

COMPASS

Navigate Your Way Through Sun City Lincoln Hills

Happy Holidays

23 Snow Place Like Home for the Holidays

25 Holiday Traditions and Trends



IN STOCK FLOORING - IN STOCK CABINETS

KITCHEN REMODELING - BATHROOM REMODELING - REMEDIATION SERVICES

COUNTERTOPS - BACKSPLASH - FLOORING

TILE - HARDWOOD - VINYL - LAMINATE



NATOMAS

4021 N. FREEWAY BLVD #100
SACRAMENTO, CA 95834

ROCKLIN

6848 FIVE STAR BLVD #6
ROCKLIN, CA 95677

VACAVILLE

1671 E. MONTE VISTA AVE #N111
VACAVILLE, CA 95688

ELK GROVE

(COMING SOON!)

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On the Cover

Happy Holidays from your Compass Roving Reporters –
left to right Linda Lucchetti, Shirley Shultz,
Richard Pearl, Teresa Tanin, David Wright

Calendar of Events

December 20, 2021 – January 17, 2022

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

Date Event	Page #
12/20 New Year's Eve Decorations	75
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Upcoming Association Meetings: December 15 – January 27

Finance Committee Meeting	Wednesday, December 15, 9:00 AM
Board of Directors Meeting	Thursday, December 16, 9:00 AM
Board of Directors Executive Session	Thursday, December 16, 11:30 AM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, January 4, 9:30 AM
Compliance Committee Meeting	Wednesday, January 5, 9:00 AM
Accessibility Committee Meeting	Wednesday, January 5, 9:00 AM
Properties Committee Meeting	Thursday, January 6, 9:00 AM
Elections Committee Meeting	Friday, January 7, 9:30 AM
ARC/Architectural Review Committee Meeting	Monday, January 10, 9:00 AM
CCRC/Communication & Community Relations Committee Meeting	Tuesday, January 11, 10:00 AM
Board of Directors Workshop	Thursday, January 13, 10:00 AM
Board of Directors Executive Session	Thursday, January 13, 1:00 PM
Finance Committee Meeting	Thursday, January 20, 9:00 AM
ARC/Architectural Review Committee Meeting	Monday, January 24, 9:00 AM
Board of Directors Meeting	Thursday, January 27, 9:00 AM
Board of Directors Executive Session	Thursday, January 27, 11:30 AM

Meetings subject to change. Visit sclhresidents.com for the most up to date information.

VOLUNTEER OPPORTUNITIES

Committee Openings

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

- Architectural Review Committee
- Clubs & Community Organizations Committee
- Compliance Committee
- Finance Committee
- Properties Committee

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



The *Compass* Roving Reporters group is actively looking for an individual with a team player attitude and a writing background to develop health-related articles for the *Compass*.

Do you have a background in the health industry? Can you explain complex health issues in layman terms with lighthearted humor? Then, this could be the perfect opportunity for you.

Requirements:

- A resident for a minimum of one year
- Able to meet deadlines
- Willing to write about many different topics, along with health topics
- Willing to research the topic, residents, staff and/or event to obtain information for an upbeat article
- Provide photos for your article
- Willing to work with a group of writers with differing opinions.

Please contact Theresa Renken, *Compass* Editor, at theresa.renken@sclhca.com to find out more about this exciting volunteer opportunity.

HOLIDAY HOURS OF OPERATION

Holidays	Lifestyle Desk OC/KS	Administration & Membership	WellFit OC/KS	The Spa at Kilaga Springs	Kilaga Springs Café	Meridians Restaurant & Bar
Christmas Eve December 24	8:00 AM - Noon	Closed	5:30 AM - 2:00 PM	9:00 AM - 2:00 PM	7:00 AM - 2:00 PM	11:00 AM - 5:00 PM
Christmas Day December 25	Closed	Closed	Closed	Closed	Closed	Closed
Day After Christmas December 26	8:00 AM - 12:30 PM	Closed	7:00 AM - 6:30 PM	Closed	Closed	10:00 AM - 6:00 PM
New Year's Eve December 31	8:00 AM - Noon	Closed	5:30 AM - 2:00 PM	9:00 AM - 5:00 PM	7:00 AM - 2:00 PM	11:00 AM - 8:00 PM
New Year's Day January 1	Closed	Closed	7:00 AM - 2:00 PM	Closed	Closed	Closed



Board of Directors' Report

Join! Join! Join!

Diana Peters, Director

So, why did you become a resident of an HOA? It can't be to own real estate; you can do that anywhere. So, I repeat, "JOIN!" in our HOA lifestyle. After all, we are all residents in our Association. While I've been on the Board of Directors, we have gained more than 1000 new residents, and I'm looking for those newbies!

Many clubs and activities are waiting for you. That's what makes us, US. Your life here can be filled with many good times, challenges, and successes with the nicest people. Your days will be enriched with growth in whatever pleases you! After the pandemic, we're done with being cooped up and are ready to rock & roll. Let's go for it!

We have 70+ clubs and additional support groups with diverse interests standing by for your arrival. Check the Club News and Support Groups sections in the *Compass* and Sunday eNews Blast for entertainment and classes (Lifestyle and WellFit) to find something you like. If there isn't something already in your niche, then just START IT, and you'll be pleasantly surprised to find there are some of your 11,000+ neighbors that are into that too! Our Lifestyle staff will help you get started, even help you advertise for more

interested residents.

How about entertainment? Can you sing, act, like to dance? We have our own performing arts groups – Players, Chorus, Tap Company, and the Vaudeville group looking for your talent. If exercise is your thing, you don't need to do it alone. You can work out or learn a dance in group classes. You'll make quick friends laughing in those classes. Winter is the perfect time for gathering. Remember your inner child, try something new or get back into Ping-Pong. Remember how good you were as a kid?

The best part of moving into this community is knowing that everyone was once new here. Lincoln Hills was "in the middle of nowhere" when Del Webb decided to build this for us. We all came from somewhere else; there are no natives in Lincoln Hills. We are friendly and welcoming because the majority of us didn't know a soul here before we arrived and appreciate how hard it can be to break into a new life.

So, Just Do It. Walk into a club meeting or volunteer for a Committee. It is easy to jump in, and we will be very happy to have you. I'm looking forward to having fun with you.



A Note from the Executive Director

John Bowman, Interim Executive Director

Since the holiday season is upon us, that means the New Year is just around the corner. If you are like me, you are probably getting excited to see what 2022 will bring. Hopefully, early in 2022, we will see this pandemic coming to an end. The Association and the services offered have already turned a corner, and we are starting to resemble the vibrant pre-pandemic community that we once were. We still have a way to go, but our hope is that we can continue on this track toward normalcy while staying safe and protecting our loved ones.

One of the downsides of this last year is that we have had a significant turnover in our staff. It is always a little sad to lose key staff, but with change comes an opportunity for a fresh face, new ideas, and new energy. A few of our new faces in our organization include our Spa Manager KarriLynn Keith, Room Booking and Club Coordinator Elaine Allen, Assistant to the Executive Assistant Meagan Hammes, and Community Standards Manager Robert Ruiz. We are very fortunate to have found each of these individuals, and we trust that they will be here providing you with great service for years to come. Please make them feel welcome like you did for me when I was new.

As we approach the end of 2021, I am reflecting on the short time I have been at Lincoln Hills and

the uncertainty of how much longer I will be with you. You see, the Board brought me here to help the Association through the transition from your last Executive Director to your next. By the time this *Compass* issue is distributed, my time with you will probably be near its end. The fact that I am leaving and heading back to my wife and dogs in Montana is a good thing. That means that you will have a new Executive Director, which means a fresh start to 2022, with hope and optimism for the future.

If this last year or two has caused you to lose faith in your fellow man, consider approaching 2022 with a renewed spirit of optimism and desire to leave this place a little better than you found it. Resolve to get along with your neighbor, especially if they are otherwise difficult to get along with. Decide to help those who can't help themselves and watch over those who can't watch out for themselves.

Your community is in great hands, with a knowledgeable and dedicated Board of Directors, volunteers who are willing to donate their free hours back to the community for the benefit of their neighbors and a staff that is fully committed to keeping Lincoln Hills the best place to live and own property. I wish each of you the most enjoyable holiday season and a happy and healthy New Year.





Finance Committee

Another Positive Month

Fred Raach, Chair

In October, Association net revenue increased \$63,000 to \$468,000 for the year, \$548,000 better than budget. This positive result comes from a combination of non-dues revenue \$305,000 higher and expenses \$243,000 lower than budget for the year-to-date.

As a point of comparison, in October 2019, the last pre-pandemic year, non-dues revenue (i.e., income from all Association activities that produce revenue) that month was \$737,000 versus \$534,000 this year. However, October expenses were \$1,460,000 in 2019 and \$1,195,000 this year. So net revenue from non-dues activities this year for October was negative \$661,000 compared to 2019's negative \$723,000, or a \$62,000 improvement over the performance two years ago when operations were fully open.

The chart shows where expenses are better (green) or worse (red) than budget by type of expense for year-to-date. Personnel Costs continue as the largest contributor to overall savings. Actual salary and wage expenses are about \$96,000 better than budget; the rest of the savings come from payroll taxes, benefit costs, and workers' compensation premiums which are significantly under budget. Landscape Maintenance savings are primarily from the deferral of activities that may still be done this year. Administrative expenses overage increased by \$42,000 in October, mainly due to unbudgeted

expenditures for audit, other professional services, and human resource services. The increased cost of water obtained from the golf course continues as the major cause of the overage in Utilities.

Five of the seven departments delivered significant savings from budgeted results in October: Communications & IT (\$16,000), Lifestyle (\$20,000), Spa (\$16,000), WellFit (\$9,000) and F&B (\$9,000, producing a positive net revenue of \$11,000 this month). The facilities department was over-budget by \$17,000, versus under-budget by

\$62,000 last month, as deferred landscape activities and equipment repairs were made in October. The Administration Department was over-budget by \$43,000 primarily from the unbudgeted Administrative Expenses, which all are charged to this department.

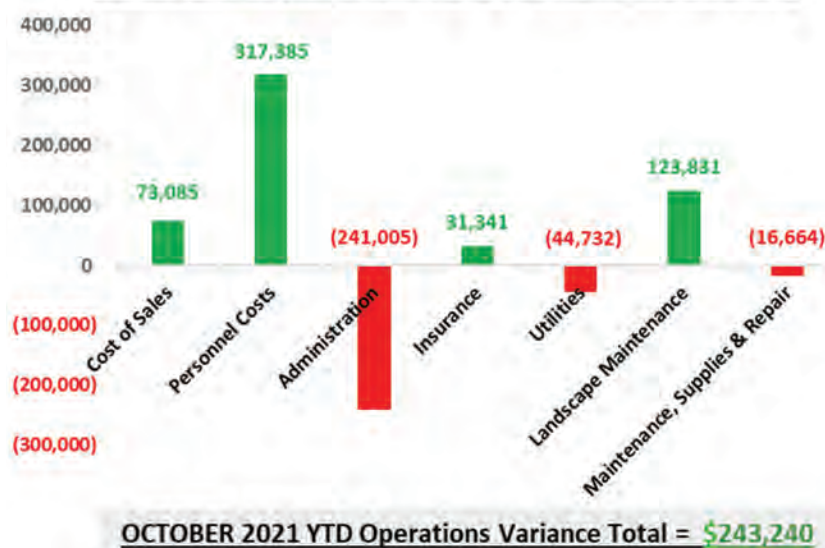
Reserve Ex-

penditures were \$368,000, bringing the year-to-date total to \$1,542,000. Major items were bark replacement, \$84,000; continuing fencing replacement, \$184,000; and street light replacements, \$95,000.

There were no expenditures from the Community Enhancement Fund in October. However, \$182,768 was transferred from CEF to reserves to reverse an incorrect allocation of Sports Plaza expenses earlier this year.

More detailed information on the financials is available on the Resident Website in the Library section under Financials and from the videos of the Finance Committee meetings.

OCTOBER 2021 YTD OPERATIONS ACTUAL vs BUDGET VARIANCE





Architectural Review Committee

Happy Holidays

Carole Dummett, Chair

We are looking forward to completing and receiving Board approval of our revisions to the current Design Guidelines. Many of these revisions are based on committee experience with confusion for the resident along with their suggestions and input.

We missed our open meetings this year as we always enjoy reviewing applications with residents and contractors. The good news is, effective November 8, 2021, we were able to begin open meetings once again. Masks are only required if you have not been fully vaccinated.

All applications must be placed in the ARC Drop Box located in Orchard Creek Resident Information Center. The deadline for submitting an application is the Wednesday before the following Monday meeting. This calendar is posted for resident reference. Within 24 hours after the Monday meeting, your application

will be available for pickup at the Orchard Creek Membership Desk. We use eNews for ARC announcements, so please take the time to read our updates.

Our Community Standards Department now has a new Manager, Robert Ruiz, who has been on board since November 8. This department is critical to our success as a committee. It collects and distributes all our paperwork, fields resident questions, updates all requirements, forms, samples, and sets up and manages all our meetings. Please welcome Robert to Lincoln Hills he brings experience in HOAs and Property Management. We look forward to his input and expertise.

In closing, a special thank you to all the homeowners who maintain and enhance the beauty of this wonderful community. Pride of ownership is reflected throughout Lincoln Hills.

Have a great holiday with family and friends.



YOUR ARC MEMBERS:

Rear left to right: Helen MacLaren, Ed Kiburis, Beverly Schroeder, Carole Dummett, Richard Bostdorff, Louis Bobrowsky
Front left to right: Mary Merlock, Beth Marschel and Gary Shamber



Compliance Committee Looking forward to 2022

David Mateer, Chair

The daylight hours seem to be getting shorter and the days colder. This means we are coming to the end of the year and looking forward to 2022. But before we talk about 2022, let us remember to enjoy 2021. The last 3 months of the year brings several holidays, and many of you take the opportunity to decorate. It is great to see the fun spirit throughout the community. It is also a great time to celebrate family, friends, and the wonderful community we have here.

The past two years have provided lots of opportunities and challenges for everyone. Similarly, the Association has been very busy keeping everything running at its best and making improvements along the way. Yes, several things remain the same, but changes are always a part of life and progress. Recently we had two staff members of the Community Standards Department leave. I am happy to let you know that Robert Ruiz is our new Manager for the Community Standards Department. Some of you may already know this as he joined the Lincoln Hills team on November 8. He comes to us with prior work in Home Owner Associations and property management. That still leaves one of the positions yet to be filled as of the writing of this article. However, I would hope Community Standards will be fully staffed and every one up to speed in early 2022. Providing the members of the community the important service and support you deserve is a high priority for the Association.

The committees are also busy working to improve our practices and how we serve the community. You likely have heard that the Architectural Review Committee is updating the Design Guidelines and the Compliance Committee is updating the letters the Association uses to communicate with our owners. Both of these activities will likely be completed in early 2022. We are still soliciting feedback on the letters, and the current and initial draft suggestions are posted in the Library portion of the Resident Website. The Compliance Committee also has an opportunity to have another volunteer join our committee.

Our community overall is in great shape. This is thanks to your continued efforts to maintain and improve the place we call home. Maintaining our homes and landscape is a never-ending project. We are also fortunate to have the support of the companies we rely on to assist us with our home and landscape maintenance and improvements. The help of a professional is essential for the larger projects and often time even helpful on the small ones.

But life is not all about work. Looking forward to the coming year, I hope to see more fun activities and normal operations in all aspects of our community along with time well enjoyed with your friends, family, and favorite activities. With any luck, some of those canceled travel plans may again be possible.

We are looking forward to 2022 with the promise and opportunity it brings for all of us.

THANK YOU!

SEE YOU NEXT YEAR!



Properties Committee

Wishing You a December to Remember

Lynne White, Committee Member

As children, many of us were comforted by our own family's holiday traditions. Our sense of home was influenced by the smells, tastes, and rituals of the familiar. As we grew up and interacted with more people from various backgrounds and cultures, we learned there are many different ways to celebrate the holidays.

Living in Lincoln Hills is wonderful during this beautiful holiday season. We want the beauty of our community to be appreciated by visitors and residents as they enjoy the festivities. The staff works hard to make that happen not only in December but all year. Our waterfalls are running, storm cleanup is complete, the landscaping is well-groomed, and street lights are aglow along our major streets.

In other news, permits have been received for the Sewing Room expansion and the softball field fencing. The next step in this process is scheduling contractors. Weather plays a big part in starting projects. Sometimes, rain and cool weather does not allow work to go forward, and other times it's the heat. Sarah Lambrose chaired the inspection of Orchard Creek Lodge with Rich Lujan. Christine Uebele chaired the inspection of Kilaga Springs Lodge with Lynne White.

To help in these inspections, it takes a team of knowledgeable, dedicated, and caring people. The inspections had the added input and expertise of our staff management: Lavina Samoy, Lifestyle Manager; Deborah McIlvain, Director of Lifestyle, WellFit, and Spa, along with Erik Rosales, Facilities and Maintenance Manager.

According to our ByLaws Section 10.03:

"The Properties Committee shall conduct at least once a year a complete inspection of all the Corporation's physical properties, including the buildings, equipment, and grounds to determine if same are safe, properly cared for and in good condition. After each inspection, the Chairperson shall make a report in writing to the Board and the Executive Director on the status of the facilities, including any recommendations for preservation, maintenance, or replacement."

Our meetings are on the first Thursday of every

month at 9:00 AM. We invite the public to attend and participate. Even during the holidays, we must keep a watchful eye on our facilities. For concerns or questions, you can always contact us at Properties.Committee@sclhca.com.

We are very proud of our accomplishments in 2021, but we know 2022 will be even busier and equally challenging. Properties were approved for two more members.

If you would like to volunteer, you can find an application on our website. Volunteering allows you to connect to the community and make it a better place. The smallest tasks can make a real difference. Volunteering is a great way to meet people, especially if you are new to Lincoln Hills. Our committee members did not know each other when they joined the committee. We are truly a team who work together towards a common goal in the most effective and efficient way possible. All of us have unique gifts, talents, and skills. Happy Holidays to our dedicated volunteers: Bill Szabo, Chair. Sarah Lambrose, Co-Chair. Christine Uebele, Ron Slagle, Lynne White, Bob Ress, and Rich Lujan.





Communications and Community Relations Committee

Back in Business

Denise Bowden, Chair

As we reach the end of the year, we are seeing a glimmer of getting back to normal, and we are looking forward to new opportunities in 2022.

It is nice to see new residents attend the long-awaited New Resident Orientation (NRO). Many have had to rely on friends and neighbors to get “the scoop,” but the hunkering down has ended, and they get actually to meet each other and share experiences. A sure sign of normalcy is after the NRO program clubs have a chance to participate in a social with new residents again. The club response was great, club presidents should watch for an email that will go out in early January asking for participation in the next NRO.

Community tours are also starting up again. Guests who want a tour of Lincoln Hills are welcome with open arms, and the Ambassadors are ready and willing to share everything wonderful about living here. We welcomed three new Ambassadors to the team last month.

The schedule for Community Forums is in the

planning stages. Residents should see topics that reflect input from the survey done this past summer. The feedback received was beneficial to help craft programs of interest to residents.

As we look into the Community Outreach Project assigned by the Board, we continue to realize just how big a task it is. At the last CCRC meeting, we identified there are a number of questions that need to be answered prior to taking any kind of action. Some of the tough questions are centered on “What is the community-wide shared vision?” and “What is the long term plan for the Community?” These are questions that will lay the groundwork for the efforts that will follow, but we have to get these right, and we need to make a long-term commitment to the Community Outreach Program. It’s not an easy task, and it will take some time, and probably longer than we would like, but we are hopeful that with support from the Board, a new Executive Director, Committees and residents, we can fulfill this request.



Accessibility Committee Resources

Judi Panneton, Chair

The committee has met three times in 2021. It has already become a resource for residents interested in participating more fully in what is being offered in our community. Sometimes, there are barriers for people to be more active, but with a possible accommodation, that could be a game-changer. The committee was created to recommend to the Board possible options to increase accessibility through modification of policies and programs. There are six committee members who are busy doing tasks that include research, identifying needs, contacting Lincoln Hills support groups and committees, and reaching out to other HOAs regarding the quality of life issues. (The Accessibilities Committee is an advisory committee and does not make money-spending decisions.)

