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15 Cool Cats on Cloud Nine

17 Lady Golfers Share a Slice of Their Nine Lives



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ELK GROVE

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Contents

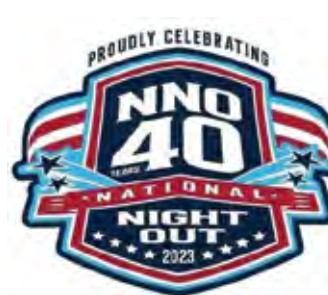
ASSOCIATION NEWS

- 5** Board of Directors' Report
A Note from the Executive Director
- 6** Committee Reports
 - Properties
 - Accessibility
 - Compliance
 - Clubs and Community Organizations
 - Finance
- 9** Department News
 - Lifestyle News & Happenings
 - The Spa at Kilaga Springs
 - WellFit News



COMMUNITY PROFILE

- 13** October 3—National Night Out!
- 15** Cool Cats on Cloud Nine
- 17** Lady Golfers Share a Slice of Their Nine Lives



IN EVERY ISSUE

- | | |
|------------------------------------|-----------------------------|
| 18 In Memoriam | 51 Community Perks |
| 19 Library News | 55 Spa |
| 19 Volunteer Opportunities | 59 SACS |
| 21 Neighbors InDeed | 60 Entertainment |
| 21 Lincoln Hills Foundation | 65 Trips |
| 23 Club News | 69 Class Index |
| 46 Support Groups | 70 Lifestyle Classes |
| 48 Bulletin Board | 78 WellFit Classes |
| | 94 Contacts & Hours |
| | 95 Ad Directory |



On the Cover
Dressed to the Nines.
Photo by Italian Club.
See article page 15.

Calendar of Events

September 15 - October 13

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

Date Event	Page #
9/15 Vybe Society - SACS	59
9/18 Romancing the Stone - Movie.....	51
9/18 Made Up Theatre	60
9/19 Town Hall	51
9/19 Oktoberfest.....	60
9/19 Hadestown.....	66
9/22 More than Broadway	61
9/24 Capital Airshow.....	65
9/26 Wildlife Heritage- Community Forum	51
9/26 Pop Up	88
9/27 Meeting the Author.....	52
9/27 Joint Replacement.....	85
9/29 Spinout - SACS	59
9/29 Wellness Retreat.....	87
10/2 The Greatest Showman - Movie.....	52
10/2 Needle Felting	75
10/2 Happiness is a Choice.....	85
10/3 Tuesday Dance Night	60
10/3 Walk to Breakfast.....	87
10/5 Hypnosis	85
10/6 The Tudors - Community Forum	52
10/10 Grounding and Stretch.....	78
10/11 Structured Dance Night	60
10/11 End of Life Options.....	85
10/12 Harnessing Waste - Community Forum	52
10/13 Lincoln Highway Band	61



Upcoming Association Meetings: September 15 – October 12

Finance Committee	Thursday, September 21, 9:00 AM
ARC/Architectural Review Committee	Monday, September 25, 8:30 AM
Board of Directors	Thursday, September 28, 9:00 AM
Board of Directors Executive Session	Thursday, September 28, 1:00 PM
CCOC/Clubs and Community Organizations Committee	Tuesday, October 3, 9:00 AM
Compliance Committee	Wednesday, October 4, 9:00 AM
Properties Committee	Thursday, October 5, 9:00 AM
Election Committee	Friday, October 6, 9:00 AM
ARC/Architectural Review Committee	Monday, October 9, 8:30 AM
CCRC/Communications & Community Relations Committee	Tuesday, October 10, 10:00 AM
Accessibility Committee	Wednesday, October 11, 1:00 PM
Board of Directors Workshop	Thursday, October 12, 10:00 AM
Board of Directors Executive Session	Thursday, October 12, 1:00 PM

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

211 Your Non-Emergency Call for Help!



Connecting Point is your trusted source for information and connections in Placer and neighboring counties.

Dial 2-1-1 for referrals to local services, including food programs, non-emergency transportation, utility assistance, moving resources, health or dental referrals, questions regarding social security, Medicare, insurance benefits, legal/fiduciary, plus help connecting to tax preparation services. Additional connections are but are not limited to home repair and safety, in-home services for seniors, assistance When you need information about local services, disaster readiness, or recovery assistance, Placer 211 with disabilities, information regarding skilled nursing facilities, assisted living, care homes, and end-of-life information.



Board of Directors' Report

Robert Copp, Director

Residents' costs continue to rise, as does your Association's. Department heads are working to hold down costs. However, utilities and personnel costs are increasing and will impact your dues.

PG&E will be raising natural gas and electricity rates by 38% in September. The City of Lincoln is proposing a water rate increase of 50%, a garbage rate increase of 13%, and a sewer rate increase of 4% in October. Landscaping water purchased from the golf course is proposed to increase by 20%.

After an extensive review of salaries at other non-profits, HOAs, and related industries, the Board approved increased staff salary ranges. These salary ranges allow us to be competitive, making up for previous smaller increases, and improve our ability to retain quality employees. Turnover has been nearly 20% over the last year, with actual recruiting costs estimated at

over \$75,000 along with immeasurable lost productivity.

The Executive Director, staff, and the Board have been working hard to find budget savings. The general landscape contract was reduced by over \$10,000 a month. Two new landscape employees will take over the contract work, saving another \$10,000 a month, and LED lights at the Sports Plaza will save about \$40,000 in maintenance and electricity costs over the next year. Work is beginning on a project to install LED lights in both lodges. To keep staff from working nights hauling in chairs and tables from the maintenance yard for special events a storage space is planned near Orchard Creek Lodge. Be assured we will continue to look for additional savings.

The 2024 Budget will be recommended by the Finance Committee on September 21 and then approved by the Board on September 28. These meetings will be your final opportunity to ask questions or raise concerns. Hope to see you there.



A Note from the Executive Director

Kyle Bodyfelt, Executive Director

*Thou paints auld nature to the
nines, in thy sweet Caledonian lines.*
– Robert Burns

My parents were in Ayrshire, Scotland, when I was a college sophomore, and I was lucky enough to visit them during my winter break. While the days were short in late December and early January, I still can picture the beauty of the rugged terrain and the land-to-sea scenery. I was also exposed to the community and met the wonderful local people who welcomed my parents as temporary residents.

I have been able to tour two new local age-restricted developments that are in Lincoln Hills' backyard. While these new facilities offer the shiny newness that comes with contemporary development, there are certainly advantages to established communities. The first and most obvious benefit to your community is the significant array of amenities, but that is where it just begins. Besides having assessments that are more than three times (\$325

more per month) Lincoln Hills, the newer developments also have Community Facility District (CFD) fees that add about \$5,000-\$7,000 annually to homeownership expenses. Perhaps the most important benefit of all is an established 'Community' that supports each other through informal neighbor relationships, formal community organizations, and established HOA clubs and groups.

Many of us like the latest technology, and some may enjoy the contemporary home style of new developments; however, nothing beats "community," which only comes with time spent together. While a new development may attract some people that are considering Lincoln Hills, it places more emphasis on the need to maintain and improve this community so that the homeowner's perceived value is maintained and improved over time.

It is important to celebrate our contributions and the projects we complete while also understanding the necessity of planning for continuous improvement.



Properties Committee August Meeting Report

Bill Szabo, Chair

Executive Director's Report:
Completed Projects - Lighting at Sports Plaza courts. Raw water conversion at the south entrance. **Approved in Progress Projects** - Meridian's Restaurant update - Initial design options received. KS café - new equipment being installed. Concrete rail fencing - being completed. Trails Task Force - updating signage/communication. **Proposed/Pending Projects** - Board approved AV equipment updating. Conversion to Northstar as Association software - to begin in May 2024. Sports Plaza parking area - Out for bids.

Facilities Maintenance Update - Street light repairs to nearly 400 defective drivers. Trail erosion repairs continuing. Repairing solar panels for outdoor pool heating system. Pickleball and multi-court resurfacing scheduled. Sports Plaza Del Webb Field shade replacement approved and ordered.

Unfinished Business - Inspection Reports - Association vehicles and Sports Plaza are mostly

in good condition. Need netting for the pickleball courts to contain balls. Additional ADA ramps and ADA signage are needed.

New Business: Accepted the following proposals: Proposal 2023.08.01 Purchase of three replacement spa manicure tables, Proposal 2023.08.02 purchase of six replacement spa massage tables, Proposal 2023.08.03 purchase of three replacement spa pedicure chairs.

We ask that you respect your fellow residents and not block the entrance walkways to Orchard Creek Lodge, WellFit, and Meridians. Vehicles have been parking, loading, and unloading in these areas. These areas are for better access by pedestrians.

As always, if you see any problems or maintenance issues with any facility, please report them to Erik Rosales, Facilities and Maintenance Manager for general maintenance or Willie Mayberry, Landscape Supervisor, and committee chair.



Accessibility Committee A Look Forward and Back

Don Nelson, Chair

This is my first article as Chair of the Accessibility Committee, following two years as Vice-Chair. I have a law enforcement and emergency planning and operations background. The new Vice-Chair is committee member Laura Thiele, a former Board President and one of the chief architects of creating the Accessibility Committee. Thanks to Judie Panneton for her two years as chair of the committee and the many accomplishments achieved under her leadership.

On August 22, residents could share their transportation requests with Mike Costa, Placer County Senior Transportation Planner, who came to our community at our committee's request. Thanks to Klara Kleman of the Communications and Community Relations Committee for arranging this Community Forum. To save money on

public transportation by purchasing packets, please contact Accessibility Committee member Pauline Watson at 916-543-8436. She doubles as the Lincoln Hills Foundation's Dial-A-Ride (discount coupon) Coordinator.

Be on the lookout for better lighting and ramps in parking areas in the community and additional ramps at the Sports Plaza and the bocce ball courts. Did you know there are numbers on the parking aisles and above the eaves to help you remember where you parked? There are new stickers on walls in meeting rooms, designating seating areas for people with wheelchairs, walkers, etc.

The next meeting is scheduled for September 13 in the Multimedia Room (OC). Join us in person or on Zoom. Check the Resident Website for the start time.



Compliance Committee

New Beginnings

Lynne White, Chair

Since January 26, 1999, 14 amendments of the Design Guidelines (DG) have been made. The current version is dated September 29, 2022. To read the DG, log into the Resident Website, go to the Library, go to Governing Documents, and click on Design Guidelines. The Compliance Committee recommends that residents review the DG from time to time.

Artificial turf was prohibited in front yards in Lincoln Hills until California declared a drought. Now, artificial turf may be installed as a substitute for natural turf lawns. There are many beautiful front yards with properly installed artificial turf comparable in appearance with the natural turf in the community. If artificial turf is in your future plans, please review pages 30-33 in the DG for guidance. Once your artificial turf is installed, you have a choice of three edgings to separate the turf from

bark or decorative rock: mow curb, bender board, or metal. Cobble rocks adjacent to turf are prohibited.

Video cameras are allowed on all homes, however, certain requirements must be met. A maximum of eight cameras may be installed. The video coverage may extend to the sidewalk but cannot focus on neighboring property. Before installing video cameras, refer to pages 49 and 50 of the DG. Please note that cameras cannot be installed on shutters or the architectural feature, which is most often above the garage door. The developer installed architectural features on the front of the homes as enhancements.

The DG are applicable to every homeowner. It is essential to review the DG before embarking on a new project. A quote from John Wooden: "If you don't have time to do it right, when will you have time to do it over?"



Clubs and Community Organizations Committee

Room Bookings

George Herrmann, Vice Chair

Remember when you first moved here, and one of your neighbors told you there were so many things to do here that you would never be bored? That is certainly true, especially when it comes to clubs. You could fill every day with club activities.

Most of these club activities require space somewhere within the community. The most critical demand is for meeting rooms. To help facilitate this, in 2014, the Board of Directors passed a resolution establishing a hierarchy on the demand for rooms. First priority goes to the Association's Board of Directors, Standing Board Committees, and Community Association events and activities. These usually get booked beginning in May every year. The second priority goes to Association Recognized Groups and Clubs. Emails go out to this group in June every year asking them to fill out a

Facility Reservation Request Form. As you look at this form, there are virtually endless ways that rooms can be configured, and many different items can be requested, like microphones (eight different), tables (eight different), and many others. These requests are fulfilled around September. Around October, emails are sent to unrecognized clubs that regularly request space.

Filling these requests is a very time-consuming process that falls on the shoulders of the Lifestyle Room Booking and Club Coordinator. Besides finding the rooms and the times, maintenance has to be alerted to the room configuration, often changing a room several times on the same day. Every effort is made to meet each club's room requests. Given the overall room demand, it is important for the clubs that request a room to utilize it fully. I hope this helps explain the complicated world of room bookings.



Finance Committee

July Report

Fred Raach, Chair

At the end of July, the Association’s reported financial results continued to be very favorable. The budget, the basis for each year’s dues, anticipated that over the seven months, the Association would spend \$165,000 more than the revenues it earned. Actual revenues earned were \$105,000 larger than what was spent, leading to a net result of \$270,000 better than budgeted. This is a \$49,000 improvement in net results since the end of June.

Operating revenue through July was \$44,000 higher than budgeted. The primary explanation for the positive net result came from spending \$226,000 lower than what was budgeted. Significant savings in Personnel costs were from budgeted-but-unfilled positions in the Administration, Kilaga Springs Spa, and Facilities and Landscaping Departments that more than offset overages in WellFit and Food and Beverage. The negotiated reduction in the cost of the Bianco landscape contract and deferral or cancellation of some planned landscape maintenance projects were able to offset the higher than planned expenses for repairs and outside custodial services.

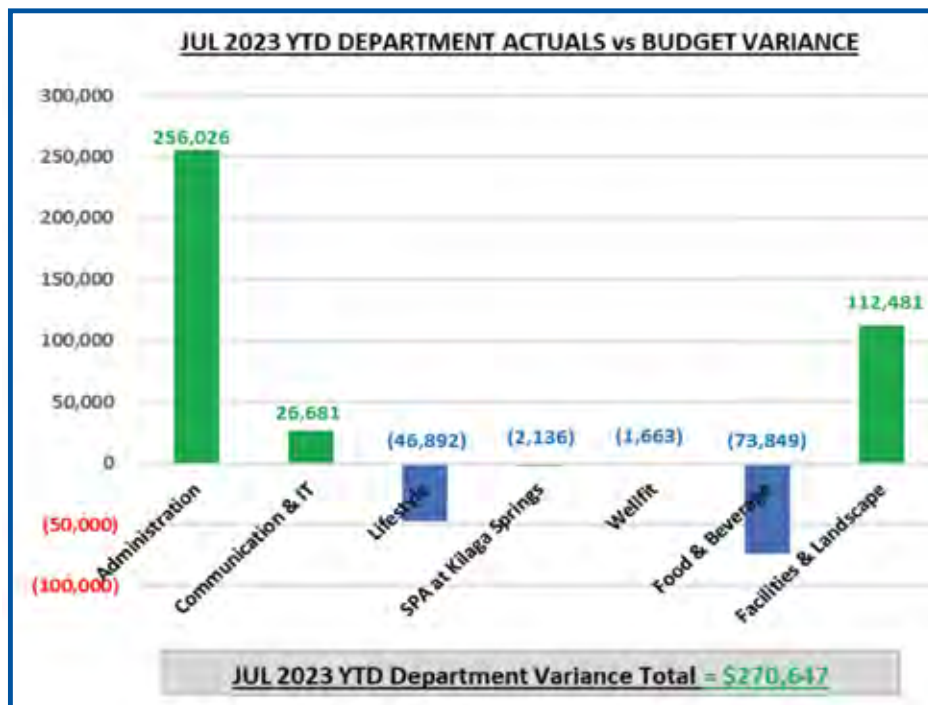
The chart below shows each department’s actual year-to-date net results compared to what was expected in the budget. Much of the Administration Department’s better than planned performance

was from budgeted-but-vacant positions, which were primarily filled in June. The Facilities and Landscaping Department’s positive results included \$120,000 of deferred landscape maintenance expenditures that may be spent later this year. In July, the Food and Beverage Department produced its fifth consecutive month of positive net revenue, but smaller than what had been budgeted, increasing its negative variance.

At the end of July, the reserve fund balance was \$13 million after this year’s reserve expenditures of \$891,000. Several large projects, already approved or in the planning stages, make it likely that actual spending this year will be close to the \$1.7 million projected in the reserve study.

In July, no funds were spent from The Community Enhancement Fund. The remaining balance at the end of July was \$580,000, with \$6,000 allocated for the completion of the Kilaga Springs Café enhancement project.

The Board of Directors is expected to approve the 2024 Budget at its meeting on September 28. While dues will increase, Association staff and the Finance Committee are determined to keep the amount of the increase to the smallest amount that will allow the Association to continue providing the services residents expect and to assure adequate reserve funds for future needs.





Lifestyle News & Happenings

Nine Opportunities for Dance

Allison Sertic, Lifestyle Manager

Yet again, this month's theme of "Nine" effortlessly coincides with Lifestyle offerings here at Lincoln Hills. Counting on my fingers, I came up with nine different dancing opportunities in October! Whether you are already an active dancing participant or not, I feel our nine various options offer a bit of something for most.

Offered monthly in our Lifestyle Classes, there are seven dance styles from which to choose: Belly Dance, Clogging, Country Couples Western Dance, Hula, Jazz Performance, Line Dance, and Tap. Within Line Dance, there are nine different classes (by seven different instructors), giving ample choices for personal preferences and skill levels. Be sure to visit the Lifestyle Classes section on page 70 to explore the other classes and instructors. If you are curious but unsure whether you would like to register for a whole month before you try,

reach out to the instructor or Class Coordinator, Donna Hartigan, as most teachers will offer a free drop-in session before you commit.

Dance Nights in the Orchard Creek Ballroom are the eighth option. I have lumped Dance Night events into one option. Still, alas, we offer two different styles of Dance Nights: Tuesday "Freestyle" Dance Nights, which are essentially open to everything, and Structured Dance Nights for those that prefer more of a controlled night, with preselected music and dances, and where proper "dance etiquette" is followed. Find more information and the dates for each in the Entertainment section on page 60.

Our ninth option is the Dance Concert with Hipper than Hip, Sacramento's favorite funk band, on October 27. I am very confident the folks here will love this band, and I cannot wait to see attendees 'living on cloud nine!'

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The Spa at Kilaga Springs Glowing Skin in 9 Days

KarriLynn Keith, Spa Manager

It would help to have the right skin care tricks in your cosmetic bag to achieve glowing skin. If you are anything like me, you have many products that do not do the trick. I am forever searching for that perfect product to meet all my needs. Sadly, most of them fall short and leave me with a drawer full of disappointments.

Over the years, I have learned a few tricks that have completely changed how I care for my skin. Here is my favorite End of Summer - Nine Days to Glowing Skin routine. Add one step every day for nine days, and let's achieve beautiful, radiant skin together!

Day 1. Exfoliating your skin to improve texture and remove surface-level dead skin cells is incredibly important to improve skin texture and tone while boosting radiance.

Day 2. Add AHAs (better known as Alpha Hydroxy Acids) at bedtime to gently exfoliate dead skin cells.

Day 3. Always Hydrate. Moisturizing helps to

remedy skin care concerns like dullness, dry patches, and dehydration.

Day 4. Add a Hyaluronic Acid Serum to create glowing skin and reduce wrinkles.

Day 5. Never Skip SPF. Burned skin is hardly flawless, so always start your morning with an SPF.

Day 6. Primer before foundation. Primers are silky and lightweight formulas that provide a perfect foundation for your makeup and a radiant, youthful-looking finish.

Day 7. Add Blush! Create the perfect luminous complexion with a Lip and Cheek Stain.

Day 8. Apply Highlighter and Bronzers to create a gorgeous, no-makeup look.

Day 9. Finishing Sprays. To complete your look and add an extra layer of moisture to lock in hydration while setting your makeup and ensuring a flawless face.

Stop by The Spa at Kilaga Springs to experience one of our amazing Spa Services and take advantage of our Summer Deals. Call today 916-408-4290.



Elevate your skincare this Fall with our NEW Brighten & Firm Facial by Dr. Dennis Gross. \$189

Dr Dennis Gross

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*Receive FREE Firm & Bright Eye LED Treatment when you schedule your Fall skincare appointment (\$65 value).



1187 Sun City Blvd, Lincoln, CA 95648 | 916.408.4290 | KilagaSpringsSpa.com



WellFit News

Nine Ways to Make Exercise Fun

Deborah McIlvain, Lifestyle, WellFit & Spa Director

Tips for getting the most out of your exercise and to keep moving.

1. Work with a trainer – This is a good way to start if you are new to exercise. Visit OC or KS on how to get started. **2. Move to music** – Music adds more to a workout, helping you set your pace and elevating your mood. **3. Make exercise part of your daily routine** – If you add exercise to your schedule, like any other appointment, you will be less likely to let something else get in the way. **4. Buddy up** – No classes? Find a workout partner. You will encourage each other and keep each other accountable. **5. Think positive** – Do not let bad thoughts deter you, instead of thinking, “I’m too old (or too fat) to get into shape” remind yourself day by day, step by step, I am getting stronger. **6. Set a goal** – have something to work toward, whether a 5K or walking without a cane. **7. Switch things up** – Not only

will this help with boredom and overuse injuries, but it will improve overall fitness. **8. Take classes** – Exercising with others motivates and helps maintain brain health in aging adults. WellFit has new classes/events coming up that you may want to try. One of our newest programs is our Wellness retreat in Lincoln Hills. This full-day event combines a nature walk, light breakfast, stretching, grounding, meditation, poolside lunch, Yoga, water exercise, mini Spa treatments, and so much more. **9. Get outside** – Take a walk on a different trail, and use a bench for exercises like sit-ups, tricep dips, and chest presses. Go to the Sports Pavilion and take up a game of Bocce. Whatever you do just do not stop moving.

