

# COMPASS

*Navigate Your Way Through Sun City Lincoln Hills*

**17** Harvesting Wine History

**19** Harvesting “Funship” with Meatballs, Matzo Balls, and Bocce Balls

# Calendar of Events

October 15 – November 19

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

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Upcoming Association Meetings: October 15 – November 24	
Finance Committee Meeting	Thursday, October 21, 9:00 AM
ARC/Architectural Review Committee Meeting	Monday, October 25, 9:00 AM
Board of Directors Meeting	Thursday, October 28, 9:00 AM
Board of Directors Executive Session	Thursday, October 28, 11:30 AM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, November 2, 9:30 AM
Compliance Committee Meeting	Wednesday, November 3, 9:00 AM
Properties Committee Meeting	Thursday, November 4, 9:00 AM
Elections Committee Meeting	Friday, November 5, 10:00 AM
ARC/Architectural Review Committee Meeting	Monday, November 8, 9:00 AM
CCRC/Communication & Community Relations Committee Meeting	Tuesday, November 9, 10:00 AM
Board of Directors Workshop	Wednesday, November 10, 10:00 AM
Finance Committee Meeting	Wednesday, November 17, 9:00 AM
Board of Directors Meeting	Thursday, November 18, 9:00 AM
Board of Directors Executive Session	Thursday, November 18, 11:30 AM
ARC/Architectural Review Committee Meeting	Monday, November 22, 9:00 AM
Compliance Committee Meeting	Thursday, November 24, 9:00 AM

*Meetings subject to change. Visit [sclhresidents.com](http://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 and Community Organizations
- Communications and Community Relations
- Finance Committee
- Properties Committee

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

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**On the Cover**  
*Fall in Lincoln Hills*  
—Photo by David Wright



## Board of Directors' Report Improving Communication

*Robert Copp, Secretary*

The Board of Directors has a major responsibility to represent the interests of the members of the Sun City Lincoln Hills Community Association (Association). One of the challenges with this responsibility is to find a way to communicate with every member. When making a major decision, the Board would like to hear from as many members as possible. However, at other times, we cannot communicate a Board action due to privacy or confidentiality. This article concerns the improved outreach that is needed in some cases and an example of a time when the Board cannot communicate more information.

This year, the Board has reached out to the community by holding an open workshop almost every month. With the Special Election, we have held a variety of special events. More outreach is needed if we are going to determine the future direction of our Association or approve any major capital projects. The Board should not make these decisions without your input. We have heard from many of you that you want more opportunities to impact the direction of the Association. Reaching everyone in a community is a challenging effort for any homeowners association.

A variety of processes are available to facilitate a broad discussion within the community. A large meeting can be scheduled in the ballroom, with a facilitator. A facilitator can help bring differing opinions together, looking for similarities that we can all support. We also have the capability, with the help of the Communications and Community Relations Committee, to survey the members. This

can help to determine an overall opinion on a specific subject matter. We can also continue the pocket park events that were so successful during the Special Election. We can also look for new ways to reach out to each village. We do not have all the answers. All suggestions are greatly appreciated.

One area where the Board is not always able to communicate is in explaining why a specific house in our community is not being maintained adequately. While we are unable to respond due to the member's privacy rights, we do spend considerable time following up on these situations. If a house is not being maintained, the Board can fine the homeowner. However, if the homeowner is also not paying their assessments (dues), we can charge late fees and interest on top of the unpaid dues. We also have the ability to: send a homeowner to collections in attempt to collect past dues; put a lien on the house to protect the Association's rights, and, as a last resort, we can foreclose on a homeowner. However, all these processes take time. If a house's landscape is in very poor condition, the Association can have staff clean it up and charge the homeowner. While we hear the frustrations of neighbors near a house that is not being maintained, please know that we are doing our best to address them all.

Sometimes more information and communication to members is needed, and we constantly look for new ways to do so. However, at times, we cannot share what is going on for privacy or confidentiality reasons. The Board will continue to reach out to the community and communicate in a variety of ways about everything that we can.





## A Note from the Executive Director

*John Bowman, Interim Executive Director*

Greetings! I am John Bowman, Interim Executive Director of Sun City Lincoln Hills Community Association. Your Board of Directors brought me on to bridge the gap between your outgoing Executive Director, Robert Richardson, and your incoming Executive Director, yet to be selected. We truly wish Mr. Richardson all the best as he goes forward.

I am very excited to have been given the opportunity to help this fine community. While I am new to Lincoln Hills, I am not new to community association management. In fact, I have spent the last 40 years in on-site management of large communities, including 17 years at Rancho Murieta Association, starting in their maintenance department and finishing as General Manager; 21 years as General Manager for Serrano El Dorado Owners' Association and The Parkway at Folsom Owners' Association; and 3+ years as General Manager of Lake of the Pines Association.

Last year I retired from full-time community management. Now I offer management transition services to communities that are between general managers. My role is to help the community, Board, and staff through the transition between one manager and the next. Finding and choosing your next Executive Director can take a few months, even longer if the best applicant has to relocate. My job is to keep the organization on track and to allow for a smooth transition for your next Executive Director.

As you already know, Lincoln Hills is a spectacular community to live in or work for. Your reputation as a top-notch community is well known in

our industry. That was all the more reason for me to leave my home in Montana and spend the winter with you. Many of you have already reached out to welcome me. If you see me out and about, or if you are close to the office and want to introduce yourself, please take a moment and say "Hi." My desire is to be as helpful as I can during the time we have together.

I also hope to make myself available to you by offering a monthly "Coffee with the Executive Director" gathering. This will be an informal meeting where we can sip coffee or tea together and get to know each

other. Our first coffee is October 20 at 9:30 AM in the Presentation Hall.

An item high on everyone's agenda is the slow and safe return to a more normal offering of Association meetings and activities. With the challenges of the changing COVID-19 restrictions and the subsequent worker shortage, there are still many aspects of life in Lincoln Hills that are far from normal. I plan to work closely with your staff, committees, and the Board to ensure that we continue on that path toward normalcy as safely and effectively as possible. Watch for changing information

on amenity schedules and activities, I thank you for your patience and participation.

One thing that I have already learned is that the residents of Lincoln Hills stay informed on what is occurring in their community, and you are willing to share your ideas and opinions. I want to take advantage of your knowledge. If you know something that you think I should know or have an opinion that you think I need to hear, please reach out to me directly. You can contact me at [john.bowman@sclhca.com](mailto:john.bowman@sclhca.com).





**Finance Committee**  
**August Results**  
*Fred Raach, Chair*

In August, Association net expenses were \$4,000 higher than budgeted, decreasing the year-to-date positive variance to \$456,000. Total expenses in August were \$1,437,000, \$45,000 more than budgeted, and non-dues revenue (primarily fees charged by operating departments) was \$519,000, \$41,000 more than budgeted. For the year-to-date, total expenses were \$9,397,000, \$217,000 less than budgeted, and total non-dues revenue was \$2,559,000, \$239,000 more than budgeted.

The chart shows the year-to-date expense savings and overages by function. Personnel Costs continue as the largest contributor to overall savings. Savings in Landscape Maintenance are largely due to deferral of planned activities that may yet occur this year as additional Facilities staff is hired. Legal expenses for the eight months exceeding budget by \$110,000 and the costs of the Special Election (\$24,000 through August), which were not budgeted, made up the bulk of the overage in Administrative Expenses. The cost of water is driving the negative variance in Utilities. Increased usage and higher rates produced an \$88,000 overage through August, which will continue to grow in coming months.

Net expenses of the Administration Department, the Spa, and Food & Beverage were over

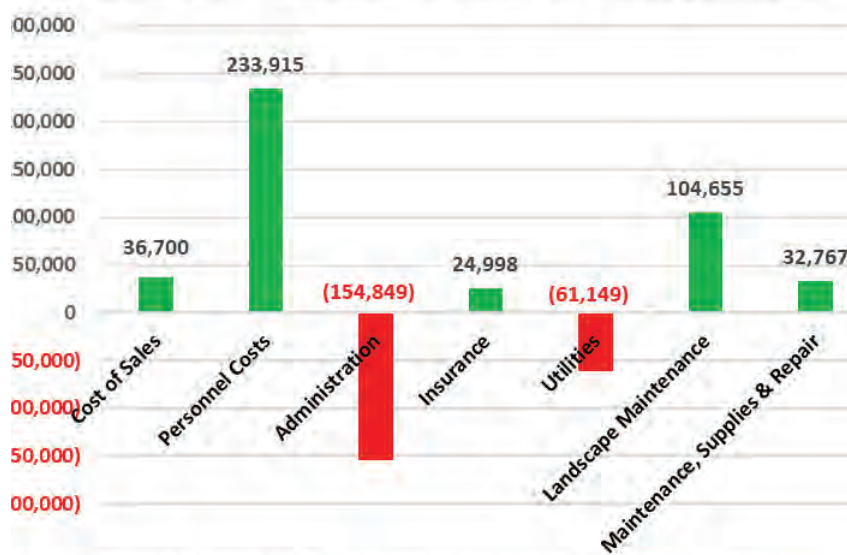
budget by a total of \$76,000; Communications, Lifestyle, WellFit, and Facilities net results were \$72,000 better than budget. However, all but Food & Beverage remain positive to budget for the year-to-date. The Administration Department's results were impacted by special election costs, increased accrual for the incentive plan, and higher charges for Human Resources services and recruiting. Salaries and wages over budget due to overtime and new employee training caused the Spa's negative result this month. Food & Beverage results continue to suffer from smaller catering revenue, higher food costs, and higher wage costs due to vacations, sick time, and training of new employees.

The Reserve Study shows \$2.1 million of components qualified for replacement in 2021. \$1,005,000 of reserve funds has been spent through August, primarily on street light replacement, fencing, the Kilaga pool, and the Sports Plaza.

The unallocated balance of the Community Enhancement Fund at August 31 remained at \$1.2 million. The only expenditures during the month were \$30,000 on the Kilaga pool and \$11,000 for security cameras at the softball complex.

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.

**AUGUST 2021 YTD OPERATIONS ACTUAL vs BUDGET VARIANCE**



**AUGUST 2021 YTD Operations Variance Total = \$217,037**



## Architectural Review Committee New Co-Chair Announced

*Carole Dummett, Chair*

I am pleased to announce that Richard Bostdorff has been approved as the Co-Chair of ARC.

Richard and I will be sharing these duties for several months until he becomes the Chair.

He has a good understanding of our documents, a friendly demeanor, and is definitely an asset to Lincoln Hills. We will be alternating *Compass* articles, so please watch for his ideas and future input.

We are currently revising the Paint Application to provide more detailed information for our homeowners, as a few areas appear confusing. Hopefully, these revisions will be user friendly and provide a better understanding. As you look through the Paint Book, it becomes apparent the colors can be deceiving, so always make sure you request paint chips or buy samples of your selected paints to ensure these colors meet your expectations.

All hardscape staining and modifications require ARC approval. A hardscape modification is one of the areas we have been addressing and will be incorporated into our Design Guideline revisions. Once again, colors will be earth tones matching the house body color with all non-toxic materials. A California licensed contractor with this expertise must perform all work.

The Cameras – Video Surveillance document is being rewritten to provide more accurate descriptions and information for homeowners.

Benches in landscape areas, gazebos, and garage doors have expanded language at the request of homeowners. These are all positive revisions to serve our community better.

All trees planted on residential lots require ARC approval and must meet the setback requirements shown in Appendix A. We are adding language to Appendix A Acceptable Plant List designating trees with an asterisk (\*) that meet the street tree requirements and are suitable for our residential lots, however, you are not limited to these trees providing you have space for the species you select.

Please contact Jessie Krost, Community Standards Coordinator at [jessie.krost@sclhca.com](mailto:jessie.krost@sclhca.com) or [arc@sclhca.com](mailto:arc@sclhca.com) for questions or assistance with your proposed improvement.

We are constantly striving to improve our Design Guidelines to assist the homeowners, Compliance Committee and Community Standards. It truly takes a village to continue being rated one of the top Active Adult Communities in California, so thank you for being a part of our journey.

This committee makes a difference in the overall scheme of our exterior improvements, and we are currently looking for a new member. Please submit an application and join us. It is interesting, fun, and rewarding when assisting homeowners with their improvements.





## Compliance Committee Everyone On the Team

*David Mateer, Chair*

Keeping our community the great place it is takes a team effort. For the amenities and common areas, the Association staff ensures we have what is needed. For the private residences, we have a team approach to keeping things nice. The Architectural Review Committee (ARC) assists with maintaining the Design Guidelines for the exterior of our homes and landscape items. They also review and approve changes to the look of your landscape and home. The Compliance Committee assists when unapproved changes are made, or normal maintenance items have been deferred. This includes evaluating complaints and verifying the necessary corrections are complete. There may be behavior complaints about residents or pets from time to time, but that is a very small part of what we do. Both of these committees are made up of residents who volunteer their time to serve the community.

How do we keep all this work straight, you may wonder? Community Standards provides a vital role in keeping our community looking as good as it does. They are the Association staff that provides for tracking of all ARC application and compliance matters. Several years ago, they started using a software program to assist with this. This department also assists our members on these matters. They also handle all formal communications and letters for these matters. Should a member need a site visit for an ARC or compliance matter, these are usually requested through Community Standards.

I have not yet mentioned the largest and most important part of the team. It is you, our members.

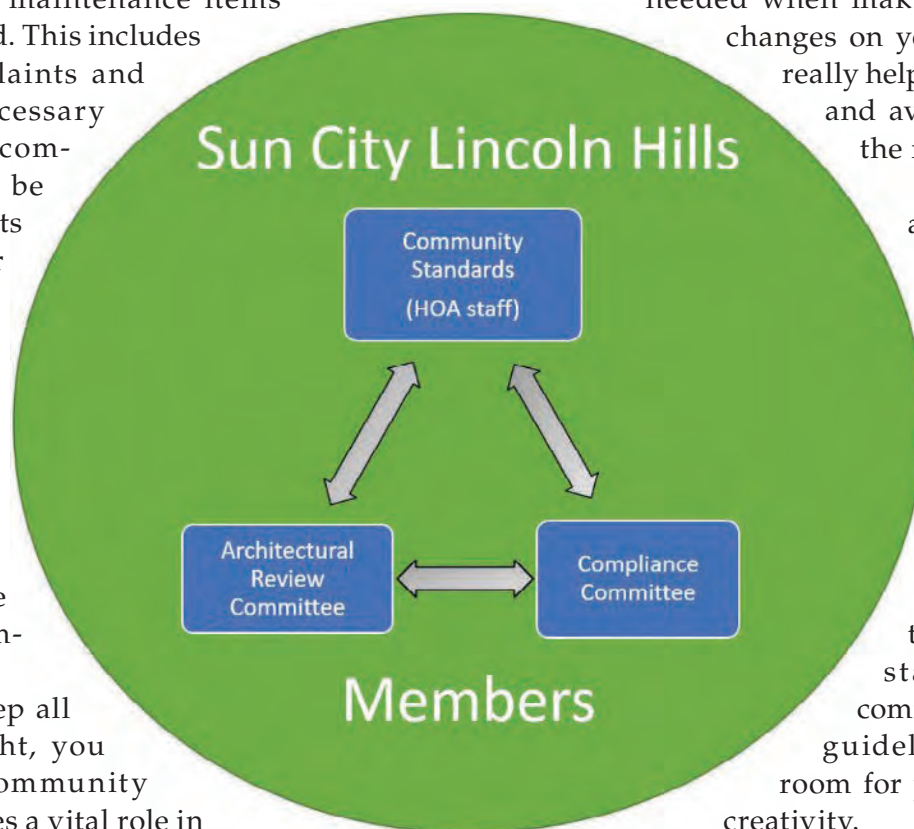
Along with the wealth of amenities and activities in our community comes the responsibility of routine maintenance of our homes and landscape. When considering making improvements to your property, the Design Guidelines are an excellent resource to check. In addition to the actual guidelines, it provides information on when approval is and is not required. Additionally, there are six appendixes that provide additional information on items like acceptable plants and trees for the community.

Similarly, an ARC application and approval is needed when making any paint color changes on your home. This will really help get it done correctly and avoid problems down the road.

Sometimes we get asked why all these approval and design guidelines. This is common for all HOA communities similar to ours. Although they may vary some from Del Webb to Del Webb because of climate, they all have similar standards for their communities. Within our guidelines, there is still room for personal choice and creativity.

Another way to look at it is that we are a team and all in this together. The standards and design guidelines are a small part of everything that binds us. Sort of like all team uniforms, but with options for personalization.

The Community Standards Department, Architectural Review Committee, and Compliance Committee all have their area of responsibility but work closely together to support and serve our community. Also, fortunately, we have a great set of residents on our team. Your efforts and support make it possible to have the fantastic place that we call home.







## Properties Committee Wonderful

*Lynne White, Committee Member*

The year was 1968. Louis Daniel Armstrong (Satchmo) was 66 years and ten months old when his song “What A Wonderful World” reached the top of the UK Singles Chart. The song was offered to Tony Bennett first, who turned it down. This song sold only 1,000 copies in America. The head of ABC Records did not like the song and chose not to promote it. Fast forward 31 years. In 1999, “What a Wonderful World” was inducted into the Grammy Hall of Fame. It stood the test of time.

