

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



17 Threads of Friendship and Love

25 Hearts of Hope



IN STOCK FLOORING - IN STOCK CABINETS

KITCHEN REMODELING - BATHROOM REMODELING - REMEDIATION SERVICES

COUNTERTOPS - BACKSPLASH - FLOORING

TILE - HARDWOOD - VINYL - LAMINATE



NATOMAS

4021 N. FREEWAY BLVD #100
SACRAMENTO, CA 95834

ROCKLIN

6848 FIVE STAR BLVD #6
ROCKLIN, CA 95677

VACAVILLE

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

ELK GROVE

(COMING SOON!)

Contents

ASSOCIATION NEWS

- 5** Board of Directors' Report
- 6** Executive Director
- 7** Committee Reports
 - Finance
 - Architectural Review
 - Compliance
 - Properties
 - Accessibility
 - Election News
- 12** Department News
 - Lifestyle News & Happenings
 - The Spa at Kilaga Springs
 - Food & Beverage
 - WellFit News



COMMUNITY PROFILE

- 17** Threads of Friendship and Love
- 19** Random Acts Define Us
- 21** Beyond Neighbors Helping Neighbors—
Random Acts Of Kindness
- 23** Heart to Heart
- 25** Hearts of Hope



IN EVERY ISSUE

- | | |
|---------------------------|-----------------------------|
| 27 In Memoriam | 66 Trips |
| 29 Club News | 73 Class Index |
| 53 Support Groups | 75 Lifestyle Classes |
| 56 Bulletin Board | 85 WellFit Classes |
| 59 Community Perks | 98 Contacts & Hours |
| 61 Spa | 99 Ad Directory |
| 63 Entertainment | |



On the Cover

Threads of Friendship

Left to Right – Dawn Everhart, Bev Johnson, Shirley Rainman,
Sharon Magnuson, Clareen Bolton and Fran Swart

Calendar of Events

February 16 - March 16

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

Date Event	Page #
2/16 Coffee with the Executive Director	59
2/16 Hard Rock Casino	66
2/18 David Burnham	64
2/19 Chinese New Year	66
2/22 Comedy Night	63
2/28 Mini Tin Dioramas	76
2/28 Mini Tin Journal	76
3/3 The Zmed Brothers	64
3/7 Belfast - Movie	59
3/9 Kings vs. Nuggets	71
3/14 Water Marbling Scarf	76
3/14 Produce With a Purpose	88
3/15 Lions of the North	64
3/16 Botanical Garden	66
3/16 Static in the Attic	87

SIGN UP FOR ENEWS



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- Open up the Camera on your phone
- Scan the QR Code
- This will take you to the resident website sign up for eNews page. (Login may be required)

Upcoming Association Meetings: February 15 – March 28

Finance Committee	Thursday, February 17, 9:00 AM
Board of Directors	Thursday, February 24, 9:00 AM
Board of Directors Executive Session	Thursday, February 24, 11:30 AM
ARC/Architectural Review Committee	Monday, February 28, 9:00 AM
CCOC/Clubs & Community Organizations Committee	Tuesday, March 1, 9:30 AM
Accessibility Committee	Wednesday, March 1, 9:00 AM
Compliance Committee	Wednesday, March 2, 9:00 AM
Properties Committee	Thursday, March 3, 9:00 AM
Elections Committee	Friday, March 4, 9:30 AM
CCRC/Communication & Community Relations Committee	Tuesday, March 8, 10:00 AM
Board of Directors Workshop	Thursday, March 10, 10:00 AM
Board of Directors Executive Session	Thursday, March 10, 11:30 AM
ARC/Architectural Review Committee	Monday, March 14, 9:00 AM
Finance Committee	Thursday, March 17, 9:00 AM
Board of Directors	Thursday, March 24, 9:00 AM
Board of Directors Executive Session	Thursday, March 24, 9:00 AM
ARC/Architectural Review Committee	Monday, March 28, 9:00 AM

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

VOLUNTEER OPPORTUNITIES

Committee Openings

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

- Accessibility Committee
- Architectural Review Committee
- Clubs & Community Organizations Committee
- Communications and Community Relations Committee
- Compliance Committee
- Properties Committee

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



Board of Directors' Report

How Does Our Board of Directors Look After the Association?

Jack Harris, Vice President

A Board of Directors is required for any Homeowners Association to function properly. The Board here at Lincoln Hills consists of elected volunteers who are collectively responsible for the Association and all operational policies, as well as ensuring that the Association's governing documents are followed and enforced.

The annual election process in Lincoln Hills is underway and will end with the counting of the votes at our annual meeting on May 19, 2022. By the time you read this article, the candidate filing period will have passed, and we will know who is in the running for the three open Board positions. Hopefully, these candidates will understand what they could be taking on. The job is often a thankless one, and if elected, their personal opinions take a back seat to making decisions on behalf of all 11,000 plus residents. Many documents clearly define this as doing their "fiduciary duty."

There are many significant areas of responsibility that our Board takes very seriously. These include maintaining common areas, managing budgets, fiscal responsibilities, enforcing and complying with our governing documents, along with the well-being of our residents and staff.

Within these ongoing responsibilities Board members must understand the boundaries of their duties versus the operational responsibilities of the staff. I see the Executive Director as a non-voting member of the Board who works in concert with the Board on policy and then works with staff to implement said policy. Over the past 14 months, one of our biggest challenges has been working with four different Executive Directors and bringing each one up to

speed. The Board was also had to deal with all aspects of the pandemic, a difficult task in itself.

Board membership is rewarding but also very time-consuming. Our current Board generally puts in about 40 hours a month in general duties such as preparing for and attending Board meetings, Executive and Emergency Board meetings, Standing Committee and Ad Hoc committee meetings, meetings with the Executive Director, facility and property inspections, and various other smaller meetings as member issues pop up, and they always do. Then there are the special projects, special committee, and task

force meetings, not to mention legal and confidential meetings that can and do happen. There are occasions when the 40 hours a month suddenly requires 25 to 30 hours a week.

When elected, all Directors swore to an oath of office: "I recognize and accept my fiduciary and stewardship responsibilities, in main-

taining the assets and quality of life of Sun City Lincoln Hills."

We all live by this on a daily basis. I can say without any hesitation that this Board has the unique attribute of being able to work together and work hard, agreeing and disagreeing on various issues, respecting each other's passions and opinions, working toward a consensus that we can all support, and even when we disagree, exiting each meeting as good friends willing to move forward. The greatest reward is the satisfaction a Director feels when they know they have done the best they could for the benefit of the whole community. The bottom line is that this Board believes that we live in the greatest community in California, and we want to keep it that way.





A Note from the Executive Director

Kyle Bodyfelt, Executive Director

According to Wikipedia, a “random act of kindness” is a non-premeditated, inconsistent action designed to offer kindness to the outside world. The phrase “practice random kindness and senseless acts of beauty” was written by Anne Herbert on a placemat in Sausalito in 1982. Oddly, it was based on the phrase “random acts of violence and senseless acts of cruelty.” Positive words were inserted to flip the phrase 180 degrees to a constructive, empowering message. Where Wikipedia considers random acts of kindness to be inconsistent, I am hopeful that at Lincoln Hills, we can switch these instances of kindness to ‘consistent.’ Research and perhaps common sense tells us that it starts with us or in the words of Michael Pollan from his book “How to Change Your Mind,” ‘The way you treat yourself is the way you will treat others.’

Based on the warm welcome I have received from our residents as your Executive Director, I know that the prevailing winds at Lincoln Hills blow in the direction of kindness. This organization includes multi-million-dollar assets that are in constant use, and there are differing views on both how to use them and potentially modify them. I believe the community is actively engaged in the best results for all.

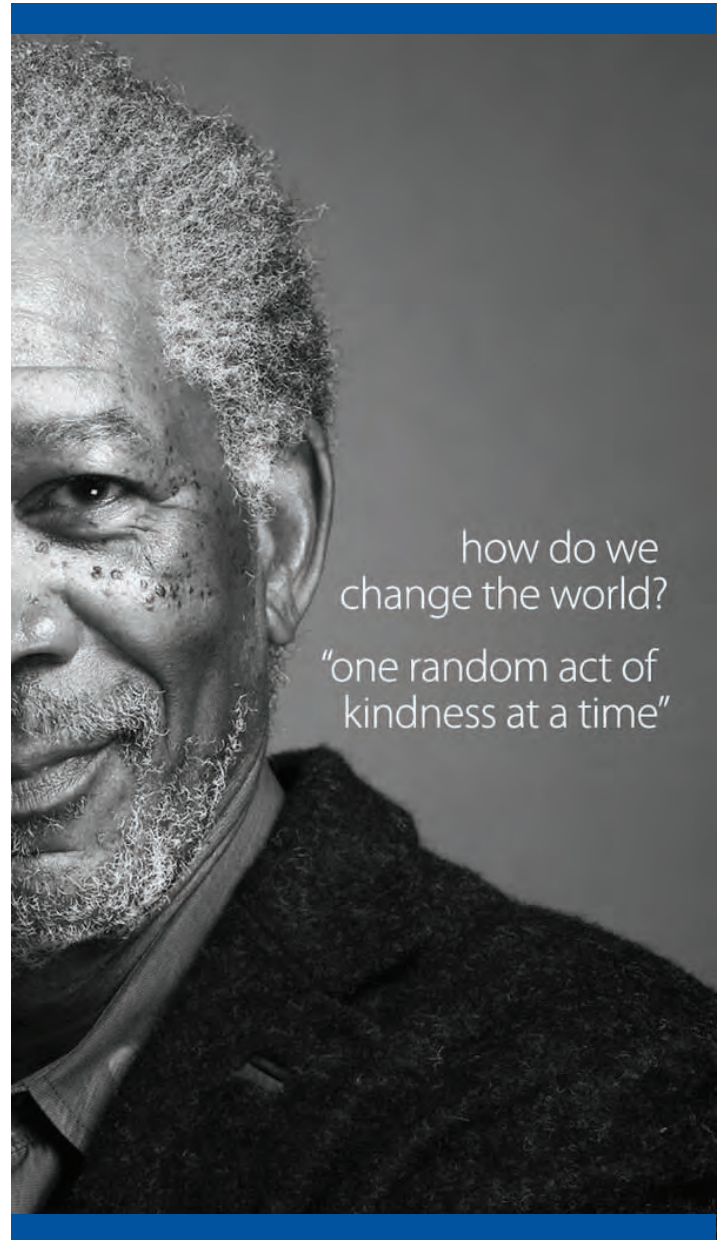
We try to mitigate risk to protect the Association, and as per retired General Stanley McChrystal, the biggest risk to any organization is itself. In other words, while opinions will differ within the community, how we communicate them will determine whether we move towards resolution or get stuck in battles of ego. Random acts of kindness, from helping your neighbor fix a landscape irrigation leak to empathetically listening to someone you disagree with regarding an important community issue, helps build a collaborative culture.

Your community is also more than 20 years old, so we are seeing areas that need maintenance and TLC to maintain the standards you are accustomed to. Prioritizing repair and renovation projects can be a science, as is the logistics that go into executing them. Our team would like to complete all projects immediately; however, this can be challenging between COVID variant impacts and resource challenges. We will be pressing the accelerator on these, but we ask for your patience as we proceed.

I have been very impressed with the acts of

kindness our team exhibits towards each other and our residents. I know this is also felt by residents because I have heard from you.

When it comes to practicing random acts of kindness, similar to other forms of behavior, it must be developed through action. Or, as technology writer Kevin Kelly aptly puts it, “It is much easier to change how you think by changing your behavior than it is to change your behavior by changing how you think.” Or another analogy I like from a Zen teacher talking about the benefits of regular meditation practice: “Enlightenment is an accident. But meditation makes you more accident-prone.” I challenge all of us to perform random acts of kindness today!





**Finance Committee
Year-End Summary**
Fred Raach, Chair

As reported in the December draft financials, the Association's net revenue decreased by \$9,000 in December to end the year at \$205,000. This figure is \$249,000 better than budget with non-dues revenue \$405,000, 10% higher than budgeted, and annual expenses \$156,000, 1% over budget. The \$249,000, adjusted for any changes from the audit, will reduce budgeted expenses for 2023.

Expenses in December were \$112,000 over budget, primarily due to a \$54,000 overage in Administrative expense and a \$42,000 overage in Maintenance, Supplies, and Repairs (MSR).

The administrative expense overage resulted from audit and other professional service fees that had not been planned in the budget and fees for Human Resource services higher than budgeted. Contributing to the MSR overage were the use of outside custodial and painting firms due to the continued staffing shortage in Facilities and Maintenance and Landscape Departments, as well as over-budget amounts for pool supplies, vehicle repairs, plus more minor overages in other supplies and repairs.

The chart shows the full year performance, i.e., over or under budget, of expenses by category. The pattern of the last several months continues with personnel savings as the largest positive and Administration expenses the largest negative. Insurance has been a consistent but small positive

throughout 2021. However, when the Association insurance policies renewed in December, we learned that the 2022 premiums would be significantly higher than what had been projected when the budget was approved in September.

In December, four departments (Communications and IT, Lifestyle, the Spa, and Food and Beverage) reported net revenue better than budget. The Spa and Food and Beverage achieved a positive net revenue of \$28,000 and \$6,000, respectively. For the full year, Administration and Food and Beverage were below budget, but

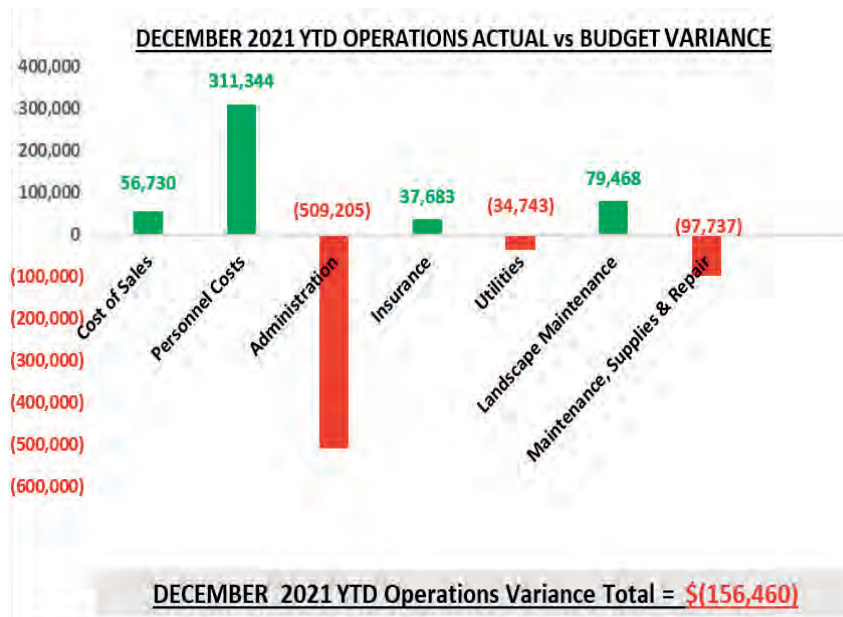
this was more than offset by the better than budget results of the other departments producing the \$249,000 positive carryover.

Reserve expenditures in the month were \$111,000, bringing the year-to-date total to \$1,485,000. Significant amounts were \$26,000 for

bark replacement and \$72,000 for street light replacements.

The Community Enhancement Fund (CEF) was charged \$41,000 in December: \$25,000 for the Needle Arts room expansion, \$5,000 for software for Food and Beverage, \$8,000 for security cameras, and \$3,000 on a video camera for Communications and IT. The amount in the CEF not already allocated to projects is \$919,000 at year-end.

More detailed information is available on the Resident Website in the Library section under Financials.





Architectural Review Committee Application Process 2022

Carole Dummett, Chair

Currently, all applications and forms are located at the Orchard Creek Resident Information Center along with ARC DropBox and posted Bark Samples.

The Sherwin Williams Paint Book is available at the Membership Desk for reviewing in the Orchard Creek Lobby.

All applications, checklists, and forms are also available on the Resident Website under ARC.

Paint Applications require a full-color photo of the home's front elevation, checklist filled out and signed with all appropriate blocks on the left checked with two full sets of all documents.

The Application Form for all other exterior improvements outlines checklists for your particular improvement, which must be checked and the corresponding checklist filled out, signed, and included in the application. Please submit two sets of all documents, a plot plan showing the area of work and current color photos of the home's front elevation

and the area(s) of work. You will also find attached to the application a list of all information required for your particular improvement.

Submittal time frame requirements have changed effective January 1, 2022. The ARC meets the second and fourth Monday of the month at 9:00 AM in the Heights/Gables rooms. Your application must be placed in the ARC DropBox at OC no later than 2:00 PM Monday before our next meeting (e.g., application must be submitted by February 21, for ARC February 28, meeting.)

ONLY applications with all required documents and signatures will be placed on our Agenda and reviewed by ARC. Jessie.Krost@sclhca.com will contact you if your submittal is incomplete. Please respond to the email or contact her at 916-625-4008.

Once reviewed, applications will be available within 24 hours for pick up at the Orchard Creek Membership Desk.



Compliance Committee Ready For New Growth

David Mateer, Chair

Well, it is starting to get a little warmer, and the days longer. Not only are we looking forward to the days ahead, so are our plants, lawns, and trees.

As the peak growing season is coming soon, now is a great time to prepare and help get our yards off to a healthy and beautiful start. Many of the flowers, such as roses, need to be trimmed back as they prepare for a new year of growth. Similarly, this is a great time to trim and shape many of the bushes in our yards. There are maximum height limitations for plants in various areas of our yards. For example, bushes along the property line in the front yard and along our driveways are limited to a maximum of 4 feet above the adjacent grade. For those who live on corner lots, those bushes closest to the corner are

limited 3 feet above road level so cars, golf carts, and bikes can see as they approach the intersection. When trimming, it is a good practice to trim a little below these maximum heights to allow for new growth.

Sometimes the plants look a little rough right after they are trimmed. Trimming at this time of year is great because the new growth will get them looking their best soon. This is a great time to fertilize the plants in our yards to further promote growth. For those of you with lawns, now is the time to also fertilize them. This will help them green up and get out of the slow growth cycle. Reseeding or repairing any bare spots in your lawn at this time of year will help ensure it is doing well before the hot summer months. Be sure also to check bark coverage to keep your yard looking its best and limit spring weeds.



Properties Committee

Living in an HOA

Lynne White, Committee Member

Homeowners' Associations (HOAs) can be a homeowner's best friend. Moving into Lincoln Hills requires us to join the community's HOA. As part of the HOA, the Properties Committee is in charge of the maintenance of common areas, shared structures, and exteriors. Besides the staff, our HOA is overseen by volunteers. We want to make our choice the best option we could have made. We always hope that shared amenities, rules, regulations, and self-government suits us best.

Homeowner Associations work! According to the Foundation for Community Association Research, "There are 30 times more HOAs in the United States today than there were in 1970. 92% of HOA members rate their experience with their community association as positive (70%) or neutral (22%). 88% say that their elected boards work to serve the best interests of their communities."

Realistically, it is amazing to get that many people to agree on anything, but they agree on HOAs. If people decide HOAs are right for them, they are in the majority and clearly happy with their choice.

Here is a look at how the Properties Committee works hard at keeping Lincoln Hills a wonderful place to live. With everyone owning an equal share of public space within the community, we do our part to preserve the public space. HOAs can provide a strong sense of community. If a big storm blows in and damages any part of the community property, we have the staffing and, sometimes insurance that

ensures we can repair or replace the damage.

So you can enjoy your time outside we monitor the maintenance of the tennis courts, pickleball courts, softball field, swimming pools, greenways, and parks. If you love spending time inside, we keep watch over all the activity rooms, including arts and crafts, cards, billiards, and the libraries.

The design of our HOA community tends to provide easier access to recreational amenities, restaurants, and lodges. Efficiency is one of the most well known benefits of a well-run, well-kept, and well-organized HOA. We are part of the efficiency that keeps our community looking attractive and pristine, contributing to the

stable property values in our community. We do not often think about the fact that our budgets can get tight. Sometimes the first things to get neglected are public pools, parks, community centers, and other amenities. However, for the Properties Committee, maintenance is the order of the day!

We never want

our residents to worry about our facilities being overgrown or falling apart. Our focus is to keep Lincoln Hills safe and beautiful. From basic maintenance to our infrastructure, we strive to go above and beyond, as we remain a top 55+ community.

We do our work quietly and seamlessly without much fanfare. When the sun is out, and the weather warms up, sit on a bench and look around. We are proud to be a part of your enjoyment of the physical properties and landscaping. We are available to all residents at our email address: Properties.Committee@sclhca.com.



Jennifer and Richard George



Accessibility Committee

Demographic Numbers and a Survey Are Accessibility Committee Tools

Judie Panneton, Chair

At our January meeting we voted to request demographic information from the Association to better understand the residents who live here. Committee members are looking for information that can provide clues to future resident needs.

