i.e., the Bocce Locker, but association guidelines still do not allow sharing of equipment. This, along with the posted regulations on the Bocce Courts, make it difficult and perhaps ill-advised to engage in large group activities at this time.

Paul Mac Garvey has, for personal reasons, expressed a desire to be relieved of his position as leader of the Mad Hatters Bocce Group. Group members will have already received an email describing the steps required to move forward. Fortunately, our group is strong enough to make the required adjustments.

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



Book, OC

For October, *The Testaments* by Margaret Atwood is our selection. While a sequel to *The Handmaid's Tale*, the novel can be read as a standalone. Continuing the story of the dystopian state of Gilead, the book is

told from the viewpoint of three women with differing lives and philosophies, but each one affected by the society established in Gilead.

Just a few days left to suggest books for 2021! The cutoff date is November 1. Email suggestions to Cathie. The ballot (and accompanying synopses of books suggested) will be emailed in November, and the winners announced in December.

Rounding out our year in books:

November 19 – *The Taoist of Auschwitz* by Heather Morris.

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

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



Bridge, Partners

Recently, the Placer County Supervisors voted to end the county's COVID-19 state of emergency. The county will not be enforcing COVID-19 restrictions for certain businesses except those subject to licensure (liquor and food service), however bridge is still suspended since lodge meeting rooms cannot be used for group activities without the six-foot spacing requirement. Lincoln Hills intends to be on the safe side and keep our residents safe since the vast majority of

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serious cases occur in the senior demographic. With several small groups conducting limited home games with one or two tables, use masks and limit personal contact to avoid spreading the virus in Lincoln Hills. Our eNews system is the best source of current information on when facilities might open; use it.



Bridge, Social

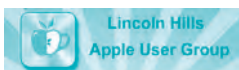
When KS opens up again, we will welcome Social Bridge Players to join us every Friday. We have requested the same days and meeting rooms as last year. We have met in the Sierra Room (KS) opposite the Billiards from 12:15 to 4:00 PM. Call in your reservations with our contact below.

Our free bridge class will resume when OC is open. 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



This month, our team of technical experts are conducting

seminars about the new hardware and software offerings from Apple. If you are planning to upgrade and have no plans for your old equipment, consider using the LHAUG donation program. For seminar schedules, videos of past seminars, and information about the donation program, see our website.



Ken Silverman delivers a banquet prize to Steve Galeria

The pandemic tried but failed to cancel our annual banquet. We pushed back with a successful virtual banquet via Zoom for 285 registered households. Attendees had some fun viewing historic Apple commercials and reminiscing about some important Apple products. With help from Siri, many great prizes were awarded. We look forward to the next annual banquet on September 14, 2021, and we expect that to be non-virtual.

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

Computers

PC



Closed facilities for now with no opening date. On September 9, we had a great presentation, "Google Photos," by Bob Ringo and assistant Terry Rooney. The powerful "search" within this application is over the top. Most of us have trouble finding and/or organizing our pictures. The slides and recording are available on our website. For questions, email us. Fires, ash, and smoke continue in this area. The best info is CAL FIRE. Use your search. COVID-19 data is updated by Placer County, and so far, we are low enough to reopen some venues. The next online presentation, October 7, will discuss "TeleMedicine" and will use Zoom unless otherwise notified. Please help us with presenters and subjects of interest, the club will appreciate your input. Stay healthy.

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



Country Couples

There's not a whole lot to report on, so we're just passing along this

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thought-provoking piece:

“Life is too short to wake up in the morning with regrets. So, love the people who treat you right and forget about the ones who don’t. And believe that everything happens for a reason. If you get a chance...take it! If it changes your life...let it! Nobody said that it would be easy. They just promised it would be worth it.”



Fun Times

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 1, before purchasing an e-Bike, you should familiarize yourself with the different Classes. They were created to determine where you could ride your e-Bike according to local e-Bike laws.
 • Class 1 e-Bike provides assistance

only when you pedal, and stops assisting when you reach 20 mph (allowed anywhere you’d take a traditional bike). • Class 2 e-Bike is electrically-assisted and controlled by a throttle that offers assistance up to 20 mph (allowed same as Class 1). • Class 3 e-Bike provides assistance only when you pedal and stops assisting when you reach 28 mph (It is not allowed on Class I Bike Paths).



Bob riding his Class 3 e-Bike

A Class I Bike Path provides a separated right of way for the exclusive use of bicycles and pedestrians.

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



Euchre

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 get a proper headcount for the setup of the tables. (Subject to reopening of the lodge.)

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



Fishing

One of our newer members, Vincent DeSantis, recently went fishing at Dunsmuir—fishing the “Sac.” Just north of Pollards Flat, in nine feet of water, the water was rushing fairly hard, so he cast out 25 to 30 feet above the target allowing

the bugs to float into the foam line in front of large table size rock. Boom, fish on! He caught two rare Brown trout: 20 inches and 17 inches. His gear was a Sage 9’ 5wt, floating line - 3x, 4x, 5x leader combo, Chubby Chernobyl, AB split shot, Orange Frenchie, and Midge. Vincent said it was hot, 110 degrees.



Rare brown on a Midge, Sacramento River at Dunsmuir

The fishing club is made up of a lot of nice folks, women &

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men. If you want to join, contact Ralph Tonseth: ralphtonseth@comcast.net.

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



Food Adventures

As most club members know, the best we have been able to plan for during the pandemic has been Zoom sessions in July, August, and September. Another Zoom session for members is scheduled for Monday, October 26, at 2:00 PM, so watch for an email announcement of this important session just prior to the date. We will gather creative ideas from members on how our club can proceed into 2021 and beyond while remaining in compliance with pandemic safety standards. We have sufficient funds in our club treasury to carry us through most of 2021 without collecting more annual dues. We'll also discuss our need for a new



Farmers' Market Scene

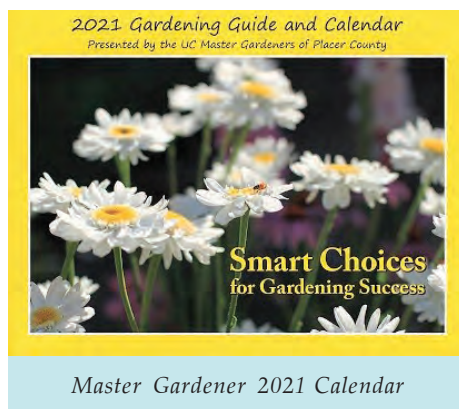
club President as Pam Abad's term ends this fall.

Contact: Pam Abad 916-409-5679, SCLHFoodAdventuresClub@gmail.com



Garden

Placer County Master Gardeners "2021 Calendars" are available now! Not only is it a calendar, but it includes gardening practices for this zoning area that has guides on what to do when, plant care, irrigation tips, pest control info, and much more. They are still \$10 each or \$45 for five. They make great gifts for yourself, family, and friends! Get yours before they run out.



Master Gardener 2021 Calendar

Contact: Marie Salers, 916-408-3895, msalers@pacbell.net.
Contact: Pam Effa, 916-408-1227, toesy949@yahoo.com

Once again, we will not be having the October Bonsai Show nor the General Meeting as

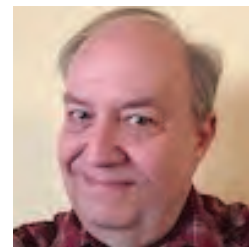
previously scheduled until the lodges are opened. Check our website for tips on October garden chores! Also, there are tips from "Farmer Fred" for all months.