Moving is what our bodies were meant to do. This will keep you young and allow you to keep doing the things you enjoy.

Upcoming events

SCHEDULING FOR FALL!

- ONE DAY WELLNESS RETREAT
- PUPPY POOLOOZA
- BREAST CANCER WALK TO BREAKFAST
- SELF DEFENSE WORKSHOP
- WOMEN'S WELLNESS WORKSHOP
- TURKEY TROT POP UP

Questions? email Cindy.Davis@sclhca.com

You're Invited!

Our vibrant Life Plan Community and resident-driven culture empower you to continue enjoying an active, independent lifestyle, with a wide range of amenities and a full spectrum of supportive services to meet your changing needs throughout the journey of life.

Join us at Orchard Creek Lodge for a complimentary breakfast and presentation!

Thursday, September 28, 8:30 - 10:30 a.m. • Orchard Creek Lodge

965 Orchard Creek Lane, Lincoln, CA 95648

Please RSVP by September 22 to 916-885-5975 • eskaton.org/scl





October 3 – National Night Out!

Teresa Tanin, Neighborhood Watch

National Night Out (NNO) is a time to thank our first responders and show would-be criminals that our community is prepared to discourage crime. Whether neighbors decide to celebrate in their own

backyards, garage driveways or attend the special NNO at the Sports Pavilion, Neighborhood Watch is here to help. Visit NW website sclhwatch.org for NNO information or email NNOCordinator@sclhwatch.org or call 775-790-0835.

If hosting your own event, be sure to take a group photo! Email your group photo to NWPhotos@sclhwatch.org indicating your Village and MS Number. Only a few “actual size” high quality photos will be published in the *Compass*. Please be sure to email them by the October 10 deadline.

For those not hosting their own NNO event or those who wish to receive helpful information

about local services, Neighborhood Watch is holding a special NNO event at the Sports Pavilion on October 3, from 4:00 to 7:00 PM. Meet some of the special people from the Lincoln Police and Fire Departments, Neighbors InDeed, Placer County Services, and the Lincoln Hills Foundation. Enjoy the no-host bar and great food from vendor Cowabunga BBQ. Donations will again be collected for the Salt Mine food pantry.

Neighborhood Watch is thankful to our generous residents and the Lincoln Hills Foundation for their continued support of our seniors. We could not do it without you!



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Cool Cats on Cloud Nine

Linda Lucchetti, *Roving Reporter*



Strike a pose at the photo booth

Outside, it was a sizzling and sun-drenched July afternoon, but inside the Ballroom at Orchard Creek Lodge, something very “cool” was happening.

The Lincoln Hills Italian Club hosted its Annual Inaugural Dinner and Dance recently to announce the club’s slate of officers for the coming year. But this wasn’t any ordinary event. There was a twist. Members and guests were transported back to the 1950s

for a Sock Hop, and they didn’t even use a time machine to get there!

The idea to revisit the “Nifty Fifties” was the brainchild of the club’s Activities Director, Lilly LaPira. “Usually, this event is formal and a dressy occasion,” she said. “But this year, I wanted to offer something different, memorable, and more fun.”

Not only was this social event full of frivolity and laughter, but it also echoed the fact that happiness derived from reminiscing keeps us young. Research shows that the memories made during the formative years, between 15 and 25, are the strongest. Remembering the past is often a good way to be engaged in the future.

The Sock Hop had all the markings of an authentic high school dance. Fashion was high on the list. Some women wore poodle skirts, others picked pedal pushers. There were black and white saddle

shoes, neckerchiefs, and sweaters. A group of “Pink Ladies” (a la the movie, “Grease”) with their pink and black themed attire was “dressed to the nines.”

The men made their fashion statement, too, some sporting white T-shirts and high-water pants. Several of them rolled cigarette packs (Lucky Strikes and Camels, just for show) high up under their shoulder sleeves. There were even a few genuine letter sweaters.

Rock and Roll music supplied by a DJ spinning tunes of the time prompted many would-be dancers to ditch their chairs and take a stroll down memory lane.

To capture the moments, another nostalgic attraction was added. Attendees could strike a pose and have photos taken with props like silly wigs, oversized glasses, or signs with sayings like, “Dancing Queen.”

Rounding out the evening was a menu fit for the diners of the day – fried chicken, meatloaf, and mac and cheese topped off with a slice of apple pie for dessert. Each table centerpiece featured vintage Coca-Cola bottle decorations.

Is this the typical conduct one would expect from our active and energetic community? Let’s just say it was “neato keeno!”



Susanne and Russ Baldo at the hop

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 A Sagora Senior Living Community





Jane, Susan, and Kim dressed to nines in their matching club shirts



Lady Golfers Share a Slice of Their Nine Lives

David Wright, Roving Reporter

When the Lincsters first pursued the active-adult club lifestyle over 21 years ago, they envisioned playing weekly 18-hole matches. But the Lincoln Hills Golf Course management said “nein” to that idea—citing the traffic on the half-built courses and limiting league play to nine holes. That decision turned out to be a stroke of luck—giving the “Lady Niners” their signature hook.



Last year’s “Drive Fore a Cure” Tournament

The club captain, Susan Mox became a Lincster four years ago after retiring from a computer consultant career in San Jose. She points out that despite playing only nine holes, there is not much difference between the Lincsters and the 18-hole golf groups. “We all play by the same rules and have fun doing it.”

Co-captain Jane Hall is also a four-year resident, joining four San Jose neighbors in relocating here. The retired title company executive explains that shorter rounds leave members time to schedule other activities and give older golfers a chance to play through their “Super Senior” years. Six original members, including a 97-year-old, are still in the swing of things.

Following her retirement as a

Cal Trans Project Manager in Yuba City, Kim Schutz moved here in 2015 and joined the Lincsters. Now the Club Treasurer, Kim admits she was initially intimidated, but soon found that with the club’s five handicap levels, her golf skills fit like a *TaylorMade* glove.

Not only do the Lincsters play weekly and host six tournaments a year, but the 146 members support the Placer County Breast Cancer Foundation. The ladies raised \$39,400 in last year’s “Drive Fore A Cure” tournament. It was all hands on deck—recruiting sponsors and collecting donations. Susan even enlisted her neighbors to help make her famous strawberry jam for the benefit parking lot sale. The jam-session paid off when they sold 2,000 jars.



“This calls for a nine iron”

To keep it fair, the Lincsters take turns serving on the tournament committee with their sister club. This year, the “Tee Off Against Breast Cancer” tournament on October 5 is chaired by the Ladies XVIII. Regardless of who is in charge, the two groups link up to facilitate the daylong event—beginning with the sponsored nine-hole tournament and ending with a Grand Ballroom reception and awards presentation. Many golfers will walk away with prizes, but the ultimate winner will be the Breast Cancer Foundation.

“We put the fun in fundraising,” Kim offers. And no one does that finer than a Lincsters “Lady Niner.”

In Memoriam



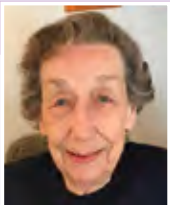
Suzanne Cirerol

Growing up in Ohio, Sue married and had three children. After a divorce, she moved to California with her kids. She worked for the City of San Jose in the police department, payroll, and retirement division. Sue was remarried to Julio Cirerol and blended their five children into a busy household. After retiring, Sue and Julio enjoyed traveling on cruises and tours. They spent time playing cards, golfing, and dancing. She was widowed in 2016 and continued participating in many activities with friends playing cards, billiards, and cribbage. She is dearly missed by family and friends.



Patricia Ann Miller

A native of Michigan, Pat graduated from Ishpeming High School and went on to the University of Michigan to study Music Education. After marrying Ed in 1958, she earned a BA just before the birth of their second child. Moving to California, she also earned a certification in Dental-surgical Assisting and worked for 12 years in that specialty in California and New Mexico. After retiring here, Pat was active in the community attending many committee and board meetings. She and Ed traveled extensively abroad and went on many camping trips in the US. She is especially missed by her husband of almost 65 years, two children, and one grandchild.



Gay Patrick

Born and raised in Mapleton, Iowa, Gay married her husband, Pat and they moved to California. She earned a BA in Home Economics from USF. She and Pat owned and operated grocery stores on the Monterey peninsula for many years. They retired to Lincoln Hills in 2000, where Gay enjoyed playing bridge and golf and was a member of the Republican Club and the United Methodist Church. They were married for 64 years. Gay leaves her daughter and many friends.



Manuel "Sal" Salcido

Sal grew up in Tucson, Arizona. He joined the Navy, and while stationed in San Francisco, he met his wife Donna and started his career at PG&E in San Francisco, retiring in 1993. After moving here, he joined the first Softball team in 2000. Sal was a great pitcher until his health would not let him continue. He also enjoyed the Pickleball and Italian Clubs. They traveled extensively throughout Europe by car, and they loved cruising around the world. His beautiful smile is dearly missed by his wife of 64 years, Donna, his children, and his grandchildren.



Arnie Schwartz

A Native Californian, Arnie grew up in Southern California. He earned his Bachelor's and Master's degrees. He was interested in law enforcement from an early age and served as a US Army MP in Korea. After returning home, he began a 33-year career with the California Highway Patrol and retired as a Captain. Arnie was the founder of the Retired Law Enforcement Group here. He also volunteered with the Apple Users Group. An enthusiastic Dodgers fan, Arnie enjoyed following the games win or lose. His sense of humor and appreciation for life in retirement will be missed by his wife, Sue, his daughter, and many grandchildren.

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

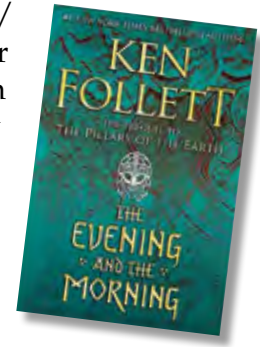
Library News

Do you know that we have an extensive selection of books in the History/Politics section of the library? If you are looking for a particular author or event, we probably have it. The section is located next to the computer on the outer wall in the Kilaga Springs Library. The Biography/Autobiography location faces the section, where you can find all kinds of interesting facts about famous and not-so-famous people. If you have trouble finding the book you are looking for, just ask one of the volunteers on duty.

We always appreciate any books you donate. Many people are asking for large print books, so if you can spare them, other residents would really enjoy reading them also. Thanks for all that you do.

I recently read the Prequel to *The Pillars of the Earth* by Ken Follett. If you enjoy reading history (as I do), you will enjoy *The Evening and the Morning* by Ken Follett. It is set in 997, and the research into this time period is wonderful.

Contacts: Sandy Melnick at 916-408-1035 for donations, Sarah Keven at 408-858-0880 for volunteers, and Kay Parisot at 209-617-4111 for the Community Living Room (OC).



Volunteer Opportunities

Committee Openings

Below are Committees that need your volunteer time and expertise. Committees with openings. Committee applications are available at the Lifestyle desks (OC/KS) and online (sclhresidents.com>Library>Forms>Resident Forms).

- Architectural Review Committee
- Clubs and Community Organizations Committee
- Communications and Community Relations Committee
- Compliance Committee





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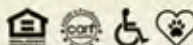


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Neighbors InDeed It's Still Summer (Weather)

Janet Roberts

It will soon be the first day of fall. This article was meant to be about fall activities, but a friend suggested I check the Farmer's Almanac for their long-range weather forecast. Bad news! It appears that summer weather will be with us for quite a while, so don't put away the swimming suits or get the snow parkas out yet.

Here are a few pointers from Neighbors InDeed. Call us for help with thermostats, sprinkler controllers, and furnace filters.

-Keep watering your landscape in the early mornings. Don't waste water with irrigation leaks and watering the sidewalk and the gutter. Re-program your sprinkler controller as needed.

-Check your thermostat to ensure that your house is at a comfortable temperature. You can probably live a bit warmer, saving both money and electricity. Your fans will also help circulate the air.

-Have your furnace filter replaced to help the heating and air conditioning system work more efficiently.

-Make sure the batteries in your smoke alarms are in working order. Remember, unless you have 10-year lithium batteries in your smoke alarms, you should change all the alarm batteries once a year and replace your smoke alarms every ten years. The Handy Helpers can replace batteries and install new smoke alarms. October 8 – 14 is National Fire Prevention Week. Did you know that the week of October 9 is observed as Fire Prevention Week in commemoration of the Great Chicago Fire of 1871? This is a good time to set your reminder to change smoke alarm batteries.

Remember that we do not answer the phone. Leave us a message at 916-223-2763, and we will return your call as promptly as possible between 9:00 AM and 5:00 PM, Monday through Friday.



Lincoln Hills Foundation

Fall Focus

Denise Bowden

As we head into the final months of 2023, the Lincoln Hills Foundation begins planning our grants for the upcoming year. One area where we see significant needs is food insecurity among seniors. This is a growing concern that demands urgent attention and one that is not always obvious. As the cost of almost everything rises, decisions often have to be made regarding where to apply personal resources and which obligations to meet first. Fixed incomes, rising healthcare costs, and housing expenses often leave seniors with limited money for groceries. With this being the case, food is often at the bottom of the priority list. Many impacted by the lack of food or proper nutritious food are hesitant to share their situation. It's far easier to ask a friend or neighbor for a ride than to ask for food.

If being hungry isn't critical enough, food insecurity among seniors can have serious health

consequences. Malnutrition and inadequate intake of essential nutrients can lead to weakened immune systems, increased risk of chronic diseases, and decreased cognitive function. In addition, seniors who are food insecure are more likely to experience social isolation and depression.

As we establish our priorities for 2024, the Foundation considers this a key area for support. The Salt Mine is reporting significant increases in requests for food pantry boxes and fresh food pickup by seniors, and Meals on Wheels is also seeing a significant increase in food requests.

Food insecurity among seniors is a growing issue with broad financial, logistic, and health-related implications. Each October, the Lincoln Hills Foundation reaches out to this community via our fall direct mail campaign. Your support is needed so we can provide help to allow seniors access to nutritious food and good health.



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Amateur Radio

John, NQ6Q gave an informative demo on Weak Signal Propagation Reporter, aka WSPR. The members learned that this software program is designed for sending and receiving low-power transmissions to test propagation paths on HF bands. We also had a LoTW demo by Dan, KN6DRN. Please join us for our next Hams and Coffee at the KS Cafe in December. Consider coming on down to rag chew. 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: www.lharg.us



Ballroom Dance

Our Club held its Ballroom Saturday Night Ice Cream Social on August 5. The activity included ice cream sundaes and root beer floats, games, and dancing with a Hot August Nights theme. The Hot August Nights theme was carried out with a mural depicting a

1950's 1950s-style diner. Table settings included replicas of 1950's 1950s-style cars, 45 records, and a Rock 'n' Roll centerpiece. Costume and game winners include the following: Renee Dvorak best women's division costume; Chet Lelio best male division costume; Jim Walker and Debbie Storey best-coordinated couples' costume. Jim Walker won the "Twist" contest, and Wood McCann and Jeanne Cervantes won the "Freeze" contest. Congratulations to those who contributed to making Hot August Nights a success.



Jim Walker and Debbie Storey

Contact: Sal Algeri 916-770-0077, sr64danz@sbcglobal.net



Big History

Continuing our presentations on the evolution of ancient cities, we explore Current Theories on How Cities Started on September 18. What is a City? on September 25. What is Going On In Big History by Angelina Meadows from Gates Ventures and First Cities on October 9. This semester is very exciting as we discuss how ancient cities evolved from small



settlements to complex urban centers over time, driven by factors like agriculture, trade, social organization, and technological advancements. Join us every Monday from 10:00 to 11:30 AM on Zoom. For just \$15 a month, you can join a vibrant community of peer-to-peer learners who enjoy learning for the sheer joy of it. Want to join? Send \$15 to Jerry Steinman.

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



Billiards

Remember that our Club offers mentoring for beginner, intermediate, and advanced players. We have two sessions on Tuesdays at KS. The first session sign-in is at 9:00 AM and starts at 9:15 AM. The second session sign-in is 10:15 AM and starts at 10:30 AM. We also offer a variety of tournaments that are held during the week at KS for all levels of players. Open play is always available at OC. This month, we are highlighting the Upstarts tournament, played on Thursdays and is a tournament for intermediate players. The one played on August 10 featured Karen Tricomo first place, and Steve Fowler, Steve

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Baron, and Jim Meyer all tied for second. Come join the fun and camaraderie.

Contact: Mike Greaney
925-890-3034,
michael_greaney17@yahoo.com
Website: www.lhbilliards.com



Bird

After the summer break, we are starting our meetings at P-Hall (KS) at 1:30 PM on the second Monday of the month. In October, our speaker will be Ed Pandolfino. He will fill us in on the variety of sparrows and how to tell which kind is which. Our first off-campus bird walk will be at the Effie Yeaw Nature Center in Carmichael. Joining the group consists of nothing more than giving us your email address so that we can keep you up to date with announcements and details of our activities. We are also planning a potluck lunch at the Sports Pavillion on October 25. We hope you'll come!

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



Your friendly neighborhood Great Horned Owl by Dennis Berry



Bocce Ball, Mad Hatters

We play bocce (pronounced bah-chee) ball on the 12 courts at the Sports Plaza. Our Thursday morning games are open to newcomers, and we welcome you, whether you're experienced or brand new to the game. As new players arrive each week, we look to our more seasoned players to welcome the newbies and offer guidance when needed. Although it's nice to win, our emphasis is on the social game. We will continue our 8:00 AM start time until it finally gets cold in November, and then we will switch to our 10:00 AM start time. Our players usually spend about 90 minutes on the courts. Name tags are helpful, but we can also pretend to remember your name.

Contact: Russ Petruzzelli
408-439-1848, lh bocce@gmail.com
Website: https://sclhresidents.com/group/pages/bocce-ball-group



Book

July provided a relevant ethical dilemma-focused discussion of Marie Benedict's and Victoria Christopher Murray's book, *The Personal Librarian*. Due to excessive heat advisories, our August Potluck Social and Tim Schooley's, author of *The Wool Translator*, book

talk was canceled. September's book selection is Fiona Davies' *The Magnolia Palace*. Get ready to submit a book title for next year's book selection list vote. Meetings are in the Multipurpose Room (OC) from 1:00 to 2:00 PM on the third Thursday of the month. To receive the monthly email distribution list, email your request to ocbookgroup@gmail.com.

Contact: Maureen Deal,
Modeal2010@gmail.com



Bridge, Duplicate

This month, we are featuring our director of many years, Marvin Arnold. Always pleasant, he keeps our game and players abiding by the rules of the American Contract Bridge League (ACBL). After the game, he sends the game results to ACBL where they are recorded.

Games are on Wednesdays starting at 12:30 PM in the Multipurpose Room (KS). Reservations need to be made at least two days ahead

of the game with Elise Homer. Open and limited sections are on Saturdays starting at 12:30 PM



Director Marvin Arnold

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in the Sierra Room (KS). For further information, go to our website shown below. Our Partnership chairman is Sharon Duley, 916-253-3885.

Contact: Elise Homer 916-303-0751, elisehomer@gmail.com

Website: www.bridgewebs.com/lincolnhills



Bridge, Partners

Call to sign up or come to the Sierra Room (KS) by 5:15 PM Thursdays. September hosts are Dee Cole/Ed Hartnett 916-587-3149. Winners for July 20: first-Jyoti/Viren Sitwala; second-Patty/Tom Mack; third-John Butler/Byron Hansen; fourth-David Glasspiegel/Bob Calmes. Didi Martin/Janet Pinnell had high round 1760. July 27: first-Byron Hansen/John Butler; second-Jay Southard/Bob Calmes; third-Geri/Park Miller; fourth-Chris Jacobson/Chuck Dietz. Donna Moore/ Mo Scarpitti had high round 1860. August 3: first- Harry Collings/Jay Southard; second-Nancy Rice/Carol Mayeur; third-Sue Dumas/Rich Walliser; fourth-Barbara/Tom Moran. Rose Phelan/Kurt Wolff had high round 1930. August 10: first- Reta Blanchard/Dianne Conforti; second-Carol Mayeur/Nancy Rice; third-Ray Henry/Harry Collings; fourth-Janet Pinnell/Didi Martin with

high round 2330. Get ready to pick your month to host Thursday bridge next year. The favorite months will go quickly.

Contact: Dixie/Jim Parker 916-409-5949, kbnewton@sbcglobal.net



Bridge, Social

Beginning lessons continue in the Card Room (OC) on Wednesdays from 8:30 to 10:00 AM. Intermediate lessons follow at 10:00 AM. June 21 winners: Jean Beyer and Kurt Wolfe tied for first, John Butler and Bob Belknap. Viren Sitwala and John Griggs bid and made a Grand Slam (7NT). June 28: Jyoti Sitwala, Nancy Griffin, Patty VanOosbree, Frank Kamienski. August 4: Viren Sitwala, Mark Green, George Hubbard, Geri Miller. Alan Haselwood and Mark Green bid and made a Grand Slam (7 Spades). August 11: Lois Burke, Jay Southard, Phil Sanderson, Theresa DeVita. Reminder to players playing for the first time, you must provide proof of residency and COVID vaccinations. Play begins at 12:30 PM (KS), arriving by 12:15 PM. September sign-up contact is Jyoti Sitwala at 916-409-5498.

