

# COMPASS

*Navigate Your Way Through Sun City Lincoln Hills*



**15** Being Number Two, Kilaga Springs Lodge Had to Try Harder

**19** Second to None



**IN STOCK FLOORING - IN STOCK CABINETS**

**KITCHEN REMODELING - BATHROOM REMODELING - REMEDIATION SERVICES**

**COUNTERTOPS - BACKSPLASH - FLOORING**

**TILE - HARDWOOD - VINYL - LAMINATE**



**NATOMAS**

4021 N. FREEWAY BLVD #100  
SACRAMENTO, CA 95834

**ROCKLIN**

6848 FIVE STAR BLVD #6  
ROCKLIN, CA 95677

**VACAVILLE**

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

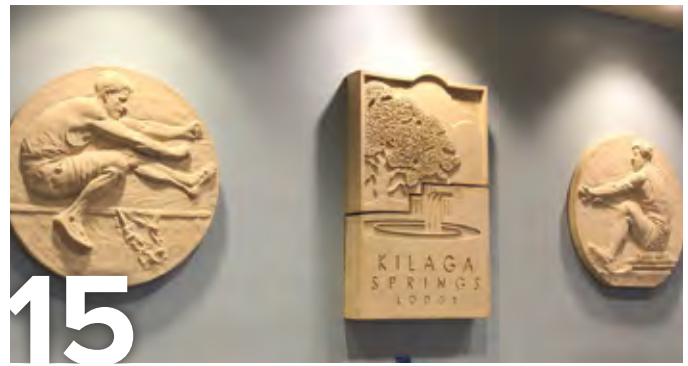
**ELK GROVE**

(COMING SOON!)

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**On the Cover**  
Kilaga Springs Lodge.  
See article page 15.

# Calendar of Events

February 17 - March 17

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

Date Event	Page #
2/17 Keep on Truckin' .....	62
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## Upcoming Association Meetings: February 15 – March 16

Accessibility Committee	Wednesday, February 22, 9:00 AM
Board of Directors	Thursday, February 23, 9:00 AM
Board of Directors Executive Session	Thursday, February 23, 11:30 AM
ARC/Architectural Review Committee	Monday, February 27, 9:00 AM
Compliance Committee	Wednesday, March 1, 9:00 AM
Properties Committee	Thursday, March 2, 9:00 AM
Elections Committee	Friday, March 3, 10:00 AM
CCOC/Clubs & Community Organizations Committee	Tuesday, March 7, 9:30 AM
Board of Directors Workshop	Thursday, March 9, 10:00 AM
Board of Directors Executive Session	Thursday, March 9, 1:00 PM
Landscape Cost Reduction Committee	Friday, March 10, 9:00 AM
ARC/Architectural Review Committee	Monday, March 13, 9:00 AM
CCRC/Communications & Community Relations Committee	Tuesday, March 14, 10:00 AM
Finance Committee	Thursday, March 16, 9:00 AM

*Meetings subject to change. Visit [schresidents.com](http://schresidents.com) for the most up to date information.*

## VOLUNTEER OPPORTUNITIES

### Committee Openings

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

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

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

## Holiday Hours | President's Day | February 20

Lifestyle Desk OC/KS.....	8:00 AM - 8:00 PM
Administration & Membership .....	Closed
WellFit OC/KS .....	5:30 AM - 8:30 PM
The Spa at Kilaga Springs .....	Closed
Kilaga Springs Café.....	8:00 AM - 3:00 PM
Meridians Restaurant & Bar .....	7:00 AM - 8:00 PM



## Board of Directors' Report

*Tom Dunipace, Director*

Our residents often have ideas to promote, support, and enhance our Association. These ideas can be communicated to staff, the Executive

Director, Committee members, or the Board members.

Occasionally there are issues with how something might have been conducted or complaints associated with Association activities. We have a process to address grievances. There have been times when someone wants to short-circuit the process and attempt to bring personal complaints directly to outside boards or seek legal redress.

In my experience as an attorney, the legal system is not especially kind to those who have not first attempted to address their issues with available administrative remedies before escalating their disagreement.

However, we are obliged to defend our Association regardless of the merits of the claim. As part of our contractual obligation, we are required

to notify our insurance carrier (even though they may not become involved). Often our insurance carrier will assign an attorney in addition to our General Counsel to review the matter. We also set aside funds to proactively budget for the costs of defending these issues. Your dues fund this activity.

This expense will show up in administrative legal fees. When we successfully defend these actions, we explore avenues to seek reimbursement from the claimant for costs incurred by our Association. We have been successful in some of these attempts and will continue to be a good steward of your dues. This reimbursement might be made directly to a legal firm for services rendered or deposited into our Association funds as other income, so a direct correlation with the administrative legal expense is not always intuitive.

The crux of the matter is to seek redress through the Association to save not only your time and money but your fellow resident's money as well.



## A Note from the Executive Director

*Kyle Bodyfelt, Executive Director*

Summary of the December 15, 2022, Board of Directors meeting: Architectural Review Committee (ARC) Chair Carole Dummett

reported the committee held two regular meetings, reviewed 114 applications, and received 41 notices of completion. The Board approved an additional two-year term for ARC Member Helen MacLaren. David Mateer, Compliance Committee Chair, reported 33 new member complaints, 111 closed complaints, and a total of 185 open complaints. Proactive reviews aided in closing cases. Bill Szabo, Properties Committee Chair, reported the committee inspected parking lot lighting levels and recommendations, which are listed below in Board approvals. Communications and Community Relations Committee Chair Denise Bowden reported a discussion of community survey ideas for 2023 and that Community Forums are scheduled for 2023. Elections Committee Chair Twila Miller recommended, and the Board approved, the Candidate Information Packet and the Board of Directors Election Operating Rules.

Additionally, the Board approved the Election and Voting Rules. Finance Chair Fred Rauch stated that Mike Phillips had accepted the position of Vice Chair. The Board approved the recommendation that the Reserve investment portfolio conforms with the Association's Investment Policy.

The Board approved the Finance Committee's recommendation to approve the Property and Casualty insurance program proposed by Interwest for a total annual premium of \$333,179. The Board also approved the installation of five LED bollard lights at the Orchard Creek main entrance at a CEF cost of \$10,900. Additionally, the Board approved the delegation of spending up to \$50,000 in Reserve Funds to complete vegetation removal in the Open Space waterways to Directors Fraser and Copp. The Board also ratified the approval to purchase the Kilaga Springs solar array, approved an AARP amenities request for two separate meetings, approved an annual HVAC service contract for \$33,408, the Inspector of Elections contract with Jensen-Smith and printing and mailing with Alphagraphics for a total cost of \$32,644.



## Properties Committee January Meeting Report

*Bill Szabo, Chair*

The Executive Director reported on projects in process (OC Outdoor Pools, OC Skylights, OC Craft Wing sliding door, and additional OC bollard lights.) He also reported on upcoming projects (A/V Upgrade LED Light Conversion, Pilates Room, Kilaga Café renovations, and OC Storage Building.)

Facilities maintenance update covered the work on the Sewing Room downspout, bocce court stairs handrail, Pickleball, and Tennis court crack repairs, OC fitness dehumidifier repairs, KS pool heater replacement, NID waterway work, Ferrari Ranch Trail walkway repair, and Meridians' entrance modifications.

There were no inspection reports from December, with the reports for the January inspections of the north and south entries to be presented at the February meeting.

Accessibility Committee Liaison, Ron Slagle, stated that the committee did not have a meeting in December. Finance Committee Liaison, Christine Uebele, reported that the proposals accepted by our committee were accepted by Finance and sent to the Board for approval. Committee member, Rick Lujan, has resigned. Committee member, Ron Slagle, decided not to serve a second term and finished his service on the committee at the end of January. He was thanked for his service by the Chair and other members of the committee. The new Accessibility Committee Liaison will be Peggy Scott.

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



## Finance Committee Looking Ahead

*Fred Raach, Chair*

In a change from recent articles, this one will describe the major focus of the Committee's activities during the first quarter of 2023.

The detailed reviews of the monthly draft financials will continue with some modifications. Of course, we will strive to understand the numbers and what is behind them. In addition, we will emphasize raising questions on what is being done to ensure that the financial commitments on which the budget and this year's dues were based will be met.

An improved process for evaluating project requests for both reserve and Community Enhancement Fund expenditures has been developed by the Finance and Properties Committees and the Executive Director. The new process requires a thorough analysis of potential benefits, costs, alternatives, and timing, as well as endorsement by the Executive Director, before being submitted to the Properties Committee. It also defines the

documentation that will be maintained and compares actual results to those expected. Finance Committee members are working with the Executive Director to provide training for department management in the utilization of the new forms and processes.

The Finance Committee also will be leading the development and documentation of a more effective process for the updating and approval of the annual reserve study. Issues to be addressed include the continuing disparity between the expenditures required to replace components reaching the end of their useful lives and the actual amount spent, as well as clarifying the roles of the staff and committees involved.

The December draft financial reports were not available until after the deadline of this article. They are available on the Resident Website in the Library section under Financials and as an attachment to the Committee agenda published in eNews each month.



## Architectural Review Committee

### A Pleasure

*Carol Dummett, Chair*

It has been my pleasure to serve this community as ARC Chair for many years with the opportunity to meet many wonderful residents and staff. I offered my resignation effective January 31, 2023, so you will see a new face in future articles. Please welcome Gary Shamber as the new Chair of ARC. Gary has been a member for over two years with a good understanding of the governing documents and procedures.

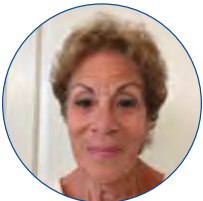
There are now three openings for new ARC members. The committee has two meetings per month on the second and fourth Monday of every month except December. We meet from 9:00 AM to Noon. This is an opportunity to meet the residents and assist with their exterior improvements. If you are interested in joining please fill out an application and deliver it to the Executive Director, who will forward it to the Committee

Chair. We need your help!

*Compass* articles are submitted one month prior to receiving the magazine, so hopefully, the Board of Directors approved our draft Sherwin-Williams Paint Book on January 26. Revisions were based on resident input and Sherwin-Williams Color Specialists reflecting additional colors that blend with Lincoln Hills architecture. We are proposing four trim colors for each palette, five new palettes, and four additional optional front door/shutter colors.

If this was approved, the colors are available on the Resident Website and Community Standards at Orchard Creek. Final approval is scheduled for February 23.

Thanks to all the volunteers, residents, and staff that contribute to the enhancement of Lincoln Hills. This is such a special place to live.



## Compliance Committee

### Displaying Yard Decorations

*Lynne White, Chair*

As the weather warms up, many homeowners bring out their items stored away for the winter. Here are some guidelines to help you decide where to display your yard decorations. The Design Guidelines are very clear about what goes where. Yard decorations are not allowed in the front of the home if visible from neighboring properties unless in the private space and/or approved by the Architectural Review Committee (ARC). Your yard decorations will be "evaluated in terms of their size, location, and harmony with the character of the community." If you have a covered entryway, a patio, or a courtyard that is part of your residential structure, it is considered your private space. The area under your roof eaves is NOT private space.

Yard decorations include, but are not limited to, benches, patio furniture, garden statues, sculptures, gazing balls, weathervanes, plaques, driftwood, and

other similar natural or man-made items. If your home has a solid fence in the backyard and is not visible from a neighboring property, you do not need ARC approval for anything under 4 feet 6 inches from grade. Wall decorations are allowed in all yards. ARC approval is required if they are visible from neighboring properties, streets, common areas, open space, or the golf course. Wall decorations may not contain a pot. They must be made of metal, natural or ceramic materials.

The Compliance Committee is fortunate to have so many talented and hardworking members. If you would like to be part of keeping up the appearance of this beautiful community, fill out an application to join our dedicated team. Email [Compliance.Committee@sclhca.com](mailto:Compliance.Committee@sclhca.com) for additional information. We continue our work and commitment to keep Lincoln Hills among the top 55+ active adult places to live.



## Clubs and Community Organizations Committee

### A New Start

*George Herrmann, Vice Chair*

The Clubs and Community Organizations Committee (CCOC) started the New Year with a new Chair, Heidi Mazzola. With two years as a CCOC member and a former vice chair, Heidi is preparing to lead an ambitious agenda. The CCOC has two new members and a newly appointed vice chair.

Lincoln Hills has 70 recognized clubs. As a result, our residents have many opportunities to enjoy being part of a group with shared interests. One of the requirements is the membership has to be twenty or more members to be a recognized club. Even though we have a variety of clubs, we hope to see more applications in the future. Recently, we approved the shuffleboard club. They far exceeded their twenty-member minimum before they were a recognized club. This is an example of people with shared interests developing a club so they can

come together and compete and have fun.

Every so often, clubs have changes. This would be normal, considering many clubs were formed over twenty years ago. One change is the Lincoln Hills Community Chorus will now be known as the Lincoln Hills Chorus. Also, two members of the RV group attended our meeting to update their bylaws. If you are a club that wants to make changes, we are here for you. As we start 2023, CCOC will update our guidelines and review the Rules and Regulations.

We meet on the first Tuesday of every month at 9:30 AM in the Solarium. If you would like to volunteer, look on the Resident Website for an application or pick up an application at the membership desk at Orchard Creek Lodge. Our clubs are vital to keeping Lincoln Hills a premier 55+ active adult community.



## Accessibility Committee

### Home Tips for Aging-in-Place

*Judie Panneton, Chair*

As the Accessibility Committee continues to tackle matters related to making this community more user-friendly, I would like to share some information that may improve your living situation.

According to a recent University of Michigan nationwide poll, cited in Consumer Reports magazine, most people want to “age in place.” Eighty-eight percent of the respondents (50 to 80 years old) said staying in their homes for as long as possible was somewhat or very important.

Here are some age-friendly home improvements from Consumer Reports. 1. “Flat, stable, well-lit pathways outside your house and leading to your yard, patio, and garage are ideal, as is a parking spot as close to your door as possible. If the house doesn’t have at least one step-free entrance, think about how you might create one.” 2. Consider sturdy handrails on both sides of non-slip steps with bright lights. 3. Floors should be free of trip hazards, be well-lit,

with sturdy objects to hold on to at key points in your home. Notice which flooring and rugs can be tripping hazards and use products that hold rugs in place. 4. Curbless showers (no step) are safest. A shower bench and grab bar are helpful. 5. Improve outside and inside lighting. Illuminate paths to bathrooms for nighttime visits.

The Consumer Report article is posted under Accessibility Committee on the Resident Website, so you can read the many more ideas that are too lengthy to list here.

The community’s Handy Helpers, as part of Neighbors InDeed, offers free services like flipping mattresses, moving furniture, changing lightbulbs, air and refrigerator filters, smoke detector batteries, etc. Call 916-223-2763.

The Accessibility Committee meets on the fourth Wednesday of the month at 9:00 AM at P-Hall (KS) and on Zoom. Videos of the meetings can be viewed on the Resident Website.





## Election News

The Candidate Application filing period closed on February 6. Names of candidates are posted on the Resident Website and announced through eNews.

Both Candidate and Member Issue statements filing are now closed.

Both Candidate Statements and Member Issue Statements will be published in the March *Compass*, and hard copies of the Candidate Statements and Member Issue Statements may be available in a specified display in both lodges.

Question suggestions for Candidate Forums may be submitted to the Elections Committee starting March 1. Email your questions to Elections.Committee@sclhca.com or place them in the collection box at either lodge.

The Candidates will state their positions and respond to selected resident questions at the Candidate Forums on Tuesday, April 4 at 6:00 PM and Saturday, April 8 at 10:00 AM P-Hall (KS).

Submitted Member Issue Statements may be presented at the Candidate Forums on April 4 at 6:00 PM and April 8 at 10:00 AM (KS).

## DATES TO REMEMBER

Date	Day	Event
March 1	Wednesday	Submit questions for Candidate Forums
March 7	Tuesday	Drafts of newspaper articles from Candidates due
March 19	Sunday	Candidate yard signs may go up
April 4	Tuesday	Candidate Forum 6:00 PM
April 8	Saturday	Candidate Forum 10:00 AM
April 10 - 14	Monday - Friday	Election Ballots mailing window
May 17	Wednesday	All Ballots due no later than 3:00 PM
May 18	Thursday	Ballots counted, New Board seated

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

“Why Should I Vote?”

This is your chance to have a say. Sun City Lincoln Hills Community Association is not a form of government. It is a corporation and as such the Community Association must have a Board to govern the corporation. Legally, the Directors are viewed as fiduciaries for the Association, that is,

the Directors must “exercise due care and undivided loyalty for the interests of the corporation.” There are two duties associated with being a fiduciary:

**Duty of Care:** to exercise due diligence, the duty to investigate before making decisions.

**Duty of Loyalty:** to act in the best interests of the Association, even at the expense of their own interests.

The Board of Directors is the governing body of the Association responsible for setting the Association’s policies, rules and regulations, standards, programs, and annual budget.



**Lifestyle News & Happenings**  
**Your Second Choice May Be Another's First**  
*Allison Sertic, Lifestyle Manager*

This month's *Compass* theme is "Second," as in the second time, second chance, second month, etc. This one stumped me until I decided to look through January's *Compass* for ideas. I turned to our Lifestyle Entertainment section, and every listing pertained to a second in one way or another.

Our KS Comedy Night on February 9 had, for the first time, an opening act – two comedians in one night! The Dance Concert this Friday, February 17, brings back Keep on Truckin' for a second time since they were so popular at our last 2022 SACS show. Additionally, Mark Burnham is coming for an encore/second performance! His Tom Jones tribute show sold out last August, and we are expecting his "Back to Broadway" show on March 6 to do the same, so do not wait to get your tickets.

After listening and learning over the past nine months, it has become evident that there are many different wants and needs from Lincoln Hills dancers. Overall, I have found it boils down to two groups: those that just want to let loose and have fun without the care of rules or performance, and others who wish to practice their craft and improve their dancing skills. Folks in both want opportunities to dance their preferred styles with their groups. You will see there are two options for Dance Nights under "Events" in the Entertainment section, as well as options for the two different groups for Line Dance classes (look in the Lifestyle Classes section). You will also see that we offer Dance Concerts for both dance groups by offering different music genres – Keep on Truckin' on February 17, and Garuda Blue on April 20 are two options that are sure to please.



**Want to learn about the various Clubs and volunteer opportunities available within and outside your community?**

Join us for the annual It's the Lifestyle Expo and celebrate the Lifestyle that is uniquely Lincoln Hills. The Lincoln Hills Clubs, community interest groups, and various local non-profit organizations are participating. Learn about the many clubs and organizations within your community, chat with Lifestyle department leads to hear about Entertainment, Trips, and Class offerings, and learn about local volunteer opportunities and how to get involved!