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



Genealogy

Richard Hanson will be our speaker, October 19, on Zoom. His topic is "Publishing Using Lulu.Com." Richard was a computer programmer now retired and has worked on genealogy since 1983. We will send a Zoom link to all members and any handouts one week before the meeting. The Speaker for November will also present on Zoom. There



Richard Hanson

is no speaker in December. The Genealogy Officers will meet by Zoom to discuss membership and speakers for 2021. If you have ideas for either, please share it with Barbara Branch. In the meantime, keep the family history going. There are new resources added every day.

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



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Golf

Ladies XVIII

The Ladies Championship, chaired by Gay Wold, was played over two Thursdays in September. The 2020 champion, Kathi McCoy, shot 87 on the Orchard and 82 on the Hills for the win. She was 17 strokes clear of Donna Sanderson, who won Second Low Gross Over-the-Field. The Low Net, Over-the-Field player was Linda Fitzmaurice, who was stunned by her win by four strokes over the remaining 34 players in the competition. Low gross, by flight belonged to Candy Koropp, Nancy McDonald, Lynn Lopera, and Sandy Tamanti, while the low nets included Nancy Sartor, Karen Thom, Carol McCann, and Pat Robinson. CTP winners over the two days were Julie Storer, Jody Watson, McDonald, and Sartor. Many thanks go to Wold and the committee.



McCoy, 2020 Club Champion and repeat winner from 2018.

year, but not this fall's traditional community support projects. Because the Placer Breast Cancer Foundation tournament has been canceled, members are asked to make individual contributions in lieu of their golf and luncheon expenses. Also, the holiday spirit will continue to shine when members fill Lincoln Meadows Care Center residents' gift wish lists. A highlight of this summer's golf was Michelle Carson's hole-in-one on August 13! Michelle, who began golfing seriously just two years ago when she joined the Lincsters, hit a perfect tee shot on the Hills' 7th hole. A feat made more challenging because the virus protection foam insert left little room in the hole for the ball! Remember to renew your membership by November. *Contact: Joyce Kirk 626-429-2284, thejfkirk@gmail.com Website: Lincsters.com*



Michelle Carson (center) celebrates Hole-in-One with friends on Hills #7.

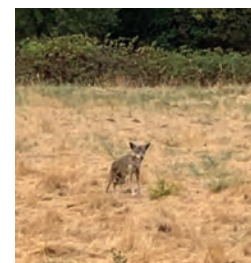
Golf Men's

With COVID-19, we missed our annual putting and horserace events as part of the Memorial tournament, plus the awards dinner with our sponsors in the Ballroom. The open Board positions for the calendar year 2021 look to be filled, thanks to the guys that have stepped up. The 2021 renewal application is on the website and in the pro shop. Renewing members can sign up by the end of the year for \$86 which includes your NCGA and all tournaments. Next up is the two-day Club Championship October 5-6. Look for Mike's email or sign up on the website. November 10 is the Fall Favorite, Four Man Scramble. Results from these tournaments will be in next month's issue. *Contact: Bob Schoenherr 408-838-5340, schoenherrbob@gmail.com Website: mgclh.club*

Hiking & Walking



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Lincsters

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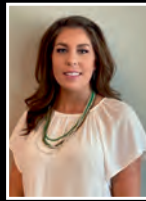
"Penny did an outstanding job selling my home during this pandemic. She is a consummate professional and arranged for all the last minute repairs. No detail left undone." - John Murray, Rustic Ranch Lane

"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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You never know what you will discover! Stay well.

Contact: LHHikers@gmail.com

Website: www.lincolnhillshikers.org



Investors' Study

Jason Brady from Thornburg will be the speaker on Thursday, November 5, at 2:30 PM, via Zoom or phone call-in due to corporate travel restrictions. Russ Abbott or Matt Bopp of Morgan Stanley will kick off the meeting. The Active Investors sub-group meets at 3:00 PM on the second Monday of each month. If interested, contact Norm Quattrin at 916-645-4675. Contact Carl Sulzer for questions on the Investors' Study.

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



Lavender Friends

Mary Thompson joined the Air Force in 1959, serving as a nurse for 21 years before retiring as a lieutenant colonel.

"I wanted to see the world, and I thought this was a good way to do that," she says. "I have to say it worked out



Air Force officer
Mary Thompson

pretty well." Her postings included Korea, the Philippines, Spain, Turkey, and Vietnam.

With Veterans Day next month, our club of LGBT residents discovered members from every military branch (except the new Space Force), including Wayne Kusick, a sailor during the Vietnam War; Pat Bailey of the Women's Army Corps and Army Reserves; Jerry Moothart, Army, drafted in 1945; Polly Bowen, Army Nurse Corps, 1950-1955; and Bev Cielinski, Coast Guard, 1974-1996. Thank you for your service.

Contact: Sandi Dolbee 916-409-2156,

sandidolbee@yahoo.com

Website: www.lavenderfriends.com



Line Dance

Beginning the week of August 17, line dance classes were held at the Amphitheater (OC). With the help of the Lifestyle Department, our fearless instructors, and intrepid dancers, line dance returned. Extreme heat and smoky conditions, not to mention dancing on concrete, presented drawbacks, but our instructors are such professionals that they showed how it's done when faced with unprecedented circumstances. The Lifestyle Department made sure we were six-feet apart and that we all wore masks. Check



the *Compass* and eNews for the current schedule of classes that are being offered. You can sign up online. Next month, classes will be moved to KS parking lot under shaded solar covers. Hopefully, it won't be long until we are dancing on our beautiful floor at KS.

Contact: [916-253-3348](tel:916-253-3348)



Mixed Media

Our Zoom meetings are the third Wednesday of the month at 11:00 AM. In September, we had a "Special Guest Speaker" at our Zoom meeting. Dina Wakley taught us all about Scribble Sticks. We shared our art, and those who completed the art challenge prompt, "Dream" shared those projects. In October, the challenge is to decorate a hat for fall...no rules. Those who choose to do the prompt can wear the



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Dusting off gouache paint and seeing what it does

hat, cap, or decorated hairband and share their creations with everyone during our October 21 Zoom meeting. Our Board met in September on Zoom to discuss how to keep our club going through these times until we can meet together again. Until then, keep on playing, creating, and just having fun.

Contact: Nancy Griffin



Motorcycle

There was no club meeting or ride in September due to ongoing coronavirus restrictions and wildfire smoke. It is not known at this time if there will be a club ride



Time for Lunch!

or meeting in October. When restrictions have eased, the club will continue to have scheduled rides on the second Saturday of the month, March - November, along with the monthly club meeting on the fourth Thursday of the month, 5:30 PM Multipurpose Room (OC).

“Ride Safe - Ride With Friends”
Contact: Manny Perez 916-253-9121,
manwil412@wavecable.com



Music

We had so much fun “Zooming” our performances in August and September. Our Opening Group song is “Kind of a Hush” – Herman’s Hermits, and our closing song is “Have You Ever Seen the Rain” - CCR. The Jam song of “Kansas City” is always a favorite, and one never knows what will happen with that one! 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

The months are passing us by, and we are still not able to meet together for our meetings. Our October meeting has been canceled. Some members are Zooming or meeting outside at a safe distance. We miss our time together, sitting around the Sewing Room, talking, and sharing what we are doing. We are looking forward to the time we can gather together the second Tuesday of the month in P-Hall (KS) at 1:00 PM for our General Meeting. Our Needle Arts Board made plans to meet early October to discuss Needle Arts. Jean Storms, our President has continued to send out monthly updates. Community Service continues to do their work in their homes. Stay strong and keep stitching.