Contact: Linda McDermott 408-390-4311, lindamcdermott1@mac.com



Bunco

We had low attendance due to many players on vacation. The Card Room (OC) was full of laughter and fun! The traveling bear was literally all over the room down to the last game. We played with three ghosts. Our group welcomes new players. Join us for a fun morning of laughter and friendship whenever your schedule permits. Bunco is a non-membership group with a \$5 'pay to play' fee. Play starts promptly at 9:00 AM. Bunco play is on the third Thursday of the month in the Card Room (OC). July Winners: Buncos - Anita Santos; Wins - Marsha Pimentel; Losses - Sharon Shook; 50/50 - Pat McGowan; Traveler - Kathy Chandler. Future Thursday Bunco dates are September 21 and October 19.

Contact: Kathy Sasabuchi, ksasabu@icloud.com



Chorus

The song "I'll See You in September" may recently have had extra special meaning to our singers, as on September 5, after a four-month hiatus, we began rehearsals for our December holiday concert series. Members who braved the heat gathered for a fun social event in mid-August, but it was great welcoming all

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returning singers, as well as new members, to our current season titled "Dreamin' of the Season." The concert repertoire of songs was revealed, which includes the classic favorites "Ave Maria" and "O Holy Night," along with the cheery "Holly Jolly Christmas," a medley of Irving Berlin tunes, and much more. New members, especially Tenors and Basses, will be accepted for the next week or two. So, consider joining us!



Holiday concert performances are December 8, 9 and 10

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

Computers



Apple Users

Monday, September 25, Andy Petro will present "10 Little Known Fun Features on the iPhone." Andy will take a closer look at some more unusual features, including turning your iPhone into a Karaoke player, having "Hey Siri" print a display of your request, removing

backgrounds from photos and images, and more. With Andy Petro's unique delivery, you know you will learn while having fun! Ask the Tech begins at 10:15 AM and the program at 10:30 AM in person, P-Hall (KS). Check our club website for the monthly Cider Press publication, past presentation videos, and calendar of events.

Contact: Ken Silverman 916-913-6833, LHAUGinfo@icloud.com Website: www.lhaug.org



Country Couples

We were very busy this month preparing for the Structured Dance that was held in the Ballroom (OC). It's always a lot of fun to enjoy dancing many of the dances we've learned, as well as listening to the music and talking with friends in the large ballroom. Many members learned a few more new dances this month in the Country Couples Western Dance class,



Country Couples enjoying dinner together

listed in the *Compass*. It is a very fun and social class, always enjoyable and challenging. In addition to all the fun we've had dancing, we also got together for dinner at a local restaurant, an outing that is arranged every month or two. We'd love to have you join us!

Contact: April Cederburg 916-390-3931, aprilced@sbcglobal.net Website: www.sclhcc.com



Cribbage

The ladies have dominated Cribbage lately. The recent winners were: July 18, Lana Venturi; July 25, Nancy Murdick; August 8, Rae Cook. True, Grant Lee and Brian Burns were co-champs on August 1, but for the most part, the ladies took home the bounty. So, presenting: The Cribbage Queens! Tuesday morn and the lights are bright, looking out for that winning sight where they play the right card game. Getting in the swing, they came to dethrone the king. Anybody could be that guy. The game is young, and the stakes are high with a bit of good luck. Everything is fine. They're in the mood for a win, and when they get the chance, they are the Cribbage Queens, smart and sweet over seventeen.

Contact: Mel Switzer 510-589-7658, melectrics@aol.com

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Cyclists

An excerpt from our history, written by Fred Higgins, past President of the Club. The first hint of an interest in a cycling group at Lincoln Hills comes from a photo of Jack and Harriet Orlove on bikes in the June 2000 Compass. Records indicate there was a bike trip to Europe, but the real beginning came when Harry and Martha Schlafman met Gabrielle and Marty Goff at an OC function in 2001 before there were any organized rides. Gabrielle suggested they start a cycling group and did some recruiting. The first meeting was in her living room in 2001. More Cyclists' history coming in future articles. Rides are Mondays, Wednesdays, Fridays, and Sundays.

Contact: Diane McLaughlin
530-386-1590,
dmclaughlin100@yahoo.com
Website:

<https://www.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! Check out www.trickstercards.com/home/euchre/, if you are new to the game or need to brush up. Look

for the option "play to 10, 9-Ace." We meet on the second and fourth Thursdays of the month from 6:00 to 8:00 PM in the Card Room (OC). Please email us to be put on the member list. A reminder email will be sent earlier in the week for Thursday's play. All are welcome. Please wear your name tag.

Contact: SCLHEuchreClub@gmail.com



Food Adventures

The election for our interim 2023 leadership team was held in July. Congratulations to Paul Wankle, President; Deb Schryver, Vice President; Katie Bloom, Treasurer; and Donna Rajewski, Secretary. Don Rickgauer, the current President who formed the group in 2012, was recognized for his significant contribution and long-time dedication to the organization. The newly appointed officers and planning committee are finalizing several unique food-related gatherings for the



Food Adventures Club

remainder of the year. The August 29 luncheon in the Meridians was a very special event, including a delicious three-course meal and a live cooking demonstration by our very own Chef MJ (Michael Jackson). See below for updated contact information on our Club.

Contact: Paul Wankle 925-989-9547,
FoodAdvClub@gmail.com



Garden

The General Meeting this month is replaced by the Annual Table Talk event, Thursday September 28 Sports Plaza. Check-in for your name tag, table rotations, donuts, and coffee starting at 9:30 AM. Sessions begin at 10:00 AM. Lunch will begin at 11:35 AM. What's Table Talk? It is a gathering of members sitting in small groups to view Garden Demos and Talks. Participants will rotate through four different sessions. You should have received a registration confirmation by email from Debbie Schryver. If there are any places left, contact Debbie at 916-666-1741 or dshumhaven@earthlink.net. She



Garden Group-Table Talk Event

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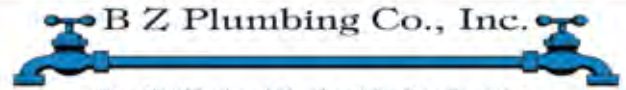
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must have this information in her hands by September 20 to be included in the count or on a waiting list.

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



Genealogy

Happy Fall! The September General Meeting is about DNA once more, but the subject is: "Genealogy by the Numbers DNA," with Mary-Lee Gilliland as our speaker. We will meet at KS at 10:00 AM and in the Café courtyard for cookies and discussions afterward. Our website, managed by Bill Kress, is filled with helpful information. Under the Resource tab, there is a list of subjects to click on that will help you with your research. We have Interactive Workshops with Kate McCarthy (*starkayak@icloud.com*.) The Class Handouts from past presentations are there, and they contain the information from the discussions. There are also many links to other resources. Check it out! Due to unforeseen circumstances, the BBQ is postponed to April 2024.

Contact: *Rita Perada* 510-710-5704,
ritaperada@gmail.com
 Website: *www.suncitylhgc.com*



Golf

Ladies XVIII

Congratulations to Donna McDonald, who became our July Net Chix. It was a close competition, as she had one stroke less than Liz Phillips, with her 66 net score on the Hills Course. Sharon Kroll secured closest to the pin on #16 that day with a 5'10" shot. In August, 41 ladies competed for the title, and we had a tie with Linda Blackburn and Ginny Smith, becoming our Net Chixes for the month. Blackburn also took closest to the pin on Orchard hole #7 at 17'9". Who will earn the September and October titles? Check future *Compass* publications. Better yet, join the Club and find out earlier! The October Breast Cancer Tournament is right around the corner. It's not too late to show your support!



*August Net Chixes,
 Linda Blackburn &
 Ginny Smith*

Contact: *Linda Chappellear*
 916-409-0151,
linda_chappellear@sbcglobal.net
 Website: *www.lincolnhillsladiesgc.memberplanet.com*

Lincsters

Caution! Hot weather! Drink water before and during play. Watch for heat exhaustion symptoms: dizziness, fever, excessive fatigue, nausea, rapid breath, severe sweating, cold clammy skin, and swollen ankles, feet, and hands. The October 5 Breast Cancer Tournament preparations continue. Show extra support by purchasing jars of homemade strawberry jam. They keep for three years in your freezer and six months in the refrigerator. Contact Susan Mox at 408-859-1513. Remember these rules to keep courses running smoothly: rake bunkers, fix ball marks, respect the 30-yard rule for greens, and stay on the cart path for par-3 holes. The dress code on the course is no T-shirts or denim. Only registered golfers are allowed on cart paths and no dogs in carts at the driving range.

Contact: *Nancy Hastings*
 935-337-9391, *nhast38@yahoo.com*
 Website: *www.Lincsters.com*

Men's

With the second quarter in the books, congratulations to the following individuals for Most Improved Golfer for the quarter in their respective categories: Handicap 9.9 or lower- DJ Bender;

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Handicap 10.0 to 19.9- Ray Wertz; Handicap 20.0 or higher- Glenn Arney. A \$25 credit will be added to their Lincoln Hills Golf Shop account. Great job, and keep up the posting. As a reminder, the Men's Club Board of Directors recently revised the local rules for the Club's Tournaments and Special Events. They are now posted on our website. On October 30, the Club Championship starts, and on October 31, the second day will be the Club Championship and Just-For-Fun. On both days, the Tee Times will be 8:30 AM. Watch for sign-up soon.

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



Hiking & Walking

The trails are filled with Lincoln Hills hikers! Watch out for other hikers, we may have a traffic jam. It is very exciting to see the number of hikers growing. We had about 65 attending the Potluck Picnic on July 26. There was great camaraderie.



Memorial Overland Emigrant Trail

Mike Savage entertained us with his guitar and some assistance from a few fellow hikers. Our Annual Meeting will be on September 26. There will be a guest speaker, Bruce Quick, who will share his walking/hiking adventures. Pizza will be served before the meeting! See you on the trails and at our social events.

Contact: Dan Cortinovis, lhhikers@gmail.com
Website: www.lincolnhillshikers.org



Investors' Study

The next meeting is Thursday, October 5, at 2:30 PM in P-Hall (KS). Morgan Stanley will provide the speaker and present their playbook of market information. We have had outside speakers the last two meetings. The group is open to all residents. The Investor Study meeting provides an opportunity to learn about the markets and ask questions. Investor Study is information-only with no investing advice. However, there is an Active Investors subgroup. Contact Norm Quanttrn at 916-645-4675 about the Active Investors subgroup. Contact Carl Sulzer if you have questions regarding Investor Study.

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



Lavender Friends

We have reached 100 members! Then, we quickly added two more. We are primarily a social club, and having a large number of members means we can always find a group for an activity that someone suggests. Activities can be something simple, like trying out a new restaurant or winery. Recently, we had enough interested members and friends to qualify for a free bus to Red Hawk Resort Casino to enjoy an afternoon of games (including bowling in the new activity center), gambling, and dining in the Koto buffet. Membership is open to LGBTQ residents as well as allies who embrace our goals of providing activities, information, and support to one another in a safe and comfortable environment.

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



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Mah Jongg, Chinese

The days are still long. Enjoy them with a little Chinese Mah Jongg. For those unfamiliar with the game, it's similar to gin rummy but played with tiles. The game is easy to learn, and we are happy to teach. The ideal number of players per table is four, but a table of three also works and allows us to accommodate all attendees. So, if you're a resident and are interested in an informal and fun way to start the week, please drop into the Card Room (OC) a few minutes before 9:00 AM on Monday during the setup period. We have everything needed to play, so just come on by. Official play begins at 9:00 AM and continues until Noon. See you soon!
Contact: Randy Fong 916-295-9489, randy888@pacbell.net



Mah Jongg, National

On the third Tuesday of each month, we ramp up the fun by awarding Mardi Gras beads for every Mah Jongg you win. Donated gifts go to those with the most Mah Jonggs. Everyone is welcome to join in the fun we have playing National Man Jongg every Tuesday from 12:30 to 4:00 PM in the card room. If you know how to play, just bring your card and join a table.



Mardi Gras Tuesday

You're welcome to observe play if you're new to the game. If you're interested in learning how to play this rewarding and challenging game, contact Penny to get free lessons in her home. Penny's contact info is below.

Contact: Penny Grmolyes 509-939-3882, natlmahjclub.sclh@gmail.com



Mixed Media

The Club is a place where we want everyone to feel welcome, whether you are just beginning in art or have experience. It is a group that encourages each other and enjoys being creative together. Join us for monthly voluntary art challenges, guest teachers, and monthly projects that we lead you through. We meet on the third Wednesday of the month at 1:00 PM in the Fine Arts Room (OC). Our club year starts in September, with collecting our dues of \$25. The October 18

meeting has us decorating club aprons. Each paid member will receive an apron to decorate. Our art challenge for September is to use a chair in your art. The October challenge is the prompt, "Trick or Treat."

Contact: Chris Fetter 916-276-7895, mixed.media.chrisf@gmail.com



Movie Lovers

Our Club selects two movies at each monthly meeting to watch, and the following month, volunteers lead a discussion about them. We are always surprised by what others take away from movies. Our meetings are about two hours on the second Thursday of each month at 6:30 PM in the Multipurpose Room (OC). On August 11, we had great discussions about *Oppenheimer* and *Dark River*. During our September 14 meeting, we discussed *Barbie* and *Jules*. If you like movies and enjoy discussing movies, we encourage you to join us.

Contact: President, Cliff Roe 408-205-8765, cliffroe@ix.netcom.com



Music

Our Group songs for the August meeting were "When the Saints Go Marching In" and "Can't Help Falling in Love." Whatever level of play

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Guitar Ensemble Sounding Great!

you are at, please come by, and you will find a very supportive and encouraging audience, so come on down. We meet on the second Wednesday of the month from 2:00 to 4:00 PM in P-Hall (KS). You can find the Lead Sheets for the group songs and more information on our website; the password is music-group. The Guitar Ensemble meets on Fridays from 1:00 to 3:30 PM (OC). Open to Lincoln Hills Residents. Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets Wednesdays from 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:
www.lincolnhillsmusicgroup.org



Needle Arts

The next general meeting will be on Tuesday,

October 10, at 1:00 PM in P-Hall (KS). Our featured presenter will be Kim Brownell, who calls herself the 'Wackydoodle Quilter' due to the fact that she doesn't always follow the rules and tends to ignore the quilting police. This promises to be a fun afternoon, as she hopes to inspire you to have fun and learn what you can create. The workshop class, Beginning Crochet, will be taught by Estelma Wilson on Tuesday, October 17, with sign-ups required. Check our website for more workshop/class information, including the schedule. Community Service members are busily working to meet year-end quilt requests. If you can help with top-quilting of teen/adult-size quilts, please contact us.

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



Neighborhood Watch

We invite you to join your neighbors for a fun-filled special "National Night Out" on Tuesday, October 3, from 4:00 to 7:00 PM in the Sports Pavilion. At this free event, you'll meet local service providers and first responders from the Police and Fire Departments, Placer County Adult Services, the Lincoln

Hills Foundation, Neighborhood Watch, and Neighbors InDeed. They'll answer your questions as well as offer helpful handouts. There will be tasty food available from the food vendor Cowabunga BBQ, along with a no-host bar. Please support the Salt Mine and bring a non-perishable item to donate to their food bank. Villages and streets can still host their own events, but why not hold them at different times or on different dates? Double the fun!

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



It's time to celebrate with your neighbors



Painters

Meetings focus on supporting painters of all mediums and levels with interesting demonstrations and presentations. July was a peek into the colorful world of pastel painting by Karen Jones, an accomplished artist and teacher. September's will feature an oil painting session with Tamsen Armstrong. August was our FLAME challenge. It's always interesting to see what

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other artists come up with on a subject. The next challenge will be in November, when painters will show us their interpretation of "flight." Visit



Joan Musillani's Ferrari Pond Egret

the annual Artisans at the Lodge event held on Sunday, October 8 OC. Contact Susan Berg at sberg123@me.com for more information. Simple Pleasures Cafe in downtown Lincoln is currently featuring our work, which will be up through October 2.

Contact: Linda Shields 916-761-4549, linda_c_s@yahoo.com



Paper Arts

Thanks to all the demonstrators who participated in our annual Demo Day earlier this month. It's always fun to learn new ways to make our cards special. Don't forget to take advantage of our Open Lab days. The next one is Thursday, September 21. Come and meet in an informal setting with fellow club members and work on your projects, use some available equipment, get crafting ideas from others, and often, observe a demo. Open Lab is another way



Betsy and Sarah with our hot August project

to augment your crafting time. We meet on the first and third Thursdays of the month in the Terra Cotta Room (KS) at 9:00 AM for general meetings and Open Lab. Check the monthly newsletters (email) for updates.

Contact: Teri Hersko 916-412-7655, hawaiiiteri@gmail.com



Pedro

Pedro is a slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets in the Card Room (OC) from 9:00 AM to Noon on the first and third Fridays. For more information, please call Denise or Bonnie King at 916-303-3523. We look forward to seeing you soon.

Contact: Denise Jones 916-543-3317



Photography

Our August meeting featured a hands-on 'workshop' on photo-



Van Gogh Field Trip

graphing people. Ron Nabity was the featured presenter. Ron walked us through the simple techniques on how to use available light to improve your people photos. Afterward, we took a camera or smartphone outside for a hands-on experience! We enjoyed a fabulous 'field trip' to the Van Gogh Exhibit. Cameras and cell phones were clicking! All 10 participants gathered at a local pub afterward for fish and chips. Our current member exhibits include Buonarroti Restaurant, KS Library, and KS Spa. An exhibit at Simple Pleasures Restaurant is coming up in October. We are looking for a volunteer to coordinate the library exhibit. For more information, visit our website.

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



Pickleball

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Grandkids Day at the Courts

In August, our Club reached a new record membership of 800! To accommodate the growing number of players, the multiuse court has been repainted for two pickleball courts (with portable nets) and basketball. Haven't tried pickleball? September is a great month to learn because we have round robins, drill sessions, Academy classes, group events, and competitive ladders beginning October 1. Regardless of your level of play, we have a spot for you. The Club offers a free Intro to Pickleball class bi-monthly. You will learn the game and know how to be involved in the Club when you leave class. To make a reservation, send an email to welcometopickleball@gmail.com. Please wear tennis shoes and bring water.

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



Pinochle

We welcome all Pinochle players! Many of us have not played in years,

but it comes back quickly. We meet in the Card Room (OC) every Wednesday and Friday. We play Single Deck on Wednesdays at 5:30 PM and Double Deck on Fridays at 12:30 PM. We start playing practice hands 30 minutes prior to start time. On the first and third Thursdays of the month at 4:30 PM, we play Racehorse, a version of Double Deck with passing cards. Come join the fun. We look forward to seeing you soon.

Contact: John Winning 916-408-2745, jwinning1865@gmail.com



Players

The cast and production team for our wacky wild-west melodrama, "The Shame of Tombstone," are rollin' toward our November 16-19 show in Ballroom (OC). Director Julie Africa's back in the saddle again, happily herding (hmm, make that "directing") a talented cast. Tombstone's madcap citizens will be pooling their somewhat inelegant efforts to unmask Birdcage Theater's "Shame," a mysterious Masked Canary. A tenacious town mover and shaker, a "blossom from Beantown," an unscrupulous judge, and his "peachy" cohort all figure into the solution. Bonus: singing troubadours and dancing artistes!

Hurry! Round up your family, grandkids, and friends, don your cowboy attire if you'd like, and join the fun. Tickets are on sale September 17 online (see QR code) and in the lodges. See page 63 for details.



Players' November Show

Contact: Craig Stults 916-543-6782, craigstults@sbcglobal.net
Website: www.lhplayers.org



Poker

We play a variety of poker games Mondays from 1:00-4:30 PM, Tuesdays from 1:30-5:00 PM, and Fridays from 1:00-4:30 PM in Multipurpose Room (OC). Tables are available to play a variety of five-and seven-card poker games, including Omaha, Texas Hold'em, Stud, and Draw. Players will be seated provided they arrive by 12:45 PM (Mondays and Fridays) or 1:15 PM on Tuesdays. The seating arrangement will eliminate people not being able to play because tables are full. If you have questions, please contact Paul.

Contact: Paul Marcorelle 925-658-2404, pmarcorelle@hotmail.com

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RV

Black Oaks RV Park in Tuolumne led all of us to explore Columbia, wineries, and some great shopping in Sonora. Cards and games after our pot-lucks filled our evenings. July took us to Diamond Lake near Crater Lake in Oregon. Group fun on two patio boats, meals at the old lodge, and learning how to square dance in the street from one of our members who is a caller. Visiting Crater Lake was a highlight and so amazing. From Diamond Lake, we ventured down to Hornbrook and camped on the Klamath River. Fabulous, wild, but gentle horses graced our presence by wandering around our campsites. We have great trips! Meetings are every second Thursday, 4:30 PM, Placer Room (KS). Call Sharon Skar at 916-434-7799.

Contact: Mary Romo 707-738-6311, mromo50170@gmail.com
Website: www.lhrov.com



Wild horses grazing at Klamath River in RV park



SCHOOLS

School is in session, and it's time for you to be thinking about volunteering in a classroom for the 2023-2024 school year. If you've volunteered before and want to help the same teacher next year, let her know. If volunteering is new to you, a very rewarding experience is in store. Teachers are asking for volunteers for Grades K-5 and tutors for Phoenix Continuing High School. You need not have had experience, and the hours are up to you. Elementary teachers treasure our volunteers, whether in the classroom, correcting papers at home, or making copies for classroom work. Phoenix High tutors work one one-on-one with students, helping them with classroom subjects. For Phoenix High contact Irma at jmeidm@aol.com. For K-5 contact Cyndi.