**TUESDAY, MARCH 21 | 10:00 AM - 1:00 PM | BALLROOM (OC)**





## The Spa at Kilaga Springs A Second Chance for Beautiful Skin

*KarriLynn Keith, Spa Manager*

If your skincare routine just is not cutting it anymore, then you could benefit from a deeper facial treatment that cleans, exfoliates, and hydrates your skin. HydraFacial treatments are incredibly popular thanks to the benefits they provide, so here is some essential information that you need to know on how to transform your winter-ravaged, dry, and dehydrated skin.

**What is Hydrafacial?** This treatment is more powerful than a typical facial but gentler for your skin than microdermabrasion. It utilizes sophisticated technology and focuses on the three foundations of good skin health: cleansing, exfoliating, and moisturizing. Its superb results are achieved with a patented handpiece that both removes impurities from your skin and delivers nutrient-infused hydration simultaneously.

**How This Treatment Works:** Step 1: Cleanse + Peel: The spiral tip is used to exfoliate your skin thoroughly. This removes dirt, oil, and dead skin cells, revealing newer, healthier skin and prepping your face for the next steps. Step 2: Extract + Hydrate: The dual functionality of the spiral tip comes into play. It suctions your pores clean while administering healthy, moisturizing serums. Step 3: Fuse + Protect: The last step of this treatment is the most beneficial because we customize it for each patient. Your skin receives a nourishing cocktail of peptides and antioxidants that work for your unique skin care needs. The boosters address dry skin, oily skin, dull skin, acne, redness, wrinkles, and more.

If you would like to learn more about Hydrafacials then call us today to schedule your Hydrafacial. Our fabulous and amazing Estheticians are standing by to partner with you to create the Best Skin of Your Life.



# DO YOU SPA?

## SAVE THE DATE!

If Winter has your skin singing the blues, then join us!



### Kilaga Spa MEMBER VIP "Perk Me Up" Event

Wednesday, February 22, 2023 | 1:00 pm - 5:00 pm

Advanced Registration of \$99 to secure your reservation

Join us for an exciting afternoon of amazing skincare treatments, experience first-hand our New Perk Eye & Lip Treatments, and get a special sneak peek as we launch our NEW amazing Platinum Hydrafacial Treatment and Hydrafacial Membership opportunity!

Special Mini Hydrafacial Treatments with a brand-new twist - \$150 value

- Jane Iredale Make-Up Services
- Retail Discounts 15%
- Exclusive Swag Bag with Spa goodies



Limited availability, so call today to reserve your spot for our Kilaga Spa Springtime Spa Event!

Kilaga Springs Spa 1187 Sun City Blvd., Lincoln, CA 95648 | 916-408-4290 | kilagaspringspa.com



### WellFit News

#### Adding Life to the Second Half of Your Years

*Deborah McIlvain, Lifestyle, WellFit & Spa Director*

There are many reasons why we tend to slow down and become sedentary with age. It may be due to health problems, weight or pain issues, or worries about falling. Or perhaps you know that exercising is simply not for you. But as you move further into the second half of your life, an active lifestyle becomes more important to your health.

Did you know that physical activity was the number one contributor to longevity, adding extra years to your life even if you do not start exercising until your senior years? But getting active is not just about adding years to your life, it is about adding life to your years.

Getting moving can help boost your energy, maintain your independence, protect your heart and manage symptoms of illness or pain as well as your weight. Regular exercise is also good for your

mind, mood, and memory. It is never too late to find simple, enjoyable ways to become more active.

**Maintaining or losing weight can become a challenge.** Regular exercise helps increase your metabolism and build muscle to burn more calories. **Reduce illness and chronic disease.** People who exercise tend to have improved immune and digestion functioning, better blood pressure and bone density, and lower risk of Alzheimer's disease, diabetes, obesity, osteoporosis, and certain cancers. **Enhance your mobility, flexibility, and balance.** Exercise improves your strength, flexibility, and posture, which can help with your balance and coordination and reduce the risk of falls. WellFit offers programs that can help you with all of this. If you are unsure where to start, please reach out to any WellFit team member. We would be happy to help you towards your goals for an exciting second half of your life.

  
**SPOTLIGHT ON...**  
**MOVEMENT & MINDFULNESS**  
 WEDNESDAY, FEBRUARY 22, 2:30-3:30PM, OAKS ROOM (OC)

Attend this free event and explore the connection between Meditation and Tai Chi and their many benefits to improve balance, strengthen, clear your mind, and raise your spirits. At WellFit we are unveiling a new concept perfectly suited to keep both your body *and* mind fit. Come and meet our Instructors, you won't want to miss this.

**No registration necessary!**

**Questions? Contact [Danielle.Merrill@sclhca.com](mailto:Danielle.Merrill@sclhca.com)**



Demar Hamlin



## When Seconds Count

*Shirley Schultz, Roving Reporter*



Valerie Hernandez from WellFit

Seconds can determine whether or not you will have a second chance. The recent cardiac arrest of the Buffalo Bills football player, Demar Hamlin, focuses our attention on the need for immediate action to restart the heart to prevent organ damage or death. According to the American Heart Association, at least 356,000 Americans will experience an outside-of-hospital sudden cardiac arrest a year, and about 90%

of these are fatal. An automatic external defibrillator (AED) is the emergency equipment most useful for resuscitating. Cardiopulmonary resuscitation (CPR) should be initiated until the AED can be used.

The next time you visit any of our Lincoln Hills amenities, make yourself aware of where the nearest AED is located. Thanks to the collaboration between the Association and the Lincoln Hills Foundation, there are AEDs scattered throughout the community. In addition, the WellFit Department offers quarterly CPR certification classes which include training on how to use an AED, and the Lincoln Hills Foundation provides \$25.00 of the cost for each resident who takes the class. An AED is located at the front desk of each of the fitness centers, at the Lifestyle front desks at each

lodge, at the Sports Pavilion, and at the Softball Field. There are three AEDs at Kilaga Springs Fitness Center, which can be checked out to certified persons in clubs when they need them, such as when attending a group outing offsite.

Cardiac arrest means the heart stops beating, and the signs are immediate and drastic: sudden collapse, no breathing, no pulse, and loss of consciousness. It often occurs without warning. Call emergency medical help if you are experiencing chest pain, irregular or rapid heartbeats, heart palpitations, shortness of breath, unexplained wheezing, near-fainting, or extreme lightheadedness.

There are a variety of causes of cardiac arrest, but most commonly, it occurs because of a malfunctioning of the heart's electrical system. Just about everyone has occasional missed or irregular heartbeats, but only a few of these are life-threatening. Other causes of cardiac arrest include scarring of the heart tissue such as from a prior heart attack, enlarged and thickened heart muscle (cardiomyopathy) such as can result from prolonged high blood pressure, coronary artery disease, low blood potassium, recreational drug use such as cocaine or methamphetamines, and congenital heart problems that one is born with.

Gift to someone else a second chance: learn CPR and AED use.



AED at the Lifestyle Desk

# OAKMONT SENIOR LIVING

## Assisted Living & Memory Care



THE BEST CARE. FOR THE BEST LIFE.

### PERSON-CENTERED CARE

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Concierge Physician Program • Award Winning Culinary Program

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Assisted Living & Memory Care  
**Oakmont**  
of Roseville

Call **(916) 915-9755** to  
schedule a tour today!

LOCATED BY SUTTER HOSPITAL OF ROSEVILLE

1101 SECRET RAVINE PARKWAY · ROSEVILLE, CA 95661 · OAKMONTOFROSEVILLE.COM



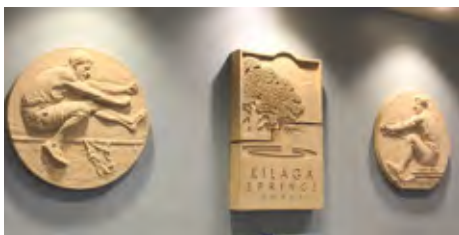
The History Wall across from the Billiards Room



## Being Number Two, Kilaga Springs Lodge Had to Try Harder

*David Wright, Roving Reporter*

Lincoln Hills' second lodge holds a special place in Judy Bennett's heart. Not only did she give Kilaga Springs Lodge its name, but as Del Webb's Director of Public and Community Affairs, Judy served on the team that designed it. The junior lodge opened in November 2004 and became known as "Del Webb's love letter to Lincoln."



Olympic Medallions flank the KS Logo made by Gladding McBean

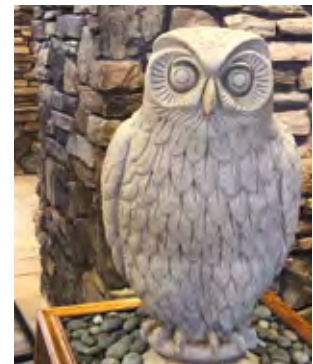
Judy credits Suzy Vose, the resourceful project manager of the "Lodge2 Planning Committee," for pursuing artisans and artifacts

which paid tribute to the region. Every aspect of shaping the new facility had a local influence. The architecture style is "traditional Northern California" mixed with 1930s Art Deco. The streaming Zen Garden separating the lodge from the Fitness Center was designed by Scott Paris, the founder of High Hand Nursery in Loomis. Framed photographs and paintings decking the lodge halls were created by area artists.

With the acquisition of glass-plate negatives and terra cotta sculptures from Gladding McBean, Suzy turned Kilaga Springs Lodge into the "unofficial museum" of Lincoln's flagship industrial icon. Throughout the building, virtually every nook is adorned with Gladding McBean treasures—including the gargoyles guarding the entrance of Presentation Hall, the giant owl imparting wisdom

on the library, and the original clay 1932 Olympics medallions presiding over the Fitness desk. Even the water wall greeting gladiators entering the Fitness Center was made from reclaimed materials Suzy dug out of the Gladding McBean boneyard.

When Judy was given the assignment to name the second lodge, she sat down one "dark and stormy night" and, over a glass of her favorite inspirational beverage, consulted a local history book. As she read about Kilaga Springs, a once-thriving resort community where folks throughout the Lincoln region came to soothe their ailments in medicinal mineral baths, she had an epiphany: "What better name-sake for a place dedicated to life-long activity than a place with mystical healing powers?"



The Library Owl shows hoo's the boss

Resident wish lists were also added to the blueprint—incorporating a versatile Presentation Hall with a stage and control booth for theater performances and meetings, larger craft rooms, an activity room with a dedicated kitchen for potlucks and cooking demonstrations, a full library, a café, a "cold pool" for competitive swimming, and a luxury spa for massages and pampering.

Thanks to a team effort, Orchard Creek Lodge's little sister quickly developed her own personality. Kilaga Springs may be the second lodge, but it is first-class all the way.



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# Volunteering A Second Time Around!

*Teresa Tanin, Neighborhood Watch*

Do residents volunteer to help keep our community a safer place to live? Yes, they do—and many who may take some time off return and volunteer a second time around. What brings them back? The desire to help, of course, but moreover, they missed being a member of the safety and security team, namely, Neighborhood Watch. Our volunteers offer their life experiences and bring a myriad of talents to the organization. Some bring their knowledge of management, medicine, and law enforcement, and others bring needed computer skills. All volunteers however bring their

desire to help. Such help can be on a one-to-one basis, as in a Village Coordinator showing the “how-to guides” to a new Mailbox Captain.

More extensive training sessions are held several times a year for larger groups of volunteers. Either way, Neighborhood Watch offers volunteers new skills as they use their life experiences to help others. We see volunteers helping other volunteers, promoting “neighbors helping neighbors,” and welcoming new residents. Our community greatly benefits from our volunteers and from the

continued support and funding from the Lincoln Hills Foundation. Thank you!

Neighborhood Watch recognizes volunteers during the annual **Volunteer Appreciation Celebration on March 3, 6:00 to 8:00 PM, Multipurpose/Kitchen (KS)**. Desserts, coffee, and tea are provided. No host bar. Please RSVP by February 24 to executiveassistant@sclhwatch.org. Include your name(s), designation (Captain/Coordinator), and your Village and MS#.

Consider volunteering for the first time or maybe a second time around! Visit [sclhwatch.org](http://sclhwatch.org).

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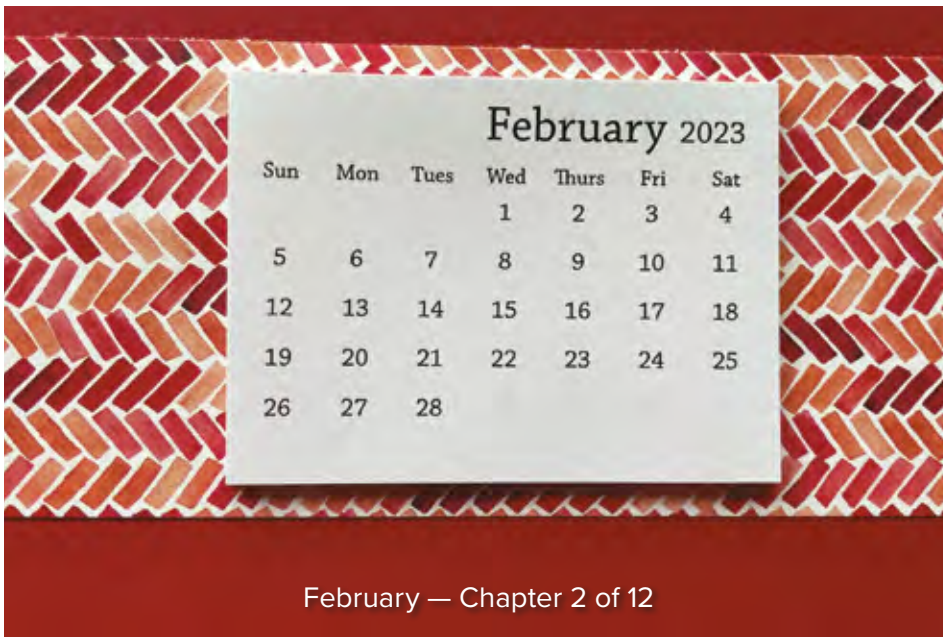


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## Second to None

Linda Lucchetti, *Roving Reporter*

“What’s wrong with being number two?” author Mitch Albom of “Tuesdays with Morrie” fame asks during a podcast about society’s obsession with being number one.



Prince Harry, a spare, not an heir

People seem preoccupied with the number one spot since it denotes the best, numero uno, and the top banana. Number two is simply second best, a stand-in or a spare — like Prince Harry. A gold medal is unsurpassed, but silver is not as desired. It’s more

exciting to cheer, “We’re number one,” than chant, “We’re number two.” First place may be first-class, but it doesn’t always seem fair.

February is number two. It’s cold and lackluster in comparison to its forerunner, the firework setting, champagne-drinking, new year opener, January. Don’t cut February short though, even if it is the briefest month with either 28 or 29 days. (How versatile is that?) What other month can claim auspicious observances like Groundhog Day, Superbowl Sunday, Presidents Day, and Valentine’s Day?

The theory of birth order is said to have a profound effect on one’s development. If you’re the first-born in your family, you’ve automatically achieved notoriety just by being first. You’re the original, the leader, a trailblazer, a winner.

However, throughout history, many second-born individuals have emerged as super achievers,

not slouches. From Martin Luther King Jr. to Bill Gates to Jennifer Lopez, we have seen such second-born children succeed as statesmen, entrepreneurs, philanthropists, and celebrities. More presidents were second-born than any other birth order (14), including Abraham Lincoln, John F. Kennedy, and Ronald Reagan.

How might birth order shape a personality? While first-born children are bestowed more parental attention and may be more highly favored than their younger siblings, a second-born often takes cues about their behavior from the eldest and chooses a different path. Facing challenges, a second-born may have to be patient at the dinner table while the oldest monopolizes the conversation or realize that the oldest is more apt to try something new, becoming a torchbearer.

Like February, those that appear second are still unique and bring their own sparkle to the table. While being number one carries the burden of maintaining a title and living up to expectations, a second born may be able to relax a little bit.

So, for those of us who were born second, let’s celebrate ourselves and February as we proudly march through the calendar pages boasting the motto: “We’re number two, we try harder!”



Second-born Abraham Lincoln looms larger than his silhouette

# In Memoriam



## Will Bellah

Will grew up in Arkansas until the age of 15, when his family moved to California. He earned a BA in Criminal Justice from Sacramento State University. Will worked in law enforcement for 25 years, retiring as a Captain. After retiring, he worked at a condo complex as a maintenance supervisor. Will played softball for the 75's Coyote Team. He made many friends in the years he played softball, always greeting everyone with a smile, and he was proud to play with his son and cousin. He leaves his wife Julie, four children, six grandchildren, and six great-grandchildren.



## Marguerite Langford Buhler

An amazing, adventurous woman, Marguerite grew up in North Carolina. After high school, she enlisted in the Women's Army Corps. After Officer's Candidate School, she was eventually awarded the Army Commendation Medal for her service. She met Fred, and they were married two months later. Margie loved the outdoors, and during her marriage, they traveled all over the world, where she hiked the Inca Trail, rafted in the Colorado River, and went snowshoeing in the Adirondacks. She volunteered for many groups helping people all over the world. Margie loved square dancing and RV-ing and later went to community college, majoring in Art, always keeping busy. She was a member of the veteran's group and Lincoln Community Church. She is missed by her husband, brothers and sisters, and extended family and friends.



## Shirley Pretzlaff

Born in Detroit, Michigan, to a Jewish family, her Jewish heritage remained an important aspect of Shirley's identity. She earned a Master's degree from the University of Michigan. She had a 32-year career teaching upper grades in public schools where she was once "Teacher of the Year." She met her husband, Richard, during her first job, and they enjoyed traveling all over the world, visiting every continent except Antarctica. She was a member of the Shalom Social Group, where she nurtured deep friendships and an active social life. Known for her wit, integrity, and warmth, she is dearly missed by her husband, three children, and their spouses, three grandchildren, and many friends.



## Dennis Reidy

Dennis was born in San Francisco and grew up in the East Bay. He went to St. Mary's College in Moraga. He was a great lover of planes and automobiles and ended up in the automotive industry, retiring from Volvo. During retirement, he often happily drove all over California delivering cars to new owners for Future Ford in Roseville. Dennis was a devout parishioner and lector at St. Joseph's in Lincoln and was a 4th Degree Knight of Columbus. He is survived by his wife, Pat, four children, two grandsons, and his two sisters.



## Robert Zimmerman

Bob spent his early life on the East Coast, graduating from Boston College with a BA in Mathematics. He received an MBA from Pepperdine University. He worked for IBM for 33 years, followed by six years as a computer analyst and Vice President for the Giga Information Group. He enjoyed golfing, watching sports, good food, and wine. Bob served two terms on the Placer county Grand Jury. In addition, he served in the Rocklin SIRS, was active in the Players group acting and building sets, and was a member of the Big History Club and the Italian Club. Bob is missed by his wife Karen of 31 years and his brothers.

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.