A sampling of demographic information requested includes the average age of all residents in 2021, the average age of new residents in the years 2020 and 2021, and the number of residents who live alone. The committee has discussed collaborating with the Communications and Community Relations Committee to create and send a survey to residents based on the demographic data as part of the Accessibility Committee's mission to "assist and advise the Board of Directors on matters related to improving the inclusiveness within our community, through the adoption of technology and implementation of policies, programs and events as residents manage physical and functional challenges." A representative of the Communications and Community Relations Committee was scheduled to talk about surveys at the Accessibility Committee's next meeting this month. (The committee meets on the first Wednesday of each month from 9:00 to 11:00 AM.)

The request for demographic information and the survey possibility followed a discussion led by committee member Marcia VanWagner. She posed the question about whether the Association has a responsibility to provide support for people who can no longer participate in the active lifestyle here and may be having difficulty in a life transition or can no longer live independently. Committee members discussed the difference between a legal and moral obligation. The discussion (and meeting) were recorded. To learn more, please go to the Resident Website to watch the January video.

In addition, at our January meeting, committee members learned about the valuable work of Neighbors InDeed, thanks to the information provided by its President, Pat Togstad. Part of the mission of Neighbors InDeed is "empowering residents to maintain their independence." A 24-hour message hotline (916 223-2763) is available for questions and for services from volunteers who provide home maintenance assistance like changing furnace filters and light bulbs as well as replacing smoke alarm batteries and programming sprinkler systems and thermostats.

If Neighbors InDeed cannot provide services that people request, Pat Togstad said it would provide a list of resident-recommended professionals for consideration.

This non-profit also offers phone numbers for and information about services like free peer mental health counseling in your home, food assistance, and Adult Protective Services. For those who need short-term use of medical equipment, like wheelchairs, walkers, crutches, and canes, they are available to loan for up to three months.



Executive Director Kyle Bodyfelt reported that an induction loop was installed at the Kilaga Springs Aerobics Room. The loop enables those with hearing aids, which have telecoil capability, to directly connect their devices to an instructor's microphone and the music in the room. There also are listening devices that residents can use to help improve their hearing experience. Mr. Bodyfelt added that at a future meeting, he would provide additional information about the installation of more railings at the Amphitheater, locker room safety, and other related items to assist people in participating in activities.

For residents who have specific accommodation requests, there is a process. It begins with completing a Reasonable Accommodation form on the Resident Website and goes directly to the Executive Director.



Election News

Elections Have Moved to May

- There are three Director seats available in the 2022 Board of Directors election.
- The filing period closed on February 7. The names of candidates for the Board of Directors have been posted on eNews, the Resident Website and in both lodges.
- Both Candidate Statements and Member Issue Statements were due on February 11 and will be posted on eNews, the Resident Website, and in the March *Compass*. Candidates and Members who submitted their statement by the deadline may also place hard copies of their statement in a specified display area in both Lodges starting March 2.
- Questions for Candidate Forums may be submitted to Elections.Committee@sclhca.com starting March 2 or placed in the collection box in both lodges.
- You will have the chance to hear Candidates state their position and hear their responses to selected questions at the Candidate Forums on April 2 and 5.

Date	Day	Event
March 2	Wednesday	Candidate Forum Questions accepted
March 18	Friday	Candidate yard signs may be displayed
April 2	Saturday	Candidate Forum #1, 10:00 AM Ballroom (OC)
April 5	Tuesday	Candidate Forum #2, 6:00 PM P-Hall (KS)
April 11-15	Monday-Friday	Election Ballots Mailed
May 18	Wednesday	All Ballots due by 3:00 PM
May 19	Thursday	Ballots Counted, New Board seated

For more information, contact the Elections Committee at Elections.Committee@sclhca.com, or see the Elections Committee FAQ for more information on the Resident Website under the Elections Committee tab [sclhresidents.com](https://www.sclhresidents.com) > **Committees** > **Elections Committee**.



Lifestyle News & Happenings

Kindness Challenge

Suzanne Hughes, Lifestyle Assistant Manager

Let's start a Kindness Challenge, spread some beauty, write letters to soldiers, pay it forward, speak kind words to others, send a surprise to someone, thank someone for their service or compliment a stranger. We are grateful for this community the neighbors, the people we work with, and the beautiful surroundings we view every day. Gratitude is the path to kindness.

We are grateful that we have many great shows coming up in the next few months.

We have re-scheduled the concert of Award-winning Theater Star Kelly Brandeburg to **March 31 (page 65)**. The multi-awarded **Carolyn Sills Combo** returns to Lincoln Hills to perform Patsy Cline's hits and heart breakers. This special event will showcase Patsy Cline's upbeat honky tonk and country numbers, classic ballads, and lesser-known gems, all sung and played with amazing authenticity by Carolyn and her ace combo. Save the date for **March 25 (page 64)**.

Continuing with Entertainment, our very own *Lincoln Hills Players Club* will perform the award-winning Broadway musical *Damn Yankees* just in time for the 2022 baseball season opening. Let the antics begin with shows on **April 7, 8, 9, and 10 in the Ballroom (page 63)**. Laugh out loud with **KS Comedy Night with Dan St. Paul**, who is a nationally headlining comedian at some of the top comedy clubs in the country. Plan to join the show on **April 19 (page**

63). Experience an extraordinary Classical Guitar Recital from no less than award-winning classical guitarist **Keith Calmes** who returns to Presentation Hall on **April 22** with his son as special guest Cellist Alain Xiong-Calmes (**page 65**).

Looking for a trip? Escape to a unique urban oasis of extraordinary beauty at the **San Francisco Botanical Garden**, showcasing 8,000 different kinds of plants from around the world. Enjoy a guided tour of the garden and a delicious plated lunch at the famous Beach Chalet in their beautiful greenhouse. Join us on **March 16 (page 66)**.

Let's get back in the swing of things and cheer on the **Sacramento Rivercats** from the Pacifico Porch at Sutter Health Park and enjoy a pre-game BBQ Buffet. Sacramento Rivercats will be playing the **Oklahoma City Dodgers** on **April 24** and the **Tacoma Rainiers** on **May 22 (page 71)**.

ma Rainiers on **May 22 (page 71)**.

Grammy-nominated global music sensation Celtic Women returns with a brand-new show, **Postcards from Ireland**, celebrating the rich musical and cultural heritage of Ireland while taking audiences on a journey of story and song from across the Emerald Isle, **May 12 at Gallo Center for the Arts, Modesto (page 66)**.

If painting interests you, experience the excitement of painting your own masterpiece with **Sip & Paint: Aurora Over Water** on **March 18 (page 75)**.

Enjoy all the Lifestyle Department has to offer and get started on that Kindness Challenge.





The Spa at Kilaga Springs Random Acts of Kindness

KarriLynn Keith, Spa Manager

With all the craziness and uncertainty in the world today, we find ourselves in very confusing and tumultuous times. Sometimes I feel a bit overwhelmed and find myself searching for those comforting times of my childhood when everything was less complicated and scary. Everywhere I go here at Lincoln Hills, I am transported back in time to those kinder, gentler times when life wasn't so complicated, and the only concern on my young little mind was I better have my backside in that door before the streetlight comes on for dinner.

I have come to love and appreciate each of you who walk through our doors because you bring hope and laughter with every visit. I listen to your beautiful stories and life adventures, and I am reminded there are people who still truly care for one another. I'm so blessed to witness beautiful exchanges of encouragement and respect through the generosity of our residents as they partnered with us for the Salt Mine Food Ministry.

February 17th is a National Day of Celebration where we recognize Random Acts of Kindness. The staff at The Spa Kilaga Springs chose to celebrate each and every one of you because of your generosity in bringing joy and hope in a time when there's not much to celebrate. We want to take a moment and honor you for those small acts of kindness and generosity you have displayed.

Please join us this month at The Spa at Kilaga Springs as we celebrate you and share a little bit of love, hope, and joy through our touch during your monthly spa visit. We want to give back to all of you

who selflessly pour your hearts and souls into those around you.

Come in and take advantage of our beautiful Winter Apple Harvest Specialty Facial. This specialty treatment includes an advanced exfoliation with our HydroPeptide Apple Peel and Try-Enzyme Honey Peel products. Help your skin with clarifying and collagen-stimulating ingredients to help fight cold, dry winter weather. As a result, your skin will emerge renewed and refreshed, glowing and hydrated.

Indulge in one of our Aromatherapy Massages

featuring our seasonal aromatherapy experience that profoundly affects the human body, mind, and emotions.

Transport yourself into an aromatic adventure as our therapist guides you on a heavenly experience of the senses. Choose from one of our "Flight of Five" aromatherapy blends; I love, I play, I rejoice, I restore, and I unwind.

Change your

regular appointment up a bit by adding our CBD Massage to your treatment. Relax your muscles and give you the chance to recharge and rejuvenate while eliminating pain and stiffness. Allow your body and mind to relax fully and begin the healing process.

Dazzle your fingers and toes with our favorite Nail services. Dazzle Dry is the only vegan nail care system to dry in just five minutes and lasts up to three weeks. This treatment will enhance and strengthen your natural nails while giving them an amazing seasonal sparkle.

From the bottom of my heart, I truly thank you for sharing a little light and pouring a little love on this beautiful place. You give me hope for the future and a brighter tomorrow.



Left to right: Julie Willett and Kelly Gomes

Let us serve you with a view

Meridians

Restaurant & Bar

Positive Motion

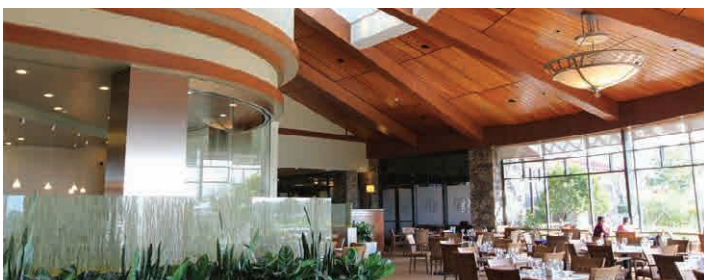
Jim Trondsen, Director of Food & Beverage

Can you believe it, 2022 is here and by the time you are reading this I will be a month shy of 1 year with Lincoln Hills. Meridians, Kilaga Café, and our catering and events department are back up and running and financially much better off than when I arrived. Each day more and more positive comments on our food, drink, and service. Now I know that we will make mistakes, as no one is perfect. So if something is not up to your expectation, communicate right then and there, do not wait, and do not call several days later. Allow us to fix the issue, let's work together to continue to move Food & Beverage forward.

The next steps for me in 2022 is to start the planning process for the remainder of the year this includes upcoming holidays and events, along with menu planning and or buffets options if applicable. Certainly, the concert season and poolside happy hour will be upon us soon, so there is much to do. Another big opportunity is a refresh of the Sports bar and Meridians. I am using all of the reports generated by the Food & Beverage task force as my guide to move this project forward. This will start with a big picture look at all the opportunities as we move into the process. It would be easy to add carpet, new tables, and chairs, but we need to plan accordingly if we are moving walls and equipment. If you have ever done a remodel to your kitchen, you know the work involved and now throw in inspections and permits by the local Health, Building, and Fire Departments, it becomes a little more challenging.

We have been replenishing and restocking all of our tableware needs over the last six months, but now we need to look at the operation's big picture needs to ensure we have enough items on hand to serve 350 to 400 guests at an event.

A little peek into what will be happening in Food & Beverage over the next couple of months.



Chef's Recipe of the Month:



Cacio e Pepe with Favas and Peas

Ingredients

- ½ pound English pea pods, shucked (about 2/3 cup peas)
- 1 1/4 pounds fava bean pods, shucked (about 1/2 cup peeled favas)
- ½ pound spaghetti
- 2 tablespoons unsalted butter
- ½ tablespoon very coarsely ground black pepper
- 1/3 cup shredded pecorino Romano, plus more for serving
- ½ cup grated Parmesan
- Coarse kosher sea salt, to taste
- Extra virgin olive oil, for serving – I prefer California Olive Ranch's Arbequina

Instructions

- Bring a medium saucepot of salted water to a boil. Meanwhile, fill a medium bowl with water and ice and set a fine-mesh strainer in the bowl. (Be sure to keep ice out of the strainer.) Blanch peas for 30 seconds and use a slotted spoon to transfer peas to strainer in an ice bath. Let sit for 5 minutes and pull up strainer to drain peas. Repeat process with fava beans, cooking for 1 minute. (You can use the same pot of boiling water that you used for peas.) When fava beans have been blanched and cooled, slip off peels.
- Bring a large pot of heavily salted water to a boil. Add pasta and cook until 1-minute shy of al dente (about 8 minutes). Drain, reserving 1/2 cup cooking water.
- In a large skillet, melt 1 tablespoon butter. Add pepper and sauté for 1 minute, or until fragrant. Add 1/4 cup of the cooking water and the remaining butter to pan. Stir until butter is melted and sauce begins to thicken about 30 seconds.
- Add cooked pasta, pecorino, and Parmesan and toss until cheese melts, about 30 seconds. Add peas and fava beans. Toss very well to coat, adding more pasta water if the pan seems dry. Season with salt to taste.
- To serve, sprinkle each portion with more pecorino and drizzle with olive oil.



WellFit News

Why Is it So Hard to Develop Fitness Habits?

Deborah McIlvain, Lifestyle, WellFit & Spa Director

A fitness habit is harder to form than other habits, but the way we think about fitness can make it harder. People often try to advise beginners with quotes like “just do it,” “get motivated,” “you got this.” But this can leave many questions; how should I just do it? How often should I do it? Where should I do it? Without answers to these questions, exercise can seem like an overwhelming unpleasant chore. The truth is you might think you are lazy, but you are not, and slips up will happen and are to be expected. You cannot do this on willpower alone.

Habits are cued by other activities in our lives like brushing teeth, taking a shower, and eating because a clock will tell us the time we do these. Connecting exercise to an event that you know will happen is a great way to stay consistent. Let’s say you get up at 7:00 AM every day. Instead of just getting up to read that morning paper, have your workout clothes ready and go straight to the gym instead. If you leave work at 5:00 PM instead of going straight home, bring your workout clothes with you and go to the gym. This will give the cue just like other habits you have. Also, give yourself a reward or something small to look forward to when your workout is over. Like reading that newspaper in the morning when you get home. Weekends can

also be more challenging than during the week, as we do not have these cues to rely on. Without a cue, it’s a lot harder to get moving. I mentioned above, having your workout clothes ready to go keeps us a little more invested. Another good motivation is to find a partner to meet up with, you are hardly going to leave them hanging.



This is where WellFit can help you develop that habit. We are starting a 100-day challenge. Research also shows that if you do something consistently for 100 days, it will be easier to form that habit. The challenge is for the regular gym goers and also for beginners, along with people who have lost that habit due to COVID. If you are a beginner, I wrote earlier in my article you may have questions on how do I start, what do I do? and how often do I do it? We have you covered, plan to attend the kickoff party for the 100-Day Challenge, watch for orientation dates. These orientations will

familiarize you with the fitness centers, answer your questions, and lead you in the right direction to start your new fitness habit (free if you registered for the challenge).

Do something kind for yourself, friends and neighbors by starting this healthy new habit. This friendly challenge is based on visits to either of the fitness centers. For more information on the challenge, please see our ad on page 84.

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A patriotic quilt donated to the Patriots Honor organization

Threads of Friendship and Love

Linda Lucchetti, Roving Reporter



A work in progress

Busy hands are happy hands. If this adage is true, the Needle Arts Club must be ecstatic! One of the oldest in our Lincoln Hills community, with Jeanne Hellend, president, the club encompasses a patchwork of groups like sewing, quilting, stitching, counted cross-stitch, needlepoint, applique, and fiber arts.

One of the club's busiest groups is Community Service, whose mission is to create and donate quilts and knitted items to those in need in both Lincoln Hills and neighboring communities. These

happy hands are turning out beautifully finished pieces made from the heart and sewed with love for children, teens, and adults in need of warmth and kindness.

Here's a stunning statistic: A total of 2,158 quilts were donated by the Community Service quilters from April 2012 thru 2021, with some 193 quilts donated just last year during the pandemic. That's more than the seating capacity (150) in Presentation Hall.

Visit the Sewing Room at Orchard Creek Lodge on any Thursday morning, from 9:00 AM to Noon, and you'll witness individuals as busy as bees, working with others or by themselves on quilting, sewing, or knitting projects tagged for more than a dozen charitable organizations, such as: Kids First (children and families in crisis); Koinonia (teens in crisis); pediatric hospital patients; Loomis Basin Christmas Basket Program; Patriots Honor, veteran amputees; and, Hearts Apart (Beal Air Force

Base children of deployed military personnel). Quilts are also donated to various organizations for their fundraisers.

With so much activity in the Sewing Room, it's no wonder there are plans underway to expand the space. Stand by for more details.

The Community Service Group's mantra, "it takes a village," may be a familiar saying, but nevertheless suitable here. Shirley Rainman, the Needle Arts Club's vice-president, explained that the Lincoln Hills community is the village, donating no longer needed fabric belonging to residents to the group in order to create beautiful quilts which are given back to the community to help those less fortunate. (Fabric donations are received at the Sewing Room on Thursday mornings.) Such is the circle of giving and neighbors helping neighbors.

If it takes a village, there must be organizers. Claren Bolton and Bev Johnson head up the quilters, while Sharon Magnusson guides new volunteers in the particular standards of quilting. The knitters, under the direction of past president Shirli Lent, provide the blankets, hats, and scarves to local organizations for distribution to children.

Hats off to those who spread love one stitch at a time!



Shirli Lent knits baby and children's blankets

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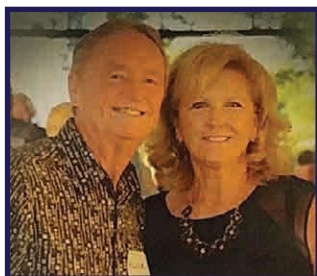
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Coming Together to Grow a Community

Random Acts Define Us

Richard Pearl, Roving Reporter

Just as there are two sides to every coin, there are two possible sides to our personalities. First, there is our Better Angel side, and then there is that Other Person.

Since we live in an age-defined community, we can safely say that we all have decades of experience that have helped to shape us. We are who we are.



Have We Outlived Civility?

The last two years of COVID have really ramped up how we react to changing circumstances. We're angry at the dislocations

that have sometimes taken our loved ones, caused physical pain resulting from the disease, and robbed us of family visits and vacations. These are years we're not going to get back and, in the immortal words of Howard Jarvis, "We're Mad as Hell"!

There's a real battle going on with our Better Angel and Other Person sides. Frankly, it's only to be expected because whenever we seem to gain ground on COVID, we're pulled back; we don't know whether we're on the 50-yard line or the five-yard line.

Yes, COVID and its limiting requirements will continue to plague us, but it does not have to define us. I am constantly amazed to drive along our streets and see the number of couples who are walking hand in hand, of cars stopping and waiting for other cars to pass; of the hearty good

morning greeting from strangers as we pass each other.

I recently read that humans have a natural proclivity towards the negative, as eons in evolution rewarded those who prepared for the worst as opposed to those hoping for the best. An NPR poll taken in late 2019 found that 84% of Americans thought we are angrier today than a generation ago. Examples abound, but social media has brought new lows into our relationships. We have all seen some very angry posts on social media, words that would not have been spoken if that person were sitting across the table from us.

February is primarily known for Valentine's Day, a day to remember our loved ones and do something special for them. Let's stretch that day to last a year and remember that this is our one life to live.



We're Talking, But Are We Listening?

There is nothing more startling than a random act of kindness. Sometimes it just leaves people speechless! It always benefits the giver more than the receiver. Let's all give it a try, starting tomorrow and continuing every day this year. Helping others...the ultimate medicine.

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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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NEIGHBORHOOD WATCH PRESENTS SPRING SAFETY SYMPOSIUM

MARCH 17, 2022



Neighbors Helping Neighbors

Who: Lincoln Police Chief and Placer Protect

When: Thursday, March 17, 2022 from 1:30 pm - 3:30 pm

Where: Orchard Creek Ballroom

Chief Alves and his team will be here to share an overview of the Police and Fire Department, crime and fire statistics and prevention, and volunteerism in our community. Topics will include how to handle solicitors at your door and vial of life.



How can you PROTECT yourself against scams and elder abuse? Placer PROTECT

can help! Join Shannon Quigley, Laura Mitchell, and Karen Bone to learn more about scams targeting seniors, fraud prevention, the signs of elder abuse and what you can do to keep you and your neighbors safe.



**MISSION STATEMENT: Strengthen Neighborhood Ties, Increase Personal Safety & Security Awareness
Be the "Eyes and Ears" of Lincoln Police and Fire Departments, Encourage Emergency Preparedness**

Brought to you by Neighborhood Watch and Lincoln Hills Community Forum in support of NW Mission Statement

Beyond Neighbors Helping Neighbors— Random Acts Of Kindness

Teresa Tanin, Neighborhood Watch

Neighborhood Watch provides many services that bring out the best in all of us. Our residents, with safety in mind, go beyond neighbors helping neighbors to random acts of kindness. For example, a quick phone call to a neighbor, picking up a day-old newspaper, returning trash cans, or helping to find a lost pet, are random acts that are not only kind, but they also contribute to our safety.