Also, in 1999, Del E. Webb Construction Company began building homes in Lincoln Hills. Louis Armstrong often said, “What a wonderful world it would be if only we’d give it a chance.” Residents bought homes here for many reasons. Some took a chance by moving to an active adult community with neighbors of similar age. Others took a chance that a sense of belonging and camaraderie would give them a good quality of life. Another group of buyers took a chance that their future would be enriched when people came together with shared interests.

Remember the phrase, “I see trees of green, red roses, too. I see them bloom for me and you?” The Properties Committee is committed to making sure you see a myriad of blooming flowers and “trees of green.” BrightView is the backbone of our landscaping. They work tirelessly to maintain the beauty of our grounds. It is a huge and endless job. Residents appreciate the hard work and enjoyment of our lovely median strips, parks, and planting beds.

Another memorable line of the song is: “The colors

of the rainbow, so pretty in the sky.” Properties wishes, along with every Californian, for those water droplets, to form the array of colors in a rainbow. Rainbows are frequently represented as a sign of hope and promise of better times to come. We are all longing for rainbows in 2021.

“I see friends shaking hands, saying’ ‘How do you do?’” They’re really saying, “I love you.” Do those words sound familiar? We want you to gather

and enjoy each other’s company or have some friendly competition. We want places for people to meet and form friendships. For example, we constantly monitor the 68,000 square foot Orchard Creek Lodge, Kilaga Springs Lodge, and The Spa at Kilaga Springs. We keep the 27 miles of fitness trails overlooking rolling hills, wetlands, creeks, and open space areas to share time with friends. An abundance of parks, Meridians Restaurant, Sports Plaza, the Amphitheater, and a fishing pond are all under our watchful eye for you to say “how do you do” to other residents.

We work hard to keep our community in tiptop shape. The Properties Committee is responsible

for the buildings, systems, equipment, and grounds, therefore, you can take advantage of the activities that interest you, attend events, classes, and entertainment. Our meetings are on the first Thursday of every month. Currently we are still on Zoom. The code and password are in the eNews the week of our meeting. If you have questions or concerns, never hesitate to email us at [properties.committee@sclhca.com](mailto:properties.committee@sclhca.com).





## Communications and Community Relations Committee

### Community Forums – Survey Says

*Denise Bowden, Chair*

At a CCRC meeting this summer, the committee discussed the dwindling attendance at the Community Forums. Was it lack of interest, bad topics, Zoom fatigue, or did it just need a refresh? Inquiring minds wanted to know and determine if there was still a desire to continue the Forums.

Fortunately, the survey sub-team works closely with the Community Forum group, and they put together a survey that went out to all residents who receive eNews. The team was extremely thorough in crafting objectives, providing a heads up on when to expect the survey and sending a reminder before the deadline. Initial results went out in an eNews in late August, and the formal presentation was given at the September 14 CCRC meeting.

The most significant data point from the survey is that the community values the Forums. With a 25% response rate, which is considered good, we found out the following:

- Most responses came from those who had not attended a Forum in the past
- In-person is the preferred method of attending, but Zoom is okay if appropriate
- Health, travel, local sites/events, and ballot measures had the most interest

- Many respondents took the time to give specific comments on the various questions

- The age of the respondent defines areas of interest

Some of the ideas that came out from the survey included cooking demonstrations, city and county planning issues, downsizing, and where to find various sources of assistance around topics such as gardening and technology. Many thanks to the team who created the survey and report. The work done has energized the Community Forum team, and they are anxious to move forward with new opportunities for community education and entertainment. Anyone interested in viewing the entire report, which includes statistical significance data, you can go to Home/Library/Committees Communications & Community Relations Committee (CCRC)/ Documents Community Forum Survey Report.

At our upcoming meetings, the CCRC will be looking ahead to 2022 and what we can and should be doing to drive more robust communication and community outreach. At this time, we have two openings on the committee, and we are specifically looking for individuals with marketing, public relations, communications, and web expertise.



## Neighbors InDeed

### Handy Helpers – What They Do and Don't Do and Why

*Janet Roberts*

Do you ever wonder if the Neighbors InDeed Handy Helpers can perform a task in your home or whether you'll need to find a vendor to do it? The easiest first step to take is to call us at 916-223-2763 to find out. If the Handy Helpers can't do it, we'll provide you with referrals to vendors who have been recommended by Lincoln Hills residents.

However, here are some guidelines for you to use when you're looking at that task.

**Routinely provided – these tasks are performed frequently by the Handy Helpers and comprise the bulk of their services:**

- Furnace filters: replaced or washed
- Smoke alarms: replace batteries and alarms
- Thermostat: program/replace batteries
- Sprinkler controller: adjust
- Electrical: diagnose, repair GFIs/switches/plugs
- Light bulbs: replace
- Garage doors: lube/adjust

**Less routine services – some require Handy Helper specialists:**

- Doorbell: replace button/adjust chimes
- Refrigerator filter: replace
- Sprinkler heads: replace/adjust a few that are obviously faulty
- Telephones: diagnose/adjust
- TV-VCR-DVD: adjust/connect
- Hang pictures/mirrors (<20 lbs)
- Mattress: turn (1 HH + assistant)
- Moving: light furniture/boxes (<35 lbs)
- Assemble artificial Christmas trees 6' and under
- Plumbing: replace showerhead only

**Services that are NOT PROVIDED:**

- Working on 14' or higher ceilings
- Climbing on the roof or into the attic, working on eaves, cleaning gutters
- Checking all of the drippers in a system
- Plumbing services except for showerhead replacement
- Lifting or moving anything over 35 lbs.
- Hanging anything on outside walls
- Hanging holiday indoor/outdoor lights and decorating
- Relighting pilot lights (call PG&E for this)
- Computer-related services

**Why are these services not provided? For the following reasons:**

- Too high a risk for the Handy Helper
- Too complex or specialized a job – one that requires professional services
- Jobs that might carry liability issues
- Too long a job (more than 30 – 40 minutes)

We hope this information is useful to you as you consider the service(s) you need. If in doubt, call us, and we'll let you know. Sometimes a request slips through that the Handy Helpers cannot do. Then you'll be contacted by the I&R Volunteer with referrals for the service.

We are a call center and do not answer the phone. Please leave a message for us at 916-223-2763, and we will return your call Monday through Friday from 9:00 AM to 5:00 PM. Check out our website at [www.neighborsindeed.org](http://www.neighborsindeed.org) for additional information.





## Lincoln Hills Foundation

### Need a Ride? – A Lincoln Hills Foundation Partnership

*Denise Bowden*

The Lincoln Hills Foundation is rapidly heading toward the milestone of 20 years of serving Sun City Lincoln Hills. There have been many members of the Board and Advisory Board over the years, but the one consistent trait in all of them was the passion they had for deploying programs that made life better for the residents in this community.

The work continues in Dial-a-Ride, our newest partnership pilot program. Transportation or lack thereof, continues to be a challenge that many here face. The Foundation is testing out a pilot program in conjunction with Dial-a-Ride, a shared ride service operating with the city limits of Lincoln, to make it easier for seniors to get around. The 20-Ride ticket book is available to seniors over 60 and people with disabilities under 60. (Note: wheelchairs can be accommodated.) The usual price of the packet is \$21.25, but the Lincoln Hills Foundation is underwriting part of the cost and selling the packet for only \$10.00. Reservations can be made up to two weeks prior to a planned trip, and though there may be availability up to a few days before, it is recommended to reserve early. This service runs from 6:30 AM

to 6:30 PM Monday through Friday and 8:30 AM to 4:30 PM on Saturdays. If you would like to learn about the program or buy a ticket book, please call 916-434-6852.

As fall arrives, it means it's Olive Oil season. Once again, we will be selling the heart-healthy and high-quality olive oil we have been offering for several years. Sales will start mid-October, but if you want to place an advance order, you may email [oliveoil@lincolnhillsfoundation@gmail.com](mailto:oliveoil@lincolnhillsfoundation@gmail.com), and you will be in line for one of the first deliveries, and even better, payment will not be due until we deliver.

Fall also seems to bring out the desire to cook, so stop by our table at the Holiday Expo on October 24. You can order olive oil for delivery to your home and pick up our recently published cookbook with some great recipes from friends and neighbors right here in Lincoln Hills.

The Lincoln Hills Foundation is always looking for residents who are interested in our support of the community. If you have skills in marketing, technology, grant writing, communications or are just willing to jump in and help, we would love to talk to you.



## Lifestyle News & Happenings

### Fall Harvest

*Lavina Samoy, Lifestyle Manager*

October is here, and we welcome the wonderful fall season with its crisp air, deep hues, and fruitful harvest. No better place to experience it but at our **Wednesday Farmers Market**. Our local farmers continue to surprise us with fresh varieties of your favorite fruits and vegetables. The event runs until the week before Thanksgiving. Our farmers and loyal vendors thank you for your support.

On October 24, our **Holiday Expo in the Parking Lot (OC)** returns with more than 50 vendors selling unique gift items, commercial products, and one-of-a-kind crafts and jewelry. The fun starts at 10:00 AM.

This lovely season welcomes the return of your friends and neighbors on stage. The Lincoln Hills Players present **Agatha Christie's Murder on the Orient Express** from **November 18 to 21** in the Ballroom (page 63). The Lincoln Hills Chorus has been busy rehearsing to bring you another wonderful holiday concert **We Need A Little Christmas...** With three performances scheduled from **December 12 to 14**, make sure you get your tickets early as seats always sell out (page 63).

From the Amphitheater, our wonderful concert experience transitions to our Ballroom and Presentation Hall. The Presentation Hall presents new artists with distinctive talents, while shows in the Ballroom

feature bigger bands. Catch **Noa Levy** performing classic songs on **October 27 (page 65)**. Jackie Gage will follow her with her soulful voice rendering an **Unforgettable Concert** celebrating the music of Natalie and Nat King Cole, the Great American Songbook, and holiday favorites, **December 9 (page 65)**. The Grand Ballroom welcomes back **James Garner with A Cash Country Christmas**, offering the timeless music of the "Man in Black" with a Christmas twist on **November 29 (page 65)**. **Cool Yule, presented by two-time Grammy Winner Jazz Violinist Mads Tolling**, will be joined by three excellent musicians to deliver a complete Nordic holiday celebration on **December 21 (page 65)**.

Join us for a day of shopping in **San Francisco** without the hassle of driving and parking, **December 4 (page 69)**. Take this time to shop, meet up with friends, or just people watch. Tickets are still available for **Broadway on Tour's Charlie and The Chocolate Factory** presented at the new SAFE Credit Union Performing Arts on **December 28 (page 67)**. Advance tickets sales for the **2022 Broadway on Tour Series** and three exciting games with **Sacramento Kings** are now available (**page 69**). Masks are required while inside the bus and the venues.

November classes are now on sale (page 72). Sign up early as classes continue to fill up quickly.





**WellFit News**

**Walking and Breast Cancer Awareness Month**

*Deborah McIlvain, Lifestyle, WellFit & Spa Director*

**Walking does more than you think.**

**1. Reduces weight-promoting genes:** Harvard researchers looked at 32 obesity-promoting genes in over 12k people to determine how much

these genes contribute to body weight.

With participants who walked briskly for about an hour a day, the effects of those genes were cut in half.

**2. Tames a sweet tooth:**

The University of Exeter found that a 15-minute walk can curb chocolate cravings and even reduce the amount of chocolate you eat in stressful situations. They also found that walking can reduce cravings and intake of a variety of sugary snacks.

**3. Reduces the risk of Breast Cancer:**

Any kind of physical activity can successfully reduce the risk of breast cancer. An American Cancer Society study that zeroed in on walking found that women who walked seven or more hours a week had a 14% lower risk of breast cancer than those who walked three hours or fewer per week. They also discovered that walking provided this protection even for women with breast cancer risk factors such as being overweight or using supplemental hormones.

**4. Joint pain:** Walking can reduce arthritis-related pain, and walking five to six miles a week can even prevent arthritis from forming in the first place. Walking protects the joints, especially the knees and hips, which are most susceptible to osteoarthritis.

**5. Enhances immune function:**

Walking can also help protect you during cold and flu season. A study of over 1k men and women found that those who walked at least 20 minutes a day, at least five days a week, had 43% fewer sick days than those who exercised once a week or less, and if they did get sick, it was for a shorter duration, and their symptoms were milder.

Now it is time to get out there and walk.

On October 26, WellFit will be hosting a Walk to Breakfast Breast Cancer event to raise donations and awareness for Breast Cancer, but it is also an opportunity for you to get out and do something not for just someone else but for you, too. Please see our ad on page 26 for the details.

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## Harvesting Health

Shirley Schultz, Roving Reporter



It is harvest time. Harvesting means to gather, reap, bring in, garner, glean, or cull. This article will address the rich body of information that has been brought in, gleaned, and culled over the years since 1979 when the initiative, *Healthy People: The Surgeon General's Report on Health Promotion and Disease Prevention*, was initiated and reiterated every ten years since then. This initiative, managed by the Office of Disease Prevention and Health Promotion under the U.S. Department of Health and Human Services (HHS), serves as a basis for preventive health measure recommendations and

governmental health policy. As of August 2020 the fifth iteration, *Healthy People 2030*, is in progress.

*Healthy People 2030* provides science-based national health objectives to improve the health and well-being of Americans. Word limitations will not allow any comprehensive discussion here of the topic. Still, it is worth noting that, for the first time, the Healthy People framework aims to attain **health literacy** as an "Overarching Goal and Foundational Principle to achieving health and well-being." In non-technical language, each of us must strive to comprehend and understand our health-related information, and health care providers and organizations are to facilitate that goal. It means one should ask questions and do not leave the doctor's office without an understanding and usually a written description of what your treatment plan involves. Know the names and details of your health

problems, treatments, and medications. Your health depends on it. An actual case in point: a man went to surgery thinking he was having prostate surgery — instead, he came out with a circumcision.

Go to MyHealthfinder at <https://health.gov> to get a personalized list of important ways to stay healthy. This writer's list includes: get the seasonal Flu vaccine and other adult vaccinations, get tested for Hepatitis C, talk with your doctor about depression, get your blood pressure checked, to name a few. Seniors younger than me and those of the male sex will have some different recommendations. *Healthy People 2030* objectives address the most important health conditions in our nation today including addiction, arthritis, blood disorders, cancer, chronic pain, dementia, diabetes, healthcare-associated infections, heart disease and stroke, infectious diseases, mental health and mental disorders, oral conditions, osteoporosis, overweight and obesity, respiratory disease, and sensory or communication disorders.

Harvest for the health of it. Ignore your health, and it will go away.



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'Tis the season for harvesting grapes

## Harvesting Wine History

*Linda Lucchetti, Roving Reporter*

It's harvest time at local farmlands as well as throughout nearby vineyards. Let's toast the hardworking vintners who produce and offer their fine wines for tasting and purchase at the more than 20 picturesque wineries located in Placer County.



Vineyard at Auburn's PaZa Estate Winery

Here are some rather fascinating facts you may not know.

### Deep Roots

If you're sipping on some

chardonnay, cabernet sauvignon, or merlot, you are partaking in a ritual that dates back to around 7000 BC in ancient China. (Let's hope that what's in *your* glass isn't that old!) The early wines were thought to be a concoction of fermented rice, honey, and grapes.

Cheers to Dionysus (also called "Bacchus" in Rome), who is the mythological god of wine and winemaking.

### California in the Red—and White

Fast forward to our neck of the woods centuries later. The first vineyards were planted by Spanish missionaries so there would be wine for religious services; the first variety was planted by Father Junipero Serra, also called the father of California wine, who put down roots in about 1769 in Southern California. The common grape grown at that time was the Mission

grape, the only known grape until the arrival of European settlers during the mid-1800s. Abraham Lincoln was the first president to purchase and serve California wine.

The Gold Rush in Northern California from 1848 to 1855 produced some thirsty miners and a high demand for wine, a kind of 'liquid gold.' The wine centers of today, including Sutter, El Dorado, Napa, and Sonoma counties, were first planted in those early Gold Rush days. California became a significant exporter of wine around the world.

### Dry Spell

Then it stopped. Prohibition began in 1920 with the 1919 ratification of the 18th amendment declaring the sale of alcohol illegal, shuttering more than 700 California wineries. Only small amounts of alcoholic beverages, often called "moonshine," were either made legally at home or sold illegally as "bootleg."

By the demise of Prohibition in 1933, California wineries had been crushed. Grapes that transported well were often shipped throughout the country for sacramental wines. The recovery of the California wine industry slowly began to flow.

Today, California makes about 81% of the wine in the U.S. and is the world's fourth-leading wine producer, according to *Discover California Wines*. More than 100 grape varieties (including French, Italian, and Spanish) are grown here.



Red, white varieties abundant in California

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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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Vida and Lilly ready to rumble

## Harvesting “Funship” with Meatballs, Matzo Balls, and Bocce Balls

*David Wright, Roving Reporter*



Toeing the line

*(All Photos courtesy of Italian Club)*

While other clubs roll out the barrel for Oktoberfest, the Lincoln Hills Italian and Jewish clubs harvest friendships by rolling out the bocce balls. Next week, the two groups will meet for the eighth-annual Bocce Tournament—pitting the Italian Club Meatballs against the Shalom Social Group Matzo Balls.

It all started in 2014 as the Shalom Group Co-President, Vida Morrison, and her late husband, Mike, challenged the Italian Club to a bocce

tournament. Vida suggested the whimsical competition because “Jews and Italians are very much alike. We both enjoy food, fun, and friendship.”