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**Amateur Radio**

We had a guest speaker last month, Chris, KK6VZD President of the Yuba/Sutter Amateur Radio Club. Chris described his Club's activities and participated in our Net. Our website has been updated with 2023 schedules for State QSO Parties and ARRL Contests. Our Hams & Coffee get-togethers held at KS Café are fun, covering a variety of topics (including Ham radio). 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 has begun another year of dancing. Instructors Sal and Ruth Algeri offer excellent instruction in eight ballroom dances. The schedule of dance instruction for 2023 is as follows: January was Fox Trot; February, East Coast Swing; March, Waltz; April, Cha Cha;

May, West Coast Swing; June, Tango; July, Waltz; August, Night Club Two-Step; September, East Coast Swing; October, Rumba; November, Cha Cha. The schedule for dance parties includes the following: Oscar Night, February 11; Springtime in Paris Pot Luck, April 29; Hot August Nights, August 5; Halloween Saturday Night, October 28; Christmas Pot Luck Party, December 12. All the parties are great fun and provide an opportunity to try out new dance skills and enjoy time with friends.

Contact: Sal Algeri 916-408-4752



Mary Kirkwood, Ed and Kay Oravec

**Big History**

Exciting presentations are coming! February 20, we discuss the Southern African Civilizations of ancient times. February 27, we explore the Mississippian: a thriving civilization in North America during the Middle Ages with the development of some of the most complex



societies that ever existed. March 6, hear about the roles of migration, culture, and social prestige in Language Change: Progress or Decay? And March 13, explore the fascinating story of how one man conquered a continent for a brief time and built the world's largest empire as we discuss Genghis Khan and the Asian Continent. Mondays from 10:00 to 11:30 AM in either P-Hall (KS), on Zoom, or a hybrid of both for just \$15 a year. Peer-to-peer learning for the sheer joy of it.

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



**Billiards**

Have you ever thought about learning the nuances of the game of billiards? If so, then join us on Tuesdays at KS for our mentoring workshop. We offer two sessions. The first session sign-up is at 9:00 AM with instruction starting at 9:15 AM, with the second session sign-up at 10:15 AM with instruction starting at 10:30 AM. These sessions are free of charge and are for beginner, intermediate, and advanced players. We also offer a variety of tournaments that all take place at KS. The tournament information is available on the club website. Open play is always available at OC.

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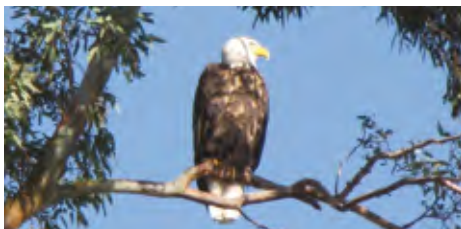
The Club also wants to recognize the outgoing treasurer, Kevin Maclatchie, for his dedication and hard work over the past few years. Thank you, Kevin.

Contact: Michael Greaney  
925-890-3034,  
michael\_greaney17@yahoo.com  
Website: www.lhbilliards.com



**Bird**

Migrations are going on, and we have lots to see in the area. When Catlett Road is not flooded, you can carefully drive out there and see thousands of snow geese, northern pintails, and greater white-fronted geese.



Bald Eagle at Sacramento NWR  
by John Redmond

Waterfowl are abundant in the area rice fields. Our group is planning a trip, on February 24, to Bridgeway Island Pond, west of Sacramento. We also make frequent trips to many of the trails and wetlands right here near home. We meet on the second Monday of the month at 1:30 PM in P-Hall (KS). On March 13, the speaker will be Dr. Vickie Joseph, California Foundation for the Birds of Prey. She will talk

about her Golden Eagles program, as well as her foundation.

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



**Bocce Ball, Mad Hatters**

We hope to see you Thursday mornings at 10:00 AM. Our group is a recreational drop-in, no experience is needed. We will pair you up with people happy to show you the ropes. You may notice a few changes at the "backcourts." Two Shuffle Ball courts now lay between courts nine and ten and between 11 and 12. The Shuffleboard group plays Tuesday and Thursday afternoons. During the group's scheduled time, they do have priority over the back courts. The residents' website reservation page, which has been used for swimming, now includes the ability to reserve a bocce ball court. Details are on the website. Use of the reservation page is optional, but if someone does make a reservation, they will have priority.

Contact: Russell Petruzzelli,  
russ.petruzzelli@gmail.com  
Website: <https://sclhresidents.com/group/pages/bocce-ball-group>



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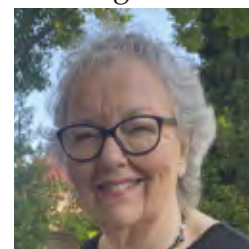
or concept leads to a lively discussion. Everyone is welcome to participate in the well-attended OC Book Club. It is a wonderful way to meet people and reading goals. January, we wet our appetite with, *My Life Through Food* by Stanley Tucci. February's book selection is *The Dressmakers of Auschwitz* by Lucy Adlington, and March is *The Measure* by Nikki Erlick. 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](mailto:ocbookgroup@gmail.com).

Contact: Maureen Deal,  
Modeal2010@gmail.com



**Bridge, Duplicate**

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CONTACT US FOR THE NEXT SCHEDULED INFO SESSION DATE.

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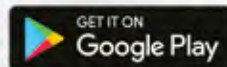
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of game with Elise Homer (see contact below). For further information, go to our website below. For partnerships, call Sharon Duley at 916-253-3885. An exchange with Roseville Sun City Duplicate Bridge Club is tentatively being planned in Mid-March. **Contact: Elise Homer 916-303-0751, elisehomer@gmail.com**  
**Website: www.bridgewebs.com/lincolnhills**



**Bridge, Partners**

Play begins at 5:30 PM. The February hosts are the Newtons, 916-408-1819. Winners: December 15, first- Patty/Tom Mack; second- John Butler/Byron Hansen; third- Lydia King/Nancy Turrini; fourth- Joyti/Viren Sitwala. The Haselwoods had high round 1640 via a grand slam. December 22, first- Rose Phelan/Kurt Wolff; second- Phil Sanderson/Chet Winton with high round 1580; third- Chris Jacobson/Chuck Dietz; fourth- Geri/Park Miller. December 29, first- Chet Winton/Phil Sanderson with high round 2290; second- Byron Hansen/John Butler; third- Bob Calmes/Jay Southard; fourth- Chris/Don Negus. January 5, first- Jyoti/Viren Sitwala; second- Haselwoods; third- John Butler/Byron Hansen; fourth- Mo Scarpetti/Frank Kamienski. Jay Southard/Harry Collings had high

round 2480. January 12, first- Patty VanOospree/Linda McDermott with high round 2150; second- Greens; third- Nancy Turrini/Lydia King; fourth- Haselwoods. Sitwalas had a grand slam.

**Contact: March hosts - Janet Pinnell and Didi Martin 916-408-7825, 916-806-0292**



**Bridge, Social**

Alan Haselwood and John Butler are still teaching intermediate bridge on Wednesdays from 10:00 AM to Noon in the Card Room (OC). We have had three Grand Slams in recent months: Judy Ganulin and Jaylene Gerdes on October 14, Anne McMaster and Ed Thomas on November 18, and Jyoti Sitwala and Diane Johnson on December 2. Play starts at 12:30 PM Fridays. Please arrive by 12:15 PM. To sign up, please call Joanna Haselwood at 916-209-3392. Players who arrive without signing up will be asked to wait until those who have signed up are seated.

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



**Chorus**

They say if you remember the 60s, you probably weren't there. All it can take is hearing that one song that brings memories flooding back.



LH Chorus Spring Concert Theme: Groovy Sounds of the 60s!

That's what the Chorus hopes will happen during our Spring concert - "Groovy Sounds of the 60s!" which we'll present in three "outta sight" performances on May 5, 6, and 7. Songs from The Beatles; Simon and Garfunkel; The Mamas and The Papas; The Beach Boys; Peter, Paul, and Mary; and other artists from the "cultural decade" will flood the Ballroom (OC) with far-out beats and harmonies. Sprinkled in are hits from the 50s for good measure! Ticket sales open on February 17. Premium Seating is \$22, and Standard Seating is \$19. "Get it on" and reserve your seat soon!

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

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speaker, Andy Petro, will help you discover “How to Clear Out, Clean Up & Delete Stuff You Don’t Need in Your iPhone (iOS16).” Andy noticed that his iPhone was accumulating stuff he no longer needed, like old photos and duplicates in Contacts and Notes. If you want to improve your iPhone experience and maybe learn two new things, attend this seminar in person (P-Hall KS) with Ask the Tech at 10:15 AM and start time at 10:30 AM. On Thursday, March 2, Ken Silverman will present information on iPad (OS16). Check our website for meeting times and locations; Open Lab dates; Cider Press Newsletter; and more.

Contact: Jack Harris 916-913-6833, LHAUGinfo@icloud.org  
Website: www.lhaug.org



**Country Couples**

As we enter 2023, we see some changes. Jim and Jeanie Keener, our dance instructors for 14 years, are retiring from teaching Country Couples Western Dance. They have been enthusiastic, cheerful, and patient teachers, and they are an inspiration to us all. We will certainly miss them and wish them well! Luckily, longtime members, Dennis and Georgi Dawson are taking over as teachers. Dennis and Georgi have many years of dance experience,



Georgi and Dennis Dawson,  
Jeanie and Jim Keener

having been practice leaders for the Club and even substitute teachers for Jim and Jeanie. They joined Country Couples when it was founded in January 2010 and have been dancing ever since. We know them as our long-time friends and welcome them as our new instructors!

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



**Cribbage**

Did you miss the Big Game? The Super Bowl of Cribbage happens every Tuesday at 9:00 AM in the Card Room (OC). It is blacked out locally on ESPN because of a contract dispute. Come see defending champs Eleanor Jones (December 13), Jean Stefan (December 27), rookie sensation Paul Winters (December 20 and January 3), and Editor Mel Switzer (January 10). There are last minute dives to catch a skunk, nose dives for others, calculated card schemes, and then Mr. Lucky sometimes pulls a rabbit out of his hat. If you

don’t want to play, you can try out for our Cheerleading Squad, led by Rae Cook! A splendid time is guaranteed for all. Peanuts and popcorn sold separately. Cribbage meets every Tuesday.

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



**Cyclists**

Now that you have an e-Bike, it is important to care for the most expensive component on the bike, your battery. According to the experts, don’t leave the battery plugged in for long periods of time (fire risk). Don’t store it in extreme temperatures (68 degrees is ideal). Don’t drop your battery. Don’t charge it as soon as you get back from a ride. A minimum of 30 minutes will allow the battery to go from a state of discharge to a state of charge. When riding, avoid going from a 100 percent charge to a state of zero percent discharge. This will cause you to get the least number of cycles out of the life of the battery.

Contact: Dave Sausen 916-300-5395, dave.sausen@yahoo.com  
Website: 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! If you are new to the game or need to brush up, check out

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<https://www.trickstercards.com/home/euchre/>. Look for the option "play to 10, 9-Ace." We meet on the second and fourth Thursdays of the month from 6:00 to 8:00 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 play. All are welcome. Please wear your name tag.

Contact: [SCLHEuchreClub@gmail.com](mailto:SCLHEuchreClub@gmail.com)



### Food Adventures

We first started as the Healthy Eating Club back in 2013 and restricted our pursuits to only healthy-related topics. We kept to that line for three years and then realized we were gradually developing more and more food interests that were less oriented toward healthy eating and more and more toward the pure enjoyment that foods can bring to us. Food enjoyment became our main emphasis, and we changed our Club's name to



Food Cornucopia

Food Adventures to reflect that philosophical change. We continue to search for interesting food-related ideas, whether it be in the growing of foods, the processing of foods or the preparation and cooking of foods. This month we're making a presentation on local farming here in Placer County.

Contact: *Don R. Rickgauer*,  
Club President 916-847-8791,  
[SCLHFoodAdventuresClub@gmail.com](mailto:SCLHFoodAdventuresClub@gmail.com)



### Garden

Our January General Meeting speaker was Kevin Marini, who spoke on the "Top 10 Tips for Ornamental Trees." Planting trees is an investment in the future, and ornamental trees can add property value for homeowners, shade for energy savings, beauty for aesthetic appeal, and habitat for a myriad of wildlife. Kevin Marini graduated



Top 10 Tips for Ornamental Trees - Kevin Marini

with a degree in Ethnobotany and became Program Manager for the University of California, Placer, and Nevada Counties' Master Gardener program and has been for 20 years now. His areas of expertise are soils, vegetable gardening, composting, fruit trees, and, as a Certified Arborist, tree care.

Contact: *Lorraine Immel*  
916-434-2918,  
[lorraineimmel@gmail.com](mailto:lorraineimmel@gmail.com)  
Website: [www.lhgardengroup.org](http://www.lhgardengroup.org)



### Genealogy

RootsTech is coming March 2-4. What is RootsTech? It's the world's largest genealogy conference that will have hundreds of classes for those who are interested in family history, from beginners to experienced genealogists. This event, sponsored by FamilySearch, is free, virtual, and very educational. Anyone interested in Genealogy should register. It is nice to be able to watch the event from your own home and at your leisure. You can also attend in person in Salt Lake City, Utah, for a nominal fee, but travel and lodging are expensive. Go to: <https://www.familysearch.org/rootstech/> for in-person or online registration. If you haven't renewed your membership, please do it now. Fill out the membership



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Golf

Ladies XVIII

“Be kind, be friendly, be helpful to your fellow players and enjoy the day!” That’s our motto, and we hope everyone feels it is expressed at each of our play days and special events. This year we are under the leadership of Captain Barbara Grant and Co-Captain, Wendy Seagraves. While the rain has limited our ability to golf, we look forward to a fun year on the courses and camaraderie in the Sports Bar. This year’s first newsletter, “Beyond the Green,” introduced a Captain’s Challenge referencing a picture from one of the courses. The first member who made a correct identification of the hole number and course was awarded a free drink in the Sports Bar compliments of our Captain.



2023 Captain & Co-Captain  
Barbara Grant & Wendy Seagraves

Congratulations Mikie Briggs!

Contact: Linda Chappellear

916-409-0151,

linda\_chappellear@sbcglobal.net

Website: www.lincolnhillsladiesgc.  
memberplanet.com

Lincsters

Welcome newest members Reta Blanchard, Renee Kohler, Beth Lawrence, and Cheryl McCalla. Their bios are posted on our website. We have a fun year planned, so please consider volunteering to chair or help with an upcoming tournament. It’s a great way to get to know people and help do your part for the Club. Need advice? Contact Jane Hall (jmjgolfer@sbcglobal.net). Tournaments include: “Bring a Friend” (tournament/luncheon), “Red, White, & Blue” (Scramble or team play), and “Turkey Trot” (Scramble). Until further notice, bunkers are considered “Abnormal Course Conditions.” See scorecard notes. This year’s fees are unchanged at \$27. Wednesday sweeps for Summit members are \$3. Resident/Sierra sweeps are \$27 plus \$3. A 9-hole round on weekdays is \$30. Weekend rounds are \$35.

Contact: Nancy Hastings,  
Membership Chair 925-337-9391,

nhast38@yahoo.com

Website: www.lincsters.com

Men’s

Lots of things were happening at the course in December. Lincoln Hills now has new golf carts, and they are snazzy. The course is coming along great, and the improvements are outstanding. Stop by and let Chad, General Manager, know how it looks. Our first two tournaments of the year were the Winter Slossfest, a four-man scramble on January 17, and the Valentine’s Day Massacre, a four-man Lone Ranger format.

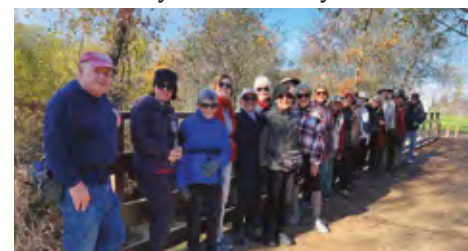
Contact: Bob Schoenherr 408-838-5340,  
schoenherrbob@gmail.com

Website: www.mgclh.club



Hiking & Walking

Hopefully, the rains will not cancel the hikes and walks for February! It is wonderful to see the streams flowing rapidly. We will do our traditional bridge picture with the roar of water beneath us. Although you may not have been able to go on hikes, the walking paths in our community most always are clear



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### Investors' Study

The next meeting is Thursday, March 2, at 2:30 PM in P-Hall (KS). Russ Abbott or Matt Bopp of Morgan Stanley will present their play-book of market information and observations. Discussions range from current market trends to Federal actions on rates and how these may impact us as investors. The group is open to all residents. The Investors Study meeting provides an opportunity to learn about the markets and ask questions. Investors Study is information only with no individual investing advice. However, there is an Active Investors sub-group. Contact Norm Quanttrin at 916-645-4675 about the Active Investors sub-group. Contact Carl Sulzer if you have questions regarding Investors Study.

Contact: Carl Sulzer 916-462-0986, [carlsulzer@gmail.com](mailto:carlsulzer@gmail.com)



### Lavender Friends

When you add up the members and guests who came to our Club's

events last year, from the organized outings to the business meetings to special occasions like our holiday dance and spring mixer, we totaled roughly 600 attendees. That's not bad, considering it's six times our membership. The new year also is a time to look forward. So here is a heads-up on upcoming dates to save. On February 25, we are planning our first big gathering with a (belated) Mardi Gras theme. May 6 will be a sequel to last spring's mixer. July 29 is the summer biannual business meeting. December 9 is the annual holiday dance. And that's just the start. Lavender Friends is a club for LGBTQ residents and their allies.

Contact: Marilyn Kupcho 408-828-2778, [mkupcho@gmail.com](mailto:mkupcho@gmail.com)  
Website: [www.lavenderfriends.com](http://www.lavenderfriends.com)



### Line Dance

Just a reminder for those students wanting to learn line dance, the line dance classes are structured the same throughout the world. Levels are one thru five, with level one being Absolute Beginner, then moving up to level two Beginner, Improver, Intermediate, and Advanced. There is no such terminology as traditional and non-traditional, so don't let that confuse you. As a dancer

progresses from never having line danced, level one, and learning the basics to moving up, they learn additional steps that are not taught at the lower levels. There are only 70 line dance steps, but numerous combinations. We already have a few line dance socials planned this year. Your instructors will have information on upcoming events.

Contact: Yvonne Krause 916-408-2040, [ykrause@yahoo.com](mailto:ykrause@yahoo.com)



### Mah Jongg, Chinese

Trying to shake the winter blues? Then why not join us for Chinese Mah Jongg? For those unfamiliar with the game, it's similar to gin rummy but played with tiles. The game is easy to learn, and we are happy to teach. The ideal number of players per table is four, but a table of three also works and allows us to accommodate all attendees. So, if you 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](mailto:randy888@pacbell.net)

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**Mah Jong, National**

The Year of the Rabbit has begun. Happy 2023! Have you resolved to learn something new this year? Learning and playing Mah Jong is both fun and rewarding. We play National Mah Jong every Tuesday in the Card Room (OC) from 12:30 to 4:00 PM. All are welcome. If you know how to play just bring your card and join a table. If you want to learn, please stop by to observe. Free lessons are available by calling Penny Grmolyes. We hope to see you on a Tuesday afternoon, and may the jokers be with you.