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



Shirley Rainman used scraps for Community Service quilts

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Neighborhood Watch

October is the month of ghouls and goblins, lurking in shadows, preparing to give you a fright. Unfortunately, for many of our residents, these spooky creatures aren't interested in a handful of candy. They want money, and they're not limited to Halloween. They try to scare you with warnings of computer viruses. Some call on the phone; others flash messages across your computer screen. All are scams! Microsoft, Apple, Google, etc. don't call you to warn of technical problems. They don't interrupt your screen with "hacking" alerts. If you receive one of these phone calls, hang up. If your computer flashes "virus," unplug it. Don't give anyone your account information. Don't buy gift cards to read back the numbers. Don't let these ghouls trick you. *Contact: Linda Minor 707-235-0778, lindaminorNW@gmail.com Website: www.SCLHWatch.org*



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Painters

November meeting is our semi-annual "Challenge", members should be working on their entries (theme is "Urban"). It will be handled online, like our May challenge. We are also looking forward to December for our annual holiday luncheon – of course, hoping that it can happen! With club elections coming in November, we are looking for some fresh ideas and possibilities for the club in 2021 with or without pandemic restrictions. In the meantime, some members are following their favorite artists online and accessing videos and online classes. Look up your favorite artist and see what they have to offer. You can also view current and past exhibits at the Crocker Museum online (www.crockerart.org). We are missing our classes and shows and hoping for more in 2021! *Contact: Joan Musillani 916-712-4393, joanmusillani@gmail.com*



Paper Arts

Meetings and events are canceled. Stay tuned, stay well, and keep checking the newsletter and calendar for updates.

Our monthly newsletter, designed and distributed via email by June Paquette, has proved to be the

glue that's kept the club together and members in touch. Thanks to those who've been sending in their photos of cards they've made, new ideas, and techniques. Haven't shared any with us yet? Please send them in.



Kim Kroner, club scrapbook keeper, created the perfect 2020 cover

Our best wishes and gratitude go out to Nancy Sealy, who served as our Hospitality Chair and is now moving out of the area. We'll miss her smiling face and enthusiasm!

Upon Lodge reopening, we meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS). *Contact: Susan Long 916-408-3451, scewlong@sbcglobal.net*



Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro, or it has been



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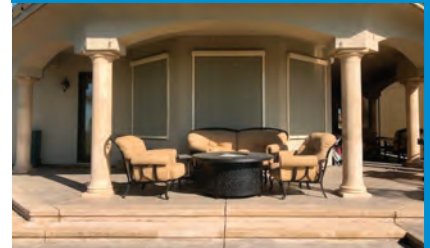
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a long time since you played, we are happy to teach you the basics or refresh your memory. When the lodge reopens for card games Pedro will meet in the Card Room (OC) on the first and third Friday from 9:00 AM to Noon. For more information, please contact Denise or Doris DeRoss at 916-253-7164. We look forward to seeing you when we reopen.

Contact: Denise Jones 916-543-3317



Photography

Our September speaker, Dan Bailey, is a photography workshop instructor as well as author/producer of e-books and video tutorials. This played well for us because he readily shared information on photography tips and techniques. Dan passed along several of his own philosophies on photography and happily answered our questions.

Karen Hutton, our scheduled October presenter, inspires people to discover their artistic voice in photography through stunning imagery, humor, thought-provoking ideas, and a genuinely positive outlook. Karen is a professional Fujifilm X-Photographer, International Landscape and Travel Photographer, Artist, Speaker, Author, Educator, and Voice; Mark your calendars for

this self-proclaimed 'Purveyor of Awesomeness!'

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



Pickleball

Many new courts, many new players! We now have close to 600 members! The Intro to Pickleball class is so popular we are using two courts two days a week with Cal Meissen graciously leading both groups.



Grand Opening!
Photo by Armando Mayorga

The club is very appreciative of the new courts and to all who worked so hard to make them possible, with a special thanks to Eric and the landscaping crew who went above and beyond!

We now have mixers five nights a week, using a doctor-approved safety protocol. Our competitive ladders for all levels of play will resume the first week of October.

If you would like to be part of any activities mentioned or for more information, go to

lhpclub.com or contact Molly Morris.

Contact: Molly Morris 408-386-9054



Players

It has been a long six months of lockdown. Everyone is tired of it, wondering when it will ever end. The triple-digit heat followed by choking smoke didn't help, forcing us deeper into the isolation of our homes. The vaccine is promising, but still effectively, months away. We have to continue to entertain ourselves as best we can. Remember, this too shall pass! We had such fun at our Valentine's Dinner and Dance Party. We only had one meeting after that, then things went south. We have to continue being vigilant, keeping safe with masks and social distancing, so we can all meet and have fun together again.

When the Lodges open, our meetings will be held on the second Monday of the month at 4:00 PM, P-Hall (KS).

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

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

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

Contact: *Lynne Barsky 916-253-3730*



RV

We enjoyed a fun Rally at Clio's in Graeagle. Despite the smoke, we shared golf, pickleball, hiking, kayaking, and a great campfire sing-along. Though COVID-19 has kept our lodges closed, it hasn't stopped our Members from RV'ing throughout California and beyond...several are even on their way to Alaska. Plus, our Holiday Party is near.



Hiking in the Sierras

Our Rallies for 2021 are now being booked, including Palm Desert in February, followed by Campland on the Bay in San Diego.

Our Monthly Meetings are normally held at 4:30 PM on the second Tuesday of each month in the Placer Room (KS). Watch the Compass for news of reopening. Have an RV and want to join us? You don't have to wait for a meeting to join.

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

Website: *www.lhrog.com*



SCHOOLS

As the COVID-19 situation changes and state and local regulations are enacted or rescinded, there will be adjustments to the Western Placer Unified School District plans to fully reopen schools. The plan, as of this writing, was for October 6 to be the first day of in-person instruction. The five-day program, unique in Placer County, was to commence on that day. When classrooms are open for in-person instruction, the choices parents have made for their children were



SCHOOLS

considered and reconfirmed. Volunteers may also be able to work one-on-one with students who need extra help via Zoom or Google Classroom. Volunteers will be notified when to contact their teachers. Because details are changing daily, contact the WPUSD at www.wpusd.org for information and updates.

Contact: *Cyndi Colloton, ccolloton@yahoo.com*

Website: *schoolssuncity.org*



Shanghai

What is Shanghai?

It is a city. It is an ocean action. Well here it is a card game played with three to five players. Although we are not yet playing, we will convene every Thursday from Noon to 4:00 PM and every Friday evening from 5:00 to 8:45 PM at the OC.

For more information, contact the name below.

Contact: *Howard Beaumont 916-408-0395,*

hbeaumont@wavecable.com



Singles

Summer is gone, and fall is fast approaching! Let us hope that fall will bring the reopening of the lodges! We are all ready to get together and enjoy our usual events! We have our annual

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Halloween buffet dinner and dance and all of our December festivities to anticipate. Keep your fingers crossed that we will all be able to get together soon! In the meantime, let's enjoy the wonderful sunny days we are blessed with at this time and hope that the fires have subsided for this year. Keep your fingers crossed! Take care, and I hope to see each and every one of you very soon!

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



Ski

It's warm outside as this is being written. But we are sure that snow is just around the corner! The September Club virtual meeting was in lieu of our normal pre-season party. Oh well! But all were excited to learn more about this season's Club getaway trip. The dates are February 6 - 12, 2021, and the location is Park City, Utah. Trip details will be provided as they are developed. We also discussed all the season pass options and planned coronavirus protocols at the resorts. We expect to be only minimally impacted for weekday fun at the local slopes. By now, members should have received how we will conduct the October 15 general membership

meeting. Check the club website for meeting information.