Some concerns were raised to the committee and through its email, including whether there are an adequate number of benches on walking trails, low-lying books in the libraries, and emergency buttons in locker rooms.

Information was shared at the meeting about how

residents with disabilities can request assistance with services to make life easier. One way is to contact the Architectural Review Committee (ARC@sclhca.com) for assistance with getting and filling out forms and receiving information for landscaping and painting plans. Residents, who need a live-in caretaker, can request a form from the Executive Director's office for permission. The Lincoln Hills Resident Website has a link to a Reasonable Accommodation form by listing the request in the search box. A resident with a medical necessity can contact the city of Lincoln at its lincolnca.gov website and request "Walk-In" service to get home garbage cans picked up and returned to their location. The U.S. Post Office also has the ability to drop off mail at a home through its "Caregiver Aid" program at its caregiver-aid.com website.

We are looking into the possibility of compiling a directory of information, streamlined for residents, to assist them in finding resources as they age in place.

Our meetings are scheduled for the first Wednesday of each month at 9:00 AM. The email contact is AC@sclhca.com.





Neighbors InDeed

Winter Suggestions from Neighbors InDeed

Janet Roberts

Happy Holidays from Neighbors InDeed to all of you! Winter starts in just a few days, but the fall's chilly mornings, the brilliant orange and red leaves of the Chinese pistache and the red maple trees, and those falling leaves have reminded us of what we love (and don't love) about that season. Let's hope for winter to bring rain to fill up our reservoirs and a good snowpack to help ease the drought.

But now's the time to check a few crucial items. Here are some suggestions from Neighbors InDeed's Handy Helpers.

Gutters and falling leaves? Call Neighbors InDeed for three referrals for resident-recommended handypersons who will clean your gutters, get those leaves off the roof, and clean up the yard.

Furnace maintenance check. Don't wait until after the furnace breaks down on one of those frosty nights to have an inspection by a qualified technician. PG&E will do free inspections – call 800-PGE-5000 or visit pge.com to schedule an appointment. If you'd rather have an HVAC professional do the inspection, give us a call, and a volunteer will give you three Lincoln Hills resident-recommended referrals. You can also look in the back of the *Compass* under Heating and Air. But BEWARE – if someone says your furnace needs replacing to the tune of several thousand dollars, get at least two other opinions before you sign that contract.

Programming thermostats. An efficiently programmed thermostat can save you energy dollars. No

need to heat your house at night while you're nestled all snug in your bed - turn the thermostat to a lower temperature. If you're going out of town for a few days, turn it to "manual" and set the temperature at 62 degrees. Need help programming your thermostat? Call us for a Handy Helper to do the job.

Garage door stopping/sticking? When the garage door opener rail is full of grease, the grease becomes harder in colder weather and causes the garage door motor to think it's hitting an object and therefore stops the door. To keep the rail clean, so that doesn't happen, call Neighbors InDeed for a Handy Helper to lube the garage door opener rail.

Irrigation Timers. As the weather cools and/or when it rains, your landscape will not need as much water. If you're having problems with the irrigation controller, call us, and a Handy Helper will come and adjust the controller. If you ask, they can tell you about a water sensor that will stop the irrigation system when it's raining. You don't want to spend your money on the water going down the gutter.

Holiday Cleanup. Handy Helpers can help put boxes up on shelves (not in the attic) and disassemble an undecorated artificial tree under 6 feet.

Now, you're ready for a Happy New Year!

Remember, we never answer the phone, but our 24/7 message center will record your call. Call us at 916-223-2763. Please leave your name and what type of service is requested, and we will return your call as soon as possible between the hours of 9:00 AM to 5:00 PM, Monday through Friday.



Election News

The kickoff for the Board of Directors Election will be the **Candidate Information Session** on January 6 from 1:00 to 3:00 PM at P-Hall (KS). This will be recorded for the Resident Website.

The following will be covered:

- What the Board does.
- What commitments are needed.
- Positive contributions/rewards of being a Director.
- The process for running for Director.
- Any questions you may have.

The **Candidate Information Packet** will be available for prospective candidates and posted on the Elections Committee tab of the Resident Website. The packet includes:

- Candidate rules for the pre-election period.
- A list of help provided by the Elections Committee.
- Candidate ballot statement form.
- Campaign ideas.
- Job description for a Director.
- Primer on the fiduciary duties of Directors.
- SCLH Governing Documents chart.
- Candidate application for the Board.

Here are important dates if you plan to run for the Board of Directors:

Date	Day	Event
January 6	Thursday	Candidate Information Session 1:00 PM, P-Hall (KS)
January 7	Friday	Candidate Filing Opens
February 7	Monday	Candidate Filing Closes
February 9	Wednesday	Candidate Briefing Session
February 11	Friday	Candidate Ballot Statements Due
February 11	Friday	Member Issue Statements Due
March 4	Friday	Articles from Candidates Due
March 18	Friday	Candidate Yard Signs Go Up
April 2 & 5	Saturday & Tuesday	Candidate Forums
April 11-15	Monday-Friday	Election Ballots Mailing Window
May 18	Wednesday	All Ballots Due no later than 3:00 PM
May 19	Thursday	Ballots Counted, New Board Seated

For more information, contact Elections.Committee@sclhca.com.



Lifestyle News & Happenings

Merry & Bright

Lavina Samoy, Lifestyle Manager

I do not know about you, but December brings out the child in me, happy, hopeful, and bright-eyed. I am not sure if it is because of the twinkling lights, colorful decorations, and holiday music or the excitement of gift shopping that brings out my inner joy. I hope you share my excitement as well.

If you need some joy in your life, why not grab some concert tickets for **Cool Yule** from two-time Grammy Winner violinist extraordinaire **Mads Tolling, December 21 in the Ballroom** (page 64). His selection of Yuletide classics and Nordic holiday music, along with American traditional Christmas songs will get you in the mood.

Welcome the new year with your friends and neighbors at our **Let's Get Fizzy, A FUNtastic New Year's Eve Party. Ticket sales will close on December 23**, so grab your tickets now.

How about enrolling in Craft classes that celebrate the holidays? **Starting page 75**, you will find a variety of fun and creative crafts that cover New Year, Valentine's Day, and spring. All supplies are included in these classes. You will also find shows that will make you laugh, **Jack Gallagher Stand-Up Comedy, January 21**, (page 63) and **The Comedy of Dave Nihill, February 22**, (page 63). Swoon at the **pre-Valentine Concert, February 10**, (page 65) and **Celebrating Tom Jones** from Broadway star **David Burnham, February 18**, (page 65). Make sure you check them out.

Join us for our first trip to the Gallo Center for the Arts in Modesto on January 26. Catch the limited performance of the **25th Anniversary production of the world-**

famous Riverdance, re-invented and revitalized as you have never seen or heard before (page 67). Lady Luck is waiting for you at **Cache Creek Casino**, on **January 20**, (page 67).

Are you looking for a great holiday gift? Give the gift that provides memorable experiences. All the shows, trips, and classes offer unique and wonderful experiences. They will surely feel merry and bright.

From the Lifestyle family to yours, we are wishing you and yours a wonderful, healthy, and love-filled season ahead. Keep the bright light shining!





The Spa at Kilaga Springs Hello and Happy Holidays

Trudy Smith, Spa Manager

Happy Holidays from our amazing team at The Spa at Kilaga Springs. My name is KarriLynn Keith, and I have the distinct pleasure of joining you as your new Spa Manager. During my career, I have spent the past 30 years as a Regional Education Director and Spa Director in the Luxury Resort and Medical Spa setting. My travels have taken me from the beautiful Hawaiian Islands to the gorgeous North Georgia Mountains and the warm, sunny hills of Arizona.

I am so thankful to be back home and working alongside this group of phenomenal spa professionals who continue to set the bar of excellence high, and I look forward to continuing to bring you, as always, an extraordinary customer experience coupled with amazing, luxury spa services. Thank you all for giving me such a warm welcome these past few weeks.

Fall is my favorite time of the year. It is the beginning of the holidays when families gather, and we share what we are most grateful for. The cooler weather brings us tidings of comfort and joy. I am truly grateful for the love and support of my family and this beautiful new adventure that I find myself

on. I am genuinely thankful for having the opportunity to meet so many of you and look forward to sharing stories as we get to know each other.

These chilly winter months are the perfect time to focus on staying healthy and vibrant for all of our holiday celebrations. The healing properties of massage aids in relieving arthritis symptoms, improving circulation, and cleansing the system of toxins. Colder weather can also wreak havoc on your skin's radiance creating dry, irritated skin. Facial treatments that include active botanicals and collagen-boosting peptides will reduce fine lines and wrinkles, along with calming and soothing the ravages of colder weather.

Your nails can become dry and brittle, leading to splitting, breaking, and often pain or discomfort. Proper nail and foot care are essential in every season, not only for beautifully shaped and painted nails, but to maintain the overall health with a delightful manicure or pedicure to relieve dry heels, tense muscles, and soothe overtired feet.

We look forward to seeing you at the Spa this month. Please join us in giving the Gift of Relaxation with Kilaga Springs Spa Gift Card. Don't forget to check out our Spa Specials in the *Compass*.



Let us serve you with a view

Meridians
Restaurant & Bar

Kindness

Jim Trondsen, Director of Food & Beverage

The Food & Beverage Department would like to thank you for your support and kindness. As another year comes to a close, we look forward to a bright and prosperous New Year. I am excited to see what 2022 has in store for us, and there is no doubt that we will continue to move forward and make Meridians a place you can be proud of. It is more and more common to see a full restaurant and bar, so from me to you thank you.

Holiday get-togethers are now in full swing, small and large, the cheer is in the air, and it's great to see happy and smiling faces. Even more so this time of year as we remember and think of our loved ones, both present, and past.

As we slide into the new year, we are planning for more live music events in the restaurant, dance nights in the ballroom, themed meals, and specials both in food and beverage. We are working on holiday buffets such as Easter and Mother's Day. Watch your eNews for more details.

Over the years there have been many surveys and suggestions on revamping the restaurant and sports bar such as upgrading the furniture, replacing the carpets and converting the Solarium into a lounge area. All of which are under review, and we are working towards a game plan. Hopefully, as we move into the new year, we can have a solid plan in place with all the necessary support to make this a reality.

A quick snapshot of my world in the Food and Beverage Department; I am happy to see the progress we have made in the past nine months. It has been a whirlwind but finally settling down. We went from several months of financial losses to finally breaking even with the bottom line. I am very proud of the team for all their hard work and dedication.



Chef's Recipe of the Month:



Kentucky Pecan Pie Bars

(Makes about 24 servings)

Ingredients

Crust:

- 3 cups graham-cracker crumbs
- ½ cup butter, melted
- ½ cup sugar
- 1 large egg white, lightly beaten

Filling:

- 1 cup firmly packed light brown sugar
- ½ cup light corn syrup
- ½ cup dark corn syrup
- 1/4 cup butter, melted
- 3 large eggs
- 1 ½ teaspoons vanilla extract
- 1/4 teaspoon salt
- 2 cups chopped pecans
- 1 (12-ounce) bag mini semisweet chocolate morsels

Instructions

1. Preheat oven to 350°.
2. Line a 13x9-inch baking pan with heavy-duty aluminum foil. Spray foil with nonstick baking spray with flour.
3. In a medium bowl, combine graham cracker crumbs, melted butter, sugar, and egg white, stirring until well combined. Press crumb mixture into the bottom of prepared pan. Bake for 10 minutes; let cool completely.
4. In a large bowl, combine brown sugar and corn syrups. Add melted butter, eggs, vanilla, and salt, whisking until well combined. Stir in pecans and chocolate morsels; spoon mixture over prepared crust. Bake for 35 to 40 minutes or until the middle is set.



WellFit News

Happy Holidays

Deborah McIlvain, Lifestyle, WellFit & Spa Director

Wow, can you believe it is already at the end of the year and what a year it has been. The WellFit Department has had many changes since 2019. From opening to closing multiple times and then coming up with new creative ways to stay fit outside during the pandemic, to now. In my past, I have personally started up many new health clubs. One of the biggest challenges is hiring good fitness staff and providing classes and schedules that the members want and are engaging. Your WellFit team has done an outstanding job this year of hiring new instructors and trainers. When we did re-open for the last time (and were able to stay open), your WellFit managers and coordinators developed new classes and schedules for four locations (OC aerobics, pool, Pilates reformer, and KS aerobics) along with working with many new instructors. But with all these changes comes great things. We have been fortunate to bring on some really amazing people and find new talents. From our new Kitchen Magic classes to new small group training classes like Urban Poling. Oh, but

just wait for next year, we have something new up our sleeves coming out in May of 2022. *Hint: yoga retreat.* Make sure to sign up for eNews and check out the *Compass* for new classes and events from WellFit in the New Year.

Still have time to shop! Make sure to check out the WellFit retail area for your holiday gifts. Wellness gift cards are always a great hit, and then add one of our famous candles to it. We also have great stocking stuffers, and unique gifts for that person you just don't know what to get. See our ad on page 82 for more ideas.

Fitness tips to get you through the holidays

- Plan ahead and make time for your workouts. Even if you are traveling, go for a walk, find a local gym and purchase a 1-day pass or look for fitness classes online.
- Make a list, try to exercise early before you get caught up in all the festivities and family to do's.
- Indulge for the night but not for the season.
- Let go of perfect, focus on what you can do, not what you can't.

Happy Holidays from the staff at WellFit.



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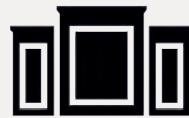
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Finding Happy

Shirley Schultz, Roving Reporter



“Happy Holidays” and “Happy New Year” are phrases frequently heard and seen this time of year as people talk to each other or send greeting cards and letters. So what is “happy,” and how does one find it? In reality, happiness is not a thing you can find; rather, it is a state of being. Bobby Ferrin’s song captured it in 1988, “Don’t Worry Be Happy.” While factors such as genetic makeup, life circumstances, social relationships, and the individual’s ways of thinking and

expressing feelings may influence how happy one is, much of happiness is under personal control.

There is no universal definition of happiness, but there is a universal search for a state of well-being with a sense of meaning and deep contentment. An entire branch of psychology called positive psychology is dedicated to figuring out what happiness is. *Psychology Today* offers many articles of interest: *What Is Happiness*; *The Science of Happiness*; *Happiness Over the Lifespan*; *Happiness and Health*. Happiness Studies Academy (HSA) offers a year-long online academic course to provide the knowledge and tools to generate happiness on multiple levels. Graduates receive a Certificate in Happiness Studies.

Each is responsible for their own happiness. “Cultivating

Happiness,” an article found at HelpGuide.org offers some key suggestions.

- Train your brain to be more positive by choosing to notice and appreciate goodness. Gratitude helps you experience more positive emotions, so cultivate an attitude of gratitude.

- Make an effort to cultivate and nurture your connections with others. Losing touch with family or friends is the most common end-of-life regret. Find a way to spend quality time with people you care about. Seek out happy people because happiness is contagious. Their joy will become yours, and yours will become theirs.

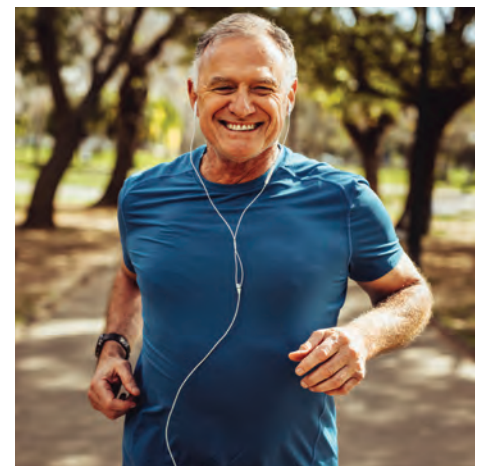
- Live more in the moment and savor the good things life has to offer. Mindfulness meditation is a good tool for learning to enjoy the moment and be more fully engaged in appreciating the good things. Stop to smell the roses, and minimize multi-tasking.

- Focus on helping others and living with meaning. Volunteer. Use your strengths for the greater good. Be kind.

- Make exercise a regular habit, and get the sleep you need. Regular exercise makes people feel happier and less stressed, angry, anxious, and depressed.

Perhaps most important, turn to your spiritual side to find happiness. Pray.

Be happy!





Directors (elected officers) pictured left to right: Bonnie Smedberg, Linda Minor (Executive Director), Patricia Hammer (Director of Volunteer Records), Denise Hexom (Treasurer), Barbara Branch (Assistant Executive Director), Renee' Plummer (Executive Assistant), Dee Fuggiasco, Teresa Tanin (myself), and Suzanne Rosevold (photo by Klara Kleman)

Happy Holidays! Time for New Directors!

Teresa Tanin, Neighborhood Watch

Neighborhood Watch recently held its annual November meeting, electing new and returning Directors. Mailbox Captains, Coordinators, Directors, and many residents attended, bringing their potluck specials. 2021 accomplishments and 2022 goals were discussed, including updates from Bonnita Wirth, *Lincoln Hills Foundation* (100% of all donations are distributed throughout our local community (website: lincolnhillsfoundation.org).

We welcome Dee Fuggiasco, our new Neighborhood Watch Director for 2022 (Mailbox Captain 2021). Dee is retired and new to Lincoln Hills. She looks forward to learning more about our community and its many activities. Dee brings many years of experience and degrees in telecasting and several nursing and healthcare disciplines. Volunteering,

however, is her passion. She devoted over thirteen years to the *American Red Cross* and several Veteran-related projects. Neighborhood Watch is honored to have her on our team. To view Director Bio's, visit website sclhwatch.org (About Us, Our Board, Directors).



Dee Fuggiasco, New Director

All residents are members of Neighborhood Watch, and more volunteers are needed. Mailbox Captains are crucial. They welcome new residents and collect confidential emergency contact information. Coordinators manage Mailbox Captains within their Village, and more are needed. Openings for new Directors are also available. Visit sclhwatch.org (About Us, Join Us, Recruiting Brochure) to view descriptions of volunteer opportunities, all of which contribute greatly to the success of Neighborhood Watch.

Mission Statement: Strengthen neighborhood ties; Increase personal safety and security awareness; be the "eyes and ears" of the Lincoln Police and Fire Departments; encourage emergency preparedness.

On behalf of all Neighborhood Watch volunteers: Happy—and safe—Holidays!



Cookies are a sweet holiday staple

Holiday Traditions and Trends

Linda Lucchetti, Roving Reporter

“Because of our traditions, we’ve kept our balance for many, many years,” exclaims Tevye, the protagonist in the hit Broadway musical turned movie *Fiddler on the Roof*. “Without our traditions, our lives would be as shaky as a fiddler on the roof.”



“The Elf on the Shelf” parades around

No time of year illuminates our traditions more than the winter holidays. Whether you celebrate Christmas, Hanukkah, or Kwanzaa, traditions keep us stable, create memories, and connect us. Many

Christmas traditions have existed for a long time, with origins dating back centuries.

Christmas carols were first sung in Europe thousands of years ago as pagan songs to celebrate the Winter Solstice. Early Christians who celebrated the birth of Jesus began singing Christian songs religiously instead of pagan ones.

Tree lighting has transformed over the years. For centuries, lit candles decorated trees in homes. With the advent of electricity in the early 20th century, a growing popularity for larger trees, and increased fire safety, candles were snuffed out to make way for electric bulbs.

Christmas cookies and holiday baking were popular back in Medieval Europe when wealthier families had access to new ingredients like cinnamon, nutmeg, and ginger. By the 16th century, Christmas cookies were no longer a half-baked idea.

More recent traditions and trends have popped up.

The Elf on the Shelf originated in the 1970s children’s Christmas book by Carol Aebersold with its eponymous doll that parents could place on a shelf or in a hidden location. The story goes that the elf is able to see when the child is naughty or nice and report the findings back to the North Pole. (*The Spy Who Came in From the Cold*.)

Matching pajamas for Christmas Eve kicked off in the 1960s and 1970s but awoke with social media. The entire family, including pets, don pj’s of similar plaids, styles, and designs, and pose for photos. (Sleep tight!)