Lilly LaPira, the Italian group’s activity director, gladly accepted the challenge and even came up with the teams’ foodie nicknames. The inaugural event was such a success, the two clubs agreed to make it an annual rite of fall.

Typically, on the morning of the Meatball/Matzo Ball Mashup, both teams share breakfast representative of their respective heritages. The Matzo Balls bring bagels and schmear, while the Meatballs offer cannoli and cappuccino. Following their joint pre-game feast and a group sing-along, the games begin.

Despite impartial officiating to assure that everything is kept kosher, the Italians have won every

tournament. According to Vida, it is because “Bocce ball is in their DNA.” The Meatballs memorialized the results by buying a trophy and attaching a new plaque to it every year to commemorate each winner. Rumor has it the Italian Club engraves their winning plaques before the matches even occur.

To create a bit of tumult, the Matzo Balls usually show up wearing custom-printed tee shirts. Working their “anti-pasta” strategy, the Jewish group sets out to prove they are not just chopped liver. As this year schlepped by, they have been practicing weekly in hopes of overthrowing the Roman Empire. Now that they are feeling their chutzpa, this could be the year the dumpling gang will roll the ground beef off their noodle.



The Trophy goes home with the winner

Although, the saucy Meatballs may just have a few tricks up their sleeves. Will this be the tournament they show up sporting their own uniform shirts? Will the air be spiced with intimidating cries of, “you want a pizza me?”

The good-natured ribbing is all in innocent fun. Outside of the rivalry, the teams have cultivated a friendship that renews every October. It is guaranteed that no matter who wins, both teams will continue to promote diplomatic relations as they plant the seeds for next year’s harvest.

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Suzanne Rosevold, Director, thanking recently gathered volunteers

## Fall—A Time To Gather and Thank Our Volunteers!

*Teresa Tanin, Neighborhood Watch*

As we gather the leaves of fall, it is important to gather our appreciation for the many dedicated volunteers of Neighborhood Watch. Their time devoted to Neighborhood Watch is priceless. Thank you, volunteers, for your generous gifts of time and love for our community.

**5 Year Volunteers:** Jean Altman, Gerry/Lynne Bell, Steve/Kim Bringman, Freddie Dempster, Linda Dern, Nancy Dodgion, Ranny Eckstrom, Elizabeth Farley, Kelly Gomes, Milton Greene, Tori Hamamura, Jan Honeywell, Susan Ishimaru, Terri Jones, Gary/Judi Joseph, Nancy Krebs, Joan Kippert, Rein Lemberg, Dan/Anita Lehrer, Carol Leopoldo, Carol Lloyd, Heidi Mazzola, Linda Minor, David/Judy Osborn, Lionel Rainman, Terry Payne, Lance/Judy Presnall, Jim/Liz Stapleton, Melinda Stephens, Rich Thayer, Jay/Linda Tinsman, Wilma Tope and Dorothy Wood.

**10 Year Volunteers:** Robert Affleck, Judy Bacich, Gillian Bessant, Sara Buck, Lezlie Chase, Mae Gagnon, Glen/Becky Cardaronella, Katherine Galiata, Ron Glidewell, Carol Hofmeister, Lorraine Immel, Jackie/Larry Jabbora, Sue Manas, Al/Alice Martig, Barbara Phillips, Cindy Pulliam and Martha Yanger.

**15 Year Volunteers:** Ray Avakian, Joanne Barron, Don Budde, Peggy Cano, Delores Cherubino, Jayne Clark, David/Barbara Conner, Margaret Dobbs, Gary/Ann Dutro, Lynn Grosjean, Mike Grossman, Gary/Karen Hermsmeier, Ann Holbak, Tom/Bobbie Horan, Ben Hur, Sharon Leininger, Nancy Millican, Marilyn Overton, Donna Rasmussen, Don/Carroll Schumann, Gail Stevenson, Pauline Watson, Al/Carol Witten and Margo/Marv Zamba.

**20 Years plus Volunteers:** Marie Bossert, Bud Conner, Cece Clark,

Linda Grant, Terry Kardys, Susan Jewell, Dale Peterson and Carolyn SanFilippo.

Please visit [sclhWatch.org](http://sclhWatch.org) "About Us", *About Watch, Volunteer Appreciation Program, Perpetual Honor Roll*—**Thank you all!**

### Events update:

- *Volunteer Appreciation Celebration* planned for September 17 was unfortunately postponed due to venue limitations.

- *National Night Out* was October 5. Highlights/photos will appear in the November *Compass*.

- "The Salt Mine" food donations were collected on October 6. Food donations are always needed. Please give when you can. Thank you for your generosity.

- *Fire and Police Safety Symposium* is planned for October 26, subject to venue availability.

- NW Annual Board Meeting, November 6, planned for 10:00 AM to Noon, Kilaga Springs Lodge.

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## Harvesting Hops on the Lincoln Ale Trail

*Richard Pearl, Roving Reporter*

It's no secret that Placer County has more than a score of wineries, including several award-winners.

What's less known is that our region is becoming recognized for its craft beer breweries. There are now 17 breweries in Placer County, with five either in Lincoln or just outside the city limits. Several of the breweries adhere to the concept of farm-to-tap, including growing their own hops, and all are family-owned and operated. Hops are generally harvested in September and gives beer a particular flavor and aroma. Don't like either in your beer, switch to ales, which don't use hops.

There are two downtown Lincoln breweries: Slice Brewing Company and Oliver's Brewhouse and Grill.

**Slice Brewing** combines the brewing skill of Zach Frasher and entrepreneur and co-owner of Old Town Pizza Russ Yaeger. Their

slogan "Upper Crust Beers for Everyone" says it all. They are currently pouring 11 beers, and the full menu from neighboring Old Town Pizza can be delivered to your taproom table.



Matthew Oliver and  
Brewchief Patrick Turner

**Oliver's Brewhouse & Grill** recently opened, and the taproom – Big Sexy Brewing – is incorporated into the main restaurant – formerly

Beermann's. Big Sexy was ranked number 7 in the nation at the 2020 U.S. Open Beer Championship.

**Dueling Dogs Brewing Co.** is ten minutes from downtown. Co-owners Earl and Adrianna Stephens started the brewery in 2014 and currently produce ten beers and eight ciders/meads (a honey-based brew). Of course, there are dogs – black Labradors Rocco and Nitro.

**Goat House Brewing** is owned by Michael and Catherine Johnson, who left the high-tech San Francisco Bay area rat race for the peaceful farm existence. They converted the barn into a brewery and tasting room, farm 20 different varieties of hops, and currently have 13 beers on tap. Of course, there are goats...17 in all keeping watch over a donkey named Rory and all the beer tasters.



Hillenbrand Farmhaus

**Hillenbrand Farmhaus Brewery** opened in 2016 and sits on 13 acres of farmland. A beautiful location with a bucolic pond and stage for weddings or events. Owner Patrick Hillenbrand left the insurance industry to follow his passion for brewing. They have their own food truck serving German-oriented delicacies such as beer brats, pretzels, smoked tri-tip, and cheese boards.

You can find all the other Placer County breweries through the [www.placerwineandale.com](http://www.placerwineandale.com) website. Exhaust this list, and there's always Nevada, El Dorado, and Sacramento counties to "hop along."

## In Memoriam



### Mark A. Dentinger, MD

After growing up in New York, Mark graduated from Canisius College and the University of Buffalo Medical School as a Pediatrician. He then joined the US Army and served in France for two years and then in the Army Reserves in Sacramento. He practiced pediatrics for over 35 years in Sacramento. Mark loved sports and played on the softball teams until he was 82. He swam daily and volunteered with the Lincoln Hills Foundation and the Community Emergency Response Team (CERT). He was a member of St. Joseph's Parish in Lincoln. Mark leaves his wife, Mary Lou, seven children, sixteen grandchildren, and one great-grandchild as well as extended family and friends.



### Dan Dummett

Dan was born and raised in the Midwest. He served four years in the US Navy, resulting in a permanent move to Northern California. He learned to cook in the Navy, and this became his passion. After graduating from Sacramento State with a Business Degree, he bought his first restaurant and remained a restaurateur his entire life. Dan was very social and earned the name "Diamond Dan" from making commercials advertising his restaurant at the Diamond Springs Hotel. He joined the bicycle club here, becoming an avid cyclist. He loved spending time with his pets, neighbors, and friends. His generosity and willingness to help friends, family, and others will be remembered. He leaves his wife of 41 years, Carole, three children and spouses, four grandchildren, and three great-grandchildren.



### William (Bill) Macho

Bill was born in Minnesota 91 years ago but grew up in San Leandro, California. He was a well-known business owner in Fremont for 44 years. He began Macho Security Service after having been a butcher at Safeway. He was also a reserve deputy sheriff with the Alameda County Sheriff's Department. He later became a realtor. He had served in the Army during the Korean War and earned a Combat Infantry Badge. Bill is survived by his wife, Jacquelyn Krejchi, five children, 11 grandchildren, 11 great-grandchildren, and his ex-wife, Margaret Macho.



### Carolyn Morton

Born and raised in Maine, Carolyn became a dental assistant after high school, but her number one career was homemaker, mother, and grandmother to her two children and five grandchildren. She married Skip, and they moved to California. Carolyn was an important member of the Beta Sigma Phi Sorority and dedicated endless hours of volunteer work to help families and women in need. She was a founding member of the Ceramics group here and enjoyed Red Hats, pinochle, bunko, bowling, and anything fun! Carolyn was one of the kindest humans on the earth. Predeceased by her husband, she leaves her children, grandchildren, and many friends.



### Frank Watson

A Native Californian, Frank was born in Oakland and grew up in Rio Linda, near Sacramento. He was a Navy Radioman in World War II. His career was in the Lumber business. Frank was known for his gentle and kind personality and wonderful smile. He had a great sense of humor and was a good listener. He had a great faith and enjoyed listening to Joel Osteen and Bible CDs. He also enjoyed music, dancing, tennis, skiing, golf, and painting. His wife, Pauline, introduced him to the New England States where she was from. He supported Pauline in her work with Neighborhood Watch. Besides his wife of 33 years, he is dearly missed by two children, five grandchildren, and seven great-grandchildren.

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.



## Library News

As most of you are aware, our libraries are only run on donated books. That is why we deeply appreciate any late published books that you can spare. Due to the fact that some authors are very prolific, we run out of shelf space very quickly. Again, thank you for your donations, and keep them coming.

Did you know that we have a New York Times book list? It is on the back of the sofa at Kilaga Springs. Look for the latest best sellers.

The hours keep changing at both libraries – so look for the posted times at each lodge and in the *Compass*.

My latest read is “America’s First Daughter” by Stephanie Dray and Laura Kamoie. This is a historical novel about Patsy Jefferson. If you like history, you will enjoy an “inside” look at one of our founding fathers’ lives.

Contacts: Sandy Melnick at 916-408-1035 for donations; Ruth Poehlmann at 916-408-4419 for investment materials; Adrian Felice at 916-408-4332 for volunteers; and Kay Parisot at 209-617-4111 for the Community Living Room (OC).



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**Amateur Radio**

Group meetings have been covering a variety of topics. Band conditions have been poor, but we did record higher sunspots of 73 and 77 last month. Dan, KN6DRN, earned his "Diamond Award" from POTA, contacting 50 separate Parks. DX contacts have been made successfully using the digital mode FT8 and include Fiji, Japan, and New Zealand. We have completed the research on the Repeater and have submitted paperwork to NARCC for authorization for the frequency pair of 147.030 and 147.630. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. *Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com Website: lharg.us*



**Ballroom Dance**

Our Club will be providing October instruction for the Foxtrot. The Foxtrot is a smooth, progressive dance characterized by long, continuous flowing movements across the dance floor. The dance premiered in 1914 and reached its height

of popularity in the 1930s. The origin of the name, "Foxtrot," is unclear. Although one theory is that it took its name from its popularizer, the Vaudeville actor Harry Fox. At its inception, the Foxtrot was originally danced to Ragtime. Decca Records initially labeled its Rock and Roll releases as "Foxtrots." Over time, the Foxtrot split into slow and quick versions. This slow version is the style taught in our Ballroom Dance lessons. Pictured in this article are Ed King and Sharon Davis, two ballroom participants who enjoy weekly lessons.



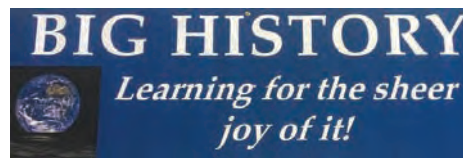
*Ed King and Sharon Davis*

*Contact: Ruth Algeri, 916-408-4752*



**Big History**

We meet every Monday at 10:00 AM on Zoom. The first and third Mondays, we combine Zoom with an in-person presentation in P-Hall (KS). Big History combines the interdisciplinary viewpoints



of history, science, and the humanities to explore human existence in the context of the bigger picture. On October 18, we discuss Papua New Guinea, and on October 25, we examine Asteroids' Impacts Through Earth's History. November 1, we present Behind the Curtain of Early Religions, and on November 8, we will examine Stone Circles. We are enrolling for 2021. Membership is only \$15.00. We look forward to you joining us in our partnership with the Sacramento State Renaissance Society for some lively presentations and discussions as we continue on this journey of peer-to-peer learning for the sheer joy of it.

*Contact: Ranny Eckstrom 916-708-0166, BHSCLH@yahoo.com*



**Billiards**

OC is always open for casual play. KS is open for tournaments and workshops, with casual play when there are no tournaments or workshops. During casual play, if you show up to play and the tables are full, you can challenge a table. The people on that table can finish their game and one more. Then they must accept your challenge. Please check eNews for updates on Lodge open times, as they are subject to change. Please visit

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Rookies tournament winners: First-Carol Engstrom, Second-Maureen Williams

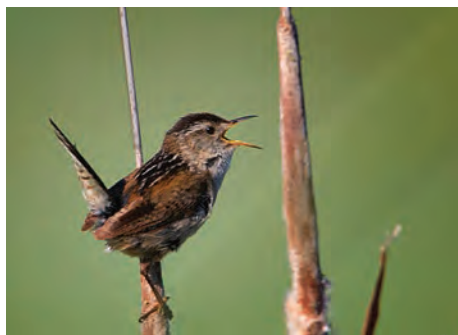
our website for Club Policies, membership forms, individual Tournament times and rules, and workshop (lesson times). We will not charge the \$10 membership fee until December.

Contact: Tony Felice 916-955-0501, [atfelice3@gmail.com](mailto:atfelice3@gmail.com)  
Website: [lhbilliards.com](http://lhbilliards.com)



**Bird**

On September 13, Angela Thompson of Wild Birds Unlimited spoke on "Wild World of Northern California Woodpeckers." Our speaker in November will be John Garfein. He will do a combination of Greece, Crete, Azores, Canary Islands, Morocco, and Wisconsin birds—so primarily, a Mediterranean Sea/coast of Africa look at the birds of the area. We have scheduled on Friday, October 22, a bird walk to Mahaney Park in Roseville. Departure from the parking lot (OC) in front of the gym is at 8:00 AM. We should



Marsh Wren at Ferrari Pond Trail by Truman Holtzclaw.

return no later than Noon.  
Contact: Sal Acosta 843-991-5188, [suncitybirders@sclhbirders.org](mailto:suncitybirders@sclhbirders.org)  
Website: [www.sclhbirders.org](http://www.sclhbirders.org)



**Bocce Ball, Mad Hatters**

It is with sadness and regret that we report the passing of one of our most loyal and respected members, John Gradwohl, on July 23. John was a very active volunteer in our community and our city, and other communities and organizations. John and his wife, Cynthia, had volunteered to take over primary responsibility for the Mad Hatters Bocce Group but later had to resign. John's obituary can be found online in the San Francisco Chronicle ([legacy.com](http://legacy.com)). We recommend that all those who knew John, and especially those who did not read it. Hopefully, it will still be available when you read this. Our thoughts and prayers go out to

Cynthia and his family.  
Contact: Paul Mac Garvey  
916-543-2067, [lhocce@gmail.com](mailto:lhocce@gmail.com)



**Book, OC**

We're taking a breather for the balance of the year. There are no meetings but a lot of behind-the-scenes activity setting up for next year's Book Club. A member's survey on ideas for future meetings is in the works, with results to follow. October 20 is the last day to nominate books for our 2022 selections. Send your suggestions to the email below. November is election time. Ballots for 2022 books will be emailed to members - details on how to vote and return ballots included. Make your selections by November 15. Keep an eye on your email in December. "Santa" will be emailing a list of 2022 books in early December. December's *Compass* also will have the first few selections.

Contact: Cathie Szabo 916-434-6667, [catsickle@gmail.com](mailto:catsickle@gmail.com)  
Website: <http://lhocbookgroup.blogspot.com>



**Bridge, Duplicate**

We continue to play each Wednesday at 12:30 PM in the Ballroom. Reservations must be reserved in advance by emailing Elise at



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elisehomer@gmail.com. Please make reservations no later than the Monday before the game. There are no Tuesday games for the time being. We require proof of vaccination completion before you can play. Bring your card with you the first time you play, and a list will be kept of those vaccinated. Sandy Sullivan, Elise Homer, Lois Hopkins, Sarah Towne, Laurie Vath, and Jean Cole had outstanding games in September. Jack Uppal will offer refresher bridge lessons on the first Wednesday of the month in the Ballroom (OC), from 10:00 to 11:30 AM. Visit our website at [www.bridgewebs.com/lincolnhills](http://www.bridgewebs.com/lincolnhills). Contact: Pat Lewis at [phlewis399@sbcglobal.net](mailto:phlewis399@sbcglobal.net).  
 Contact: Joyce Clark 916-847-3389, [joyce8185@gmail.com](mailto:joyce8185@gmail.com)



**Bridge, Partners**

Staffing shortages continue to prevent the use of KS for evening bridge play since the closing time is 7:00 PM. No reservations can be made until staff levels support evening table setups. The Association will keep you informed via daily eNews, and an email will be sent to partners bridge players when Thursdays are scheduled. For reservations for first/third Thursday call Carla/Mark Green at 916-844-5888. For reservations

for second/fourth Thursday, call Joanna/Alan Haselwood at 916-209-3392.