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



Softball

Our Playoffs are now over. With the required early submission for Compass articles each month, you won't find out our 2020 Champion until November's Compass. We were able to squeeze in an entire season during the COVID-19 pandemic and air quality issues due to the California wildfires. Thanks to the fans and players that practiced social and physical distancing, disinfection rules, and wearing of masks during the season. The teams with the best records going into the playoffs were sponsored by Siino's Pizza Pasta Grill and Atherton Wealth Advisors. We hope the world health circumstances achieve some hybrid state of normal so that Softball action can return in the Spring of 2021. Hopefully, "Hot Dog Days" as well. We know you love them.

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



Sports Car

The story of how people end up with sports cars varies. Some have always dreamed while others find the passion later.

All relish the feel of the driving adventure. This is a story of "car love" from Nadine Miller.



Nadine & Lynn Miller

She writes that even as a child, she loved speed and thrill of riding in cars. Her Dad had a garage and picked up the speed bug for driving at the local race-track and even in airplanes. At 18, she really wanted a Corvette, but her father knew her too well and refused to co-sign. Much later, after marriage to Lynn and children, they bought a Lexus SC430 and joined the club. They now enjoy the events and rallies and the free spirit of comradery.

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



Sun City Squares

A special Veterans Day thanks to all who served and sacrificed to keep our nation strong.

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



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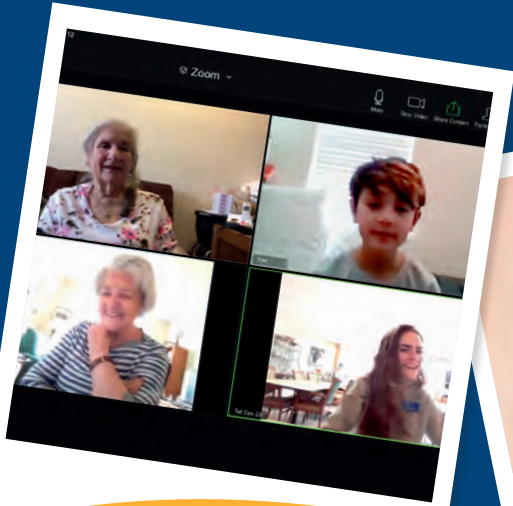
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meet at KS on Mondays from 1:15 to 3:15 PM for Plus Level dancing, with Round Dancing between tips. Advanced Level dancing is held on Mondays from 3:15 to 3:45 PM and on Thursdays from 1:00 to 3:00 PM. We are looking forward to the reopening of our 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 learned to swim in my youth it was not properly taught to me, however, I did love being in the water.

After living in Roseville for 60 years then moving to Lincoln Hills, I was walking and riding my bike. However, I was having hip problems, so I decided to try swimming. I



Advisory Committee Member Steve Priley's Swim Story

wouldn't put my head in the water. Then an older swimmer said to me, "hey kid, try to put your head to the side and breathe." It took time, but it worked. Then other swimmers started giving me tips. So now I enjoy bicycling, swimming, and walking for healthful exercise.

Note: Steve has contributed many articles on swimming that we have been able to share with our club members to encourage their fitness. Thank you, Steve.
Contact: Bob LeRoy 916-412-0552, bobandchey@icloud.com



Table Tennis

Emerging research indicates that loneliness and social isolation can cause health issues increasing with age. Table tennis at KS is now a distant memory with no end in sight. As a suggestion, former players are encouraged to schedule a socially distant outside walk. A phone call, email, or a Zoom encounter are additional ways to maintain contacts with family and friends. One player has scheduled a pickleball orientation. He's hoping that some of the socialization, motor skills, and fun he experienced in table tennis will carry over to a new sport. Tim Frank, our former contact person, is moving away.

Tim devoted many hours to free lessons providing tips on how to improve our game. Thank you, Tim. You will be missed.

Contact: Robin Bistline
480-570-1355,
texan1225@gmail.com



Tap Company

In tap, as in all forms of the performing arts, an important element is to practice. Though our classes have not resumed, we are fortunate to be able to access the internet where there are a lot of videos that teach and review the techniques of tap. If you haven't already found one(s) you like, here is just a sample of what you can find. Check out these videos on YouTube:

Ballet 24: Tap Basics Full Class 1:08:52. Ballet 24: Beginning Level Tap Class 24:0. Ballet 24: Tap Combinations for Beginners 10:31. Ballet 24: Tap Basics Draw Backs and Cincinnati steps 6:58. Enjoy and stay safe.
Contact: Alison Wolfe 925-487-6902, awolfe@ssctv.net



Tennis

Construction of two new tennis courts is well underway, and they should be available for play soon.

Before year-end, we will have a vote of the membership to

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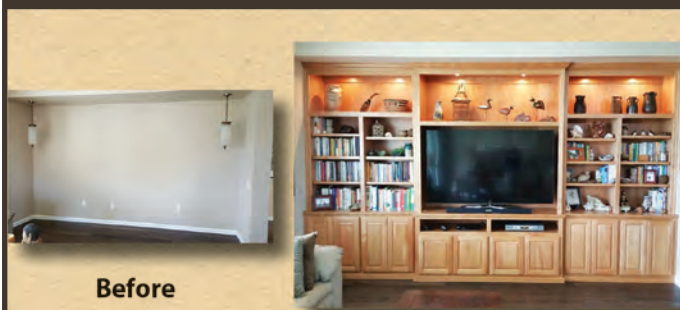


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approve the revised By-Laws and Operating Procedures, as well as voting for the 2021 Board members. You can review the new By-Laws and Operating Procedures on our website.

Our group has really missed both the comradery and the competition at our in-house tournaments. As soon as we are allowed in 2021, we look forward to getting back to a full schedule of events for all.

Contact: *Helen Berott* 530-320-6468,
hberott@msn.com
 Website: *sclhtg.com*



Veterans

We will conduct our annual Veterans Day ceremony in the portico (OC) on Wednesday, November 11, at 11:00 AM. This year's short program, abbreviated by coronavirus restrictions, will open with the laying of a wreath at the memorial rock, followed by the posting of the colors, Pledge of Allegiance, invocation, singing of the National Anthem, and the playing of Taps in honor of fallen veterans.

The group's board of directors has decided to suspend its speaker program until in-person gatherings can be resumed in the P-Hall (KS).

The Veterans Group encourages everyone to fly the American flag and to make a special effort

to show the colors on November 11, Veterans Day.

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



Vintage Treasures

Until our meeting facilities are open, we will continue to keep our membership informed of any changes or notifications as they relate to COVID-19 restrictions. Our November e-Presentation by one of our members will feature Holidays.

Our club focus is on vintage and antique items, pre-1970. When our facilities are open again, 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

Folks are venturing out to the facilities for cardio, walking, swimming, and outdoor classes — yeah! Time to get that “on the couch” body back in shape — fit, healthy, and happy. Our club continues to work with the Association and Placer County health officials regarding a safe return to the water at the Pool (KS). The possibility of meeting Club members in a safe environment while enjoying a fun game of water

volleyball may be a reality in the near future — keep your finger crossed. To learn more about the game of water volleyball and the Water Volleyball Club, check out our website. Email at *sclhwater-volleyball@gmail.com*.