Ugly sweaters – the fabric of festivities

Ugly Sweater Contests came about in the 1980s as entertaining ways to ridicule and reward Christmas-themed sweaters considered to be in bad taste or gaudy. (Dress for success.)

Start something new. Use fun facts about traditions and their history to hold a trivia night. Or throughout December, show a collection of popular holiday movies like “It’s a Wonderful Life” and “Christmas Vacation.” Finally, be daring. Ditch the typical holiday hues of red and green, and decorate with colors like fuchsia or turquoise. You might just start a trend!

Meridians

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From all of us to all of you, we wish you
a Happy and Healthy Holiday Season.



Happy Holidays



A cold front swept through Village 26

Snow Place Like Home for The Holidays

David Wright, Roving Reporter



A couple of cool cards

There just might have been some magic in that old top hat, after all. When Nancy and Tony Turrini distributed wooden snowmen cutouts to their Glenbrook Lane neighbors, they turned strangers into friends.

Nancy and Tony moved to their Lincoln Hills home in 2003 when it was a brand-new neighborhood. They came up with an idea for an icebreaker so that neighbors could get to know each other. Tony, a

gifted woodworker, cut out “30 or so” plywood patterns of snow people and dispersed them amongst the neighbors.

Tony engineered the plan after seeing gingerbread cutouts in front of homes along Gingersnap Lane in Village 30. Ironically, he chose the snowman pattern just to be different. Little did he realize that the pattern themed well with his own Village 26, where the streets are all named for snowy communities in the Lake Tahoe Basin.

The Turrini’s organized wine and cheese paint parties in their garage so that recipients of the wooden forms could personalize their wintry avatars. Neighbors flocked in—shivering for a chance to engage in some slush fun. Some painted basic snowman motifs, while others added golf clubs, beards, glasses, a stethoscope, and even a boomerang. Betty Stewart recalled how with no

instructions, no numbers to paint by, and no professional painting experience, the arctic artists magically brought their Frosty friends to life.

The idea snowballed—drifting toward neighbors at the other end of the street, who started their own frozen families. Using his jigsaw, Len Haubl made a couple dozen wooden patterns and gave them to his neighbors, who in turn personalized them. During the holiday heydays, an avalanche of colorful snow people lined Glenbrook Lane from end to end.

Everyone would put their snowmen and snowwomen out each December. It was hard to find a house without the icy icons, Nancy explained. But through the years, with people moving or having health issues, “we have lost a lot of snow people.”

Still, many residents did leave their flurry friends behind when their homes changed ownership. Others rehomed theirs. When hers became too heavy to lift, Gail Holt gave her wine-spirited snow couple to new neighbors, Joseph and Patricia Curcio. The Happy Holiday tradition has been kept alive through the warmth of good neighbors, who made Glenbrook Lane an ice place to live. Like the friendships they fostered, the snowman cutouts do not melt.




The beard and boomerang just chillin’

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In Memoriam



Harold Alexander

Harold grew up in Fresno, California. He was an active member of the Boy Scouts of America, where he earned the Eagle Scout Medal. He joined the U.S. Army and served mainly at Fort Baker and Fort Cronkhite in Sausalito as part of the coastal radar defenses. He then started a career in construction and began a business as a general contractor specializing in drywall in Morgan Hill. Harold was active in the Kiwanis and Elks clubs there. After moving here with his wife Dee, he enjoyed golf, bocce ball, and horseshoes. He especially loved having a coke or coffee with the guys after playing. He also enjoyed traveling in the R.V. and woodworking. Harold volunteered with the CERT team. He is dearly missed by his wife of 51 years, two daughters and spouses, three grandchildren, and many other family and friends.



Patricia Szymanowski

Pat left home on a scholarship to England to attend the Royal Academy of Art after growing up in Massachusetts. She was an artist, a gourmet cook, a patron of the arts and symphony, a crossword puzzle savant, and a teller of wild stories. She also was a Life Master in duplicate bridge. She played bridge here and around the U.S. Pat has art in the Vatican called "Ancient of Days." Other pieces are around the country. She judged art shows and taught art at the University of Wyoming. She leaves her husband of 49 years, Len, four children, three grandchildren, and six great-grandchildren.



Larry Whitaker

Born in Peoria, Illinois, Larry spent four years in the Air Force after high school. He then graduated with honors from Stanford with a degree in Electrical Engineering. His first job was with Hewlett Packard. Eventually, he became founder, chief Engineer, and CEO of Halcyon Communications and brought it to the Stock Exchange in 1981. It was a telecommunication test equipment company. He raised a young daughter as a single father, remarried, and had a son. Single again, he met Nancy, a NASA scientist, and they were married for 48 years. Before moving here, Larry lead the Rotary Club of Cameron Park in a project to vaccinate 83,000 children in the Russia Far East for Hepatitis B. After moving here, Larry served on the transition board for SCLH and as President of the Lincoln Rotary Club. He was a founding member on the board of Neighborhood Watch and developed the website and alerts program. He served on committees for the town of Lincoln and was treasurer of the Lincoln library. He will be missed by many friends and family.

If you have lost a loved one who shared your home and would like to place an In Memoriam, please contact Joan Logue at 916-434-0749.

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Amateur Radio

We are pleased to announce that our club is now an ARRL Affiliated Club. Applying for affiliation included establishing a constitution and by-laws. Other requirements are that at least 51 percent of our membership must be members of the ARRL. The LHARG helped provide communications and tactical support for the Tour de Lincoln bicycle event. Some members drove the various routes, watching out for riders who may need help. Meetings are held at the South Tower every Monday at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in amateur radio, please



LHARG Granted ARRL Affiliation

check out the LHARG.
 Contact: Dan Lehrer 916-587-3419,
 dlehrer72@gmail.com
 Website: lharg.us



Astronomy

We will not be conducting any meetings of its membership or subgroups in December. The next in-person membership meeting is scheduled for January 5, at 6:45 PM in P-Hall (KS). The Cosmology Interest Group will meet in the Fine Arts room (OC) on January 17. The Telescope Interest Group will host a Star Party on January 3 in the upper tennis courts at the Sports Plaza. Residents interested in investigating membership in the LHAG are welcomed to attend any of the above meetings without obligation to join. Residents who are interested in joining the LHAG can register at any of the membership meetings.



Contact: Bill Weaver, LHAG President
 916-408-1252,
 hamweaver@wavecable.com
 Website: lhag.org



Ballroom Dance

We celebrated a Halloween-themed party in October. Many participants arrived in costume. Bob Tatum



Halloween Dance Party Participants

and Sunny DeSantis were selected for wearing the best costumes. Listed below is the monthly schedule for 2022: January, Cha Cha Cha; February, Waltz; March, West Coast Swing; April, East Coast Swing; May, Night Club Two Step; June, Tango; July, Cha Cha Cha; August, Fox Trot; September, East Coast Swing; October, Waltz; November, Rumba. Lessons are offered in the Multipurpose Room (KS) each Tuesday from 2:00 to 3:00 PM for beginners and 4:00 to 5:00 PM for more experienced dancers. Open dance is from 3:00 to 4:00 PM, during which you can practice the many dance styles, including the current month's offering.

Contact: Ruth Algeri 916-408-4752



Big History

We wish all of you a great holiday season and a Happy and Healthy New Year. Big History combines the interdisciplinary viewpoints of history, science, and the humanities to explore human existence in the context of the bigger picture.

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BIG HISTORY

Learning for the sheer joy of it!

When we return in the spring, we continue our investigations into concepts ranging from the Big Bang to the physical and cultural evolution of humans. We use a variety of formats, including PowerPoint, professional videos, informed speakers, informal discussions, book reviews, and whatever fits. The goal is to widen our worldview of who we are and how we got here, and maybe even try to predict the future.

Contact: Ranny Eckstrom
916-708-0165, bhsclh@gmail.com

Billiards

The good news is that annual dues of \$10 for new members are waived for this year. Just fill out the form minus the \$10 membership dues and mail it to the address on the bottom of the form. Members in 2020 had



Ladies Tournament winners:
1st Deanne Illif, 2nd Betty Jones

their dues waived for 2021, so both new and renewing members will pay membership dues of \$10 during the January 1-31 time frame in 2022. Membership Forms are available on the Billiards Room Bulletin Boards at KS and OC, and our website that you can download and print. See our website for information about our club policies, membership forms, American Pool Players Association (APA), and individual tournament rules.

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



Bocce Ball, Mad Hatters

Paul, our leader, would like everyone to know of the opportunities to play bocce besides the Mad Hatters or playing with your family. For instance, the Italian Group, the Shalom Group, and the Singles Club all play bocce. The RANN women are playing on a restricted basis because of COVID-19. If you do not fit into any of these groups, there is still the "Monday Morning Group." They have been around for quite a long time. They started out as a neighborhood group and then expanded. They are still playing every Monday morning, although with fewer players due to COVID-19. Like the Mad Hatters, they accept all

Lincoln Hills members, do not have teams or leagues, and do not expect a commitment. For more information, contact Ron Clawson at cearon1@yahoo.com.

Contact: Paul Mac Garvey
916-543-2067, lhboce@gmail.com



Book, OC

By the time you read this, results of voting for 2022 books have gone out to members. There are lots of good books on that list! As for the format of our meeting, January's meeting will be in person! We are leaving masks up to each individual. Masks are not mandated; however, a person is certainly welcome to wear one. Circle January 20 on your calendars. At 1:00 PM, we'll be meeting in the Multipurpose Room (OC) to meet and greet one another and have a great book discussion. We don't know the book yet, so watch your email for that good news.

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

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



Bridge, Duplicate

The club will celebrate the holiday season with a luncheon at Meridians on December 15, followed by an afternoon of bridge. If you wish to join the club, any new

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Duplicate Bridge Holiday Party 2019

members will have dues carry over now through 2022! There were many top scores lately. The following partnerships had two games over 60 percent: Bob & Joan Rouse; Ted & Carol Neely; Denise Morgan with Dave Russell and a game with Zelna Morrow; Mitch & Terri Miladinovitch; Jim Collart and Ron Parker; and Larry & Susan Brenden, who had the top score of a 72.44 percent game. Partnerships having one top game over 60 percent were: Sarah Towne and Alice Brown; Pat Lewis and Tom Rosen; and Margaret Riegert and Erica Wolf.
Contact: Pat Lewis 916-671-4362, Phlewis399@sbcglobal.net
Website: Bridgeweb.com/lincolnhills



Bridge, Partners

Commencing in January, we will switch to monthly hosts. The *Compass* will include the name and phone number to call for reservations or take your chances

and show up in the Sierra Room (KS) by 5:30 PM Thursdays. Winners for October 21 were: first-Jay Southard/Harry Collings with high round 2100; second-Kay/Ben Newton; third-Marggi Holtze/Larry Larsson; and fourth-Betty/Stam Kisbey. October 28 winners were: first-Bob Calmes/Jay Southard with high round 2170; second- Nancy Rice/Gesa Payne; third-Joanna/Alan Haselwood; and fourth-Carla/Mark Green. November 4 winners were: first-Theresa McCusker/Linda McDermott; second-Phil Sanderson/Chet Winton with high round 1230; third-C.C. Bulich/Sue Dumas; and fourth-Nancy Turrini/Lydia King. November 11 winners were: first-Byron Hanson/John Butler with high round 2930; second-Harry Collings/Ray Henry; third-Gail Ramsden/Sharon Shevelson; and fourth-Marggi Holtze/Larry Larsson.

Contact: The host for January is Karen/Mark Worley 916-581-3412



Bridge, Social

Welcome back to KS. We enjoy seeing everyone there and hope to see more of you each week. The winners for October 15 were: first-Mark Green; second-Theresa McClusker; third-Frank

Kamienski; and fourth-Byron Hansen; October 22 winners were: first-Bob Calmes; second-Jay Southard, third-Byron Hansen; and fourth-Tom Mack. October 29 winners were: first-John Butler; second-Joanne Quemann; third-Judy Olson; and fourth-Mark Green. November 5 winners were: first-Bob Colmes; second-Lois Burke; third-Byron Hansen; and fourth-John Butler. Congratulations to all of our players. Wednesday teaching is beginner at 9:15 AM and advanced beginner at 10:15 AM.

Contact: John Woodbury 760-522-8758, johnnymike700@gmail.com



Bunco

In October and November, the Card Room (OC) was full of 28 Bunco players. We wish you a happy and safe holiday season! We look forward to seeing you at our holiday luncheon on December 16 after Bunco play. Bunco play is the third Thursday of the month in the Card Room (OC). Play starts promptly at 9:00 AM. Bunco is a non-membership group with a \$5 'pay to play' fee. October Winners were: Bunco-Cindy Stickel; Wins-Kathy Chandler; Losses-Diane Hall; 50/50-Marlys Hebert; and Traveler-Shirley Mohler. November Winners were: Bunco-Marlys Hebert; Wins-Diane

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

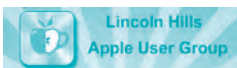


Ceramic Arts

Season's Greetings and Happy Holidays to you and your families! This year is quickly coming to a close, and we're looking forward to an active and enjoyable 2022. One great way for clay artists to reinvigorate their projects is to join a class. The advice and instruction from our excellent teacher, Jim Alvis, and interaction with other class members make this the best jump start to any artist's work. Workshops are back to three days a week, and more people have volunteered to be monitors (thank you so much), so we will be here when you're ready. Visit a gallery for inspiration. Alpha Fired Arts has a new show every month. Check out High Hand Gallery in Loomis or the co-op in Old Town Auburn for inspiring clay work.
Website: cagsclh.net

Computers

Apple Users



At the November meeting, we elected 2022 officers. They

are Vicki White, president; Rich Thayer, vice-president; Sharon Worman, secretary; and Gerry Esker, treasurer. We appreciate the leadership of our outgoing president and vice-president, Helen Rains and Ken Silverman; as well as the contributions of the rest of our volunteers, Doug Thom, Bonnie Esker, Bill Smith, Harlan Felt, Arnie Schwartz, Sue Schwartz, Henry Sandigo, Jack Harris, Jeff Hanner, Ken Spencer, Steve Kirkland, Andy Petro, Lew Barnard, Jim Collier, and Nina Mazzo. If you'd like to get more involved with the user group, consider volunteering. LHAUG is now accepting membership renewals for 2022. To renew, go to the 'About Us' tab on our website. We wish you a happy holiday season!

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

Computers

PC



On November 10, Rita Wronkiewicz presented "Windows 11, the good, the bad, and the ugly." It was a great summary of the newest Windows. Check your "updates" to see if

your computer is able to download it. Most systems older than 3-4 years will not work (so far). See most previous presentations via the link sent to the membership or on the website. Bob Ringo, Terry Rooney, and Rita Wronkiewicz are retiring from the board of directors this year-end. Many requests to replace our experts have gone unanswered. Therefore, the board of directors and the membership have voted to close the club on December 31. Many thanks to the following: Ben Richardson, Joe DiRuscio, Klara Kleman, Bob, Terry, Rita, Dolores Cherubino, Morrow Moore, Joy Paris, Gary Sloan, and David Whorf.

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



Country Couples


We have sad news: one of our very active members, Mike Phillips, passed away recently. You may have seen Mike at the gym, pickleball courts, on the dance floor with Country Couples, or RVing. Mike and his sweet wife, Peggy (pictured here at one of our Halloween events), also helped with the wonderful decorations for our dances. Our sincere thoughts and prayers go out to them and their family. Mike will be missed. Needless



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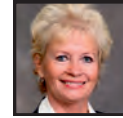
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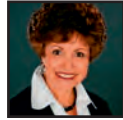
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Mike & Peggy

to say, we're looking forward to 2022 and hoping for a more positive and uplifting year. Interested in joining us and learning Country Couples dancing? Beginner lessons will be at 7:00 PM Mondays at KS starting in January. For more information, go to our website or contact us. **Contact: Kathy Lopez 916-434-5617**
Website: sclhcc.com



Cribbage

Pegging, what's that? "8+7=15 for 2+6=21 for 3+9=30 for 4+1=31 for 2." Secret Code? Morse Code? No, just pegging talk and the heart of the game of Cribbage. Got it? Here's another one. Try to fill in the two blanks: 6+6 for 2, +6=18 for 6, +6=24 for () +7= () for 2. Come find out the two answers on Tuesday at 9:00 AM in the Card Room (OC). These past winners know the answers: Lana Venturi, Nancy Murdick, Lisa Ferrero, and Jon Kline. Have a great Holiday Season, and we will see you on Tuesday, December 21 and 28. **Contact: Mel Switzer 510-589-7658, melectrics@aol.com**



Cyclists

Here's what to look for when buying a used e-bike, the battery. Determine the bike's age as well as the battery. Make sure the battery has no obvious signs of damage. Remove the battery and check for burning, dirt, and corrosion on the battery mount and on the battery itself. Also, make sure the owner has the key to remove the battery and that they have the charger.



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If not, it could be stolen. When testing the e-bike, go through all of the pedal-assist settings to make sure that they all work properly. Finally, find out if the bike has been tampered with, especially if the limiter has been removed. This would void the warranty. Consider getting a used e-bike from a bike shop with, possibly, a return policy. **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! If you are new to the game or need to brush up, a site to check out is trickstercards.com/home/euchre/. We play to 10, '9-Ace', mostly four-handed, but sometimes three and six-handed, depending on the headcount for the evening. We meet on the second and fourth Thursdays of the month from 6:00 to 8:30 PM in the Card Room (OC). All are welcome, but please contact us so that we can add you to our Evite roster and get a proper headcount for the setup of the tables. **Contact: SCLHEuchreClub@gmail.com**



Fishing

Dick Angus, Bill Cody, Vincent DeSantis, Joe Janisch & Henry Sandigo recently fished the Upper Sacramento near Redding for Rainbows during the Salmon Spawn. They were all successful. Whoop!! We actually had a general meeting in



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November. "See ya" next year! The bait folks meet at KS Garden on Fridays at 8:30 AM. Fly folks normally meet at Turkey Creek patio or the Waffle Farm on Fridays at 8:00 AM. Interested in joining Lincoln Hills Fishing Club? Contact Ralph at ralphtonseth@comcast.net.

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



Food Adventures

As in previous years, our club prefers not to schedule a December General Meeting or Food Adventure due to members' busy schedules with family and friends during the Holidays. Our next meeting will be Monday, January 24, in P-Hall (KS) at 2:00 PM. If the KS Kitchen is available to us, we will sample a mystery food item right after the meeting. We'll welcome new members and renew previous memberships in December and January. Mail your \$20 check payable to Food Adventures Club. It's good for everyone in your



Farmers Market Scene

household, and the club will confirm your new/renewed membership. We'll have many fun Food Adventures in the calendar year and look forward to sharing them with all our friends.

Contact: Don R. Rickgauer 916-847-8791, SCLHFoodAdventuresClub@gmail.com



Garden

Merry Christmas and Happy Holidays! Membership Chair Marjie Anderson announced that new and renewal residents may register for the 2022 Garden Group starting in December through February. The Membership Application form is on the Garden Group website. You can sign-up at the General Meetings, mail it in, or drop off your form(s) to Marjie, 916-408-7685. New members must also sign and send in the "Waiver of Liability" form. The Co-Chairs of the Home Garden Tour, Carol Thompson, and Carole Biemer, hope to be able to have the tour in late April. If you are interested in volunteering to show your Garden, more details will be out soon for contacting



Peace on Earth

them in January.

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



Genealogy

There is no speaker in December. Notifications for renewal of membership will be sent to members in December. Please consider joining or renewing so that we can maintain our services for you. In the new year, we will offer live presentations and hopefully resume coaching and walk-ins in the Computer Lab (OC). Our first live presentation will be on January 17 at 6:30 PM in P-Hall (KS), with member Bob Ringo talking about "Searching Like a Pro." We will also hold officer elections in January. Consider joining us as an officer. We need people to contact speakers each month, organize the social after each presentation, and send emails reminding members about upcoming events.