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



**Mixed Media**

This is a great time to try something new. How about checking out the Mixed Media Club? There is no need to have any experience in art to have fun in this Club. Do not worry if you don't have supplies, we love to share ours. The Club meets on the third Wednesday of each month in the Fine Arts Room (OC) at 1:00 PM. At our meetings, we share projects that we have done at home and then do an art project together. The Club Board consists of our

President, Chris Fetter, plus Nan Griffin, Frima Stewart, Jan Stephens, and Jill Short.

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



**Movie Lovers**

Our Club selects two movies each meeting to watch. The following month volunteers lead a discussion about the movies we selected. We are surprised each month by what others take away from movies. Last month, we had a lively discussion about *Devotion* and *The Fabelmans*. Our February movies are *A Man Called Otto* and *The Pale Blue Eye*. We meet for two hours on the second Thursday of each month at 6:30 PM in the Multipurpose Room (OC). If you like movies and enjoy discussing them, we encourage you to join us at our next meeting on March 9.

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



**Music**

The New Year started off with a Group sing-along to "Mrs. Brown You've Got a Lovely Daughter." Wonderful solo performances followed, and we closed with "Proud Mary" and a Chuck Berry Jam. All of us are striving to learn new songs and stretch our abilities. We meet on the second Wednesday of the



Small music groups are fun!

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 Fridays from 1:00 to 3:30 PM (OC). 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: lincolnhillsmusicgroup.org



**Needle Arts**

Our next general meeting will be on Tuesday, March 14. Join us in P-Hall (KS) at 1:00 PM. New members are welcome to attend a general meeting prior to joining. Have you renewed your membership? If not, please check out our website for the membership form and instructions. Watch your email for information regarding workshops that

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are open to members. If you're looking for a fun, relaxing week of sewing amongst like-minded crafters, join us April 24-28 for our Spring Retreat in the serene environment of Mercy Auburn. Information is available on our website. Community Service, which meets on Thursday mornings in the sewing room, is in need of volunteers to help with quilting larger quilts.  
**Contact: Jeanne Helland**  
 916 409-5512,  
 needleartspres@gmail.com  
 Website: www.sclhna.com



**Neighborhood Watch**

We oversee our community by providing "Vials of Life," safety and pet alerts, newcomers' orientations, the Safety Symposium, and mailbox and village coordinators to connect with their residents. We also have a board of directors available to answer your questions about Lincoln Hills and a website with more information. All of this wouldn't be possible without the help of our volunteers. To say "Thank you" to those who step up



Thank you to all of our volunteers

to help our community, we are hosting the annual "Volunteer Appreciation Dessert" on Friday, March 3, from 6:00 to 8:00 PM in the Multipurpose Room (KS). We will provide the desserts (no charge), and there will be a no-host bar. If you can join us, please RSVP by February 24 to ExecutiveAssistant@SCLHWatch.org.

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



**Painters**

Do you have any gently used art supplies you don't need anymore? Please bring your labeled donation to our March 21 meeting for our Art Supplies Auction. Proceeds will benefit our programs. Our paintings can be viewed at Lincoln's Buonarroti Ristorante through June 3. Don't miss our February 21 Architecture Painting Challenge. All levels are welcome, but please review the new policies on entering. The January Artist Spotlight was oil painter



Oil painter  
 Marlin Anderson's  
 landscape  
 "Stanislaus River"

Marlin Anderson, who moved here in 1999. Marlin paints in oil, loving bright colors and peaceful scenes of nature. Our private Facebook group is a good place to get connected. We meet in person on the third Tuesday of every month at 1:30 PM in the Fine Arts Room (OC). Annual dues are \$15.  
**Contact: Linda Shields** 916-488-7220,  
 linda\_c\_s@yahoo.com



**Paper Arts**

It's that time of year to join or renew your membership in the Club. Check the form posted in the recent newsletters sent via email. Our February project was a beautiful 3D spring bouquet card created by Susan Nalway and Pat Murphy. Thank you both for making this project! Do you have ideas for a project you'd like to present or assist with? Please let us know. Our February window theme is all about Valentine's Day. Stop by the OC window and "feel the love." Interested in joining the Club?



Welcome to the fold,  
 new member Caroline

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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 from 9:00 AM to Noon on the first and third Fridays in the Card Room (OC). For more information, please call Denise or Bonnie King 916-303-3525. We look forward to seeing you soon.

Contact: Denise Jones 916-543-3317



**Photography**

Glenn Fidler is an event photographer with a unique photojournalistic style. He is also very skilled in Photoshop. Glenn will be presenting his work at our February meeting. Beth Young, a landscape photographer, will join us in March. Beth creates nature photography for healthcare environments to help alleviate the stress of patients, their families, and caregivers, provide a positive

distraction, and improve patient outcomes and clinical settings. The Club is sponsoring more field trips closer to home due to various factors, including economic ones. One such venue was a January excursion to the Sacramento Zoo. Our current exhibits include Simple Pleasures café in Lincoln and our own KS Spa. Book a spa excursion and let the soothing esthetics of our fine photographers enhance your experience!

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



**Pickleball**

Pickleball is exploding on many fronts. With over 3.5 million players last year, courts are being added and tennis courts converted. There are now roll-out semi-permanent courts! Large advertisers are jumping into the game, including Skechers, which has developed its own pickleball shoe! The biggest change is Paddles. Once wooden, paddles are now made using scientific

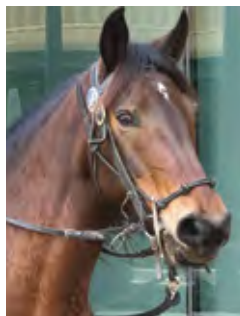


Photo by Mary Beth Q

research and materials optimizing power, spin, and control. Don't let this intimidate you! Most of our club members play for fun and laughter – although not with wooden paddles! If you want to learn the game, we have a free Intro to Pickleball class every other week. To make reservations for this class, send an email to welcometopickleball.com. The only requirement is to wear tennis shoes.

Contact: Molly Morris 408-386-9054, mollymorris@gmail.com



**Players**

Advance planning is underway for our June show, "Twelve Angry Jurors." Directed by Jane Patton, it's a play that'll entertain as well as challenge the intellect, as the varied personalities of jurors stimulate heated debate over what might at first appear to be a clear-cut case. Wondering what the Players club is all about? Is acting on stage in front of an audience not your thing? Well, guess what? Opportunities



Players next performance coming up in June

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are available for costuming, stage building, operating tech equipment, publicity, props handling, directing, and, oh yes, acting too. Come check us out, even if you never did any of these in your pre-Lincoln-Hills life! We welcome all. Come to our next monthly meeting on Monday, March 13, at 4:00 PM, in P-Hall (KS).

Contact: Craig Stults 916-543-6782, [craigstults@sbcglobal.org](mailto:craigstults@sbcglobal.org)  
Website: [www.lhplayers.org](http://www.lhplayers.org)



**Poker**

We play a variety of poker games every Monday from 1:00 to 4:30 PM, Tuesday from 1:30 PM to 5:00 PM, and Friday from 1:00 to 4:30 PM in the 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 as long as they arrive by 12:45 PM (Mondays and Fridays) and 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 Marcocelle  
925-658-2404,  
[pmarcorelle@hotmail.com](mailto:pmarcorelle@hotmail.com)



**RV**

Happy New Year. Let's get rolling! Sign up now for the rallies that are planned for 2023. Don't forget to put your name down to be a Wagon Master. We can't have a rally without one. Get your rigs tuned up and tires checked for our first rally to Lodi and Plymouth in March. The Luau Dinner Dance will be on May 13, Black Oak Casino in June, then Diamond Lake and Ashland Oregon in July. The Renaissance Fair will take us to Hollister/Gilroy followed by Moss Landing in September, Jackson Rancheria, always a fun rally in October, then Newport Beach in November. Meetings are every fourth Thursday in the Placer Room (KS) at 4:30 PM. Call Maggie, Membership Chair at 310-963-2350 for information.

Contact: Mary Romo, President  
707-738-6311,  
[mromo50170@gmail.com](mailto:mromo50170@gmail.com)  
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Holiday Party at OC



**SCHOOLS**

You can make a difference in the lives and learning experience of our Lincoln children. For the last 20 years, countless Lincoln Hills residents have served our school community as SCHOOLS volunteers and tutors. Elementary teachers treasure our classroom volunteers as they work with individual and small groups to practice and reinforce learning goals. When not in the classroom, volunteers help teachers by correcting papers or duplicating coursework for the classroom. Phoenix volunteers work one-on-one with students in English/Literature, Math, and History. Volunteers and tutors who have returned to serve have said it is the most rewarding thing they do. To find out about tutoring at Phoenix Continuing High School, contact Irma at [jmeidm@aol.com](mailto:jmeidm@aol.com), or for K-5 contact Cyndi.



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Contact: Cyndi Colloton,  
[ccolloton@yahoo.com](mailto:ccolloton@yahoo.com)

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**Scrabble**

Scrabble players meet each Monday afternoon at 1:00 PM in the Card Room (OC). We welcome any interested residents to join us for a game or two or more of Scrabble. All game materials are provided. No reservations or advance notice is needed. It's a drop-in game - come and try it out.

Contact: Anne McMaster



**Shanghai**

A fun, relaxing evening awaits you at 5:00 PM every Friday night. We play Shanghai (an easy to learn rummy-style game) every week. Everyone is welcome to join us. Come by a few minutes before 5:00 PM to be included in a table of three to five friendly people. Hope to see you soon.

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



**Shuffleboard**

Weekly Club doubles play is held every Tuesday, Thursday, and Saturday afternoons at the rear bocce area. Two 90-minute sessions are held each day: 12:45 to 2:15 PM and 2:15 to 3:45 PM. A special clinic for new players is Saturdays at 12:45 PM. If it is not raining during a session, we play! Bring a picnic lunch to the adjacent



Ribbon cutting ceremony at new outdoor shuffleboard courts

covered gazebo before playing in the early sessions. Open play is available via the new online reservation system for bocce and shuffleboard. Reserve a court up to seven days in advance at Resident Website/Wellfit Reservations/Bocce-Shuffleboard Court. Shuffleboard equipment is stored in the croquet locker behind the bocce courts. Get the locker key at the OC Fitness desk. Email club for game rules.

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



**Singles**

Join us on February 16 at 4:30 PM for our monthly Dine-Out event (location to be announced in our weekly newsletter). The monthly social meeting will be held on February 23 at 6:00 PM in the Ballroom (OC). Our birthday celebration on March

5 will be held at 4:00 PM in the Pre-Function Area outside of the Ballroom. Join Sarah and the committee on March 7 at 4:15 PM in the Ceramics Room (OC) for our monthly Activities Meeting. We need your help to plan our events for 2023! March 9 at 6:00 PM is our fun Business Meeting in the Ballroom (OC). Dennis will be your host at 9:00 AM on March 11 for the second Saturday Breakfast. Great food and company!

Contact: Sarah Lambrose 916-543-0035



**Softball**

The Player Application is available on our website. The submission deadline is February 26. There are several playing options—recreation co-ed, women's, traveling tournament teams, fun (Fall) ball, weekend only, and a non-playing volunteer option for those who love the game but don't want to or can't play. There's something for everyone. The Conditioning Clinic has been rescheduled to March, weather permitting. It's free and open to all our members. The sessions focus on getting everyone back into playing shape using a variety of drills. Dates and times will be posted on the website. As of this writing,



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the player draft is scheduled for March, and Opening Day for mid-April. Please visit our website for updates and the Player Application.

**Contact: Heidi Mazzola**

916-716-5086,

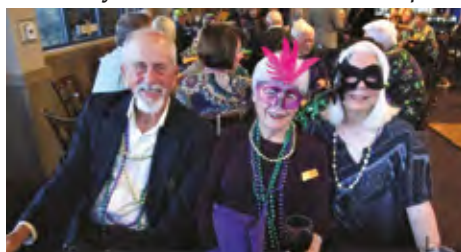
heidimaz72@gmail.com

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**Sports Car**

The Club has its social events all lined up for 2023 and is working on both one-day and multi-day trips for the rest of the year. Reach out to Tour Director Wood McCann – via the Club directory – to suggest trip ideas and, most importantly, to volunteer as a trip leader. We need you! Social Chair Linda Snyder and her team have a complete calendar already lined up. First up is the Marti Gras Dinner and Dance at Turkey Creek Golf Club on February 17. If you haven't already signed up, do so ASAP because you only have two days from when the *Compass*



Partying hard at the 2022 Marti Gras Party

comes out to reserve your tickets! Check the Club website for other events.

**Contact: Richard Pearl**

916-715-9666, pennyrich@aol.com

Website: [www.lhsportscars.com](http://www.lhsportscars.com)



**Sun City Squares**

Our beginning square dance class has started! This weekly class is held at KS, 1:15 to 4:00 PM. The cost is \$5 per person/per class. Regular attendance is recommended as new steps are learned weekly. Advanced dancers meet at KS Thursdays 1:00 to 3:00 PM. The cost is \$10 per person/per class. If you are an advanced dancer, please stop by and check us out! Beginning Round Dance (Rumba ballroom cued calling) is held on Thursdays 11:30 AM to 1:00 PM. A caller directs the movement of the dancers by saying the cues as the dancers move around the floor. The cost is \$5 per person/per class. Come join the fun!

**Contact: Jackie Carlson**

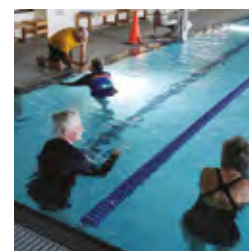
925-207-9415,

Jackiec3po@icloud.com



**Swimmers & Water Walkers**

Our Club continues its mentoring program this year. Starting last March, eight club members are offering individualized instruction: Kathy C. (water walkers), and Fred Barnhart, Geoff Capell, Nancie DeRoss, Jim Klein, Hagai Narkis, and Hugh Wilder (swimmers). Sessions are the first week of the month at the KS pool. Members sign up via email for the dates/times available for the week. Jim Klein, president, says, "we are excited that our mentoring program continues to be popular, helping water exercisers improve technique, be more efficient and confident in the water, and avoid repetitive use injury. Even experienced swimmers and walkers see improvement from these sessions." The next club meeting is February 20, 3:00 PM, Fine Arts Room (OC), with the Director of Lifestyle, WellFit and Spa, Deborah McIlvain in attendance.



Mentors in action

**Contact: Jim Klein,**  
[swimmers.walkers@gmail.com](mailto:swimmers.walkers@gmail.com)

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**Table Tennis**

We play indoors, where it's nice and cozy, at P-Hall (KS), on a drop-in basis. Please wear non-marking tennis shoes. Loaner paddles are available. Play times are Sundays, 9:00 AM to 5:00 PM (except the first Sunday of the month when play starts at 12:30 PM), Tuesdays, 6:00 to 9:00 PM, and Fridays 8:00 AM to Noon. There are no membership dues required to become a member. To join, just sign up on the new member sheet at the play sessions or email Carl. We have a new steering committee with fun events and activities planned for the year. We are still looking for committee volunteers. Please let us know if you are interested. Happy Valentine's Day!

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



**Tap Company**

"Let's Dance Again!" The Spring production by the Tap Company is aptly named. It's been five years since the Tap Company last produced a show. We have coordinated and collaborated with the many members of the Performing Arts, Chorus, Players, and Vaudeville, to bring you a variety of dancers,

singers, and entertainers. They are sure to awe you with their talents. Practices are underway, and everyone involved is excited about showcasing their talents on stage. The shows are set for March 30 and 31 at 7:00 PM and April 1 and 2 at 2:00 PM in the Ballroom (OC). Tickets are \$22 for Premium Reserved Seats and \$19 for Standard Reserved Seats. Come out and enjoy a wonderful show. Don't miss it!

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



**Tennis**

February is traditionally sweetheart month and a time to celebrate all the mixed doubles players in our Club! Doubles teams reflect much diversity from married couples to partners matched for complementary abilities. Mixed doubles began in the late nineteenth century and was initially viewed as a social outing for married couples. Soon single men and women found mixed doubles tennis was a great way to socialize and find people with shared interests. Today mixed

February is



Mixed Doubles partners  
Tricia and Sal Zimmitti

doubles is also an Olympic Sport. Our Club offers mixed doubles group play, and USTA and SATA League mixed teams. Celebrate St. Patrick's Day on March 16 with a tennis Live Ball Fun Tournament. Look on our website or bulletin board for information. Contact Steve at [stevebringman@yahoo.com](mailto:stevebringman@yahoo.com) for membership information. Contact Pam Flaherty 916-531-0142, [pamflaherty@gmail.com](mailto:pamflaherty@gmail.com)  
Website: [www.sclhtg.com](http://www.sclhtg.com)



**Vaudeville**

Vaudeville Show Auditions are on March 23 and March 24 in the P-Hall (KS) from 6:00 to 8:00 PM. The show is not until July, but this will give us plenty of time to perfect our acts. Show dates are confirmed for July 20, 21, 22, and 23. We will have two evening shows and two afternoon shows. Flyers will also be posted. Contact: Yvonne 916-408-2040



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Contact Theresa Renken

916.625.4014 • [Theresa.Renken@sclhca.com](mailto:Theresa.Renken@sclhca.com)

**TUESDAY, APRIL 11**

**9:30 AM - 1:30 PM**

**ORCHARD CREEK LODGE**



**Veterans**

Lincoln Hills resident Jim Skinner, who served in armored cavalry and engineering units in the early 1970s, will be the speaker at the February 16 meeting at 1:00 PM in P-Hall (KS). Jim served with the 18th Engineering Brigade in Dong Ba Thin, outside of Cam Ranh Bay, and with Military Operations, Engineer Command Headquarters in Vietnam. The group's St. Patrick's Day luncheon will be held on Thursday, March 16. Reservation forms will be available at the February 16 meeting and in the group's monthly Bulletin. If your American flag has been a victim of the recent violent weather, you can pick up a fresh new one at the group's flag sales table on the 15th of the month in the OC lobby.