To learn more about safety, Neighborhood Watch is hosting, together with the Lincoln Hills

Community Forum, the *Spring Safety Symposium*, on March 17, 1:30-3:30 PM, in the Ballroom (OC). We are grateful to the Lincoln Police Chief, Matt Alves, and his team for making this Safety Symposium possible. Residents are encouraged to attend, ask questions, and receive pro-active tips to curtail break-ins, solicitors, and scams. Additional emphasis will focus on fire prevention, evacuation plans, vacation checks, the Lost Pet Alerts Program, and the Vial of Life.

We also welcome *Placer Protects*

and speakers: Laura M. Mitchell, Senior Victims Advocate; Shannon Quigley, Deputy District Attorney; and Karen Bone, Adult Protective Services Social Worker. Learn about senior-targeted scams and signs of elder abuse.

Random acts of kindness often go beyond neighbors helping neighbors providing conditions for a safer place to live. Neighborhood Watch is a proactive organization. Join us in our quest. Stay safe and take a chance on a random act of kindness—we love our neighbors!

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Heart to Heart

Shirley Schultz, Roving Reporter



February is heart month. From a health standpoint, older adults present many heart-related issues to choose from for discussion: rhythm problems (arrhythmias) such as atrial fibrillation, heart-pumping issues such as congestive heart failure, and heart attacks (myocardial infarctions), to name a few. Instead, it is timely to talk about a heart condition often mentioned in relation to the

COVID-19 vaccines, which relatively few people have and most are unfamiliar with. This condition is **Myocarditis**.

The heart muscle is called the myocardium. The outer lining around the heart is called the pericardium. Myocarditis is inflammation of the heart muscle, and pericarditis is inflammation of the outer lining around the heart. Myocarditis and pericarditis have been reported rarely after the Moderna and Pfizer COVID-19 vaccinations, especially in adolescents and young adult males, usually within a week of receiving the vaccine, and more often after the second dose.

The symptoms of Myocarditis may include chest pain, irregular or rapid pulse, shortness of breath, fatigue, swelling in the legs, ankles, and feet, and headache. Contact your doctor, especially if

you have chest pain or shortness of breath. Most cases of Myocarditis go away without permanent complications, but in severe cases, permanent damage to the heart muscle can occur.

Potential causes of Myocarditis include but are not limited to:

- Viruses such as common cold viruses, herpes simplex virus, hepatitis B and C, COVID-19, mononucleosis, HIV, and German measles (rubella).
- Bacteria such as streptococcus, staphylococcus, tick-borne bacteria causing Lyme disease, and diphtheria.
- Parasites from around the world.
- Fungi including yeast infections and molds such as found in bird droppings.
- Medications or illegal drugs which may cause an allergic or toxic reaction.

- Chemicals such as carbon monoxide.

- Radiation.

- Other diseases such as lupus, Wegener's granulomatosis, and giant cell arteritis.

Organizations such as the Myocarditis Foundation and the Mayo Clinic support the CDC recommendations for vaccination for COVID-19 and other vaccines. Talk to your health care provider about whether the benefits outweigh potential risks for you.



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Hearts of Hope

David Wright, *Roving Reporter*



Suzanne in her workshop

Suzanne Schmidt is a glass act. As a talented artist and a breast cancer survivor, Suzanne's heart goes out to cancer patients—literally. Utilizing her glass-crafting skills, she sent pink hearts of hope to women being treated for the dreaded disease.

Suzanne's interest in glass art began in 2007 while visiting her sister in Las Vegas. She attended a glassmaking expo, took classes

taught by world-renown expert crafters, and was blown over. She has been doing glasswork ever since—even starting her own sideline, “A Touch of Glass,” in the workshop of her Lincoln Hills home.

Eight years ago, Suzanne was diagnosed with breast cancer. During her recovery, she needed a distraction from the side effects of the arduous treatments. Inspired by a nurse's seven-year-old son, who gave her a rock with the word “hope” painted on it, she came up with the idea for her own fused-glass symbol of hope. Her surgeon, Dr. Elizabeth Kim, linked Suzanne with the network of ladies needing emotional support during their treatment.

Suzanne took it from there. Over a three-year period, she “pane-stakingly” cut the glass shapes by hand. Eventually, when neuropathy took control of her hands, she accepted the help of a friend, who did the

last load of cuts in his machine shop. Next, Suzanne added the finishing touches—grinding out the rough edges, washing the glass, firing them in her kiln, adding the decals, and firing them again. Each heart took four days to make. Once completed, she placed the heart in a decorative box with her personal message of encouragement: “When your cancer therapy becomes uncomfortable, please remember that my heart is with you.”

Championed by her husband, Chuck, she made over 2,000 glass hearts. As a testimonial to the impact of her kindness, Suzanne has gotten dozens of thank you notes—including one from the Governor of Alabama, who, during her own cancer battle, received one of Suzanne's hearts through a mutual friend. Future breast cancer survivors described clutching their glass hearts during their therapy sessions as a reminder that they, too, can conquer the beast. Many shared success stories of becoming survivors and regifting their hearts to others in need of encouragement.

Suzanne no longer makes the hearts. Understandably, she wanted to put cancer behind her. But Suzanne Schmidt can be rest assured that her “Touch of Glass” has touched many lives—turning the disheartened into the heartened.



Even a special heart for a prostate cancer patient



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In Memoriam



Gerald Grant

Gerry grew up in San Francisco and graduated from Lowell High School, Cal Berkeley, and UC Hastings Law School. As an attorney, he specialized in helping those injured on the job. He loved fly fishing, golf, the 49ers, playing Bridge, and watching the stock market. But his greatest loves were his wife and family. Gerry had a kind heart and loved and laughed easily, enjoying entertaining friends and neighbors. He is dearly missed by his wife of 33 years, Margi, three children, four grandchildren, and his brother and sister.



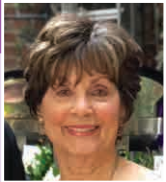
Richard Griffin

Born in Wyoming, Dick joined the U.S. Navy after high school and served as a Corpsman attached to the Marines. After discharge, he enrolled at the University of Wyoming and joined the Hartford Insurance Company. Eventually, he formed his own insurance services with the primary goal of developing insurance programs to benefit members of different trade associations. He loved this business and also enjoyed golf, water walking, the gym, and the fishing pond with his grandsons. He is survived by his wife of 61 years, Rose Marie, two daughters, their spouses, and four grandsons.



Rosemarie Gutmann

Rosemarie was born in Germany, and she worked as a maid and nanny for American Officers stationed in Germany. She immigrated to the U.S. in the 1960s and lived in Burlingame, California. She worked for Union Pacific in San Francisco and eventually moved up in the company learning to drive the Amtrak train. During the 1987 earthquake, she and one other person were alone on the 3rd floor of the Union Pacific building on Market Street and had to escape the building and get home. Here Rosemarie enjoyed hiking, skiing, tennis, and bird watching. She leaves one brother in Germany and many friends.



Janice Lee Howe

This is a love story. Jan met her future husband at age 5 in Pennsylvania. Family moves brought Jan to California, and years later, she learned that Dick's Navy ship would be docking in San Francisco. So she and her mother met the ship, it was love at first sight, and they married a month later! They shared a truly happy life together, filled with love, laughter, and family. She was a character, beautiful, loving, caring, generous, and fun to be around. They enjoyed dancing and being around family and friends. She leaves her husband of 68 years, two children, eight grandchildren, sixteen great-grandchildren, and many extended family and friends.



Carol Mintz

Growing up in Michigan, Carol graduated from the University of Michigan with a teaching degree and a husband. They moved to Berkeley, where she taught elementary school in Oakland and Hayward. They raised two children, and then she returned to Cal State University, Hayward, and eventually taught English as a second language. She went on to a paralegal program where she obtained American Bar Association accreditation, and she led a dozen other programs at the university level. Retiring here with her husband, they enjoyed travel, hiking, biking, attending concerts and plays, and participating in wine, dinner, and political groups. Carol is survived by her husband of nearly 60 years, Leigh, two children, their spouses, and three grandsons.



Steve Pizzo

At 101, Steve had a full life. A native San Franciscan, he worked at his father's restaurant at Fisherman's Wharf. He was drafted into the Army and served in WWII as a cook on a ship while sailing up and down the Aleutian Islands. Following that, he worked for the U. S. Postal Service as a carrier for 30 years. He married Celeste, and they enjoyed 50 years until she died. Steve was an accomplished accordionist and played throughout the Bay Area. Over the years, he was a member of the Elks Club, Accordion Club, and the Italian Social Club. He was an avid bowler and, at age 79, met his next love, Violet Petersen. They moved here, and Steve enjoyed playing his accordion on the patio of his home. He played pool while legally blind and performed the accordion in the talent show. He leaves many family & friends.

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

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Amateur Radio

“CQ, CQ, CQ this is KN6DRN calling all fellow Ham Operators.” Why not dust off your radios and take a new look at our club this year. Several less-active members have rejoined us and are checking into our weekly net. One new member, Gerry, KG6OQE, rediscovered his interest in the hobby and has added his call sign into our Net Rotation as a Net Control Operator. Meetings are held at the South Tower every Monday at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG.

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



Ballroom Dance

Leif and Darlene Andreasen were enthusiastic dancers who started our club in January of 2001. Leif states he and Darlene were not planning to teach but were going to use professional videos played on a television screen in the OC Ballroom. At first, things were very informal. It was a small



Leif and Darlene Andreasen

group of people who got together every week and danced. After a while, the students commented that the videos were going too fast for them. They asked Leif and Darlene to teach the dance steps. Reluctantly Leif and Darlene began giving a lesson every week on the common ballroom dances like Fox Trot, Waltz, Swing, etc. Eventually, instruction became more structured with a lesson, followed by an hour of dancing and then another lesson.

Contact: Ruth Algeri 916-408-4752



Big History

In partnership with the Sacramento State Renaissance Society, we kick off the spring semester with some stimulating presentations and discussions. Join us at 10:00 AM on Mondays via Zoom. We will present War and Civilization: How War Contributes to Civilization (February 21), Can a Study of History Predict the Future? (February 28), Money: A

History (March 7), and Ancient Cities (March 14). Big History combines the interdisciplinary viewpoints of history, science, and the humanities to explore human existence in the context of the bigger picture. Join us on this journey of peer-to-peer learning for the sheer joy of it.

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



Billiards

We are well into the new year—time for another fun year of tournaments, our workshop, and casual play. Tournament Leaders began collecting dues on January 1. The dues will remain at \$10 for the year. We welcome new residents, residents returning to pool, and residents who have not played before. We are offering free lessons at our Workshop on Tuesdays at 9:00 AM for the first session and 10:15 AM for the second session. We are offering lessons for all residents, men



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and women, beginners, intermediate, and advanced players. Just show up and see what we have to offer, with a chance of meeting new friends! Rookie Tournament winners are first-John Gilmer/Howard Beaumont; second-Anne Mitchell/Mary Berry. Lori Wisner not pictured.

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



Bird

Our programs are held in P-Hall (KS) at 1:30 PM on the second Monday of the month. On March 14, Professor Mike McGrann, Chair, Institute for Biodiversity and the Environment at William Jessup University, will present a talk on the research on bird diversity on the Pacific Crest Trail and/or a local study on burrowing owls and the use of artificial burrows and camera "traps" to monitor the burrows. On February 18, we are planning



GEESE COMING IN FOR NIGHT LANDING AT THE SALT POND

Canada Geese at Salt Spring Pond by Larry White

a local walk from Coyote Pond along the Twelve Bridges trail. Meet at the Coyote Pond parking lot at 8:00 AM.

Contact: *Sal Acosta 843-991-5188, suncitybirders@sclhbirders.org*
 Website: *sclhbirders.org*



Bocce Ball, Mad Hatters

Looking back to December, we recall the wonderful Potluck Christmas Party that was put on by our leader, Paul Mac Garvey, and our Secretary, Cindy Uptain. Thirty-two players and guests attended. The food was more delicious than could be expected, and the socializing was more than can be had on the courts. Several members entered our Ugly Christmas Sweater contest, but most sweaters were pretty. Jim Boekel got honorable mention, and Sharon Baring won a prize for best-looking sweaters. Norm Cherubino won a prize for Ugliest Christmas sweater. The Mad Hatters will continue to meet on Thursdays at 10:00 AM. All residents are eligible to participate. New, inexperienced, and handicapped players are welcome. Lessons are available.

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



Book, OC

January's meeting was planned to be in person.

Unfortunately, at the last minute, we decided to meet on Zoom. We enjoyed a lively discussion on Willa Cather's book, *Death Comes for the Archbishop*. February's book is *The Book of Longings* by Sue Monk Kidd, and March is *The Girls in the Stilt House* by Kelly Mustia. Book meeting reminders are emailed the Sunday prior to the meeting date, which is the third Thursday of each month, 1:00 to 2:00 PM in the Multipurpose Room (OC) or on Zoom. Future meetings will be evaluated monthly for in person or Zoom purposes. To be sure you receive notice of future meetings, forward your email information to Dale Nater at *ocbookgroup@gmail.com*. All are welcome, please join us.

Contact: *Maureen Deal, modeal2010@gmail.com*



Bridge, Duplicate

Happy New Year, and welcome back to an exciting new year of bridge. We play at our usual location at KS every Wednesday and Saturday at 12:30 PM. Our first game of 2022 had 11 and a half-open tables and five and a half C tables. The club is extremely happy to welcome the C players (players with less than 200 Masterpoints) back to the table. We are hoping to



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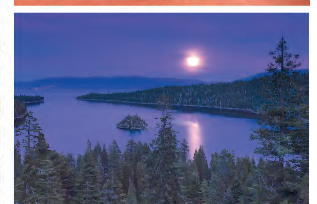
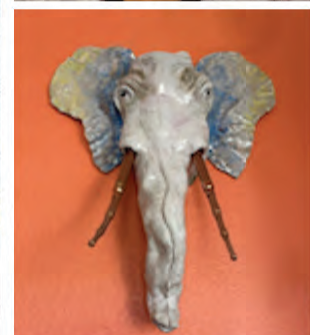
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2020 Best in Show - "Caples Lake" by Pete Henshaw; 2020 First Place Painting - "Turban Man" by Bob Green; 2020 First Place 3-Dimensional "Elephant Mask" by Michael Moyer; 2020 First Place Photography "Emerald Bay Moonrise" by Alan Adler

increase this number to seven to nine tables with more returning members and, hopefully, some new players! At the January 12 Board meeting, we welcomed a new Board member, Jim Worley. Jim is now our Committee Chair of Education. Proof of vaccinations and reservations are still required by email to elisehomer@gmail.com. Masks are required until further notice.

Contact: Susan Brenden 530-320-9137, momrnsf@hotmail.com

Website: Bridgewebs.com/lincolnhills



Bridge, Partners

Call for reservations or show up with a partner in the Sierra Room (KS) by 5:30 PM Thursdays. Play begins at 5:45 PM. The hosts for February are Kay/Ben Newton 916-408-1819. Each table should finish four hands in 30 minutes, as we must vacate the room by 8:30 PM. Winners for December 16 were: first-Joanna/Alan Haselwood, with high round 2010; second-Barbara/Tom Moran; third-Rose Phelan/Kurt Wolff; and fourth-Ray Henry/Jay Southard. December 23 winners were: first-Carla/Mark Green with high round 1550; second-Phil Sanderson/Chet Winton; and third-Dolores Marchand/George Hubbard.

January 6 winners were: first-Patty/Tom Mack; second-Carla/Mark Green; third-Barbara/Bud Hunt; and fourth-John Butler/Byron Hansen, with high round 1640. January 13 winners were: first-Chet Winton/Phil Sanderson; second-Joanna/Alan Haselwood; and third-Dolores Marchand/George Hubbard. Bob Calmes/Jay Southard had high round 1470.

Contact: Linda McDermott/John Butler 916-295-6769.



Bridge, Social

Welcome back. We enjoy seeing everyone here and hope to see more of you each week. The winners for December 10 were: first-Tom Mack, second-Linda Scott, third-Viven Sitnala, and fourth-Alan Haselwood. Good scores. The December 17 winners were: first-Jean Beyer, second-Patty Mack, third-Byron Hansen, and fourth-Judy Olson. Congratulations to all of our players. Wednesday teaching is Beginner at 9:15 AM and Advanced Beginner at 10:15 AM. Contact: Judy Olson 916 408-1435, johnnymike700@gmail.com



Ceramic Arts

Happy Valentine's. We're on our way into Spring. It's a good time to try

something new. Sign up for the beginner's pottery class and see what fun you can have. Our teacher, Jim, will see that you have the materials you need to get started and help you with your project. Other students are also good sources of inspiration and ideas. Potters of all levels are willing to share what they've learned and "how to" information. Check out Pinterest for designs and glazing techniques. Drop by the Ceramic Room to see completed pieces on display and talk with potters about their projects. Look through the pottery reference books in the room or at the library for more ideas. Hope to see you soon. You can do this! Website: cagsclh.net



Chorus

"Chasing Rainbows." The theme for our upcoming Spring concert in May, fittingly expresses what Lincoln Hills residents are all feeling! With the current storm clouds of the Omicron variant, is there a rainbow out there whose multicolored celestial display promises sunny (and COVID-free) days ahead? The Chorus thinks so, as we are now rehearsing with various new versions of "singing" masks, optimistically preparing to lift everyone's spirits with songs



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like "Aquarius," "Colors of the Wind," "Everything's Coming up Roses," and several award-winning Disney movie musical hits. Tickets will go on sale on February 17 in both lodges and online at sclhresidents.com (see page 35 for ticket information). As we wowed full-house audiences in December, we promise the same in the Ballroom (OC) on May 5-6-7!

Contact: Mari Long 916-409-9136, mlong24sjca@sbcglobal.net
Website: lincolnhillschorus.org



Spring concert to inspire with uplifting songs

Computers

Apple Users



This week, Andy Petro will continue his series on "iPhone Essentials in iOS 15." He will explore even more iPhone features embedded in iOS 15. Later this month, Bill Smith will cover the essentials you need to get started with the Apple Watch as well as new concepts for experienced Apple Watch users. He'll cover topics such as setup, watch face design, gestures, control

center, and Siri. He'll discuss the Emergency 911, Medical ID, and Fall Detection features, as well as health and activity monitoring. If you haven't done so already, please renew your membership. See the website for the membership form, videos of past seminars, calendar of events, support information, the Classifieds page, and more.

Contact: Vicki White 916-913-6833
Website: lhaug.org



Country Couples

As we write this, we are anticipating our Valentine dance which will include a potluck dinner, desserts, music, and of course, dancing! If you're interested in joining, please visit our website to read about the club and see pictures taken at our dances.



Country Couples dancing a line dance

The membership form is there, and we encourage you to fill it out and join us! If you are new to country dancing, a good way to start is to take beginner lessons which are held Mondays at 7:00 PM at KS. It's a fun class and a

great way to meet other couples. Look for the class in the *Compass*. For more information, please go to our website or contact us.

Contact: April Cederburg 916-390-3931
Website: sclhcc.com



Cribbage

OK, your team didn't win the Super Bowl, March Madness is a month away, and so what is there to do? There is a cheap and fun alternative. Come play cribbage on Tuesdays starting at 8:30 AM in the Card Room (OC). You'll compete against these recent winners: Jon Kune, Lynn (twice in two weeks) Bell, and Hayward "The Shark" Monroe. There are a lot of "Old Time" Cribbage players out there, so please come play and swell our numbers. The quiz for this month is: you were dealt four 7's (one chance in 270,725, but possible). What card would you LOVE to have "turn up?" Call Mel Switzer at 510-589-7658 for the answer. See you on Tuesdays at 8:30 AM.

Contact: Rae Cook 916-251-6241, melectrics@aol.com



Cyclists

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



Euchre

If you like to play trick-taking card games, you will love Euchre. It's simple to learn, yet there is some strategy to it! If you are new to the game or need to brush up, check out the website trickstercards.com/home/euchre/. Look for the option "play to 10, 9-Ace". We meet on the second and fourth Thursdays of the month from 6:00

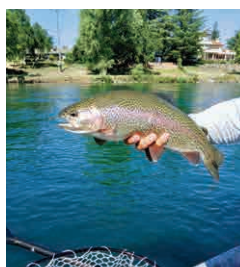
to 8:30 PM in the Card Room (OC). We are no longer sending Evites for each day we play. It will be drop-in play. If you wish to get a reminder earlier in the week for Thursday, please email us to be put on the reminder list. All are welcome. Please wear your name tag.