Contact: Barbara Branch 916-622-5490, drbabsie@gmail.com
Website: suncitylhgc.com



Golf

Ladies XVIII

The Turkey Shoot was on the Hills for our last tourney of the year. The team of Blaney, Hare, Phillips, and Tipton savored first place with the lowest Best Ball score of the day, 122. The team

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Winners Kelly Tipton, Betty Blaney, Liz Phillips, and Gwen Hare

gave kudos to Tipton on her debut. Bedford, Brinkerhoff, Emge, and Marshall took second in flight one. In-flight two, Chappellear, Jenkins, McGraw, and Senn shot 127, for first and Ashe, DeWildt, Dong, and Feldman were thankful for second. Connell, Gabriel, Mann, and Sutter took flight three with 128; Davidson, Koropp, Lilienthal, and McWilliams were grateful for second. A flight four win was passed to Boore, Orlove, Seagraves, and Unger with 134; two over Briggs, Carr, Hulst, and Korenthal. CTPs went to Brinkerhoff and Hare. Another joyful day.

Contact: Linda Chappellear, Membership, linda_chappellear@sbcglobal.net
Website: lincolnhillsladiesgc.memberplanet.com

Lincsters

The Holiday Luncheon closed 2021 with awards for outstanding golfer achievements and featured wish-list gifts for 56 Lincoln

Meadows Care Center residents. The highlight of the year was the Breast Cancer fund drive tournament, raising a record-breaking \$21,183. There's no need to miss golf during the December recess. Gift yourself holiday presents.



Gift basket raffle helped raise record contributions for Breast Cancer.

Order a Lincsters logo shirt – and hat and vest, too. Sharpen your game with tips from NCGA Golf Magazine at NCGA.org or cozy up to some YouTube videos about Orchard Fairway Rules featuring Lincsters Marie Bossert and Alyce Stanwood. Plan travel in 2022 – join WNHGGA (Woman's Nine Hole Golf Association) for \$25. Call Stanwood. Make sure your New Year's Resolutions include inviting new members into a foursome golf round or after-golf gatherings.

Contact: Nancy Hastings 925-337-9391, nhast38@yahoo.com
Website: lincsters.com

Men's

Per the recent announcements at the Annual General Meeting and in the LinksLetter, the MGCLH is now accepting 2022 Membership Renewal payments online. To renew your membership online today, go to <https://MGCLH.memberplanet.com/app/#/register>. The membership renewal rate is \$95.00 if paid before January 1. After that, the renewal is \$105. To complete the Renewal Process, you must: pay your dues; and print, sign, and return the MGCLH Event Release Form. If you want to pay by check, please complete the Renewal Form (available at the Club House). Remember to include the signed Event Release Form with your payment (also available at Club House or via webpage).

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



Hiking & Walking

What a great time to explore our area! The air is crisp and cool, making hiking and walking invigorating. Join the walkers every Wednesday at 8:00 AM. There is a different starting point each week. It is a wonderful way to learn about our Lincoln Hills paths and how

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to connect them for longer walks. Check the website for updates on hikes and walks. Remember to pay your dues for 2022 by December 31. Happy Trails!
 Contact: LHHikers@gmail.com
 Website: lincolnhillshikers.org



Investors' Study

The next meeting is Thursday, January 6, at 2:30 PM in P-Hall (KS). Russ Abbott or Matt Bopp of Morgan Stanley will present their playbook of market information. Discussions range from where the equities markets are trending, Fed actions, interest rates, supply chain problems, inflation, and current market news. Russ or Matt will provide their insights into what may actually impact the markets. All attendees have an opportunity to ask questions. We are open to all residents. Investors Study is information only with no individual investing advice. There is an Active Investors sub-group, and

if you are interested, call Norm Quanttrin at 916-645-4675. Further questions regarding Investors Study, contact Carl.
 Contact: [Carl Sulzer 916-462-0986](mailto:CarlSulzer916-462-0986), carlsulzer@gmail.com



Lavender Friends

Lorena Cabote, the champion of our club's chili cook-off last month, came with a recipe that blended a one-two punch of cream cheese and heavy cream. The winning entry was aptly titled: "creamy chicken chili." She beat out three other competitors — and then we feasted on the entries and a potluck of side dishes and desserts. The event, held at KS, drew more than 30 members and guests. This month, we are looking forward to a couple holiday offerings, including a brunch at Meridians and the return of our annual winter dance at Turkey Creek.



Lorena Cabote and her winning pot of chili

Wishing you happy holidays and a pandemic-free new year from Lavender Friends, our club for LGBTG residents and their allies.
 Contact: [Sandi Dolbee 916-409-2156](mailto:SandiDolbee@yahoo.com), Sandidolbee@yahoo.com
 Website: Lavenderfriends.com

Lincoln Hills

Line Dance

We continue with all scheduled classes and remain a great outlet for fun, exercise, and memory as we meet new people and learn new dances. Some practices over the weekend have also resumed. The Christmas potluck and dance social has been postponed this year by the Steering Committee due to COVID-19 concerns. We are hopeful that we can revive this event in the spring. We are looking for volunteers for a new Steering Committee for the next two-year term. Please consider being a part of this fun four-member group, who are the ones who arrange for the socials we all love so much. A big thank you to our teachers and volunteer practice leaders, who have held our groups together throughout the year!

Contact: [Nancy Prall 916-801-8234](mailto:gnprall@att.net), gnprall@att.net



Mah Jongg, Chinese

If the gloomy weather has you down, why not join us for Chinese Mah Jongg? For those unfamiliar with the game, it's similar to gin rummy but played with tiles. The game is easy to learn, and we are happy to teach. The ideal number of players per table is four, but a

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table of three also works and allows us to accommodate all attendees. So, if you're a resident and are interested in an informal and fun way to start the week, please drop into the Card Room (OC) a few minutes before 9:00 AM on Monday, during the setup period. We have everything needed to play so just come on by. Official play begins at 9:00 AM and continues until Noon. See you soon
Contact: Randy Fong 916-295-9489, randy888@pacbell.net

東 北 西 Mah Jongg, National

Greetings everyone and happy holidays. Our club enjoyed a Christmas luncheon at Meridians last Tuesday before retiring to the Card Room for our weekly games. All are welcome to join in. If you know how to play, bring your card and join a table. We play every Tuesday, 12:30 to 4:00 PM. If you would like to learn,



classes are starting Wednesdays, January 12, from 1:00 to 4:00 PM. Contact Penny Grmolyes, 916-409-5883, to sign up. Please plan on a 10-week commitment. This game can be a little challenging to learn, but once you do, you'll love the addiction. Hope to see you next Tuesday, and may the jokers be with you.
Contact: Gerry Bell 916-253-7860, Natlmahjclub.sclh@gmail.com



Mixed Media

The club held its end of the year holiday party at Frima Stewart's house. We had lunch and a fun gift exchange game. After a break from our holiday party due to COVID-19, it is great to be able to have our yearly club December festivities again.



In October, Kerry Dahlin led us in making accordion books

Make sure you check out the Mixed Media Club display this month. It will be the bottom window on the left side of the Media Room door (OC). The window will also include the "Deck the Halls" project from

our November meeting. Next year, our club will continue to meet on the third Wednesday at 1:00 PM in the Ceramics Room (OC). For more information, contact our Mixed Media Club President, Chris Fetter.
Contact: Chris Fetter 916-276-7895, christine.fetter@yahoo.com



Music

Although we did not meet and jam in November, we are practicing in small groups on our own. Practicing with others always improves our skills and is so much fun. One sub-group - the "Dan Jam," Dan, Laurie, Mike, and Steve, will be playing for the Shalom Group Party in December. Our next meeting will be on January 25. We are looking forward to another year of singing and playing. We will be meeting at P-Hall (KS). You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information.
Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com
Website: lincolnhillsmusicgroup.org

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Needle Arts

As 2021 draws to a close, we wish everyone Happy Holidays. The first general meeting of 2022 will be Tuesday, January 11, at P-Hall (KS), 1:00 PM. Tote bags with the NA logo will be available for purchase. They are only \$5, and all proceeds benefit our activities. For the past few months, NA members have been featured at our monthly meetings. It has been fascinating to learn about the creativity in our community. If you are a needle artist and aren't already a member, please consider joining our group. Membership forms are available on our website, and 2022 fees are now due. For all members joining by December 31, your name will be entered into a drawing.

Contact: *Jeanne Helland*
916-409-5512,
needleartspres@gmail.com
Website: sclhna.com



Neighborhood Watch

We held our annual board election at a potluck breakfast last month. Board members Denise Hexom, Bonnie Smedberg, and Teresa Tanin were re-elected to the board, along with Linda Minor, who returns after a year's hiatus as executive director. Dee Fuggiasco,



The Neighborhood Watch board of directors for 2022

new to Lincoln Hills, will join the board as a director. Returning officers are Barbara Branch, Patricia Hammer, Renee Plummer, and Suzanne Rosevold. Our NW board is responsible for helping to strengthen our community with village coordinators and mailbox captains and provides safety and pet alerts, the vial of life information, links to the Lincoln police and fire departments, and much more. We owe them a big "Thank You" for their service to our community. NW wishes "Happy Holidays to our residents!

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



Painters

We are exhibiting 20-plus unique original works of Art at the Buonarroti Ristorante on Lincoln Blvd. through January 14. Below is a sample of the type of artwork. A Mixed Media piece, 10 x 13.5, by our member artist Rudi Franke. Club members also exhibit their works at the Art League

of Lincoln Gallery located at 580 Sixth Street. Our members will again be displaying their paintings at Simple Pleasures Restaurant on Fifth Street in Lincoln starting in mid-January. The next major Art Exhibit for our members will be the Fine Arts Show held in the Ballroom



Mixed Media by Artist Rudi Franke

(OC), scheduled for February 25, 26, and 27. New Club Members are always welcome. Dues are \$15 per year Contact: Linda Shields: linda_c_s@yahoo.com.

Contact: *Bob Green* 707-292-5526



Paper Arts

Happy Holidays to all! Don't miss our first meeting of 2022 set for January 6, when we'll have a "free for all!" Bring your extra materials and other items you may no longer want or use, and we'll have a free shopping spree for all who attend. Open Lab is opening up on January 20 at 9:00 AM in the Terra Cotta Room (KS). This is the same location as our monthly meetings. Come by to work on projects and meet up

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Rosy Thielke's winter greeting

with other members and friends to share ideas. 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 a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets in the Card Room (OC) on the first and third Friday from 9:00 AM to Noon. For more information, please contact Denise or Doris DeRoss at 916-253-7165. We look forward to seeing you soon.

Contact: Denise Jones 916-543-3317



Photography

On the heels of a spectacular

photographic presentation by Oregon's Henry Hudson, we are ushering in the holidays with our first post-pandemic Holiday Breakfast in early December. We will enjoy a breakfast buffet and, equally important, long overdue social time! To welcome the new year, Andy Mumford will be joining us online from Lisbon, Portugal. Andy is primarily a landscape photographer. Andy's work has appeared in magazines all over the world, including Practical Photography, Australian Photography, and National Geographic Viajes. This is one presentation you don't want to miss! Be sure to visit Simple Pleasures in downtown Lincoln enjoy our current exhibit. The photographs will be on display through the end of the year.

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



Photo by Ron Parker



Pickleball

We have 725 members and growing. People don't have to be members to play, but there are many benefits, including a wide range of free Academy classes. Intro to Pickleball classes require reservations at welcometopickleball@gmail.com. Courts 4,5,6 are reserved each Thursday for new players from 11:00 AM to 1:00 PM. Drill classes are offered on Thursday afternoons at 3:30 PM and 4:30 PM. Other training opportunities and videos are available to members on our website. Events are also listed, like the recent starry nights themed December party that approximately 250 attended, which featured a DJ and a gourmet buffet. At its first annual Swap Meet, approximately \$1,215 was raised for the Placer County Breast Cancer Society.

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



Players

Last month nearly thirteen-hundred residents of SCLH boarded the Orient Express to enjoy four performances of the Agatha Christie classic, *Murder on the Orient Express*. The audiences were treated to a compelling



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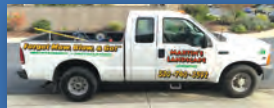
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murder mystery and a little humor, presented by the talented actors from the Players club. Director Julie Africa and producer Craig Stults put together a cast and crew to once again bring live entertainment to the main stage in Orchard Creek. Our next performance will be the bright and energetic musical *Damn Yankees*. Directed by MaryEllen Vogt, produced by Craig Stults. Auditions began December 6, with performances on the main stage in April. Singers, dancers, and actors will fill the stage with music. See *Damn Yankees*.
Contact: David Africa 916-708-0009
djafrica@sbcglobal.net



Poker

We play a variety of poker games every Monday from 1:00-5:00 PM, Tuesdays from 4:00-8:00 PM, and Fridays from 1:00-5:00 PM in Multipurpose Room (OC). Games are played using script. With two tables available, we play a variety of five-card and seven-card poker games, including Omaha, Stud, and Draw. Players will be seated as long as they arrive by 12:45 (Mondays and Fridays) or 3:45 (Tuesdays). The new seating arrangement will eliminate people not being able to play because tables are

full. If you have questions, please contact Paul.
Contact: Paul Marcorelle
 925-658-2404,
pmarcorelle@hotmail.com



RV

Happy Holidays from the RV Group. We have all had a great year of travel and are now looking forward to our Holiday Party at Catta Verdera. Always a fun and successful dinner dance to round out our year. At the November 14 meeting, we voted in our new 2022 Officers. Congratulations President Mary Romo, Vice Presidents Vicki White and Cara Roberts, Treasurer Maureen Williams, Membership Chair Sharon Skar, Historian Ron Darville, Sunshine Chair Geri Samsil, Communications/Webmaster Ricki Montoya, and Social Chair Vicki White. We will resume our meetings on Thursday, January 13, 4:30 PM in the Placer Room (KS). If you are interested in our group and learning about the many 2022 rallies planned, Contact Membership Chair Sharon Skar at 916-434-7799 or marlowensharon@gmail.com.
Contact: Mary Romo 707-738-6311,
mromo50170@gmail.com
Website: lhrv.org



SCHOOLS

One of our volunteers, who has found the time spent in the classroom an inspiration and an uplifting experience, is Diane Savoia. She has volunteered two to three hours a week in Mrs. Wagner's Kindergarten class at First Street School for 13 years, missing only when schools were shut down for COVID-19. When Mrs. Wagner sees a student who needs extra attention in a skill, she calls on Ms. Savoia to help. As with all the teachers who have had the experience with our senior volunteers in the classroom, Mrs. Wagner is grateful for the help and relies on the added attention to each child that an extra person allows. Those who have volunteered have received praise and many thanks from enthusiastic teachers who value their participation.
Contact: Patti Kingston,
ccolloton@yahoo.com



Diane Savoia in Mrs. Wagner's Kindergarten class

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Scrabble

We welcome interested players to join us on Monday afternoons at 1:00 PM in the Card Room (OC) for a game or two of Scrabble. There is plenty of room, and all materials are provided. No reservations or advance notice is necessary. It's a good way to spend a wintry afternoon. Happy Holidays from the Scrabble Group.

Contact: Anne McMaster, wiltonanne@yahoo.com



Shanghai

Never heard of the card game Shanghai? Join us and see what it is all about. We meet every Thursday at Noon and every Friday at 5:00 PM at OC. It is a card game played with three to five players at a table. Join us and see what causes a player to yell, "Shanghai!" No reservation, no money, no previous experience is necessary, just the willingness to have fun.

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



Singles

It's time to enjoy that pumpkin spice latte! Join us on Wednesday, December 15 at 4:00 PM for our monthly Dine-Out event at Old Town Pizza in

downtown Lincoln. Call Sue at 408-857-7664 to make your reservation. On Wednesday, December 29 at 6:00 PM, we will be celebrating with our Pre-New Year's Party at KS. To kick off 2022, stop by the Meridians Sports Bar for our monthly birthday celebration on Sunday, January 2, at 4:00 PM. Our first Activities meeting will be held at 4:30 PM on Tuesday, January 4, in the Ceramics Room (OC). Our first business meeting and popular game night will be held on Thursday, January 13, at 6:00 PM in the Ballroom (OC). Happy Holidays!

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



Ski

Some early Fall storms have hopefully paved the way for a good ski season.



Heavenly Valley Skiers in 2019

Each week, we poll members as to their local mountain plans, including ride-sharing for the coming week. Contact us if you would like to ski or ride with your fellow residents. Plans are

being made for our annual two or three-night trip in mid-January to South Lake Tahoe, within walking distance of the Heavenly Valley gondola. Guests and new members are welcome.

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

Website: LHSkiClub.com




Softball

We started our 2021 summer recreation division later than usual; however, we were able to get more than 28 games in per team, with only a few games canceled because of heat or smoke. The playoffs were very competitive. The winner of our league was the Michelle Cowles team. Right now, we are doing fun-ball Mondays and Wednesdays. Fun-ball was instituted last year by Sam with great success, then passing the baton this year to Heidi. At this time, you may sign up for doubleheaders. We anticipate playing as long as weather and participation level permit. We also have open practice on Saturdays. We just had our election for three open board member positions. The 2022 added board members are Heidi Mazzola, Bruce Briggs, and John Moran.

Contact: Karl Wenzler 916-543-4626, kwenzler@sbcglobal.net

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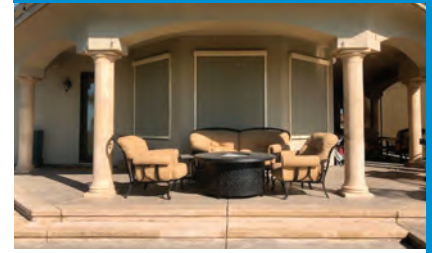
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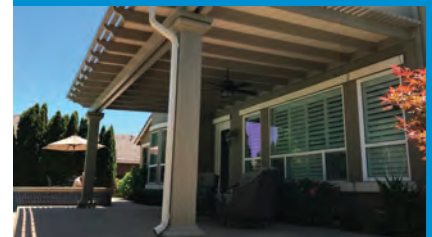


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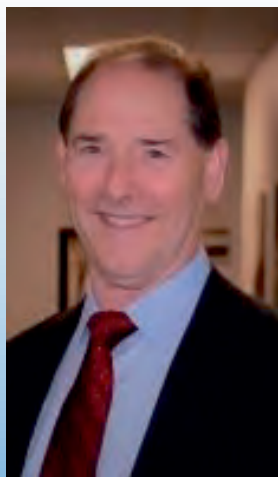
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Sports Car

This is the season to be grateful for so many things, friends, the slowing of COVID-19, and this great community. We will be celebrating at Catta Verdera with food, music, and friends. In the last months, we have had several rides and a Halloween Party. The ride up to the Sutter Buttes and Capay Valley was at first canceled due to rain, but later in the



Tom & Michelle Breckon - The M&M couple!

month, a small group was able to enjoy the ride. Drivers were rewarded when everything was green because of the rain. Our Halloween Party at Turkey Creek was the best! We had a large group, and most had found costumes. Visiting, eating, and then to finish the night dancing, we had a spooky good time.

Contact: Vic Kremesec 916-543-7050, vjk1245@yahoo.com
Website: lhsportscars.com



Sun City Squares

Come start your New Year off by learning to square dance. We are starting a beginning square dance class on Monday, January 10, at 1:00 PM

at KS. No experience or partner required! We have a great caller in Tom Kaiser who will teach you every step of the way. Benefits include great exercise, making lots of new friends and finally, Square Dancing is fun, fun and more fun. Please give us a call with any questions you might have. We are Plus and Advanced Level all-position (no partner required) square dance club. We meet at KS on Mondays from 1:15 to 3:15 PM for Plus Level dancing, with Round Dancing between tips. Advanced Level dancing is held on Thursdays from 2:00 to 4:00 PM.

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



Swimmers & Water Walkers

Our first post COVID-19 meeting was held on October 18, headed by Co-Chairman, Bob LeRoy, to review goals and welcome new members. We are now 144 members strong. Swimming and water walking are one of the best low-impact workouts you can do! We will be featuring stories from our members each month. As Jim Klein, long-time club member tells it: "After years of intense bicycling, including racing, my knee osteoarthritis worsened, so I was forced to find another

exercise. Swimming became the answer. I found it improved my lungs and strengthened my upper body. Not only is it a lifelong exercise, but it is also meditative and a great balance to my other cardio and weight workouts. I suggest you give it a try." More stories to come.