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



**Water Volleyball**

Is it February already? It is time to share in your passion for Water Volleyball! The year has started out very exciting with new Board Members. Please welcome our new steering committee members: Joe Keller, chairperson; Carol Critch, secretary; and Kim Bovee, Competitive



Mel Switzer receives a commemorative ball from Jessup University

Play Coordinator. If you are interested in learning how to play Water Volleyball, we have a free play Saturday to try it out. We provide Mentors to help teach you the game. We have Skills and Drills classes to improve your skills, and we have a Ladies Night Out once per month just for fun. If you would like to join, we welcome all levels of interested players. See our website or 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**

Well, with these rainy days, we woodcarvers feel very lucky to have such an engaging hobby! With an inspiring project, we can get "lost" in our carving for a few hours. We look up from our work, look at the clock and wonder where

all the time went. It's that great! New people have been visiting our Club, talking to members, learning about our tools, investigating potential projects, and just enjoying our carvers' work and their shared conversations! We have a great group of woodcarvers who are happy to advise, share and support new members as they begin this great hobby and pastime. You are welcome to visit anytime. We meet every Wednesday from 1:00 to 4:00 PM in the Sierra Room (KS).

Contact: Lionel Rainman 916-253-9534, lrainman1414@yahoo.com



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### Alzheimer's-Dementia Caregiver's Support

Our steering committee includes Mary-Jo Fratessa, Valerie Jordan, and Barbara Greenfield. We are supported by the Lincoln Hills Foundation. The monthly general meeting is on the fourth Wednesday at 1:00 PM in the Multipurpose Room (OC). All caregivers are welcome to attend. The Wednesday, February 22, general meeting welcomes Stefani Wilson from the Del Oro Caregiver Resource Center, who will describe support services available to caregivers. The Women's group meets on the first Wednesday of every month in the Multimedia Room (OC). Contact Mary-Jo Fratessa (916-759-8760) for information. The Men's caregiver group meets on the third Thursday of every month in the Multimedia Room (OC). The next meeting is February 16 from 10:00 AM to Noon. Contact Ernie Drake at 916-543-3482.  
**Contact: Valerie B. Jordan**  
909-625-7443, [vjordan46@gmail.com](mailto:vjordan46@gmail.com)



### Bereavement

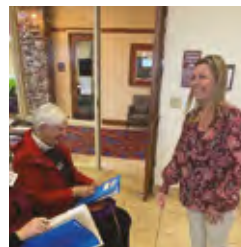
We offer support and friendship through sharing with others who have also lost a loved one. We meet on the second Wednesday of each month. You are invited to join us Wednesday,

March 8, at Joan Logue's home at 3:00 PM for a group session. Contact Joan for directions or to put a Memoriam in the *Compass*. The deadline to submit a Memoriam is the 15 of the month to be in the next *Compass*.  
**Contact: Joan Logue** 916-434-0749,  
[joanlogue@sbcglobal.net](mailto:joanlogue@sbcglobal.net)



### Bosom Buddies

At our last meeting, speaker Jennifer Hilton, a realtor (Coldwell Banker) as well as a "Senior Move Manager," gave us some good tips on how to downsize not only for a move but also to give ourselves more space. Our next meeting will be on March 9 at 1:00 PM in the Multipurpose Room (OC). Bosom Buddies welcomes breast cancer survivors and those still undergoing treatment. We're a friendly group that means it when we say, "we're here for you."



Member Patti Kingston with speaker Jennifer Hilton

To learn more about us, please feel free to attend one of our meetings. There's no pressure to join. The support we're able to give our ladies comes largely from a generous grant given to us

by the Lincoln Hills Foundation, and for that, we're very grateful.  
**Contact: Judy Stewart** 916-408-3597,  
[ladyj2170@gmail.com](mailto:ladyj2170@gmail.com)



### Gam-Anon

We can help if your life is affected by someone else's gambling problem. Our meetings are held on the first and third Friday of every month from 7:00 to 8:30 PM at the First United Methodist Church at 6414 Brace Road in Loomis. A Gambler's Anonymous meeting starts at the same time in another room at the same location if your Gambler also wishes to attend a meeting. For support between meetings, you can call the Sacramento Gambler's Anonymous Hotline at 855-222-5542 for referral to a local Gam-Anon support person or call the Northern California Gam-Anon Hotline at 510-407-3898. For more information, call Kay, leave a message, and she will call you back.

**Contact: Kay F.** 916-204-1624

**Website:** [www.gam-anon-loomis.com](http://www.gam-anon-loomis.com)



### Glaucoma Support Group

We will meet on March 8 at 4:00 PM in the Multipurpose Room (OC). Please note the location change. There are always new things to learn about Glaucoma. If you have an interest in some

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## Low Vision Support Group

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Our meetings are open to all interested SCLH residents

**Contact: Joan Brant-Love 916-434-6095**

possible upcoming changes, please bring your questions. Spring is almost here, so we will talk about protecting your eyes beginning in the Spring and through the Summer. This meeting will be both live and on Zoom. If you need Zoom information, please contact Bonnie.

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



### Hearing Support Group

Our meeting time has changed. We are now meeting at 10:00 AM on the first Friday of the month. In January, we had a lively discussion regarding cochlear implants and other technology. For our February meeting, Ken Spencer led a discussion on Apple iPod hearing assistive technology. We continue to meet in the Multipurpose Room (OC) and hope to see you there! Plans for our March meeting are, as of this writing, incomplete, but we will definitely get together!

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



### Just Caregiver Support – Parkinson's

This support group is for the caregiver/partners of those who have Parkinson's. We meet the second Tuesday of each month from 10:00 to 11:00 AM at the Lincoln Hills Community Church- 950 E. Joiner Parkway.

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



### Low Vision Support Group

February is Low Vision Awareness Month. Our next meeting is Tuesday, March 7, from 2:00 to 4:00 PM, Fine Arts Room (OC). Laura Kellen of the Braille and Talking Books

Division at the California State Library will be our speaker. The library loans free audio and books, braille books, and magazines via mail—postage-free. Audio players are also available free of charge. Materials can also be accessed by using your smartphone or tablet. On April 4, from 2:00 to 4:00 PM, in the Fine Arts Room (OC), Cory Hanosh of Northstate Assistive Technology, <https://www.northstateat.com> and the store at Society for the Blind, <https://societyfortheblind.org/store/> will discuss and demonstrate the latest assistive devices for those with Low Vision. Our meetings are open to all residents. **Contact: Joan Marie Brant-Love 916-434-6095, joan.brant-love@sbcglobal.net**



### Multiple Sclerosis

The February 21 meeting will be at 1:00 PM in the Multimedia Room (OC). We will focus on planning the 2023 Lincoln Trailmixers MS Fundraising Walk right here in Lincoln Hills. Machere Schott, National MS Society, will provide detailed information to all those who wish to participate on registering and on why you should walk, ride a scooter, or root us on in your own way. Why join us? Among other things, donations help find a cure and provide crucial services for those diagnosed with this debilitating disease, providing education, services, and equipment. The 2022 Trailmixers



Team was second out of 32 local teams, and we want to bring bragging rights home as number one in 2023. Contact Captain Joni Deutsch at 916-398-0349.

**Contact: Jeri Di Fiore 916-408-7565, 2020jeridifiore@gmail.com**



### Patient & Caregiver Support - Parkinson's

Our group is for those with Parkinson's disease and their care partners. We meet on the third Tuesday of each month (except December) from 10:00 to 11:30 AM at the Lincoln Community Church, 950 E. Joiner Parkway.

**Contact: Christine Grmolyes 916-769-0449, christine@seniorcs.com**



### Polymyalgia Rheumatica and/or GCA Support

If you have been diagnosed with PMR and/or GCA, you probably have a lot of questions. Our new support group has a lot of the answers for you. We meet the first Wednesday of each month, except for December, from 1:00 to 3:00 PM, at the Lincoln Community Church, 950 E. Joiner Parkway (across from the front gate). For more information, please contact Adrian Felice. If you e-mail, please put "PMR/GCA" in the subject line.

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



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### AARP

The 2023 Tax Season is here! Lincoln AARP Foundation Tax-Aide volunteers are ready to assist you with your 2022 tax returns. This free service will be available by appointment only this year at Granite Springs Church, 1170 E. Joiner Parkway. Clients can make income tax preparation appointments by calling 916-258-5065. The Intake/Interview Sheet, Form 13614-C, is required of all clients and will be available in the Orchard Creek Lodge lobby, Kilaga Springs library, Lincoln City Hall lobby, and Granite Springs Church. These returns will be filed electronically (e-file) with the IRS and California FTB.

### A Course in Miracles

This book study is a psychological mind training and letting go of a thought system based on fear and accepting instead one based on love. Through reading the text and practicing the exercises in the workbook of this course, mental habits based on judgment and fear give way to perceptions of forgiveness and love. This results in peace of mind and the experience of love. Call 916-409-5253 for information.

### Airport Co-Op

The Co-Op works on a point system. Give a ride, get a ride. Membership is \$15.00 per year per household. For more information and to join visit our website [www.lhairportco-op.org](http://www.lhairportco-op.org), click the membership tab, download the application, mail along with required documentation to the address on the application or phone Barb Iniguez at 916-408-7812.

### Cloggers

Happy February! We cloggers are having a great time preparing for various performances

and look forward to having you join us - on the dance floor, clogging with us, or from a safe distance, watching and listening. We make a lot of noise with our double clogs on heel and toe and burn a lot of calories, too! (Good way to combat all that Valentine's Day chocolate.) Clogging is a very active dance, moving those ankles and knees, and hips to great country music. For more information on clogging right here in Lincoln Hills, please contact Natalie Grossner at 916-759-0666.

### Democratic Club

We began the new year as it ended the old year – with a flurry of activity. Our holiday party was enjoyed by all. Our service at the Placer Food Bank and other volunteer activities kept up its pace. Our January meeting heard a speaker from Planned Parenthood. Future speakers include Sacramento Bee reporters Marcus Breton and Jack Ohman; Western Placer Unified School District Superintendent Kerry Calahan; Nevada Irrigation District's Jennifer Hansen; and OLLI's Alex Yarmolyk with Ukraine updates. For more information about our club, please visit our website, <https://democraticclublincolnca.org>. We welcome new members. Join us!

### Italian Club

You won't need to travel to Italy for our next event. We'll be putting on a Venetian Carnevale right here on March 19 in the Ballroom (OC)! Check out the website for more information. In the meantime, start shopping for (or making) your costume and mask. (Remember: Carnevale is known for its multitude of unusual and elaborate masks.) On April 29, you'll be transported to Campania for another one of our regional events. Stay tuned.

To learn more about the club and upcoming activities, visit our website at [www.lhitalianclub.org](http://www.lhitalianclub.org). For membership information, contact Sandi Graham at 916-826-5711.

### Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Center in Roseville (916-781-2323.) Membership to the 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](mailto:bigline38@icloud.com).

### Republican Club

3rd Annual Open House, "2023 Kick-Off" January 21, was met with enthusiasm and excellent attendance! Six discussion tables with knowledgeable, relevant hosts shared current information on schools, City, Club, and Political discussion. Several hosts were recently elected officials. See the Newsletter or website for specifics. Wednesday, February 22, P-Hall (KS) meeting – Guest Speaker Attorney Eric Early. Doors open at 6:00 PM, the program starts at 6:30 PM. It's the Lifestyle! Expo (OC) Tuesday, March 21. Be part of the change in our community, State, and Country. You can make a difference! Annual Dues are \$15/per person per year. Membership applications on website [www.RepublicanClubSCLH.org](http://www.RepublicanClubSCLH.org).

### Retired Men

We are a social club for retired men. We meet monthly for lunch on the third Tuesday of each month at the Catta Verdera Country Club. Our next lunch will be on the 17 of this month. We have lunch at Noon, and

afterward, we do a little club business. Some of the activities you may want to participate in are golf, bocce, or bridge. If this sounds like something you might be interested in, contact Jay James at 408-533-3132 or jayj332@gmail.com or Phil Sanderson at 916-408-4764 or philbridge9@gmail.com.

**Shalom Social Group**

At our January meeting Seth Brysk of the Anti-Defamation League told us what ADL is doing to increase community awareness about anti-Semitism and civil rights. Our Men's Group heard Dr. Mark Blum discuss palliative care. At the Women Together luncheon, we met the Ukrainian woman who recently moved to

this area under the auspices of the Sacramento Refugee Resettlement Circle. The long-delayed cooking class finally happened. We collect non-perishable food for The Salt Mine and the Placer Food Bank; we donated 180 pounds from our Hanukkah dinner alone. For more information, please contact Margie Gulko, at 916-543-5303.

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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](http://lincolnca.gov).



### KS At The Movies: High Noon (1952)

Monday, February 20, 1:30 PM, P-Hall (KS)

In this classic Western, Will Kane, longtime Marshal of Hadleyville in New Mexico territory, has just retired following his marriage with pacifist Quaker Amy Fowler. However, word arrives that Frank Miller, a criminal that Kane once sent away to be hanged, has been pardoned and will arrive in town, at high Noon, with one thing on his mind: Revenge on the Marshal who once ruined his life. With that threat of vengeful outlaws looming, Kane will have to decide whether he honors his sense of duty or his love for his pacifist bride.

Rated PG. 85 minutes. Drama. Thriller. Western.



### Spotlight On: Movement and Mindfulness

Wednesday, February 22, 2:30 to 3:30 PM, Oaks Room (OC)

Attend this free event and explore the connection between Meditation and Tai Chi and their many benefits to improve balance, strengthen muscles, clear your mind and raise your spirits. At WellFit we are unveiling a new concept perfectly suited to keep both your body and mind fit. Come and meet our instructors, you won't want to miss this.



### KS At The Movies: Harriet (2019)

Monday, February 27, 1:30 PM, P-Hall (KS)

Based on the thrilling and inspirational life of an iconic American freedom fighter, Harriet tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Her courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history. Rated PG-13. 125 minutes. Action. Biography. Drama.



### Del Webb – The Man, The Legacy, and Sun City Lincoln Hills

Tuesday, February 28, 9:30 to 11:30 AM, P-Hall (KS)

What do Howard Hughes, Bugsy Siegel, and Joe DiMaggio have to do with *Lincoln Hills*? Judy Bennett relives the history and legacy of Del Webb, the man, the vision, and the history of *Lincoln Hills*. Judy, former Director of Public/Community Affairs for Del Webb and Pulte Group, was involved with each of Del Webb's Northern California communities.

As part of the executive management team, Judy sat at the strategic planning table from 1994 – 2007. Come to this Community Forum to learn interesting "insider" history, including the Lincoln Hills' Ghost story.



### Governance

Thursday, March 9, 2:00 to 4:00 PM, P-Hall (KS)

Tom Brutting and panel will discuss what makes a wonderful community. When we think about Lincoln Hills, many say the appreciation of the amenities, activities, neighbors, and consistently beautiful appearance. What is the glue that keeps it together? The fundamental reason has to do with our HOA and the governance that makes it happen. The CC&Rs, Rules, Design Guidelines, and the many documents and processes that make up this community can be somewhat daunting. Yet, we are all a part of the process. Come to this Community Forum to listen to a panel of neighbors about how you can be more informed and involved.



### KS At The Movies: Pink Panther (1963)

Friday, March 10, 1:30 PM, P-Hall (KS)

The trademark of The Phantom, a renowned jewel thief, is a glove left at the scene of the crime. Inspector Clouseau, an expert on The Phantom's exploits, feels sure that he knows where The Phantom will strike next and leave Paris for Switzerland, where the famous Lugashi jewel 'The Pink Panther' is going to be. However, he does not know who The Phantom really is, or for that matter, who anyone else really is. Rated PG. 115 minutes. Comedy. Crime. Romance.



### Coffee with the Mayor

Tuesday, March 14, 8:30 to 9:30 AM, Terra Cotta (KS)

To find out more about what is happening in the City of Lincoln, Join Mayor Paul Joiner at this informal coffee. Feel free to purchase a cup of coffee from the Kilaga Springs Café prior to the meeting. He would love to meet you.



### Listening Post

Wednesday, March 15, 8:30 AM, P-Hall (KS), Zoom is available for those unable to attend

Come and have a conversation with Kyle Bodyfelt, Executive Director. This is a great opportunity to get to know Mr. Bodyfelt and to share with him your comments or questions.



### Meet The Author Lecture Series: Jo Anna Phillips

Monday, March 20, 2:30 PM, P-Hall (KS)

Jo Anna Philips is a former newspaper columnist, feature writer, TV host and producer. As a serial entrepreneur, she created several businesses in Northern California and Nevada, where she lives. *Confessions of An Aging Hottie* is a hilarious look at the challenges of aging through the eyes and experiences of a former Hottie. From the days of her youth Swinging from the Chandeliers one moment to Living Large with Gravity and Other Travesties to the Land of A Thousand Aches. It's a no-holds-barred amusing romp through the adventure of getting older that will make you laugh out loud!



### It's The Lifestyle! Expo

Tuesday, March 21, 10:00 AM to 1:00 PM (OC)

Want to learn about the various Clubs and volunteer opportunities available within and outside your community? Join us for the annual *It's the Lifestyle! Expo* and celebrate the lifestyle that is uniquely Lincoln Hills. Visit with Lifestyle team members to learn about the different Association activities. The Lincoln Hills clubs, community interest groups, and various local non-profit organizations are participating. Learn about the many clubs and organizations within your community, meet Lincoln Hills Board and Committee members and learn about local volunteer opportunities and how to get involved! See you there!



### Senior Living Opportunities: Beyond Lincoln Hills

Tuesday, March 21, 2:00 PM, P-Hall (KS)

Is living in Lincoln Hills getting to be too much? Don't want to cook anymore? Is this the last time you want to fix whatever is broken? Can you create a living experience somewhere else so you can thrive? An important determinant for our health is the quality of our social relationships. Is your television your social life? Come to this Community forum where Marcia VanWagner will explore different models of senior living, the lifestyles, the costs, and who can help in making this transition.





**Home, Health, and Business Showcase**

Tuesday, April 11, 9:30 AM to 1:30 PM

Learn about the latest products and services for your home, health, and business matters. Meet your *Compass* advertisers and other businesses that will showcase their products.



**Lincoln's Growth in Perspective**

Thursday, April 13, 2:00 PM, P-Hall (KS)

The city of Lincoln currently has 50,000 residents and is projected to increase to 100,000 + residents by 2050. How will this growth impact Lincoln Hills and our city's quality of life? Come to this Community forum where Community Development Director Christian Svensk, and City Treasurer (and Lincoln Hills resident) Richard Pearl, will outline both near-term and longer-term growth as our 'village' concept continues to evolve. Also discussed will be water, sewer, and transportation requirements and how they can/would, impact our growth. The discussion will review current and future cities' finances.



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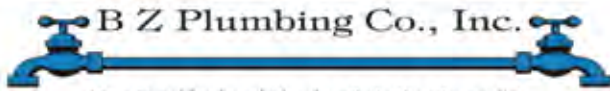
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## New Facials

### Revitalize & Renew Facial

30-minutes \$99

60-minutes \$149

Treat your skin to the rejuvenating effects of our restorative treatment featuring the synergy of Qigong and Rolling Massage to rejuvenate and transform your skin.