**Bunco**

Please note: due to hour changes at the lodges currently opening at 9:00 AM weekdays, Bunco play starting time has changed to 9:30 AM. The Card Room (OC) door will open at 9:15 AM to welcome Bunco players. Bunco is a non-membership group with a \$5 'pay to play' fee. August Winners were: Most Buncos - Jean Abelle; Most Wins - Marlys Hebert; Most Losses - Sharon Shook; 50/50 - Diane Lundin; Traveler - Judy Letterman. September Winners were: Most Buncos - Jean Abelle; Most Wins - Marlys Hebert; Most Losses - Sharon Shook; 50/50 - Diane Lundin; Traveler - Judy Letterman. Future Bunco dates are Thursdays, October 21, November 18, and December 16.  
 Contact: Kathy Sasabuchi 916-209-3089, [ksasabu@icloud.com](mailto:ksasabu@icloud.com)



**Ceramic Arts**

Our annual meeting will take place on October 27 in the P-Hall (KS) from 10:00 AM to Noon. It's important that as many of our members as possible attend this meeting. We'll be voting for Steering Committee Board members who

will hold office from January 2022 through December 2023. The Nominating Committee members will count the votes and announce the names of the newly elected Board at the end of the meeting. Classes are continuing Tuesdays in the morning and afternoon and on Thursday afternoons. Jim Alves is teaching both days. Sign up and get back to enjoying your creative side. Workshops are Friday from 9:00 AM to 4:00 PM and Saturday from 9:00 AM to Noon.

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



**Chorus**

The Chorus is back! Our "opening day" of rehearsals, on September 7, was a moment we've been longing for since March of 2020, with everyone elated to be back together in person. Our all-vaccinated singers have been rehearsing for six weeks,



LH Chorus rehearsing for Christmas concert



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preparing for our December 12, 13, and 14 concerts in the Ballroom (OC). The concert theme of "We Need a Little Christmas—Right This Very Minute," aptly captures the sentiments of singers and audiences alike. More than ever before, this Christmas will be one to remember. Tickets are available for the three concerts on October 17 online and in person in OC and KS lodges (see page 63 for concert information). Our Christmas concerts sell fast, so get your tickets...right this very minute.  
 Contact: *Mari Long 916-409-9136, mlong24sjca@sbcglobal.net*  
 Website: *lincolnhillschorus.org*

**Computers**

**Apple Users**



At the last general meeting, Ken Spencer discussed iOS 15 and the recently announced new products from Apple. Later this month, Andy Petro will demonstrate some of the interesting things you can do with iOS 15 on the iPhone, and Ken Silverman will show some of the new features for iPadOS 15. If you decide to upgrade to the new devices, LHAUG provides two resources for the disposition of

your old equipment, a Classifieds page, and a donation program. Remember, you can get in-person support for Apple products at LHAUG Open Labs, and you can get answers to questions about Apple products at the virtual Ask the Tech Hour. See our website for details about LHAUG services.

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

**Computers**

**PC**



On September 15, via Zoom, Byron Maynard gave a great presentation about "Internet and Computer Security." We are all at risk of hackers who will access our computers for evil and illegal activities. They may also restrict further use until you pay a ransom. Consider using Adblock, Malwarebytes, and AVG to help prevent attacks. Once successful, the hacker may have some or all over your data to use as they wish. Beware of open WIFI at restaurants, airports, coffee houses, and hotels as examples. When in doubt, delete without opening emails and other websites. Windows 11 will be available

in early October but may only work on newer computers. Stay healthy and safe.

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



**Country Couples**

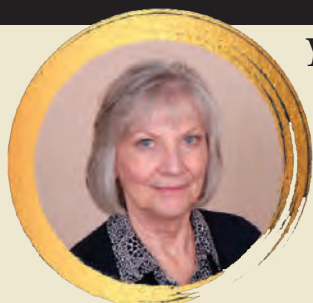
We sure had a fun time at our club's pizza party at a downtown Lincoln location. Sign-ups for attendees went quickly, and it seems a good time was had by all. Intermediate Country Couple lessons are continuing on Mondays at 6:00 PM at KS. We are fortunate that the Association has been able to find space and time for our members to have a weekly practice session. It is much appreciated by our dancers. Interested in joining us and learning Country Couples dancing? Once the staffing issue is settled, and everything is back to usual, Beginner lessons will be at 7:00 PM Mondays at KS. For more information, go to our website or contact us.

Contact: *Kathy Lopez 916-434-5617*  
 Website: *www.sclhcc.com*



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**Cribbage**

Hey Lincoln Hills. We are looking for new members to join our Cribbage Club. So, if your Dad, Mom, Grandpa, Uncle Charlie, or Aunt Daisy taught you to play cribbage many years ago, you totally qualify to join our group. We will gladly assist in blowing away the cobwebs. We will also teach you to play! As you may know, cribbage is an exciting, fast-paced game that always provides lots of laughs and surprises. We start at 9:00 AM on Tuesdays and end at about 11:30 AM in the Card Room (OC). Our recent weekly winners are Jerry C., Bill C., Frank C. and Sharon B. Also, if you have been away for a while, please come see us. For questions, call Rae Cook at 916-251-6241. Come join our fun group.

Contact: Melvin Switzer 510-589-7658



**Cyclists**

Carbon Fiber frames have a slight edge over Aluminum Mountain Bike Frames, however, if comfort is your main concern, look at things like tire clearance, fit, and geometry. No matter the frame material, comfort can be fine-tuned or improved. A carbon frame will almost always be lighter than an aluminum equivalent. Few materials can come close to carbon fiber's strength-to-weight ratio. Although both

carbon and aluminum frames can be made to be responsive and stiff, carbon frames can be engineered to a higher level. Carbon is more susceptible to damage from direct impact than aluminum. Fortunately, carbon can be easily repaired, whereas aluminum frames cannot. Aluminum is cheaper. That may free up your budget for higher-end components. Enjoy the ride!

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



**Euchre**

If you like to play trick-taking card games, you will love Euchre. It's simple to learn, yet there is some strategy to it. We meet on the second and fourth Thursdays of the month from 4:00 to 6:30 PM in the Card Room (OC). If you are new to the game or need to brush up, https://www.trickstercards.com/home/euchre/ is a site to check out. We play to 10, '9-Ace,' mostly four-handed, but sometimes three and six-handed depending on the headcount for the evening. 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 recently fished in Alaska and stayed at the Bearclaw Lodge on Lake Aleknagik in the Bristol Bay Area. He caught Rainbows, Arctic Char, Dolly Varden, Arctic Grayling, and Silver Salmon.



D. Angus with an Alaskan rainbow

Congrats Dick! The bait folks meet at KS Garden on Friday, 8:30 AM. Fly folks normally meet at Turkey Creek patio on Friday, 8:00 AM. Note: due to the Virus Variant, there are reports of various places that have been affected. So please use caution. There is no general meeting for the fishing club until further notice. Interested in joining? Contact Ralph at ralphtonseth@comcast.net.

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



**Food Adventures**

Our Club is actively exploring new food adventures that will provide more

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Farmers' Market Scene

highly interesting and enjoyable experiences for us. In our pandemic recovery process, we have so far scheduled a pizza restaurant dinner; a Thai luncheon; a cheese-tasting at a local brewery, including a tour of the beer-making process; and we've enjoyed and learned from a produce presentation by Willow Creek Ranch and a fruit tree planting presentation from Fowler Nursery. Some "save-the-dates" to mark on your calendars are a November 10 visit to Colwell Thundering Herd Ranch (mandarins harvest) and a December 1 lunch at Pescatore Winery. We're looking into scheduling workshops at various locations that take up cooking issues we all deal with in our own kitchens.

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



**Garden**

Returning as our guest speaker at our General Meeting (KS) on Thursday, October 28, at 2:00 PM, is Rich Colwell of Colwell Thundering Herd Mandarin Ranch. He will

be bringing a couple of items to donate and handouts to the group after his presentation. Rich will also have some of his products available afterward, and many other gift items can be found at the website: MandarinOliveOil.com. He and his wife Nancy have developed a very creative and diverse "spin" with new citrus-based products. There will be Brown Bag Sales at this meeting and sign-ups for a Field Trip on November 5 for The Colwell's Ranch Tour. A previous email was sent out to members with details about it. Contact Vickie White at 530-320-0498 or Linda Garrett at 916-409-5944.

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



Colwell's  
Thundering Herd  
Ranch-Mandarins



**Genealogy**

Glenda Gardner Lloyd will be our speaker on October 18, at 6:30 PM on Zoom. Lodges are not yet open at night, so we cannot do a live presentation. Members will receive a Zoom link and handouts in a separate email from Maureen. Glenda is addressing, "Developing a Research

Plan." Genealogy is Glenda's hobby and passion. The Computer Lab has been reinstated at OC. Members are welcome to use the subscriptions on the computers any time the lab is available. No passwords are needed. Bring a USB drive to save any data.



Glenda Gardner  
Lloyd

Boot Camp, Coaching, and Walk-ins will resume in 2022. In our recent survey, many members expressed an interest in working on the leadership team. Contact Barbara to discuss the available positions.

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

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



**Golf**

**Ladies XVIII**

The third general meeting of the year was held by Zoom, wherein the slate of new officers was officially voted into office for the 2022 year. Our club will be headed again by Donna Sanderson, who served as Captain in 2017. The officers-elect include Barbara Grant as Co-Captain, Wendy Seagraves as, Secretary and Nancy Sartor, Treasurer. Upcoming special events include the Breast Cancer

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Tourney with the Lincsters in October, the Turkey Shoot, and the NetChix playoff in November. NetChix had multiple winners in January and August. Eileen Boore, Mitsuko Cameron, Peggy Carr, Linda Chappellear, Judy Emge, Linda Fitzmaurice, June James, Nancy Jenkins, Dorie Knorr, Candy Koropp, Kathi McCoy, Liz Phillips, Kelley Royball, Donna St. Peter, and Jody Watson will compete for the annual title.

Contact: Rosie Warren, Membership  
530-613-2327, rmw1903@gmail.com  
Website: lincolnhillsladiesgc.  
memberplanet.com

### Lincsters

Thanks to the top-notch tournament chairs Kathy Lindner and Susan Mox, The Club Champion Tournament was a huge success. The two ways to play the tournament attracted competitive players and just for fun players. Hold your breath for the new club Champion to be announced next month.



Susan Mox and Kathy Lindner

October is our nation's month to support the fight against breast cancer. We all know someone, a grandmother, mother, sister, or friend, that has or is going through treatment. It touches all of our lives. Please contribute to the eradication by supporting The Breast Cancer Tournament to be held on October 20. It's our most important tournament of the year. Please Donate! Co-chairs are Linda Mann and Katie Sween.

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

### Men's

It's that time of year again to sign up for the Men's Golf Club. The renewal period started October 1, so check your email for details. With MemberPlanet up and working, making your payment is so much more convenient. Hopefully, everyone has taken the opportunity to check it out. Our next Men's Club tournament is the Fall Favorite, and the format is a Four-man Scramble. This will be a scheduled tee time event taking place November 16, at 8:00 AM on the Hills and Orchard courses. The Club Championship and Just-For-Fun took place on October 11 and 12. The winners will be

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



### Hiking & Walking

Many members of the hiking group recently enjoyed the get away to the Sequoia and Kings Canyon National Parks. Clear skies allowed the group to have beautiful views of the area. We are almost back to normal and look forward to hikes in the crisp, cool air with no fires. Check the website frequently as weather conditions often make us change our plans. See you on the trails.

Contact: LHhikers@gmail.com  
Website: www.lincolnhillshikers.org



On top of Big Baldy



### Investors' Study

The next meeting is Thursday, November 4, at 2:30 PM in P-Hall (KS). Morgan Stanley will be providing the speaker. Russ Abbott or Matt Bopp will present their playbook



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of market information, and the afternoon should be most interesting. Discussions range from where the equities markets are trending, Fed actions, interest rates, and current market news. 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 subgroup, and if you're interested, call Norm Quattrin at 916-645-4675. Further questions regarding Investors Study, contact Carl.

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



**Lavender Friends**

Since 2002, Marie Salers has been our club's face of compassion. As chair of our Lavender Hearts program, she's led fundraisers for PFLAG scholarships, the Sacramento Women's Chorus, and Stand Up Placer, as well as coordinated volunteer outings and the sending of supportive cards to members. She's had helpers, but no one else wanted to be in charge. Now, she's getting a break. Carolyn Shama is the new chair, though Marie will stay on for continuity. A retired nurse, Marie and her partner,



Marie Salers relaxing at port

Sharon Kurth, are founding members of Lavender Friends, a club for LGBTQ residents and allies (lavenderfriends.com). She's also vice president of the gardening club, and she and Sharon are avid cruisers. Their next cruise is to Mexico in February to celebrate their 50th anniversary.

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



**Mah Jongg, Chinese**

It's great that we're seeing new members almost every week. For those unfamiliar with Chinese Mah Jongg, it's a table game 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 table of three also works and allows us to accommodate all attendees. So, if you're 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 drop in. Official play begins at 9:00 AM and continues until Noon. See you soon.

Contact: Randy Fong 916-295-9489, randy888@pacbell.net



**Mah Jongg, National**

Greetings to All. National Mah Jongg is a fun tile game. It supports a healthy lifestyle by challenging our minds with mental workouts

and keeping us socially active. It relies on a healthy balance of skill and luck. We meet every Tuesday

in the Card Room (OC) from 12:30 to 4:00 PM. If you are a player, bring your 2021 card and join a table. Or, if you want to see what this game that we love is all about, you

are welcome to join a table and observe. Don't be shy, all are welcome. Hope to see your next Tuesday, and may the jokers be with you.

Contact: Gerry Bell 916-253-7860  
Natlmahjclub.sclh@gmail.com



Jean's very challenging hand. Well done.

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**Mixed Media**

Welcome to fall and the Mixed Media Club. Let's see what is happening. Kerry Dahlin, Mixed Media Artist and teacher, is our guest teacher for our meeting on October 20. She will be leading us in a book-making project. Our art challenge for October was to use fall colors. Looking ahead, the challenge prompt word for November will be "Grateful." The Mixed Media Club meets on the third Wednesday of each month in the Ceramics Room (OC) at 1:00 PM. We love for new people to join us! Just come and see what we are about. If you have not paid the yearly \$20 dues you can pay it at the meeting. For questions and more information about the club, contact our President, Chris. *Contact: Chris Fetter 916-276-7895, Christine.fetter@yahoo.com*



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**Motorcycle**

In September, the club enjoyed a scenic ride through the California Delta led by VP/Head Road Captain Sean McLaughlin. Wandering across bridges and along levees, the riders stopped for a great lunch at Husicks Taphouse in Clarksburg. Before returning home, the group visited some of the wineries at the Old Sugar Mill. If you like motorcycle touring and have a road-worthy motorcycle or trike, check us out! The club has scheduled rides on the second Saturday of the month, March - November. The club meets on the fourth Thursday of the month at 5:30 PM Multipurpose Room (OC). Guests are always welcome. "Ride Safe - Ride With Friends" *Contact: Manny Perez 916-253-9121, manwil412@wavecable.com*



**Music**

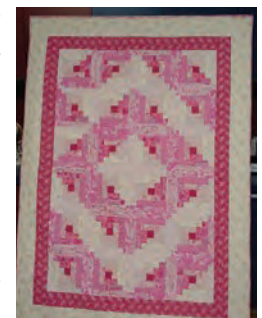
Our September meeting held in P-Hall had a "Love" theme. The opening song was "Gentle On My Mind," made famous by Glen Campbell. After wonderful solo performances, we closed with "To Love Somebody," the classic by the Bee Gees. We are looking forward to another P-Hall meeting in October, which is sure to be a spooky one.

Costumes will be encouraged. We are in the planning stages of moving our meeting venue from the OC to P-Hall in 2022. Stand by for future news. 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*



**Needle Arts**

Our meetings are held on the second Tuesday of each month at 1:00 PM in P-Hall (KS). Everyone seems to be enjoying being together once again. Our October meeting featured another of our talented NA members, Nancie Wiseman Attwater. Her program about knitted lace was fascinating. For the next several months, we are focusing on the talents of members within the Needle Arts




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**December 13, 7 pm**

Tuesday

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community. The beautiful quilt pictured was a collaborative effort by several Community Service members and was donated to the Sutter Breast Cancer Auction 2021. Additionally, ten baby quilts were donated to the Bundles for Babies project at Beale Air Force Base. Community Service is always in need of long-arm quilters. Check out the NA website for useful information, including membership applications.