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



Table Tennis

We are a friendly, recreational, active sports group. Seven tables are set up three times a week in the Multipurpose Room (KS). We play on a drop-in basis. Reservations are not required. Please wear non-marking tennis shoes. Loaner paddles are available. Doubles is played at peak times, singles at non-peak. Play times are Sundays 9:00 AM to 5:00 PM (except the first Sunday of the month when play starts at 12:30 PM); Tuesdays, 6:00 to 9:00 PM; and Fridays from 8:00 to 11:00 AM. We follow the COVID-19 guidelines. The ceiling fans are all operating during the indoor play for ventilation.

Contact: Carl Lynch 916-587-3314, pingpongslh2@gmail.com



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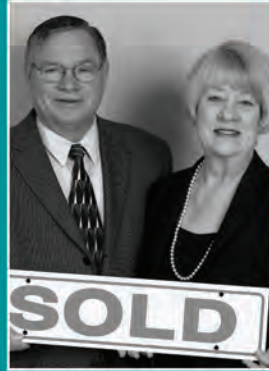
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everyone has been practicing! We all want to be ready for new steps in January. On that note, we've recently gotten some encouraging news that a Tuesday class may be scheduled beginning in January or February. Keep your fingers crossed and check the Compass. Wishing everyone Happy Holidays and a wonderful New Year!
Contact: Alison Wolfe 925-487-6902, awolfe@tt-valve.com



Woodcarvers

Woodcarving is such a satisfying hobby! First, wood is so nice to work with—its smell, its grains, and its feel are so enjoyable. Next, it's fun to figure out what one's project will be. And finally, to carve the project and put the final touches on the creation—be that paint or stain, is really quite exciting. How do our new carvers start? They may come in with an idea of their own, or they get ideas from our club's members by watching them work and talking about projects. They also get ideas from our extensive library of project ideas. Tools are available to help you get started. We meet Wednesday from 1:00 to 4:00 PM in the Sierra Room at (KS).
Contact: Lionel Rainman 916-253-9534, Lrainman1414@yahoo.com



LH Water Volleyball Cheers William Jessup On!

We welcome all levels of volleyball, both men and women. Training and mentorship are provided. See our website or call Carol Critch at 925-451-1686. Our November Tournament was a big success, led by Ross Underwood. Congratulations to Number One Team coached by Russ Palchak. We had a beautiful fall day for beer and tacos at the Goat House. The November 18 meeting with William Jessup Volleyball was postponed. Thank you to William Jessup, Coach Tiger Helton, and our own Mel Switzer for organizing this event. Elections for Steering Committee members are here. Thank you to outgoing members Mike & Colleen Mosca and Gary Pfaff. Come play Saturday mornings for free to try out the sport. Spectators are welcome.

Contact: Scott Humphrey 530-913-3274, thtodd1@gmail.com
Website: lhwatervolleyball.com



Veterans

Happy Holidays from the Veterans Club. Our holiday celebration is on Thursday, December 16, in the Ballroom (OC). The entrée choices are Roast Turkey, Roasted Salmon, and Fusilli Pasta. Lunch will be served at Noon. The price is \$35 per person. The cash bar will open at 11:30 AM. There will be no general meeting this month. We thank President Joan MacAdams, Vice President Don Jobe, Directors Alan Hearl, and Larry Yaggi for serving on the Board of Directors for the past year. They will be replaced by Jeff Davis and Richard Fuller.
Contact: Joan MacAdams 916-751-9272, joan.macadams13@gmail.com



Water Volleyball

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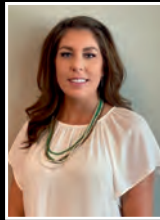
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**Alzheimer's-Dementia
Caregiver's Support**

Our final Zoom meeting for 2021 was hosted by the Del Oro Caregiver Resource Center. Our first 2022 general meeting will be Wednesday, January 26, 1:00 PM. We hope to return to the Lodge for in-person meetings pending COVID-19 guidelines. Our first 2022 Women's caregiver group will be Wednesday, January 5, 1:00 PM, hopefully also in person. Please contact a steering committee member for Zoom links for the January meetings. The Caregivers Support Group has reorganized with an updated steering committee that includes Jean Ebenholtz (jme-sme@att.net), Mary Jo Fratessa (916-759-8760), Barbara Greenfield (916-202-6963), and Valerie Jordan. The Caregivers group and programs are supported by the Lincoln Hills Foundation.

Contact: Valerie B. Jordan
909-625-7443,
vjordan46@gmail.com



Bereavement

We offer support and friendship through sharing with others who have also lost a loved one. For those who are vaccinated, you are invited to join us Wednesday, January 12, at Joan Logue's home at 3:00 PM for a group session. Contact Joan for directions or to put a Memoriam in the *Compass*. The deadline for

Memoriams is the 15 of the month to be in the next *Compass*.

Contact: Joan Logue 916-765-1745,
joanlogue@sbcglobal.net



Bosom Buddies

We ended 2021 with our popular holiday party. Members and guests gathered at KS for a lunch of lasagna and various salads and then were entertained by the Potpourri Troupe, a singing group that includes member Corinne Ehlers. Each guest took home a hand-sewn snowperson crafted by Kay Brady and Kathy Woodward. Regular meetings will resume in January and are held on the second Thursday of each month at 1:00 PM in the Multipurpose Room (OC). Bosom Buddies welcomes breast cancer survivors and those still undergoing treatment. We are able to do so because of a generous grant from the Lincoln Hills Foundation. We want to finish the year by thanking



Our November speakers talked about "Girls Love Mail."

the Foundation for helping us to reach out to those who need support. Happy holidays!

Contact: Judy Stewart 916-408-3597,
Ladyj2170@gmail.com



Caregiver Support

Our group is for those caring for someone with Parkinson's. We will not be meeting in December. We meet the second Tuesday of each month from 10:00 to 11:00 AM at the Lincoln Hills Community Church, 950 E. Joiner Parkway.

Contact: Charlotte James
916-316-1351,
cjames4528@sbcglobal.net



Gam-Anon

If your life is affected by someone else's gambling problem, Gam-Anon can help. We are currently meeting on the first and third Fridays of each month from 7:00 to 8:30 PM at the First United Methodist Church, 6414 Brace Road, Loomis. There are signs directing you to the proper room. Gambler's Anonymous meetings also begin at 7:00 PM in a different room, if your gambler wishes to attend a meeting as well. If you need support at another time, you can call the Gam-Anon Northern California Hotline at 510-407-3898 or the Sacramento Gambler's Anonymous Hotline at 855-222-5542 for referral to a

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local Gam-Anon support person. The Gam-Anon International Service Office website is: gam-anon.org.

Contact: Kay F. 916-543-3079

Website: gam-anon-loomis.com



Glaucoma Support Group

Happy New Year! We will be meeting for the first time in the New Year on the second Wednesday of the month, January 12, in the Multimedia Room (OC) at 4:00 PM. This past year we have had the opportunity to learn more about research being done nearby to find better ways to diagnose and treat Glaucoma. There are also many research teams in California and other states that are working together in their efforts to find the potential of a cure. As we begin this year, we will continue learning and sharing Glaucoma information that will help improve our lives. For more information, please contact Bonnie.

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



Hearing Impaired Support Group

Greetings to all our members! We will not have a support group meeting in December. We will begin again in January. Our guest speaker in October was Victoria Harling of the California Telephone Access Program, which provides free phones to hard of hearing and deaf people in California. Ms. Harling brought nearly a dozen different phones to demonstrate to us, and there was a great deal of enthusiasm on our members' parts to avail themselves of new technology. Hopefully, in January, our speaker will again be from CTAP and will conduct a session on smartphones. In

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the meantime, Happy Holidays to all!

Contact: Joanne Mitchell

916-408-0533, pipa1@prodigy.net



Low Vision Support Group

Best wishes to all for a wonderful Holiday Season and a Happy and Safe 2022! There is no meeting in December. However, we will celebrate the season with a Holiday Luncheon on December 17 in the Solarium (OC). Details and reservation forms were sent to members in November. The next meeting is Tuesday, January 4, 2:00 to 4:00 PM, Fine Arts Room (OC). Our Guest Speaker will be Pat Togstad, President of Neighbors InDeed. Pat will describe the various free programs and services that Neighbors InDeed provides to all residents of Lincoln Hills. Those programs include Handy Helpers, information and referrals, and medical equipment loans. Pat will also share information about organizations that provide caregiving and transportation services.

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



Multiple Sclerosis Support Group

Happy Holidays! To celebrate that we can gather, Mike and Paula Marchand are hosting the MS Holiday party on Tuesday, December 21, at 1:00 PM, in their handicap-accessible home. Members and a guest are invited to join for fun, food, and hugs. However, space is limited to 25, and reservations are almost there! Vaccinated only, please! For questions or to make reservations and submit the \$10 payment, please email Paula, paulajm@aol.com. We



would like to thank the Lincoln Hills Foundation for their help, especially during the pandemic, with covering our Zoom Business Account and miscellaneous expenses! We are grateful. Contact: Jeri Di Fiore 916-408-7565, 2020jeridifiore@gmail.com



Parkinson's Support Group

Our group is for those with Parkinson's and their care partner. We meet on the third Tuesday of each month from 10:00 to 11:30 AM at the Lincoln Hills Community Church, 950 E. Joiner Parkway. For questions, call facilitators Gary High, 916-434-5905 or Susan Feldman, 916-919-0063.

Contact: Catherine High, cflhigh23@icloud.com



Happy Holidays

A Course in Miracles

Seeing the turmoil in the world today from a spiritual perspective is the best way that we are able to maintain peace of mind. ACIM is a course of study that helps us move from thoughts of fear to peace in every situation that confronts us. This study group supports us in our self-study of this process which is found in the book, A Course in Miracles which contains a text of its theoretical foundation plus a year-long practice of mental exercises. For information about the meetings, call 916-409-5253.

Airport Co-Op

The Co-op is open to Lincoln Hills residents to share rides to and from the Sacramento International Airport. The co-op works on a point system. Drivers earn points taking travelers to and from the airport while travelers spend points to receive rides. Membership is \$15.00 per year, per household. To join, visit our website lh-airportco-op.org, click the membership tab, download the application, mail along with required documentation to the address on the application. Call Barb Iniguez at 916-408-7812 for more information.

Cloggers

Warmest holiday wishes from the Cloggers! We hope your Thanksgiving was filled with thankfulness, that December is going well, and that you'll have a Happy New Year! Clogging classes are packed with energy and lots of rhythmic clogging noises as we kick and stomp and tap and dance our way to good health. One place to learn more about clogging is ncca-inc.com, the national clogging site. As someone said, clogging is a "toe-tapping finger-snapping

good time!" So for more information on clogging right here in Lincoln Hills, please contact Natalie Grossner at 916-759-0666.

Democratic Club

We heard a very informative update on the current status of COVID in Placer County from Dr. Rob Oldham, Interim Health Officer and Director of our Placer County Department of Health and Human Services. After his remarks, Dr. Oldham answered questions from the audience. We also heard from Dr. Kermit Jones, a candidate for Congress in the Fourth Congressional District. He is a veteran and a doctor and would be a very effective representative for our district. We elected officers for the coming year. For more information about our activities, please visit our website, democraticclublincolnca.org.

Italian Club

Buon Natale. Felice Anno Nuovo. We're ready to roll out our activities for the new year. Our first event will be the annual Crab Feed on Friday, January 14, at the McBean Pavilion in Lincoln. Then, on Wednesday, March 23, Western Night returns to the Blue Goose Event Center in Loomis.

Don't forget to stop by the Lincoln Hills Italian Club Apparel Store online, where you'll find men's and women's shirts, hats, and sweatshirts with the club's logo. For additional information about upcoming events and more, check out our website at lhitalianclub.org. For membership, contact Sandi Graham at 916-826-5711.

Lincoln Police Department – Volunteer Program

The Lincoln Police Department is recruiting for its LPD Volunteer

Program. The program is open to Lincoln Residents who are 21 years old or older. This ongoing recruiting effort is for those individuals who would like to volunteer either as Front Office Staff (informational, meet and greet) or Patrol (vehicle patrol, "eyes and ears" in the community). Qualified individuals will receive training on all aspects of Police Volunteer work. For more information, contact Roy Osborne at 916-645-4081.

Racquetball Group

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

Republican Group

Wishing Everyone Happy Holidays! Merry Christmas and a Joyous, Healthy, and Prosperous New Year! Regardless of mandates and disappointments, we had an excellent, productive, and informative year. Monthly meetings resume in January. The first meeting will be "Kick-Off 2022". Discussion tables, multiple outside guests for various political issues, light hors d'oeuvres, date to be announced. Lincoln Hills Resident Republicans are invited to join our club; \$15/pp/py. We will be welcoming our new members at P-Hall (KS) in February. RepublicanClubSCLH.org.

Shalom Social Group

We concluded 2021 with a bang! First was our hike to Miners Creek, then Game Night. On

November 22, we had our regular meeting presenting the Great American Songbook, an outstanding musical program featuring songs by Irving Berlin, Oscar Hammerstein, and many others. Great music and great fun! Our last event was our annual Hanukkah party (which we couldn't have last year, so we were especially excited to have it this year). We had wonderful food

(potato latkes were everyone's favorite!), live music, and a raffle for super prizes. For more information, please contact Joanne Levy at 508-333-8590.

Sons In Retirement

We will hold a three-course gourmet holiday luncheon at Catta Verdera on Tuesday, December 21. Music by the Lincoln High School chorus. Arrive by 11:30 AM. All

attendees must have a vaccination card that shows the last vaccine at least two weeks prior to the luncheon or proof of a negative Covid test within 72 hours of the luncheon. All attendees must sign a liability waiver upon entry. The cost is \$20 or \$25, depending on the entree selected. If you are interested in coming as a guest or joining the Lincoln branch of SIR, call Chet Winton at 916-408-8708.



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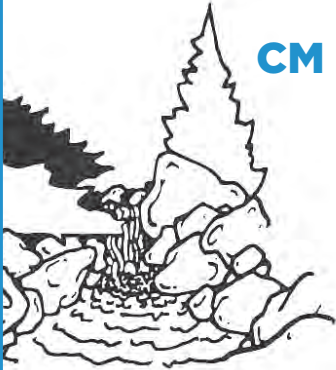
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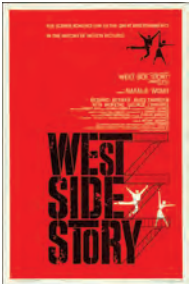
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KS At the Movies: The Good Liar (2019)

Monday, January 3, 1:30 PM, P-Hall (KS)

Consummate con man Roy Courtney has set his sights on his latest mark: the recently widowed Betty McLeish, worth millions. But this time, what should have been a simple swindle escalates into a cat-and-mouse game with the ultimate stakes. Starring Helen Mirren, Ian McKellen, Russell Tovey. Rated R for some strong violence, language, and brief nudity. 109 minutes. Crime/Drama/Mystery.



KS Movie Classic: West Side Story

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

Two Youngsters from rival New York City gangs fall in love, but tensions between their respective friends build toward tragedy. Starring Natalie Wood, George Chakiris, Rita Moreno. Not Rated, 153 minutes. Musical/Drama/Crime.



Document Destruction

Monday, January 24, 10:00 AM to Noon, Fitness Center Parking Lot (OC)

Shred-It offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files are okay, but no plastics or cardboard. Staff and volunteers will be there to assist. Please place your items in your trunk for easy access. \$10 cash or check per average file box payable to SCLHCA. Place your payment in an envelope with your name, amount, and number of boxes. Just look for the big Shred-It truck in the parking lot! This will be the last event for 2021.

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Due to the current COVID-19 restrictions, upcoming Community Forums will be presented primarily as an online Zoom offering through 2021-2022. Some in-person presentations or hybrid offerings may occur. In addition, each of your Zoom screens will show a “chat button,” which will allow viewers to enter written questions during the presentation. When the Question & Answer portion of the forum begins, the Zoom moderator will have the ability to present your questions to the speakers, and all viewers will hear both the questions and answers.

No one will be admitted to a Zoom Forum unless identified by their real first and last names. Email “handles” are not acceptable.

To receive eNews bulletins, please go to sclhresidents.com/enews.

At such time as our Lodges are again made available, we will add live audiences per the social distancing rules currently in effect. But online Zoom access will continue, as will video recordings a few days later at sclhresidents.com/group/pages/community-forum-videos.

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

All Forums are Free

Dates are subject to change



Ellis Island, NYC: Facts, Fictions and My Grandparent’s Story

Tuesday, January 11, 2:00 to 3:30 PM, Zoom

Meeting ID: 890 0385 1078 • Password: Forums

Ellis Island is a federally owned island in New York Harbor that was once the busiest immigrant inspection station in the United States. From 1892 to 1954, nearly 12 million immigrants arriving at the Port of New York and New Jersey were processed there under federal law. Dr. Valeria Jordan will describe some important facts and fictions, as well as a few examples from her relatives who arrived between 1901-1914. Valerie Jordan is a retired professor of psychology and an amateur genealogist. She currently teaches classes with OLLI at Sierra College.

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*Indicates new performances on sale December 17

Let's Get Fizzy!

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New Year's Eve Party!

Friday, December 31

5:30 to 10:30 PM — **LSE287**

Ballroom (OC)

Reserved Table Seating \$120

Say goodbye to 2021 and say hello to 2022! Join the party as we welcome the New Year, New York style. Featuring a cocktail hour, a sumptuous three-course dinner with a dessert bar, dance music from DJ Tom, casino gaming, and fun surprises. Let's toast the year together as the ball drops at Times Square. Party from 5:30 to 10:30 PM and continue an intimate celebration at home. All attendees will receive a party gift bag complete with a fizzy and something sweet to welcome 2022. Complete menu options are available at the Lifestyle Desk and Online. Be prepared to provide your food choice upon registration. For those purchasing for other residents to share a table, please have the names and membership # for your friends ready. Tables are numbered but not the seats.

—Comedy—

Jack Gallagher - Stand-up Comedy

Friday, January 21

7:00 PM, Ballroom (OC) — **LSE362**

Premium Reserved Seating \$16

General Admission \$12

For most of his life, Jack has been entertaining, first as a kid for his family and then for his friends and teachers at school. Jack started his professional comedy career in Boston during the early '80s. As part of that explosive comedy scene, Jack helped establish such clubs as The Comedy Connection, Stitches, and the legendary Ding-Ho Comedy. Jack has appeared in films, TV movies, including his own ABC sitcom *Bringing Up Jack*, as



well as a recurring role on the HBO Original Series, *Curb Your Enthusiasm*. Jack can currently be seen as the co-host of the popular nationally syndicated Public television show *MoneyTrack*.

*The Comedy of Dave Nihill

Tuesday, February 22

P-Hall (KS)

Reserved Seating - \$16

6:00 PM Show — **LSE366**

8:00 PM Show — **LSE367**

Leaving Dublin, Ireland, where he was born and raised until the age of 22, Dave has lived and worked in twelve countries and visited over seventy. His shows draw on his wide travels, cultural observations, attempts at language study and being a mildly confused immigrant in the US. Dave is the winner of the prestigious annual San Francisco Comedy Competition and runner up in the Moth's largest US Grand Slam storytelling competition. He has been featured on TED.com, NPR, and The Huffington Post, among others. A Comedy Festival favorite, Dave's videos have gone viral many times over, exceeding 60 million views.



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—Concert—



Cool Yule - A Nordic Holiday Celebration
Starring Two-Time Grammy Winner Jazz Violinist
Mads Tolling

Tuesday, December 21
 7:00 PM Ballroom (OC) — **LSE358**
 Premium Reserved Seating \$23
 General Admission \$19

In the spirit of Yule, two-time Grammy Award winner Mads Tolling shares the Christmas celebrations of his youth in Copenhagen, blending the authentic customs and sounds of the Nordic countries with the joy and spirit of American jazz. *Cool Yule* includes a special nod to Denmark’s most famous fairy-tale author Hans Christian Andersen with a medley of songs from Frozen and other fables, a salute to Julemanden (Santa Claus), Yuletide traditional classics, and jazz renditions of your favorite American holiday songs, including *Silent Night*, *Sleigh Ride*, *O Tannenbaum*, *I Am So Glad Each Christmas Eve* and more.