Contact: 916-408-0948, sclheuchreclub@gmail.com



Fishing

Gary Hoffman fished Collins Lake on January 12. He worked the shore near the picnic grounds, then down to the dam with no luck. Very few anglers were there, and the one angler he spoke with caught one trout about 16 inches. Gary rigged his rod with power bait and night-crawlers. Even though the lake had been planted recently, fishing was S-L-O-W. The conventional anglers meet at KS Garden on Fridays at 8:30 AM or sometimes at the Waffle Farm. Fly anglers are meeting at the Waffle Farm on Fridays at 8:30 AM. General meetings are held the second Monday, monthly at P-Hall (KS) at 7:00 PM (temporarily suspended).



Gary was fishing for this, alas no dice.

Contact Ralph if you are interested in joining the Club.

Contact: Ralph Tonseth 559-860-9104, ralphtonseth@comcast.net



Garden

Greg Gayton is a California Certified Nursery Professional. He has been with Green Acres/Matsuda for 43 years, and we are fortunate to have him as a guest speaker for our February 24 General Meeting, 2:00 PM, KS. The topic will be: "Indoor Houseplants-How to Care and Select!" His duties are in the marketing department of Green Acres and answering emails (gardensolutions@idiggreenacres.com). Greg is the photographer for their website and garden catalog and helps drive their Podcast. The meeting will include membership registration for new and renewal members, Brown Bag Sales, and tickets for members for door prizes. Master Gardeners are available for Q & A before the meeting. Enjoy a YouTube put out about him by a



Greg Gayton - California Certified Nursery Professional-Green Acres

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

Website: lhgardengroup.org



Genealogy

Our February live presentation will be on February 21 at 6:30 PM in P-Hall (KS), with member Carole Moore talking about DNA for Beginners. Carole is very knowledgeable about DNA. Masks are required. We are not able to do both live presentations and Zoom, so there will not be a video available. We still need members to help with various activities. Please consider volunteering. Memberships are due for 2022, and a separate notice to members has been sent to renew. New members are welcome. Go to our website for applications under home/memberships. The Computer Lab is up and running and will have our subscriptions. We are resuming Walk-ins for the first Monday in February. Watch for our member email invitation.

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

Website: suncitylhgc.com



Golf

Ladies XVIII

We begin our new year with over 100 members, including

six new members. We play on Thursdays, alternating between courses. The tournament committee puts together a different format each week from an array of games to make it fun. Our members sport handicaps from 10 to 40 plus. We welcome all levels of play. It does not take long to establish a handicap in the event you want to join our club, but lack a handicap. Membership information is on our website. Linda Chappellear, Membership Chair, is happy to fill in details. Additionally, many of our gals meet after golf in the Sports Bar for lunch to get to know one another better and share some laughs. Come join the fun.

Contact: Linda Chappellear 916-409-0151, linda_chappellear@sbcglobal.net

Website: lincolnhillsladiesgc.memberplanet.com

Lincsters

Welcome to another year of golf, comradery, and masks! Yes, masks are still required in the Pro Shop. Wearing masks in carts depends on the occupants' sensitivity level. Private cart drivers MUST check-in early with Kate (our starter). The first 2022 general meeting of the Board is on March 10. The Board

is still looking for a photographer and a Tournament Chair. The Signup board is out front of the Pro Shop. Welcome new members: Mikie Briggs, Nancy Dame, Lora Finnegan, Dori King, Judy Matson, Linda Reynolds, Joyce Spisak, and Carri Wik. Happy Birthday to Darlyne Giorgi, Kate Gold, Barbara Mikacich, Ruth Pennington, Fran Rivera, Angie Roy, Joan Sprague, and Carri Wik. Remember, the Lincsters' website is available for reference. See you on the course!

Contact: Nancy Hastings, Membership Chair 916-645-5590, nhast38@yahoo.com

Website: Lincsters.com

Men's

Be early and get your signups in for the Tournament of Champions and the Just For Fun event. This will take place on March 22, starting at 8:30 AM. This is Individual Stroke Play and will be held on both the Hills and Orchard courses. This year if there is interest, we will be hosting a "President's Cup" – type tournament with two-person match-play teams. This could go on for four weeks, and it would be up to the players to book their tee-times and complete their rounds. Mike Munro will pursue this for a May/June



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event. Look for more information soon.

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

Website: mgclh.club



Hiking & Walking

The hiking group has had two very successful fun hikes for the New Year.



Pleasant Grove Creek

Wednesdays, the walkers do a brisk walk on the many trails in Lincoln Hills. Join us! See the wondrous nature that surrounds us. Since the hiking and walking group are one club, you can participate in both areas, walking and hiking, every week! Hike leaders and new places to explore are welcomed!

Contact: lhhikers@gmail.com

Website: lincolnhillshikers.org



Investors' Study

The next meeting is Thursday, March 3, at 2:30 PM in P-Hall (KS). Russ Abbott or Matt Bopp of Morgan Stanley will present their playbook of market information and observations.

Discussions range from where the markets are trending, inflation, interest rates, and how these may impact us as investors. All attendees have an opportunity to ask questions. The group is open to all residents. Investors Study is information only with no individual investing advise. There is an Active Investors sub-group. If you are interested, call Norm Quanttrin at 916-645-4675. Further questions regarding Investors Study, contact Carl Sulzer.

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



Lavender Friends

The club is proud to report that as the year was ending, Sharon Kurth handed over \$2,427 on our behalf to the local chapter of PFLAG to help fund its scholarship program. The money was raised at two events — a chili cook-off and our annual holiday dinner dance. Sharon spearheaded the drive on behalf of our Lavender Hearts committee. PFLAG is a national organization that provides support and resources for the LGBTQ community and families. Meanwhile, the new year brought new appointments to our leadership team by president Marilyn Kupcho. Sara Vega is the new Membership



Sharon Kurth (right) presents Margot Fulmer with our check.

Chair, replacing Laura Niles, and Nancy Newhart has been reappointed Communications chair for a second two-year term. Lavender Friends is a club for LGBTQ residents and their allies. Check out our website.

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

Website: lavenderfriends.com



Line Dance

We are happy to report that Line Dance classes are going strong again. Previously, our regular socials enriched the line dance class experience. Socials are a fun way to provide another opportunity to dance, socialize and make new dance friends. Putting on the socials is the main function of the Steering Committee. Because of COVID-19, it has been two years since



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we have had a social. We hope to host a spring social on Sunday, April 24, in the Ballroom (OC). We need at least two more volunteers to make this happen. If you are interested, please attend the next meeting of the Steering Committee on Tuesday, February 22, to learn more. RSVP to June Willis for more details.

Contact: June Willis 408-931-5744, willtom@sbcglobal.net



Mah Jongg, Chinese

If you're curious about Chinese mah jongg, why not join us and see what it's all about? It's a 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 a resident and are interested in an informal and fun way to start the week, please drop into the Card Room (OC) a few minutes before 9:00 AM on Mondays during the setup period. We have everything needed to play so just come on by. Official play begins at 9:00 AM and continues until Noon. Don't be late and see you soon!

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



Mah Jongg, National

The Year of the Tiger has begun. Happy 2022. Remember to order your new card, which mails out next month. We play National Mah Jongg every Tuesday in the Card Room (OC) from 12:30 to 4:00 PM. The clacking of the tiles, building walls, and calling out our discards bring so much pleasure, but it's wonderful to finally be able to see everyone's smiling face again. Everyone is welcome. If you know how to play, bring your card and join a table. If you want to learn, come by to observe and then sign up for free lessons. Call Penny Grmolys 509-939-3882, and she'll get you scheduled. Hope to see you next Tuesday, and may the jokers be with you.

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



Happy 2022, Year of the Tiger



Mixed Media

The club meets on the third Wednesday of the month. Our meetings have moved to the Fine Arts Room (OC) at 1:00 PM. This room gives us a quieter place to hear each other, more counter space if we need it, and we can have the door open when we want. This year the club will emphasize various art mediums and learn new techniques for these mediums. We will also continue to have monthly art challenges for those who want to participate. A fun added bonus for attendees of meetings will be a monthly drawing for a Mixed Media supply. Come to the March 19 meeting and see what you can do with the papers we made in February using the gelli plates. See you soon!

Contact: Chris Fetter 916-276-7895,
christine.fetter@yahoo.com



Motorcycle

Did you know that many motorcycle clubs collect money and toys for worthy causes, such as needy children? As a motorcyclist, you can represent your club or just yourself, working with other clubs who can use your help. There are motorcycle clubs for everyone. There are clubs for religious

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folks, others for retired veterans and people, and for the ladies, too. All in all, motorcycling is a fun way



Our logo

of life. If you're interested in learning more, feel free to contact the Sun City Roadrunners. Our monthly meetings are held on the fourth Thursday every month at the Multipurpose Room (OC) at 5:30 PM, and our next meeting starts in February. If you're interested, come join us!

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



Music

We are now meeting at P-Hall (KS) on the second Wednesday of the month from 2:00 to 4:00 PM. Thanks to Laurie, we now have our sound settings programmed into the audio boards. Improving our sound will benefit the members and add to the fun. If you play an instrument, sing, or just like to listen, consider coming by. We love an audience. We have an opening and closing Group sing/play along. Followed by individual, duos, and small group performances by our members. 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 next general meeting is March 8 at 1:00 PM in P-Hall (KS). Membership continues to grow, and all are welcome to join. Check out our website for club information. "How to Make Fabric Rope Coasters, Trivets or Baskets," our next workshop, will be on Friday, February 18, from 1:00 to 5:00 PM in the OC sewing room. Contact Jean Storms to sign up at 916-768-0989 or email jeanstorms272@gmail.com. Reservations for the spring retreat scheduled for May 2-6 at Mercy Auburn are now open. This promises to be a fun time to work on your projects with friends. Information and signup sheets are available on the NA website. Be sure to sign up early as space is limited!

Contact: Jeanne Helland

916-409-5512,

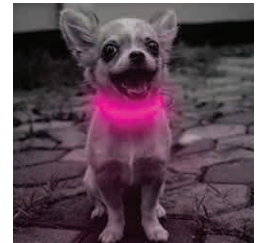
needleartspres@gmail.com

Website: sclhna.com



Neighborhood Watch

We're fortunate to have many sidewalks and nature trails on which to walk. Still, we need to be prudent whenever venturing out and to take precautions that help ensure our safety, especially with the shorter days. One of these precautions is to wear bright clothing, perhaps jackets with reflective stripes. Also, invest in reflective collars or ones that light up for your dogs. These collars can be found in pet stores and on Amazon for under \$20 and help alert other walkers and cars of your presence. To further protect your dogs, keep them on short leashes. As much as they love to stick their noses into the bushes or around holes to discover what lurks there, the surprises could be harmful. Walk safely!



Can you see me now?

Contact: Linda Minor 707-235-0778, lindaminorNW@gmail.com
Website: sclhwatch.org



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has been postponed due to COVID-19 restrictions. Watch for rescheduling details. In the meantime, visit Simple Pleasures restaurant on Fifth Street in downtown Lincoln to view the beautiful paintings created by our talented club members. In other news, we are happy to welcome our new Secretary/Recorder, Suzanne Walchli. Also, congratulations to Susie Crawford, who has graciously agreed to be co-president, alongside Bob Green. We have 94 members and are eager to share our exciting activities and events planned for this year. All are welcome to our general meetings, held on the third Tuesday of every month at 1:30 PM in the Fine Arts Room (OC). Dues are only \$15 a year.

Contact: Linda Shields, Tamsen
925-788-4782, linda_c_s@yahoo.com



1st place Remote Challenge (Winner's Circle) watercolor by Rudolf Franke



January's "Free for All."

Check the newsletter for more details. Also, please consider donating your cards to cheer up our club members who may be ill or recovering from surgery. Mary Prindiville, our Sunshine Chair, is seeking "Get Well," "Thinking of You," or "Sympathy" cards. These can be brought to our monthly meetings. Check out our February display window (OC), where we celebrate Valentines, anniversaries, and love. Thank you to Cheryl Ramm and Susan Goodrich, who organize these displays so nicely and showcased our cards. We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS). Contact: Teri Hersko 916-412-7655, hawaiiiteri@gmail.com



Paper Arts

We continue to collect donated cards for distribution to local senior facilities. Generic and birthday cards with positive sentiments are welcome.



Pedro

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

since you played, we are happy to teach you the basics or refresh your memory. Pedro meets on the first and third Friday from 9:00 AM to Noon in the Card Room (OC). 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

Interested in photography? We welcome new members to the club. Member-only benefits include monthly presentations by world-class photographers, organized and spontaneous field trips to photographic destinations in California and beyond, and member-to-member mentoring. Additionally, we now offer New Member Orientation. Kate McCarthy will meet with new members to discuss interests, what the club has to offer, opportunities for photography activities, and get you signed up on our Facebook page. You can contact Kate at 916-975-5052 or starkayak@icloud.com. 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

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skills with the camera. To participate, go to: facebook.com/groups/SCLHPhotographyClub.
 Contact: Diane Margetts
 916-955-1809, dmargett@yahoo.com
 Website: lhphotoclub.com



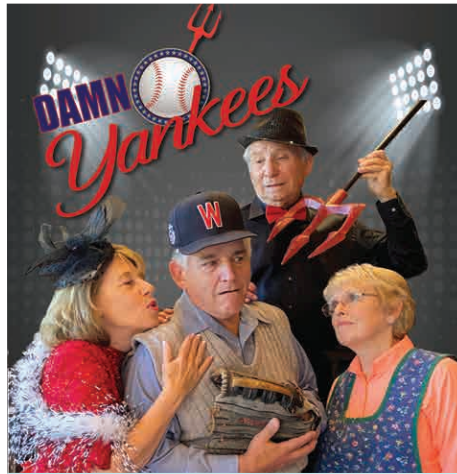
Pickleball

We have more than 740 members who are entitled to rewarding benefits. They include free Pickleball Academy classes, email updates about ongoing events, playing tips, videos, and more. Competitive ladders include 300 members. All residents are entitled to play. They can reserve a court at holdmycourt.com. There also are Introduction to Pickleball classes that require reservations. By popular demand, drop-in hours have been extended to include courts one, two, and three until 1:00 PM. The new schedule is 8:00 AM to 1:00 PM every day except Monday. Members are encouraged to participate in Pickleball Club board meetings on the first Thursday of each month at 3:30 PM. Check the club website. Questions? Contact Molly.
 Contact: Molly Morris 408-386-9054, mollymorris@gmail.com
 Website: lhpbclub.com



Players

Rehearsals are underway for the blockbuster musical *Damn*



Damn Yankees actors portray (L to R) Lola, Joe, Applegate, and Meg

Yankees, coming up on April 7-8-9-10 in the Ballroom (OC). Tickets are already selling at a brisk pace, so don't miss getting premium front section reserved seats (see page 63 for ticket information). Everyone's going to love this show—a comedic baseball drama with toe-tapping songs and winner of multiple Tony awards. But at "heart," it's a charmingly poignant portrayal of the journeys of ordinary people learning that "you gotta have heart" when facing crucial decisions. The February 5 and 6 Readers Theater shows, under new direction by Jane Patton and featuring a "potpourri of ten-minute plays," was a big hit. Curious about *Players*? All are welcome to attend the next meeting on March 14,

4:00 PM, P-Hall (KS).
 Contact: David Africa 916-708-0009, djafira@sbcglobal.net
 Website: lhplayers.com



RV

Mr. COVID wants to stick around, and now with the Omicron Variant running wild, we ask, what now? I'll tell you what. We are still planning our rallies for this new year. The line-up starts with Desert Hot Springs in February, Paso Robles/Pismo Beach in April, Fort Bragg in May, with a yet to be scheduled Truckee for June. July is open for suggestions, and in August, there will be a small group traveling to Yellowstone. September, we leave for a 17-day trip up the Oregon Coast to Washington and the Olympic National Park. Our meetings are on the second Thursday of each month in the Placer Room (KS) at 4:30 PM. Contact Sharon Skar, Membership Coordinator



Hiking the Redwoods at Myers Flat, CA in July 2021

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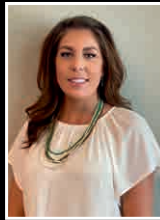
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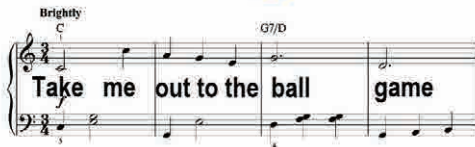


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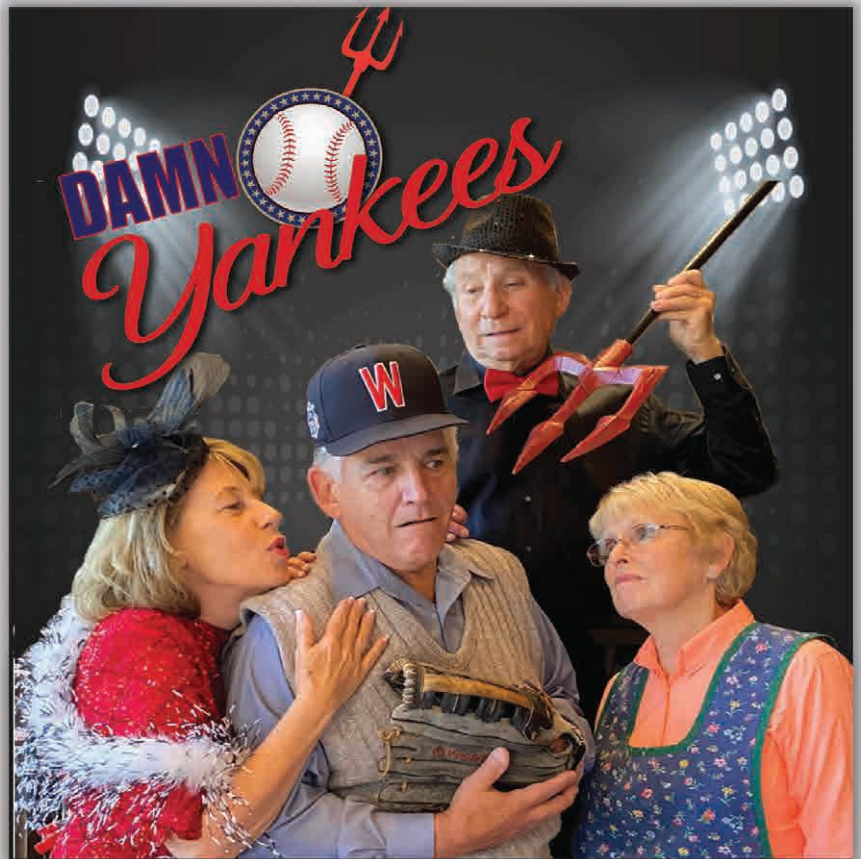
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The fun begins when Washington Senator fan, Joe Boyd, swears he'd do anything to take the pennant from those Damn Yankees.

Then the devilish Applegate and his assistant, Lola, bring Joe his life-long dream, through shenanigans that involve the Senators, their fans, and Joe's beloved wife, Meg. With singers and dancers, you'll be humming and tapping your toes to familiar tunes.

Join your fellow The Players, in a show that will have you laughing and reflecting on "the good ole days" of the 1950s!

See the Sun City website for ticket information and get your tickets. This will be a sell-out!



for questions about joining our group at 916-434-7799 or marlowensharon@gmail.com. Contact: Mary Romo 707-738-6311, mromo50170@gmail.com Website: lhrvg.com



SCHOOLS

Cyndi Colloton moved to Lincoln Hills in 2016 and noticed the SCHOOLS program listed in the Clubs section of the *Compass*. She called the then leader, Sandy Frame, to learn more. Sandy's response was, "We support Lincoln teachers, and all we need is your willingness to volunteer." Cyndi was convinced she could help and was enthusiastically assigned to the First Street Elementary School with Angela Morton and is still volunteering in her class. She is not with the students this year but is able to help by making copies, updating Mrs. Morton's notebook for the weekly new curriculum, and grading papers.



Cyndi Colloton with teacher Angela Morton

She is also able to help other teachers with non-student work. Cyndi encourages you to contact her if you are interested in becoming a part of a much-appreciated program.

Contact: Cyndi Colloton, ccolloton@yahoo.com



Scrabble

We invite you to join us for a game or two of Scrabble every Monday at 1:00 PM in the Card Room (OC). All game materials are provided. No reservations or advance notice are necessary. If you like word games, come and try it out.

Contact: Anne McMaster



Shanghai

We are meeting despite the current medical issues. We meet every Thursday at Noon in OC. We will also meet every Friday at 5:00 PM in OC. If you are new to the game, give me a call or feel free to just drop in, and we will teach you at the card table.

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



Ski

Club members are busy skiing all around the world. Several members spent two January nights at the annual Club-sponsored event



Ken at Matterhorn

in South Lake Tahoe to ski and ride at Heavenly Valley. The conditions were very good. When you receive this *Compass*, over 30 members and guests will be skiing and partying at Park City, Utah, at the Club's 14th annual ski getaway trip. And further afield, members Ken Spencer, Mike Connolly, Bill Richardson, Jerry, Karen Johnson, and Reiner Greubel were skiing several of Europe's fabulous resorts. Spring skiing looks promising, so consider joining the fun on the slopes and at our April post-season party.