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



### Neighborhood Watch

Too often, seniors find themselves victims of scams, elder abuse, and other situations that affect their safety. Recognizing their potential vulnerability, the Placer County District Attorney's Office offers an online senior citizen series entitled "Placer County Protects" to educate seniors and those who have elderly loved ones about these issues. This series highlights some of the problems facing seniors, such as scams, senior fraud, elder abuse, and Alzheimer's. It also directs elders to where they can get the help they need when concerned about their welfare: what legal services are available to them,

when and how to file restraining orders, and what sources they can consult to help them protect themselves. To view the different episodes of "Placer County Protects," go to <https://www.placer.ca.gov/6964/Placer-PROTECT-presents>.

Contact: *Barbara Branch*  
916-543-8219, drbabsie@gmail.com  
Website: [www.SCLHWatch.org](http://www.SCLHWatch.org)



Placer County offers videos to help us protect ourselves.



### Painters

From September 15 through January 14, Club Members are exhibiting 20-plus unique original works of Art at the Buonarroti Ristorante located at 460 Lincoln Blvd. Below is a sample of an 11 x 14 oil painting by our member artist



Faded Stress 11 x 14 Oil  
by Marianne Oliphant

Marianne Oliphant. Painters Club members also exhibit their works at the Art League of Lincoln Gallery located at 580 6th Street. Hopefully, you were able to enjoy the Art our members displayed at The Lincoln Hills 2021 Artisans at the Lodge Event held on Sunday, October 10 at the OC Lodge. This is always a popular community event, and our members really enjoy being a part of it. New Club Members are always welcome. Dues are \$15 per year. Contact Linda Shields at [linda\\_c\\_s@yahoo.com](mailto:linda_c_s@yahoo.com). Contact: *Bob Green* 707-292-5526



### Paper Arts

The Community Service Project committee has now collected more than 1,191 cards. These will be distributed among five area assisted living facilities. Donations are still being collected, including cards with a



A sampling of cards for our Community Service Project.

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Christmas or holiday theme for the upcoming season. Thank you to all who've donated their creations! (Check our monthly newsletter for details.) Can you share your talent and time? Consider serving on our board or one of our committees. We're looking for new faces and creative ideas to take our wonderful club into the future. If interested, contact June Paquette or Pam Haines. When facilities allow, 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](mailto:scewlong@sbcglobal.net)



**Pedro**

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro, or if 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) from 9:00 AM to Noon on the first and third Friday. 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**

Our newest exhibit opportunity began September 6 and continues

until January 3, 2022, at Simple Pleasures restaurant in Lincoln. Stop by to see our exhibit and enjoy an early morning breakfast or midday lunch while perusing the awesome photography. To enjoy some wonderful photography, check out our Facebook Page. The Club Facebook page is open to all residents who are interested in photography. Members post photographs, suggestions, answer questions, and add ideas for local places to try out your skills with the camera. Beginners are especially welcome. To participate, go to: <https://www.facebook.com/groups/SCLHPhotographyClub>.

Contact: Diane Margetts 916-955-1809, [dmargett@yahoo.com](mailto:dmargett@yahoo.com)  
Website: [lhphotoclub.com](http://lhphotoclub.com)



**Pickleball**

Two great Club events took place in September. Our first indoor party for many moons was held in the Ballroom (OC), thanks to Kat Kepus, Alison Campbell, and Rein Lemberg. Well over 200 partygoers danced the night away to DJ Tom and enjoyed a delicious Caribbean-themed dinner. Pickleballers know how to party, so don't miss the next one to be held at the Lincoln Hills Golf Club Lakeside Pavilion. It will be an Oktoberfest party to remember! Also, in September,



Medal Winners Nancy, Kurt, Rose, Phil, Bonnie, Blake

we resumed our annual Club Championship tournament, organized and run by Rita Weighall, Kareen Goeman, and a host of volunteers. About 150 Club members competed in doubles, and singles matches over a three-day period. Tournament results and pictures may be viewed on the Club website.

Contact: Molly Morris 408-386-9054, [mollyfmorris@gmail.com](mailto:mollyfmorris@gmail.com)  
Website: [lhpbclub.com](http://lhpbclub.com)



**Players**

Rehearsals are underway for Agatha Christie's, Murder on the Orient Express to play on the Ballroom (OC) stage November 18, 19, 20, and 21. Director Julie Africa is excited about her newly chosen cast for this classic play. Producer Craig Stults is already mustering a crew of stage builders and attending to production details. The cast includes: Ken Reiss, playing the masterful Belgian detective Hercule Poirot;

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**Website: [lhplayers.org](http://lhplayers.org)**



Poirot (Ken Reiss), passenger Mary Debenham (Ingela Orlove). Who? Me?



Kayaking on the Delta

The Holiday Party will be coming up on December 12 at Catta Verdera, where 2022 Officers will be introduced. Our meetings are on the second Tuesday at 4:30 PM in the Multimedia Room (OC). For information on this most fun club, contact Vice-Presidents Sharon Skar at 916-434-7799 or [marlowensharon@gmail.com](mailto:marlowensharon@gmail.com); or Vicki White at 530-320-0498 or [weimarwoman@yahoo.com](mailto:weimarwoman@yahoo.com). **Contact: Steve Beede 916-752-6972, [stevebeede5@gmail.com](mailto:stevebeede5@gmail.com)**  
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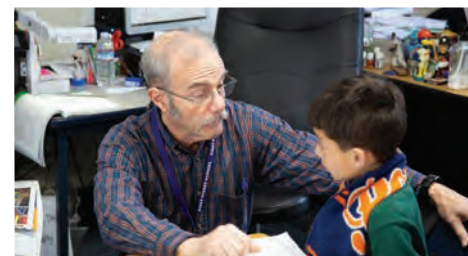
August 19 was supposed to begin a fun rally in Truckee, but smoke and fire quickly diverted us to Sugar Barge RV on the Delta near Antioch. Fabulous weather, kayaking, visiting a coal mining area, a potluck, and a wine tasting showed us a good time. Our Fall Potluck at the Sports Plaza on September 20 and the Olema Campground Rally (Pt. Reyes) on October 3 kept us in the groove.



**SCHOOLS**

Volunteer John Tewart reports on his experience helping teachers remotely. "The pandemic kept us out of the classroom during the 2020-2021 school year, but some of us were able to help students via distance learning. 'Sight Word Busters' has created an online version of their program, which helps students become strong readers

by providing practice in learning high-frequency words, also known as sight words. I used the Sight Word Busters online training to learn the program. I was placed in a team of volunteers who were assigned to a first-grade class at First Street School.



John Tewart in classroom pre-COVID-19

To learn more about Sight Word Busters, please visit their website at <https://www.sightwordbusters.org>." SCHOOLS volunteers are able to contact teachers now to see how they may help. **Contact: Cyndi Colloton, [ccolloton@yahoo.com](mailto:ccolloton@yahoo.com)**



**Scrabble**

Scrabble fans meet every Monday afternoon in the Card Room (OC) at 1:00 PM. No reservations or advance notice is needed. All game materials are provided. Come and try out a game or two of Scrabble. A friendly group of players of varied levels of experience. Newcomers are always welcome. **Contact: Anne W. McMaster, [wiltonanne@yahoo.com](mailto:wiltonanne@yahoo.com)**

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**Shanghai**

Never played Shanghai? Join us, and we will teach you how. We currently have two sessions: every Thursday starting at 12:00 PM, and every Friday evening starting at 5:00 PM. All games are played in the Card Room (OC). All games are played with three to five players at a table. Everyone is welcome, and we hope to see you.

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



**Singles**

This is a great time to join the Singles Club. We are busy planning our activities for October, November, and December. Our Halloween dinner dance is scheduled for Thursday, October 28, at 6:00 PM in the Ballroom (OC). Costumes are encouraged but not required. Great prizes will be presented for the best in many categories. In November, we will have a great time playing our famous Turkey Bingo. A holiday dinner dance and a Pre-New Year's party are scheduled for December. To join us, just pick up our application, which is located in the cubbies in the Lobby at the Lodge (OC). We look forward to welcoming

you to the Club.  
Contact: *Susan Platt* 916-397-0850,  
foster.p.susan@outlook.com



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



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**Sun City Squares**

We are starting a new square dancers class on Monday, January 10. If interested in learning to square dance or just refreshing your inner square dancer, please email or contact me. You can also stop by KS on Mondays to say hi and pick up a class information sheet if you would prefer. We are a Plus and Advanced Level all-position (no partner required) square dance club. We meet at KS on Mondays from 1:15 to 3:15 PM for Plus Level dancing, with Round Dancing between tips. Advanced Level dancing is held on Mondays from 3:15 to 3:45 PM and on Thursdays from 1:00 to 3:00 PM.

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



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and an athlete. Come share your character at our membership meeting on Monday, October 18 at 3:00 PM in the Fine Arts Room (OC). It has been 20 months since we have been together. We are looking forward to seeing you.  
**Contact: Bob LeRoy 916-412-0552, bobandchey@icloud.com**



**Table Tennis**

Two tables are available on the terrace behind KS on Tuesdays, Fridays, and Sundays, 8:00 AM to Noon. Players must make reservations for a half or one-hour time slot at <https://holdmycourt.xyz/reserve2/lhtt>. Also, play is available on a drop-in basis in the Multipurpose Room (KS), 9:00 AM to 1:00 PM on Sundays only. Seven tables are set up to serve a full range of skill levels. Players are reminded to bring their own paddles to both venues.  
**Contact: Alan Smith 916-316-0796, aledsmith0411@gmail.com**



**Tap Company**

We have been quiet these last couple of months without our full schedule of classes and Saturday's practice. However, with the two classes, we do have on Mondays, we are still working hard to keep our skills sharp, learn new steps and improve our technique. We encourage all who are interested

in tap to come and check out one of the classes. Monday at 10:00 AM is Tap Technique for the more advanced student. Monday at 11:00 AM is Beginning Tap II for those who are in the early stages of learning how to tap. It's a fun way to meet people, remain active, and learn new things. You will see anyone can tap at any age.  
**Contact: Alison Wolfe 925-487-6902, awolfe@tt-valve.com**



**Tennis**

Fall has arrived, and we are getting ready for our annual Oktoberfest on October 21. This is usually the biggest tournament of the year, with lots of fun tennis followed by great food. The event will be men's doubles and women's doubles, with multiple rounds of play with a different partner for each round. Players sign up individually, and we'll set up the partners for each round of play. Entry forms have been sent to all members and are also available at the Sports Plaza. There will be prizes for each division. Tennis will be followed by lunch and awards. Tournament Directors Cathy and Dennis Vaillancourt have a great event planned for us, and Social Director Patty Kingston has a great lunch planned for all.  
**Contact: Helen Berott 530-320-6468, hberott@msn.com**  
**Website: sclhtg.com**



**Veterans**

All residents and guests are invited to the Veterans Group's annual community Veterans Day ceremony in the Ballroom (OC) on Thursday, November 11. Music by the popular Roseville Community Concert Band will begin at 9:30 AM. The formal ceremony will start at 10:00 AM. The program will feature the posting of the colors by the Lincoln High School Army Cadets, the singing of the national anthem by the Doug Brown Quartet, a tribute to all veterans, and patriotic musical selections by the Roseville Band. If your American flag is looking tired and worn, the Veterans Group will sell you a bright new all-weather flag for \$25 on the 15 of every month in the OC lobby.  
**Contact: Joan MacAdams 916-751-9272, joan.macadams13@gmail.com**



**Water Volleyball**

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DRE# 01436301  
916-326-9216

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September 12 Outdoor Pool and Pizza Party Social

on Mondays and Thursdays, 5:45 to 8:15 PM, at the Indoor pool (OC). Spectators are welcome. Come watch the fun. Soon we will expand our days to four evenings a week and Saturday mornings. Our September 12 social included Water Volleyball and Pizza at the Outdoor Lap Pool (OC). Our Fall Festival Party is on October 1 from 6:00 to 9:00 PM at the Sports Pavilion. Come join the Water Volleyball Club for fun, exercise and friendship. Come Join Us.

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



**Woodcarvers**

Recently, a new member joined us, and his first questions were: which knives

are best, and where can I buy them? It's true that there are a variety of knives, but for beginners, it winnows down to three that are most important. Our club has purchased sets of the three basic knives and sell them at our cost. We also encourage new members to go to Rockler Woodworking and Hardware in Rocklin to shop for knives and other small items, such as a thumb protector, and protective gloves, for starters. Our members are happy to support and advise new members with their knife and carving purchases. You're welcome to join us every Wednesday, in the Sierra Room (KS), from 1:00 to 4:00 PM. Contact: Lionel Rainman 916-253-9534, lrainman1414@yahoo.com



**Writers**

Word—the 1993 Webster's Dictionary has 470,000-plus words. That's a huge supply of words for prose and poetry. And the word 'word' has so many uses: "She sent word to me about our

last Scrabble game. Though she had the highest-point word! I took her at her at her word. But we still had words. My word! She used some foul words. Sticks and stones...words will never hurt me! I'll use my password to open Word and write her a 1,500-word letter on the word 'word.'" The Writers' Group meets on the second and fourth Mondays, Multimedia Room (OC), 5:00 to 7:00 PM. Bring 10 to 12 copies of your poetry or prose. Masks are mandatory. For questions, please call Anne. Word.

Contact: Anne Constantin Birge 909-965-3556, raybirge@aol.com



The wordsmiths scrabbled for Scrabble tiles to make perfect words.



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

Our article in last month's *Compass* edition erroneously announced a presentation that is actually scheduled for October 27. "Care Management 101" will be offered on October 27 at 1:00 PM via Zoom. Contact 2jeffa@gmail.com for the link to join this presentation by ElderCare Management. Be aware also that Project Lifesaver is available at no cost to Lincoln residents. This program provides a bracelet that emits a radio signal that helps police officers locate someone who has wandered away from home and may be lost. This program is designed to serve folks with Alzheimer's, autism, Down Syndrome, or some other cognitive disorder. Contact the Lincoln police at 916-434-3285 to sign up for this vital service. Let your friends and neighbors know. Contact: Jeff Andersen 916-521-0484, 2jeffa@gmail.com



**Bereavement**

We offer support and friendship through sharing with others who have also lost a loved one. For those who are vaccinated, you are invited to join us Wednesday, November 10, at Joan Logue's home at 3:00 PM for a group session. Contact Joan Logue 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 916-434-0749, joanlogue@sbcglobal.net



**Bosom Buddies**

"We're back!" We held our first meeting in 18 months, and we had a full house, including four new members. Peggy Ryan gave a report on the annual "Relay for Life" held last August. For a variety of reasons, we weren't able to participate in person. However, our booth, "Candyland," was there to represent us. Because of Peggy's hard work, we raised more than \$4000 for the American Cancer Society. Two representatives of the ACS attended our meeting and gave our ladies t-shirts and medals for our contributions. We also held elections: Kathy Woodward, president; Corinne Ehlers, secretary, and Kay Brady, treasurer. We're hoping to be having speakers before too long. Bosom Buddies welcomes breast cancer survivors as well as those still undergoing treatment. Contact: Marianne Smith 916-408-1818, mlsmith39@yahoo.com



Two of our ladies: Barb Lammerding and Barbara Mathot



**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 Friday of every 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 the same time in a different room, if your gambler wants to attend a meeting, too. If you need support at a different 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 local Gam-Anon support person. The Gam-Anon International Service Office website is www.gam-anon.org. If you call Kay from this article, please leave a message for a callback. Contact: Kay F. 916-543-3079, kayfischer89@gmail.com Website: www.gam-anon-loomis.com



**Glaucoma Support Group**

Our next meeting has been scheduled for Saturday, November 20, from 1:00 to 3:00 PM in the Multipurpose Room (OC). For our final meeting of the

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year, we are pleased to welcome Dr. James Brandt, the Director of Glaucoma Services at UC Davis Health as our speaker. The title of his presentation is "What's New/What's Coming in Glaucoma – a 2021 Update." The length of the meeting will allow time for all questions. Reservations are encouraged. Please contact Bonnie.  
**Contact: Bonnie Dale 916-543-2133, bjdale@aol.com**



### Hearing Impaired Support Group

Our next meeting will be on October 28, at 2:30 PM in the Multipurpose room (OC). Our speaker will be from the California Telephone Access Program, and we will learn about the many assistive devices that are available currently. Last month we discussed some recent technical advances with hearing aids, and Terry Rooney gave a presentation regarding his newly acquired hearing aid from Amazon, for which he paid a mere \$350. It is also a top-rated aid. A reminder that we will have no meetings in November and December.

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



### Low Vision Support Group

Our next meeting is Tuesday, November 2, 2:00 to 4:00

PM, at OC. Society for the Blind will present "Services for Those with Low vision." Toni Boom, Occupational Therapist, specializing in low vision, since 2008 will explain the services offered and how vision rehabilitation can help people use their remaining vision more effectively. Kathleen Shevlin, Manager with the Senior Impact Project since 2013, will talk about senior services and activities designed to help older adults (55 and older) with vision loss continue leading enriched and fulfilling lives. Jackie Young, a client since 2013, will share her training and experience as a guide dog handler. Happy Halloween and Happy Thanksgiving to you and yours.