A Pop Divas Songbook by
Kelly Brandeburg

Thursday, January 6
 7:00 PM P-Hall (KS)
 Reserved Seating \$23
 — **LSE360**

Award-winning Theater Star Kelly Brandeburg is back with her magnificent voice and phenomenal stage presence on our stage with a new show. The show will feature classic songs from favorite female greats like Linda Ronstadt, Helen Reddy, Dolly Parton, Celine Dion, and more. Don't miss it!

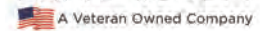


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Robert Dehlinger's Alpha Rhythm Kings

Friday, January 28

7:00 PM Ballroom (OC) — **LSE361**

Premium Reserved Seating \$23

General Admission \$19

Swing. Jump Blues. Vintage Lounge. Boogie Woogie. Established in 2017, the Alpha Rhythm Kings have created quite a stir with music fans with an exciting, King Size California sound, with what Roots Music Magazine *No Depression* calls "the badge of authenticity." The band's top-quality musicians, with Robert Dehlinger's "exhilarating" trumpet and "magnetic" singing (*Jazz Corner*) leading the way, are a favorite with swing dancers, as well as with audiences in nightclubs, festivals, and concert halls. Be prepared to enjoy a high-energy and exciting concert!

"Everlong" A Valentine Songbook

Thursday

February 10

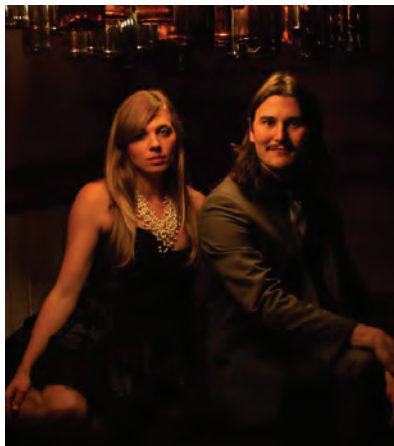
7:00 PM

P-Hall (KS)

Reserved Seating

\$23 — **LSE369**

Join husband and wife team Megan and David Albertson, present the perfect pre-Valentine concert that will cover endearing love songs from through the years. With Megan's stellar vocal power and David's innate ability to craft a special full band sound with all his instruments (acoustic guitar, violin, mandolin, ukulele, and harmonica), they have natural charisma and showmanship that will create an evening to remember.



*Celebrating Tom Jones

Starring Broadway's David Burnham

Friday, February 18

7:00 PM

Ballroom (OC)

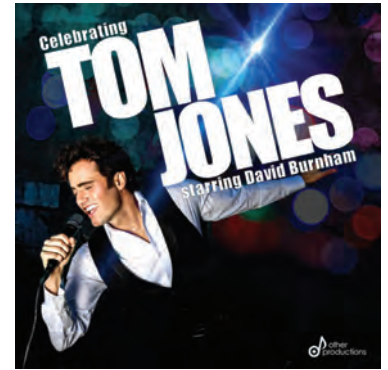
— **LSE368**

Premium Reserved

Seating \$24

General Admission \$20

Join award-winning Broadway star and acclaimed recording artist David Burnham as he celebrates through stories and songs one of the most electrifying performers and iconic voices, the legendary Tom Jones. This exciting show shares the stories and songs that have made Sir Tom Jones one of the most iconic performers for the past five decades, including the chart-topping hits such as "It's Not Unusual," "What's New Pussycat," "Delilah" and more. Starring Broadway's David Burnham ("Wicked," "The Light in the Piazza) featuring a four-piece band led by Musical Director Todd Schroeder, this is a journey rediscovering the passion and prowess that truly celebrates Tom Jones' career.



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SAC VS. ATLANTA HAWKS
GAME TIME 7 PM

WEDNESDAY, JAN. 5, 2022
\$93 | ACTIVITY
CODE: LST365

WHEELS ROLL FROM OC AT
5:30 PM, RETURN ~ 10:30 PM



SAC VS. BROOKLYN NETS
GAME TIME 7 PM

WEDNESDAY, FEB. 2, 2022
\$158 | ACTIVITY
CODE: LST366

WHEELS ROLL FROM OC AT
5:30 PM, RETURN ~ 10:30 PM



SAC VS. DENVER NUGGETS
GAME TIME 7 PM

WEDNESDAY, MAR. 9, 2022
\$110 | ACTIVITY
CODE: LST367

WHEELS ROLL FROM OC AT
5:30 PM, RETURN ~ 10:30 PM

Scott Cason
Lifestyle Trips Coordinator
Scott.Cason@sclhca.com



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or online at SCLHResidents.com.

*Indicates new trips on sale December 17

— Casino —



***Cache Creek Casino**
Thursday, January 20, 2022
\$42— **LST371**

Visit Cache Creek Casino just outside the Woodland/Esparto area in Yolo County and see if Lady Luck is on your side in 2022. Lots of slots and table games to choose from. Spend four hours at the casino. Receive \$20 in bonus play. Wheels roll from OC at 9:30 AM ~ return 4:30 PM.

— Performances —

2021 Broadway On Tour: Charlie and The Chocolate Factory
Tuesday, December 28
\$121 — **LST349**

Roald Dahl's amazing tale is now Sacramento's golden ticket. It's the perfect recipe for a delectable treat: songs from the original film, including "Pure Imagination," "The Candy Man," and more, "alongside a toe-tapping and ear-tickling new score from the songwriters



of Hairspray. Get ready for Oompa-Loompas, the great glass elevator, and more at this everlasting showstopper. Wheels roll from OC at 6:30 PM, for a 7:30 PM show ~ return approximately 11:00 PM. Bus will load from the OC lobby 15 minutes prior to bus departure. Tickets to the show will be handed out when you load the bus.



***Riverdance 25th Anniversary**
At Gallo Center for the Arts, Modesto
Wednesday, January 26, 2022
\$117 — **LST374**

Riverdance, as you've never seen or heard it before—a powerful and stirring re-invention of this beloved favorite, celebrated the world-over for its Grammy award-winning score and the excitement, energy, and dynamism of its Irish and International Dance. Twenty-five years on, renowned composer Bill Whelan brings this mesmerizing soundtrack back to life, completely revitalized for the first time since those original orchestral recordings. Fee includes coach transportation and tickets with seats located on Ground Level (Parterre section). Wheels roll from OC at 4:00 PM, for a 7:00 PM show- return approximately 11:00 PM. Bus loads 15 minutes prior to bus departure.

Broadway On Tour

The 2022 Broadway on Tour (formerly Broadway Sacramento) Three-Shows will be held in the newly renovated Community Center Theater now named SAFE Credit Union Performing Arts Center. The Center now boasts additional aisles interwoven through the Orchestra seating area, state-of-the-art acoustics, a greatly expanded lobby, and more patron restrooms to create an enhanced patron experience. All shows will start at 7:30 PM, with Orchestra seating.



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Anastasia

Tuesday, February 1, 2022

\$125—**LST362**

From the Tony Award®-winning creators of the Broadway classic Ragtime, this dazzling new musical transports us from the twilight of the Russian Empire to the euphoria of Paris in the 1920s, as a brave young woman sets out to discover the mystery of her past. Pursued by a ruthless Soviet officer determined to silence her, Anya enlists the aid of a dashing conman and a lovable ex-aristocrat. Together, they embark on an epic adventure to help her find home, love, and family. Wheels roll from OC at 6:15 PM ~ return 11:00 PM.



Two Shows

Wicked

Tuesday, April 5, 2022

7:30 PM Show

\$140 — **LST363**

SOLD OUT

OR

*1:30 PM Show

Thursday, April 14, 2022

\$142 — **LST373**

This Broadway sensation looks at what happened in the Land of Oz, but from a different angle. Long before Dorothy arrives, there is another young woman, born with emerald-green skin—smart, fiery, misunderstood and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikeliest of friendships until the world decides

to call one “good” and the other one “wicked.” Wicked—the untold true story of the Witches of Oz—transfixes audiences with its wildly inventive story.

April 5 show – Wheels roll from OC at 6:15 PM ~ return 11:00 PM, performance 7:30 PM.

April 14 show – Wheels roll from OC at 12:15 PM ~ return 5:00 PM, performance 1:30 PM.



Tootsie

Tuesday, May 17, 2022

\$125 — **LST364**

Call it “musical comedy heaven” (*Rolling Stone*). Call it “the most uproarious *new musical in years!*” (*The Hollywood Reporter*). Call it Tootsie! This laugh-out-loud love letter to the theatre tells the story of a talented but difficult actor who struggles to find work until one show-stopping act of desperation lands him the role of a lifetime. “In these turbulent times, when the world seems out of balance, we need a place to let the good times roll,” raves *Rolling Stone*. “Tootsie is it!” Wheels roll from OC at 6:15 PM ~ return 11:00 PM.

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— Sports —



Sacramento Kings

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Sacramento Kings vs. Atlanta Hawks

Wednesday, January 5, 2022

— **LST365**

\$93

Wheels roll from OC at 5:30 PM, for a 7:00 PM game, return ~ 10:30 PM.



Sacramento Kings vs. Brooklyn Nets

Wednesday, February 2, 2022

— **LST366**

\$158

Wheels roll from OC at 5:30 PM, for a 7:00 PM game, return ~ 10:30 PM.



Sacramento Kings vs. Denver Nuggets

Wednesday, March 9, 2022

— **LST367**

\$110

Wheels roll from OC at 5:30 PM, for a 7:00 PM game, return ~ 10:30 PM.



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*Indicates new class on sale December 17

Classes

—Art—



***Mixed Media Art Journaling**
Tuesdays, January 11 & 25
9:00 AM to Noon (OC)
\$45 plus \$5 supply fee paid
to instructor — **LSC3212**

A variety of media will be used as we “play” on our art journals’ pages. 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*.



***Sip and Paint: “Torii at Hightide”**

Friday, January 21
5:00 to 8:00 PM (OC)
\$55 — **LSC3236**

This class is great for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day, with step-by-step instruction. Learn how to mix colors, brushstroke, and pallet knife techniques. All supplies are included. Canvases are under-painted and ready to hang. The fee includes a glass of wine,

a selection of cheese, crackers, and fruits. *About the Instructor:* Artist **Unni Stevens** studied art in Norway, Japan, and at the Laguna College of Art with 30+ years of painting experience. More information at unniart.com.

—Oils, Pastels & Acrylics—



***Oil and Acrylic Painting: Intermediate/Advanced**
Wednesdays, January 5-26
9:00 to 11:30 AM (OC)
\$75 (four sessions)

— **LSC3224**

Learn new ways to paint and polish your skills in this new class. More emphasis will be on acrylics. Art demos will be done on a regular basis with group critiques and individual instruction. The goal is to help you become a better painter while having a good time. Instructor: *Sandy Lindblad*. Sandy has 2 BFA’s in art from the Art Academy University in San Francisco and is a colorist and a prolific painter specializing in animals and other subjects. Check out her website at sandyindblad.com. Questions about class supplies? Email Sandy Lindblad at sandski2@yahoo.com prior to class.

—Watercolor—

Watercolor Basics (Continuation of Beginning Watercolor)

Thursdays
January 6-27
9:00 to 11:00 AM
(OC)

\$95 (four sessions) — **LSC3702**



This four-week class continues building on the basic skills learned in Watercolor 1 and Watercolor 2 with the focus on landscapes. This class will continue to focus on building skills and techniques enabling the artist to create beautiful watercolor paintings. Participants will have practice drills to increase skill competencies. Instruction includes demonstration, paint along, and one-on-one coaching during class. Completion of Watercolor 1, Watercolor 2, or experience with watercolor painting is recommended. Limited space is available. For questions, contact the instructor, *Faye August*, at watercolorist55@gmail.com, or 916-209-3643.

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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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***Abstract Watercolor**

Thursdays, February 10 & 17

9:00 to 11:30 AM (OC)

\$75 (two sessions) — **LSC3706**

In these two workshops, participants will create a unique abstract from concept to finished painting. We will discuss ways to add texture and life to an abstract piece. Each participant will compose and create a unique design, and with your individually selected color palette, craft an abstract piece that is rich in color, has interesting texture and value contrast, and balances positive and negative space. Participants are responsible for bringing their own supplies. Some painting experience will be helpful. Limited space is available. For questions or recommendations on materials, please contact the instructor, *Faye August* at 916-209-3643 or watercolorist55@gmail.com.

Ceramics

—Pottery—

***Beginning/Intermediate Ceramics**

Tuesdays, January 4-25

1:00 to 4:00 PM (OC)

\$64 (four sessions)

— **LSC3260**

This is an introductory class for residents who have never worked with clay and continuing students who want to continue to develop their skills. This course covers basic hand-building and wheel-throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use the instructor's tools to create their first art piece. Supply list provided at first class. Instructor: *Jim Alvis*.

***Advanced Ceramics**

Tuesdays, January 4-25

9:00 AM to Noon (OC)

\$64 (four sessions)

— **LSC3248****OR**

Thursdays

January 6-27

1:00 to 4:00 PM (OC)

\$64 (four sessions) — **LSC3285**

This class is for self-motivated students/artists with established ceramic skills. Students explore their craft and sculpture projects with guidance



from the instructor. Includes demonstrations, assignments, group discussion, and constructive critique. Instructor: *Jim Alvis*.

Crafts**New Year's Eve DIY Decorations**Monday, December 20
10:00 AM to Noon (KS)— **LSC3690**

\$45 Plus \$10 supply fee paid to instructor

Create "glitter-tastic" decorations to celebrate New Year's Eve, and welcome in 2022! Create three glitter votive candle holders and three glitter bottle centerpieces with led lights. Instructor: *Judy Ragland-Craftopolis*. Sign-up deadline is December 17.

**New Year's Eve Wreath**Monday, December 20
2:00 to 4:00 PM (KS)— **LSC3705**

\$45 Plus \$5 supply fee paid to instructor

Create a festive, 14" square sparkly wreath to welcome in the new year! Instructor: *Judy Ragland-Craftopolis*. Sign-up deadline is December 17.

**Four Seasons Button Tree Art**Monday, January 3
11:00 AM to 1:00 PM (KS)— **LSC3704**

\$45 Plus \$15 supply fee paid to instructor

Create this fun framed piece with paint and buttons to represent our four seasons. The frame is 9" x 9" in the option of white or black. Please specify the color at the time of registration. Instructor: *Judy Ragland-Craftopolis*. Sign-up deadline is December 27.





Dried Citrus Wreath

Monday, January 3
2:00 to 4:00 PM (KS)

— **LSC3694**

\$45 Plus \$10 supply fee paid to instructor

Create this trendy wreath using a 12" gold wire hoop, beautiful dried citrus pieces, and silk leaves. Instructor: *Judy Ragland-Craftopolis*. Sign-up deadline is December 27.



Heart Trio Painting

Monday, January 10
10:00 AM to 12:30 PM (KS)

— **LSC3695**

\$45 Plus \$10 supply fee paid to instructor

Create a trio of 8"x8" canvas heart paintings using fun, tactile paint techniques and a rainbow of paint color options. Hang them together and create a fun artsy display or gift them individually to the "loves" in your life. Instructor: *Judy Ragland-Craftopolis*. Sign-up deadline is January 3.



Valentine Mesh Wreath

Monday, January 10
2:00 to 4:00 PM (KS)

— **LSC3696**

\$45 Plus \$10 supply fee paid to instructor

Easy to assemble red and white wreath perfect for your Valentine décor or front door. Instructor:

Judy Ragland-Craftopolis. Sign-up deadline is January 3.



Paper Flower Heart Shadow Box Frame

Monday, January 17
Session 1: 10:00 AM to Noon (KS)

— **LSC3697**

\$55 Plus \$10 supply fee paid to instructor

OR

Session 2: 1:30 to 3:30 PM (KS)

— **LSC3703**

Create a beautiful rose heart-themed 9"x 9" shadow box by assembling pre-cut paper flowers. Select from paper color options as well as a white

or black frame. Please choose frame upon sign up. Paper Colors: Please choose from (A) Solid red flowers, (B) Pink hue flowers, (C) Bright rainbow hue flowers, (D) Pastel rainbow hue flowers. Instructor: *Judy Ragland-Craftopolis*. Sign-up deadline is January 10.



Beaded Wind Chimes

Monday, January 24
10:00 AM to Noon (KS)

— **LSC3692**

\$45 Plus \$10 supply fee paid to instructor

Colorful beads and rustic wood create a beautiful combo to bring color to your window or garden. Add bells to the bottom of each strand and add sounds of impending Spring to your porch. Instructor: *Judy Ragland-Craftopolis*. Sign-up deadline is January 17.



Watering Can Garden Art

Monday, January 24
1:00 to 3:00 PM (KS)

— **LSC3698**

\$45 Plus \$10 supply fee paid to instructor (Optional Garden Stake to hang watering can)

Create a whimsical piece of garden art with a watering can and beads! Decoupage flowers to the outside of the can or leave it rustic metal. Add colorful beads and hang them above a large potted plant or in your garden. Instructor: *Judy Ragland-Craftopolis*. Sign-up deadline is January 10.



Wood Pedestal Photo or Note Holder

Monday, January 31
10:00 AM to Noon (KS)

— **LSC3699**

\$45 plus option to create additional pedestal photo holders in class - \$25 paid to instructor

Learn how to decoupage patterned paper napkins onto wood to create vintage, shabby-chic pedestal style photos or noteholders. In class, select from different block sizes and orientations as well as pedestal heights. Instructor: *Judy Ragland-Craftopolis*. Sign-up deadline is January 24.



Altered Bottles

Monday, January 31

1:00 to 3:00 PM (KS) — **LSC3700**

\$45 plus option to create additional bottles in class - \$15 each paid to instructor

More decoupage is used to create 2-beautiful upcycled altered bottles using patterned paper napkins, paper cutouts and labels, lace, and other embellishments. Bottles look great on a kitchen or bathroom counter or bedroom vanity! Lots of patterns and themes to choose from during class. Instructor: *Judy Ragland-Craftopolis*. Sign-up deadline is January 24.

—Card Making—

Notice: Card Making will go on hiatus and will be returning in February.

Dance

—Clogging—

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



*Beginning Clogging

Tuesdays, January 4-25

10:00 to 11:00 AM (KS)

\$40 (four sessions)

— **LSC3330**

New students welcome. Start a new passion. Join this new beginners class, a low impact, revamped foundation, and fundamental class. Let's get our bodies back into working order after such a long break. The class will move through at a relaxed pace the eight basic traditional clogging movements while developing skills in the foundations of clogging. Special attention will be paid to balance skills. No special shoes are required; flat-soled shoes are recommended. Instructor: *Janice Hanzel*.

*Combine Clogging Class

Tuesdays, January 4-25

11:00 AM to 12:30 PM (KS)

\$60 (four sessions) — **LSC3358**

We are combining two classes. We will start with Easy and progress. New theme each month

will be introduced. The class will feature lots of reviews of steps from previously learned dances. We'll keep it a bit more simple to get our clogging legs back into shape. We will also learn new dances, easy to intermediate, from recent workshops and conventions. Come join in the fun. All levels are encouraged to participate. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Instructor: *Janice Hanzel*. **Vacation drop-in: \$15 per session.**

—Country Western Dancing—



*Country Couples Western Dance

Beginner Level 1 & 2

Mondays, January 3-24

7:00 to 8:00 PM (KS)

\$28 (four sessions)

— **LSC3341**

Western dancing is done to many types of music, country being the most popular.

Many of the dances are done in circles, including some of the dances at mixers. Instruction will be at a slower pace for beginners. Instructors: *Jim & Jeanie Keener*.

*Country Couples Western Dance Level 3 & 4

Mondays, January 3-24

6:00 to 7:00 PM (KS)

\$28 (four sessions) — **LSC3353**

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

—Hula—



*Hula

Thursdays, January 6-27

1:00 to 2:00 PM (KS)

\$52 (four sessions)

— **LSC3396**

This is an ongoing class for hula dancers of all experience and skill levels. Come learn the beautiful dance of the Hawaiian islands. You will

exercise the mind, body, and spirit while learning choreographed routines. Historical and cultural information surrounding each of the dances will be shared. **Prerequisite:** New dancers contact instructor at 916-521-0474 to learn about Hula Basics instruction. Instructor: *Pam Akina*.