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



Sports Car

Well, it's a new year, and the Sports Car Club is "chomping at the bit" to put together a new series of sports car rides and social events. Our new club officers for 2022

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have been installed and are all set to give the directive: "gentlemen (and women) start your engines." We already had a Valentine's Day ride and luncheon and have scheduled a Mardi Gras dinner and dance. And our newly installed Event Coordinator, Richard Pearl, is already soliciting ideas for this year's rides. We're going to have a fun-filled year. If you have a qualified sports car and would like to join the club, you'll find all the information you need on our website.

Contact: Pam Berry 916-434-7368, berrymem2022@gmail.com
Website: lhsportscars.com



Sun City Squares

Our beginners square dance class started in January with great enthusiasm and lots of interest. Pictured above is the first day of class. We welcome all dancers no matter what level you currently dance. Please give me a call or just stop by KS on Mondays or Thursdays and



New Dancers Class started in January

check us out. We are a Beginners, Plus, and Advanced Level all-position (no partner required) square dance club. We meet at KS on Mondays from 1:00 to 3:00 PM for Class and Plus Level dancing, with Round Dancing from 3:00 to 3:30 PM. If you are an advanced Level dancer, come join us on Thursdays and save the commute to other areas. Our Advanced Level dancing is every Thursday from 1:00 to 3:00 PM at KS.

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



Swimmers & Water Walkers

The first 2022 meeting of the club is Monday, February 21, 3:00 to 4:00 PM in the Fine Arts Room (OC). Jack Lopez, long-time club member, and retired swim and wrestling coach, has been swimming here since 2008. He saw Lincoln Hills evolve in 1999 when he brought his wrestling teams to compete against Lincoln High School and moved here for



Jack, ready to go at KS pool.

the pools and lap swimming. He swims every day in the KS pool. Lopez suffers from arthritic pain in his hands but finds he is pain-free when swimming in the water. Swimming is his main aerobics activity, and says, "I love the water and an activity where I can participate pain-free. Come to our next meeting and learn more about water exercise and our club. See you there!"

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



Table Tennis

Table Tennis is enjoyed by many residents! We are a friendly, recreational, active sports group. Seven tables are set up three times a week in the Multipurpose Room (KS). We play on a drop-in basis.



Reservations are not required. Please wear non-marking tennis shoes. Loaner paddles are available. Doubles is played at peak times, singles at non-peak. Playtimes are Sunday 9:00 AM to 5:00 PM (except the first Sunday of the month when play starts at 12:30 PM), Tuesdays, 6:00 to 9:00 PM, and Fridays 8:00 to 11:00 AM. We follow the COVID-19



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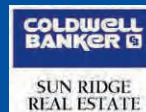
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guidelines. The ceiling fans are all operating during the indoor play for ventilation. To join, get more information, or to subscribe to the LHTTC newsletters, email Carl.

Contact: Carl Lynch 916-587-3314, pingpongsclh2@gmail.com



Tap Company

If you haven't already, check out the new tap class schedule in the Lifestyle Classes section of the *Compass*. The Monday class at 11:00 AM is now open to absolute beginners. We have an amazing instructor, Alyson Meador, to teach you the art of tap dance. In addition, a new technique class has been added on Tuesday at 10:00 AM. These technique classes are an absolute must for those continuing with tap and who wish to improve their skills. Whether you've had a dream to learn to tap dance, are returning to tap after a long absence, or are an experienced tapper, there is a class for you.

Contact: Alison Wolfe 925-487-6902, awolfe@tt-valve.com



Tennis

Coming this Spring to tennis at Lincoln Hills: A lively, skill-based game for all levels! More information to follow next month. Despite the challenges



L to R: Helen Berott, Pam Geernaert, Sara Solberg

of winter weather, tennis players have been busy with group and league play, classes, and drop-in (Saturdays and Wednesdays from 9:00 to 11:00 AM.) If you are new to tennis, want a refresher, or are just curious about the game sign up for our weekly Introductory tennis class by emailing Steve Bringman at stevebringman@yahoo.com. If you are new to Lincoln Hills and want to find people to play with, contact Val Laugtug at vlaugtug@gmail.com and ask for orientation information. Our annual St. Patrick's Day Tournament is coming in March. Music, food, and good times! Check our website for information. See you on the courts!

Contact: Pam Flaherty 916-531-0142, pamflaherty@gmail.com
Website: sclhtg.com



Veterans

Scott Raab, a U.S. Navy veteran and director of outreach for Move

America Forward, will be the featured speaker at the general membership meeting on February 17 at 1:00 PM in the P-Hall (KS). Move America Forward is a nonprofit military support organization based in Sacramento. Its principal mission today is to provide care packages and letters from grateful Americans to troops deployed in combat areas around the world. The Veterans Group has scheduled its annual St. Patrick's Day luncheon on Wednesday, March 16, in the Ballroom (OC) at Noon. Three entrees are available, and the price is \$27 per person. For further information or to make a reservation, contact Shirley Schultz at 916-645-7539.

Contact: Bill Lewis 916-408-3771, bllewis1977@gmail.com



Water Volleyball

We can help you keep your new year's resolution to exercise and have fun! Bring out your Valentine's Day sweetheart, and learn a new sport together! Want to just try it out? Saturdays are free play. Don't know how to play? We provide Training and Mentorship. All levels are welcome. See our website or call Carol Critch at 925-451-1686. Coach Mel Switzer, Mike Irwin, Phil Savio, and Eric Crisp led the group in "setting"

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goals for 2022. This Skills & Drills class was attended by a record thirty-one club members. The evening consisted of drills and play, which provided the opportunity to put those setting skills to work. Special thanks to Mike, Phil, and Eric for your assistance. See you in the pool!
 Contact: Diane Ferrari 916-412-9599, dferrari.diane@gmail.com
 Website: lhwatervolleyball.com



Woodcarvers

Our Club is a great place to learn new skills and create wonderful pieces of work! Some examples of what we learned are: what wood would be best for a project? Which tools are most helpful in making certain cuts? What form of woodcarving do we like best—caricature, statue, or relief? What supplies are needed to finish a project? Will the project be painted,

stained, or left in natural wood? All of these opportunities for learning new concepts are achieved with the help of many skilled and talented fellow woodcarvers who are happy to lend their expertise and knowledge; new members always have support! 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

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Dr. Wilmarth is a Board Certified Ophthalmologist and Medical Director of Ophthalmic Surgery at Sutter Sierra Surgery Center located on the Sutter Roseville Campus.



LASIK (Advanced Laser Vision Correction) is available to you with the Wavelight EX500, the most advanced system available in the U.S. Dr. Wilmarth has over 20 years experience with LASIK. He is Founder of Horizon Vision with 6 centers in Northern California and he serves as Medical Director of the Horizon Roseville Center.

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Alzheimer's-Dementia Caregiver's Support

Our Group steering committee includes Jean Ebenholtz (jme-sme@att.net), Mary Jo Fratessa (916-759-8760), Barbara Greenfield (916-202-6963), and Valerie Jordan (909-625-7443). The general meeting is held monthly on the fourth Wednesday at 1:00 PM. A licensed counselor from Del Oro Caregiver Resource Center facilitates the March, May, July, September, and November meetings. The February 23 speaker will be Cassandra Ward, Speech Pathologist at Sutter Hospital, who will describe the stages of Alzheimer's/dementia and appropriate behavioral modes for caregivers. Contact our committee for meeting details. The Women's caregiver group meets on the first Wednesday of every month. The next meeting is on March 2, 1:00 PM, in the Multimedia Room (OC). Contact Mary Jo Fratessa for information. Proof of vaccination and masks are required.

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



Bereavement

Our Group offers support and friendship through sharing with others who have also lost a loved one. For those who are vaccinated, you are invited to

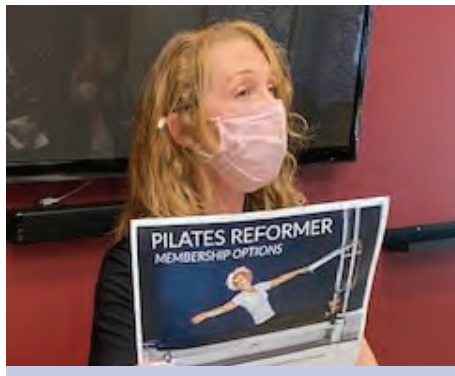
join us Wednesday, March 8, at Joan Logue's home at 3:00 PM for a group session. Contact Joan for directions or to put a Memoriam in the *Compass*. The deadline for Memoriams is the 15 of the month to be in the next *Compass*.

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



Bosom Buddies

Our February meeting featured Julie York from Misty Woods, an independent senior living community that provides the freedom and flexibility its residents appreciate. We heard about the various amenities found at Misty Woods. Our next meeting is March 10. Before meetings, members and guests are invited to meet for lunch at Meridians (Dutch treat except for ladies celebrating their birthdays — we treat them to lunch). For reservations, call Val Singer at 916-251-6528.



Danielle Merrill, WellFit's program manager, was our January speaker.

Bosom Buddies welcomes breast cancer survivors as well as those still undergoing treatment. If you're not sure you're ready to join us, please feel free to attend one of our meetings — the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC). We're a welcoming group!

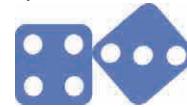
Contact: Judy Stewart 916-408-3697,
ladyj2170@gmail.com



Caregiver Support

Our group is for those caring for someone with Parkinson's. We meet the second Tuesday of each month from 10:00 to 11:00 AM at the Lincoln Hills Community Church, 950 E. Joiner Parkway.

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



Gam-Anon

Gam-Anon can help if your life is affected by someone else's gambling problem. Our meetings have been suspended through January due to COVID-19 concerns at our venue. We normally meet the first and third Friday of each month from 7:00 to 8:30 PM at the First United Methodist Church at 6414 Brace Road in Loomis. There are signs directing you to the meeting room. Gambler's Anonymous meetings also begin at 7:00 PM in another

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room if your gambler wishes to attend a meeting as well. We're not sure when our room will become available again, so please call the Sacramento Gambler's Anonymous Hotline at 855-222-5542 for referral to a local Gam-Anon support person before going to the meeting site. Leave a message if you call the club contact, please.

Contact: Kay F. 916-204-1624

Website: gam-anon-loomis.com



Glaucoma Support Group

We may think that we ran out of luck when we were diagnosed with Glaucoma. Fortunately, we are lucky to have an opportunity for outstanding care from Glaucoma Specialists in Lincoln and the surrounding area who are up to date with the latest Glaucoma treatments. We meet monthly to share the care we have received as we have walked our Glaucoma path. Please join us on March 9 at 4:00 PM in the Multimedia Room (OC). If needed, this meeting may be offered as a Hybrid Zoom with both in-person and virtual accessibility. For more information, contact Bonnie Dale.

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



Hearing Impaired Support Group

We will meet on February 24 at 2:30 PM. Our speaker will be from the California Telephone Access Program, and she will give instructions and updates on how to improve your cell phone performance to meet your needs. At this time, we do not know if we will be able to meet in person at the Multipurpose Room (OC), be required to zoom, or perhaps

offer both, depending on restrictions at that time. We will keep you informed via email.

Contact: Joanne Mitchell

239-415-3650, pipa1@prodigy.net



Low Vision Support Group

Our next meeting is Tuesday, March 1, 2:00 to 4:00 PM, in the Fine Arts Room (OC). Dr. Xiongfei Liu, MD, of Sacramento Eye Consultants, will discuss how we have progressed from traditional glaucoma treatment to interventional glaucoma treatment and highlight neuroprotection and related research. Our Tuesday, April 5 meeting will be from 2:00 to 4:00 PM, in the Fine Arts Room (OC). Our speaker, Cory Hanosh of Northstate Assistive Technology and Society for the Blind will discuss and demonstrate the latest devices for those with Low Vision. Cory will review NuEyes, Portable Magnifier/Readers, and audio programs such as Jaws, Magic, and Zoom Text. Cory operates the Retail Store at Society for the Blind. <https://societyfortheblind.org/store/>.

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



Multiple Sclerosis

Since our wonderful, fun, in-person Holiday party hosted by Mike and Paula Marchand, we find Zooming is the best way to keep us safe for events. The March 15, 1:00 PM, Zoom meeting is planned to show some of the newest in durable medical equipment, beneficial to those with MS and/or mobility issues. Also, Members are welcome to show



and tell what works for them. The Zoom Link will be forwarded Sunday, March 13. All interested are invited to attend and a special invite to new residents. Email Jeri for details. Also, we'll be sure to check in with all Zooming to see what you are up to.

Contact: Jeri Di Fiore 530-401-2135, 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 East Joiner Parkway. Please wear a mask if not vaccinated. For questions, contact facilitators Gary High 916-434-5905, gwhigh@wavecable.com, or Susan Feldman 916-919-0063.



AARP

Lincoln AARP Foundation Tax-Aide volunteers are ready to assist you with your 2021 tax returns. This free service will be available by appointment only this year at Granite Springs Church, 1170 E. Joiner Parkway. Clients can make income tax preparation appointments by calling 916-587-2822. The Intake/Interview Sheet, Form 13614-C, is required of all clients and will be available in the Orchard Creek Lodge lobby, Kilaga Springs library, Lincoln City Hall lobby, and Granite Springs Church. These returns will be filed electronically (e-file) with the IRS and California FTB.

A Course in Miracles

The study group for this book meets on Sunday afternoons in a private home in Lincoln Hills. This is a unique, spiritual, self-study program designed to help us see beyond division and discord and reach for unity within ourselves, our family, community, and the world. To remain calm and peaceful during these times of unrest is everyone's objective, and ACIM offers a path for achieving this. For more 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 (Jan-Dec) per household. To join visit our website lh-airportco-op.org click the membership tab, download the

application, mail along with required documentation to the address on the application. Call Barb Iniguez at 916-408-7812 for more information.

Cloggers

We hope the New Year is going well for you. Just stay safe! Clogging is a great way to remain healthy in these difficult times, as it is a dance filled with energy. Clogging originated in the Appalachians in the 1700s, with English, Dutch, Irish, Scottish, and German influence. Our kicks and stomps and stamps do wonders for those knees and hips (and burn lots of calories), and the rhythmic sound we make with our taps (4 on each shoe) is absolutely joyful. For more information on clogging here in Lincoln Hills, please contact Natalie Grossner at 916-759-0666.

Democratic Club

We are starting 2022 with a bang! We heard a very informative presentation by Andy Fecko and Tony Firenzi from Placer County Water Agency about water shortages in our county. We look forward to Terry McAteer speaking about the 2022 midterm elections on February 17 and will hear City of Lincoln Treasurer Richard Pearl on March 17. We hope to attend a Potters softball game in May and also enjoy other COVID-safe outdoor activities. We always welcome new members. For more information, please visit our website at democraticclublincolncal.org.

Italian Club

Join us on February 26, from 5:00 to 7:30 PM in P-Hall (KS), when we present the American

movie "Luca," a beautifully computer-animated fantasy film released by Pixar and Disney Studios in 2021. Italian director Enrico Casarosa recalled his childhood in Genoa, Italy, when he created this tale of a young sea monster who is transformed into a human boy when on land. Dessert will be served afterward. Check out our website for more details. For information about the club and upcoming events, go to the website at lhitalianclub.org. For membership information, contact Sandi Graham at 916-826-5711.

Lincoln Police Department – Volunteer Program

The Lincoln Police Department is recruiting for its LPD Volunteer Program. The program is open to Lincoln residents 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.

Portuguese Social Club

If you live in Lincoln Hills and are of Portuguese descent and want to meet new friends who have lots of fun, then the Portuguese Club is for you. We are a social club that gets together several times throughout the year to enjoy festive events such as a Portuguese BBQ, Wine Tasting, Potluck Dinner, Happy Hour, and our annual Holiday Party. There is always lots of food, you know how much Portuguese people love to cook, and much laughter and

friendship. The dues are \$15 per person a year. Contact Doreen Traxel at 916-543-4965 to learn more.

Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Center in Roseville (916-781-2323. Membership to the 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. Contact Armando Mayorga at 916-408-4711 or at bigline38@icloud.com.

Republican Group

January "KICK-OFF 2022" was a huge success! Many participated in discussions on multiple issues affecting our livelihood and the well-being of our children and grandchildren. Tables with knowledgeable speakers representing School Choice, Mask, and Vaccine mandates, current issues and bills being considered, the importance of the Second Amendment, Integrity in Elections, Information Resources – books and websites,

were there. Elections are this June and November. Awareness is critical; what and who will get our vote. Be informed and get involved. Every meeting will be significant. Thursday, February 24, Guest Speaker: Kevin Kiley – P-Hall (KS), 6:00 to 9:00 PM. republicanclubslh.org.

Shalom Social Group

2022 got off to a roaring start for the Shalom Social Group! In January, we heard Association Executive Director Kyle Bodyfelt discuss his plans for our community and answer questions from our members. We prepared our preliminary budget for 2022 and a calendar of events for the year. We maintain our activities: bocce ball at 10:00 AM every Sunday and bowling at 1:00 PM every Wednesday at Strikes Bowling Alley in Rocklin. We are also planning a hike in the spring, time, and place TBD. For more information, please contact Joanne Levy at 508-333-8590.

Shuffleboard

There is a new sport that started play in January with a lot of interest among Lincoln Hills residents,

Shuffleboard. This indoor version is played on a slick plastic 40-foot court rolled out on hardwood flooring at the Kilaga Springs Fitness Center. Participants learned the game rules and got to practice pushing the 8 discs onto the 10-8-7 point triangular scoring grid. The next orientation meeting will be on Sunday, February 20 from 3:15 to 5:15 PM. Informal practice sessions continue every Friday and Sunday afternoon at the same time. For questions, contact Jon Kline at 650-279-0001 or alsonjonny@gmail.com.

Sons In Retirement

We will hold a three-course gourmet luncheon at Catta Verdera Country Club on Tuesday, February 15, at 11:30 AM. All attendees must have a vaccination card that shows the last vaccine occurring at least two weeks prior to the lunch or proof of a negative COVID test within 72 hours of the luncheon. All attending must sign a liability waiver upon entry. Cost is \$20. If you are interested in coming as a guest or in joining the branch please call, David Cesio at 925-899-2193.



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Coffee with the Executive Director

Wednesday, February 16, 1:30 PM, P-Hall (KS)

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



KS At The Movies: Belfast (2021)

Monday, March 7, 1:30 PM, P-Hall (KS)

Winner of Toronto Film Festival's People's Choice Award. A young boy and his working-class Belfast family experience the tumultuous late 1960s. Written and directed by Kenneth Branagh, starring Jude Hill, Caltriona Balfe, Jamie Dorman, Judie Dench. PG-13. 98 minutes. Drama.



KS Movie Classic: How To Steal A Million (1966)

Saturday, March 19, 1:30 PM, P-Hall (KS)

The daughter of an art forger teams up with a burglar to steal one of her father's forgeries and protect his secret. Starring Audrey Hepburn, Peter O'Toole, Eli Wallach. Rated R for sexuality, 123 minutes. Comedy, Crime, Romance.



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KarriLynn.Keith@sclhca.com



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We have a fantastic team of professionals ready to meet your needs! We offer an array of self-care and skincare retail offerings ranging from Hydropeptide, Image, Jane Iredale, Grande Cosmetics, Sonoma Lavender, and many other items perfect for warming up those chilly winter days and creating your own cozy nights!

—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 and nourishing with intense moisturizers that quench the skin. Last, focusing on Fuse+Protect, saturating the skin's surface with antioxidants and peptides to maximize your glow.

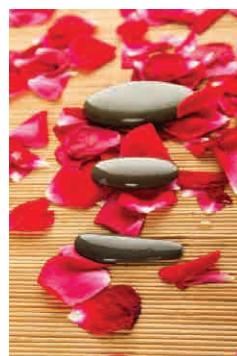


Kilaga Springs Custom Facial \$130

We offer seasonal treatments designed to address specific needs of our skin as the weather changes.

We offer LED Light therapy enhancements for additional anti-aging benefits. We have a series of Designer Image Skincare Peel treatments offered in the fall and winter for advanced exfoliating benefits. The Hydropeptide facial offers clinical results and a luxurious experience. This facial provides 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.



Hot Stone Tension Relief Massage

90-minutes \$135

The healing power of touch combines with the earth's energy in this relaxing, muscle melting massage. Smooth, warm stones glide across your body in long, flowing strokes while the heat helps to relax and soothe tired, sore muscles.



CBD Massage

60-minutes \$110

90-minutes \$140

CBD massage is the gold standard of deep relaxation. It is a holistic way to heal and treat your body and mind by combining nature's remedy with skilled massage techniques. CBD stands for Cannabidiol which is cannabinoid in cannabis. It does not have the THC that cannabis has, which means you will not experience the 'high' effect.