**Contact: Cathy McGriff 916-408-0169, cathygriff1010@gmail.com**



### Multiple Sclerosis

October plans are to meet in person on October 19, 1:00 PM, in the Sierra Room (KS). Bring your mask, not for Halloween, but as MS Headquarters requires, we still mask for in-person meetings. We'll be continuing our September Zoom discussion to include Lincoln Hills MS Accessibility. Also, how are you doing in this post-pandemic environment? Have you been getting



out? Where? Future Meetings will be discussed too. All interested are invited to attend. We again want to thank the Captain of the Lincoln Trailmixers, Joni Deutsch, for our most successful MS Walk to date, finalizing September 30, with over \$7,000 to support the MS Navigator Referral Program (800-344-4867) with their research and education.  
**Contact: Jeri Di Fiore 916-408-7565, 2020jeridifiore@gmail.com**



### Parkinson's Support

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. Please wear a mask if not vaccinated. For questions, contact facilitators Gary High at 916-434-5905, gwhigh@wavecable.com, or Susan Feldman at 916-919-0063.



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### AARP Foundation Tax-Aide

We are looking for volunteers as counselors, greeters, and schedulers to help taxpayers complete their 2021 income tax returns in Lincoln during the 2022 tax-filing season. Some knowledge of computers is required to assist in providing our free e-file service. Volunteers need to commit four hours in one day per week from February 7 through April 15, 2022. To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2021 tax season, please email [yorke1946@gmail.com](mailto:yorke1946@gmail.com) with your name, address, phone number, and position(s) you are interested in.

### A Course in Miracles

A Course in Miracles becomes our text for the ascension from the third dimension into the fifth. It guides us with daily lessons so we may stay out of fear and remain in a state of peace and optimism. With the practice of these lessons, we choose our thoughts and our mental focus, thereby creating our higher frequencies which produce experiences of peace, love, and joy. Our ongoing study group meets to share their experiences in the application of these principles. For information, call 916-409-5253.

### Airport Co-op

We are 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 (January to December) per household. To join, visit

our website [www.lh-airportco-op.org](http://www.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

We're back! Classes resumed in September, and we hope to see you clogging with us. If you have practiced with videos, good for you. If you have not, we understand. We are beginning with simple steps, seeing if it really is like riding a bike (all coming back easily) and moving on to more complicated and challenging steps. In any case, clogging is a fun, tactile, musical way to physical fitness, as with good friends, we tap and kick and stomp our way to health. For more information on clogging in Lincoln Hills, please contact Natalie Grossner at 916-759-0666.

### Democratic Club

Our September speaker was Seth Brysk, Regional Director for the Anti-Defamation League's Central Pacific Region. He gave a very informative and provocative presentation on "Hate Crimes and White Supremacy." We'll have our annual picnic on Thursday, October 21, when our speaker will be California State Controller Betty Yee. We always welcome new members. For more information about our club and its activities, please see our website, <https://democraticclublincolnca.org/>.

### Italian Club

The popular "Turkey Bingo" returns on November 7 in the Sun City Roseville Ballroom. On the

menu are a dinner buffet and bingo with a side of prizes. Ring in the holidays at our Christmas Dinner and Dance on December 5 at Catta Verdera. For more details on these and future events, check the website. Shop at the Lincoln Hills Italian Club Apparel Store on the website for shirts, hats, and sweatshirts with the club's logo. Are you a Lincoln Hills resident of Italian heritage? Check out our website, [www.lhitalianclub.org](http://www.lhitalianclub.org) to learn more. Contact Sandi Graham, membership, at 916-826-5711.

### Lincoln Police Department – Volunteer Program

We are recruiting for our 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 [amoon38@sbcglobal.net](mailto:amoon38@sbcglobal.net).

**Republican Group**

Fall is displaying her bright, crisp days and beautiful colors! On September 22 we held our Annual Bar B Que at the Sports Plaza. We had an open bar, music, and delicious Western BBQ. We all enjoyed the food, spirited conversation, and other activities. We especially look forward to our next event. Oktoberfest Celebration with live German entertainment will be offered at our private event on October 21. See our Newsletter or visit our website for full details. Welcome to new members, we look forward to meeting you in person. Membership is \$15pp/per year. [www.SCLHRepublicanClub.org](http://www.SCLHRepublicanClub.org).

**Shalom Social Group**

Kudos to Margie and Alan Gulko for arranging our very successful September general meeting. Lincoln Chamber of Commerce President Mark Luster told us about the Lincoln business community. On September 22, makeup artist Debbie Stuart will provide makeup tips for women over 60 at our Women Together luncheon. October is a busy month for us: Our annual picnic on October 10 is a special event to include and welcome our new members; we play the Meatballs in bocce ball on October 24, and we hike to Miners Ravine in late October. For more information

please contact Joanne Levy at 508-333-8590.

**Sons In Retirement**

We will hold a three-course gourmet luncheon at Catta Verdera on Tuesday, October 19. 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, and all attendees must sign a liability waiver upon entry. The cost is \$20. If you are interested in coming as a guest or in joining the Lincoln branch of SIR, call Chet Winton at 916-408-8708.

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**Lincoln Hills Farmers Market**

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Wednesday Farmers Market, come shop local fresh produce and find your favorite goodies from your favorite specialty vendors such as Touchstone Crystal by Swarovski, Loravella Bakery, LipSense, and more. If you are interested in becoming a vendor, please email Shelvie Smith at shelvie.smith@sclhca.com.



**Document Destruction**

Monday, October 18, 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.



**Coffee with the Executive Director**

Wednesday, October 20, 9:30 to 11:00 AM, P-Hall (KS)

Come for a cup of coffee with John Bowman, Interim Executive Director. This is a great opportunity to get to know Mr. Bowman and to share with him your comments or questions. Enjoy a free cup of coffee and join the conversation.



**Golf Cart Registration**

Thursday, October 21 and November 4, 9:00 to 10:00 AM, Orchard Creek Lodge (OC)

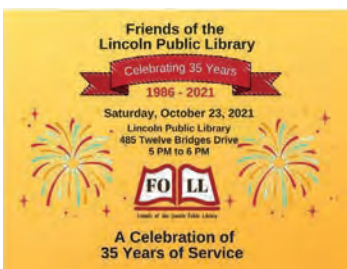
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**KS Movie Classic: The Big Lebowski (1998)**

Friday, October 22, 1:30 PM, P-Hall (KS)

Jeff "The Dude" Lebowski, mistaken for a millionaire of the same name, seeks restitution for his ruined rug and enlists his bowling buddies to help get it. A classic favorite from the Coen Brothers, starring Jeff Bridges, John Goodman, and Julianne Moore. Rated R, 117 minutes. Comedy/Crime/Sports.



**The Friends of the Lincoln Public Library (FOLL) 35th Anniversary**

Saturday, October 23, 5:00 to 6:00 PM, Lincoln 12 Bridges Library

We invite you to join us as we celebrate 35 Years of Service! Established in 1986, we continue to work diligently in our mission to support and fund library programs. We are marking the occasion with a one-hour ceremony. The community is welcome to attend and enjoy entertainment provided by the Lincoln High School Choir, snacks, and a Door Prize. We look forward to introducing you to founding and current members, our Board of Directors, and community leaders.



**Holiday Shopping Expo**

Sunday, October 24, 10:00 AM to 3:00 PM, Parking Lot (OC)

Get a head start on your Holiday Shopping at our fourth annual Holiday Shopping Expo right here in your community. We will turn the parking lot to a winter wonderland for avid shoppers. We will turn the parking lot to a winter wonderland for avid shoppers. Check everyone off your gift list with over 50 vendors offering unique crafts, jewelry, beauty items, clothing, books, art, decors, and more. Enjoy chances to win prizes too. Do not miss out on the fun.



**KS At The Movies: News of the World (2020)**

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

A Civil War veteran agrees to deliver a girl, taken by the Kiowa people years ago, to her aunt and uncle, against her will. They travel hundreds of miles and face grave dangers as they search for a place that either can call home. Starring Tom Hanks, Helena Zengel, Tom Astor. Rated PG-13, 118 minutes. Action/Adventure/Drama.

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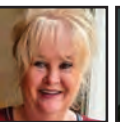
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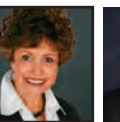
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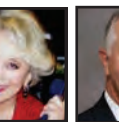
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Due to the current Covid-19 restrictions, upcoming Community Forums will be presented via online Zoom offering through 2021. This will allow up to 500 residents to sign in to each forum in real-time. Allowing you to listen and see the speakers and their visual aids. In addition, each of your 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 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 <https://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 <https://www.sclhresidents.com/group/pages/community-forum-videos>

If you have a suggestion for a forum topic, please send an email to [communityforums@sclhca.com](mailto:communityforums@sclhca.com).

All Forums are Free

Dates are subject to change



**The Salt Mine**

Tuesday, November 16, 2:00 to 3:30 PM, Zoom  
Meeting ID: 814 2109 7267 • Password: Forums

The *Salt Mine* is a faith-based charity serving the Lincoln area for 37 years now. Our primary outreach is the food closet which is now helping thousands on a regular basis. Our mission is to keep people from going without by providing ample food to help supplement the food bill to those in need. Salt in its natural state acts as a preservative and a healing agent (the *Salt Mine*).

Eric Long has been a part of the *Salt Mine* since its inception and has been serving as Senior Pastor of the church and President of the charity since the year 2000.

**UPCOMING EVENTS**

Speech Trek – Michelle Stark, Saturday, February 11, 3:00 PM, Ballroom (OC)

Ellis Island – History & Genealogical Search – Valerie Jordan, TBD

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Appointments & Info

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### The Spa at Kilaga Springs

We have a fantastic team of professionals ready to meet your needs. Whether you're looking for pure relaxation or coming in to treat a specific concern, our team is prepared to fully customize your experience to your unique needs. We offer an array of self-care and skincare retail offerings ranging from Hydropeptide, Image, Jane Iredale, Grande Cosmetics and many more.

#### —Best Sellers—



#### Hydrafacial Deluxe

\$239

Only Hydrafacial uses patented technology to cleanse, extract, and hydrate. Hydrafacial super serums are made with nourishing ingredients

that create an instantly gratifying glow in just three steps. First, by starting with the Cleanse+Peel, uncovering a new layer of skin with gentle exfoliation and relaxing resurfacing. Next, moving onto the Extract+Hydrate, removing debris from pores with painless suction. Nourish with intense moisturizers that quench skin. Last, focusing on Fuse+Protect, saturating the skin's surface with antioxidants and peptides to maximize your glow.



#### Kilaga Springs Custom Facial

\$130

Clinical results and a luxury experience. This facial offers a custom-tailored experience that allows for the choice of

Hydropeptide products best suited for your skin. Hydropeptide uses the power of peptides that work on a cellular level to increase hydration, visibly reduce fine lines and wrinkles and enhance skin's natural luminosity. Carefully selected botanicals detoxify and rejuvenate. Hydropeptide challenges skin aging with every product while addressing secondary concerns like hyperpigmentation, sensitivity, dehydration, and acne.



#### CBD Massage

60-minutes \$110

90-minutes \$140

CBD massage is the gold standard of deep relaxation. By combining nature's remedy with skilled

massage techniques, CBD massage is a holistic way to heal and treat your body and mind. CBD stands for Cannabidiol which is cannabinoid in cannabis. It doesn't have the THC that cannabis has, which means you will not experience the 'high' effect.



#### All About the Feet

30-minutes \$48

A refreshing peppermint balm is applied using a combination of reflexology, Swedish, and pressure point. It helps

stimulate the muscles around your feet, lessens stiffness, and reduces pain in the ankles, heels, and lower legs.

#### Best Seller Service Add-Ons

Enhance your next massage or facial by incorporating a hand or foot treatment.

- **Fabulous Foot Repair**  
Polish, rejuvenate, hydrate, and soothe with plant and nut-based exfoliants and shea butter. \$18
- **Radiant Hand Repair**  
Smooth, brighten, hydrate, and renew a more youthful appearance with a stimulating exfoliation and shea butter mask. \$18
- **Anti-Aging Neck & Décolleté**  
(can only be added to facial service)  
Intensely resurface, clarify, brighten and smooth away the appearance of wrinkles with five powerful exfoliants, serum, and mask. \$18

*We also offer body treatments, make-up applications, and nail services. Check out our website for a complete list of services.*

## Bowenwork Has Moved to Its New Location at The Spa at Kilaga Springs



### What is Bowenwork?

Bowenwork is a system of touch that initiates a series of responses throughout the nervous, musculoskeletal and fascial systems, as well as energetic pathways. Bowen-work addresses core issues, not just symptoms. It can help with chronic conditions from asthma to bunions, as well as acute

injuries like sciatica and knee problems.

A Bowen treatment consists of sequences of small moves at varying pressures, each at a specific site on the body. The treatment is pleasant, the therapist uses light, touch over the muscle, tendon, or ligament with no forceful manipulation. It can be done through light clothing.

Rebecca Kang can help improve your life and health with Bowen techniques. Book an appointment today.

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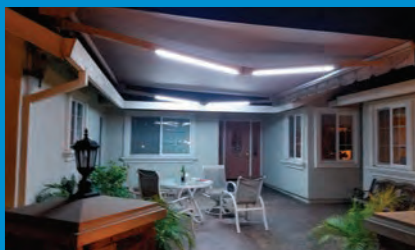
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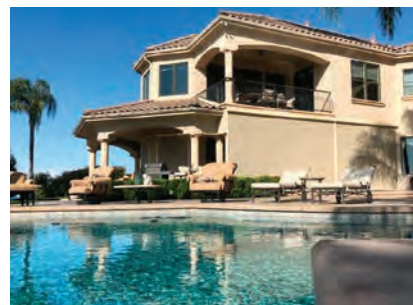
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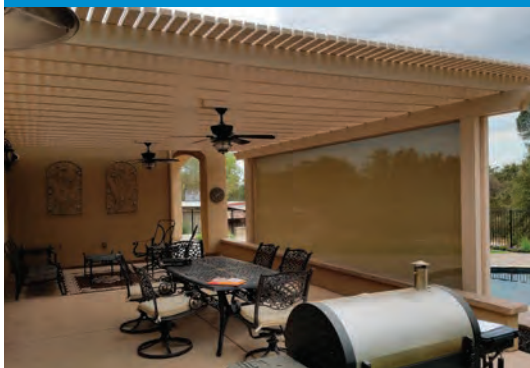
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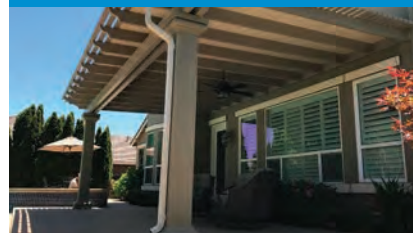
### Retractable Shade Screen



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## Pumpkin Harvest Refresher Facial

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# Holly Jolly Concerts ahead!

Get into the holiday spirit with the exciting concerts from Lifestyle!



## A CASH COUNTRY CHRISTMAS featuring James Garner

Monday, November 29

Grand Ballroom (OC)

A holiday version of James Garner's Tribute to Johnny Cash. A show that walks the line!



## Jackie Gage UNFORGETTABLE

Thursday, December 9

Presentation Hall (KS)

A Holiday Tribute to The Songs of Natalie Cole, Nat King Cole  
...and The Great American Songbook



## COOL YULE—A Nordic Holiday Celebration starring two-time Grammy Award-winning Jazz Violinist Mads Tolling

Tuesday, December 21

Grand Ballroom (OC)

Enjoy traditional yuletide classics from Denmark, Sweden, Finland, Iceland...and more!

See Entertainment page for details of the shows.

Tickets go on sale starting October 17 at the Lifestyle Desk (OC/KS) and  
Online [www.SCLHresidents.com](http://www.SCLHresidents.com)



Register Online at  
**SCLHResidents.com**



Questions? Contact Lavina Samoy.  
 Lavina.Samoy@sclhca.com

\*Indicates new performances on sale October 17

### Save the Date!

#### Let's Get Fizzy! A Fun New Year's Eve Party!

December 31  
 Orchard Creek  
 Lodge (OC)

We are busy planning a glitzy and fizzy party for you! Featuring a cocktail hour, delicious dinner, music from DJ Tom, casino gaming, and fun surprises, don't miss out. Party from 5:30 to 10:30 PM as we send you home with some goodies to toast the New Year safely at home. Limited tickets will go on sale in November. Watch out for details in the next *Compass*.



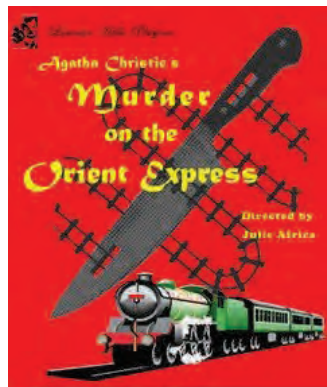
### —Community Performing Arts—

#### The Lincoln Hills Players Club presents "Murder On the Orient Express"

Thursday, November 18  
 7:00 PM show — **LSE347**  
 Friday, November 19  
 7:00 PM show — **LSE348**  
 Saturday, November 20  
 2:00 PM show — **LSE349**  
 Sunday, November 21  
 2:00 PM show — **LSE350**  
 Ballroom (OC)

Premium Reserved Seating \$21  
 General Seating \$17

The Lincoln Hills Players are excited about returning to the stage in November to perform *Agatha Christie's Murder on the Orient Express*. Come on out and cheer on your very own resident theater group as you enjoy hilarity and suspense in this classic



play, a stage version of one of Agatha Christie's most-loved novels. A cast of unforgettable characters, passengers on the snowbound Orient Express must match wits with the masterful Belgian detective Hercule Poirot, who's at his inimitable best in reaching a most unlikely conclusion. Don't miss it.