—Jazz—

***Jazz for Beginners**

Thursdays, January 6-27

11:00 AM to Noon (KS)

\$36 (four sessions) — **LSC3398**

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

***Jazz Performance**

Tuesdays, January 4-25

1:00 to 2:00 PM (KS)

\$36 (four sessions) — **LSC3399**

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

—Line Dance—



***Country Line Dancing**

Fridays, January 7-28

3:00 to 4:00 PM (KS)

\$28 (four sessions) — **LSC3427**

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

Level I – Absolute Beginner (Intro)

Mondays, January 3-31

4:00 to 5:00 PM (KS)

\$35 (five sessions) — **LSC3400**

Instructor: *Cathy Paris*

OR

Thursdays, January 6-27

9:00 to 10:00 AM (KS)

\$28 (four sessions) — **LSC3053**

Instructor: *Yvonne Krause-Schenck*

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.

***Level 2 – Beginner**

Fridays, January 7-28

2:00 to 3:00 PM (KS)

\$28 (four sessions) — **LSC3428**

Instructor: *Sandy Gardetto*

OR

Thursdays, January 6-27

10:00 to 11:00 AM (KS)

\$28 (four sessions) — **LSC3433**

Instructor: *Yvonne Krause-Schenck*

OR

Thursdays, January 6-27

3:30 to 4:30 PM (KS)

\$28 (four sessions) — **LSC3426**

Instructor: *Cathy Paris*

Beginner-level dances are built upon the skills learned at 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.

***Level 3 – High Beginner/Improver**

Mondays, January 3-31

9:00 to 10:00 AM (KS)

\$35 (five sessions) — **LSC3432**

Instructor: *Yvonne Krause-Schenck*

OR

Wednesdays, January 5-26

9:00 to 10:00 AM (KS)

\$28 (four sessions) — **LSC3429**

Instructor: *Sandy Gardetto*

The high beginner class is for those with previous dance experience and who 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.

***Level 4 – Easy Intermediate**

Mondays, January 3-31

5:00 to 6:00 PM (KS)

\$35 (five sessions) — **LSC3403**

Instructor: *Cathy Paris*

OR

Wednesdays, January 5-26

10:00 to 11:00 AM (KS)

\$28 (four sessions) — **LSC3430**

Instructor: *Sandy Gardetto*

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

***Level 5 – Advanced**

Thursdays, January 6-27

5:30 to 6:30 PM (KS)

\$28 (four sessions) — **LSC3709**

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

***Line Dancing 4 Fun**

Thursdays, January 6-27

4:30 to 5:30 PM (KS)

\$28 (four sessions) — **LSC3402**

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

—Tap—



Tap Classes with Alyson

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

a choreographer and mentor have brought her a great deal of prestige and recognition. As the daughter of a Radio City Rockette and an Arthur Murray ballroom instructor, her exposure to the dance world was inevitable. She has been instructing for over 30 years. She is currently the Artistic Director of the Leighton Dance Project Tap Company and has served the Lincoln Hills community since 2000.

***Beginning Tap Continuation**

Mondays, January 3-31

11:00 AM to Noon (KS)

\$50 (five sessions) — **LSC3435**

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

***Tap Technique**

Mondays, January 3-31

10:00 to 11:00 AM (KS)

\$50 (five sessions) — **LSC3434**

Learn and hone your tap techniques through fun musical exercises.

Glass Art

Notice: Stained Glass class will go on hiatus from November to January and will return in February.

Music

—Guitar—

***Beginning Guitar**

Mondays, January 3-31

9:00 to 10:30 AM (OC)

\$75 (five sessions)

— **LSC3437**

Reading music notation for guitar made easy. *About the Instructor:*

Jon Gowin has a degree in Education and has been playing guitar and other string instruments for over 50 years. He has performed with Bob Wren and his Sacramento World Music Ensemble for over ten years.



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*Beginner Folk Guitar Class for Fun Folks

Tuesdays, January 4-25
1:00 to 2:00 PM (KS)
\$40 (four sessions)
— **LSC3674**

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



*Intermediate Folk Guitar Class for Fun Folks

Tuesdays
January 4-25
2:00 to 3:00 PM (KS)
\$40 (four sessions)
— **LSC3614**

This class is an intermediate class with emphasis on harder chord fingerings, more transitions of chords in songs, different strumming patterns, and various finger-picking styles used by folk artists. The class can be taken in conjunction with the beginning class, as long as the student feels comfortable, they have met this prerequisite, and their fingers can withstand the pain! **Prerequisite:** Knowledge of guitar playing using basic chords while doing a simple strum and singing (no vocal training required). Instructor: *Darrell Effinger*.



*Intermediate Guitar

Wednesdays, January 5-26
9:00 to 10:30 AM (KS)
\$60.00 (five sessions) — **LSC3438**

Come play guitar chord progressions as a backup for our soloists. These cords are easier than you think and a lot of fun. We will guide you into one of the most exciting guitar playing in the world, how simple it can be once you know the tricks. We will play acoustic guitars only: either steel strings or nylon and need to play with a pick. Instructor: *Jon Gowin*.

—Ukulele—

*Beginning Ukulele

Mondays
January 3-31
10:30 AM to Noon (OC)
\$75 (five sessions)
— **LSC3637**



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

*Intermediate Ukulele

Wednesdays, January 5-26
10:30 AM to Noon (KS)
\$60 (four sessions) — **LSC3483**

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

Photography

*How to Make Better Photos

Thursdays
January 6-27
9:00 AM to Noon (KS)
\$100 (four sessions)
— **LSC3701**



Do you love to take photos but wish they were better? Learn how to do so in this fun and interactive series of classes. David Wong will guide you from the basics to advance skills you can use to make your photos sing, whether you use an iPhone or a dedicated camera. *About the Instructor: David Wong* is a professional artist with works on exhibit at Art Works Gallery in Grass Valley for 10+ years before he decided to focus more on teaching. David has taught summer intensive photography classes at Vassar College in New York State, workshops overseas, and talks for several camera clubs in the Sacramento region. He is a curator at the Viewpoint Photographic Art Center in Sacramento.

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Let's hear what SCLH residents have to say:

- "I APPRECIATE THE 30-MINUTE CLASSES AS AN ADD-ON IN MY PRESENT WORKOUT REGIME. THANK YOU!"
- "I JUST WANT TO SAY I TOTALLY ENJOYED CYCLE CLASS. IT WAS MORE THAN I EXPECTED."
- "I WAS ABLE TO BOOK MY REFORMER CLASSES, AND I'M OVER THE MOON WITH HAPPINESS!"
- "I GOT MUCH BETTER RESULTS AND NO INJURIES AFTER HIRING A TRAINER TO CREATE A PROGRAM FOR ME."
- "WHAT A GREAT INSTRUCTOR! SHE IS ENTHUSIASTIC, ENCOURAGING, GIVES CLEAR DIRECTION, AND THROWS IN FUN TOO!"

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Danielle Merrill
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Fitness Floor (OC)

- **Thursday, December 16**
3:00 to 4:00 PM
- **Tuesday, January 11**
4:00 to 5:00 PM
- **Thursday, January 20**
3:00 to 4:00 PM

Fitness Floor (KS)

- **Tuesday, December 20**
3:00 to 4:00 PM
- **Thursday, January 13**
3:00 to 4:00 PM
- **Thursday, January 27**
3:00 to 4:00 PM

Lessons

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



Intro to Pickleball

Wednesdays
4:00 to 5:30 PM
Pickleball Courts
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. Meet at the upper pickleball courts by court #4. You must pre-register each week for the class. Eight spots are available. We are using two courts to allow for social distancing. Email Carol Judd to register: welcometopickleball@gmail.com or go to lhpclub.com and look for Calendar on the left. Click on Intro to Pickleball class.



Intro to Tennis

Thursdays
11:00 AM to Noon
Multicourt
Free

This class is a terrific introduction for any Lincoln Hills residents interested in learning the basics of tennis. This class will go over the fundamentals of tennis, focusing on basic stroke development, including forehands, backhands, volleys, and serves. No prior experience is necessary, and racquets will be provided. However, we encourage participants to bring their own. Make sure to bring water and appropriate tennis court shoes. No running shoes, please. Email stevebringman@yahoo.com to register. Class size is limited to three each session.

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All classes, times, and locations are subject to change. See up-to-date information and schedules on sclhresidents.com. Look in the WellFit section or online enrollment.



Tai Chi / Qigong L1

Tuesdays, January 4-25

2:00 to 3:00 PM

Aerobics Room (OC)

\$48 (four sessions)

OR

Fridays, January 7-28

2:00 to 3:00 PM

Aerobics Room (OC)

\$48 (four sessions)

OR

Saturdays, January 15-29

2:00 to 3:00 PM

Aerobics Room (OC)

\$36 (three sessions)

Tai Chi is a centuries-old practice that focuses on soft, gentle movements known as postures. Stringing together these postures creates a form. The Yang long form enhances balance, coordination, posture, flexibility, and body tone. Tai Chi offers a 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: *Shifu Anney Wamsat*.

Tai Chi / Qigong L2

Thursdays, January 6-27

2:00 to 3:00 PM, Aerobics Room (OC)

\$48 (four sessions)

Having some familiarity with the basics of the Yang long form level 2 introduces beginners to more movements in the 128 form with an emphasizing posture, breathing techniques, and releasing. The class begins with a warm-up,

including Qigong moves, then moves on to form practice. Qigong's mindful movements help to move blood and oxygen around the body, nourishing the organs and tissues, Qigong helps improve balance, proprioception, flexibility, and strength. Instructor: *Shifu Anney Wamsat*.

Tai Chi/Qigong L3

Tuesdays, January 4-25

3:10 to 4:10 PM, Aerobics Room (KS)

\$48 (four sessions)

OR

Fridays, January 7-28

3:05 to 4:05 PM, Aerobics Room (OC)

\$48 (four sessions)

This class is for Tai Chi and Qigong students who wish to bring higher awareness and understanding of their lifelong practice of complementary health and wellness. In addition, you will learn Qigong sets of movements. Qigong paired with stillness and moving meditation will improve body mechanics, balance, and tone while increasing the understanding of these century-old art forms of health, mindfulness, and well-being. Instructor: *Shifu Anney Wamsat*.

Chi Ball L1

Saturdays, January 15-29

3:05 to 4:05 PM, Aerobics Room (OC)

\$36 (three sessions)

This class begins using lightweight exercise balls that progress in weight as we strengthen muscles, improve posture and help develop core strength through form practice. Chi ball is a fusion of traditional Tai Chi Ball movement with modern core strengthening exercises. Instructor: *Shifu Anney Wamsat*.

Mind, Body & Spirit

Wednesdays, January 5-19

3:05 to 4:05 PM, Aerobics Room (OC)

\$51 (three sessions)

Come join Nina as we explore the many benefits of Mind-Body-Spirit Awareness. Mind: mindful intentions & positive affirmations to improve the neurology of the brain. Body: healthy posture & movement of your body to support the biology of your physical being. Spirit: breathwork – breathe to change the chemistry within. When your mind is at peace and your body is more relaxed, you are more likely to be happier, kinder, and more grateful. You will be ready to take on whatever life throws your way. Instructor: *Nina Baldi*.

Personal Improvement

The following Personal Improvement classes are offered through the WellFit Department. *Classes fill up quickly, please sign up at least seven days prior to class start. No refunds. Events go on sale the 17 of each month. Register at Orchard Creek, Kilaga Springs Fitness Desks or online through online enrollment at sclhresidents.com.*

All classes, times, and locations are subject to change. See up-to-date information and schedules on sclhresidents.com. Look in the WellFit section or online enrollment.

New CARE for the Caretaker

Thursdays, January 6-27
2:00 to 3:00 PM, Zoom, Instructor will email Zoom link the afternoon before the class.
\$60 (four sessions)

It's easy to get run-down when doing all you can for others. Give yourself one hour a week, from the comfort of home, to recharge your batteries. After each class, you should feel energized, balanced and calm. Your "flight or fight" buttons will be re-set for rested, restored, and renewed. Instructor: *Kelly Moreno*.



The Next Chapter

Mondays, January 3-17
1:30 to 3:00 PM
Aerobics Room (OC)
\$68 (three sessions)

With a spectacular marriage comes spectacular grief. Join a small intimate

group where together we'll explore new ways to help you move forward with confidence. Come prepared for heart-opening, restorative techniques that will rejuvenate your mind, body, and spirit. You will be inspired and challenged with this uplifting format that will help carry you through your journey. Instructor: *Nina Baldi*.



Kitchen Magic – Create Your Own Natural & Organic Products

Friday, January 14
12:30 to 1:30 PM
Placer Room (KS)
\$15 + \$20 material fee paid to the instructor.

This month's topic: Non-Toxic & Natural Household cleaners with Essential Oils
Create homemade, personalized, organic,

and natural products. They can be for yourself, family, friends or gifts. Instructor: *Nina Baldi*. Contact Nina for specific questions at Nina.Baldi@sclhca.com.



Harmonica for Health

Thursdays, January 6-27
3:00 to 3:45 PM
Solarium/Heights (OC)
\$60 (four sessions) \$11 paid to instructor for harmonica.

Strengthen your breathing muscles and improve breath control by playing the harmonica. This class will help strengthen the diaphragm, improve breath control, and reinforce breathing exercises all while playing a few tunes. Don't read music? No problem. We use a number system to learn how to play a new song or two each week. We must use a 10-hole diatonic harmonica in the key of C. Instructor: *MaryAnn DePietro, Respiratory Therapist*.

Happiness is a Choice

Tuesdays, January 4-25
11:00 AM to 12:30 PM, Multipurpose Room (OC)
\$48 (four sessions)

Now that the pandemic seems to be decreasing and normal activities are beginning again, how can we regain or increase our happiness? This class will help you improve your well-being and optimize your everyday life. It will utilize educational content, participatory groups, and exercises to provide understanding for how to be happier in life and daily living. Instructor: *Amel Whitaker, MA, LMFT*. Amel has over 31 years of counseling, teaching, and workshop development experience. One of his professional concentrations is the mental health of aging adults.

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New! Meditation

Mondays, January 3-31

4:10 to 5:10 PM, Aerobics Room (OC)

\$75 (five sessions)

Leave your stress at the door. Open your mind and soothe your soul with our new Monday Meditation. This class will provide you with a great way to start your week off right. We will discuss enriching topics and then settle in for an extended guided meditation based on the topic. The timeless practice of meditation can help you cultivate more than just a healthy mind and body. It can also grow patience, forgiveness, compassion, and wisdom to help cope with whatever life throws your way. Instructor: *Sheri Mandell*.

Living with Knee Pain

Wednesdays, January 19-26

11:50 AM to 12:50 PM Aerobics Room (KS)

\$40 (two sessions)

Learn how to modify your lifestyle to prevent pain, live smart, and reduce discomfort through the use of hot and cold modalities. Class is interactive, and pain patching samples will be available while supplies last. Then, learn the correct stretches and exercises to maintain this better quality of lifestyle. Keep your body strong and happy to support longevity. Instructors: *Lisa Kwon*, Occupational Therapist, and *Danielle Merrill*, Wellfit Program Manager. *Lisa will teach the first class, and Danielle will teach the second.

End of Life Options

Monday, January 31

9:00 AM to Noon, Multimedia Room (OC)

\$15

How do you imagine your death? How do you communicate your wishes? You will learn about options at the end of life, how to plan and how to communicate your plans. You will learn about your Advance Health Care Directive and if you need a POLST. You will learn about naming a personal representative, who will speak for you if you cannot, and what you want them to say. Instructor: *Marcia VanWagner*.

Going Out in a Box

Monday, January 3

9:00 AM to Noon, Multimedia Room (OC)

\$15

We've all said it. "This is my last move; I'm going out in a box." It is hard to imagine the future and what your needs may be as you get older. Yet, most of us will live with some burden of disease in our last years, and sudden death may not happen. So what's Plan B? What will trigger Plan B? What are

the elements of Plan B? What steps can you take today to put Plan B together? Let's talk about what we know about causes of death and how they affect us. Let's talk about resources and options. Having Plan B will make all the difference. Instructor: *Marcia VanWagner*.

Getting Your Stuff Together

Monday & Tuesday, January 17-18

9:00 AM to Noon, Multimedia (OC)

\$30 (two sessions) + \$25 material fee paid to the instructor on the first day of class.

As we continue to emerge from our pandemic lockdown, we are thinking differently about our future. What am I going to do about all my "stuff"? Who will help me? Am I protected? We feel overwhelmed at the enormity of getting older and end up doing nothing. "Getting Your Stuff Together" helps create order out of the chaos, enables you to figure it all out, helps your chosen advocates, and alerts you to the issues around the complexity of dying. Take a small first step. Instructor: *Marcia VanWagner*.

**Traditional Shotokan Karate**

Saturdays

January 8-29

10:50 AM to 12:50 PM, Aerobics Room (KS)

\$20 (four sessions)

The instructor is a member of the International San Ten Karate Association and has over 45 years of 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 santenkarate.com. Instructor: *Al Trimarchi*.

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Nutrition

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Eat More Fruit and Veggies

Monday, January 10
11:30 to 1:30 PM, Placer (KS)
\$45

Is "eat more fruit and veggies" on your list of New Year's resolutions? If your doctor told you to do so because of cancer concerns or other conditions like heart disease or diabetes, it might be at the top of your list again this year. Willpower alone won't make it happen, but some solid understanding of the benefits, tips, and tricks, and some great recipes can help! Join farmer-author Kerin Gould for an informal discussion and a cooking demo. Instructor: *Kerin Gould, Ph.D.*, producewithapurpose.net.

Pilates Reformers and Towers

Please check sclhresidents.com for the most current schedule and information regarding the Pilates Reformer Program, including sign-up forms, or Danielle.Merrill@sclhca.com.

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 MindBody. See the class grid on page 97 for a complete listing of Pilates Reformer classes.

Our Reformer packages are as follows:

**Four-class membership package \$72 per month,
Add-on classes for member \$18 per class.**

**Eight-class membership package \$136 per month,
Add-on classes for member \$17 per class.**

Drop-in classes for non-member \$20 per class.

Please contact Danielle Merrill for more information and to sign up if you do not already have a MindBody account or if it is inactive.

Introductory Reformer Session L1

Continuous Dates

Aerobics Room (OC) \$30 (one session, one hour long). This session is a prerequisite for Pilates Reformer classes. You will work 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 classes through MindBody. You can purchase this introduction at the Fitness Centers. Contact Danielle Merrill to coordinate your introduction with an instructor.



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 and scheduling with one of the reformer instructors, please contact Danielle Merrill.

One-on-One Training and Buddy Training:
Prices same as Personal Training Rates.

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Personal and Clinical Training

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

Training Services

- **One-on-One Training:** One client and one trainer. One hour session cost is \$59, half-hour session \$39.
New Packages: One client and one trainer. One hour session. Package of 3, \$54 each. \$162 total.
New Packages: One client and one trainer. Half-hour session Package of 3, \$34 each. \$102 total.
- **Clinical Training:** One client and one trainer. One hour session cost is \$69, 3 session Package is \$180 (\$60 each). Half-hour session \$45, 3 session package is \$120 (\$40 each).
- **Buddy Training:** Two clients and one trainer. It is more fun to work out with a friend. One hour session \$34 per person.
- **Assessment:** Meet and greet trainer, talk about and establish goals. Trainer assesses ability level. One hour session \$30.

All training is non refundable and has a 1 year expiration date from time of purchase.