Contact: Cyndi Colloton 408-410-8479, ccolloton@yahoo.com



Scrabble

We welcome all interested residents to join us for a game or two of Scrabble. We meet every Monday afternoon at

1:00 PM in the Card Room (OC). All game materials are provided. No reservations or advance notice is required. Come and try it out.

Contact: Anne McMaster 916-409-5408, wiltonanne@yahoo.com



Shanghai


As the weather begins to cool off, it's time to get down to the Card Room (OC) for a rousing game of Shanghai. Every Friday, a few minutes before 5:00 PM we gather in tables of three to five people to play this easy to learn rummy-style game. We welcome players of all levels of experience. Join us on a Friday evening soon.

Contact: Mary Ales 916-434-8017, emilysbaba@hotmail.com




Shuffleboard

We play on Tuesday and Saturday mornings from 8:30 to 10:00 AM and 10:00 to 11:30 AM. When you arrive, we will fit you into a game in progress. The social gathering is Wednesday from 6:30 to 9:00 PM. Bring a snack to the picnic area adjacent to the courts. Orientation for new players is offered at all sessions. Shuffleboard requires no lifting or bending. Players of all fitness levels can compete equally and enjoy this sport. For open play, reserve a court for one



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to two hours up to seven days in advance at the resident website. There is great new LED lighting over both courts until 10:00 PM. Equipment is stored in the croquet locker behind the bocce courts. Get the key at the fitness desk (OC).

Contact: Jon Kline 650-279-0001, alsonjonny@gmail.com



Singles

Our Annual Bocce Ball Tournament will be held on Wednesday, September 27, at 10:00 AM. Our members voted to name the tournament the “Beldon Bocce Tournament” this year. Dennis Beldon has chaired this event and weekly Bocce games for years. Thanks, Dennis. We will have our Annual Bocce Bash Dinner-Dance on Thursday, September 28, at 6:00 PM at the Sports Pavilion. Bocce Ball winners will receive their awards that night. Please note that there is no Dining Out this month. Join us every Wednesday at 10:00 AM for Bocce Ball games. Every Friday is Singles Golf at various courses. Contact ca.billbrown@yahoo.com. If you think you would like to have fun and want to become a member, contact Sue Kuukka at 530-712-5051. Contact: Sarah Lambrose 916-296-6906, kathyshaddox@gmail.com



Softball

Saturday practices have concluded for the year, but the return of Fun Ball is on the horizon. Tentatively scheduled for the second week of October, Fun Ball is open to all who’ve paid their dues. Details to come. The coed summer season saw spirited action on the field, with playoffs culminating in a championship game at the end of August. Results will be shared next month. In July, the Women’s Division held its second Annual Invitational Tournament. Balboa Bears, led by Dusty Hoetger, won the tournament. Kudos Bears! A big shout-out to our volunteers: umpires, scoreboard operators, field crew, team managers, and hot dog day staff. They make it happen! Thanks also to our fans for their unwavering support. Visit our website for league updates.

Contact: Heidi Mazzola 916-716-5086, heidimaz72@gmail.com Website: www.LHSSL.net



Balboa Bears

Softball, Coyote

The Coyote 75’s won the prestigious NCASSA Championships at Manteca’s Big League Dreams Park August 10-11, winning three games and losing just one. In the final game, the Coyotes defeated the talented and higher-rated Solano Enforcers 16-11. The Coyotes trailed early but managed to tie the game going into the final inning, then scored six runs while holding the Enforcers to just one to clinch the victory. Overall, the Coyotes outscored their opponents 58-38. While averaging under 15 runs per game, the Coyotes relied on superb defense to propel them to the championship. Every game featured outstanding plays by the outfielders, infielders, and pitchers. It was a total team effort. This was the last tournament of the season for the Coyotes.

Contact: Gage Johnson 415-407-6833, gage.retired@gmail.com



Sports Car

Sports car owners, or ‘wannabe’ sports car owners looking for information about these fun rides, join in the fun. So far this year, we’ve had trips to the Red Hawk Casino, the Sutter Buttes, Lockford, Jackson, the Empire State Mine (Nevada City), the Willo restaurant in Grass

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Sports Cars participate in the Catta Verdera car show

Valley, the Ehrman Mansion at Lake Tahoe, Lake Almanor, and Occidental in Sonoma County. We've also participated in a car event at Catta Vederda and the Lincoln Airport Open House. We've had, or will have later this year, six social events. The Sports Car Group: "We're on the move!" Check out our website for participation details.

Contact: Richard Pearl
 916-715-9666, pennyrich@aol.com
 Website: www.lhsportscars.com



Sun City Squares

Come join us any Monday or Thursday if you already know how to square dance! We also welcome anyone who would like to learn. For information on getting started, give us a call. We meet at KS on Mondays from 1:15 to 3:30 PM. We are a fun-loving group of dancers and really enjoy the music and social camaraderie. If you have Square Dancing experience, please join

us on Thursdays from 1:00 to 3:00 PM at KS for A-1 and A-2 dancing and instruction. For information about our Club, please call.

Contact: Jean Grupp 916-996-4718,
jean@grupphomes.com



Swimmers & Water Walkers

The Sierra Splash challenge ended in June and was celebrated at our Hot August Splash pizza party at the OC pool alcove area on August 6. Prior to the party, Kathy Carpenter (water walking), Hugh Wilder (backstroke), and Jim Klein (freestyle) demonstrated pool exercise techniques at the OC outdoor lap pool. Thanks to the Sierra Splash Committee members, Judi Carrothers, Darlene Ford, Jim Klein, Nadine Miller, Hugh Wilder, Rosemary Tanfani, and computer 'master' Hagai Narkis for all their efforts in planning the event. All Sierra Splash participants



David Lumadue and swimmers at Hot August Splash

were awarded gift cards from local merchants. David Lumadue won the charcuterie board grand prize, loaded with delicacies and a Nugget Foods gift card. All were donated by realtor Mitzi Anderson. Membership stands at 305.

Contact: Jim Klein,
swimmers.walkers@gmail.com



Table Tennis

Our Club's steering committee meets monthly. Under the leadership of our club president, we plan a wide variety of events, making Table Tennis more fun and interesting. These include tournaments, socials, ladder play, singles and doubles play, home/away invitationals, and skill training sessions. Sign-up sheets are available at play sessions in the Multipurpose Room (KS). You become a club member and are kept updated through our monthly newsletter. You may withdraw from the email list at any time. There are no membership dues. Play times are Sundays, 8:00 AM to 5:00 PM, Tuesdays, 6:00 to 9:00 PM, and Fridays, 8:00 AM to Noon. All skill levels are welcome, and loaner paddles are available. Please wear non-marking court shoes.

Contact: Carl Lynch 408-203-0633,
pingpongsclh2@gmail.com
 Website: <https://sclhresidents.com/group/pages/table-tennis-club>

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Tap Company

July was a busy month for us, even with no tap classes. First, Alyson Meador gave us a dance to work on. Practices were held on Monday, Tuesday, and Saturday throughout July.



Some of the attendees enjoying the Tap luncheon

Then, at the end of the month, our annual Spring luncheon took place in the Solarium (OC). A buffet luncheon was enjoyed by the attendees. There were some thirty members (past and present) in attendance. Finally, would you believe it's time to plan our next production to be performed in Spring 2024? The committee has already held its first meeting, and plans are underway. If you thought the last show was great, this next production is going to be as great, if not greater. Stay tuned. **Contact: Alison Wolfe 925-487-6902, awolfe@tt-valve.com**



Tennis

We welcome all residents who are interested in playing tennis at any level.

Please contact Steve at stevebringman@yahoo.com for introductory or refresher lessons and/or Val at vlaugtug@gmail.com for an introduction to the Club. If you are interested in some entertaining tennis, be sure to catch our Octoberfest Tournament on October 26 and check our website for home league events. If you don't play, you just might be enticed to try it out! More information will be coming for Octoberfest, sponsored by Schaack Physical Therapy, so be sure to check our website. See you on the courts!

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



Vaudeville

Our show was a huge success, with all four shows selling out. There were many new and exciting acts. One that you may remember was "The Pink Ladies." This was their first time performing in our



The Pink Ladies: aka your Lincoln Hills Staff



Veterans

Our Director and Treasurer, Jeff Davis, will be the featured speaker at the September 21 meeting at 1:00 PM in the P-Hall (KS). Jeff will discuss the Air Force's Nevada Test and Training Range, better known as Area 51, and the SR-71 strategic reconnaissance aircraft. The highly classified Area 51 is synonymous with tales of UFOs, government cover-ups, and alien technology. The base was initially built to serve as a test facility for the U-2. It would go on to be used for the testing of other well-known aircraft, such as the Archangel-12, the SR-71 Blackbird, and the F-117 Nighthawk stealth fighter. Our

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speaker worked at Area 51 on numerous occasions and developed a payload for the initial version of the SR-71.

Contact: *Dave Taylor* 559-281-0868, *dbtaylor10@comcast.net*



Water Volleyball

As summer fades and fall is set to begin, we continue to enjoy warm water, good play, and new events coming this fall. We look forward to our annual Fall Festival on October 6 with music, food, and dancing. Last month, we had our outdoor game and pizza party. We are conducting the "First Fifteen" training demonstrations during the first 15 minutes of play each Thursday night. It's been very successful, and player improvement has been immediate. Don't know how to play? Come out to Free Play Saturday at KS at 9:00 AM. We have Team nights, Ladies' Nights and Mentors to help you. There is a level of play for everyone. See our website or



Millie Hubbard teaches the Art of the Serve to players

call Jerry Grisler at 209-648-9534 for more info.

Contact: *Diane Ferrari* 916-412-9599, *dferrari_56@hotmail.com*
Website: *www.LHWaterVolleyball.com*



Woodcarvers

As we are dominated by technology and mass production, there is an activity that connects us with nature and the timeless traditions of craftsmanship—woodcarving. With history dating back to ancient times and civilizations, woodcarving has evolved from a practical necessity to an art form that brings both relaxation and creativity to those who practice it. The pleasure of woodcarving lies not only in the final masterpiece but also in the journey of transforming a piece of wood into a work of art. Many enthusiasts liken woodcarving to a form of mindfulness, as it requires complete attention to detail. Come visit us and see the Woodcarvers in action. We meet regularly on Wednesdays from 1:00 to 4:00 PM in the Sierra Room (KS).



Relief Carving by Carol Judd

Contact: *Lionel Rainman* 916-253-9534, *Lrainman1414@yahoo.com*



Writers

"National No Rhyme nor Reason Day" on September 1 honored English non-rhyming words (i.e., orange, month, silver, spirit, chimney, purple, woman, ninth, and pint). Other September events include "National Tailgating Day," "Be Late for Something Day," "International Talk Like a Pirate Day," and "Ask a Stupid Question Day." This information is important because writers always need ideas for their poems and prose! We meet in the Computer Room (OC) on the second and fourth Mondays from 5:00 to 7:00 PM. Bring 12-14 copies of your under-1,300-word masterpieces. Each writer reads aloud while members read along and offer suggestions to help us improve. So, don't tailgate, don't be late for the meeting, and it's okay to ask stupid questions when talking like a pirate!

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



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Alzheimer's-Dementia Caregiver's Support

Our Support Group offers information and support to those caring for a loved one with dementia. We have three monthly group meetings. Our Women's Group meets at 1:00 PM on the first Wednesday in the Multimedia Room (OC). The Men's Group meets in the same room at 10:00 AM on the third Thursday. Both groups are focused on individual sharing. The General combined meeting is held on the fourth Wednesday at 1:00 PM in the Fine Arts Room (OC) and features a guest speaker. September's speaker is Denise Davis with the Alzheimer's Association of Sacramento. Her subject is "Stages of Alzheimer's." At all meetings, you will find a welcoming community ready to hear your questions and concerns. **Contact: Jo Fratessa 916-759-8760, mfratessa4@icloud.com**



Bereavement

Our Group offers support and friendship through sharing with others who have also lost a loved one. We meet on the second Wednesday of each month. You are invited to join us on Wednesday, October 11, 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 to submit a Memoriam is the 15 of the month to be in the next *Compass*. This Group is grateful for support from the Lincoln Hills Foundation. **Contact: Joan Logue 916-434-0749, joanlogue@sbcglobal.net**



Bosom Buddies

Our September speaker was from Hicap, an insurance counseling and advocacy program



Bosom Buddies' ladies at August Officers' Luncheon

that provides free information for seniors on Medicare, long-term medical care, and other health benefits. The speaker gave us helpful advice and answered our questions. Our "Caregivers' Lunch," postponed from July, will be Saturday, October 7 at 11:00 AM in the Sports Pavilion. Headed up by Verity Gould, this free event gives us the chance to thank those who "traveled our journey" with us. We'll have catered sandwiches, chips, salads, iced tea and water. Thanks to Dick Skelton and the Woodcarvers' Group, each "special" person will receive a hand-carved "comfort bird." Because of space limitations, a member can bring one person; however, members are invited to attend solo, too. Look for your invitation.

Contact: Judy Stewart 916-408-3597, ladyj2170@gmail.com



Gam Anon

If you are affected by someone else's gambling, Gam-Anon can help! Our meetings are held the first and third Fridays of each month from 7:00 to 8:30 PM at the First United Methodist Church at 6414 Brace Road, Loomis. A Gambler's Anonymous meeting is held in another room at the same time if your gambler also wishes to attend a meeting. For support between meetings, please call the Northern California Gam-Anon hotline at 510-407-3898. **Contact: Kay F. 916-204-1624, kayfischer89@gmail.com**
Website: www.gam-anon-loomis.com



Glaucoma Support

We will meet on October 11 at 4:00 PM in the Multimedia Room (OC). We meet on the second Wednesday of each month. We will welcome Rachel Norton from the Society for the Blind to our meeting. Rachel will introduce us to many of the services offered by the Society for the Blind. Rachel will present information on the Low Vision Program available for all with low vision issues. She will bring some tools to share with us that may be of help. Please join us to learn this new information. For more information, contact Bonnie. **Contact: Bonnie Dale 916-543-2133, Bjdale@aol.com**



Hearing Support Group

At our August meeting, we discussed three items of interest. First was a new research project at Columbia University, which studies the loss of ability to hear music with cochlear implants. Second, we talked about a new research program that seeks to eliminate echo in cochlear implant use by bypassing the cochlea and feeding improved electrodes directly into the auditory nerve. Finally, we again made note of the new Federal requirement that all captions must meet accuracy standards of 95-98 percent regardless of whether they are being used as an accommodation. Our next meeting will be in the Multipurpose Room (OC) on Friday, October 6, at 10:00 AM. **Contact: Joanne Mitchell 916-408-0533, pipa1@prodigy.net**



Just Caregiver Support - Parkinson's

This support group is for those who are caring for someone who has Parkinson's disease. 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. Please enter through the office.

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



Low Vision Support

Our next meeting is Tuesday, October 3, from 2:00 to 4:00 PM in the Fine Arts Room (OC). Lisa Kwon, an occupational therapist, will discuss "Functional Vision." Learning how age-related and brain injury-acquired vision impairment can impact function and independence in daily life. The discussion will include strategies to modify your environment, improve functional

vision, and learn about community resources to improve functional independence. On Tuesday, November 7, from 2:00 to 4:00 PM, Dr. Glenn Yiu, Chairman of the Ophthalmology Department at UC Davis Medical School, will discuss advances in medical treatments for low vision. Dr. Yiu will be bringing along some of his young colleagues to share their insights as well. Meetings are open to all residents.

Contact: Stu Singer 703-864-8161,
stuartsing3@gmail.com



Multiple Sclerosis

Want to live in your home as long as possible but need helpful ideas for the handicapped? At our October 17 meeting at 1:00 PM in the Computer Room (OC), Placer Independent Resource Services (PIRS) will be guiding us with information about their Mission



2023 Lincoln Trail Mixers MS Walk

"to advocate, empower, educate the community, and provide services for people with disabilities, enabling them to control their alternatives for Independent living." We look forward to welcoming speaker Helene Ferreira, Assistive Technology Resource Specialist. All with MS, family, or friends are invited. Also, we wish to thank our hero, Donna Judah, Coldwell Banker Real Estate, who personally donated \$1,000 to the MS Society Lincoln Trailmixers towards our becoming number one of 40 teams in the Folsom MS Walk. We'll know by the end of September!

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



Polymyalgia Rheumatica and/or GCA Support

Polymyalgia Rheumatica is a painful auto-immune disease that is underdiagnosed. If you suffer from pain in your joints and muscles and have been accepting it just as "old age," you might be suffering needlessly. Join us at one of our meetings and see if you belong there. We meet at the Lincoln Community Church on E. Joiner Pkwy. Just outside our north gate on the first Wednesday of the month from 1:00 to 3:00 PM. Call Adrian Felice or email with questions (please put "PMR/GCA" in the subject line).

Contact: Adrian Felice 916-408-4332,
adrianfelice55@gmail.com



AARP Foundation Tax-Aide

AARP is seeking volunteers as counselors, greeters, and schedulers to help taxpayers complete their 2023 income tax returns in Lincoln during the 2024 tax filing season. Some knowledge of computers is required to assist in providing our free e-file service. Volunteers need to commit four hours in one day per week from February 5 through April 15. To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2024 tax season, please email yorke1946@gmail.com with your name, address, phone number, and position (s) you are interested in.

A Course in Miracles

This is a study group that meets once a week to read and study the non-dualistic spiritual, psychological thought system set forth in this book by the same name. Although Christian in statement, the Course deals with universal spiritual themes which are found as the basis of most religions. Its goal is stated as the attainment of inner peace and focuses on the concepts of forgiveness and nonjudgment for its achievement. Call 916-409-5253 for information.

Cloggers

Want some phe-nom-e-nal exercise? Want rhythm? Want to dance to great music (Appalachian, country, banjo, contemporary) with friends? This is exactly what you will do when you are a clogger, not to mention all the calories you'll burn while doing your double-toe steps! Clogging dance shoes have not one but two sets of metal taps on heel and toe, so the sound you will make is pretty impressive, too. And not least, clogging is a marvelous way to stay physically and mentally healthy. For information on clogging right here in Lincoln Hills, please contact Natalie Grossner at 916-759-0666.

Democratic Club

Our August meeting featured Nevada Irrigation District General Manager Jennifer Hanson. Future speakers include a Cal Fire representative (September 21) and Placer County Supervisor Shanti Landon (October 19). We continue to volunteer at the Placer Food Bank. Lincoln City Council updates report that the committee overseeing the Titan missile issue is active. The rationale for the proposed hike in water, sewer, and waste disposal rates seems necessary because the city can no longer continue to cover funding shortfalls as it has in the past. For more information, please see our website <https://democraticclublincolnca.org>.

Italian Club

The Annual General Meeting (AGM) will be held on October 4 in the Oaks Room (OC). This is the time to meet the Board, hear the club's financial, activities, and membership reports, and ask questions. Check the website for details and documents pertaining to the meeting. Mark your calendar for November 5 and Turkey Bingo at Del Webb Roseville. Check the website for the flyer and sign up before all the spaces are gobbled up! To learn more about our social club, visit our website at www.litalianclub.org. For membership information, contact Sandi Graham at 916-826-5711.

Lincoln Police Department Volunteer Program

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

Racquetball Group

We play 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 Club

The 2023 Election GOP Candidate's Debate was live-streamed on big screens at P-Hall (KS). Members enjoyed the shared experience and had the opportunity to discuss the debate with a "straw" vote for the candidate of their choice. Eric Early was rescheduled to the October 25 Speaker Night to accommodate debates. Don't miss Club Social, "Meet the Sheriff," with Sheriff Wayne Woo, Wednesday, September 20 at Sports Pavilion from 2:00 PM to 4:00 PM. Learn about policies in place to keep our community safe! Light refreshments and water will be available. \$5 payable at sign-in. Please reserve your space by calling Aggie at 859-230-4625. www.RepublicanClubSCLH.org.

Shalom Social Group

We have a full schedule of varied activities. Our members volunteer at the Placer Food Bank. We have a Bingo and Pizza event scheduled for October 25. Our annual Hanukkah dinner will be on December 11. Our January membership meeting will feature Tevin, head of the Jewish Film Festival, previewing the Festival films. Our own Hagai Narkis gave an overview of the current political situation in Israel at the recent Men's Club brunch. Women Together's October 10 event will feature ER doctor Linda Hermann. Our membership is open. Please contact Margie Gulko at 916-543-5303 for information.

Travel Group

All travelers are invited to the free Lincoln Hills Travel Show on October 24 and 25, from 3:30 to 5:00 PM at Via Roma, 2270 Nicolaus Road, Lincoln. Please reserve since seats are limited. Email travelgroupnh@gmail.com,

including attendee's names, the date you wish (October 24 or 25), phone and email address. Jay Fehan, our Collette Representative, will narrate the show with colorful slides. Trips presented include Fall Foliage, Spain and Portugal, Mississippi River cruise, Croatia

yacht cruise, and more. See www.lincolnhillstravelgroup.com for information about all trips, which include airfare and round-trip transportation to/from Lincoln Hills to the airport.

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Golf Cart Registration

First and third Thursday, 9:00 to 10:00 AM (OC)

The City of Lincoln prides itself on being NEV and golf cart friendly. The City of Lincoln Police Department inspects golf carts to make certain safety requirements are met. For more information and NEV/golf cart route maps, visit the City of Lincoln's website lincolnca.gov.