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



Woodcarvers

While we are still not meeting, woodcarving goes on! Members are continuing to carve and share their work online, which is really nice. There is something about woodcarving that lets you get lost in the work and creativity. It's such a wonderful hobby. And beautiful items are produced showing unique designs, interesting striations, and color in the wood, surprising even the carver. We are very lucky to have experienced each other's support and advice so that we can produce work during this COVID-19 time. We look forward to when we can share camaraderie and the love of woodcarving once again. Once the facilities are reopened, you are welcome to join us on Wednesdays, in the Sierra Room at (KS), from 1:00 to 4:00 PM.

Contact: *Lionel Rainman*
 916-253-9534,
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2 **Voter Service Center: Kilaga Springs, 1167 Sun City Blvd.**
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November 1, 2020 | 9:00 AM – 5:00 PM
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November 3 - Election Day | 7:00 AM – 8:00 PM

COVID-19 prevention practices in place. Physical distancing and use of face coverings are required.

For more information, contact Placer County Elections Office: **530.886.5650** or <https://www.placerelections.com/>
Track your Vote by Mail ballot at: <https://california/ballotrax.net/voter>

Alzheimer's-Dementia Caregiver's Support

Zoom remains the milieu for sharing our stories and strategies that may well last through this year. This month, we are resuming our Speaker offerings with a presentation by Gail Arno, Director of Care for Elder Care Management of Sacramento, on "Navigating the Emergency Room and Hospital Visits."



Gail Arno, Elder Care Management

This would be a timely subject for any in our community, no matter what the health issue. The meeting begins at 1:00 PM on Wednesday, October 28. Contact Jeff Andersen to obtain a digital invitation to join the group and participate in the presentation. Contact: Jeff Andersen 916-521-0484, 2jeffa@gmail.com



Bereavement

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

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



Bosom Buddies

Lockdown hasn't prevented Bosom Buddies from reaching out to members to say we're thinking of them. President Patty McCuen and Peggy Ryan have gathered balloons, flowers, and treats, then "surprised" members with special messages of support and encouragement. During this unusual time, some of our ladies have had to undergo appointments, operations, and treatments without family or friends to accompany them, and we want to assure them they're not alone. This year's "Relay for Life," held last week, was a virtual one. Instead of decorating our luminary bags individually, Bosom Buddies



Even when it seems the darkest, there's always "Hope."

arranged them in a glowing message of "hope." Although we're not holding meetings yet, we're still active and welcome breast cancer survivors and those undergoing treatments. If we can help, we will.

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



Gam-Anon

If your life is affected by someone else's gambling, Gam-Anon can help. Even though our local Gam-Anon group is not meeting right now due to lack of access to our venue, you have several options for support: call the Gam-Anon Northern California Hotline phone number at: 1-510-407-3898; go to the Gam-Anon International Service Office website at www.gam-anon.org for information or call their office phone and leave a message at 718-352-1671; or call the Gambler's Anonymous Sacramento Hotline at 855-222-5542. They will arrange



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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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Glaucoma Support Group

Fall is here, and our November meeting will be a Zoom meeting on November 11 at 4:00 PM. This will be our final meeting of the year. At this meeting, I would like to ask that you bring to share what you are thankful for as we navigate our lives with Glaucoma. You might be thankful for your Glaucoma specialist, or you might be thankful for your pharmacist who helps you with your medications. Perhaps you are thankful for your friends and neighbors who give you a ride or stop by for a visit. There is much to be thankful for. Questions? Call Bonnie.

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



Low Vision Support Group

Once the Lodges are reopened monthly meetings will resume.

October is White Cane Month. In the United States, the introduction of the white cane is attributed to Lions Clubs International. In 1930, a Lions Club member

watched as a man who was blind attempted to cross the street with a black cane that was barely visible to motorists against the dark pavement. The Lions decided to paint the cane white to make it more visible. In 1931, Lions Clubs International began a program promoting the use of white canes for people who are blind.

The first special white cane ordinance was passed in December 1930, granting blind pedestrians protections and the right-of-way while carrying a white cane.

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



Multiple Sclerosis

Happily, we continue to enjoy webinars and Zoom meetings. The next Zoom meeting is November 10, 1:00 PM, with a link sent to all members Sunday, November 8. If you would like to be added to see what we are about, contact Jeri Di Fiore.

Do you have MS, a family member or friend who is feeling anxious about life and/or finances? The MS Navigator Program is here to help with resources. Call MS Navigator 800-344-4867, press one or ask the operator for newly diagnosed.

Continue to carry on, and see

you at the November 10 Zoom!

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



Wise Aging Resource and Support Group

We provide a forum for discussion, support, education, and sharing aging-related resources for all residents wanting to plan for their older years, whether aging in place or exploring other options. Recent topics include senior peer counseling, local housing options, and financial abuse of seniors. Meetings are a mixture of speakers, small group discussions, and member input. Future topics include chaplain services at home, transitioning from home to a facility, 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.

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A Course in Miracles

A COURSE IN MIRACLES is an ongoing study group focused on the book of the same name, which is a psychological-spiritual, non-dualistic teaching. During this period of global chaos, it is important to keep ourselves mentally and emotionally stable and to focus on what we want to see in the world. This book will be a guide to inner peace, as that is its goal, through the practice of love and forgiveness. The 365 Workbook lessons give a daily grounding in what is real and eternal and provide a focus for remaining in a state of peace by letting go of fear. The meetings are held on the first and third Monday in a home large enough to provide distancing. Call 916-409-5253 for more information.

Cloggers

Our clogging dance shoes are silent and still – unless you're dancing at home, of course. But the rooms at Kilaga are quiet, and we are all so, so sad. So let's do our best to do that home dancing. Obviously, this is not the same as being in class, but for our mental and physical health, it is a necessity. Google

ONLINE: SCLHRESIDENTS.COM

“Worldwide Clogging Fun Dance” and “NCAA Clogging,” for a multitude of free on-line clogging classes. Although we don't have in-person classes right now, for more information on clogging here in Lincoln Hills, contact Natalie Grossner at 916-209-3804.

Democratic Club

We had a busy September and early October, with a number of interesting and informative programs on various ballot proposals and other topics. Our members have also been preparing for the upcoming election. We are also scheduling a program in October (to be determined), and of course, many of us will be watching the presidential and vice-presidential debates in the coming weeks. New members are always welcome. For more information, please see our website, <https://democraticclublincolnca.org/>.

Italian Club

All remaining events through 2020, including the Fall Bocce Ball season, have been canceled. We hope to resume our activities in 2021.

Keep connected to the club with three email series: “Reaching Out and Keeping in Touch,” features articles about Italian locations, food, and folklore; “Where are We?” follows Karen and Lilly on a virtual Italian tour where you'll guess their location; and, “Italy in a Nutshell” a new series that sheds light on facts you may not know.

If you are a Lincoln Hills resident of Italian heritage, check the

website at www.lhitalianclub.org. Contact: Sandi Graham, membership, at 916-826-5711.

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

Busy September! “Lincoln Highway Trio” entertained Club Members at festive “Republican Neighbor's Night Out.” Played old time favorites, sing-alongs, etc. September 24. Monthly Zoom featured Ryan Ronco, Registrar of Voters for Placer County, spoke on VBM. The “MAGA Rally” Rocklin to Sacramento September 5, with over 300 decorated vehicles caravanned to the Capitol, then Old Town to cheer MAGA Boats. September 12, several of our resident Republicans attended a “Trump Peace Rally” with 25,000 avid fans at the Minden-Carson Airport. At home, ongoing Trump-Pence 2020 and Recall Newsom efforts continue. For past, present, future news, see website! Every Vote Counts! Vote! www.RepublicanClubSCLHRC.org.