### Soothing Recovery Facial

45-minutes \$129

Nurture and heal your skin from sun damage, environmental stressors, and the effects of aging. This replenishing facial combines an incredible antioxidant combination of organic Goji Berry and Macadamia Nut Oil to revive and refresh your skin.



### Ultimate Hydration Facial

60-minutes \$129

The ultimate treatment for deep hydration and nourishment for stressed, dehydrated, and sun-damaged skin.



This luxurious treatment of Moringa Oil and Hyaluronic Acid revives and restores moisture, leaving your skin hydrated and revived.

### • Anti-Aging Mask – \$25

(Can only be added to facial service)

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### • LED Light Therapy

15-minutes \$35

30-minutes \$55

(Can only be added to facial service)

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## New Massage Services

### Aromatherapy Massage

60-minutes \$149

90-minutes \$169

Relax and renew with our beautiful aromatic essence of luxurious botanicals that have a profound healing effect on the mind, body, and emotions. Your adventure begins with our unique blends – Morning Calm, Energy, or Sleep to transport you into a blissful state of relaxation.



### Back and Shoulder Rescue

30-minutes \$69

This deeply relaxing neck and shoulder massage targets the prime area of stress and provides profound relief with warmed massage oils and our muscle-relief cream.



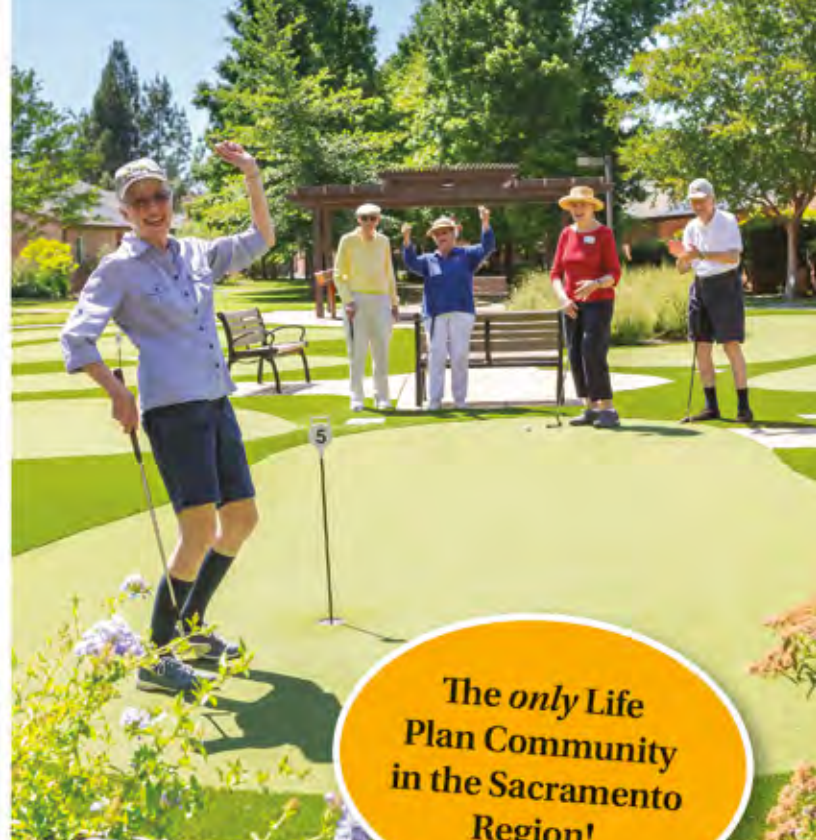
### CBD Herbal Massage

60-minutes \$149

90-minutes \$169

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### Tranquility Ritual

60-minutes \$169

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



#### Dazzle Me Dry Nail Treatments

Manicure \$55

Pedicure \$65

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



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*\*Indicates on sale February 17*

**Events**

**\*Tuesday Dance Night**

Tuesday, February 21

— LSE471

Tuesday, February 28

— LSE472

Tuesday, March 7

— LSE477

Tuesday, March 21

— LSE479

6:00 to 9:00 PM, Ballroom (OC)

\$8 per person/per dance night

\$21 per person/March Dance Package



Tuesday Dance 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 — it’s 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**

Thursday, March 2

— LSE480

6:00 to 9:00 PM

Ballroom (OC)

\$8 per person/per dance night



Dance Nights, Structured Style 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**

**Keep on Truckin’ Dance Concert**

Friday

February 17

— LSE467

7:00 PM

Ballroom (OC)

General

Admission \$25



You asked – we listened! Lincoln Hills Residents loved this group at the Amphitheater in September 2022, so they are returning for a dance concert in the Ballroom! A tribute to the Woodstock Generation, they perform Rock, Blues, Funk, and R&B, faithfully recreating the musical experience of the greatest decade in music. The Ballroom will be set up in a “lounge” style. Round tables and chairs, enough for every ticket sold, will be placed around the open dance floor, so everyone will have enough room to dance. A No-host bar will be open from 6:30 to 8:30 PM.

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**“Back to Broadway”: A Salute to the Return of Musical Theatre starring David Burnham**

Monday, March 6 — LSE468

7:00 PM, Ballroom (OC)

Premium Reserved Seating \$25

Standard Reserved Seating \$22

Lincoln Hills favorite David



Burnham is returning to the OC Ballroom! David was last on Broadway in the mega-hit musical, “Wicked,” playing Fiyero, a role that originated in the developmental workshops of the show. He is an original Broadway cast member of the musical “The Light In The Piazza,” performing both on the Tony Awards and the PBS telecast “Live from Lincoln Center.” He is the recipient of the prestigious “Helen Hayes Award” for Best Actor as well as the Best Actor “Garland Award” for his portrayal of Fabrizio in the national tour of “The Light In The Piazza.”

**\*Jolly Celtic Folk and Fare featuring Lions of The North**

Monday, March 13

— LSE484

6:30 PM, Ballroom (OC)

General Admission \$32

Grab your lass or fella for a pre-St. Patrick’s Day event with supper, spirits and Irish beers, and wonderfully jaunty entertainment. Sing along or dance to Irish folk music by the high-energy Lions of the North. The trio is an Irish band hailing from the beautiful city of Sacramento, playing most classic Irish songs, as well as some originals. Featuring a guitar, accordion, and bodhran (Irish drum), this joyous tribute is a concert not to be missed! The buffet is included in the ticket price. No-host bar(s). Doors open at 6:00 PM.



**\*Meredith McHenry**

Wednesday, March 29

— LSE485

7:00 PM, P-Hall (KS)

Reserved Seating \$22

Singing effortlessly through selections by artists varying from Etta James and Ella Fitzgerald to Tool and The



Weeknd, Meredith and her truly talented musicians have been entertaining audiences all over Northern California for 10+ years. Meredith is known for her ability to recreate both well-known classics and under-the-radar gems, with her unique stylistic blend of jazz, funk, blues, rock, folk, country, and pop. Her original music stays true to this genre-blending. Her deeply personal songs take audiences by the hand and lead them through an equally diverse emotional palate with humor, vulnerability, passion, and authenticity.

**Lincoln Hills Tap Company Presents: “Let’s Dance Again!”**

Thursday, March 30

— LSE473

7:00 PM, Ballroom (OC)

Friday, March 31

— LSE474

7:00 PM, Ballroom (OC)

Saturday, April 1

— LSE475

2:00 PM, Ballroom (OC)

Sunday, April 2 — LSE476

2:00 PM, Ballroom (OC)

Premium Reserved Seating \$22

Standard Reserved Seating \$19

The Lincoln Hills Tap Company is excited to be presenting its first show in four years, “Let’s Dance Again!” The show, produced by the Tap Company, showcases a wonderful variety of dancers (and dance styles), singers, and entertainers. The Tap Club is fortunate to have the coordination and collaboration of many members of the performing arts: Chorus, Players, and Vaudeville. Come out and experience a lively, energetic event supporting your friends and neighbors on stage. Don’t miss it!



**\*Tom Rigney & Flambeau**

Friday, April 7

— LSE486

7:00 PM, Ballroom (OC)

Premium Reserved

Seating \$25

Standard Reserved

Seating \$22



Tom Rigney is one of the premier Roots Music fiddle players on the planet. His band “Tom Rigney and Flambeau” specializes in blazing Cajun

two-steps, low-down blues, funky New Orleans grooves, boogie-woogie piano, and heartbreakingly beautiful ballads and waltzes. Much of the repertoire is composed by Rigney, but they mix in a few classics from the Cajun/New Orleans songbook, as well.

**\*Dance Concert with Garuda Blue**

Thursday, April 20 — LSE487  
7:00 PM  
Ballroom (OC)  
General Admission \$25



Garuda Blue is a contemporary jazz band based in the San Francisco Bay Area, specializing in authentic, high-quality jazz and party music composed of some of the finest young musicians around. The group prides itself in delivering high-quality, sophisticated, and slick original arrangements of well-known classic and popular tunes from across generations with a youthful, fun, and hip attitude. The band performs around the country and beyond and is sure to bring good vibes and positive energy whenever they play. Lounge-style seating and an open dance floor. A No-host bar will be open from 6:45 to 8:30 PM. Doors open at 6:30 PM.



**\*Tia Carroll & Frankie G**

Wednesday, April 26 — LSE488  
7:00 PM, P-Hall (KS)  
Reserved Seating \$23

The blues are certainly alive and well in 2023! Renowned bay area performers come together for an intimate concert not to be missed. Tia Carroll, one of the most sought-after vocalists on the West Coast, is a "Female Blues Vocalist of the Year" and "Delta Blues Star" who has headlined venues and festivals all over the world and has shared the stage with legends including Ray Charles and Jimmy McCracklin and opened for Gladys Knight, Patti

LaBelle, and Tower of Power. Frankie G headed up the East Bay band "Killin' Floor" and is known for his blistering guitar and vocals.

**\*Lincoln Hills Chorus**

**Presents: "Groovy Sounds of the 60s!"**  
Friday, May 5 — LSE481  
7:00 PM, Ballroom (OC)  
Saturday, May 6 — LSE482  
2:00 PM, Ballroom (OC)  
Sunday, May 7 — LSE483  
2:00 PM, Ballroom (OC)  
Premium Reserved Seating \$22  
Standard Reserved Seating \$19



The Lincoln Hills Chorus is stoked to be bringing you a far-out Spring concert, "Groovy Sounds of the 60s!" For sure, you won't want to miss this mostly-60s concert of cool hit songs that jazzed everyone from the 60s and beyond. Come join the fun with songs like "The Lion Sleeps Tonight" (The Tokens), "The Sound of Silence" (Simon and Garfunkel), "Stop in the Name of Love" (The Supremes), "Yesterday" (The Beatles), and more! New this season: two weekend matinees Saturday and Sunday! Bring your "kids" and grandkids and we'll all get our groove on!

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\*Indicates on sale February 17

## Day Trips

– Destinations –

### Legion of Honor Art Museum / Exhibit - Sargent and Spain

San Francisco  
Thursday  
March 23  
\$95 — LST431



The museum opened to the public on Armistice Day, November 11, 1924, in dedication to the memory of the 3,600 Californians who perished in World War I. The Legion of Honor has provided access to priceless art for nearly 100 years. It houses European painting, sculpture, decorative, ancient, and contemporary art and one of the country's largest collections of prints and drawings. For the first time, *Sargent and Spain* present approximately 120 dazzling oils, watercolors, and drawings, many of which are rarely exhibited. Enjoy lunch at the café (self-pay). Docent-led tour included. Wheels roll from OC at 8:30 AM ~ return 7:00 PM.

### Springtime at Filoli Gardens

Wednesday  
April 12  
\$95 — LST432

Watch the Garden transform as the weather warms up and a new season begins. Walk through the 54,000-square-foot historic Georgian country house, noted for its elegant interiors. Bring a packed lunch, which you can enjoy outdoors at the designated picnic area, or relish the various fresh offerings at The Quail's Nest café during your free time. Rest stop both ways. Rest stop on the way home will



have some fast food areas to grab food for the bus ride. Wheels roll from OC at 8:00 AM return ~ 6:30 PM. Lots of walking with some uneven pathways.

### Grace Cathedral Tour/Fisherman's Wharf

Tuesday  
April 18  
\$95 — LST435

Experience the wonder of Grace Cathedral. Enjoy the newly-curated engaging visitor journeys, one focused on Highlights and another on Architecture. The tour features the cathedral's history, its place as a San Francisco icon, building elements, and art from their collection, including works by Ansel Adams, Narcissus Qualgiata, Keith Haring, and Lorenzo Ghiberti. After our docent-led tour, the motor coach will take us to Fisherman's Wharf for two hours on your own to grab lunch (self-pay) or enjoy the sights of this iconic location. Wheels roll from OC at 8:00 AM ~ return 6:30 PM.



### Spring San Francisco Shopping

Saturday, April 29  
\$65 — LST436

Celebrate the changing of seasons with a trip to the city by the bay, and don't worry about the traffic, the bridge or parking. Instead, relax and let our comfortable motorcoach 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 at 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.



### Sights and Sips Cruise - Sacramento

Saturday, May 27  
\$120 — LST437

No matter the occasion, a Sights and Sips Cruise in Sacramento is sure to create an unforgettable day. Experience a cocktail cruise



on the Sacramento River – cruise the day away with friends and family of all ages and soak in Sacramento skyline views. Includes a 1.5-hour yacht cruise, local DJ spinning Top 40's hits, and scenic views. Cash bar (full no-host bar available) and cocktail seating (limited non-guaranteed seating). Small bites are available for purchase. Wheels roll from OC at 1:45 PM ~ return 5:45 PM.

### – Performances –

#### \*Broadway at Music Circus

Season Tickets

Discounted Package

\$680 — LST446

Save big on the entire Broadway at Music Circus 2023 season! Purchase the entire six-show season for a lower overall price, at a discount of \$15 per show, for a total savings of \$90. This is a limited-time offer and must be purchased by April 16. (see dates below.) **Single-show tickets will go on sale April 17.**

Broadway At Music Circus is a truly unique musical theatre experience renowned by theatre professionals and fans across the country. Each summer, the Broadway At Music Circus series features new productions of classic musicals with some of the most talented professional actors available, Tony-winning Broadway veterans, and stars of touring Broadway, film, and TV. The theatre-in-the-round setting puts audiences so close to the action that they feel like part of the show. Wheels roll for all shows from OC at 6:15 PM for a 7:30 PM Show ~ return 11:00 PM.



June 13 - Beautiful: A Carol King Musical  
 June 27 - Rodger & Hammerstein's Cinderella  
 July 11 - The Music Man  
 July 25 - The Addams Family  
 August 8 - Ragtime the Musical  
 August 22 - Rent

#### Brian Regan, Comedy at Hard Rock Fire Mountain

Saturday, March 4

\$120 — LST428

Critics, fans, and fellow comedians agree Brian Regan is one of the most respected comedians in the



country, with *Vanity Fair* calling Brian "The funniest stand-up alive" and *Entertainment Weekly* calling him "Your favorite comedian's favorite comedian." Having built his 30-plus year career on the strength of his material alone, Brian's non-stop theater tour continuously fills the most beautiful venues across North America, visiting close to 100 cities each year. Wheels roll from OC at 5:00 PM to give everyone a couple of hours to enjoy the buffet, restaurants, and gaming. Show starts at 8:00 PM ~ return approximately 11:00 PM.

#### Hairspray

SAFE Performing

Arts Center/

Broadway

on Tour

Sunday, March 19

\$135 — LST414



You Can't Stop the Beat! *Hairspray*, Broadway's Tony Award-winning musical comedy phenomenon, is back on tour. Join 16-year-old Tracy Turnblad in 1960s Baltimore as she sets out to dance her way onto TV's most popular show. Can a girl with big dreams (and even bigger hair) change the world? This all-new touring production reunites Broadway's award-winning creative team led by Director Jack O'Brien and Choreographer Jerry Mitchell to bring *Hairspray* to a new generation of theater audiences. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return 11:00 PM.

#### Pretty Woman

SAFE Performing

Arts Center/

Broadway

on Tour

Tuesday, May 2

\$135 — LST415



The Musical, based on one of Hollywood's most beloved romantic stories of all time, springs to life with a powerhouse creative team led by two-time Tony Award®-winning director and choreographer Jerry Mitchell (*Hairspray*, *Kinky Boots*, *Legally Blonde*). Brought to the stage by lead producer Paula Wagner, features an original score by Grammy® winner Bryan Adams and Jim Vallance ("Summer of '69", "Heaven") and a book by the movie's legendary director Garry Marshall and screenwriter J.F. Lawton. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return 11:00 PM.

**Andrea Bocelli**  
Golden 1 Center -  
Sacramento  
Friday, May 12  
\$250 — LST433



The 2023 concerts will feature songs from Bocelli's wide-ranging repertoire, ranging from early fan favorites to his latest full-length studio album "Believe," as well as a selection of arias, his beloved crossover hits, and famed love songs. Price includes roundtrip motorcoach transportation, lower bowl seating, and driver gratuity. Wheels roll from OC at 6:15 PM for a 8:00 PM show ~ return 11:30 PM.

**Riverdance 25th Anniversary**  
Gallo Center for the Arts, Modesto  
Tuesday, May 16  
\$135 — LST427



Riverdance as you've never seen or heard it before. A powerful and stirring re-invention of this beloved favorite, celebrated the world over for its Grammy award-winning score and the excitement, energy, and dynamism of its Irish and International Dance. Twenty-five years on, renowned composer Bill Whelan brings this mesmerizing soundtrack back to life, completely revitalized for the first time since those original orchestral recordings. Price includes coach transportation and tickets in the Parterre section (ground floor). Wheels roll from the OC at 4:00 PM for a 7:00 PM show – return approximately 11:30 PM.

**\*Cirque du Soleil - Corteo**  
Golden 1 Center  
Saturday, August 5  
\$179 — LST447



Let your imagination take you on a fun-filled journey as we watch the amazing performers from Cirque du Soleil. Corteo, which means "cortege" in Italian, is a joyous procession, a festive parade imagined by a clown. The show combines the actor's passion with the acrobat's grace and power to plunge the audience into a theatrical world of fun and comedy, spontaneity situated in a mysterious space between heaven and earth. Our seats are located in the lower bowl and are in the center of all the action. Wheels roll from the OC at 1:30 PM for a 3:30 PM show ~ return approximately 7:00 PM.

ONLINE: SCLHRESIDENTS.COM

## – Sports –

**\*S.F. Giants vs. San Diego Padres**

Thursday  
June 22  
\$130 — LST448



Back by popular demand Club level seating!! Enjoy all the excitement of an interstate rivalry when you watch the Giants take on the Padres from our group's Club-level seating. Price includes roundtrip motorcoach transportation, Club level seating, and driver gratuity. Wheels roll from OC at 9:00 AM for a 12:45 PM first pitch ~ return 6:30 PM.