Signature Pedicure \$49

Immerse yourself in total relaxation and soak your cares away with the healing benefits of our specially blended foot scrub. Treat yourself to a lavish experience designed to relax, soothe, soften and hydrate.



Dazzle Me Dry Nail Treatments

Manicure \$44

Pedicure – \$48

Dazzle Dry is the only vegan nail care system to dry in just five minutes and lasts up to three weeks. It is non-toxic, hypoallergenic, and ideal for even the most sensitive skin. This treatment will enhance and strengthen your natural nails while giving them an amazing seasonal sparkle.

Best Seller Service Add-Ons

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

- **Fabulous Foot Repair** – \$18

Polish, rejuvenate, hydrate, and renew with magnesium and plant-based exfoliants and shea butter.

- **Radiant Hand Repair** – \$18

Smooth, brighten, hydrate, and help inflammation with magnesium and plant-based exfoliants and shea butter.

- **Anti-Aging Neck & Décolleté** – \$18

(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.

- **LED Light Therapy**

\$28 15-minutes/\$55 30-minutes

(Can only be added to facial service)

The ultimate treatment for winter-ravaged skin. Will accelerate skin repair by promoting collagen and reducing the appearance of fine lines and wrinkles, scars, sun spots and blemishes.

—Holiday Favorites—

Winter Apple Harvest Specialty Facial – \$168

This specialty treatment includes an advanced exfoliation with our HydroPeptide Apple Peel and Try-Enzyme Honey Peel products. Help your skin with clarifying and collagen-stimulating ingredients to help fight cold, dry winter weather. Skin will emerge renewed and refreshed, glowing and hydrated treatment includes a collagen-infused neck and Décolleté enhancement with take-home masks. *Add on a 15 minute LED Light therapy enhancement for the ultimate treatment for winter-ravaged skin. \$25.00 discount price when booked with this specialty facial.

All About The Feet – \$48

A refreshing Peppermint balm is applied using a combination of Reflexology, Swedish, and Pressure Point Massage. This treatment helps stimulate the muscles in your feet, and lessons stiffness reduces pain in ankles, heels, and lower legs. Great for soothing those tired soles and pampering your feet with a little TLC.

We also offer Bowentherapy, hair removal, body treatments, make-up application, and nail services. Check out our website for a complete list of services.

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*Indicates new performances on sale February 17

—Comedy—



New Show!

KS Comedy Night: A Double Headliner Evening of Comedy Featuring Ian Levy & Orion Levine

Tuesday February 22

P-Hall (KS)

Reserved Seating - \$16

6:00 PM Show — **LSE366**

8:00 PM Show — **LSE367**

Due to a personal conflict, we have replaced the originally scheduled comic. Instead, we present a night of double laughter with two funny headliners, both San Francisco Comedy Competition finalists, Ian Levy and Orion Levine.



*KS Comedy Night –

Dan St. Paul

Tuesday, April 19

P-Hall (KS)

Reserved Seating - \$16

6:00 PM Show — **LSE382**

8:00 PM Show — **LSE383**

Dan St. Paul has been a national headlining comedian at some of the top comedy clubs in the

country. He has appeared in various TV shows and has opened for such entertainers as Ringo Starr, Natalie Cole, Hall & Oates, Chicago, and even the San Francisco Symphony (“I knew them when they were just a garage band.”). Get ready to laugh.

—Community Performing Arts—

The Lincoln Hills Players Club presents
Damn Yankees
Ballroom (OC)
Thursday
April 7
7:00 PM show
— **LSE372**

Friday, April 8
7:00 PM show — **LSE373**

Saturday, April 9
2:00 PM show — **LSE374**

Sunday, April 10
2:00 PM show — **LSE375**

Premium Reserved Seating \$21

General Admission \$17

The award-winning Broadway musical *Damn Yankees* is coming to Lincoln Hills, just in time for the 2022 baseball season opening! Joe Boyd, an avid Washington Senators baseball fan demoralized by a string of losses to the New York Yankees, swears he'd do anything to see his team beat those loathsome Yankees. But will he surrender his moral integrity—even his own soul—to make that happen? Will he sacrifice family and love to become a young, famous baseball star? Just to make those damn Yankees lose? Let the antics begin!



*The Lincoln Hills Chorus presents
Chasing Rainbows!

Ballroom (OC)
Thursday, May 5

2:00 PM show

— **LSE378**

Friday, May 6

7:00 PM show

— **LSE380**

Saturday, May 7

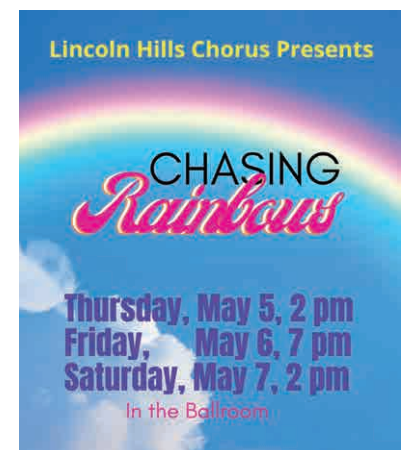
2:00 PM show

— **LSE379**

Premium Reserved Seating, \$21

General Seating, \$17

The Chorus is delighted to announce its Spring

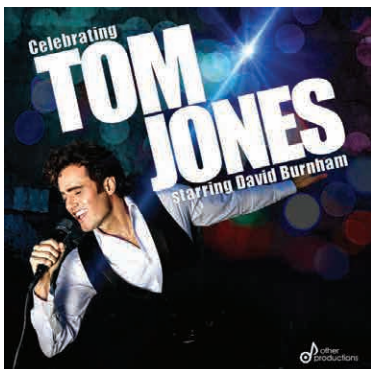


concert, which will lift the spirits and lighten the hearts of all. "Chasing Rainbows," one of the concert songs, is the perfect mantra for a performance of joyful songs guaranteed to buoy the spirits of audiences, especially with other songs like "Oh Happy Day," "Everything's Coming up Roses," "What a Wonderful World," and "Circle of Life" from the Lion King. The Chorus, directed by Paul Melkonian and accompanied by Nina Malone, will be appropriately costumed in multi-colored garb. Don't miss this one.

—Concert—

**Celebrating Tom Jones
Starring Broadway's
David Burnham**

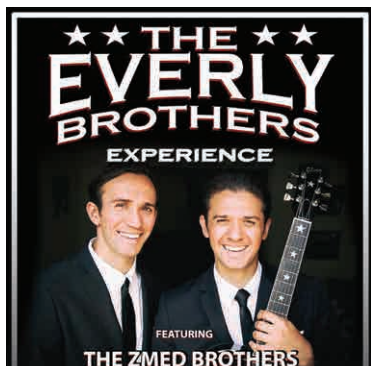
Friday, February 18
7:00 PM, Ballroom
(OC) — **LSE368**
Premium Reserved
Seating \$24
General Admission
\$20



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

**The Everly Brothers
Experience Featuring
The Zmed Brothers**
Thursday, March 3
7:00 PM, Ballroom (OC)

— **LSE364**
Premium Reserved
Seating \$24
General Admission
\$20



The Everlys bridged country and rock with countless classics like "Wake Up Little Susie," "All I Have To Do Is Dream," "Bye Bye Love," and more. They inspired groundbreaking groups like The Beatles, The Kinks, Buddy

Holly, to name a few. The Zmed brothers skillfully cover the Everly Brothers with a bit of their own trademark style mixed in. The duo always delivers a memorable concert not to be missed.

**A Pre-St. Patrick's Day
Celebration with
Lions of the North**

Tuesday, March 15
7:00 PM, P-Hall (KS)

— **LSE370**
Reserved Seating \$23

Join us for a pre-St. Patrick's Day celebration with a concert from the Lions of the North. An Irish band, hailing from the beautiful city of Sacramento, this group of three fun loving musicians will play classic Irish songs and some originals. This trio delivers a fun program for all, complete with a guitar, accordion, bodhran (Irish drum), occasional fiddle, and a keyboard. While not actually being from Ireland, the band still acts like it.



***Classic
Country: Patsy
Cline and
More with the
Carolyn Sills
Combo**

Friday
March 25
7:00 PM
Ballroom (OC)

— **LSE371**
Premium Reserved Seating \$24
General Admission \$20

Awarded the Ameripolitan Western Swing Group of the Year and NEXTie Band of the year and inductees to the Sacramento Western Swing Hall of Fame, the multi-awarded Carolyn Sills Combo returns to Lincoln Hills to perform Patsy Cline's hits and heart breakers. Expect chock full of three-part vocal harmonies, dueling guitar/non-pedal steel instrumentals, and tight arrangements of their own distinct style of music known as 'spaghetti western swing.' The band will also throw in some of their original, award-winning country, western, and swing for a one-of-a-kind night that everyone will enjoy.



Rescheduled

A Pop Diva's Songbook
by Kelly Brandeburg
Thursday, March 31
7:00 PM P-Hall (KS)
Reserved Seating \$23

— **LSE360**

We have rescheduled the concert of Award-winning Theater Star Kelly Brandeburg to March 31. Enjoy her magnificent voice and phenomenal stage presence as she belts our classic songs from favorite female greats like Linda Ronstadt, Helen Reddy, Dolly Parton, Celine Dion, and more. January 6 show tickets will be honored on the rescheduled date.



***A Classical Guitar Recital:**
Keith Calmes
with Alain Xiong-Calmes, Cello
Friday, April 22
7:00 PM
P-Hall (KS)
Reserved Seating
\$15 — **LSE376**



Keith's programs combine his expertise in classical guitar with his arrangements of popular music selections. Keith, son of Dr. Robert Calmes of Lincoln Hills, performance credits include a recital at the Carnegie Recital Hall as Winner of the Artists International Competition and concerts with Grammy winner Vikku Vinayakram and Latin Grammy winner Carlos Barbosa-Lima. He

has published numerous books on the guitar, has innumerable recordings, and is a dedicated full-time guitar teacher. Joining Keith on this recital is his eldest son, Cellist Alain Xiong-Calmes. Alain was Principal Cellist of the American University Orchestra.



***The Folk Legacy Trio Returns**
Wednesday, April 27
7:00 PM, Ballroom (OC) — **LSE381**
Premium Reserved Seating \$24
General Admission \$20

From a Sold Out show in 2020, The Folk Legacy Trio returns to the ballroom for a show to remember. They will entertain you with songs of the great Folk Era from the '50s through the mid-'70s, including songs from The Weavers, The Kingston Trio, The Limelites, Peter Paul & Mary, The New Christy Minstrels, The Brothers Four, The Chad Mitchell Trio, Tom Paxton, Judy Collins, Joan Baez, Gordon Lightfoot, Simon & Garfunkel, John Denver, and many others. It is a journey through American Musical History with their signature dynamic harmonies enriching some of the most beloved songs ever written.



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*Indicates new trips on sale February 17

*Venue may require Proof of Vaccination or negative COVID test and photo I.D. for admission. Face mask may be required on bus and venue. Please see eNews for up-to-date information. Attendees will be emailed complete information a week prior to trip.



***San Francisco Botanical Garden**
 Wednesday, March 16
 \$156 — **LST386**

Escape to a unique urban oasis of extraordinary beauty at San Francisco Botanical Garden, showcasing 8,000 different kinds of plants from around the world. Enjoy a guided 60-minute tour of the garden. After a morning in the garden, enjoy a delicious plated lunch at the famous Beach Chalet in their beautiful greenhouse. Wheels roll from OC at 9:00 AM return ~ 5:30 PM.

Day Trips

—Casino—



Hard Rock Casino at Fire Mountain
 Wednesday, February 16
 \$35 — **LST379**

Visit the new Hard Rock Casino in Wheatland for a four-hour visit. All players (new and those with existing Hard Rock Casino Sacramento player cards) will receive a \$25 game credit. You must bring your current player card and your California state-issued

identification with you to play. New players will be issued a player's card upon arrival. Wheels roll from OC at 9:30 AM return ~ 3:30 PM.

—Tours/Leisure—



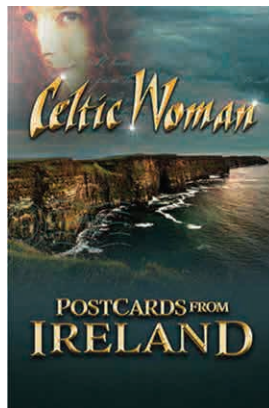
Chinese New Year Festival, San Francisco
 Saturday, February 19

\$55 — **LST376**

Celebrate the Year of the Tiger at the annual San Francisco 2022 Chinese New Year festival. Immerse yourself in the sights and sounds of San Francisco's exhilarating Chinatown during one of the community's most exciting times of the year. You will find over 120 booths and concessions, making this a shopper's Paradise. The San Francisco Chinese Chamber of Commerce has activities and entertainment for all ages. Enjoy Chinese folk dancing, opera, drumming, and much more at the entertainment stage on Washington Street. Wheels roll from OC at 9:00 AM return ~ 7:00 PM.



— Performances —

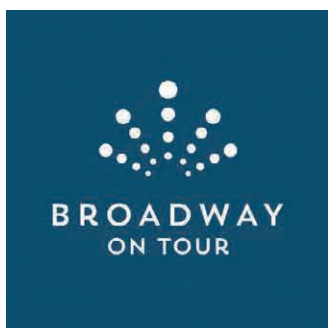


***†Celtic Woman – Postcards from Ireland**
 At Gallo Center for the Arts, Modesto
 Thursday, May 12
 \$123 — **LST387**

Grammy nominated global music sensation Celtic Women is thrilled to return in 2022 with a brand-new show, *Postcards from Ireland*, celebrating the

rich musical and cultural heritage of Ireland while taking audiences on a journey of story and song from across the Emerald Isle. Embrace an evening of angelic voices, breath-taking harmonies, and instrumental virtuosity! Fee includes coach transportation and tickets with seats located on Ground Level (Parterre section). Wheels roll from OC at 4:30 PM for a 7:30 PM show ~ return 11:30 PM.

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.



*Wicked

Thursday, April 14

\$142 — **LST373**

This Broadway sensation looks at what happened in the Land of Oz, but from a different angle. Long before Dorothy arrives, there is another young woman, born with emerald-green skin—smart, fiery, misunderstood and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikely 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 12:15 PM for a 1:30 PM Matinee Show~ return 5:00 PM.



*Tootsie

Tuesday, May 17

\$125 — **LST364**

Limited tickets available. Call it “musical comedy heaven” (*Rolling Stone*). Call it “the most uproarious new musical in years!” (*The Hollywood Reporter*). 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 for a 7:30 PM Show ~ return 11:00 PM.

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Broadway At Music Circus



***Broadway At Music Circus** is a truly unique musical theatre experience, renowned by theatre professionals and fans across the country. Each summer, the **Broadway At Music Circus** series features new

productions of classic musicals with some of the most talented professional actors available, Tony-winning Broadway veterans and stars of touring Broadway, film, and TV. The theatre-in-the-round setting puts audiences so close to the action that they feel like part of the show. Wheels roll for all shows from OC at 6:15 PM for a 7:30 PM Show ~ return 11:00 PM.

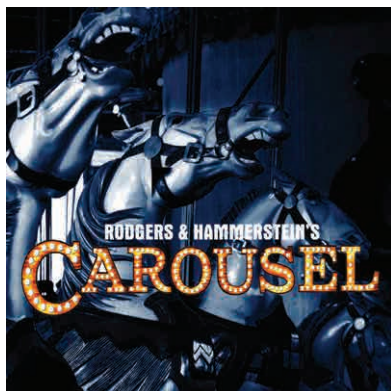
Kinky Boots

*Kinky Boots

Tuesday, June 14

\$111 — **LST380**

Broadway's huge-hearted, high-heeled, multiple Tony®-winning Best Musical! With songs by Grammy® and Tony-winning pop icon Cyndi Lauper and a book by Broadway legend and four-time Tony-winner Harvey Fierstein, this joyous musical celebration is about the power of belief in oneself and friendships we discover when we embrace each other's differences. Inspired by true events, KINKY BOOTS takes you from a gentlemen's shoe factory in Northampton to the glamorous catwalks of Milan.



*Rodgers & Hammerstein's Carousel

Tuesday, June 28

\$111 — **LST381**

The Rodgers and Hammerstein masterpiece, considered one of the greatest American musicals, returns to Broadway

At Music Circus for the first time in 20 years. Critics called the 2018 Broadway revival of *Carousel* "a miraculous fusion of sentiment and craftsmanship" (*Wall Street Journal*) with "the theater's most beautiful and enduring songs" (*Variety*), including "If I Loved You," "You'll Never Walk Alone," and "Soliloquy." A powerful musical theatre classic about love, relationships, and redemption.



*Kiss Me, Kate

Tuesday, July 12

\$111 — **LST382**

Battle lines are drawn as a bickering divorced couple find themselves working on the same musical, a Broadway version of Shakespeare's *The Taming of the Shrew*. The beloved

multiple Tony-winning musical comedy is filled with backstage shenanigans, onstage mishaps, and unexpected romance. Featuring an explosive Cole Porter score with some of the composer's wittiest lyrics and catchiest melodies, including the favorite songs "Another Op'nin', Another Show," "So In Love," and "Too Darn Hot."



*Something Rotten!

Tuesday, July 26

\$111 — **LST383**

With 10 Tony® nominations including Best Musical, SOMETHING ROTTEN! is "Broadway's big, fat hit!" (*NY Post*). Featuring large song and dance numbers and

a wacky cast of over-the-top characters, the musical received show-stopping standing ovations throughout its Broadway run. Set in 1595, this hilarious smash tells the story of two brothers who set out to write the world's very first musical. With its heart on its ruffled sleeve and sequins in its soul, It's "THE PRODUCERS + SPAMALOT + THE BOOK OF MORMON. Squared!" (*New York Magazine*).



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***The Color Purple**
Tuesday, August 23
\$111 — **LST385**

With a fresh, Grammy-winning score of jazz, gospel, ragtime, and blues, **THE COLOR PURPLE** is an unforgettable, intensely moving musical

based on Alice Walker's Pulitzer Prize-winning novel and the Oscar®-nominated film. *The New York Times* calls it "exquisite! A joyous celebration of storytelling." This stirring family chronicle—a young woman's epic journey through joy, despair, anguish, and hope to discover the power of love—leaves its mark on the soul.

— Sports —

Sacramento Kings vs. Denver Nuggets
Wednesday, March 9
— **LST367**
\$110

Watch the Sacramento Kings from lower level seating at the Golden One Arena in downtown Sacramento without dealing with driving and parking



***The Secret Garden**
Tuesday, August 9
\$111 — **LST384**

The enchanting literary classic is reimaged in brilliant musical style. A compelling tale of forgiveness and renewal, **THE SECRET GARDEN** won three

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



***Sacramento Rivercats**

Cheer on the Sacramento Rivercats from the Pacifico Porch at Sutter Health Park and enjoy a pre-game BBQ

Buffet (i.e., Tri-Tip, BBQ chicken, hot dogs, seasonal sides, and one non-alcoholic beverage). Enjoy the game and buffet without the hassle of traffic and parking on our motorcoach.

***Sacramento Rivercats vs. Oklahoma City Dodgers (LA Dodgers AAA affiliate)**
Sunday, April 24 — **LST388**
\$129


Wheels roll from OC at 11:15 AM, for a 1:05 PM game, return ~ 4:45 PM.



***Sacramento Rivercats vs. Tacoma Rainiers (Seattle Rainiers AAA affiliate)**
Sunday, May 22
— **LST389**
\$129

Wheels roll from OC at 11:15 AM, for a 1:05 PM game, return ~ 4:45 PM.





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Overnight/Extended Travel



Grand Sierra Resort Reno Overnight: Dancing with the Stars

Saturday, March 26
to Sunday, March 27
— **LST377**

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Witness the excitement of Dancing with the Stars live. The show features fan-favorite professional and troupe dancers in a brand-new production showcasing every type of dance style as seen on the hit ABC show. With luxurious and spacious seating, state-of-the-art lighting, and sound, the Grand Theatre is the perfect venue to enjoy this spectacular

night of show-stopping dance performances. After check-in, enjoy free time for gaming and dinner at the many restaurants in the hotel prior to the 8:00 PM show. Fee includes overnight accommodation, show tickets, coach transportation, and driver gratuity. This trip is only available in person at Lifestyle Desks. Enjoy breakfast on your own or more gaming before we load the bus at Noon the next day. Wheels roll from OC at Noon ~ return 2:30 PM.