Shalom Social Group

At our last meeting, by Zoom, we had a lively discussion with

Robert Richardson, Interim Executive Director of Sun City Lincoln Hills. After he updated us on projects, dues status, easing of COVID restrictions, vision for our future, and how he sees the duties of his position, we had time for informative Q and A's. We play Bocce Ball every Sunday, weather permitting, but all our other sports activities have been canceled. We focus on Jewish food, culture, and interests, but membership is open to everyone. For more information, please contact Joanne Levy at 508-333-8590.

Shooting Group

We are a friendly group of Lincoln Hills residents enjoying recreational shooting sports.

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

For information regarding rifle or pistol activities that occur at the Lincoln Rifle Club at 150 Lincoln

Boulevard, Lincoln, 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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Document Destruction

Monday, October 19

8:00 to 10:00 AM, Fitness Center Parking Lot (OC)

Shred-It offers state-of-the-art shredding trucks onsite to provide the service.

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



Listening Post - Canceled

Wednesday, October 21, 9:30 AM, Zoom

This informal meeting is your opportunity to ask questions and get answers about your community and Association. Come join the conversation!



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).

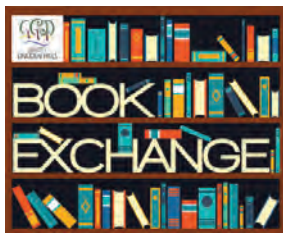


New!

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.

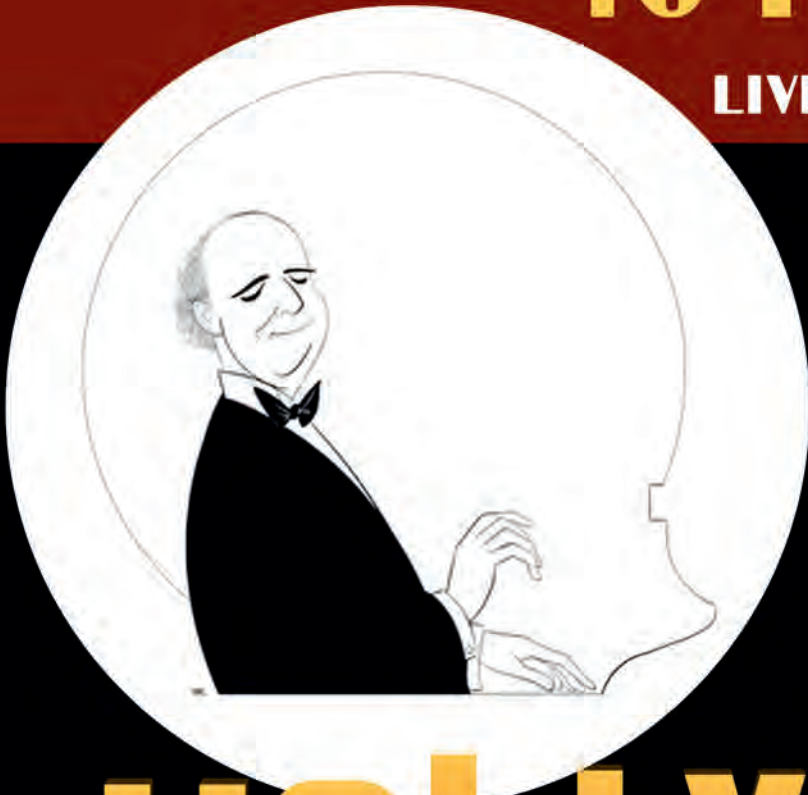


Golf Cart Registration

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*.

FROM BROADWAY TO HOLLYWOOD

LIVE WITH RICHARD GLAZIER



Friday, November 6
7:00 PM, Zoom
\$12 per Zoom device
LSE275

HOLLYWOOD

Watch Richard Glazier's extraordinary piano playing up-close livestreamed in your home! Pianist, historian and narrator Glazier offers a unique view of Hollywood through music. Weaving video interviews with legendary figures, piano performances and commentary, Glazier explores the history of the great music written for Broadway and Hollywood. Selections include Alfred Hitchcock's "Vertigo", a medley of songs from "My Fair Lady," "Fiddler on the Roof," "A Chorus Line," and much more.

Register Online at www.sclhresidents.com.



Download the Zoom Meeting App to participate.
Zoom information will be sent automatically upon registration.

Deborah Meyer
 Entertainment Coordinator
 Deborah.Meyer@sclhca.com



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

Notice:

Except for live stream events, enrollment for any of the listed shows will not be available until lodges reopen.

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 re-ected on your enrollment.

—Livestream Concert—

Keith Calmes:
Classical Guitarist

Friday, October 23
 6:00 PM - Zoom
 Voluntary fee: \$16 per device — **LSE235**



Due to the continuing closure of the lodge, we will be offering this show via Zoom. Experience the talent of classical Guitarist Keith Calmes in your home! Keith returns after an amazing sold-out concert here in 2018. Dr. Calmes' background in music includes a recital at Carnegie Hall as Winner of the Artists International Competition, degrees from The Juilliard School, and USC, and studies in Spain. He has published several books on the guitar with Mel Bay Publications and has also released several recordings, which are widely available online. Learn more about Keith at keithcalmes.com. **Note:** *Tickets holders from the original show date of April 7 will be receiving the concert's Zoom information via email. Please email lavina.samoy@sclhca.com by October 22 if you wish to receive a refund. You may watch the show for free or pay to support the artist. You must register online to receive the Zoom information.*

From Broadway to Hollywood
Live with Richard Glazier

Friday, November 6
 7:00 PM - Zoom
 \$12 per Zoom device
 — **LSE275**

In his new program, pianist and historian Richard Glazier



offers a unique view of Hollywood through music. Weaving together original video interviews with legendary show business figures, piano performances, and commentary, Glazier explores the history of the great music that has been written for Broadway and Hollywood. He'll play the hauntingly minimalist themes from Alfred Hitchcock's "Vertigo," a medley of songs from "My Fair Lady," "Fiddler on the Roof," "A Chorus Line," and much more. Glazier brings to this concert a lifetime love of Broadway and Hollywood as well as his proven talent as a host/narrator and pianist. Watch his extraordinary piano playing up close in the comfort of your home.

Rescheduled Date!
Two-Time Grammy
Award Winner

Mads Tolling:
Violin Virtuoso

Tuesday,
 November 10
 7:00 PM - Zoom
 \$12 per Zoom device
 — **LSE272**



Internationally renowned and multi-awarded violinist and composer Mads Tolling joins our livestream series from the Presentation Hall via Zoom. With passion, excitement and energy, Mads shows off his and the violin's versatility with a repertoire that will cover everything from gypsy jazz to rock 'n' roll and from tango to fiddle music. Expect songs like Ellington's "Don't Get Around Much Anymore," Hendrix's "Hey Joe," Piazzolla's "Libertango" Django Reinhardt's "Minor Swing" and the Beatles' "Blackbird."

—Livestream Comedy—

Jeff Applebaum

Zoom Comedy
 Friday, October 16
 7:00 PM - Zoom
 \$10 per Zoom device
 — **LSE273**

Time to laugh during this crazy times! Welcome back Jeff Applebaum for another hilarious evening right in your home! A native New Yorker, Jeff has appeared in major TV shows, blockbuster movie and opened for and performed with comic legends like Robin Williams, Dana Carvey and more! Register now!