Weekly Farmers Market

Wednesday, 8:00 AM to Noon, Fitness Parking Lot (OC)

Support the Lincoln Hills Farmers Market weekly by purchasing your produce, flowers, meats, fish, and other locally-made food items. Other businesses and crafters will rotate throughout the weeks/months, so be sure to shop for yourself or your loved ones. The more participation and support, the more vendors will want to come and serve our patrons. The Market is open to the public, so spread the word throughout our Lincoln community.



KS At The Movies: Romancing the Stone (1984)

Monday, September 18, 1:00 PM, P-Hall (KS)

Embark on a thrilling romantic adventure with "Romancing the Stone." Joan Wilder, a romance novelist, finds herself on a real-life quest in the Colombian jungle to rescue her kidnapped sister. Along the way, she teams up with an adventurous soldier of fortune, Jack Colton. This action-packed tale of danger and romance is directed by Robert Zemeckis, offering a delightful blend of excitement and humor. Michael Douglas and Kathleen Turner's charismatic chemistry adds to the film's allure. Join us for a captivating evening that combines humor, danger, and a dash of romance. Rated PG. 106 mins. Action. Adventure. Comedy.



Town Hall with the Mayor and Executive Director

Tuesday, September 19, 8:30 to 10:00 AM, P-Hall (KS) Zoom

To learn more about what is happening in the City of Lincoln, join Lincoln's Mayor, Paul Joiner, and Lincoln Hills Executive Director, Kyle Bodyfelt, at this informal coffee get-together. Pick up a cup of coffee from the Kilaga Springs Café' prior to the meeting. This is a great opportunity to get to know the Mayor and Kyle and share your comments and questions with them.



Wildlife Heritage Foundation and the Lincoln Hills Preserve – Community Forum

Tuesday, September 26, 9:30 AM, P-Hall (KS)

Gaylene Tupen, Wildlife Heritage Foundation's (WHF) Senior Biologist and Stewardship Coordinator, will present the diverse habitats and resources of the Lincoln Hills Preserve areas and WHF's role as the Preserve Conservator. The Preserve was established in 2004 to provide permanent protection of associated plant communities, wetlands, and wildlife, including some federal and state-protected species. The presentation will provide background on the conservation areas, various management activities, and common and unique wildlife species of the open space areas.



Meet the Author Lecture Series: Dorothe Kress

Wednesday, September 27, 2:30 PM, P-Hall (KS)

Repeating by popular demand, Dorothe D. Kress was born and raised behind the Iron Curtain in East Germany. Following a degree in education, she worked as a teacher for more than 20 years. After she applied for marriage to an American citizen, she had to endure harrowing experiences with the East German Secret Police, which became the topic of some of her books.



KS At The Movies: The Greatest Showman (2017)

Monday, October 2, 1:00 PM, P-Hall (KS)

Experience the magic of “The Greatest Showman,” a spectacular musical inspired by the life of P.T. Barnum. Hugh Jackman stars as Barnum, who rises from obscurity to create a mesmerizing world of wonder. This vibrant film weaves together captivating performances, memorable songs, and a celebration of individuality. Directed by Michael Gracey, “The Greatest Showman” is an enchanting journey that embraces the joy of imagination and the power of dreams. Join us for a dazzling afternoon filled with music, dance, and inspiration. Rated PG. 105 mins. Biography. Drama. Musical.



The Tudors: Art and Majesty in Renaissance England – Community Forum

Friday, October 6, 9:30 to 11:30 AM, P-Hall (KS)

Anne Burns Johnson will discuss how Henry VIII to Elizabeth I, the monarchs of England’s Tudor Dynasty, have captured the public imagination for 500 years. Recently, The Legion of Honor showcased the Tudors’ masterworks. Featuring paintings, sculptures, tapestries, and stained glass by some of the finest European craftspeople of the sixteenth century. This talk will take you back to the lavish court of the Tudors and show how the arts flourished under their patronage. Do not miss the opportunity to learn how the Tudors reshaped the royal image in England during a turning point in world history.



Harnessing the Resource of Your Waste – Community Forum

Thursday, October 12, 2:00 PM, P-Hall (KS)

Emily Hoffman from Western Placer Waste Management Authority (WPWMA) will discuss how, in Placer County, you toss all your waste in “One Big Bin,” and different materials – like recyclables and food scraps – get sorted out at the Materials Recovery Facility (MRF). WPWMA has been recycling for all western Placer County residents, businesses, and visitors for nearly 30 years. Plus, learn how new investments continue to harness Placer County’s waste resources through innovation and economic development.



Holiday Market

Sunday, October 22 (OC)

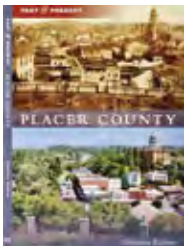
The Annual Holiday Expo is being renamed, revamped, and renewed! Mark your calendars to attend the Holiday Market, where you will find a better shopping experience than in years past. We are increasing the space for vendors and shoppers by using more of the lodge, adding places for purchasing and sitting to enjoy beverages and bites while you rest, listen to live music and re-energize. More unique vendors will offer handcrafted wares, artisan originals, and edible treats.



Legal Insights for Seniors – Community Forum

Tuesday, October 24, 9:30 to 11:30 AM, P-Hall (KS)

Juliette Robertson will explore recent changes in the law and laws commonly not known that are relevant to seniors. She will also review best practices and common misunderstandings in preparing and implementing wills, trusts, and powers of attorney and provide a bullet-point list of tips to avoid stress and expense when you lose a loved one.



Meet the Author Lecture Series: Christina Richter

Wednesday, October 25, 2:30 PM, P-Hall (KS)

Christina Richter's passion for the subject is evident in her meticulous research and engaging storytelling. It is a combination of insightful narratives and a remarkable collection of archival photography. Placer is the Spanish word for gravel deposits containing gold. Placer County was formed in 1851 from portions of Sutter and Yuba Counties and was aptly named for its rich gold deposits. A decade later, new railroad lines accelerated the county's growth. Today, Placer is a thriving, growing county steeped in natural beauty and history.



Document Destruction

Monday, October 30, 8:30 to 11:30 AM, Fitness Center Parking Lot (OC)

Red Dog Shredz offers state-of-the-art shredding trucks onsite to provide this service to Lincoln Hills residents. Paper clips and staples on files are okay, but no plastics or cardboard. Please place your items in your trunk for easy access.

\$10 cash or check per average file box payable to SCLHCA. Place your payment in an envelope with your name, amount, and number of boxes. Just look for the big Red Dog Shredz truck in the parking lot.

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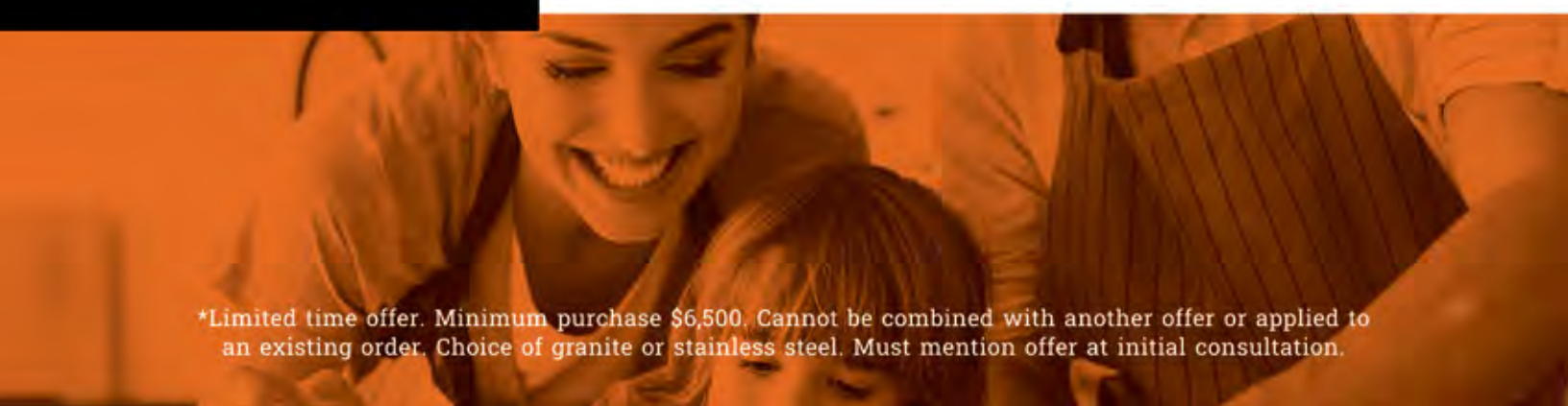


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Facial Services

Brighten and Firm Facial with LED

75-minutes \$199

Transform your skin with our newest age-defying facial that gently cleanses, exfoliates, and deeply nourishes your skin with Vitamin C. Experience our NEW secret of combining our firming Vitamin C Biocellulose Mask with our DDG LED Light Therapy to stimulate collagen, reduce inflammation, hyperpigmentation, and deeply rehydrate your skin.



Kilaga Springs Custom Facial

70-minutes \$159

This potent and patented Vitamin C facial is the perfect restorative treatment to restore youthful firmness and radiant glow. Our gentle Vitamin C enzyme peel, combined with our unique delivery system and vibrant double mask, encourages firming and brightening. As a result, you will experience a more radiant, natural glow.



Revitalize & Renew Facial

30-minutes \$99

60-minutes \$149

Treat your skin to the rejuvenating effects of our restorative treatment featuring the synergy of a rejuvenating facial combined with gentle detoxification that combats accelerated aging from environmental stress, sun damage, and pollution to rejuvenate and transform your skin.



Massage Services

All About The Feet

30-minutes \$69

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, lessons stiffness, and reduces pain in the ankles, heels, and lower legs. Great for soothing those tired soles and pampering your feet with a little TLC.



Back and Shoulder Rescue

30-minutes \$69

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CBD Herbal Massage

60-minutes \$149

90-minutes \$169

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Nail Services

Classic Manicure

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Our classic manicure will rejuvenate over-stressed nails. This service will give you a delicate cleansing, gentle exfoliation, nail shaping, cuticle care, a relaxing massage, and polish to freshen and renew your hands.



Classic Pedicure

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Our classic pedicure will keep your feet looking and feeling clean and groomed. With this service, you will receive a toenail trim file and shape to your liking, callus removal, gentle exfoliation, and a wonderful massage and toenail polish to have you walking on cloud nine.



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Pedicure \$65

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An excellent service for men on the go. Gentlemen, you will receive a nail trim file and shape to your liking, cuticle clean-up, an excellent extended massage, and buff and polish to rejuvenate even the roughest hands. *Includes extended Massage and Buff Shine for Nails.*



Men's Pedicure

\$49

A great service for men on the go. Gentlemen, you will receive a toenail trim file and shape to your liking, callus removal, a wonderful extended massage, and buff and polish to make you feel relaxed and rejuvenated. *Includes extended Massage and Buff Shine for Nails.*



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Please read and follow the Amphitheater Guidelines, at sclhresidents.com/guidelines, for your safety and enjoyment. See ticket prices and showtime for individual concerts below. Wristbands are required for entry. Wristbands for Online buyers will be available for pick up at the Lifestyle Desks (OC/KS.) In-person ticket purchases on the day of the concert is only available at the OC Lifestyle Desk.



Vybe Society — An Exquisite Blend of Old School Funk, R&B, Rock, and Contemporary Favorites

Friday, September 15, 7:00 PM, General Admission \$25 — LSE511

Vybe Society is the consummate blend of excellence and outstanding entertainment with some of the best musicians in the Bay Area. They have performed with major label and international artists such as Cee Lo Green, Sheila E, the Family Stone Experience, and Tony Toni Tone, to name a few. Log on to their website at www.VybeSociety-Band.com to get a sample of what they are bringing to our stage. You do not want to miss this show!



Jared Freiburg featuring SPINOUT — The Early Years of Rock & Roll from Elvis to Sinatra to Jerry Lee Lewis...and more!

Friday, September 29, 7:00 PM, General Admission \$25 — LSE512

From Broadway's "Million Dollar Quartet," Rock & Roll Piano Virtuoso Jared Freiburg returns to Lincoln Hills for another memorable journey through the golden era of American music with an electric lineup of favorite Rock & Roll, Blues, Country, and Jazz hits from the 1950s serving up a healthy helping of memorable tunes by artists ranging from Chuck Berry to Sinatra to Jerry Lee Lewis, and more. Jared's high-energy performances are filled with joy and excitement, and this time around, he is joined by the popular trio Spinout to add to the fun. Visit www.JFreiburg.com today.

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Events

***Tuesday**

Dance Night

Tuesday, October 3

— LSE540

Tuesday, October 17

— LSE541

6:00 to 9:00 PM

Ballroom (OC)

\$8 per person/per
 dance night



These nights are geared toward those dancers that prefer an unstructured, more “let loose” nightclub dance atmosphere. Dance alone, dance in a group, dance any style. Line, Disco, Cha-Cha, Rumba, Swing, Waltz, Salsa, or Chicken Dance — all welcome. DJ Tom will provide music. A No-host bar is open from 6:00 to 8:30 PM. Doors open at 6:00 PM.

***Structured
 Dance Night**

Wednesday

October 11

— LSE539

6:00 to 9:00 PM

Ballroom (OC)

\$8 per person



These nights are tailored for those dancers that prefer traditional structure and dance etiquette for Ballroom and Country Couples dancing. The music and dances are pre-selected for the night. DJ Tom will play a rotation of two Ballroom and then two Country Couples dances, with requested Line dances thrown into the mix. A No-Host bar is open from 6:00 to 8:30 PM. Doors open at 6:00 PM.

Performances

**Made Up Theatre –
 Improv Shows**

Monday, September 18

5:30 PM, P-Hall (KS)

— LSE528

7:00 PM, P-Hall (KS)

— LSE530

Reserved Seating \$20



Like the television series “Whose Line Is It Anyway,” Made Up Theatre’s Touring Company, Laugh Track City, presents their Award-Winning Improv Comedy Show that is sure to keep everyone entertained and laughing. In the show, audience suggestions are used to create fully improvised scenes, games, and musical numbers. The audience yells out suggestions, and the improvisers create the material right on the spot. Audience participation makes this show a unique interactive experience!



***Oktoberfest: Dinner, Music and Dancing**

Tuesday, September 19

5:30 to 8:30 PM — LSE538

Orchard Creek Ballroom

General Admission Table Seating \$48

Lifestyle and Catering are collaborating to bring a bigger Oktoberfest celebration this year! Gather your friends and join us in the Ballroom to celebrate the first day of Germany’s annual festival in Munich. An Oktoberfest menu will be served buffet style, and German beer will be available at the no-host bar. The Hasenpfeffers will be on stage to provide festive music for listening and dancing. A good time is sure to be had by all. Doors and bar open at 5:00 PM, buffet opens at 5:45 PM, performance begins at 6:30 PM. Tickets available at the Lifestyle desks online on the Resident Website.

The Broadway Star of “Les Misérables” Ivan Rutherford In Concert: “More than Broadway”

Friday, September 22 — LSE527
7:00 PM, Ballroom (OC)
Premium Reserved Seating \$25
Standard Reserved Seating \$22



Star of Broadway’s “Les Misérables,” Ivan Rutherford, performs an intimate concert that you won’t want to miss. Ivan has performed the role of Jean Valjean in “Les Misérables” over 2300 times on Broadway and the National Tours. He was nominated for “Best Actor” for his portrayal of Jean Valjean at the First Annual National Broadway Theatre Awards. Some other favorite roles include “The Caliph in Kismet,” “Tony in West Side Story,” and “2nd Officer Charles Lightoller” in the Tony Award-winning Broadway production of “Titanic.” This is a rare opportunity to enjoy the unique talent of this distinctive Broadway star.

Lincoln Highway Band: A Night of Honky Tonk

Friday, October 13
— LSE526

7:00 PM, P-Hall (KS)
Reserved Seating \$22



Spend an evening with the popular, award-winning, premier classic country group. All four band members have been inducted into the prestigious Sacramento Western Swing Society Hall of Fame, and the group has five CDs to its credit. They will take you back to Bakersfield in the ‘50s and 60’s, the mecca of honky-tonk music. Enjoy the number-one hits of superstars Buck Owens and Merle Haggard, Wynn Stewart, Lefty Frizzell, George Jones, Roger Miller, and others. Don’t miss this memorable, enjoyable, and entertaining show.

Two-time Grammy Winner Mads Tolling: Solo Mads

Wednesday, October 18
— LSE535

7:00 PM, P-Hall (KS)
Reserved Seating \$25



Get ready for a mind-blowing musical experience, unlike anything you’ve seen before. Join phenomenal violinist and composer Mads Tolling as he unveils his innovative Looper Show and

takes you on a captivating journey extending the boundaries of musical expression, seamlessly blending classical virtuosity with cutting-edge looping technology. With only his violin, he creates mesmerizing layers of sound, transforming solo performances into full-bodied orchestral experiences right before your eyes.

Dance Concert featuring Hipper than Hip

Friday, October 27
— LSE536

7:00 PM
Ballroom (OC)
General Admission
Lounge Style \$25



Hipper than Hip is a local band that delivers industrial-strength funk and a healthy dose of classic R&B and soul that is sure to keep you dancing all night. Playing the music of iconic artists and horn bands like Tower of Power, Earth, Wind & Fire, James Brown, Stevie Wonder, Chicago, Bruno Mars, Aretha Franklin, Tina Turner, and more, with stellar vocals, a powerful horn line, and on point percussion. Don’t be surprised if some ghosts and goblins join in on this funky night, with Halloween just around the corner. Any attire, whether spooky or not, is welcome.

***A Tony Bennett Songbook with Jonathan Poretz and His Trio**

Friday, November 3
— LSE542

Premium Reserved Seating \$25
Standard Reserved Seating \$22



“The Best is Yet to Come” A Tony Bennett Songbook with Jonathan Poretz and his Trio. A program of favorite standards and classics made famous by Tony Bennett performed by ‘The Rat Pack is Back’ Star Jonathan Poretz. Poretz recently concluded a 52-city tour of Germany as “Ol’ Blue Eyes” in “Happy Birthday Frank Sinatra,” reprising his role from the Las Vegas production of “The Rat Pack Is Back” in which he performed in San Francisco, Boston, Springfield, MA and Memphis.

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LIC: 86D501202

***Andy Kahrs –
“Always On My
Mind” A Country
Songbook**

Friday, November 10
— LSE543
7:00 PM, P-Hall (KS)
Reserved Seating
\$25



Andy Kahrs is a singer, songwriter, and guitarist with a distinct roots sound based on blues, soul, and classic country. Experience an intimate solo evening with Nashville recording artist Andy Kahrs. Featuring a collection of Country, Blues, and R&B classics from through the years and for all time, from the songbooks of such greats as Willie Nelson, Glen Campbell, Sam Cook and many more favorites.

***The Lincoln Hills
Players Club
presents**

**“The Shame of
Tombstone”**

Thursday
November 16
Ballroom (OC)
7:00 PM — LSE544

Friday, November 17
Ballroom (OC) 7:00 PM — LSE545

Saturday, November 18
Ballroom (OC) 2:00 PM — LSE546

Sunday, November 19
Ballroom (OC) 2:00 PM — LSE547

Premium Reserved Tickets: \$22
Standard Reserved Tickets: \$19



In the hilarious melodrama “The Shame of Tombstone,” the Lincoln Hills Players will take you back to that renowned Arizona town in 1881, the year Wyatt Earp and his three brothers had that infamous shootout at the OK Corral. Audiences will be transported to Tombstone’s Lucky Cuss Saloon (a.k.a. Orchard Creek Ballroom), where a villainous judge, a one-time Boston theater starlet, a local society watchdog, and a cast of wacky, outrageous characters all get ridiculously mixed up in the mystery of the “Masked Canary.” The comical play features singing troubadours and a live vaudevillian show in the Lucky Cuss. Fun for all ages.

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 Lifestyle Trips Coordinator
 Scott.Cason@sclhca.com



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*Indicates on sale September 17

Day Trips

– Destinations –

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Sunday, September 24

\$199 current/retired
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\$219 — **LST457**

Must register at the Lifestyle Desk – not available
 online

Enjoy the day at one of California’s largest air
 shows and watch the USAF Thunderbirds from
 our VIP tent. To show appreciation to those who
 have served or currently serve, we offer active and
 retired military a \$20 discount (must show military
 ID and register in person). The trip includes roun-
 dtrip motorcoach, admission in VIP tent, a full
 BBQ buffet lunch, reserved shaded seating with a
 full view of the show, and a souvenir to take home.
 Wheels roll from OC at 8:00 AM ~ return 5:00 PM.



**Canine Companions
 Graduation and the
 Charles M. Schulz
 Museum**

Santa Rosa

Friday, November 3

\$125 — **LST466**

Canine Companions graduation ceremonies
 represent the culmination of many people’s hard
 work, love, and dedication, including breeder care-
 takers, puppy raisers, instructors, volunteers, staff
 members, and graduates. Join the Schulz Museum
 in acknowledging their generous community as
 they appreciate their efforts to fulfill the mission
 of enhancing the lives of people with disabilities
 by providing expertly trained service dogs and



ongoing support completely free of charge. After
 the ceremony, we will head to the Charles M. Schulz
 (creator of Peanuts) museum for a docent-led tour
 and time to visit the gift shop. Wheels roll from OC
 at 9:30 AM ~ return approximately 6:30 PM.