**Oakland A's vs. New York Yankees**

Thursday  
June 29  
\$199 — LST438



Watch all the action of America's pastime from our private suite while you munch on our included game day buffet. Sit in either our indoor seating or sit with the wind in your hair in our attached outdoor seats in the crowd. Either way you're sure to have a Grand Slam time watching the game. Trip includes round trip deluxe motorcoach, suite tickets, buffet lunch including non-alcoholic drinks (alcohol available for purchase), and driver tip. Wheels roll from OC at 9:30 AM ~ return 6:30 PM.

**\*S.F. Giants vs. Boston Red Sox**

Sunday, July 30  
\$195 — LST449



Catch the Giants take on one of baseball's most historic teams when they face off against the Boston Red Sox. Watch the action from our group Club level seating. Price includes roundtrip motorcoach transportation, Club level seating, and driver gratuity. Wheels roll from OC at 9:00 AM for a 1:05 PM first pitch ~ return 6:45 PM.

Overnight/Extended Travel

Bill Maher / Overnight Bally's  
S. Lake Tahoe

Saturday, March 11 to  
Sunday, March 12  
\$349 double occupancy  
\$499 single occupancy  
— LST434



Don't miss this chance to see Bill Maher, the comedian, writer, producer, political commentator, actor, and television host. He is known for the HBO political talk show "Real Time with Bill Maher" and the similar late-night show called "Politically Incorrect," originally on Comedy Central and later on ABC. In 2022, Maher started the podcast "Club Random." Enjoy reserved show seating, overnight accommodations in a classic room, motorcoach transportation, and driver gratuity. Wheels roll at 10:00 AM ~ return 2:00 PM.

**COMING SOON**

**Music Circus**  
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**S.F. Giants vs.  
L.A. Dodgers**  
October 1  
Tickets go on Sale April 17

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



Register at the Lifestyle Desk (OC/KS)  
or online on the Resident Website

\*Indicates on sale February 17

## Dance

### \*Belly Dance Class – L1

Fridays, March 3-31  
1:00 to 2:00 PM (KS)  
\$35 (five sessions)  
— LSC4334

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! Limited space. Instructor: *Ellen Russell*.



### \*Clogging – L1

Tuesday, March 7  
– Free Class  
Tuesdays, March 14-28  
9:30 to 10:00 AM (KS)  
\$24 (three sessions)  
— LSC4385

Never tried clogging before? Don’t know what it is? Come give it a try – *First Class on March 7 is Free!* It may be a little Dutch—but we don’t wear wooden shoes! Clogging is the American Folk Dance. Born out of the Appalachians with influences from England, Ireland, Scotland, Germany, Africa, and indigenous peoples. It’s lively, fun, and great exercise. Come sit and clog if you need to, but come join the fun. We will work at a relaxed pace developing skills in the foundations of clogging. Special attention to balancing skills. The balance of the month – work on foundations steps. Instructor: *Janice Hanzel*.



### \*Clogging – L2

Tuesdays, March 7-28  
10:00 to 11:00 AM (KS)  
\$40 (four sessions) — LSC3873

Review of all foundation and beginner Steps. We’ll start work on easy steps. Still working at a relaxed pace. Continue learning new steps and dances. 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 – Performance

Tuesdays, March 7-28  
11:00 to Noon (KS)  
\$40 (four sessions) — LSC3884

We will be practicing for upcoming shows. We will be rehearsing two major show dances and other routines as well. Focus will be on formations and memorization of routine. Be ready to work! Routines will be taught in L2 and L3 classes, or they will be via video. **Prerequisite:** Instructor approval. Must be available to perform for current show and signed up for either the L2 or L3/L4 or attend 3 of the required class sessions. **Vacation drop-in: \$15 per session.** Instructor: *Janice Hanzel*.

### \*Clogging – L3/L4

Tuesdays, March 7-28  
Noon to 1:00 PM (KS)  
\$40 (four sessions) — LSC4347

We are ramping up to start working on some solid Intermediate Level dances. Lots of new routines to learn and choose from. I have new routines from various workshops around the area. We will learn some easy dances to start with and progress rapidly to some more challenging dances. All levels are encouraged to participate. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. **Vacation drop-in: \$15 per session.** Instructor: *Janice Hanzel*.

### \*Clogging – Style Techniques – L4/L5

Thursdays, March 2-30  
9:30 to 11:00 AM (KS)  
\$50 (five sessions) — LSC4348

March’s focus will be Buck style. Here’s your chance to spend a lot of time learning and working on buck styling of clogging. We’ll find easy dances to use for practice. Instructor: *Janice Hanzel*.

**\*Country Couples Western Dance – L3/L4**

Mondays, March 6-27

6:00 to 7:00 PM (KS)

\$28 (four sessions) — **LSC3906**

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 & Georgi Dawson*.



**\*Hula - L1-L3**

Thursdays, March 2-30

1:00 to 2:00 PM (KS)

\$65 (five sessions) — **LSC3917**

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 at 916-521-0474 to learn about Hula basics instruction. Instructor: *Pam Akina*.



**\*Jazz Performance – L2-L4**

Tuesdays, March 7-28

1:00 to 2:00 PM (KS)

\$36 (four sessions) — **LSC3939**

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

**\*Line Dance, Country – L1-L4**

Fridays, March 3-31

3:00 to 4:00 PM (KS)

\$35 (five sessions) — **LSC4034**

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!**

– L2-L4

Mondays, March 6-27

5:00 to 6:00 PM (KS)

\$40 (four sessions)

— **LSC4275**

Let's have fun with "Just Dance!" Learn It! Love It! Dance it! Various steps, styles, and music make each class come alive based on genres of R&B, funk, pop, Latin, oldies, and country. Dance steps will include Jazz, Salsa, Belly Groove, and country. Anna's love for dance goes back to her childhood tap, jazz, and 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](mailto:annawoodsjustdance@gmail.com). Instructor: *Anna Woods*.



**\*Line Dance, Absolute Beginner – L1**

Thursdays, March 2-30

9:00 to 10:00 AM (KS)

\$35 (five sessions)

— **LSC4215**

Instructor: *Yvonne Krause-Schenck*

**OR**

Mondays, March 6-27

4:00 to 5:00 PM (KS)

\$28 (four sessions) — **LSC3951**

Instructor: *Cathy Paris*

The absolute beginner level dances are an introduction to line dance for people who have never line danced. Basic dance steps will be taught in short sequences to a variety of music. Dance terminology and dance floor etiquette will be introduced. The focus is to have fun and learn the skills required to move on to the next level of class.





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**\*Line Dance, Beginner – L2**

Thursdays, March 2-30

10:00 to 11:00 AM (KS)

\$35 (five sessions) — LSC4090

Instructor: *Yvonne Krause-Schenck***OR**

Thursdays, March 2-30

3:30 to 4:30 PM (KS)

\$35 (five sessions) — LSC4020

Instructor: *Cathy Paris***OR**

Fridays, March 3-31

2:00 to 3:00 PM (KS)

\$35 (five sessions) — LSC4045

Instructor: *Sandy Gardetto*

Beginner level dances are built upon the skills learned at the Absolute Beginner L1 class. Dances are suitable for those who have some previous dance experience. Many rhythms will be explored. The dances will be longer and contain new steps to add to what was learned in the introductory class.

**\*Line Dance, Improver – L3**

Wednesdays, March 1-29

9:00 to 10:00 AM (KS)

\$35 (five sessions) — LSC4056

Instructor: *Sandy Gardetto***OR**

Mondays, March 6-27

9:00 to 10:00 AM (KS)

\$28 (four sessions) — LSC4079

Instructor: *Yvonne Krause-Schenck*

The high beginner class is for those with previous dance experience and who have learned basic line dance skills. Additional patterns will be taught, and the steps will be more challenging. Dances will have turns and some tags, as well as restarts. (Prerequisite: Absolute Beginner - L1.)

**\*Line Dance, Intermediate – L4**

Wednesdays, March 1-29

10:00 to 11:00 AM (KS)

\$35 (five sessions) — LSC4067

Instructor: *Sandy Gardetto***OR**

Mondays, March 6-27

5:00 to 6:00 PM (KS)

\$28 (four sessions) — LSC4009

Instructor: *Cathy Paris*

Intermediate class will feature dances that are suitable for more experienced dancers. They have

mastered a comprehensive range of step patterns and movements. Dance patterns may be longer and faster than the previous levels. The dances will offer new challenges and a variety of step combinations and rhythms. Achieving this level of dance is not only fun but rewarding as well. (Prerequisite: Improver – L3.)

**\*Line Dance 4 Fun, Improver - L3**

Thursdays, March 2-30

4:30 to 5:30 PM (KS)

\$35 (five sessions) — LSC3998

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



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**\*Line Dance, Advanced – L5**

Thursdays, March 2-30

5:30 to 6:30 PM (KS)

\$35 (five sessions) — **LSC3963**

Advanced dances will be featured in this class, suitable for the more experienced dancer. Dances will be taught at a faster pace to a smaller group. If you have a good foundation and are comfortable with beginner or intermediate dances, you will be able to master these. Come and join this enthusiastic group and see how much fun you can have. **Prerequisite:** L3/L4, or L4. Instructor: *Cathy Paris*.

**\*Tap – L1**

Mondays, March 6-27

11:00 AM to Noon (KS)

\$44 (four sessions) — **LSC4115**

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*.

**\*Tap - Technique**

Mondays, March 6-27

10:00 to 11:00 AM (KS)

\$44 (four sessions) — **LSC4101****OR**

Tuesdays, March 7-28

10:00 to 11:00 AM (KS)

\$44 (four sessions) — **LSC4129**

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

**Education****\*Great American Songbook**

Mondays, March 6-27

9:00 to 11:00 AM (OC)

\$20 (four sessions) — **LSC4383**

Last March, my class was offered – “A Listeners Guide to Jazz.” I am also a fan, not a musician, of the Great American Songbook and want to share with you some of my favorites from this great American art form. We will start with songs by the great five composers and lyricists and proceed to the other unforgettable songs by other outstanding composers and lyricists. As this course proceeds, you will

be invited to share some of your favorites with us. Instructor: *Wally Etterbeek*.

**\*History of Jazz (1942 -1970s)**

Wednesdays, March 1-29

*(no class March 8)*

1:00 to 3:00 PM (KS)

\$40 (four sessions) — **LSC4255**

We will conclude our journey through the history of that truly American art form... Jazz. Picking up where part 3 ended, we will explore the many different forms of Jazz that emerged in the middle of the 20th century and show how great Jazz artists became ambassadors for their music in the fields of Education, Movies, Dance, and Broadway. We will hear those great musicians who experimented with and expanded Jazz to have a great influence on every type of music we listen to today. Join us as we take our final wild ride through the History of Jazz. Instructor: *Ray Ashton*.

**Music****\*Folk Guitar for Fun Folks – L1**

Tuesdays, March 7-28

1:00 to 2:00 PM (KS)

\$40 (four sessions)

— **LSC4351**

Have fun learning the guitar, no prior music knowledge or good singing voice is necessary. Emphasis is on playing chords to familiar songs while singing and having fun with fellow guitarists. Folk songs from the '50s, '60s and '70s will be taught. Basic music theory will be shown, plus how to choose and purchase a guitar and guitar aides will be discussed. Instructor: *Darrell Effinger*.

**\*Folk Guitar – L2**

Tuesdays, March 7-28

2:00 to 3:00 PM (KS)

\$40 (four sessions) — **LSC4352**

This class is an intermediate class (level L2) with an emphasis on harder chord fingerings, more transitions of chords in songs, different strumming patterns, and various fingerpicking styles used by folk artists. The class can be taken in conjunction with the beginning class, as long as the student feels comfortable, they have met this prerequisite, and their fingers

can withstand the pain! Instructor: *Darrell Effinger*.  
**Prerequisite:** Knowledge of guitar playing using basic chords while doing a simple strum and singing (no vocal training required).

## Visual Arts & Crafts

### \*Card Making – L1/L2

Fridays, March 10 & 24

9:00 AM to Noon (KS)

\$30 (two sessions) — LSC4306

Have you ever wanted to make a greeting card, but you weren't sure how to get started? Then this class is for you. (L1/L2 = introduction/beginning levels)

This class will teach you all of the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards at each session. This is a fun three-hour class. All supplies and tools will be provided. Class size is limited, so sign-up early to reserve your space. Instructor: *Dottie Macken*. Registration deadline February 28.



### \*Card Making – L3/L4

Mondays, March 6 & 20

9:00 AM to Noon (KS)

\$30 (two sessions)

— LSC4267

**OR**

Wednesdays, March 8 & 29

9:00 AM to Noon (KS)

\$30 (two sessions) — LSC4380

This class is the intermediate/advanced level (L3/L4) of card making and 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 February 28.



### \*Ceramics – L1-L3

Thursdays, March 2-30

9:00 to Noon (OC)

\$80 (five sessions) — LSC4361

**OR**

Tuesdays, March 7-28

1:00 to 4:00 PM (OC)

\$64 (four sessions) — LSC3849

This is an introductory class for residents who



have never worked with clay and continuing students who want to continue to develop their skills. This course covers basic hand-building and wheel-throwing techniques, 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

Thursdays, March 2-30

1:00 to 4:00 PM (OC)

\$80 (five sessions) – LSC3861

**OR**

Tuesdays, March 7-28

9:00 AM to Noon (OC)

\$64 (four sessions) — LSC3837

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*.



### \*Chalking –

#### Welcome Sign

Friday, March 3

9:00 to 11:00 AM (KS)

\$35 — LSC4343

\$20 supply fee paid to instructor

Learn how to use silk screen transfers and chalk paste to create a lovely welcome sign customized to say "Welcome to Our/My Home" and your house number. The sign measures 13" to 16" across - perfect for your front door. You will chalk the design in three colors. Instructor: *Christy Frank*. Registration deadline: March 14.



### \*Chalking –

#### Wooden Jar

Friday, March 17

9:00 to 11:00 AM (KS)

\$30 — LSC4344

\$10 supply fee paid to instructor

Learn how to use silk screen transfers and chalk paste to create a wooden jar to accent your kitchen decor. Choose from several sayings and colors! The jar measures 5" x 8". You will chalk the design in two colors and embellish it with ribbons. Instructor: *Christy Frank*. Registration deadline: March 1.



**\*Fused Glass Jewelry**

Monday, March 13-27  
9:00 AM to Noon (KS)  
\$60 (three sessions)

— **LSC4140**

\$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'll 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, March 6  
1:00 to 4:00 PM (OC)  
\$20 — **LSC4350**

\$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 wear it proudly to any get-together. Fun class. Instructor: *Nancy Niche - Lincoln Jewelers*.

**\*Mixed Media Art Journaling**

Tuesday, March 14 & 28  
9:00 AM to Noon (OC)  
\$45 (two sessions) — **LSC3801**

\$5 supply fee paid to instructor

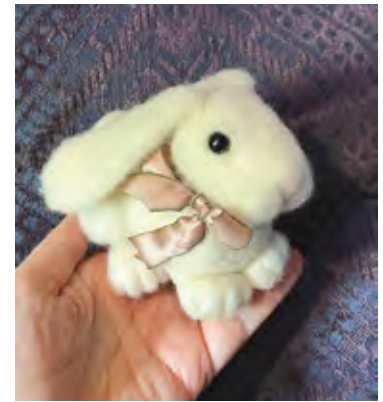
A variety of media will be used as we "play" on our art journals' pages. Learn how to visually and artistically record your days and express yourself while exploring color theory, composition, balance, and texture. You will create interesting, interactive mixed media pages in a journal. Supplies needed: 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:  
"Easter Bunny"**

Mondays  
March 20 & 27  
Noon to 3:00 PM (OC)  
\$35 (two sessions)  
— **LSC4328**

\$15 supply fee paid to instructor

Using wool fiber and special needles, we'll sculpt this sweet Easter bunny over the course of two classes. All supplies will be provided. Most people find the repetitive motion of poking the fiber to be relaxing, but it can aggravate conditions such as arthritis. Instructor: *Donna Miller*.

**\*Needle Felting:  
"Sleeping Fox"**

Monday, March 6  
Noon to 4:00 PM (OC)  
\$35 — **LSC4353**  
\$15 supply fee paid to instructor

Using wool fiber and special needles, we'll sculpt this sleeping fox project in this one workshop. 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. Instructor: *Donna Miller*.

**\*Oil and Acrylic Painting  
— L4/L5**

Wednesdays, March 1-29  
9:00 to 11:30 AM (OC)  
\$100 (five sessions)  
— **LSC3813**

Learn new ways to paint and polish your skills. Emphasis will be on acrylics, but pastel techniques will also be covered. Art demos will be done on a regular basis with group critiques and individual instruction. Optional projects may be offered once or twice per month. Visit [www.sandyindblad.com](http://www.sandyindblad.com). Email Sandy at [sandski2@yahoo.com](mailto:sandski2@yahoo.com) prior to class regarding supplies. Instructor: *Sandy Lindblad*.



**\*Quilting - Beginning**

Fridays, March 10-24

1:00 to 5:00 PM (OC)

\$65 (three sessions) — **LSC4340**

This class is for the beginner quilter and will cover the fundamentals of quilting and making a quilt top. Over a period of 3 weeks, you will learn how to select fabrics for a quilt, how to cut using a rotary cutter, how to accurately sew ¼" seam allowance, and practice correct pressing techniques. You will learn time-saving tips for construction of the quilt blocks. One block will be done in class, and some blocks may be done as homework. This class is for the beginner quilter or a great review for the new quilter. Please request a supply sheet. Instructor: *Betty Kisbey*.

**\*Sip and Paint:****"Jacaranda"**

Friday, March 24

5:00 to 8:00 PM (OC)

\$65 — **LSC3825**

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](http://unniart.com).

**\*Watercolor Materials - Introduction**

Thursday, March 2

1:30 to 3:30 PM (OC)

\$6 — **LSC4192**

Interested in taking up watercolor? Come to this class to learn what materials are needed. Learn to spend your money wisely and not waste money on inferior supplies. Learn the basics for choosing paint, brushes, and paper, increasing the odds of producing a successful painting. There is a hand-out with a detailed reference guide on where to shop and what to purchase for the Watercolor-Beginning class. Instructor: *Faye August* 916-209-3643 or [watercolorist55@gmail.com](mailto:watercolorist55@gmail.com).

**\*Watercolor - Beginning**

Thursdays, March 9-30

1:30 to 4:00 PM (OC)

\$100 (four sessions) — **LSC4387**

Learn the fundamental skills for painting in watercolor. Included are essential brush strokes, controlling water and pigment mixes, and using values, shapes, and texture for dynamic paintings. Techniques include color mixing, using the color wheel, and understanding four critical design elements Color, Shape, Value, and Texture. Practice exercises combine techniques to create simple paintings. Participants will receive weekly emails containing reference materials and practice drills. Attend the Watercolor Materials - Introduction class to learn what materials are needed for class. Instructor: *Faye August* 916-209-3643 or [watercolorist55@gmail.com](mailto:watercolorist55@gmail.com).