SOLD OUT TRIPS

Sierra Mountain Snow Train Overnight: El Dorado Hotel with Dinner

Tuesday, February 22 to Wednesday,
February 23 — **LST378** • 10:30 AM

Wicked — **LST363**

Tuesday, April 5 • 6:15 PM

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

Balance & Fall Prevention.....	93	Photography	83
Bootcamp	91	Pickleball.....	85
Boxing.....	93	Pilates.....	89
Card Making	77	Posture, Core and Balance	91
Ceramics.....	76	Private Reformer Training	89
Clogging.....	77	Produce with a Purpose.....	88
Country Couples	78	Pulmonary Exercise.....	90
Crafts	76	Re-Start.....	88
Fit - 101.....	91	Sip and Paint.....	75
Fun ctional Fitness L3.....	91	Static in the Attic.....	87
Guitar.....	81	Tai Chi	86
Harmonica for Health	87	Tap.....	81
Healthy Habits for Life.....	87	Tennis	85
Hula	78	The Next Chapter.....	87
Jazz.....	78	Training Services	90
Jazz Listening	82	TRX Circuit.....	91
Karate.....	88	Ukulele	82
Line Dancing	79	Urban Poling.....	90
Living with Hip Pain.....	88	Walk on the Wild Side.....	91
Meditation.....	87	Water	93
Mind Body Connection.....	88	Watercolor	75
Mind, Body & Spirit.....	87	Wellfit Class Schedule	94
Mixed Media	75	West Coast Swing	81
Oil and Acrylic Painting	75	Writing.....	83
Parkinson Strong Combo.....	93		

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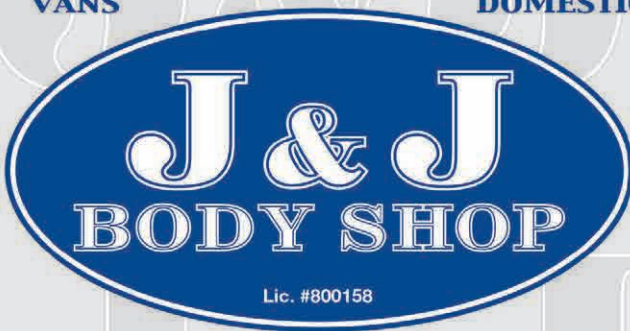
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*Indicates new class on sale February 17

Classes

—Art—



*Mixed Media Art Journaling

Tuesdays, March 8 & 22
9:00 AM to Noon (OC)
\$45 plus \$5 supply fee paid to instructor — **LSC3214**

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: “Aurora Over Water”

Friday, March 18
5:00 to 8:00 PM (OC)
\$55 — **LSC3238**

This class is great for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day, with step-by-step instruction. Learn how

to mix colors, brushstroke, and pallet knife techniques. All supplies are included. Canvases are under-painted and ready to hang. The fee includes a glass of wine, a selection of cheese, crackers, and fruits. *About the Instructor:* Artist **Unni Stevens** studied art in Norway, Japan, and at the Laguna College of Art with 30+ years of painting experience. More information at unniart.com.

—Oils, Pastels & Acrylics—



*Oil and Acrylic Painting: Intermediate/Advanced

Wednesdays, March 2-30
9:00 to 11:30 AM (OC)
\$95 (five sessions)

— **LSC3226**

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 sandylindblad.com. Questions about class supplies? Email Sandy Lindblad at sandski2@yahoo.com prior to class.

—Watercolor—

Watercolor 1

Thursdays
March 3-April 7
9:00 to 11:00 AM (OC)
\$142 (six sessions)

— **LSC3755**

Skills covered

include essential brush strokes using both round and flat brushes, color mixing, and the use of the color wheel. Over the six weeks, participants will learn and understand the four most important design elements in creating art – shape, color, value, and texture. Practice drills and assignments between the weekly session will be given to improve skills and build confidence. Participants



will have different vignettes to work on to create a painting or two that can be framed. The instructor will use demonstrations and personal one-on-one instruction to help guide participants. For more information, contact instructor: *Faye August*, at 916-209-3643 or watercolorist55@gmail.com.

Ceramics

—Pottery—

***Beginning/ Intermediate Ceramics**

Tuesdays
March 1-29
1:00 to 4:00 PM (OC)
\$80 (five sessions)
— **LSC3262**



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, March 1-29
9:00 AM to Noon (OC)
\$80 (five sessions)
— **LSC3250**

OR

Thursdays
March 3-31
1:00 to 4:00 PM (OC)
\$80 (five sessions)
— **LSC3287**



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

Mini Tin Dioramas

Monday
February 28
10:00 AM to 1:00 PM (KS)
— **LSC3759**
Fee \$45; Materials \$20



Create a beautiful mini diorama within a tin box using flowers, papers, mini props, and more. Instructor: *Judy Ragland-Craftopolis*. Registration deadline: February 21.

Mini Tin Journal

Monday, February 28
2:00 to 4:00 PM (KS)
— **LSC3760**
Fee \$45; Materials \$15



Create a mini journal that can be used as an art journal, memory journal, or the perfect gift. Select from paper theme options and embellishments ready to assemble. Instructor: *Judy Ragland-Craftopolis*. Registration deadline: February 21.

Water Marbling Silk Scarf, Fan and Terracotta Pot

Monday
March 14
10:00 to 11:30 AM (KS) — **LSC3761**



Learn the ancient technique of water marbling using paints, basic tools, and easy-to-follow instructions. In this session, you will create a gorgeous marbled 100% silk scarf, silk-like fabric fan, and set of cute terra cotta pots. Additional items can be made if time allows; pricing varies. Maximum four students. Instructor: *Judy Ragland-Craftopolis*. Registration deadline: March 5.

Garden Hose Wreath

Monday
March 28
9:00 to
11:00 AM (KS)
— **LSC3764**

Fee \$45; Materials \$20

Create this unique wreath using a garden hose, silk flowers, and other garden-inspired props. Finish with a colorful ribbon, and your wreath is ready for display on your door or in your garden. Instructor: **Judy Ragland-Craftopolis**. Registration deadline: March 21.



—Card Making—

*Card Making – Advanced

Mondays
March 7 & 21
9:00 AM to Noon (KS)
\$30 (two sessions)
— **LSC3299**



Prerequisite: This class will build on your Card Making skills from the Beginner to Intermediate classes and offers more complex and challenging projects and papercraft techniques. This class is not designed for the Beginner or Intermediate card-making crafters. Class size is limited, sign-up early to reserve your space. Most supplies will be provided, but you will need to bring with you your Card Making Kits. Instructor: **Dottie Macken**. Registration deadline: February 25.

*Card Making – Beginner/Intermediate

Wednesdays
March 9 & 23
9:00 AM to Noon (KS)
\$30 (two sessions)
— **LSC3310**



Prerequisite: Completion of at least four to eight sessions of previously offered Intro to Card Making – Beginners and/or have instructor's approval to participate. 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. Instructor: **Dottie Macken**. Registration deadline: February 25.

*Card Making – Intro to Basic Card Making - Beginners

Fridays, March 11 & 25
9:00 AM to Noon (KS)
\$30 (two sessions) — **LSC3321**

Have you ever wanted to make a greeting card, but you just weren't sure how to get started? Then this class is for you. This class will teach all of the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards at each session. This is a fun three-hour class. Class size is limited, sign-up early to reserve your space. Most supplies will be provided, but you will need to bring your card making kits with you. Instructor: **Dottie Macken**. Registration deadline: February 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, March 1-29
10:00 to 11:00 AM (KS)
\$50 (five sessions)
— **LSC3332**

Moving forward with current beginners class. We will continue to work through the eight basic traditional clogging movements at a relaxed pace 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. Watch for late summer/early fall for New Beginners Class. Instructor: **Janice Hanzel**.

***Combine Clogging Class**

Tuesdays, March 1-29

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

\$75 (five sessions) — **LSC3360**

Starting with easy and progressing into intermediate dances, our new schedule takes a bit of getting used to. We will continue working on some new material dancing to some Irish songs this month. The class will feature lots of reviews of steps from previously learned dances. We'll keep it a bit more simple to get our clogging legs back into shape. We will also learn new dances, easy to intermediate, from recent workshops and conventions. All levels are encouraged to participate. Prerequisite: Instructor approval and/or new and returning students with clogging experience. Instructor: *Janice Hanzel*. **Vacation drop-in: \$18 per session.**

—Country Western Dancing—***Country Couples****Western Dance****Beginner Level 1 & 2**

Mondays, March 7-28

7:00 to 8:00 PM (KS)

\$28 (four sessions)

— **LSC3355**

Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles, including some of the dances at mixers. Instruction will be at a slower pace for beginners. Instructors: *Jim & Jeanie Keener*.

***Country Couples Western Dance
Level 3 & 4**

Mondays, March 7-28

6:00 to 7:00 PM (KS)

\$28 (four sessions) — **LSC3343**

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: "Castaway, And Story Book Endings." **Prerequisite:** Completion of Beginner level Country Couples for at least six months. Instructors: *Jim & Jeanie Keener*.

—Hula—***Beginners Hula**

Thursdays, March 3-31

2:00 to 3:00 PM (KS)

\$65 (five sessions)

— **LSC3767**

Would you like to learn to dance hula, the beautiful dance of the Hawaiian islands? In this 90-minute workshop, you will learn the basic hand and foot motions. Following the workshop, you will have an opportunity to sign-up for a 5-week beginners class. This is a limited opportunity. Instructor *Pam Akina* has 40 years of experience as a dancer and 12 years as an instructor. Feel free to contact her if you have any questions at 916-521-0474 or akinapamahoa@gmail.com. Participants should dress comfortably. We normally dance in bare feet, but you may wear shoes if you are more comfortable.

***Hula**

Thursdays, March 3-31

1:00 to 2:00 PM (KS)

\$65 (five sessions)

— **LSC3405**

This is an ongoing class for hula dancers of all experience and skill levels. Come learn the beautiful dance of the Hawaiian islands. You will exercise the mind, body, and spirit while learning choreographed routines. Historical and cultural information surrounding each of the dances will be shared. **Prerequisite:** New dancers contact instructor at 916-521-0474 to learn about Hula Basics instruction. Instructor: *Pam Akina*.

—Jazz—***Jazz for Beginners**

Thursdays, March 3-31

11:00 AM to Noon (KS)

\$45 (five sessions) — **LSC3416**

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, March 1-29

1:00 to 2:00 PM (KS)

\$45 (five sessions) — **LSC3446**

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, March 4-25

3:00 to 4:00 PM (KS)

\$28 (four sessions)

— **LSC3488**

This class is a mixture of beginner, high beginner, and interme-

mediate 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, March 7-28

4:00 to 5:00 PM (KS)

\$28 (four sessions) — **LSC3455**Instructor: *Cathy Paris***OR**

Thursdays, March 3-31

9:00 to 10:00 AM (KS)

\$35 (five sessions) — **LSC3522**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, March 4-25

2:00 to 3:00 PM (KS)

\$28 (four sessions) — **LSC3498**Instructor: *Sandy Gardetto***OR**

Thursdays, March 3-31

10:00 to 11:00 AM (KS)

\$35 (five sessions) — **LSC3552**Instructor: *Yvonne Krause-Schenck***OR**

Thursdays, March 3-31

3:30 to 4:30 PM (KS)

\$35 (five sessions) — **LSC3543**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, March 7-28

9:00 to 10:00 AM (KS)

\$28 (four sessions) — **LSC3532**Instructor: *Yvonne Krause-Schenck***OR**

Wednesdays, March 2-30

9:00 to 10:00 AM (KS)

\$35 (five sessions) — **LSC3508**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, March 7-28

5:00 to 6:00 PM (KS)

\$28 (four sessions) — **LSC3474**Instructor: *Cathy Paris***OR**

Wednesdays, March 2-30

10:00 to 11:00 AM (KS)

\$35 (five sessions) — **LSC3518**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.

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***Level 5 – Advanced**

Thursdays, March 3-31

5:30 to 6:30 PM (KS)

\$35 (five sessions) — **LSC3711**

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

***Line Dancing 4 Fun**

Thursdays, March 3-31

4:30 to 5:30 PM (KS)

\$35 (five sessions) — **LSC3465**

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

—Tap—

**Tap Classes with Alyson**

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

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

***Beginning Tap**

Mondays, March 7-28

11:00 AM to Noon (KS)

\$40 (four sessions) — **LSC3571**

This class works on the basics of tap dance at a slower pace. It is a continuation class, however, new students are welcome.

***Tap Technique**

Mondays, March 7-28

10:00 to 11:00 AM (KS)

\$40 (four sessions) — **LSC3561****OR**

Tuesdays, March 1-29

10:00 to 11:00 AM (KS)

\$50 (five sessions) — **LSC3731**

Learn and hone your tap techniques through fun musical exercises and routines.

—West Coast Swing—

***Intermediate/Advanced West Coast Swing**

Wednesdays, March 2-16

6:00 to 8:00 PM (KS)

\$30 (two sessions) — **LSC3721**

Prerequisite: Must know the basics of West Coast Swing Dancing and be at an intermediate to advanced level, or have instructor's approval. Partners necessary. The first hour and 15 minutes of the class will focus on dance instruction, and the last 30 minutes will provide dance practice to music. Instructor: *Dottie Lovato Macken*. Registration deadline: February 21.

Music

—Guitar—

***Beginning Guitar**

Mondays, March 7-28

9:00 to 10:30 AM (OC)

\$60 (four sessions)

— **LSC3592**

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.



*Beginner Folk Guitar Class for Fun Folks

Tuesdays, March 1-22
1:00 to 2:00 PM (KS)
\$40 (four sessions)

— **LSC3676**

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

Tuesdays
March 1-22
2:00 to 3:00 PM
(KS)

\$40 (four sessions)

— **LSC3616**

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, March 2-30
9:00 to 10:30 AM (KS)

\$75 (five sessions) — **LSC3649**

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
March 7-28
10:30 AM to
Noon (OC)

\$60 (four sessions)

— **LSC3639**



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, March 2-30
10:30 AM to Noon (KS)

\$75 (five sessions) — **LSC3664**

This class is an intermediate 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*.

—Jazz Appreciation—

*Guide to Jazz Listening

Fridays
March 4-25
9:00-11:00 AM
(OC)

\$20 (four sessions)

— **LSC3770**

This class will be a listener's guide to Jazz, taught by a non-musician jazz

devotee, in which the participants will be introduced to jazz favorites. Much of the class time will be spent listening to jazz selections with the instructor providing background and insight into the music. The class will consist of the following four



2-hour sessions: Traditional-Swing, Trumpet-Sax, Singers-Big Band, Piano-Combo-West Coast. This class will offer the opportunity to share opinions about jazz music, favorite recordings and exchange CDs among students and instructor. Instructor: *Wally Etterbeck*.



Photography

*The Art of Seeing in Photography

Thursdays, March 3-24

9:00 AM to Noon (OC)

\$100 (four sessions) — **LSC3772**

We will study and learn how to see artfully and develop visual stories that we can apply to our photography. We will then take those learned ways of seeing and apply them to our photographs. The focus of this class will not be so much on technical, camera, or digital darkroom skills (AKA Photoshop), but we will discuss those skills as part of our processes to create the visions we want. The instructor, *David Wong*, is a professional photographer that teaches photography in the Sacramento and foothills region. He has exhibited his photography in galleries on both the east and west coasts.

Writing

*Writing from Life: Stories and Anecdotes

Mondays

March 7-28

2:00 to 4:00 PM

(KS)

\$75 (four sessions)

— **LSC3751**

Write your life stories – short or long – as a way to record memories to share. Learn and practice



writing from life experiences using questions prompts and meaningful objects. Stories can be about you, your children or family, travel or food stories. We brainstorm how to get ideas, use mind maps to build our stories, and begin writing. It is easy and fun. You will leave the class with two or more finished stories. Sharing with the class is optional. Participants often enjoy hearing other people's stories as much as writing theirs. Instructor: *Janice Kelley*.

*Nature Journals:

Stories of Place

Mondays

April 5-26

10:00 AM to Noon

(KS)

\$40 (four sessions)

— **LSC3768**

An observation walk invites participants to slow down, practice mindfulness, use our sense of smell, touch, sight, and hearing as we walk, stop, listen and watch. Learning the art of keeping a journal is central to capturing our observations, feelings, and impressions, asking questions, recording insights writing, and sketching. Bring a bound blank journal, a sketchbook, or a spiral notebook with lined paper if you do not plan to sketch. Instructor: *Janice Kelley*.



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WellFit Orientations

Free Orientation: WellFit Staff

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Fitness Floor (OC)

- **Tuesday, February 22**
3:00 to 4:00 PM
- **Monday, March 14**
3:00 to 4:00 PM
- **Tuesday, March 29**
4:00 to 5:00 PM

Fitness Floor (KS)

- **Wednesday, February 16**
3:00 to 4:00 PM
- **Wednesday, March 2**
3:00 to 4:00 PM
- **Wednesday, March 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 seven days prior to class start. No refunds.*



Intro to Pickleball
 Wednesdays
 4:00 to 5:30 PM
 Pickleball Courts
 Free

This class is for any Lincoln Hills resident interested in learning about Pickleball. No equipment is necessary; just wear clothing appropriate for Pickleball and court shoes. Bring your own water also. Meet at the upper pickleball courts by court #4. You must pre-register each week for the class. Eight spots are available. We are using two courts to allow for social distancing. Email Carol Judd to register: welcometopickleball@gmail.com or go to lhpclub.com and look for Calendar on the left. Click on Intro to Pickleball class.



Intro to Tennis
 Thursdays
 11:00 AM to Noon
 Multicourt #11
 Free

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



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

Tai Chi / Qigong L1

Tuesdays, March 1-29
2:00 to 3:00 PM
Aerobics Room (OC)
\$60 (five sessions)

OR

Wednesdays
March 2-30
11:50 AM to
12:50 PM
Aerobics Room (KS)
\$60 (five sessions)

OR

Fridays
March 4-25
2:00 to 3:00 PM
Aerobics Room (OC)
\$48 (four sessions)

OR

Saturdays, March 5-26
2:00 to 3:00 PM
Aerobics Room (OC)
\$48 (four sessions)

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



Tai Chi / Qigong L2

Thursdays, March 3-31
2:00 to 3:00 PM, Aerobics Room (OC)
\$60 (five sessions)

Having some familiarity with the basics of the Yang long form, Level 2 introduces beginners to additional sections of the form with an emphasis on posture, breathing techniques, and releasing. The class begins with a warm-up, including Qigong moves, then moves on to form practice. Qigong's mindful movements help to move blood and oxygen around the body, nourishing the organs and tissues. Qigong helps improve balance, proprioception, flexibility, and strength. Instructor: *Shifu Anney Wamsat.*

Tai Chi / Qigong L3

Tuesdays, March 1-29
3:10 to 4:10 PM, Aerobics Room (KS)
\$60 (five sessions)

OR

Fridays, March 4-25
3:05 to 4:05 PM, Aerobics Room (OC)
\$48 (four sessions)

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

Tai Chi Ball L1

Wednesdays
March 2-30
2:00 to 3:00 PM
Aerobics Room (OC)
\$60 (five sessions)

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





Mind, Body & Spirit
Wednesdays, March 2-30
3:05 to 4:05 PM
Aerobics Room (OC)
\$85 (five sessions)

Come join Nina as we explore the many benefits of Mind-Body-Spirit Awareness. Mind: mindful intentions & positive affirmations to improve the brain's neurology. 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.



Back by popular request!
**Static in the Attic:
Understanding About
Memory And How To
Preserve It!**
Wednesday, March 16
9:30 AM to Noon
Multipurpose Room (OC)
\$35

Are you noticing word grope syndrome and “senior moments?” Are you frustrated because you can't remember names of people, but recognize faces? Come find out why these occur and what you can do about it. This single session workshop covers the current scientific information about memory, the components of memory, changes with age, and tips and techniques for improving memory and leading a brain wellness lifestyle. Extensive materials and hand-outs included in the fee. Instructor: *Alice Jacobs*.



The Next Chapter
Mondays, March 7-21
1:30 to 3:00 PM
Aerobics Room (OC)
\$75 (three sessions)

With a spectacular marriage comes spectacular grief. Join a small intimate group where together we'll explore new ways to help you move forward with confidence. Come prepared for

heart-opening, restorative techniques that will rejuvenate your mind, body, and spirit. You will be inspired and challenged with this uplifting format that will help carry you through your journey. Instructor: *Nina Baldi*.



Monday Meditation
Mondays, March 7-28
4:10 to 5:10 PM
Aerobics Room (OC)
\$60 (four sessions)

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



Harmonica for Health
Thursdays, March 3-31
3:00 to 3:45 PM
Solarium (OC)
\$75 (five sessions)
\$11 paid to instructor for harmonica.

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



Healthy Habits for Life™
Wednesdays
March 30-April 27
3:30 to 5:00 PM
Multipurpose Room (OC)
\$149 (five sessions)

Healthy Habits for Life™ dives into the non-nutrition areas of our lives that impact daily mood, energy, and focus. Healthy Habits for Life™ not only

introduces simple and effective strategies and tools for change, but we're also in a community of like-minded people who are also learning and applying this knowledge. We will tackle other aspects of our health that continue to impact nutrition and overall quality of life such as sleep, getting enough water, staying active, and so much more. Instructor: *Audrey Gould*.