***Apple Hill - High Hill
 Ranch and Boa Vista
 Orchards**

Thursday

November 9

\$80 — **LST481**

Explore the best of
 Apple Hill desserts, shopping, and crafts. The
 Apple Hill Farm High Hill Ranch features the top
 selling apple donuts, the largest apple pies, flavor-
 ful, crisp apple ciders, and the greatest selection
 of hand-made arts and crafts. After lunch, we will
 head over to Boa Vista Orchards, where they have a
 wide selection of ciders, wines, pastries, and apple
 donuts. Wheels roll from OC at 9:30 AM ~ return
 5:00 PM.



**San Francisco Shopping
 *Two Dates Available**

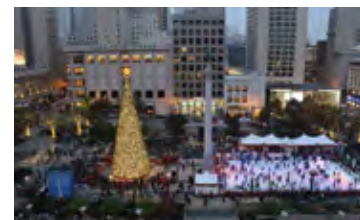
Saturday, December 2

\$65 — **LST479**

Saturday, December 16

\$65 — **LST480**

Enjoy a lovely holiday
 trip to the city by the bay, and don’t worry about
 the traffic, the bridge, parking, etc. Relax and let
 our comfortable coach take you to the heart of San
 Francisco (Union Square-Post & Powell) for a day
 of shopping, lunching, and people-watching. Lunch
 on your own. Departure from San Francisco will
 be 6:00 PM to allow you more dining and shopping
 time and less traffic on the way home. Wheels roll
 from OC at 8:30 AM ~ return 8:30 PM.



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Wednesday
December 6



\$55 — LST475

Sunday, December 10

\$55 — LST476

The aroma of roasted chestnuts fills the air, along with cries of street vendors hawking their Wares and lamp-lit streets filled with Christmas treasures. It's the one and only Victorian Christmas. It's a magical setting of hilly streets with authentic gas lamps, wandering carolers dressed in Victorian attire, and visitors sharing holiday cheer and good tidings. There are holiday activities for all ages, including live entertainment, yuletide treats and libations, and Father Christmas! **Wednesday, December 6** Wheels roll from OC at 4:00 PM ~ return 10:00 PM - **Sunday, December 10** Wheels roll from OC at 12:30 PM ~ return 6:30 PM.

***Crocker Art Museum/DOCO**

Thursday
January 18

\$85 — LST482

The Crocker Art Museum features the world's foremost display of California art and is renowned for its holdings of European master drawings and international ceramics. The Crocker serves as the primary regional resource for the study and appreciation of fine art and offers a diverse spectrum of exhibitions. After the museum, we will head to the DOCO shopping area in Sacramento to give everyone time to enjoy an early dinner. Wheels roll from OC at 9:15 AM ~ return 6:00 PM.



– Performances –

Hadestown

SAFE Credit Union
Arts Center

Tuesday
September 19

\$150 — LST467



Welcome to "Hadestown," where a song can change your fate. "Hadestown" intertwines two mythic tales, that of young dreamers Orpheus and Eurydice and that of King Hades and his wife Persephone, as it invites you on a hell-raising journey to the underworld and back. Mitchell's beguiling melodies and Chavkin's poetic imagination pit industry against nature, doubt against faith, and fear against love. Performed by a vibrant ensemble of actors, dancers, and singers. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return approximately 11:00 PM.

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Les Misérables

SAFE Credit Union
Arts Center
Tuesday
October 24
\$150 — LST468



Set against the backdrop of 19th-century France, “Les Misérables” tells an enthralling story of broken dreams and unrequited love, passion, sacrifice, and redemption – a timeless testament to the survival of the human spirit. The magnificent score of “Les Misérables” includes the songs “I Dreamed a Dream,” “On My Own,” “Bring Him Home,” “One Day More,” “Master of the House,” and many more. “Les Misérables” is undisputedly one of the world’s most popular musicals. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~return approximately 11:00 PM.

Ain’t Too Proud – Life and Times of the Temptations

SAFE Credit Union Arts Center
Tuesday, November 7
\$150 — LST469



“Ain’t Too Proud – The Life and Times of The Temptations” is the electrifying, new smash-hit Broadway musical that follows The Temptations’ extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame. “Ain’t Too Proud” tells the thrilling story of brotherhood, family, loyalty, and betrayal, as the group’s personal and political conflicts threatened to tear them apart during a decade of civil unrest in America. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return approximately 11:00 PM.

Mannheim Steamroller Gallo Center for the Arts - Modesto
Wednesday
November 29
\$165 — LST477

Mannheim Steamroller Christmas by Chip Davis has been America’s favorite holiday tradition for over 35



years! Grammy Award-winner Chip Davis has created a show that features classics in the distinctive Mannheim sound. The program celebrates the group’s recent anniversary of 35 years since the first Christmas album and includes dazzling multimedia effects performed in an intimate setting. Experience the magic as the spirit of the season comes alive with the signature sound. Wheels roll from OC at Noon for a 3:00 PM show ~ return 7:00 PM (Stop on return.)

Disney’s The Lion King Orpheum Theater San Francisco
Wednesday
December 13
\$175 — LST478



Experience the phenomenon of Disney’s “The Lion King” when San Francisco’s best-loved musical returns to the Orpheum Theatre. Winner of six Tony Awards®, including Best Musical, this landmark musical event brings together one of the most imaginative creative teams on Broadway. Tony Award®-winning director Julie Taymor brings to life a story filled with hope and adventure set against an amazing backdrop of stunning visuals. It also features some of Broadway’s most recognizable music, crafted by Tony Award®-winning artists Elton John and Tim Rice. Wheels roll from OC at 9:30 AM for a 1:00 PM show ~ Return 8:00 PM (Stop on return.)

Dr. Seuss’ How the Grinch Stole Christmas! The Musical
SAFE Credit Union
Arts Center

Friday, December 29
Matinee – Children ages 6+ welcome
\$150 — LST470



This is the record-setting Broadway holiday sensation that features the hit songs “You’re A Mean One, Mr. Grinch” and “Welcome Christmas” from the original animated special. Max, the dog, narrates as the mean and scheming Grinch, whose heart is “two sizes too small,” decides to steal Christmas away from the holiday loving Whos. Wheels roll from OC at 12:15 PM for a 1:30 PM show ~ return approximately at 5:30 PM.

SIX The Musical

SAFE Credit Union

Arts Center

Tuesday, February 6

\$150 — LST471

From Tudor Queens to Pop Icons, the six wives of Henry VIII take the microphone to remix five hundred years of historical heart-break into a Euphoric Celebration of 21st-century girl power! This new original Musical is a global sensation everyone is losing their head over. "SIX" has won 23 awards in the 2021/2022 Broadway season, including the Tony Award® for Best Original Score (Music and Lyrics) and the Outer Critics Circle Award for Best Musical. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return approximately 11:00 PM.



discover a relaxing atmosphere filled with an array of world-class entertainment and dining options that will greet you each day when you return from making fascinating discoveries ashore. Price includes roundtrip motorcoach transportation to/from the cruise terminal in San Francisco, 5-Night coastal cruise, Princess Vacation Protection, Drink Package (Princess Plus) including alcoholic and non-alcoholic drinks, driver and cruise gratuity. Hosted by Scott, your Trip Coordinator. For more details, please contact Scott Cason.

Cruise Itinerary:

Date: Saturday, February 17**Port:** San Francisco**Depart:** 4:00 PM**Date:** Sunday, February 18**Port:** At Sea**Date:** Monday, February 19**Port:** San Diego**Arrive:** 8:00 AM**Depart:** 10:00 PM**Date:** Tuesday, February 20**Port:** Ensenada, MX**Arrive:** 8:00 AM**Depart:** 5:00 PM**Date:** Wednesday, February 21**Port:** At Sea**Date:** Thursday, February 22**Port:** San Francisco**Arrive:** 7:00 AM

Wheels room from OC at 8:30 AM ~ Return Lincoln Hills Thursday, February 22 approximately 2:00 PM.

– Sports –***49ers vs. Rams**

Sunday, January 7

\$445 — LST483

Watch all the action of an NFL game from our club-level 20-yard line seats in the Levi's Club Section. The ticket price includes entrance to four different club lounges, including a variety of food and non-alcoholic beverages. Trip includes round trip deluxe motorcoach, club level tickets, food stations including non-alcoholic drinks (alcohol available for purchase), and driver tip. Due to NFL rules, the exact kick-off time will be announced later in the year.

**Overnight/Extended Travel*****5-Day West Coast****Getaway**

Princess Cruise

Lines - Crown

Princess

Saturday

February 17 - Thursday, February 22 — LST484

Interior room: \$970 | Oceanview room: \$1110

Balcony room: \$1210 | Mini-Suite: \$1450

*Rates shown are per person based on double occupancy. Single and triple rates are available.

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**SF Giants vs. LA Dodgers - October 1 — LST455****Great Italian Festival by Train**

October 7 — LST459

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

Athletic Conditioning and Agility	83	Mixed Media	75
Balance and Fall Prevention	89	Monday Meditation	78
Balance and Gait Training	83	Needle Felting	75
Belly Dance	70	Neuro Brain Gain.....	87
Bootcamp	89	Nutrition.....	81
Boxing.....	90	Oil and Acrylic Painting	77
Card Making	74	Parkinson Strong Combo.....	90
Ceramics.....	74	Pickleball.....	91
Clogging.....	70	Pilates.....	88
Country Couples	70	Pop Up	88
End of Life Options	85	Posture, Core and Balance	90
Fun ctional Fitness	90	Private Reformer Training	88
Functional Vision	85	Quilting	77
Fused Glass.....	75	Reformer Workshop.....	88
Get Golf Ready	90	Seasonal Affective Condition.....	87
Golf Class.....	90	Self-Defense Workshop	79
Grounding, Stretch and Alignment	78	Sip and Paint.....	77
Guitar.....	73	Tai Chi	79
Happiness is a Choice	85	Tap.....	73
Health and Fitness Challenge	85	Tennis	92
History of Rock and Roll.....	73	Thriving with Grace	87
Hula	71	Training Services	83
Hypnosis	85	TRX Circuit	91
Jazz.....	71	Walk to Breakfast for Breast Cancer.....	87
Jewelry Making	75	Water.....	91
Line Dance	71	Wellnes Retreat.....	87
Living with Joint Replacement.....	85	Wellness Life Coaching.....	92
Mind Body Balance.....	78		

Donna Hartigan
Lifestyle Class Coordinator
Donna.Hartigan@sclhca.com



Register at the Lifestyle Desk (OC/KS)
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*Indicates on sale September 17

Dance

*Belly Dance Class – L1

Fridays, October 6-27
1:00 to 2:00 PM (KS)
\$28 (four sessions)
— LSC4377

Designed for new and returning students who want to learn and review the basics of Middle Eastern dance, “Belly Dance.” Wear something comfortable; each class will begin with gentle warm-up stretches. Soft-sole shoes (such as ballet slippers or sandals) are recommended. Learn and practice the movements as we dance to Middle Eastern rhythms. Increase your flexibility, tone your muscles, and just have fun! Instructor: *Ellen Hirvela*.



*Clogging – Step Workshop

Tuesday, October 17
10:00 to 11:00 AM (KS)
\$10 — LSC3880

Come learn or review: MJ, Brake Step, Karate/Chug A Lug, Rougie Vine, Fireball Run to name a few. Instructor: *Janice Hanzel*.



*Clogging – Introduction, Foundations

Thursdays, October 5-26
9:30 to 10:00 AM (KS)
\$32 (four sessions)
— LSC4451

Come sit and clog if you need to, but come join in the fun. We will work at a relaxed pace developing skills in the foundations of clogging. Special attention to balancing skills. Instructor: *Janice Hanzel*.



*Clogging – Beginners / Easy

Thursdays, October 5-26
10:00 to 11:00 AM (KS)
\$40 (four sessions) — LSC4510

Review of all foundation and beginner steps. We'll continue to work on easy steps at a relaxed pace. Dust off those clogging shoes and come back to class. If you've been away for a while, this is the class for you. Instructor: *Janice Hanzel*.

*Clogging – Intermediate, Intermediate Plus – L3/L4

Tuesdays, October 3-24
9:00 to 10:00 AM (KS)
\$40 (four sessions) — LSC4438

We will be working on solid intermediate level dances. Lots of new routines to learn and choose from. I have new routines from various workshops around the area. We'll continue with low intermediate dances to start with and progress rapidly to some more challenging dances. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Instructor: *Janice Hanzel*.

*Clogging – Technique and Advanced – L4/L5

Tuesdays, October 3-24
11:00 AM to 12:30 PM (KS)
\$40 (four sessions) — LSC3891

October's focus will be reviewing dances that we have learned. Plus, loads of review of steps before we get into the dances. **Prerequisite:** Instructor approval. Instructor: *Janice Hanzel*.

*Country Couples Western Dance – L3/L4

Mondays, October 2-30
6:00 to 7:00 PM (KS)
\$35 (five sessions)
— LSC3913

Join us for a fun-filled hour of Country Couples pattern dancing. Similar to Line Dancing but with a partner. Featuring a variety of “old” popular dances as well as fun new dances. Many of the dances are done in a Circle, and some are done in Lines. This class is intended for those that have had previous Line Dance experience. Instructors: *Dennis and Georgi Dawson*.



***Hula – L1-L3**

Thursdays

October 5-26

1:00 to 2:00 PM (KS)

\$52 (four sessions)

— **LSC3924**

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 the instructor **Pam Akina** at 916-521-0474 to learn about Hula basics instruction.

***Jazz Performance**

– L2-L4

Tuesdays, October 3-31

1:00 to 2:00 PM (KS)

\$45 (five sessions)

— **LSC3946**

We will be working on a new dance with our sights on the Tap Company Show in April 2024. Our goal is to bring fun and excitement to our wonderful Lincoln Hills audience and keep our mental and physical skills sharp. The class is an intermediate geared toward performing in various shows throughout the year. Must be a strong technical dancer with good coordination and the ability to memorize new dance steps. New dancers are welcome with the instructor's approval. Instructor: **Becky Nicholson, dancer/choreographer.**

***Line Dance, Country**

– L3-L4

Fridays, October 6-27

3:00 to 4:00 PM (KS)

\$28 (four sessions)

— **LSC4041**

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

***Line Dance For Fun**

Thursdays, October 5-26

4:30 to 5:30 PM (KS)

\$28 (four sessions) — **LSC4005**

This class offers line dancing to many different genres of music. Levels of dance range from high beginner to very easy intermediate. Instructor: **Cathy Paris.**

***Line Dance, “Wake Up and Warm Up”**

Tuesdays, October 3-31

8:00 to 9:00 AM (KS)

\$35 (five sessions) — **LSC4462**

Start your day with this “dance jam” style class, with less instruction and more dancing. Each week we dance a mix of classics and popular line dances (L2-L3) that are danced at major line dance events internationally, such as American Kids, Jerusalem, Gin & Tonic, Tush Push, and much more. **Prerequisite:** L-1. *About the instructor: Ellen Hirvela* is an experienced teacher who loves to dance. Ellen became “hooked on” line dance in 2002 and has been teaching in senior communities since 2012.

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***Line Dance, Absolute Beginner - L1**

Mondays, October 2-30
4:00 to 5:00 PM (KS)
\$35 (five sessions)
— **LSC3959**



About the instructor: **Cathy Paris** is a lively and enthusiastic dancer and instructor. One of her greatest passions and joy in life is teaching dance. Her dance background began in the early 80s when she was introduced to clogging. She incorporated line and partner dancing into her repertoire about 15 years ago and has since been sharing her passion and expertise with her students.

OR

Thursdays, October 5-26
9:00 to 10:00 AM (KS)
\$28 (four sessions) — **LSC4225**

This class is an introduction to line dance. Basic steps will be taught to a variety of fun music. The focus is on having fun while learning to dance. *About the instructor:* **Yvonne Krause-Schenck** is a Lincoln Hills resident and comes from a musical family. Yvonne started dancing at an early age and has been line dancing since the 90s. She loves teaching and finds joy in seeing her student’s progress. She knows the importance of movement, staying healthy as we age and knows that line dancing provides that opportunity in a fun and stimulating way.

***Line Dance, Beginner - L2**

Thursdays, October 5-26
10:00 to 11:00 AM (KS)
\$28 (four sessions) — **LSC4097**
Instructor: **Yvonne Krause-Schenck**

OR

Thursdays, October 5-26
3:30 to 4:30 PM (KS)
\$28 (four sessions) — **LSC4029**
Instructor: **Cathy Paris**

OR

Fridays, October 6-27
2:00 to 3:00 PM (KS)
\$28 (four sessions) — **LSC4052**

This class is for those who have some line dance skills or are moving up from Level 1 and wish to learn more steps and rhythms like cha-cha, waltz, and rumba. *About the instructor:* **Sandy Gardetto**

is an excellent line dance instructor with over 18 years of experience. She has been trained in all disciplines of dance since she was eight years old.

***Line Dance, Beginner-Intermediate – L2-L4**

Mondays
October 2-30
4:00 to 5:00 PM (KS)
(New Time)
\$50 (five sessions) — **LSC4282**



Learn it! Love it! Dance it! Steps, styles, and music make each class come alive based on genres of R&B, Funk, Latin, Oldies, & Country. Dance steps include Jazz, Salsa, Belly Groove, and Country. *About the instructor:* **Anna Woods** love for dance goes back to her childhood tap, jazz, & ballet. This led to a professional dance career of 15 years as an instructor and performer spanning the country from LA to DC. Check out her YouTube Channel: “Anna Woods Just Dance” and/or email annawoodsjustdance@gmail.com.

***Line Dance, Improver – L3**

Mondays, October 2-30
9:00 to 10:00 AM (KS)
\$35 (five sessions) — **LSC4086**
Instructor: **Yvonne Krause-Schenck**

OR

Wednesdays, October 4-25
9:00 to 10:00 AM (KS)
\$28 (four sessions) — **LSC4063**
Instructor: **Sandy Gardetto**

This class ranges from high beginner to easy intermediate. Dancers will be offered additional exciting steps, combinations, and rhythms.

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***Line Dance, Intermediate – L4**

Mondays, October 2-30

5:00 to 6:00 PM (KS)

\$35 (five sessions) — **LSC4016**Instructor: *Cathy Paris***OR**

Wednesdays, October 4-25

10:00 to 11:00 AM (KS)

\$28 (four sessions) — **LSC4074**Instructor: *Sandy Gardetto*

This class focuses on challenging step combinations, teaching at a faster pace, and keeping current with what is popular and danced around the world. **Prerequisite:** L3.

***Line Dance, Advanced – L5**

Thursdays, October 5-26

5:30 to 6:30 PM (KS)

\$28 (four sessions) — **LSC3994**

Level 5, with more difficult dances featured, is suitable for the experienced dancer. More turns, combinations, rhythms and challenges will be mastered. Come join this enthusiastic group and see how much fun you can have. **Prerequisite:** L3 or L4. Instructor: *Cathy Paris*.

***Tap – Technique**

Mondays, October 2-30

10:00 to 11:00 AM (KS)

\$55 (five sessions) — **LSC4108****OR**

Tuesdays, October 3-31

10:00 to 11:00 AM (KS)

\$55 (five sessions) — **LSC4136**

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

***Tap – L1**

Mondays, October 2-30

11:00 AM to Noon (KS)

\$55 (five sessions) — **LSC4122**

Grab a friend and come join us in this beginner class. We are starting from fresh, learning all the basics of tap dance.

We will work at a pace comfortable for everyone. Bonus effect, new friends, improve balance, and the act of repeating, reversing, and counting patterns is excellent for brain health. Instructor: *Alyson Meador*.

**Education****History of Rock and Roll (Part 2) - CANCELED**

Wednesdays, September 27 and October 4-18

1:00 to 3:00 PM (KS)

\$40 (four sessions) — **LSC4497**

Continue the History of Rock and Roll following the “Day the Music Died.” Rock has been left for dead and will find rebirth in places like Motor City, the beaches of Southern California, and a poor port city on the West Coast of England. The Second Generation of Rock will rewrite the musical rules to take Rock and Roll to even greater heights. Rediscover a turbulent time, a protest movement, a Fab Four, and a young Robert Zimmerman from Minnesota who creates poetry that will move a generation and change the nature of Rock lyrics forever. Instructor: *Ray Ashton*.

Music***Folk Guitar for Fun Folks****– Beginning**

Tuesdays, October 3-31

1:00 to 2:00 PM (KS)

\$50 (five sessions)

— **LSC4420**

Have fun learning the guitar. No prior music knowledge is necessary. Emphasis is on playing chords to familiar songs while singing and having fun with fellow guitarists. Folk songs from the ‘50s-‘70s will be taught. Basic music theory will be shown, plus how to choose and purchase a guitar and guitar aides will be discussed. *About the instructor: Darrell Effinger* is a long-time teacher, songwriter, and performer. He was a member of the New Christy Minstrels, appeared on a PBS special, toured with Glenn Yarbrough, and performed alongside the Kingston Trio and Peter, Paul & Mary. Instructor: Questions? Call Darrell at 916-989-8532.

***Folk Guitar – Intermediate**

Tuesdays, October 3-31

2:00 to 3:00 PM (KS)

\$50 (five sessions) — **LSC4427**

This intermediate class emphasizes harder chord fingerings, more transitions of chords in songs, different strumming patterns, and various finger-picking styles used by folk artists. The class can be taken in conjunction with the beginning class as long as the student feels comfortable and they have

met the prerequisites. **Prerequisite:** Knowledge of guitar playing using basic chords while doing a simple strum. Instructor: *Darrell Effinger*. See Folk Guitar for Fun Folks for Darrell's bio. Questions? Call Darrell at 916-989-8532.