#### \*The Lincoln Hills Chorus presents "We Need a Little Christmas—Right This Very Minute!"

Sunday, December 12  
 2:00 PM concert — **LSE354**  
 Monday, December 13  
 7:00 PM concert — **LSE355**  
 Tuesday, December 14  
 7:00 PM concert — **LSE356**

Ballroom (OC)  
 Premium Reserved Seating \$21  
 General Seating \$17

The Lincoln Hills Chorus is delighted to announce its December Holiday concert, "We Need a Little Christmas," an eclectic program of uplifting, joyous songs of the season, which will put everyone in a festive mood to celebrate. With Paul at the podium and Nina at the piano, your all-resident community chorus will be swingin' with St. Nick, rockin' around the Christmas tree, jingling bells to the tune of Tchaikovsky's Nutcracker Suite, and so much more.



### —Concert—

#### Top Shelf's Motown and More!

Friday  
 October 15  
 7:00 PM –  
 Ballroom (OC)  
 — **LSE345**

Premium Reserved Seating \$24  
 General Seating \$20

Awarded as 2013 Black Music Association of America Best Live Performer, Top Shelf returns on stage with their high-energy Motown hits show. Consisting of dynamic vocalists and award-winning musicians from the Bay Area, Top Shelf will bring the house down with their dynamic musical mélange of Motown '60s, old school 70's, Retro 80's and 90's as well as doo-wop, classical soul, and R & B. Get ready to sing, dance and have fun.



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### Noa Levy Sings the Classics

Wednesday, October 27  
7:00 PM, P-Hall (KS)  
Reserved Seating \$23  
— **LSE346**

The Acclaimed Israeli Songstress brings her uniquely fresh take to iconic tunes from the likes of Cole Porter, Sting, Stevie Wonder, and The Beatles. Noa brings her distinctive talent to every song she sings. Noa is a jazz-rock vocalist originally from Israel, currently based in the San Francisco Bay Area. With the emotional directness of Carmen McCrae, a powerful voice reminiscent of Eva Cassidy, and the playful energy of Ella Fitzgerald, She sings with an emotional lyricism and magnetic stage presence across genres – Jazz, Rock, Cabaret, and Pop.



### \*A Cash Country Christmas Featuring James Garner

Monday, November 29  
7:00 PM – Ballroom (OC)  
— **LSE357**

Premium Reserved  
Seating \$24  
General Admission \$20

James Garner returns to Lincoln Hills with a holiday version of his musical tribute to Johnny Cash. The show will feature a collection of treasured songs from Cash's holiday albums. For more than a decade, James Garner and his band have faithfully recreated Johnny Cash's biggest hits with stunning accuracy in this not-to-be-missed musical event. From special concert airings on PBS stations to shows at Folsom and San Quentin Prisons, it's easy to see why this is the premier tribute to the "Man in Black." The show is a fun, toe-tapping trip down memory lane.



### \*Jackie Gage: Unforgettable A Holiday Tribute to the Songs of Natalie Cole and Nat King Cole

Thursday, December 9  
7:00 PM, P-Hall (KS)  
Reserved Seating - \$22  
— **LSE359**

Jackie Gage and her band present Unforgettable: the Music of Natalie Cole & Nat King Cole along with The Great American Songbook. With Jackie's velvety voice featured, this distinctive performer brings the same joy and excitement as witnessing Natalie Cole



live on tour. Featuring popular songs like "This Will Be," "The Very Thought of You," "Smile," and the anthemic "Unforgettable," Jackie takes listeners on a magical, musical ride through the different decades of each artist's career, sharing tales of love, life, heartache and happiness along the way including favorite classics from each of their memorable Holiday Albums.



### \*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.



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—Performance/Presentation—

**\*To Hell and Back:  
The Story of Audie Murphy  
The Story of a True Hero  
A One-Man Show by  
Duffy Hudson**

Friday, November 12  
6:00 PM, P-Hall Hall (KS)  
Reserved Seating \$12

— **LSE352**



In commemoration of Veterans Day, Broadway and film veteran Duffy Hudson who has just been named Best One Man Show in Los Angeles, returns to the Presentation Hall, this time with his original bio-play of America's most decorated hero of the Second World War. This 45-minute one-person performance will showcase the WWII Adventures of Audie Murphy, his life, and his crusade to help Veterans with PTSD. Duffy's memorable show portrayals of Albert Einstein, George Burns, Edgar Allan Poe, and A Christmas Carol have been acclaimed by our residents. This new show celebrating our veterans is not to be missed.

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\*Indicates new trips on sale October 17

— 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.

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**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.



**Wicked**

Tuesday, April 5, 2022  
\$140 — **LST363**

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. Wheels roll from OC at 6:15 PM ~ return 11:00 PM.

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**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.

— Shopping —



**San Francisco Shopping**  
 Saturday  
 December 4  
 — **LST361**  
 \$50

Enjoy a lovely weekend holiday trip to the city by the bay, and don't

worry about the traffic, the bridge, parking, etc. Relax and let our comfortable coach take you to the heart of San Francisco (Union Square-Post & Powell) for a day of shopping, lunching, and people watching. Lunch on your own. Departure from SF will be 6:00 PM to allow you more dining and shopping time and less traffic on the way home. Wheels roll from OC at 8:30 AM, return ~ 8:30 PM.

— Sports —



**Sacramento Kings**

Watch the Sacramento Kings from lower level seating at the Golden One Arena in downtown Sacramento without dealing with driving and parking issues. See individual games below for section, pricing, and bus times.

**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.

— Tours/Festivals —

**Apple Hill**  
 Tuesday, October 19  
 — **LST358**  
 \$43



Don't miss this beautiful fall ride to Apple Hill in the Placerville foothills. Visit High Hill Ranch with crafters, produce, wine tasting, and goodies store. Enjoy lunch on your own at The Pie House Restaurant in a reserved area for our group with a separate line to pay for food. Due to supply chain shortages, prepayments or set menus will not be available this year. You will have about 2.5 hours at High Hill, and then we proceed to visit two other stops for more apple goodness within Apple Hill. Wheels roll from OC at 9:45 AM, return ~ 4:30 PM.



Wheels roll from OC at 9:45 AM, return ~ 4:30 PM.

**Sold Out Trips**

Trip • Date • Departure Time

**Andrea Bocelli Believe World Tour**  
 Saturday, October 23 • 7:00 PM

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Lifestyle Class Coordinator  
Betty.Maxie@sclhca.com



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

\*Indicates new class on sale October 17

## Classes

### —Art—



#### \*Mixed Media Art Journaling

Tuesdays, November 9 & 23  
9:00 AM to Noon (OC)  
\$45 (two sessions) plus  
\$5 supply fee paid to  
instructor

— **LSC2733**

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: “Olive Garden”

Friday  
November 19  
3:30 to 6:30 PM  
(OC)

\$55 — **LSC2751**

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 [www.unniart.com](http://www.unniart.com).

### —Oils, Pastels & Acrylics—



#### \*Oil and Acrylic Painting: Intermediate/Advanced

Wednesdays  
November 3-24  
9:00 to 11:30 AM (OC)  
\$60 (four sessions)

— **LSC2935**

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 [www.sandyindblad.com](http://www.sandyindblad.com). Questions about class supplies? Email Sandy Lindblad at [sandski2@yahoo.com](mailto:sandski2@yahoo.com) prior to class.

### —Watercolor—

#### \*Watercolor 2

Thursdays  
October 28-  
November 18  
1:00 to 3:00 PM (OC)  
\$95 (four sessions)

— **LSC3376**

#### OR

Additional Class Time  
9:00 to 11:00 AM (OC)  
\$95 (four sessions) — **LSC3661**

Continuing our journey in watercolors, class 2 will continue to build your knowledge of watercolors. Painting skills include shadows and understanding light sources. Time will be spent understanding positive and negative shapes and how these elements create interest and realism in a painting. Practice drills will combine all of the techniques learned in both sessions resulting in a simple painted sunset scene. Basic composition will be covered in the latter part of this class, with participants painting a landscape that includes a barn in a field. Instruction includes demonstrations, paint along, and personal one-on-one time. Instructor: *Faye August*.





## Ceramics

### —Pottery—

#### \*Beginning/Intermediate Ceramics

Tuesdays  
November 2-30  
1:00 to 4:00 PM (OC)  
\$80 (five sessions)  
— **LSC2831**

#### OR

Thursdays  
November 4-18  
9:00 AM to Noon (OC)  
\$48 (three sessions) — **LSC3161**



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, November 2-30  
9:00 AM to Noon (OC)  
\$80 (five sessions)  
— **LSC2804**

#### OR

Thursdays, November 4-18  
1:00 to 4:00 PM (OC)  
\$48 (three sessions) — **LSC3168**



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

### —Card Making—

#### \*Card Making – Intermediate/Advanced

Mondays  
November 1 & 15  
9:30 AM to 12:30 PM (KS)  
\$30 (two sessions)  
— **LSC3181**

#### OR

Wednesdays  
November 3 & 17  
9:30 AM to 12:30 PM (KS)  
\$30 (two sessions) — **LSC3185**



This class will build on your card-making skills while introducing you to some new and different card-making and papercraft techniques. Class size is limited, sign-up early to reserve your space. All supplies will be provided. **Prerequisite:** Completion of at least four sessions of previously offered Intro to Card Making 101—Level 1 and have instructor's approval to participate. Instructor: *Dottie Macken*. **The last day to sign up is October 25.**

## 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, November 2-30  
10:00 to 11:00 AM (KS)  
\$32 (four sessions,  
No class November 23)  
— **LSC2729**

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*.



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**\*Easy-to-Intermediate Clogging**

Tuesdays, November 2-30

11:00 AM to Noon (KS)

\$32 (four sessions, No class November 23)

— **LSC2757**

The class will feature lots of reviews of steps from previously learned dances. We will also learn new 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: \$10 per session.**

**\*Intermediate Plus Clogging**

Tuesdays, November 2-30

Noon to 1:00 PM (KS)

\$32 (four sessions, No class November 23)

— **LSC2771**

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

## —Country Western Dancing—

**\*Country Couples Western Dance**

Level 3 &amp; 4

Mondays, November 1-29

6:00 to 7:00 PM (KS)

\$35 (five sessions)

— **LSC2817**

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: "Review and dances expected to be done at the various Christmas parties." **Prerequisite:** Completion of Beginner level Country Couples for at least six months. Instructors: *Jim & Jeanie Keener*.

## —Hula—

**\*Hula**

Thursdays, November 4-18

1:00 to 2:00 PM (KS)

\$37.50 (three sessions)

— **LSC2837**

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. Instructor: *Pam Akina*.

## —Folk Dancing—

**International Non-Partner Folk Dance**

Tuesdays, November 2-30

11:00 AM to Noon (KS)

\$44 (five sessions) — **LSC3485**

Something new is coming to Lincoln Hills in October. Learn dances from many countries. This music is intriguing, and many of the dances are easy. Learn the audience participation for the Oktober fests and the Syrto for the Greek Festivals. Learn easy Israeli dances and unusual Latin dances, plus dances from the Balkans and Russia. You will learn how to do many basic dance steps. And most important of all we will have a lot of fun at every class session. Instructor: *Bruce Mitchell*. He has taught dances all over the U.S. and in Taiwan, Hong Kong, and Japan.

## —Jazz—

**\*Jazz for Beginners**

Thursdays, November 4-18

11:00 AM to Noon (KS)

\$27 (three sessions) — **LSC2848**

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, November 2-30

1:00 to 2:00 PM (KS)

\$45 (five sessions) — **LSC2858**

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, November 5-26  
3:00 to 4:00 PM (KS)  
\$28 (four sessions)  
— **LSC2934**

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, November 1-29  
4:00 to 5:00 PM (KS)  
\$21 (three sessions, No class November 8 & 15)  
— **LSC2880**

Instructor: *Cathy Paris*

**OR**

Thursdays, November 4-18  
9:00 to 10:00 AM (KS)  
\$21 (three 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, November 5-26  
2:00 to 3:00 PM (KS)  
\$28 (four sessions) — **LSC3017**

Instructor: *Sandy Gardetto*

**OR**

Thursdays, November 4-18  
10:00 to 11:00 AM (KS)  
\$21 (three sessions) — **LSC3071**

Instructor: *Yvonne Krause-Schenck*

**OR**

Thursdays, November 4-18  
3:30 to 4:30 PM (KS)  
\$14 (two sessions, No class November 11)

— **LSC3174**

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, November 1-29  
9:00 to 10:00 AM (KS)  
\$35 (five sessions) — **LSC3081**

Instructor: *Yvonne Krause-Schenck*

**OR**

Wednesdays, November 3-24  
9:00 to 10:00 AM (KS)  
\$28 (four sessions) — **LSC2994**

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, November 1-29  
5:00 to 6:00 PM (KS)  
\$21 (three sessions, No class November 8 & 15)

— **LSC2909**

Instructor: *Cathy Paris*

**OR**

Wednesdays, November 3-24  
10:00 to 11:00 AM (KS)  
\$28 (four sessions) — **LSC3015**

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, November 4-18  
5:30 to 6:30 PM (KS)  
\$14 (two sessions, No class November 11)

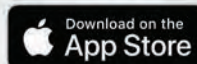
— **LSC3176**

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*.

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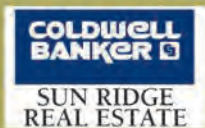
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**\*Line Dancing 4 Fun**

Thursdays, November 4-18

4:30 to 5:30 PM (KS)

\$14 (two sessions, No class November 11)

— **LSC3189**

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**.

**Line Dance Instructors**• **Sandy Gardetto**

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

• **Yvonne Krause-Schenck**

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

• **Cathy Paris**

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



## —Tap—

**\*Beginning Tap**

Mondays

November 1-29

11:00 AM to Noon (KS)

\$36 (four sessions, No class November 22)

— **LSC3381**

Make new friends, and challenge your mind and body. **Prerequisite:** must have taken Beginning Tap previously. *About the Instructor:* **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.

**\*Tap Technique**

Mondays, November 1-29

10:00 to 11:00 AM (KS)

\$36 (four sessions, No class November 22)

— **LSC3060**

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

**Glass Art**

*Notice: Stained Glass class will go on hiatus in November and December.*

**Music**

## —Guitar—

**\*Beginning Guitar**

Mondays

November 1-29

9:00 to 10:30 AM (OC)

\$60 (five sessions)

— **LSC3206**

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, November 2-16  
1:00 to 2:00 PM (KS)  
\$30 (three sessions)  
— **LSC3025**

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, November 2-16  
2:00 to 3:00 PM (KS)  
\$30 (three sessions)  
— **LSC3054**

This class is an intermediate class with emphasis on harder chord fingerings, more transitions of chords in songs, different strumming patterns, and various fingerpicking styles used by folk artists. The class can be taken in conjunction with the beginning class, as long as the student feels comfortable, they have met this prerequisite, and their fingers can withstand the pain! **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, November 3-24  
9:00 to 10:30 AM (KS)  
\$48 (four sessions) — **LSC3193**

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  
November 1-29  
10:30 AM to Noon (OC)  
\$60 (five sessions)  
— **LSC3383**

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, November 3-24  
10:30 AM to Noon (KS)  
\$48 (four sessions) — **LSC3198**

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*.

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# WELLFIT'S



*Have you heard?*

## WELLFIT HAS NEW POP-UP PUNCH PASS CLASSES!

Pop-up events are temporary, unexpected events in unique spaces. They pop up, and, then they pop down!

These will be one-time classes for \$4.50 that will always be held the last week of the month. Class format, teacher, theme, time, and day will always be different so be sure to check your eNews the week before for all the details! **You don't want to miss these; our next one is popping up soon at the end of this month!**



**Our Next Pop Up: ZOMBIE ZUMBA BASH WITH JOANIE**  
Friday, October 29 | 4:30 PM | OC Aerobics Room | \$4.50

Movie Theater Popcorn and Movie Themed Music-Costume Contest and Prize Giveaway!

*(this class is limited to 28 participants, sign up at [SCLHResidents.com](http://SCLHResidents.com) or at the Fitness Desks).*

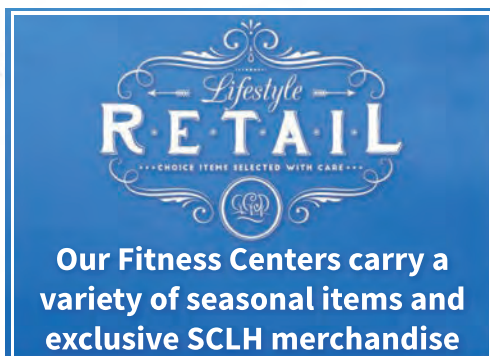
Contact our WellFit Program Manager for more information: [Danielle.Merrill@sclhca.com](mailto:Danielle.Merrill@sclhca.com)



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



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



## WellFit Orientations

### Free Orientation: WellFit Staff

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

#### Fitness Floor (OC)

- **Wednesday, October 20**  
3:00 to 4:00 PM
- **Tuesday, October 26**  
3:00 to 4:00 PM
- **Tuesday, November 9**  
3:00 to 4:00 PM
- **Thursday, November 18**  
3:00 to 4:00 PM

#### Fitness Floor (KS)

- **Thursday, October 28**  
3:00 to 4:00 PM
- **Thursday, November 11**  
3:00 to 4:00 PM
- **Tuesday, November 23**  
3:00 to 4:00 PM

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

## Lessons

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

**To schedule an appointment for 1 on 1 session on the Pickleball Courts with Barry and for more information, please email rex.owens@sclhca.com.**

### Intro to Pickleball

Wednesdays  
11:00 AM to 1:00 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. You must pre-register each week for the class. Eight spots are available. We are using two courts to allow for social distancing. Please wear a mask when arriving at the courts. Email Lynn Fraser to register: paddleuppartner@gmail.com or go to lhpclub.com and look for Calendar on the left. Click on Intro to Pickleball class.