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 sign up at least seven days prior to the class start. No refunds. Events go on sale the 17 of each month. Register at Orchard Creek, Kilaga Springs Fitness Desks or online. SGT classes run 55 to 60 minutes.*



Urban Poling (Parkinson's & Balance)

Mondays & Fridays
January 3-28
11:50 AM to 12:50 PM
Aerobics Room (KS)
\$136 (eight sessions)

This class continues our programs for Parkinson's and those that have difficulty with balance. Participants must be able to walk on their own. Walking 30 minutes at least three times a week gives you

a full body aerobic exercise by simply adding poles to your walking routine. You will be able to incorporate 90% of all body muscles in one exercise; burn up to 46% more calories than exercise walking without poles; help to reduce the impact on hips, knees, and feet by an average of 25%. Walking poles are available for purchase at Wellfit (OC). Limited availability of loaner Activator® Poles. Instructor: **Renae Schmidt.**

Urban Poling (Indoor Nordic Walking)

Tuesdays & Thursdays, January 4-27
12:55 to 1:55 PM
Aerobics Room & Indoor Track (OC)
\$136 (eight sessions)

This is a fitness class designed to challenge the body in varied and unique ways. Designed to enhance the workout for those walking for fitness and are not significantly balance challenged. Walking 30 minutes at least three times a week gives you a Full Body Aerobic Exercise by simply adding poles to your walking routine. Walking poles are available for purchase at Wellfit (OC). Participants must bring their own Activator® Poles. Limited loaner poles are available. Instructor: **Rex Owens.**



**SGT—
Pulmonary
Exercise Class
Returning
Soon!**
TBA
\$68 (four
sessions)

This class will incorporate a combination of exercise and education to enhance the ability of people with lung disease to manage their condition. Topics covered include breathing techniques, strategies to manage shortness of breath, and other techniques

to improve exercise tolerance. Exercise includes strength, cardio, and balance. Anyone is welcome, but people with diseases such as COPD, asthma, pulmonary fibrosis may benefit the most. Please bring your oxygen if needed. Instructor: *MaryAnn DePietro*, Respiratory Therapist.

SGT—Walk on the Wild Side L1 (Seasonal) Returning Soon!

Experience the beautiful trails of Lincoln Hills with a trainer teaching exercises along the way. Incorporate warm-up, strength training and conditioning, balance and coordination, and stretching while walking the trails. Walking groups are a wonderful way to decrease blood pressure, elevate moods and increase motivation. Let's enjoy the great outdoors and do a little 'walk on the wild side!' Suggested ability to walk 1 mile in 30 minutes. Instructor: *Lisa Fisher*.



SGT—Fit 101

Tuesdays & Thursdays,
January 4-27
4:10 to 5:10 PM,
Aerobics Room
Class alternates
(OC Tuesday – KS
Thursday)
\$136 (eight sessions)



Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. Come try a great class that incorporates new tools, techniques, and exercises. By the end of these sessions, you will have learned new tools and techniques to add to your workout routine, including the correct settings and weights appropriate for you. Instructors: *John Ramos & MaryAnn DePietro*.

SGT—"Fun"ctional Fitness L3

Tuesdays & Thursdays
January 4-27
11:50 AM to 12:50 PM
Aerobics Room (KS)
\$136 (eight sessions)



Incorporate strength training and high-intensity interval training for optimal cardiovascular benefits.

This team-oriented class focuses on "FUN"ctional 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 are encouraged. Instructor: *Deanne Griffin*.

SGT—Progressive Bootcamp L2/3

Mondays & Wednesdays
January 3-26
3:05 to 4:05 PM
Aerobics Room (KS)
\$136 (eight sessions)

Are you looking to change things up?

Try this Bootcamp class that gives you progressive exercises to accommodate each participant's fitness level. The class will enjoy workouts in the Aerobics Room and the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Instructor: *John Ramos*.



SGT—TRX Circuit L2

Tuesdays & Thursdays
January 4-27
12:55 to 1:55 PM
Aerobics Room (KS)
\$136 (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 make gravity your resistance, so adjusting the level of difficulty is as easy as moving your hands or feet, and progression is limitless. Instructors: *Craig Wasley/MaryAnn DePietro*.



SGT—Posture, Core and Balance L1/2

Mondays & Wednesdays
January 3-26
12:55 to 1:55 PM
Aerobics Room (KS)
\$136 (eight sessions)
Instructor:
Rena Schmidt



OR

Tuesdays & Thursdays

January 4-27

10:45 to 11:45 AM Aerobics Room (KS)

\$136 (eight sessions)

Instructors: *Craig Wasley & MaryAnn DePietro*

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

SGT—Balance & Fall Prevention L1

Mondays & Wednesdays

January 3-26

2:00 to 3:00 PM

Aerobics Room (KS)

\$136 (eight sessions)

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

**SGT—Therapeutic Water Exercise L1**

Wednesdays

January 5-19

11:50 AM to 12:50 PM

Indoor Pool (OC)

\$51 (three sessions)

Instructor: *Nina Baldi***OR**

Fridays, January 7-28

10:45 to 11:45 AM, Indoor Pool (OC)

\$68 (four sessions)

Instructor: *Lisa Fisher*

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

SGT—Rock Steady Boxing

Tuesdays, January 4-25

2:00 to 3:00 PM

Aerobics Room (KS)

\$68 (four sessions)

OR

Thursdays, January 6-27

2:00 to 3:00 PM

Aerobics Room (KS)

\$68 (four sessions)

This is a non-contact fitness program designed specifically for people with Parkinson's. Boxers' condition to defend against and overcome opponents. At RSB, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to empower people with PD to fight back. All levels are welcome. *Gloves and wraps are sold at Fitness Centers.* Instructor: *Craig Wasley*.

**SGT—****ParkinsonStrong Combo**

Thursdays

January 6-27

3:05 to 4:05 PM

Aerobics Room (KS)

\$68 (four sessions)

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

**Live Stream Class Passes******Live Stream Classes are not offered at this time.**

You will need to use the Mindbody app on your phone or access it from your computer. You will need to set up your account, search on the SCLH schedule for the class you want to take on the app and then book your class. You will receive a confirmation and your live stream link 30 minutes prior to class. You must book your class no later than 4:00 PM the day before. If we do not have sign-ups for class, we may cancel and notify you. For more information, contact Danielle Merrill.

Punch Pass and Fast Class

Punch Pass and Fast Pass classes are drop-in, group exercise classes on a first-come, first-serve basis in our KS and OC Aerobics Rooms. You may arrive and sign in up to one hour before the start time of the class. Punch Pass Classes are \$4.50 each and 55 minutes. Fast Pass Classes are \$2.50 and can only be used on our 30-minute classes. Punch Passes and Fast Passes are not interchangeable. Please see the colored grids on pages 94-97 for days and times. Purchase these passes through online enrollment at sclhresidents.com or either Fitness Center front desks. There are no refunds for Punch Passes or Fast Class Passes, and all passes expire one year after purchase. For a list of class descriptions, please refer to sclhresidents.com under WellFit. Guests must pay \$6 per Punch Pass and \$3.50 per Fast Pass. Classes are subject to availability.

As 2021 Comes To A Close, We Look Forward To Being A Part Of Your Wellness and Fitness New Year's Resolutions!

Use Punch Passes to enroll in some of our amazing 70+ weekly Punch Pass classes. We also have Trainers new to Lincoln Hills and some old familiar faces. Trainers can create a safe and effective program by looking for muscular imbalances, proper form, and good posture. Book your session today!

NOTE: Punch Passes purchased before December 1, 2019, will never expire. Passes purchased December 2, 2019-December 1, 2020, have an expiration of **December 1, 2021**. Passes or sessions purchased after December 1, 2020, have a 1-year expiration of date of purchase.

All passes and sessions are non-refundable. Please use current passes before purchasing more.

WellFit Class Cancellation Policy: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu-related symptoms. This may cause classes to be canceled last minute without notice. We will not be offering free class passes at this time when we have a cancellation. Thank you for understanding.



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OC WellFit Class Schedule December/January 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
8:35	Zumba Toning L2 <i>Joanie</i>	Step L2/L3 <i>Kim</i>	Stretch It Out L1/L2 - <i>Nina</i>	Step L2/L3 <i>Kim</i>	Basic Step & Strength L1/L2 - <i>Shirley</i>		
9:40	20/20/20 L2/L3 <i>Gretchen</i>	Core-N-Strength L2/3 <i>Kim</i>	Strictly Strength L2/3 <i>Katie</i>	Core-N-Strength L2/3 <i>Kim</i>	Yoga Basics & Flow <i>Amy</i>		
10:45	Piloga L2/L3 <i>Gretchen</i>	Yoga Flow L2 <i>Amy</i>	Slow Flow Yoga L2/3 <i>Katie</i>	Restore, Balance & Flow Yoga L1/L2 <i>Jennifer</i>	Barre L2/L3 <i>Gretchen</i>	Restore, Balance & Flow Yoga L1/L2 <i>Nina</i>	Cardio Kickboxing Low Impact L1-L3 - <i>Shirley</i>
11:50	Zumba Gold Seated L1 - <i>Joanie</i>	Sit & Be Fit L1 <i>Joanie</i>	Staying Active with Arthritis L1 <i>Linda</i>	Sit & Be Fit L1 <i>Lisa</i>	Staying Active with Arthritis L1 - <i>Linda</i>		
12:55		SGT - Urban Poling (Nordic Pole Walking) L1 - <i>Rex</i>		SGT - Urban Poling (Nordic Pole Walking) L1 - <i>Rex</i>	Seated Tai Chi / Qigong L1 - <i>Anney</i>		SCLH Booking Rehearsals - 1:00 to 3:00 PM - October to March
2:00	1:30-3:00 January The Next Chapter <i>Nina</i>	Tai Chi / Qigong L1 <i>Anney</i>		Tai Chi / Qigong L2 <i>Anney</i>	Tai Chi / Qigong L1 <i>Anney</i>	Tai Chi / Qigong L1 <i>Anney</i>	
3:05	Chair Yoga L1 <i>Amy</i>	Healthy Living Exercise L1 - <i>John</i>	Mind, Body & Spirit <i>Nina</i>	Healthy Living Exercise L1 - <i>John</i>	Tai Chi / Qigong L3 - <i>Anney</i>	Chi Ball L1 <i>Anney</i>	
4:10	New! Monday Meditation - <i>Sheri</i>	New! SGT - Fit101 L1 <i>MaryAnn/John</i>	5:00pm Quiet the Mind L1 - <i>Sheri</i>	Zumba Gold L2 <i>Joanie</i>			
5:15	Yin Yoga L1-L3 <i>Nina</i>		5:40pm Stretch It Out! L1/L2 - <i>Nina</i>			SCLH Booking 4:10 to 7:00 pm	
Punch Pass - Group Exercise Classes 55 minute \$4.50							
Fast Pass - 30 min Group Exercise Class \$2.50							
Wellness Classes (session based, sign-up ahead each month)							
SGT - Small Group Training (55-60 minute) session based, sign-up ahead							
<p>CLASS CANCELLATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time.</p> <p>Thank you for understanding.</p>							

Class schedules in the Compass may not reflect recent changes.
For the most up-to-date class schedules visit the WellFit page on schresidents.com

KS WellFit Class Schedule December/January 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Intro to Cycle L1 <i>Helena</i>		All Cycle L1-L3 <i>Erin</i>			All Cycle L1-L3 <i>Helena</i>	
8:35	Cardio Strength L2/3 <i>Helena</i>	Bike to the Beat of the Decades! L1/L2 <i>Helena</i>	Yoga Flow L1/L2 <i>Erin</i>	Zumba L2/L3 <i>Sharon</i>	Zumba Toning L2 <i>Ruby</i>	Cardio Strength & Athletic Stretch L2/L3 <i>Helena</i>	
9:40	Strength Barre Fusion L2/3 - <i>Katie</i>	Zumba Gold L2 <i>Joanie</i>	Pilates L1/L2 <i>Erin</i>	Piloga & Props L1 <i>Cynthia</i>	Strength & Athletic Stretch L2 - <i>Helena</i>	Yin Yoga L1-3 <i>Helena</i>	
10:45	Yin Yoga L1-L3 <i>Katie</i>	SGT - Posture, Core & Balance L1/L2 - <i>Craig</i>	TBA	SGT - Posture, Core & Balance L1/L2 - <i>MaryAnn</i>	Intro to Yoga L1 very beginner - <i>Nina</i>	Traditional Shotokan Karate L1/2 - <i>Al</i>	
11:50	Urban Poling (Nordic Walking) L1 - <i>Renee</i>	SGT - 'Fun'tional Fit L3 - <i>Deanne</i>	Living with Knee Pain <i>Danielle</i> <i>November 24</i>	SGT - 'Fun'tional Fit L3 - <i>Deanne</i>	Urban Poling (Nordic Walking) L1 - <i>Renee</i>	Traditional Shotokan Karate L1/2 - <i>Al</i>	
12:55	SGT - Posture, Core & Balance L1/L2 - <i>Renee</i>	SGT - TRX Circuit L2 - <i>Craig</i>	SGT - Posture, Core & Balance L1/L2 - <i>Renee</i>	SGT - TRX Circuit L2 - <i>MaryAnn</i>	Wai Dan Gong L1 <i>Joan</i>		SCLH Booking 11:00 to 3:00 pm
2:00	SGT - Balance and Fall Prevention - <i>Renee</i>	SGT - Rock Steady Boxing - <i>Craig</i>	SGT - Balance and Fall Prevention - <i>Renee</i>	SGT - Rock Steady Boxing - <i>Craig</i>	SGT - TBA		
3:05	SGT - Progressive Bootcamp L2/L3 - <i>John</i>	3:10pm Tai Chi / Qigong L3 - <i>Anney</i>	SGT - Progressive Bootcamp L2/L3 - <i>John</i>	SGT - ParkinsonStrong Combo L1 - <i>Valerie</i>			
4:10				SGT - Fit 101 L1 <i>MaryAnn/John</i>			
5:30				New! 5:30 - 6:00pm 30-Minute Cycle L1/L2 - <i>Sarah</i>			
				New! 6:05 - 6:35pm 30-Minute Roll & Release L1/L2 - <i>Sarah</i>	SCLH Booking 6:00 to 8:00pm		
	Punch Pass - Group Exercise Classes 55 minute \$4.50				Wellness Classes (session based, sign-up ahead each month)		
	Fast Pass - 30 min Group Exercise Class \$2.50				SGT - Small Group Training (session based, sign up ahead) 55-60 minute		
CLASS CANCELLATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time. Thank you for understanding.							

Class schedules in the Compass may not reflect recent changes.

For the most up-to-date class schedules visit the WellFit page on sclhresidents.com

OC Aqua WellFit Water Walking/Volleyball/Class Schedule December/January 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	OC	OC	OC	OC	OC	OC	OC
7:30	Water Walking drop-in Aqua Surge L2/3 <i>Renea</i>	Water Walking drop-in	Water Walking drop-in Aqua Surge L2/3 <i>Jiji</i>	Water Walking drop-in	Water Walking drop-in Aqua Surge L2/3 <i>Nina</i>		
8:35	Power Waves L3 <i>Jen</i>	8:45am Aqua Intervals L2/3 <i>Jen</i>	Power Waves L3 <i>Jiji</i>	8:45am Aqua Intervals L2/3 <i>Lisa</i>	Power Waves L3 <i>Nina</i>		
9:40	Splash L2 <i>Jiji</i>	9:50am Aqua Intervals L2/3 + Deep Water - <i>Jen</i>	Splash L2 <i>Jen</i>	9:50am Aqua Intervals L2/3 + Deep Water - <i>Lisa</i>	Splash L2 <i>Lisa</i>	Water Walking drop-in	Water Walking drop-in
10:45	Fluid Moves L1 <i>Jiji</i>		Fluid Moves & Water Piloga L1 - <i>Nina</i>		SGT - Therapeutic Water Exercise - <i>Lisa</i>		
11:50	Water Walking drop-in	Water Walking drop-in	SGT - Therapeutic Water Exercise - <i>Nina</i>	Water Walking drop-in	Water Walking drop-in		
2:00	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm
4:30	Power Waves L2/L3 <i>Danielle</i>		Power Waves L2/L3 <i>Nina</i>	Water Walking drop-in			
5:30	Water Volleyball 5:45 to 8:15pm	Water Walking drop-in until 8:30pm	Water Walking drop-in until 8:30pm	Water Volleyball 5:20 to 8:15pm	Water Walking drop-in until 8:30pm	Water Walking drop-in until 8pm	Water Walking drop-in until 8pm
8:30							
<p>CLASS CANCELLATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time. Thank you for understanding.</p>							
<p>Small Group Training - SGT - 60 minutes (session based, sign up ahead)</p>							
<p>Group Exercise Classes - 55 minutes (punch pass) \$4.50</p>							

Class schedules in the Compass may not reflect recent changes.

For the most up-to-date class schedules visit the WellFit page on sclhresidents.com

Pilates Reformer WellFit Class Schedule December/January 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
8:30	Reformer L1-L2 <i>Gretchen</i>			Reformer L1-L2 <i>Cynthia</i>			
9:30	Reformer + Mixed Equipment L1-L2 <i>Gretchen</i>	Reformer Therapeutic Stretch L1-L2 - <i>Nina</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>	Reformer Therapeutic Stretch L1-L2 - <i>Nina</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>		
10:30	Restorative Reformer L1 <i>Nina</i>	Reformer Basics + L1-L2 - <i>Valerie</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>	Reformer Basics + L1-L2 - <i>Andee</i>	Reformer + Mixed Equipment L1-L2 <i>Cynthia</i>	Reformer Basics L1 <i>Sandra</i>	
11:30		Reformer L1-L2 <i>Andee</i>	Reformer L1-L2 <i>Andee</i>	Reformer Basics + L1-L2 - <i>Andee</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>		
12:30		Reformer L1-L2 <i>Andee</i>	Reformer + Mixed Equipment L1-L2 <i>Andee</i>	Reformer L1-L2 <i>Cynthia</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>		
4:15	4:15pm Cardio Jump Basics L1/L2 - <i>Andee</i>			4:15pm Reformer L1-L2 - <i>Valerie</i>	December 11:45 Cardio Jump & Core L2 - <i>Gretchen</i> December 12:45 Cardio Jump & Core L2 <i>Gretchen</i>		
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							
All classes are subject to last minute cancellation for insufficient registration or instructor illness.							

Class schedules in the Compass may not reflect recent changes.

For the most up-to-date class schedules visit the WellFit page on schresidents.com

Orchard Creek Lodge965 Orchard Creek Lane
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 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 SUBJECT TO CHANGE

Orchard Creek Lodge & Kilaga Springs Lodge Mon–Sat: 8:00 am–9:00 pm Sunday: 8:00 am–5:00 pm	The Spa at Kilaga Springs Mon–Fri: 9:00 am–6:00 pm Saturday: 9:00 am–5:00 pm
Membership Desk Mon–Fri: 9:00 am–5:00 pm	Meridians Restaurant Meridians / Sports Bar Mon–Fri: 11:00 am–8:00 pm Sat–Sun: 10:00 am–8:00 pm
Lifestyle Desks (oc/ks) Mon–Sat: 8:00 am–8:00 pm Sunday: 8:00–4:00 pm	Curbside Pickup: Daily: 11:00 am–7:00 pm SCLH Delivery: Daily: 4:00 pm–7:00 pm
WellFit (oc/ks) Mon–Fri : 5:30 am–8:30 pm Sat–Sun (oc): 7:00 am–8:00 pm Sat–Sun (ks): 5:30 am–6:30 pm	Kilaga Cafe Wed–Fri: 7:00 am–2:00 pm

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 Lincoln Hills Foundation...916-434-0749 .. lincolnhillsfoundation.org
 Lodge Library Contact.....Adrian Felice: 916-408-4332

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The map shows a 15-day cruise route starting in The Netherlands (Amsterdam, The Hague, Kinderdijk) and ending in Hungary (Budapest). The route follows the Rhine, Main, and Danube rivers, passing through Germany (Cologne, Koblenz, Bamberg, Würzburg, Regensburg, Passau), Austria (Krems, Melk, Vienna), and the Czech Republic (Prague). Key waterways include the Rhine, Main, Danube, and the Main-Danube Canal. The Viking logo is displayed to the right of the map.

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The map shows a 12-day cruise route starting in France (Paris, Reims) and ending in Switzerland (Zürich, Zermatt). The route follows the Moselle and Rhine rivers, passing through Luxembourg (Trier, Berncastel, Cochem) and Germany (Koblenz, Mainz, Speyer, Strasbourg). Key waterways include the Moselle, Rhine, and Danube. The Viking logo is displayed to the right of the map.

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