*Guitar – Beginner

Thursdays, October 5-26

1:30 to 3:00 PM (KS)

\$60 (four sessions) — **LSC4493**

Enjoy learning to read and make music with your guitar, whether it's the blues, pop/rock, jazz standards, or the classics from absolute beginner to an intermediate-level musician. You'll be introduced to elements of all genres while gaining knowledge and technique through a modularized course curriculum. Prior guitar skills or an understanding of music theory is not required: new students' skills are assessed and started at an appropriate module level. Module lessons are self-paced with a combination of individual/group instruction, individual study, and group participation. Instructor: *Rodger Mohme*.

Visual Arts & Crafts

*Card Making – Beginning, Introduction

Friday, October 13 and 27

9:00 AM to Noon (KS)

\$25 (two sessions) — **LSC4312**

Have you ever wanted to make a greeting card, but you weren't sure how to get started? Then this class is for you.

This class will teach you all 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. All supplies and tools will be provided. Class size is limited, so sign-up early to reserve your space. Instructor: *Dottie Macken*. Registration deadline: September 24.



*Card Making – Intermediate/Advanced

Monday, October 9 and 23

9:00 AM to Noon (KS)

\$25 (two sessions)

— **LSC4297**

OR

Wednesday, October 11 and 25

9:00 AM to Noon (KS)

\$25 (two sessions) — **LSC4305**

This card making class offers more complex and challenging projects and papercraft techniques. This class is not designed for 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 your card making kits. Instructor: *Dottie Macken*. Registration deadline: September 24.



*Ceramics – L1-L3

Tuesdays, October 3-31

1:00 to 4:00 PM (OC)

\$80 (five sessions) — **LSC3856**

OR

Thursdays, October 5-26

9:00 to Noon (OC)

\$64 (four sessions) — **LSC4368**

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



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hand-building and wheel-throwing techniques, demonstrating 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*.

*Ceramics – L4/L5

Tuesdays, October 3-31
9:00 AM to Noon (OC)
\$80 (five sessions) — LSC3844
OR

Thursdays, October 5-26
1:00 to 4:00 PM (OC)
\$64 (four sessions) — LSC3868



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*.

*Fused Glass

Mondays, October 9-23
1:00 to 4:00 PM (KS)
\$60 (three sessions)
— LSC4145
\$45 supply fee paid to instructor on first day of class



In this fun, creative class, beginning students will use both regular and dichroic glass to learn the fundamentals of glass fusing: designing, glass cutting, compatibility, safety, and kiln forming. You will learn finishing techniques and various findings to complete your designs. Students can create several pieces, including pendants, earrings, bracelets, and more. Sign up early, class size is limited. Supplies include glass, bails, earring findings, copper inclusions, stringer, and other materials. Students bring paper and pencils, and tweezers; optional: camera. Instructor: *Kate Uppal*.

*Jewelry Making

Monday, October 23
1:00 to 4:00 PM (OC)
\$25 — LSC4505
\$20 supply fee paid to the instructor
Create your own masterpiece. This class will offer a variety of color beads choices for you to make your own pattern and style of any length.



Beginner to intermediate welcome. It will be great for giving from the heart or wearing it proudly to any get-together. Instructor: *Nancy Bell - Lincoln Jewelers*.

*Mixed Media Art Journaling

Tuesdays, October 10 and 24
9:00 AM to Noon (OC)
\$45 (two sessions) — LSC3808
\$5 supply fee paid to instructor

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*.



*Needle Felting, Beginner: Soft Sculpture, “Boo Buddy”

Monday, October 2
Noon to 4:00 PM (OC)
\$35 — LSC4514
\$15 supply fee payable to instructor



We’ll create this sweet ghost that I call a Boo Buddy using wool fiber and special needles. All supplies are provided. Most people find the repetitive motion of poking the fiber to be relaxing but it can aggravate conditions such as arthritis, occasional finger pokes are possible. Instructor: *Donna Miller*, Donnamillerfelt2410@gmail.com.

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***Needle Felting,
Beginner: Soft
Sculpture,
“Witchy Gnome”**

Mondays, October 16-23
12:00 to 3:00 (OC)
\$35 (two sessions)
— **LSC4360**

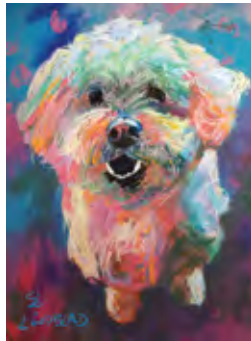


\$15 supply fee payable to instructor

Using wool fiber and special needles, we will create one of these Witchy Gnomes over the course of two classes. All supplies will be provided, including the little broom. Most people find the repetitive motion of poking the fiber to be relaxing but it can aggravate conditions such as arthritis, and finger pokes are possible. Instructor: *Donna Miller*, Donnamillerfelt2410@gmail.com.

***Oil and Acrylic Painting –
L4/L5**

Wednesdays, October 4-25
9:00 to 11:30 AM (OC)
\$80 (four sessions) — **LSC3820**



This ongoing painting class will help you become a better painter (while having fun), whether you work in oil, acrylic, or pastel. Art demonstrations are created upon class needs. Beginning stages of “how to” all the way to the finish is shown on a regular basis. Lots of individual instruction. Class critiques are done toward the end of the class. Sporadic projects are offered and, of course, optional. If you do not know what to bring, please visit the instructor *Sandy Lindblad’s* website at www.sandylindblad.com, or email sandski2@yahoo.com.

***Quilting – Intermediate Quilting**

Mondays October 16-30
9:00 AM to Noon (OC)
\$50 (three sessions) — **LSC4513**
\$10 supply fee payable to instructor

This class will cover expanded techniques and methods of quilting. You will learn time-saving techniques for construction quilt blocks, sashing options, and borders. One block will be done in class, and other blocks will be done as homework. This class is for intermediate quilters. Prerequisite: Beginning Quilt class. Please request a supply sheet at the Lifestyle desk. Instructor: *Betty Kisbey*.

***Quilting – “Square in a Square”
Technique Class**

Friday, October 20
1:00 to 5:00 PM (OC)
\$30 — **LSC4511**
\$10 supply fee payable to instructor

Learn the popular technique for easily making intricate blocks and borders. This technique is fun, simple, and a very innovative way of strip piecing and rotary cutting. It is endless as to what can be done. This class is for advanced beginner quilters. Please request a supply sheet. Instructor: *Betty Kisbey*.

***Quilting – Advancing on with
“Square in a Square” Technique**

Friday, October 27
1:00 to 5:00 PM (OC)
\$30 — **LSC4479**
\$10 supply fee payable to instructor

This class will continue with the square-in-a-square technique by Jodie Barrows to learn several more advanced block and borders. You will experiment with using rulers used with this technique and will make samples of the options. This class is for advanced beginner quilters. Please request a supply list available at the Lifestyle desk. Instructor: *Betty Kisbey*.

***Sip and Paint:
Eiffel Tower**

Friday, October 20
5:00 to 8:00 PM (OC)
\$65 — **LSC3832**

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



Danielle Merrill
WellFit Program Manager
Danielle.Merrill@schca.com



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WellFit Orientations

Free Orientations: WellFit Staff

Unsure where to start in the fitness centers? Sign up for our free orientation and learn how fitness centers work and how to use equipment safely and correctly. Orientations are designed to educate you on all the WellFit Department offers and get you started on your fitness journey. Register at fitness desks or online enrollment on the Resident Website.

Fitness Floor (OC)

- **Tuesday, September 19**
1:00 to 2:00 PM
- **Wednesday, October 4**
3:00 to 4:00 PM
- **Tuesday, October 17**
3:00 to 4:00 PM

Fitness Floor (KS)

- **Thursday, September 28**
3:00 to 4:00 PM

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

Events go on sale on the 17 of each month at 8:00 AM. Register at the fitness center desks or online enrollment on the Resident Website. Classes fill up quickly. Please sign up at least seven days prior to class start. No refunds, no make-ups. All classes, times, and locations are subject to change. See up-to-date information and schedules on the Resident Website in the WellFit section or online enrollment.

Mindful Movement

Grounding, Stretch, and Alignment - *New!*

Tuesday, October 10
9:00 to 10:00 AM
Meet at Fitness Center (OC) lobby
\$20



Grounding, also known as Earthing, allows people to directly connect their bodies with the Earth and use its natural electric charges to stabilize them. This practice involves walking barefoot outdoors. Grounding has been known to strengthen the immune system, help with sleep, reduce inflammation, and support mood. We will be walking barefoot on the grass outside Orchard Creek gym to learn about this amazing process. We will also be incorporating stretching and balance exercises. Please bring a towel. Instructor: *Andee Lund.*

Mind-Body Balance

Wednesday, October 4 or 18
4:10 to 5:10 PM
Aerobics Room (OC)
\$20 each



We could use a little more self-care in our lives, so why not indulge yourself in this peaceful hour of rejuvenation? We will start with a gentle, mindful, total body stretch and flow right into a guided meditation. Give yourself this much-needed gift of relaxation. Instructor: *Sheri Mandell, HHC.*

Monday Meditation

Mondays, October 2-23
4:10 to 5:10 PM
Aerobics Room (OC)
\$68 (four sessions)



Join Sheri each week as we take on a new topic and meditate. The first half of the class will be education, and the second half will be a guided meditation. In week one, we will discuss why we meditate, its benefits, and what happens to the body as we develop this practice. In week two, we will tackle how to let go of stress. Week three will be about how to create a positive mindset and why it is important to cultivate gratitude. Instructor: *Sheri Mandell, HHC.*

Self-Defense Workshop

Friday, October 27
1:00 to 2:30 PM
Aerobics Room (KS)
\$25



This class will concentrate on situational awareness, where we will discuss many points to consider, which include trusting your instincts. Learn the difference between concealment and cover if confronted with an active shooter. We will learn how to defend ourselves against being choked and numerous other “physical what if’s” that can happen. Instructor: *Al Trimarchi*.

*All Tai Chi classes are available for dropping in and paying for one at a time. Tai Chi drop-ins, also known as Wellness Pass: \$15. *All passes and sessions are non-refundable and expire one year after the purchase date. Tai Chi drop-ins are allowed in all Tai Chi classes. Purchase at fitness center desks or through online enrollment under class passes on the Resident Website.

Tai Chi / Qigong L1

Tuesdays, October 3-24
2:00 to 3:00 PM
Aerobics Room (OC)
\$52 (four sessions)

OR

Fridays, October 6-27
2:00 to 3:00 PM
Aerobics Room (OC)
\$52 (four sessions)

*See above



Tai Chi is a centuries-old practice focusing 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 Siegel-Wamsat*.

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Tai Chi / Qigong L3

Tuesdays, October 3-24

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

\$52 (four sessions)

OR**Tai Chi / Qigong 2**

Fridays, October 6-27

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

\$52 (four sessions)

*See above

This class is for Tai Chi and Qigong students who wish to increase awareness and understanding of their lifelong complementary health and wellness practice. In addition, you will learn Qigong sets of movements. Paired with stillness and moving meditation, Qigong 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 Siegel-Wamsat*.

Tai Chi 24 Form Outdoor L1-L3

Thursdays, October 5-26

2:00 to 3:00 PM, Amphitheater (OC)

\$52 (four sessions)

*See above

Open to all levels, come join in for an enjoyable time learning the Tai Chi 24 form in a beautiful outdoor setting. The class will warm up with Qigong to help build your mind-body connection, then learn the 24 moves in this Yang-style Tai Chi, which 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. Instructor: *Shifu Anney Siegel-Wamsat*.

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\$45 for subsequent 30-minute sessions

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Training Services

- **Buddy Training:** Two clients and one trainer. It is more fun to work out with a friend. One-hour session \$34 per person. Each billed for shared session.
- **Clinical Training:** One client and one trainer. One-hour session \$69, three session package \$180 (\$60 each). Half-hour session \$45, three session package \$120 (\$40 each).
- **Comprehensive Assessment:** Meet and greet trainer, medical history, talk about and establish goals, measurable strength, health, mobility, and balance scores. Includes ZIBRIO Stability Scale (one month while with trainer) and Posture Assessment. One-hour session \$99.
- **Goal Assessment:** Meet and greet the trainer, discuss medical history, and talk about and establish goals. Posture Assessment. Trainer assesses general ability level. Half-hour session \$39.
- **One-on-One Training:** One client and one trainer. One-hour session \$59, half-hour session \$39.
New Packages: One client and one trainer. Package of three one-hour sessions \$54 each. \$162 total.
- **Posture Analysis:** We use a special grid background to assess you. Three photos are taken. Learn what muscles you need to stretch. Balance is very affected by posture. One-hour session \$59.

- **ZIBRIO Balance Scale:** Get your balance score. Created by NASA/MIT. Learn what to do for better balance. Free ZIBRIO app included. One-hour session \$59.

All training is non-refundable and has a 1-year expiration date from time of purchase. 24-hour cancellation policy.

Personal Improvement

Athletic Conditioning and Agility L2/L3

Thursdays
October 5-26
12:55 to 1:55 PM
Aerobics Room (OC)
\$56 (four sessions) or
\$15 each with Wellness
Pass Drop-in



OR

Fridays, October 6-27
8:00 to 9:00 AM, Multi-Court
\$56 (four sessions) or \$15 each with Wellness Pass
Drop-In

Start with movement prep and dynamic stretching warm-up to increase your range of motion and flexibility, then move through exercise stations that focus on strength and power for your sport, core rotation and stability, speed and agility, balance and coordination, and rotator cuff conditioning. Finish with static stretches to reduce your risk of tendonitis-style injuries. Prepare your body for some fun sports activities, all while on the court!
Instructor: *Lisa Fisher.*

Balance and Gait Training

Mondays and Wednesdays
October 2-25
12:30 to 1:30 PM
Indoor Track (OC)
\$128 (eight sessions)



Sign up for this one-of-a-kind wellness class to learn simple stretches, exercises, and techniques that will help improve walking, balance, core strength, and reflexes to prevent falls. We will use the indoor track, chairs, bars, and the wall for support. Some exercises will challenge not only your mind but your coordination as well. This class is limited to 10 students. Instructor: *Eva De Mars.*

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End of Life Options: Preparing for Death

Wednesday, October 11

9:00 AM to Noon

Multimedia Room (OC)

\$28

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

Functional Vision

Wednesday, October 25

1:00 to 2:00 PM

Computer Room (OC)

\$25

Learn how age-related and brain injury-acquired vision impairment can impact function and independence in your daily life. Hear from an occupational therapist about strategies on how to modify your environment, improve functional vision and learn of community resources to improve functional independence. Instructor: *Lisa Kwon*, Occupational Therapist.

**Happiness is a Choice**

Monday, October 2

10:00 to 11:30 AM

Multipurpose Room (OC)

\$25

This is an introductory talk that is designed to optimize the everyday life of aging adults. We all want to live a long, happy, and healthy life in our remaining years, not one that is merely without disease. Happiness and wellbeing are important as we age and can affect our physical, mental, and emotional state. Instructor: *Amel Whitaker*.

**Health and Fitness Challenge**

Mondays and Wednesdays

October 2-25

11:00 AM to Noon

Fitness Floor (OC)

\$144 (eight sessions)

Ever want to get in shape, lose weight, reduce stress, eat healthier,



or perhaps add muscle mass or just make a change? This is your chance to be held accountable for your goal! Come ready to work out, and be prepared to write down your progress. You will be given a general nutritional guideline and a basic exercise regime. If you need someone by your side and perhaps a little personal challenge, this is your chance to accomplish your goals. First class will meet in Computer Room to go over fitness and nutritional guidelines. Class is limited to eight participants. Instructor: *Eva DeMars*.

Hypnosis for a Good Night's Sleep

Thursday, October 5

9:30 to 11:30 AM

Computer Room (OC)

\$20

Are you frustrated with your sleep? Are you having trouble falling asleep, staying asleep, or going back to sleep? Join this restful and helpful class to find out how Hypnosis can help. This class is designed to take multiple times to increase your prior results exponentially. Instructor: *Kelley Moreno CPH*.

**Living With Total Joint Replacements**

Wednesday

September 27

Noon to 1:00 PM

Computer Room, then
Fitness Floor (OC)

\$25

Learn the correct stretches, exercises, and machines to do for total joint replacements of the hip, knee, or shoulder, either pre-hab or post-rehab. Maintain better quality of life and keep your body strong and happy to support longevity. Instructor: *Danielle Merrill*, Physical Therapy Assistant.

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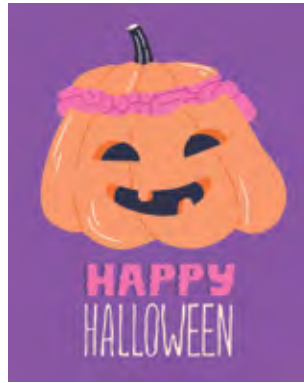


**CALVARY CEMETERY
& FUNERAL CENTER**

Neuro Brain Gain® Spooktacular (New!)

Friday, October 20
9:30 AM to Noon
Multimedia Room (OC)
\$40

Get the cobwebs out of your brain with interactive, fun, evidence-based Halloween and fall-themed brain exercises based on neuro research. The activities will get you thinking in new ways, and contribute to your brain health to help mitigate natural brain changes as we age. No Tricks, only treats as you engage in a neurobic workout for your brain. Join the fun and promote a healthy brain lifestyle! Don't be ghoulish, brain health is part of overall well-being. (Fee includes all materials and door prize drawing.) Instructor: *Alice Jacobs Ed.D, MA, MS, MCHES Director.*



reduce their risk. Take this class and be the first to receive a new product being sold at the Spa!
Instructor: *Grace Smith*, Wellness Instructor.

WellFit's Walk to Breakfast for Breast Cancer

Tuesday, October 3
9:00 AM to Noon
Orchard Creek Lodge
entrance
\$30



Join us on a beautiful 40-minute morning walk from the Wetlands Trail to the Grand Ballroom for a Mimosa and Brunch Buffet hosted by Meridians. After brunch, enjoy a program full of education, wellness, and hope.

Wellness Retreat at Lincoln Hills

Friday, September 29
7:30 AM to 7:00 PM
WellFit and Kilaga Springs
Spa
\$269



If you would like to step out of your usual routine for just one day and experience complete well-being, then this Retreat is for you! This one-day Wellness event combines a mindful nature walk, light breakfast, stretching and grounding, meditation, therapeutic water exercise, poolside lunch, Yoga Nidra, Gua Sha massage, and many more surprises. Enjoy a luxurious mini Spa treatment featuring Essence One Aromatherapy, then finish with dinner and refreshments at the healing springs of Kilaga Zen Gardens. Registration is limited to 24. For more information, contact Danielle.Merrill@sclhca.com.

Seasonal Affective Condition

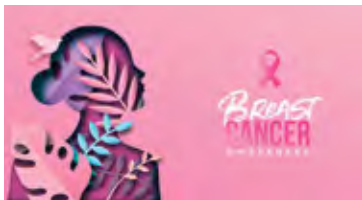
Thursday, October 26
11:00 AM to 12:30 PM
Multipurpose Room
(OC)
\$25



Many people go through short periods of time where they feel sad or not like their usual selves. Sometimes these mood changes begin and end when the seasons change. If you have noticed significant changes similar to depression, you may be suffering from seasonal affective disorder (S.A.D.) and will benefit from exploring this condition more personally. Instructor: *Amel Whitaker.*

Thriving with Grace - Women's Wellness Workshop

Wednesday, October 18
2:00 to 3:00 PM
Multimedia Room (OC)
\$30



October is breast cancer awareness month. How does age affect a woman's risk of breast cancer, and what can she do about it? Do you know women above the age of 50 are more likely to receive a breast cancer diagnosis? This class is about preventative measures women over 50 can take to help

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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 contact Danielle.Merrill@sclhca.com.

Prerequisite: *If you have not taken Reformer before, all Pilates Reformer classes require completion of the Introductory Reformer Session (purchase at fitness centers) or completion of a session-based wellness class: Introduction to Movement on the Pilates Reformer – offered every other month.*

Membership packages require an agreement for auto-pay upon enrollment. Members and drop-ins select their monthly classes via the online scheduling system MindBody by logging in to their account once it has been created. Class schedules can be found on the Resident Website or at the fitness centers. Online class scheduling is from 7:00 AM to 10:00 PM every day. New month's scheduling always opens on the 15 of the month at 7:00 AM.

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 non-reformer member, \$20 per class.

Drop-in for guests accompanied with resident, \$25 per class.

Introductory Reformer Session L1

Continuous dates scheduled with Reformer Specialists Reformer Studio (OC)
\$40 (one hour)



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 after getting an account. 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. Please contact Danielle Merrill for more information regarding Private Reformer Training and scheduling with one of the reformer instructors.