The Mind Body Connection

Tuesdays, March 1-29
11:00 AM to 12:30 PM
Multipurpose Room (OC)
\$75 (five sessions)

Join us in learning how to live a more conscious lifestyle by rediscovering what your body already

knows. In this class we will be discussing the principles and origins of meditation, how you benefit from a daily practice, and how you can look within to create a greater sense of peace and purpose in your daily life. Instructor: *Sheri Mandell*.



Living with Hip Pain

Wednesdays
March 16 & 23
1:00 to 2:00 PM
Multimedia Room (OC)
\$48 (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*. *Lisa will teach the first class, and Danielle will teach the second.



Traditional Shotokan Karate

Saturdays, March 5-26
10:50 AM to 12:50 PM
Aerobics Room (KS)
\$20 (four sessions)

The instructor is a member of the International San Ten Karate Association and has over

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

Nutrition

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



Produce With a Purpose: Spring Cleaning

Monday
March 14
11:30 AM to 1:30 PM
Placer (KS)
\$48



Plenty of vegetables, fruits, and herbs offer cleansing properties, and spring is the time to take advantage. Let's slough off some of that built-up winter sludge, like a bulky sweater, and freshen up our insides. We'll talk about eating seasonally, feature some of the produce that can help us and how it works, and cook a couple of light and flavorful recipes featuring healthy spring ingredients. Instructor: *Kerin Gould, Ph.D.* producewithapurpose.net.



RESTART—Your Health in Just Five Weeks

Wednesdays
March 30-April 27
5:30 to 7:00 PM
Multipurpose Room (OC)
\$149 (five sessions)

RESTART is a five-week program with a three-week sugar detox built right in; the program focuses on how to use real food to boost your energy and cut cravings. Enjoy the side effects of weight loss, better sleep, increased energy, and boosted 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 the Resident Website for the most current schedule and information regarding the Pilates Reformer Program, including sign-up forms or Danielle.Merrill@schca.com.

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

Membership packages require an agreement for auto-pay upon enrollment. Members select their monthly classes via the online scheduling system MindBody. See the class grid on page 97 for a complete listing of Pilates Reformer classes.

Our Reformer packages are as follows:

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

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

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

Drop-in for guests (non-residents) \$25 per class.

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



Introductory Reformer Session L1

Continuous Dates
Aerobics Room (OC)
\$30 (one session, one hour long).

This session is a

prerequisite for Pilates Reformer classes. You will work with a trainer to teach you proper breathing techniques, go over any goals/limitations you may have, go over basic exercises, set up your proper spring loads, and answer any questions. Once you have completed this introductory class, you can sign up for the Pilates Reformer classes through MindBody. You can purchase this introduction at the Fitness Centers. Contact Danielle Merrill to coordinate your introduction with an instructor.

Private Reformer Training

Private training is convenient and efficient. All private training is done by appointment only. When working one-on-one, our trainers will customize a reformer program to meet your specific

goals. Hidden muscular weaknesses or skeletal imbalances cause most injuries. Pilates works to balance the body to bring proper alignment and function. For more information regarding Private Reformer Training and scheduling with one of the reformer instructors, please contact Danielle Merrill.

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

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Personal and Clinical Training

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

Training Services

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

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

Small Group Training (SGT)

Small group training classes are designed for specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting. *Classes fill up quickly; please sign up at least seven days prior to the class start. No*

refunds. Events go on sale the 17 of each month. Register at Orchard Creek, Kilaga Springs Fitness Desks or online. SGT classes run 55 to 60 minutes.



Urban Poling (Balance and Fall Prevention)

Mondays & Fridays
March 7-25
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: *Rena Schmidt*.

Urban Poling (Indoor Nordic Walking)

Tuesdays & Thursdays, March 1-31
12:55 to 1:55 PM
Aerobics Room & Indoor Track (OC)
\$170 (ten sessions)

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

SGT—Pulmonary Exercise Class

Returning Soon
TBA
\$68 (four sessions)

This class will incorporate a combination of exercise and education to enhance the ability of people with lung disease to manage their condition. Topics covered include breathing techniques, strategies to manage shortness of breath, and other techniques to improve exercise tolerance. Exercise includes strength, cardio, and balance. Anyone is welcome, but people with diseases such as COPD,

asthma, pulmonary fibrosis may benefit the most. Please bring your oxygen if needed. Instructor: **MaryAnn DePietro**, Respiratory Therapist.

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

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

SGT—Fit 101

Tuesdays & Thursdays

March 1-31

4:10 to 5:10 PM

Aerobics Room Class alternates
(OC Tuesday – KS Thursday)

\$170 (ten 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

March 1-31

11:50 AM to 12:50 PM

Aerobics Room (KS)

\$170 (ten 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 is encouraged. Instructor: **Deanne Griffin**.



SGT—Progressive Bootcamp L2/3

Mondays & Wednesdays

March 7-30

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

March 1-31

12:55 to 1:55 PM

Aerobics Room

(KS)

\$170 (ten 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

March 7-30

12:55 to 1:55 PM

Aerobics Room (KS)

\$136 (eight sessions)

Instructor:

Renae Schmidt

OR

Tuesdays & Thursdays

March 1-31

10:45 to 11:45 AM

Aerobics Room (KS)

\$170 (ten 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



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out the class with concepts from Balance and Fall Prevention to build confidence and mobility.

SGT—Balance & Fall Prevention L1

Mondays & Wednesdays
March 7-30

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-L2

Wednesdays, March 2-30

11:50 AM to 12:50 PM

Indoor Pool (OC)

\$85 (five sessions)

Instructor: *Nina Baldi*

OR

Fridays, March 4-25

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, March 1-29

2:00 to 3:00 PM

Aerobics Room (KS)

\$85 (five sessions)

OR

Thursdays, March 3-31

2:00 to 3:00 PM

Aerobics Room (KS)

\$85 (five 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 March 3-31

3:05 to 4:05 PM

Aerobics Room (KS)

\$85 (five 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*.

Punch Passes & Fast Pass Classes

Punch Pass and Fast Pass classes are drop-in, group exercise classes on a first-come, first-served basis in our KS and OC Aerobics Rooms as well as the OC pool. You may arrive and sign in up to one hour before the start time of the class. Punch Pass Classes are \$4.50 each and 55 minutes. Fast Pass Classes are \$2.50 and can only be used on our 30-minute classes. Punch Passes and Fast Passes are not interchangeable. Please see the colored grids on pages 94-98 for days and times. Purchase these passes through online enrollment on the Resident Website 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 the Resident Website under WellFit. Guests must pay \$6 per Punch Pass and \$3.50 per Fast Pass and check in no more than 10 minutes before the start of the class. Classes are subject to availability.

NOTE: Punch Passes purchased before December 1, 2019, will never expire.

All passes and sessions are non-refundable.

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.

OC WellFit Class Schedule February/March 2022

	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>	Starts February 2nd! Core-N-Strength L2/L3 <i>Katie</i>	Step L2/L3 <i>Kim</i>	Basic Step & Strength L1/L2 - <i>Shirley</i>		
9:40	20/20/20 L2/L3 <i>Gretchen</i>	Core-N-Strength L2/3 <i>Kim</i>	Strictly Strength L2/3 <i>Katie</i>	Core-N-Strength L2/3 <i>Kim</i>	Yoga Basics & Flow L2 <i>Amy</i>		
10:45	Piloga L2/L3 <i>Gretchen</i>	Yoga Flow L2 <i>Amy</i>	Slow Flow Yoga L2/3 <i>Katie</i>	Restore, Balance & Flow Yoga L1/L2 <i>Jennifer</i>	Barre L2/L3 <i>Gretchen</i>	Restore, Balance & Flow Yoga L1/L2 <i>Nina</i>	Low Impact Cardio Aerobics & Stretch 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>			
2:00	1:30-3:00 January The Next Chapter <i>Nina</i>	Tai Chi / Qigong L1 <i>Anney</i>	New time! Tai Chi Ball L1 - <i>Anney</i>	Tai Chi / Qigong L2 <i>Anney</i>	Tai Chi / Qigong L1 <i>Anney</i>	Tai Chi / Qigong L1 <i>Anney</i>	SCLH Booking Rehearsals - 1:00 to 3:00 PM - October to March
3:05	Chair Yoga L1 <i>Amy</i>	Healthy Living Exercise L1 - <i>John</i>	Mind, Body & Spirit <i>Nina</i>	Healthy Living Exercise L1 - <i>John</i>	Tai Chi / Qigong L3 <i>Anney</i>		
4:10	New In January! Monday Meditation <i>Sheri</i>	SGT - Fit 101 Variety Class L1 - <i>MaryAnn/John</i>		Zumba Gold L2 <i>Joanie</i>			
5:15	Yin Yoga L1-L3 <i>Nina</i>	5:30pm Coming Soon! Check with WellFit	5:00pm Quiet the Mind L1 - <i>Sheri</i>	5:30pm Coming Soon! Check with WellFit		SCLH Booking 4:10 to 7:00 pm	
			5:45pm Stretch It Out! L1/L2 - <i>Sheri</i>				
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 (55-60 minute) session based, sign-up ahead			
<p>L1 - beginner L2 - intermediate L3 - advanced *More explanation of class levels and information about class descriptions in WellFit section of website: sclhresidents.com</p> <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 sclhresidents.com

KS WellFit Class Schedule February/March 2022

	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	Strictly Strength L2/L3 <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>	Strictly Strength L2/L3 <i>Helena</i>	
9:40	Strength Barre Fusion L2/L3 - <i>Katie</i>	Zumba Gold L2 <i>Jeanie</i>	Pilates L1/L2 <i>Erin</i>	Piloga & Props L1 <i>Cynthia</i>	Strength & Athletic Stretch L2 <i>Jerri In February!</i>	Yin Yoga L1-3 <i>Helena</i>	
10:45	Yin Yoga L1-L3 <i>Katie</i>	SGT - Posture, Core & Balance L1/L2 - <i>Craig</i>	Zumba Gold L1/L2 <i>Jeanie</i>	SGT - Posture, Core & Balance L1/L2 - <i>MaryAnn</i>	Intro to Yoga L1 very beginner - <i>Nina</i>	Traditional Shotokan Karate L1/2 - <i>Al</i>	
11:50	Urban Poling (Nordic Walking) L1 - <i>Renee</i>	SGT - 'Functional Fit L3 - <i>Deanne</i>	New February! Tai Chi / Qigong L1 <i>Anney</i>	SGT - 'Functional 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>Jean</i>	SCLH Booking 11:00 to 3:00 pm	
2:00	SGT - Balance and Fall Prevention - <i>Renee</i>	SGT - Rock Steady Boxing - <i>Craig</i>	SGT - Balance and Fall Prevention - <i>Renee</i>	SGT - Rock Steady Boxing - <i>Craig</i>	SGT - TBA		
3:05	SGT - Progressive Bootcamp L2/L3 - <i>John</i>	3:10pm Tai Chi / Qigong L3 - <i>Anney</i>	SGT - Progressive Bootcamp L2/L3 - <i>John</i>	SGT - ParkinsonStrong Combo L1 - <i>Valerie</i>	Shuffleboard 3:05 to 5:00pm		Shuffleboard 3:05 to 5:00pm
4:10				SGT - Fit 101 Variety Class L1 <i>MaryAnn/John</i>			
5:30		SCLH Booking 5:00-6:15pm		TBA			
				TBA	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			
L1 - beginner L2 - intermediate L3 - advanced *More explanation of class levels and information about class descriptions in WellFit section of website: schresidents.com							
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 schresidents.com

OC Aqua WellFit Water Walking/Volleyball/Class Schedule February/March 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	OC	OC	OC	OC	OC	OC	OC
7:30	Water Walking drop-in	Water Walking drop-in	Water Walking drop-in	Water Walking drop-in	Water Walking drop-in		
	Aqua Surge L2/L3 <i>Renea</i>		Aqua Surge L2/L3 <i>Jen</i>		Aqua Surge L2/L3 <i>Nina</i>		
8:35	Power Waves L3 <i>Jen</i>	8:45am Aqua Intervals L2/L3 <i>Jen</i>	Power Waves L3 <i>Jen</i>	8:45am Aqua Intervals L2/L3 <i>Lisa</i>	Power Waves L3 <i>Nina</i>		
9:40	Splash L2 <i>Joanie</i>	9:50am Aqua Intervals L2/L3 + Deep Water - <i>Jen</i>	Splash L2 <i>Joanie</i>	9:50am Aqua Intervals L2/L3 + Deep Water - <i>Lisa</i>	Splash L2 <i>Lisa</i>	Water Walking drop-in	Water Walking drop-in
10:45	Fluid Moves L1 <i>Danielle/TBA</i>		Fluid Moves & Water Piloga L1 - <i>Nina</i>		SGT - Therapeutic Water Exercise - <i>Lisa</i>		
11:50	Water Walking drop-in	Water Walking drop-in	SGT - Therapeutic Water Exercise - <i>Nina</i>	Water Walking drop-in	Water Walking drop-in		
2:00	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm
4:30	Power Waves L2/L3 <i>Danielle</i>	Water Walking drop-in until 8:30pm	TBA	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							

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.

L1 - beginner L2 - intermediate L3 - advanced *More explanation of class levels and information about class descriptions in WellFit section of website: sclhresidents.com

Small Group Training - SGT - 60 minutes (session based, sign up ahead)

Group Exercise Classes - 55 minutes (punch pass) \$4.50

Class schedules in the Compass may not reflect recent changes.

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

Pilates Reformer WellFit Class Schedule February/March 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Reformer L1-L2 <i>Gretchen</i>			Reformer L1-L2 <i>Cynthia</i>			
8:30	Reformer + Mixed Equipment L1-L2 <i>Gretchen</i>	Reformer Therapeutic Stretch L1-L2 - <i>Nina</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>	Reformer Therapeutic Stretch L1-L2 - <i>Nina</i>	Reformer Basics + L1-L2 - <i>Valerie</i>		
9:30		Reformer Basics + L1-L2 - <i>Cynthia</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>	Reformer Basics + L1-L2 - <i>Andee</i>	Reformer + Mixed Equipment L1-L2 <i>Valerie</i>	Reformer Basics L1 <i>Sandra</i>	
10:30	Restorative Reformer L1 <i>Nina</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Reformer Basics + L1-L2 - <i>Andee</i>	Reformer Basics + L1-L2 - <i>Valerie</i>		
11:30	Therapeutic Reformer - L1 <i>Nina</i>	Reformer L1-L2 <i>Andee</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Reformer L1-L2 <i>Cynthia</i>			
12:30		Cardio Jump Basics L1/L2 - <i>Andee</i>			Cardio Jump & Core L2 - <i>Gretchen</i> 11:45		
					Cardio Jump & Core L2 - <i>Gretchen</i> 12:45		
4:15	Reformer Basics L1 <i>Andee</i> 4:15pm			Reformer L1-L2 <i>Valerie</i> 4:15pm			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							
Basic - beginner L1 - intermediate L2 - more advanced *More class descriptions on MindBody when signing up for your classes							
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

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HOURS SUBJECT TO CHANGE

Orchard Creek Lodge & Kilaga Springs Lodge Mon–Sat: 8:00 am–9:00 pm Sunday: 8:00 am–5:00 pm	The Spa at Kilaga Springs Mon–Fri: 9:00 am–6:00 pm Saturday: 9:00 am–5:00 pm
Membership Desk Mon–Fri: 9:00 am–5:00 pm	Meridians Restaurant Meridians / Sports Bar Mon–Fri: 11:00 am–8:00 pm Sat–Sun: 10:00 am–8:00 pm
Lifestyle Desks (OC/KS) Mon–Sat: 8:00 am–8:00 pm Sunday: 8:00–4:00 pm	Curbside Pickup: Daily: 11:00 am–7:00 pm SCLH Delivery: Daily: 4:00 pm–7:00 pm
WellFit (OC/KS) Mon–Fri: 5:30 am–8:30 pm Sat–Sun (oc): 7:00 am–8:00 pm Sat–Sun (ks): 5:30 am–6:00 pm	Kilaga Cafe Wed–Fri: 7:00 am–3:00 pm

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About New Auto Sales 18
 Eddie's Lincoln Auto Body 42
 J & J Body Shop 74

CHURCH

Valley View Church 18

CLEANING SERVICES

All Pro Window Cleaning 57
 Guardian Carpet Care 46
 Gold Coast Carpet & Uph. 68
 Joe's Carpet Cleaning..... 54
 Johnny On The Spot! Carpet
 Cleaning 28
 V & O Cleaning Service 45

COMPUTER SERVICES

Comp-Solve Computers..... 42
 Jim Puthuff & Associates 31
 PC & Mac Resources..... 51
 Warner Computer Services..... 49

DENTAL

Denzler Family Dentistry 74
 Victoria Mosur, DDS 48

ELECTRICAL SERVICES

Brown's Quality Electric 35
 Judean Electric..... 85

EYE CARE

Wilmarth Eye/Laser Clinic 51

FINANCIAL SERVICES

Cochrane Support Services 33
 Edward Jones 84
 Reverse Mortgage Funding 20
 Stifel 52
 TAD Executive Fiduciary
 Services..... 54

GOLF

Electrick Motorsports Inc. 28

HANDYMAN SERVICES

A-R Smit & Associates 40
 Bartley Properties 38

Home Handyman Services 83

L&D Handyman 37
 Wayne's Fix-all Service 80

HEALTHCARE

Capitis Medical & Aesthetics..... 16
 Granite Bay Regenerative
 Medicine..... 60

HEATING AND AIR

Accu Air & Electrical 80
 Good Value Heating & Air 51
 Peck Heating & Air 49

HOME IMPROVEMENT

1A Advanced Garage Doors 29
 Ace Appliance Repair..... 71
 D&D Cabinets..... 72
 Don's Awnings 58
 Loveland Roofing 80
 Nielson Fine Floors 92
 One Off Wood Designs..... 54
 O.Tile 62
 Overhead Door 41
 Quality Roofing..... 65
 Screenmobile 70
 Simply Restored Surfaces..... 28
 The Closet Doctor 24
 Thorco Steel 89
 Zothex Flooring..... 2

IN HOME CARE

Welcome Home Care 70

JUNK HAULING AND REMOVAL

Junk King 38
 Sanchez Home & Yard Service .68

LANDSCAPING

CM Ponds & Stuff 80
 Complete Ponds..... 68
 Droplet Landscaping..... 46
 Duran Landscaping 65
 Hernandez Landscaping..... 70
 Martin's Landscape 80
 Rick Myers Landscape Design.. 31

LEGAL

C.R. Abrams, P.C., Law Offices... 36
 Gibson & Tuttle, Inc. 30
 Robertson Law Group 48
 Rumley Law..... 74
 Seasons Law 46

MISCELLANEOUS

Donate Local 28

MORTUARY SERVICES

Calvary Cemetery & Funeral
 Center 60
 Cochrane Wagemann..... 54
 Cremation Society of Placer
 County 18
 Heritage Oaks Memorial
 Chapel..... 48
 Morgan Oaks..... 47

PAINTING

Dynamic Painting 68
 Painting By Rob..... 80
 Preferred Painting..... 41
 Sorin's Painting 43

PEST CONTROL

Noble Way Pest Control 92

PLUMBING

BZ Plumbing Co. Inc..... 89
 Class Act Plumbing 70
 Maples Plumbing 47
 Ronald T. Curtis Plumbing..... 43
 U.S. Plumbing Marshall..... 30

PODIATRY

Lincoln Podiatry Center 92

PROPERTY MANAGEMENT

Gold Properties of Lincoln 37
 Carolan Properties..... 44

REAL ESTATE

Carolan Properties..... 44
 Century 21
 - Mary Olsen..... 29

Coldwell Banker/Sun Ridge 16

- Anne Wiens 33
 - Donna Judah..... 74
 - Michelle Cowles..... 53
 - Tara Pinder 48
 - Tony Williams 45
 - Yvonne Holm 84
 Grupp & Assocs. Real Estate 92
 HomeSmart Realty
 - Gail Cirata..... 67
 - Shari McGrail..... 60
 - Team McGrail 36
 Lyon Real Estate
 - Greg Langer 39
 Shelley Weisman 30
 Realty One Group
 - Connie Kincaid..... 35

RESTAURANT

Tomatina Restaurant..... 30

SENIOR LIVING

Ansel Park
 - Assisted Living 26
 - Independent Living..... 18
 Eskaton Village 22
 Oakmont of Roseville..... 50
 Paradise Valley Estates..... 52
 Sonrisa 34
 Summerset..... 60

SENIOR TRANSITIONS

New Leaf 39

SHREDDING

RedDog Shredz 70

SPRINKLER SERVICES

Gary's Sprinkler Repair 53
 Sprinkler Medic 57

TRANSPORTATION

Apex Airport Transportation..... 40

TRAVEL

Club Cruise..... 100

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