## Mindful Movement

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

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



### Tai Chi / Qigong L1

Tuesdays, November 2-30  
2:00 to 3:00 PM, Aerobics Room (OC)  
\$60 (five sessions)

### OR

Fridays, November 5-19  
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*.

### **New! Seated Tai Chi / Qigong L1**

Fridays, November 5-19

12:55 to 1:55 PM, Aerobics Room (OC)

\$36 (three sessions)

This class is developed to improve health, balance, posture, and strength for students who need to sit for class. Great work out for your body, your mind, and your spirit. It can be done on a chair or a fit ball. Instructor: *Shifu Anney Wamsat*.

### **Tai Chi / Qigong L2**

Tuesdays, November 2-30

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

\$60 (five sessions)

### **OR**

Fridays, November 5-19

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

\$36 (three 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. Students who have practiced and completed the 24 postures will advance to learning a traditional 128 Yang long form. In addition, you will learn Qigong sets of movements. Qigong paired with stillness and moving meditation will improve body mechanics, muscle memory, and tone while increasing the understanding of these century-old art forms of health, mindfulness, and wellbeing. Instructor: *Shifu Anney Wamsat*.

### **Tai Chi / Qigong L1**

Saturdays, November 6-20

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*.

### **New! Tai Chi Ball L1**

Saturdays, November 6-20

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. Tai Chi ball can be done seated or standing. Instructor: *Shifu Anney Wamsat*.



### **Mind, Body & Spirit**

Wednesdays

November 9-24

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; registration is available at the WellFit front desks. *Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.*

*All classes, times, and locations are subject to change. See up-to-date information and schedules on [sclhresidents.com](http://sclhresidents.com). Look in the WellFit tab or on online enrollment.*

### **New! The Next Chapter**

Mondays, November 8-29

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

\$68 (four sessions)

With a spectacular marriage comes spectacular grief. Join a small intimate group where together we'll explore new techniques to help you move forward with confidence. Come prepared for heart-opening, restorative movement and exercise poses that will rejuvenate your mind, body, and spirit. You will be inspired and challenged with this uplifting format. Instructor: *Nina Baldi*.



### Kitchen Magic – Create Your Own Natural & Organic Products Learn Ancient Healing Recipes

Select Fridays in November  
12:30 to 1:30 PM  
Placer Room (KS)  
\$15 each class + \$20 material

fee for each class paid to the instructor.

#### **November 12: Anti-inflammatory and respiratory relief - topical ointment**

#### **November 19: Body Scrub & Foot Soaks**

Create homemade, personalized, organic, and natural, magical healing products. They can be for yourself or for family, friends, stocking stuffers, gifts, or even for pets. Each class specializes in something different; take one, or take them all. Contact Nina for specific questions at [Nina.Baldi@sclhca.com](mailto:Nina.Baldi@sclhca.com). Instructor: *Nina Baldi*.



#### **Brain Gain**

Tuesday, November 2  
11:00 AM to 1:00 PM  
Multipurpose Room (OC)  
\$30 (Includes all materials/  
handouts)

Join educational physiologist, Dr. Alice Jacobs, as we learn about the hemispheres of the brain and the predominant functions. Do for your brain what you do for your body – all in a non-threatening, engaging, and fun environment. Brain exercises with fall and Thanksgiving themes to add some special fun to kick off the holiday season. Nobody will feel like a pumpkin head as all the exercises are designed to “spice up” your thinking. You’ll be surprised by what a good brain workout you’ll get without a drop of sweat. Instructor: *Alice Jacobs*.

#### **Change Your Life**

Tuesday, November 23  
11:00 AM to 12:30 PM, Multipurpose Room (OC)  
\$15

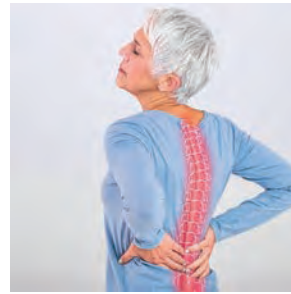
Learn how to take your life back during these threatening and stressful times. Change your life by what you do and what you think. Turn your loneliness and hopelessness into calming happiness and joy. Learn how to use healthy foods and fun activities as you expand memory and slow down the onset of dementia. You can improve your body and mind health. Instructor: *Lorna Gray*, RN, PHN, BSN.



#### **Quiet the Mind**

Tuesdays, November 2-30  
1:30 to 2:30 PM  
Multipurpose Room (OC)  
\$75 (five sessions)

Are you ready to stop those endless thoughts? Perhaps you want to ease your stress or anxiety? Embark on a journey to rediscover your body’s inner intelligence. Quiet the Mind will introduce you to the principles and origins of meditation, how to set up your practice and introduce you to the higher states of consciousness that can be achieved. Join us on this journey to find inner peace, as well as greater health and vitality. Instructor: *Sheri Mandell*.



#### **Living with Back Pain**

Wednesdays  
November 17 & 24  
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*, Physical Therapy Assistant. \*Lisa will teach the first class, and Danielle will teach the second.

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### Traditional Shotokan Karate

Saturdays, November 6-27  
11:50 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 [www.santenkarate.com](http://www.santenkarate.com). Instructor: *Al Trimarchi*.

### Nutrition

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

### Re-Start—Your Health in Just Five Weeks

Wednesdays, coming soon in the New Year.  
5:00 to 6:30 PM  
Multipurpose Room (OC)  
\$149 (five sessions)



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

### Pilates Reformers and Towers

**Please check [sclhresidents.com](http://sclhresidents.com) for most current schedule and information regarding Pilates Reformer Program including sign up forms or contact 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 class grid on page 93 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 at [Danielle.Merrill@sclhca.com](mailto:Danielle.Merrill@sclhca.com) or call 916-625-4032 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@sclhca.com](mailto:Danielle.Merrill@sclhca.com) 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 schedule with one of the reformer instructors, please contact Danielle Merrill at [Danielle.Merrill@sclhca.com](mailto:Danielle.Merrill@sclhca.com).

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

**Rex Owens**  
Fitness Supervisor  
Rex.Owens@sclhca.com



## Personal and Clinical Training

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

### Training Services

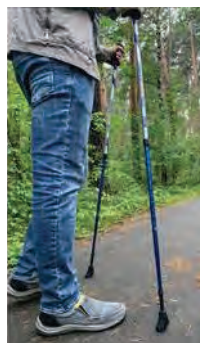
- **One-on-One Training:** One client and one trainer. One hour session cost is \$59, half-hour session \$39.  
**New Packages:** One client and one trainer. One hour session. Package of 3, \$54 each. \$162 total.  
**New Packages:** One client and one trainer. Half-hour session Package of 3, \$34 each. \$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 register at least seven days prior to the class start date, 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.*

**\*Check weekly eNews and online enrollment at [sclhresidents.com](http://sclhresidents.com) for the most up-to-date information on SGT classes or email [Rex.Owens@sclhca.com](mailto:Rex.Owens@sclhca.com) with questions.**



### Urban Poling (Parkinson's & Balance)

Mondays & Fridays, November 1-26  
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 (Nordic Walking)

Tuesdays & Thursdays, November 2-23  
12:55 to 1:55 PM  
Aerobics Room & Indoor Track (OC)  
\$119 (seven 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)**

Tuesdays  
November 2-30  
(No class November 23)  
8:30 to 9:30 AM  
\$68 (four sessions)

\*First class meets at OC Fitness Center

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, November 2-23  
4:10 to 5:10 PM Aerobics Room Class alternates (OC Tuesday – KS Thursday)  
\$119 (seven 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  
November 2-23  
11:50 AM to 12:50 PM  
Aerobics Room (KS)  
\$119 (seven 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  
November 1-24  
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, November 2-23  
12:55 to 1:55 PM, Aerobics Room (KS)  
\$119 (seven sessions)

TRX Circuit is a great way to shed a few of those quarantine pounds while gaining strength, flexibility, balance, and a stronger core. TRX suspension training straps makes gravity your resistance, so adjusting the level of difficulty is as easy as moving your hands or feet, and progression is limitless. Instructors: *Craig Wasley/MaryAnn DePietro*.

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

Mondays & Wednesdays  
November 1-24  
12:55 to 1:55 PM  
Aerobics Room (KS)  
\$136 (eight sessions)  
Instructor:

*Renae Schmidt*  
**OR**

Tuesdays & Thursdays  
November 2-23  
10:45 to 11:45 AM  
Aerobics Room (KS)  
\$119 (seven 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, November 1-24

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: *Renae Schmidt*.

### SGT—Therapeutic Water Exercise L1

Wednesdays,

November 3-24

11:50 AM to 12:50 PM

Indoor Pool (OC)

\$68 (four sessions)

Instructor: *Nina Baldi*



### OR

Fridays, November 5-26

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, November 2-23

2:00 to 3:00 PM

Aerobics Room (KS)

\$68 (four sessions)

### OR

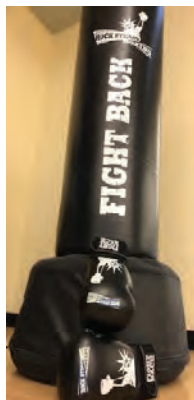
Thursdays, November 4-23

2:00 to 3:00 PM

Aerobics Room (KS)

\$51 (three 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

November 4-18

3:05 to 4:05 PM

Aerobics Room (KS)

\$51 (three sessions)



Interested in the Parkinson's Cycle class, but don't think you could do an entire hour of cycling? Try this class to change it up. 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, email [danielle.merrill@sclhca.com](mailto:danielle.merrill@sclhca.com). Instructor: *varies*.

## 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. 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 90-93 for days and times. Purchase these passes through online enrollment at [sclhresidents.com](http://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 [www.sclhresidents.com](http://www.sclhresidents.com) under WellFit. Guests must pay \$6 per Punch Pass and \$3.50 per Fast Pass. Classes are subject to availability.



**Punch Pass Expiration Update:** *Punch Passes purchased before December 1, 2019, will NEVER expire. Passes purchased December 2, 2019-December 1, 2020, have a NEW expiration of December 1, 2021.*

**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 October/November 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>	9:00am Core Strength L2 - <i>Helena</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 L1/L2 <i>Amy</i>	Strength & Athletic Stretch L2/L3 <i>Helena</i>	
10:45	Piloga L2/3 <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>	New! Seated Tai Chi / Qigong L1 - <i>Anney</i>		SCLH Booking Rehearsals - 1:00 to 3:00 PM - October to March
2:00	The Next Chapter <i>Nina</i>	Tai Chi / Qigong L1 <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 L2 <i>Anney</i>	New! November Tai Chi Ball L1 <i>Anney</i>	
4:10		November! SGT - Fit101 L1 <i>MaryAnn/John</i>		Zumba Gold L2 <i>Joanie</i>			
5:15	Yin Yoga L1-3 <i>Nina</i>	20/20/20 Happy Hour Workout! L2/L3 - <i>Sue</i>	5:00pm Quiet the Mind L1 - <i>Sheri</i> 5:40pm Stretch It Out! L1/L2 - <i>Nina</i>	20/20/20 Happy Hour Workout! L2/L3 - <i>Kim</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							
<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](http://schresidents.com)

KS WellFit Class Schedule October/November 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 L2/L3 <i>Katie</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 - Instructors Rotate	Yin Yoga L1-3 <i>Katie</i>	
10:45	Yin Yoga L1-L3 <i>Katie</i>	SGT - Posture, Core & Balance L1/L2 - <i>Craig</i>	Cardio Strength L2 <i>Erin</i>	SGT - Posture, Core & Balance L1/L2 - <i>MaryAnn</i>	Intro to Yoga L1 very beginner - <i>Nina</i>		
11:50	Urban Poling (Nordic Walking) L1 - <i>Renee</i>	SGT - 'Fun'ctional Fit L3 - <i>Deanne</i>	Living with Neurological Disorders <i>Lisa &amp; Danielle</i> <b>October 20 &amp; 27</b>	SGT - 'Fun'ctional 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 L2 - <i>Anney</i>	SGT - Progressive Bootcamp L2/L3 - <i>John</i>	SGT - ParkinsonStrong Combo L1 - <i>Valerie</i>			
4:10		4:15pm <b>New!</b> October Tai Chi Ball L1 - <i>Anney</i>	SCLH Booking <b>October 20th</b> 4:30 to 6pm	<b>November!</b> SGT - Fit 101 L1 <i>MaryAnn/John</i>			
5:30				<b>New!</b> 5:30 - 6:00pm 30-Minute Cycle L1/L2 - <i>Sarah</i>			
				<b>New!</b> 6:05 - 6:35pm 30-Minute Cycle Plus 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 October/November 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	OC	OC					
	Water Walking drop-in	Water Walking drop-in	Water Walking drop-in	Water Walking drop-in	Water Walking drop-in		
7:30	Aqua Surge L2/3 - <i>Nina/Renea</i>	Water Walking drop-in	Aqua Surge L2/3 - <i>Jiji</i>	Water Walking drop-in	Aqua Surge L2/3 - <i>Nina</i>		
8:35	Power Waves L3 <i>Jen/Jiji</i>	8:45am Aqua Intervals L2/3 <i>Jen/Danielle</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/Nina</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/Lisa</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>	Water Walking drop-in until 8:30pm	Power Waves L2/L3 - <i>Nina</i>	Water Walking drop-in	Water Walking drop-in until 8:30pm	Water Walking drop-in until 8pm	Water Walking drop-in until 8pm
5:30	Water Volleyball 5:45 to 8:15pm		Water Walking drop-in until 8:30pm	Water Volleyball 5:20 to 8:15pm			
8:30							
<p><b>CLASS CANCELLATIONS:</b> 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 [schresidents.com](http://schresidents.com)

Pilates Reformer WellFit Class Schedule October/November 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
7:30	Reformer L1-L2 - Gretchen			Reformer L1-L2 - Cynthia			
8:30	Reformer + Mixed Equipment L1-L2 - Gretchen	Reformer Therapeutic Stretch L1-L2 - Nina	Reformer Basics + L1-L2 - Cynthia	<b>New in October!</b> Restorative Reformer L1 - Nina	Reformer Basics + L1-L2 - Cynthia		
9:30		Reformer Basics + L1-L2 - Valerie	Reformer Basics + L1-L2 - Cynthia	Reformer Basics + L1-L2 - Andee	Reformer + Mixed Equipment L1-L2 - Cynthia	<b>Coming in December!</b> Reformer Basics L1 - Sandra	
10:30		Reformer Basics + L1-L2 - Valerie	Cardio Jump & Core L2 - Gretchen	Reformer Basics + L1-L2 - Andee	Reformer Basics + L1-L2 - Cynthia		
11:30		Reformer L1-L2 - Andee	Reformer L1-L2 /Cardio Jump & Core L2 - Gretchen	Reformer L1-L2 - Cynthia			
12:00					12:00 Cardio Jump & Core L2 - Gretchen		
12:30		Reformer + Mixed Equipment L1-L2 - Andee	Reformer Basics + L1-L2 - Gretchen				
4:15	<b>New in October!</b> Cardio Jump Basics L1/L2 - Andee			<b>4:15pm</b> Reformer L1-L2 - Valerie			
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](http://schresidents.com)

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Kilaga Springs Lodge ..... 1167 Sun City Boulevard  
Main Phone: 916-408-4013  
Resident Website .....SCLHResidents.com  
Public Website .....SunCity-LincolnHills.org  
Help Desk .....Help.Desk@sclhca.com

**HOURS** SUBJECT TO CHANGE

<b>Orchard Creek Lodge &amp; Kilaga Springs Lodge</b> MON-FRI: 9:00 AM-7:00 PM SAT-SUN: 9:00 AM-1:00 PM	<b>The Spa at Kilaga Springs</b> MON-FRI: 9:00 AM-6:00 PM SATURDAY: 9:00 AM-5:00 PM
<b>Membership Desk</b> MON-FRI: 9:00 AM-5:00 PM	<b>Meridians Restaurant</b> Meridians / Sports Bar DAILY: 11:00 AM-8:00 PM
<b>Lifestyle Desks (oc/ks)</b> MON-FRI: 9:00 AM-6:30 PM SAT-SUN: 9:00-12:30 AM	Curbside Pickup: DAILY: 11:00 AM-7:00 PM
<b>WellFit (oc/ks)</b> MON-FRI: 5:30 AM-8:30 PM SAT-SUN (OC): 7:00 AM-8:00 PM SAT-SUN (KS): 5:30 AM-6:30 PM	SCLH Delivery: DAILY: 4:00 PM-7:00 PM
	<b>Kilaga Cafe</b> MON-FRI: 7:00 AM-3:00 PM

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**COMPASS** — A monthly magazine established August 1999

**COMPASS Editor:** Theresa Renken 916-625-4014

**Resident Writers:** Linda Lucchetti, Richard Pearl, Shirley Schultz,

Teresa Tanin, David Wright **Layout/Design and Printing:** Fruitridge Printing

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