—Livestream Presentation—

Great Comic Moments in the Movies
A Presentation
by Yale Professor
Marc Lapadula
Thursday,
October 22
1:00 PM - Zoom
\$14 per Zoom
device — **LSE277**



We all need a laugh nowadays to get through these crazy times! Join Professor Lapadula as he presents hilarious clips from nearly every decade of the Sound Era. Film humor always elicits laughs from audiences regardless of their age or cultural background. From highbrow “Masterworks of Cinema” to some lower moments of excruciating comedy, we will explore the unadulterated (and oftentimes adulterated) humor generated from the idiosyncratic minds of uproarious filmmakers like Woody Allen, Stanley Kubrick, Mel Brooks, Mike Nichols, Harold Ramis, Charles Chaplin, Harold Lloyd, Buster Keaton, and others. Online registration only. Zoom information will be sent automatically to your email upon registration.

How the Renaissance Changed the World
A Presentation by
Joseph Luzzi
Monday, October 26
1:00 PM - Zoom
\$14 per Zoom device
— **LSE278**



What makes the Renaissance such a vital part of our cultural life today? How did such Renaissance giants as Michelangelo, Leonardo, Dante, and Botticelli change the very idea of “art” and “literature” as we know it? And why was it possible for a single Renaissance city like Florence to produce such extraordinary inventions as opera, the piano, and the architectural breakthroughs that led to the creation of remarkable buildings like the Duomo and other marvels? In this brand new course, Professor Joseph Luzzi will lead participants on a fascinating journey through some of the most breathtaking works of art from centuries ago, and show how and why the word *Renaissance* has become synonymous with

human invention and creation at its very best. Online registration only. Zoom information will be sent automatically to your email upon registration.

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.

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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*, Michelangelo'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.

—In-Person Comedy/Magic—

New Rescheduled Date!

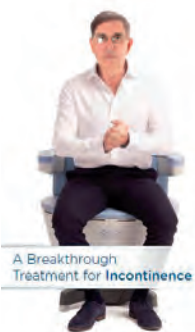
KS Magic Night: The Award-Winning Magic of Spencer Grey
Friday, November 20
P-Hall (KS)
Reserved Seating \$18
6:00 PM Show — **LSE229**
8:00 PM Show — **LSE230**



Let the award-winning magician Spencer Grey start off the magic of the holidays! Combining his energetic personality with audience participation, visual illusions, and original magic for a fun and funny show you won't see anywhere else, this show will surely get you in the holiday mood. Spencer has appeared on television and stages across the country, including at The Orleans Hotel/Casino in Las Vegas. Save \$1 on purchases of \$4 or more at KS Cafe. **Note:** Tickets from the original show date of March 19 will be honored on this new date of the same showtime. If you are unable to attend this rescheduled date, please drop off or mail your ticket/s to the Lifestyle Department with your name and member # on the back of the ticket to receive a refund and address it to 965 Orchard Creek Lane.

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Lifestyle Trips Coordinator
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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.

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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—



Metal Sign with Vinyl Decal: Witch Way to the Wine
Tuesday, October 20
10:00 AM - Zoom
\$16 - includes supplies — **LSC2705**

With Halloween around the corner, enjoy a sign making class with Halloween and Wine theme.

Learn how to apply a vinyl decal sticker that says: Witch Way to the Wine. A Halloween themed bow will be attached to brighten up your home for the spirit. The metal sign will have a twine hanger ready for hanging. Pick up supplies (curbside) from Orchard Creek Lodge front entrance Monday, October 19, at 2:00 PM. Receive the Zoom information in your email immediately upon Online registration.



Wood Box Fall Centerpiece
Tuesday, November 3
10:00 AM - Zoom
\$23 - includes supplies — **LSC2706**

Are you ready for Fall? Learn how to make a simple

wooden box centerpiece that you can use to adorn your table for all your special events this holiday

season. The wooden box will already be assembled and stained. We will be applying a vinyl decal "Gather" and adding fall decor. All supplies will be provided. Pick up supplies (curbside) from Orchard Creek Lodge front entrance Monday, November 2, at 2:00 PM. Receive the Zoom information in your email immediately upon Online registration.



"Happy Holidays" Round Door Sign
Tuesday,
November 17
10:00 AM - Zoom
\$20 includes supplies — **LSC2707**

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

Holidays. Learn how to attach a vinyl decal that says "Happy Holidays" to a round wood. To finish off the sign, we will add holiday spruces and a ribbon. All supplies will be provided. Students must provide: a hot glue gun, scissors, pencil, and ruler. Pick up supplies (curbside) from Orchard Creek Lodge front entrance Monday, November 2, at 2:00 PM. Receive the Zoom information in your email immediately upon Online registration.

—Movies—



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

Wednesdays,
November 18-December 9
1:00 to 2:00 PM except for
11/25 class - 1:00 to 3:00PM
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. Prerequisite: Students must have access to watch the following movies on their own time: *Christmas Vacation* (1989), *A Christmas Story*, & *It's A Wonderful Life*. Instructor: **Ray Ashton**.

Outdoor In-Person Class

—Line Dance—

We are currently offering the following in-person dance classes held outdoors at Kilaga Springs Parking Lot. 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, November 2-30
9:00 to 10:00 AM
KS Parking Lot
\$35 — **LSC2699**

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, November 5-26
9:00 to 10:00 AM, KS Parking Lot
\$28 — **LSC2702**

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,
November 4-25
9:00 to 10:00 AM
KS Parking Lot
\$28 — **LSC2700**

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 Gardetto**.

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—Art—



Mixed Media
Thursdays,
November 5 & 19
9:00 to Noon
Secret Garden
\$45 (two sessions)
— **LSC2708**

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**.



Pastel Art: Learn Values Using Pastel/Charcoal Using Your Photo
Monday,
November 9
& Wednesday,
November 11
9:00 AM to Noon
Secret Garden
\$79 — **LSC2704**

For beginner and intermediate artists! This two-day class will include a monochromatic demo on the first day using values from your photograph from an iPad, laptop, or print. Photo with good details in light and darks is best. On the second day of class a color painting will be created from scratch using the value study you created on the first day of class. Students must provide own art supplies (SOFT pastels, substrates/paper/board, pastel pencil, kneaded eraser, and tracing paper). Goal, learning values, and working with color to achieve a finished pastel painting. Since we will be working outside, wear a wide-brimmed hat to keep sun off of your face! For any questions, email the instructor at sandski2@yahoo.com. Instructor: **Sandy Lindblad**.

Notice:

The following indoor classes will resume once lodges are allowed to open.

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
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Tap Classes with Alyson
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Marianne O.

Contact WellFit's Bowen Practitioner
Rebecca Kang at 916-625-4034
Rebecca.Kang@sclhca.com



Deborah McIlvain

Director of Lifestyle, WellFit & Spa

Deborah.Mcilvain@sclhca.com

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



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 danielle.merrill@sclhca.com and she 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 1 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.*



NOTICE

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

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

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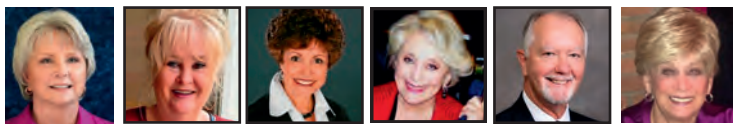
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Arthritis

Location & Time: TBD

New classes and pricing coming soon!

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, October 18-

November 22

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 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, October 18-November 1

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, October 18-November 1

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**.