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

Pilates Reformer - Introduction to Movement

Saturdays, October 7-28

11:30 AM to 12:30 PM

Fitness Center - Reformer Studio (OC)

\$72 (four sessions)

Sign up for this class if you have not yet tried Pilates Reformer and are interested in learning more about your body and mindful movement on the Reformer. This progressive class starts with the basics of safely introducing your body to the fundamentals of Reformer and slowly builds up to teach you proper body alignment, core strength, posture, gentle strength training, balance, and injury prevention. Learn what it feels like to engage your core muscles properly and move your body in a healthy way. Instructor: *Sarah Jenan, Reformer Specialist.*

Pop Up Classes

Pop Up On the Court with Lisa

Tuesday,
September 26
1:00 to 2:00 PM
Multi-Court
\$12

Come for a fun, outdoor fitness hour that introduces you to athletic-style exercises to help you perform your sports and activities better while also keeping you safe. We will focus on core rotation, power & speed, agility, balance, shoulder & rotator cuff, range of motion, and stretching. Instructor: *Lisa Fisher.*



Group Ex Pass – Wellness Pass – Fast Pass

Group Ex Pass, Wellness Pass, and Fast Pass classes are drop-in, group exercise classes on a first-come, first-served basis in our Aerobics Rooms (KS and OC) as well as the Sports Plaza and OC pools. You may arrive and sign in up to one hour before the start time of the class. Good for one session each.

*Group Ex Passes are \$5.50 for 55 minutes.

*Wellness Passes are \$15 for 60 minutes.

*Fast Pass Classes are \$3.50 and can only be used in our 30-minute classes.

Group Ex Passes and Fast Passes are not interchangeable. Purchase these passes through online enrollment on the Resident Website or fitness center front desks. There are no refunds for class passes, and all passes expire one year after purchase date. For a list of class descriptions, please refer to the Resident Website under WellFit. Guests must pay \$7 per Group Ex Pass and \$4.50 per Fast Pass and check in no more than 10 minutes before the start of the class. Classes are subject to availability.

***All passes and sessions are non-refundable.**

***Group Ex, Fast, and Wellness Passes expire one year after the purchase date.**

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

Premium Group Ex Pass Deal. Buy a package of 50 Group Ex Passes and receive a 10% discount. Normally \$275, with the discount, pay only \$247.50. Purchase at the fitness center front desks or online enrollment at the Resident Website. Reminder, these passes expire after one year.

**For all class schedules, please refer to the WellFit section of [sclhresidents.com/WellFit/Group Ex Pass Classes](http://sclhresidents.com/WellFit/GroupExPassClasses), pick up a class schedule at our front desks, or scan our QR code with your smartphone camera. Class schedules may not always be in *Compass*.

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YOUR PHONE



Small Group Training (SGT)

Small group training classes run for 55 to 60 minutes and are designed with specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting. *Maximum of eight students per class.*

Balance and Fall Prevention L1

Mondays and Wednesdays
October 2-25

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: *Gilmer LaTorre*.



Bootcamp – Progressive L2/L3

Mondays and Wednesdays
October 2-25

3:05 to 4:05 PM, Aerobics Room (KS)
\$136 (eight sessions)

OR

Friday, October 6-27

3:05 to 4:05 PM, Aerobics Room (KS)
\$68 (four sessions)

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



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Boxing – Rock Steady

Tuesdays, October 3-24

2:00 to 3:00 PM

Aerobics Room (KS)

\$68 (four sessions)

Instructor: *Gilmer LaTorre***OR**

Fridays, October 6-27

11:50 AM to 12:50 PM

Aerobics Room (KS)

\$68 (four sessions)

Instructor: *Gina Turner*

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.*

**"Fun"ctional Fitness L3**

Tuesdays and Thursdays

October 3-26

11:50 AM to 12:50 PM

Aerobics Room (KS)

\$136 (eight sessions)

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

**Get Golf Ready**

Tuesdays, October 3-24

9:00 to 10:00 AM, Lincoln Hills Pro Shop

\$110 (four sessions)

*Receive \$10 off Get Golf Ready when you sign up for the Small Group Golf class.

Are you curious about the game of Golf, or returning to the game after an extended break? This Get Golf Ready clinic is for you. Not only are you going to learn the basics of how to play the game, but we'll help you navigate through the

things you might be too embarrassed to ask. Work with a PGA Coach on putting, chipping, full swing, and more. Sign up at the Lincoln Hills Pro Shop. Instructor: *Shannon Kahahane, PGA Coach*.

Golf Class

Tuesdays, October 3-24

8:30 to 8:55 AM, WellFit (OC)

\$50 (four sessions)

*Receive \$10 off Small Group Golf class when you sign up for the Get Golf Ready program.

In this class, you will learn a home mobility program, how to enhance balance/stability for golf, and a dynamic warm-up to prep for golf. Get Golf Ready participants will start at Orchard Creek WellFit for warm-up and prep and then go to LH Golf Course. Instructor: *Rex Owens, MSc. Titleist Golf Fitness Certified*.

Parkinson Strong Combo

Mondays, October 2-30

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

\$85 (five sessions)

OR

Thursdays, October 5-26

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

\$68 (four sessions)

Interested in the Parkinson's Cycle class, but don't you 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 Parkinson-Strong classes to create a class that helps improve the quality of life through meaningful exercise. Instructor: *Valerie Cota*.

Posture, Core, and Balance L1/L2

Mondays and Wednesdays

October 2-25

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

\$136 (eight sessions)

Instructor: *Renae Schmidt***OR**

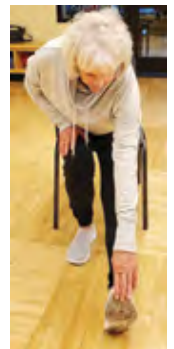
Tuesdays and Thursdays, October 3-26

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

\$136 (eight sessions)

Instructor: *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 proper stretches to allow for improved posture, which can take the pressure off your back, shoulders, and neck. We



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

TRX Circuit L2

Tuesdays and Thursdays

October 3-26

12:55 to 1:55 PM

Aerobics Room (KS)

\$136 (eight sessions)

Instructor: *MaryAnn DePietro*



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

TRX, Strength, and Stretch

Mondays and Wednesdays, October 2-25

11:50 AM to 12:50 PM

Aerobics Room (KS)

\$136 (eight sessions)

The perfect blend of intensity and restoration. This innovative take on strengthening and lengthening fuses strength movements and stretching with the amazing recovery ability of breathwork, alignment, and balance. Instructor: *Gina Turner*.

Water Exercise – Therapeutic L1/L2

Mondays, October 2-30

9:40 to 10:40 AM

Indoor Pool (OC)

\$85 (five sessions)

Instructor: *Lisa Fisher*



OR

Wednesdays, October 4-25

10:45 to 11:45 AM and 11:50 AM to 12:50 PM

Indoor Pool (OC)

\$68 (four sessions)

Instructor: *Nina Baldi*

OR

Fridays, October 6-27

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. Do not forget your towel.

Sports Plaza - Lessons

To make a reservation for Bocce Ball, Croquet, Multi-Court, Pickleball, or Shuffleboard or for more information and guidelines, go to the Resident Website, WellFit and choose from the drop-down list. The field for softball is available for open play on Mondays, Wednesdays, and Sundays from 2:00 to 5:00 PM. Please visit the Resident Website, WellFit, and click on Sports Pavilion for more information and guidelines. For tennis, courts are available on a first-come, first-served basis. Signup at Sports Pavilion for drop-in play.

Pickleball – Introduction

Wednesdays, September 20, October 4, or October 18
9:00 to 10:30 AM

Multi-Court (Courts 14 and 15)

Free

This bi-monthly class is for any resident interested in learning about Pickleball. All equipment is provided. Please wear clothing and tennis shoes appropriate for Pickleball. Please bring water. Meet on the Multi-Court by the softball parking lot. You must pre-register for this class. Eight spots are available. Email Carol Judd at welcometopickleball@gmail.com to register.

Pickleball – Intermediate Clinic

Thursday, October 19

9:00 to 10:30 AM

Multi-Court

\$45



The focus of this clinic is the “transition zone.” To play successful Pickleball, players must be able to move through the transition zone and get to the kitchen line. Personalized feedback during game time play portion of the clinic will be provided. **Prerequisite:** Skill Level 3.0-3.75. Minimum/Maximum: eight students. Instructor: *Ian Dickson, Pickleball Pro.*

Pickleball Training Services – Purchase at fitness centers or through Online Enrollment on the Resident Website.

- **Buddy Training:** Two clients and one trainer/pro. It is more fun to train with a friend. One-hour session \$59 per person. Each billed for shared session.
- **One-on-One Training:** One client and one trainer/pro. One-hour session \$98.

***Pickleball Training Policy: There are no refunds, and all training expires one year after purchase. Please observe a 24-hour cancellation policy and contact the Pro directly to reschedule. If you do not give 24-hour cancellation notice, you may be charged in full for the training, and no make-up will be provided.*

How to Set Up One-On-One or Buddy Training Services with the Pickleball Professional

1. **Purchase a training service at the fitness center desks or through online enrollment on the Resident Website.**

2. **Email or text Ian Dickson, Pickleball Pro, to schedule a session at 916-712-4337 or Ian.Dickson@sclhca.com.**

3. **Show up at the multi-court in the Sports Plaza for your training session.**

Please note: Once you have purchased a training service, it is your responsibility to reach out to Ian for scheduling. Ian is not able to book your session until it has been purchased.

Small Group Training: 3-4 students and one pro/trainer. Once you have your group together, reach out to Ian directly to schedule. He will give you a code to take to the fitness center desks to purchase. For clinics or camps, please see online enrollment – WellFit or inquire with Ian.

For questions, email Danielle.Merrill@sclhca.com.

Tennis - Introduction

Saturdays

11:00 AM to Noon, Tennis Courts
Free

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



Tennis Small Group Training - New!

Once you have your group together, reach out to Eva directly to schedule. She will give you a code to take to the Fitness Center front desks to purchase. Instructor: **Eva De Mars, Tennis Coach.** Minimum of three students, maximum of four.



Wellness Life Coaching

Why A Wellness Coach? A Lincoln Hills Wellness Life Coach is a professional who assists people in making progress toward attaining greater fulfillment in relationships, careers, day-to-day life, or extracurricular activities. Schedule with one of our Coaches to better navigate your path, clarify your goals, identify obstacles holding you back, and learn new strategies to move forward. Our coaches will provide the support you need to achieve long-lasting change!

What Can I Expect? Discerning “the why” is paramount to the coaching - because the subsequent checkpoints and milestones are built upon the why of what the client wishes to work toward - and developing a reasonable plan to achieve it. Each 60-minute session includes a personally tailored, written, 30-day goal summary to include measurable, time-bound behaviors and tasks to be completed by the client. This helps each client maintain progress, overcome challenges, and achieve their desired outcomes.

What Does It Cost? Each one-on-one session runs sixty minutes \$84.00. Your Wellness Life Coach will recommend the frequency of sessions as you go.

Invest in Yourself. We have four dynamic Wellness Coaches ready to book appointments at Orchard Creek WellFit fitness center. Their Bio's can be found at the fitness centers or on the Resident Website under the WellFit drop-down menu. Contact Danielle Merrill for more information about this exciting new program.

Policy: There are no refunds, and all training expires one year after purchase. Please observe our 24-hour cancellation policy and contact the Coach directly to reschedule, or you may be charged in full for the session.

Reach out to a Coach to schedule:

Alice.Vestergaard@sclhca.com

Grace.Smith@sclhca.com

Nina.Baldi@sclhca.com

Sheri.Mandell@sclhca.com

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

HOURS SUBJECT TO CHANGE

Orchard Creek Lodge & Kilaga Springs Lodge MON–SAT: 8:00 AM–9:00 PM SUNDAY: 8:00 AM–5:00 PM	Membership Desk MON–FRI: 9:00 AM–5:00 PM
Lifestyle Desks (OC/KS) MON–SAT: 8:00 AM–8:00 PM SUNDAY: 8:00–4:00 PM	Meridians Restaurant SUN–THU: 7:00 AM–8:00 PM FRI–SAT: 7:00 AM–9:00 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	SPORTS BAR: SUN–TUE: 7:00 AM–8:00 PM WED–THU: 7:00 AM–9:00 PM FRI–SAT: 7:00 AM–10:00 PM
The Spa at Kilaga Springs MON–FRI: 9:00 AM–6:00 PM SATURDAY: 9:00 AM–5:00 PM	Curbside: 11:00 AM–7:00 PM Delivery: 4:00 PM–7:00 PM
	Kilaga Cafe MON–FRI: 8:00 AM–3:00 PM SATURDAY: 8:00 AM–1:00 PM

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FOOD & BEVERAGE

Meridians Restaurant..... MeridiansRestaurant.com
 Reservations & Info: 916-625-4040..... To-Go: 916-625-4044
Kilaga Cafe To-Go Orders & Info: 916-408-1682
Director of Food & Beverage
 Jim Trondsen916-625-4049 Jim.Trondsen@sclhca.com
Catering Sales..... OrchardCreekLodge.com
 Don Giles916-625-4043 Don.Giles@sclhca.com

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 Robert CoppDirector..... Robert.Copp@sclhca.com
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 Danielle Merrill916-625-4032 Danielle.Merrill@sclhca.com
WellFit Fitness Supervisor
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THE SPA AT KILAGA SPRINGS

Spa Concierge..... KilagaSpringsSpa.com
 Appointments & Info: 916-408-4290
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 KarriLynn Keith916-408-4071 KarriLynn.Keith@sclhca.com

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 LH Golf Club916-543-9200 lincolnhillsgolfclub.com
 Lincoln Police & Fire916-645-4040
 Neighborhood Watch SCLHWatch.org
 Linda Minor: 707-235-0778
 Neighbors InDeed916-223-2763 neighborsindeed.org
 Lincoln Hills Foundation....916-434-0749 . lincolnhillsfoundation.org
 Lodge Library Contact..... Sarah Kevin: 408-858-0880

COMMITTEES

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Eddie's Lincoln Auto Body 39**CHURCH**

Valley View Church 42

CLEANING SERVICESAll Pro Window Cleaning 80
Fibrenew Rocklin 49
Gold Coast Carpet, Upholstery
Tile & Grout Cleaning 22
Joe's Carpet Cleaning 14
Lana Cleaning Service 34
V & O Cleaning Service 31**COMPUTER SERVICES**Comp-Solve Computers 26
Jim Puthuff & Associates 41
PC & Mac Resources 35
Porchswing Technology 14**DENTAL**Denzler Family Dentistry 57
Victoria Mosur, DDS 36**ELECTRICAL SERVICES**Brown's Quality Electric 19
Judeen Electric 59**ENERGY SERVICES**

Pioneer Community Energy 84

EYE CARE

Wilmarth Eye/Laser Clinic 53

FINANCIAL SERVICESBenchmark Mortgage 28
Concierge Fiduciary Services 29
TAD Executive Fiduciary
Services 14**GOLF**

Electrick Motorsports Inc. 30

HANDYMAN SERVICESA-R Smit & Associates 35
Bartley Properties 72
Home Handyman Services 89
Kubesh's Home Maintenance.. 75
L&D Handyman 87Student Services 24
Wayne's Fix-all Service 66**HEATING AND AIR**Accu Air & Electrical 43
Blue Mountain Heating and Air 50
Good Value Heating & Air 33
Kleen Air Heating & Air 45
Peck Heating & Air 44**HOME IMPROVEMENT**1A Advanced Garage Doors 24
Brower Mechanical 36
Floor Store 58
Garrett Gregory Tile 14
Granite Transformations 54
GVD Renovations, Inc. 79
Kitchen Mart 27
Loveland Roofing 42
Northern California Whole
House Fans 36
One Off Wood Designs 22
O.Tile 63
Overhead Door 34
Quality Roofing 37
Screenmobile 44
The Closet Doctor 74
Thorco Steel 39
Zothex Flooring 2**IN HOME CARE**

Welcome Home Care 40

JUNK HAULING AND REMOVAL

Sanchez Home & Yard Service .62

LANDSCAPINGBella Vista Artificial Grass
& Landscaping 38
CM Ponds & Stuff 33
Complete Ponds 56
Duran Landscaping 49
Hernandez Landscaping 28
Martin's Landscape 56
Rick Myers Landscape Design.. 23
Spartan Landscaping 30
Valley Oak Landscaping 19**LEGAL**Gibson & Tuttle, Inc. 93
Robertson Law Group 80
Rumley Law 42
Seasons Law 56**MISCELLANEOUS**Child Advocates of Placer
County 80
Donate Local 62**MORTUARY SERVICES**Calvary Cemetery & Funeral
Center 86
Cochrane Wagemann 30
Cremation Society of Placer
County 93
Heritage Oaks Memorial
Chapel 84
Morgan Oaks 37**PAINTING**Dynamic Painting 22
Faze Painting 93
Preferred Painting 49
Sorin's Painting 31**PEST CONTROL**

Noble Way Pest Control 84

PLUMBINGBZ Plumbing Co. Inc. 30
Castello Plumbing 41
Class Act Plumbing 65
Newwrx Plumbing 13
Ronald T. Curtis Plumbing 32
U.S. Plumbing Marshall 81**PODIATRY**

Lincoln Podiatry Center 42

PROPERTY MANAGEMENTGold Properties of Lincoln 85
Carolan Properties 56**REAL ESTATE**Carolan Properties 56
Century 21
- Mary Olsen 32Coldwell Banker/Sun Ridge 45
- Donna Judah 62
- Michelle Cowles 29
- Tony Williams 25
- Yvonne Holm 80
HomeSmart Realty
- Gail Cirata 71
- Team McGrail 58
Shelley Weisman 36**RESTAURANT**Flame & Fire Brazilian
Steakhouse 16**SENIOR LIVING**Ansel Park
- Assisted Living 50
- Independent Living 16
Eskaton Village 12
Oakmont of Roseville 64
Paradise Valley Estates 20
Sonrisa 76
Summerset 62**SENIOR TRANSITIONS**New Leaf 43
Senior Care Authority 22**SHREDDING**

RedDog Shredz 59

SPRINKLER SERVICESGary's Sprinkler Repair 25
Sprinkler Medic 40**TRANSPORTATION**Charles Airport Rides 49
Diamond Van Transports 23
Placer County Transportation
Planning Agency 82
Prompti Transportation
Services 26
Roseville Cab 66**TRAVEL**

Club Cruise 96

COMPASS — A monthly magazine established August 1999**COMPASS Editor:** Theresa Renken 916-625-4014**Resident Writers:** Linda Lucchetti, Shirley Schultz, Teresa Tanin, David Wright**Layout/Design and Printing:** Sierra Office Supplies & Printing

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15 DAY HAWAII from SFO! PRINCESS Crown Princess ~ 3080 Passengers	Nov 26, 2023	S/O	\$1,783	\$2,314
	Jan 7, 2024		\$1,448	\$1,724
	Mar 9, 2024		\$1,238	\$1,473
	Apr 4, 2024		\$1,248	\$1,485
				\$2,398

Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California.

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11 DAY ALASKA From SFO! PRINCESS Crown Princess ~ 3080 Passengers	May 15, 2024		\$948	\$1,124	\$1,698
	Jun 17, 2024		\$1,198	\$1,612	\$2,098
	Jul 9, 2024		\$1,298	\$1,717	\$2,198
	Aug 11, 2024		\$1,148	\$1,544	\$2,048

Sail round trip from San Francisco, California to Skagway, Alaska; Juneau, Alaska; Glacier Bay National Park, Alaska; Ketchikan, Alaska; Prince Rupert, BC, Canada; San Francisco, California.

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10 DAY MEXICO From SFO! PRINCESS Crown Princess ~ 3080 Passengers	Dec 12, 2023		\$768	\$933	\$1,098
	Jan 23, 2024		\$749	\$899	\$1,379
	Feb 7, 2024		\$749	\$899	\$1,379
	Mar 25, 2024		\$749	\$899	\$1,379

Sail round trip from San Francisco, California to Puerto Vallarta, Mexico; Manzanillo, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California.

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16 DAY MOROCCAN & IBERIA PASSAGE PRINCESS	Mar 9, 2024		\$998	\$1,599	\$1,601
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Sky Princess ~ 3660 Passengers

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Sail from Ft. Lauderdale, Florida to Southampton (London), England visiting Azores (Ponta Delgada), Portugal; Madeira (Funchal), Portugal; Casablanca, Morocco (for Marrakech); Seville (Cadiz), Spain; Lisbon, Portugal; Southampton (London), England.

22 DAY GRAND MEDITERRANEAN PRINCESS	Nov 1, 2023		\$2,399	\$2,799	\$2,799
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Enchanted Princess ~ 3660 Passengers

Sail round trip from Rome (Civitavecchia), Italy visiting Santorini, Greece; Athens (Piraeus), Greece; Kusadasi, Turkey (for Ephesus); Mykonos, Greece; Katakolon (Olympia), Greece; Corsica (Ajaccio), France; Toulon/Provence (La Seyne), France; Barcelona, Spain; Genoa, Italy; Florence/Pisa (Livorno), Italy; Kotor, Montenegro; Corfu, Greece; Sicily (Messina), Italy; Naples, Italy (for Capri & Pompeii).

15 DAY PANAMA CANAL PRINCESS Island Princess ~ 2200 Passengers Ruby Princess ~ 3080 Passengers	Jan 4, 2024		\$1,098	\$1,307	\$1,968
	Mar 23, 2024		\$998	\$962	\$2,608

Sail from Fort Lauderdale, Florida to Los Angeles, California visiting Cartagena, Columbia; Full Transit the New Locks of the Panama Canal; Fuerte Amador, Panama; Puntarenas, Costa Rica; San Juan del Sur, Nicaragua; Huatulco, Mexico; Puerto Vallarta, Mexico; Los Angeles, California. Limited availability, book soon!

*Shuttle from Lincoln to the ship in San Francisco is \$200 per person. Prices are per person based on double occupancy and subject to availability at the time of booking. Taxes, Fees, & Port Expenses as well as Travel Insurance are additional. Please call for current availability and pricing.



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