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

Personal Improvement

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



Traditional Shotokan Karate

Sundays,

November 1-29
9:00 to 10:00 AM

Location:

Amphitheater

\$25 (5 sessions)

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

Money Matters

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



How to Play Sudoku

Tuesday, November 3

10:30 AM to Noon

\$5 Zoom Class

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



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Tuesday, November 17
10:30 AM to Noon
\$5 Zoom Class

In the first class, he will teach the basics of Sudoku and how to get started with the Easy to Medium puzzles listed in most local newspapers and books using his Four-Step system. The second class reviews the Four-Steps and Medium puzzles, however, it continues into the hard puzzle level. In each class, you will play two puzzles to guide you through the logic and Russ's system. Each class will be valuable to both the beginner and the seasoned expert. For the beginner, you should be able to leave the two classes and start playing right away. For the expert, he will teach you a system that could increase your speed and level of play, maybe even venturing into Extreme levels. Come join us! Instructor: **Russ Abbott**.



The Psychology of Money

Tuesday,
November 10
\$5 Zoom Class
11:00 AM to Noon

Wealth is a complex concept, and personal perceptions, biases, and emotions about money can affect the financial decisions people make. This seminar is designed to help clients develop strategies for making objective decisions about money so they can manage their wealth more wisely. Instructor: **Abbott Group**.

Pilates Reformers and Towers

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

Membership packages require an agreement for auto-pay upon enrollment. Members select their monthly classes via the online scheduling system; these packages are not available online. See class grid on page 77 for a complete listing of Pilates Reformer classes.

Our Reformer packages are as follows:

Four-class membership package \$80 per month

Eight-class membership package \$135 per month

Add-on classes for member \$17 per class

Introductory Reformer Session L1

Continuous Dates

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

Private Reformer Training

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

- **One-on-One Training:**

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Training Services

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

Small Group Training (SGT)

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

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, TBD
Location & Time: TBD
\$135 (eight sessions)

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



SGT—Progressive Bootcamp L2/3

Location, Day & Time: TBD
\$135 (eight sessions)

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

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

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individual, including a non-borrowing spouse, should have a plan to pay off an Equity Edge reverse mortgage upon the borrower's death or any other maturity event. If the non-borrower is unwilling or unable to purchase the property or pay the loan in full, **there is no protection for the non-borrower (including a non-borrower spouse) to maintain an interest in the home or to continue residing in the home past the maturity event and the non-borrower may be evicted upon foreclosure.** The FHA HECM program has protections in place for certain non-borrowing parties, so a reverse mortgage applicant with certain non-borrowing parties should strongly consider a FHA-insured HECM loan (see HECM guidelines or ask an RMF representative for details). Under the Equity Edge reverse mortgage loan program, a maturity event occurs when the last surviving borrower no longer lives in the home as his or her primary residence for at least 12 months, the property charges (including taxes, insurance, HOA dues or any other property charges) are not paid, required repairs are not completed or the property is not maintained, or any other maturity event, as specified in the Security Instrument, occurs.

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SGT—TRX Circuit L2

Location, Day & Time: TBD
\$135 (eight sessions)

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

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

Location, Days & Time:
TBD
\$105 (six 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

Location, Days & Time: TBD
\$105 (six 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*.

Live Stream Class Passes

Tuesday through Thursday classes available, please see Grid on page 75. 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 will cancel and notify you. For more information, email danielle.merrill@sclhca.com. Instructor: *varies*.

ONLINE: SCLHRESIDENTS.COM

Punch Pass and Fast Class

Fast Class Passes can only be used on our 30 minute classes. Please see the colored grids on pages 75-77 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.*

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OC WellFit Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OC	OC	OC	OC	OC	OC	OC

Outdoor Classes at OC

These classes are subject to move indoors and/or change times. Additional classes may be added.

8:30am	Cycle & Floor Strength Stretch L2- <i>New Format!</i> <i>Gretchen</i>	Core & Strength L2/3 - <i>Kim</i>	Cycle & Floor Strength Stretch L2- <i>New Format!</i> <i>Helena</i>	Core & Strength L2/3 - <i>Kim</i>	<i>New!</i> Zumba Toning L2- <i>Joanie</i>
9:45am	SGT	SGT	SGT	SGT	Yoga Basics & Flow L2/3 - <i>Helena</i>

Livestream Classes - Join through Mind & Body

9:00am	Zumba Gold L2 - <i>Joanie</i>	Zumba Gold L2 - <i>Joanie</i>
--------	-------------------------------	-------------------------------

Effective October 5, 2020

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)
<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>	

OC Aqua WellFit Class Schedule 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	Aqua Fitness L2/3- <i>Helena</i>		Water Works L2- <i>Jiji</i>		Aqua Fitness L2/3 - <i>Jiji</i>		
9:30	Deep Water Fitness L3 - <i>Helena</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3- TBD	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3 - <i>Lisa</i>		
10:45		Aqua Intervals L2/3 - <i>Deanne</i>		Aqua Intervals L2/3 - <i>Deanne</i>			
11:30	(11:30am-12:15pm) AF Aqua L1- TBA		(11:30am-12:15pm) Aqua L1- TBA				
12:30					SGT - Therapeutic Water Exercise L1 <i>Renae</i>		
2:00							
4:00							
5:00	Total Body Conditioning L3 - TBD		Total Body Conditioning L3 - TBD				
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.							
Group Exercise Classes (punch pass) \$4.50							

TBA

Pilates Reformer WellFit Class Schedule

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

TBA

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	

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Dear Sun City Travelers and Friends,

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

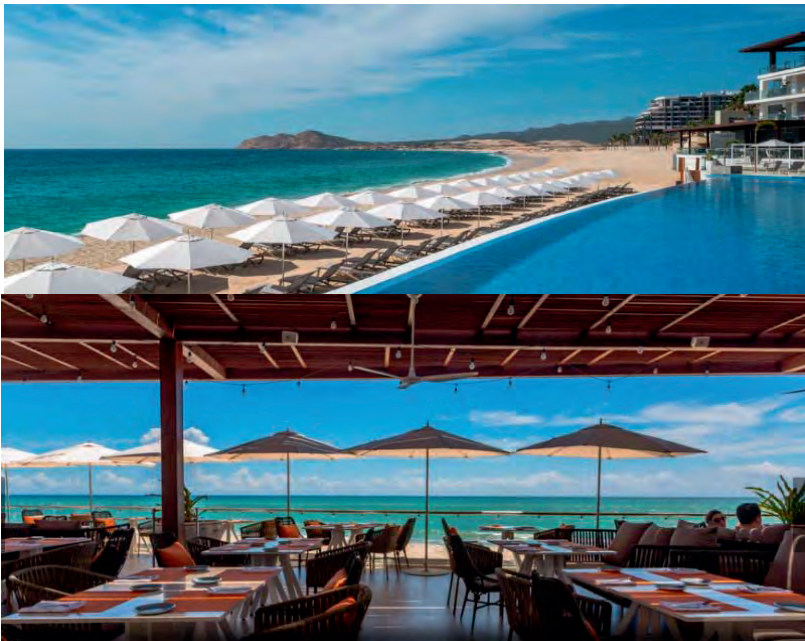
Right now is a great time to travel! Prices have never been lower and the resorts have never been cleaner or safer. Please call our office or send an email to book@clubcruise.com and let us know when you would like to go.

Sincerely,

Amanda Huber

Owner, Club Cruise &

Lincoln Travel



Call us M-F 9am—5:00pm 916-789-4100

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



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Located at 851 Sterling Parkway, Lincoln CA