**\*Watercolor - Continuing**

Thursdays, March 2-30

(no class March 23)

9:00 to 11:30 AM (OC)

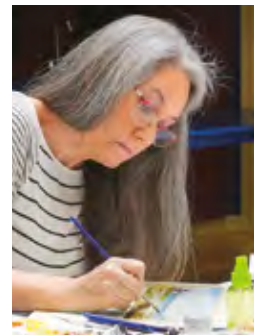
\$80 (four sessions) — **LSC4180****OR**

Thursdays, April 13-27

9:00 to 11:30 AM (OC)

\$60 (three sessions) — **LSC4181**

This is a self-directed watercolor-based media workshop. This class combines demonstrations, discussions, and self-critiques by allowing participants to expand their understanding of using color, shape, value, and texture in creating their art pieces. The instructor will work one-on-one with each participant addressing their specific needs. This is not a beginning class for people wanting to learn to paint. This class is open to watercolor or acrylic painters and will be limited in size to allow for individual one-on-one work. **Prerequisite:** Previous painting experience is required. Instructor: *Faye August* 916-209-3643 or [watercolorist55@gmail.com](mailto:watercolorist55@gmail.com).

**\*Watercolor - Landscape Elements**

Thursdays, April 6-27

1:30 to 4:00 PM (OC)

\$100 (four sessions) — **LSC4193**

This class focuses on using the basic watercolor skills and techniques covered in Part 1. We will expand your understanding of color, incorporating shapes, value, and textures to create landscapes. Learn to paint different skies/sunsets/sunrises

with and without clouds and trees, painting leaves and foliage, rocks, and water. Learn how to use foreground, background, and negative painting to create dimension and depth in a painting. **Prerequisite:** Basic painting skills. Instructor: *Faye August* 916-209-3643 or watercolorist55@gmail.com.

**Wool Embellishments, Part 3**

Monday, March 13  
9:00 AM to Noon (OC)  
\$35 — LSC4287

\$10.00 supply fee paid to instructor

This class is a continuation of Wool Embellishments Part 2. You will be learning more advanced embellishing techniques for wool using your own project from previous classes. Using Sue Spargo’s book, *Creative Stitching, 2nd Edition*, you will learn to use a variety of unique embellishing techniques, including Sue’s threads, ribbons, and special composition threads supplied by the teacher. You will also practice adding fabrics to complement the design of your project. Please request a supply sheet. Limited to 8 students Instructor: *Betty Kisbey*.

**Wool Embellishments, Part 4**

Monday, April 17  
9:00 AM to Noon (OC)  
\$35 — LSC4379

\$10 supply fee paid to instructor

This class is a continuation of Wool Embellishments Part 3. You will be practicing more advanced techniques using your own wool project from previous classes. You will practice decorative stitches and work with special threads. Instructor will provide miscellaneous decorative threads. Please request a supply sheet. Limited to 8 students Instructor: *Betty Kisbey*.



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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 the 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, March 7**  
3:00 to 4:00 PM
- **Wednesday, March 15**  
3:00 to 4:00 PM

#### Fitness Floor (KS)

- **Wednesday, March 1**  
1:00 to 2:00 PM

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

*Events go on sale on the 17 of each month. Register at Orchard Creek and Kilaga Springs Fitness 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.*

ONLINE: SCLHRESIDENTS.COM

## Mindful Movement

### Meditate

Mondays, March 6-27  
4:10 to 5:10 PM  
Aerobics Room (OC)  
\$72 (four sessions)



Leave your stress at the door and start your week off right! Join Sheri each week as we take on a new topic and then 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. Week four, why it is important to cultivate gratitude, and finally, we will learn how to manifest our best life. Instructor: *Sheri Mandell, HHC.*

### Mind-Body Balance

Wednesday, March 1  
4:10 to 5:10 PM  
Aerobics Room (OC)  
\$20



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. This class will be offered on the first Wednesday of every month. Instructor: *Sheri Mandell, HHC.*

### Mindfulness and Meditation

Thursdays, March 2-30  
4:30 to 5:30 PM  
Aerobics Room (OC)  
\$90 (five sessions)



Come and experience the unexpected power of "Clear Mind," "Open Heart," and "Mindfulness Meditation." Mindfulness and meditation are mirror-like reflections of each other; mindfulness supports and enriches meditation, while meditation nurtures and expands mindfulness. Known to release "happy" chemicals (Endorphins,

Serotonin, Oxytocin & Dopamine) in the brain, which lowers blood pressure, improves digestion, and relaxes tension around pain. Simple to practice and wonderful in effect. Instructor: *Jennifer Zehnder*.

**New! Tai Chi drop-in passes: \$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, pending class availability. Please call ahead to check the status.**

### Tai Chi / Qigong L1

Fridays, March 3-31

2:00 to 3:00 PM

Aerobics Room (OC)

\$65 (five sessions)

**OR**

Tuesdays, March 7-28

2:00 to 3:00 PM

Aerobics Room (OC)

\$52 (four sessions)

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



### Tai Chi / Qigong L2 - Form 24

Thursdays, March 2-30

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

\$65 (five sessions)

This is not a beginner class. Having some familiarity with the foundation of the Yang 24 form, Level 2 expands the foundations and breaks down the intricacies of the moves. We will take a deeper look at the moves emphasizing posture, breathing techniques, and releasing. The class begins with a warm-up, including Qigong moves, then moves on to form practice. Qigong's mindful movements help move blood and oxygen around the body, nourishing the organs and tissues. Qigong helps improve balance, proprioception, flexibility, and strength. Instructor: *Shifu Anney Siegel-Wamsat*.

### Tai Chi / Qigong L3

Tuesdays, March 7-28

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

\$52 (four sessions)

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

### Walking Meditation

Wednesday, March 15

4:10 to 5:10 PM

Aerobics Room (OC)

\$20

Have you wanted to explore meditation, but the idea of sitting still is keeping you from trying? Then a walking meditation may be for you. It blends the perks of physical activity with mindfulness, creating a powerful win-win. It is the practice of becoming more aware of your surroundings by walking in silence and keeping your thoughts in the present moment. There will be a discussion before and after the walk. Take the time to enjoy our Wetlands Trail and connect with nature and your body in a whole new way! Meet in the OC Aerobics room. Instructor: *Sheri Mandell, HHC*.



### Why Your Breath Matters

Mondays, March 13-27

2:00 to 2:30 PM

Aerobics Room (OC)

\$45 (three sessions)

When you engage in breathing exercises or simply breathe effectively, you can: reduces stress/anxiety, improve your cognitive skills, lower your heart rate, reduce your blood pressure, boost your immune system, improve your circulation, and improve your core muscles. Students have the option to be seated in a chair, on the floor, or standing throughout the class. Take this class to promote your overall physical well-being. It will transform the way you think and feel about your breath. Instructor: *Nina Baldi*.





## Nutrition

### 30-Day Sugar Detox

Tuesdays, March 7-28  
11:00 AM to Noon  
Multipurpose Room  
(OC)  
\$72 (four sessions) +  
\$15 supply fee paid to  
the instructor first day  
of class.



Science has discovered that sugar is keeping Americans overweight; it is the leading cause of heart disease and begins premature aging. The good news is you can eliminate sugar from your diet and lose unwanted pounds, have a more radiant appearance, and feel better. There is no one person who wouldn't benefit from a little less sugar in their life. Join the 30-day detox challenge and have comradery with others along the way. Receive recipes, tastings, and tips to keep you going. Registration deadline: March 3. Instructor: *Sheri Mandell, HHC.*

### Mediterranean Madness - Healthy Kitchen

Friday, March 24  
1:00 to 2:00 PM  
Placer Room (KS)  
\$20 + \$15 supply fee  
paid to instructor at  
the beginning of class



In the 1950s, it was noted that heart disease was not as common in the countries that border the Mediterranean Sea as it was in the US. Since then, numerous studies have confirmed that the Mediterranean way of eating is one of the healthiest in the world. Join us as we dive into this delicious cuisine. We will be making and trying a wonderful Quinoa salad in class and will be taking home the recipes for Chickpea Salad, Greek Salad, and an easy Mediterranean Chicken Bowl. Registration deadline: March 21. Instructor: *Sheri Mandell, HHC.*

### Sensational Soups – Healthy Kitchen

Friday, February 24  
1:00 to 2:00 PM  
Placer Room (KS)  
\$20 + \$15 supply fee  
paid to instructor on  
first day of class



What is the one thing we all love to cozy up to when the weather turns cold? A big bowl of soup! Not only will soup warm you up when the temperatures drop, but it can also be an easy way to increase your daily veggie intake. So, invite your friends and family over to enjoy a bowl of deliciousness. We will be making a Tomato Basil Soup that will leave you warm and satisfied. You will also be taking home recipes for healthy versions of some of your old favorites like Chicken Noodle and Split Pea, or perhaps gain a new favorite in Tuscan Bean and Kale. Registration deadline: March 21. Instructor: *Sheri Mandell, HHC.*

### Spring Cleaning - For Your Body!

Friday, March 24  
& Monday-Friday  
March 27-31  
4:00 to 5:00 PM  
Computer Room  
(OC)  
\$225 (six sessions)



Guided 5-Day ProLon Cleanse includes all food/drinks and support during your 5-day cleanse for a successful restart! Friday, March 24, you will receive your box and education, then Monday, March 27, the cleanse begins. Backed by science, some of the benefits include cellular rejuvenation, fat-focused weight loss, changes your relationship with food (breaking bad habits), improved mood, enhanced mental clarity, healthier- younger looking skin, convenience ~ everything you need is provided. What is holding you back? Please reach out to the instructor for questions at [Nina.Baldi@sclhca.com](mailto:Nina.Baldi@sclhca.com). Registration deadline: March 15. Instructor: *Nina Baldi.*



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Register at the WellFit Desk (OC/KS)  
or online on the Resident Website

## Personal and Clinical Training

Personal training is convenient, efficient, and individualized for your specific goals. Whether your goals are strength, endurance, or rehab-related, we have a trainer for you. All of our trainers are highly qualified and have different specialties and strengths. To learn more about personal training and/or clinical training or about our trainers and their qualifications, contact Rex Owens. You can also visit the Resident Website under WellFit/Personal Training/meet the trainers. Please respect a 24-hour cancellation policy.

### Training Services

- **One-on-One Training:** One client and one trainer. One hour session cost is \$59, half-hour session \$39.  
**New Packages:** One client and one trainer. One hour session. Package of 3, \$54 each. \$162 total.
- **Clinical Training:** One client and one trainer. One hour session cost is \$69, 3 session package is \$180 (\$60 each). Half-hour session \$45, 3 session package is \$120 (\$40 each).
- **Buddy Training:** Two clients and one trainer. It is more fun to work out with a friend. One hour session \$34 per person. Each billed for shared session.
- **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 trainer, medical history, talk about and establish goals. Posture Assessment. Trainer assesses general ability level. Half-hour session \$39.
- **ZIBRIO Balance Scale:** Get your balance score. Created by NASA/MIT. Learn what

to do for better balance. One hour session \$59.

- **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.

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

## Personal Improvement

### Better Balance - Fall Prevention - New

Tuesdays & Thursdays  
February 21 - March 16  
12:55 to 1:55 PM  
Aerobics Room (OC)  
\$144 (eight sessions)



This is a combined educational & exercise experience that addresses areas necessary for fall prevention, including core strengthening, balance, reflexes, flexibility, muscle strengthening, and biomechanics. Educational portions will include but are not limited to: proper footwear, successfully navigating one's environment, how to prevent falls, and identifying potential safety hazards. Instructor: **Darian Harris, OTS.**

### CPR AHA Heart Saver Adult First Aid/CPR/AED

Tuesday, May 10  
9:00 AM to Noon Multimedia Room (OC)  
\$15 (reduced pricing: Lincoln Hills Foundation is partnering with WellFit to help reduce costs.)

The course teaches the basic techniques of adult CPR, the use of an AED, and how to administer First Aid to choking victims and for basic injuries such as bleeding. You do not have to be strong to do it because you use your body weight to give the compressions instead of pushing down with your muscles. You do not have to be medically trained to save a life, you just need to know how and when to give CPR. Sign-ups begin April 17. Instructor: **Rex Owens.**

### Hypnosis for a Good Night's Sleep

Thursday, March 2  
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. Instructor: **Kelley Moreno CHt.**

### Karate - Traditional Shotokan

Saturdays, March 4-25

10:50 AM to 12:50 PM

Aerobics Room (KS)

\$20 (four sessions)

The instructor **Al Trimarchi** is a member of the International San Ten Karate Association and has over 48 years of experience teaching the JKA Shotokan style of traditional karate, one of the most widely practiced martial arts. This training has its feet firmly rooted in the traditions and skills of Japan's ancient martial arts while embracing the technical refinement made possible by the awareness of modern scientific knowledge. For more information about the International San Ten Karate Association, please visit [santenkarate.com](http://santenkarate.com).



### Living with Knee Pain

Wednesdays, March 22 & 29

1:00 to 2:00 PM

Multimedia Room (OC)

\$45 (two sessions)

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



### Static in the Attic

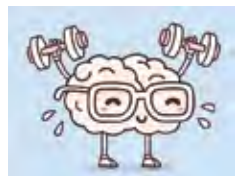
Friday, March 10

9:30 AM to Noon

Multipurpose Room (OC)

\$45

Are you experiencing more word-grope syndrome and "senior moments?" Are you frustrated because you can't remember the names of people but recognize faces? Come find out why these occur and what you can do about it. We will cover current scientific information about the components of memory and how memory changes with age, plus tips and techniques for improving



memory. Extensive materials and handouts are included. Instructor: **Alice Jacobs Ed.D, MA, MS, MCHES Director, [braingain.info](http://braingain.info).**

### 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](mailto: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 monthly.***

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 Danielle creates it. 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.

### Pilates Reformer - Introduction to Movement

Tuesdays, March 7-28

4:00 to 5:00 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. Start moving your body in a healthy way. Instructor: *Sandra Rusconi, Reformer Specialist.*

### 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.

## Pop Up Classes

### Valentine's Massage and Release

Friday, February 17

12:55 to 1:55 PM

Aerobics Room (OC)

\$6

Purchased "The Stick," or curious about it? Let us teach you how to maximize your pain relief, de-stress and learn to use it on your partner. Catch the spirit of Valentine's Day with some heart-healthy relaxation and join us for a "Let's End Valentine's Day Week" showing love and being relaxed! NOTE: Please bring your massage stick (to purchase, visit either OC or KS WellFit). Instructors: *Rex Owens, WellFit Training Team, and Danielle Merrill.*



## Punch Pass and Fast Pass Classes

Punch Pass and Fast Pass classes are drop-in, group exercise classes on a first-come, first-served basis in our KS and OC Aerobics Rooms as well as the OC pool. You may arrive and sign in up to one hour before the start time of the class. Punch Pass Classes are \$5.50 each and 55 minutes. Fast Pass Classes are \$3.50 and can only be used in our 30-minute classes. Punch 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 Punch Passes or Fast Class Passes, and all passes expire one year after purchase. For a list of class descriptions, please refer to the Resident Website under WellFit. Guests must pay \$7 per Punch 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.**

**\*Punch Passes and Fast Passes expire one year after the purchase date.**

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

**Premium Punch Pass Deal.** Buy a package of 50 Punch Passes and receive a 10% discount. Normally \$275, with the discount only pay \$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/](https://sclhresidents.com/WellFit/) Punch Pass Classes, pick up a class schedule at our Front Desks, or scan our QR code with your smartphone camera.**



## 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 & Wednesdays  
March 6-29  
2:00 to 3:00 PM  
Aerobics Room (KS)  
\$136 (eight sessions)

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



### Bootcamp – Progressive L2/L3

Mondays & Wednesdays  
March 6-29  
3:05 to 4:05 PM  
Aerobics Room (KS)  
\$136 (eight sessions)

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



### Boxing – Rock Steady

Tuesdays, March 7-28  
2:00 to 3:00 PM  
Aerobics Room (KS)  
\$68 (four sessions)  
Instructor: *Craig Wasley*

#### OR

Thursdays, March 9-30  
2:00 to 3:00 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 & Thursdays  
March 7-30  
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*.



### ParkinsonStrong Combo

Mondays, March 6-27  
4:10 to 5:10 PM, Aerobics Room (KS)  
\$68 (four sessions)

#### OR

Thursdays, March 9-30  
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 & Balance L1/L2

Mondays & Wednesdays, March 6-29  
12:55 to 1:55 PM  
Aerobics Room (KS)  
\$136 (eight sessions)  
Instructor: *Renae Schmidt*

#### OR

Tuesdays & Thursdays, March 7-30  
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 right stretches to allow for improved posture, which can take the pressure



off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility.

### TRX Circuit L2

Tuesdays & Thursdays

March 7-30

12:55 to 1:55 PM

Aerobics Room (KS)

\$136 (eight sessions)

Instructor: *Craig Wasley/MaryAnn DePietro*



### OR

Wednesdays, March 8-29

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

\$68 (four sessions)

Instructors: *John Ramos*

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 & Stretch

Mondays & Wednesdays, March 6-29

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

Wednesdays, March 1-29

10:45 to 11:45 AM and also

11:50 AM to 12:50 PM

Indoor Pool (OC)

\$85 (five sessions)

Instructor: *Nina Baldi*



### OR

Fridays, March 3-31

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

\$85 (five sessions)

Instructor: *Lisa Fisher*

Therapeutic-style exercise program in the pool. The warm water helps increase circulation, respiratory rate, muscle metabolism, strength, flexibility, and ease of movement. Exercises in the water work to relieve

pain through decreased weight-bearing and reduced joint stress. Meet in the pool area by the benches, dressed for the pool, and the trainer will assist you in/out of the pool and be in the pool with you. The trainer is unable to help students in/out of the locker rooms or parking lot. Don't forget your towel.

## Sports Plaza - Lessons

### Pickleball – Introduction

Wednesdays

9:30 to 11:00 AM

Pickleball Courts

Free



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

### Pickleball-Intermediate Clinic

Wednesday, March 15

11:00 AM to 12:30 PM, Multi-Court

\$45

Skill Level 3.0-3.75 Minimum/Maximum: eight students

“The Volley” will be the topic of this clinic. Ian will demonstrate the volley exchange, volley put away and volley lob. Coaches critique will be provided during game time play portion of the clinic. Instructor: *Ian Dickson, Pickleball Pro*.

**Pickleball Training Services – Purchase at Fitness Centers or through Online Enrollment at [sclhresidents.com](http://sclhresidents.com)**

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

*\*Pickleball Training Policy: There are no refunds, and all training expire 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.*

*\*For small group training, clinics or camps, please see online enrollment – WellFit or inquire with Ian. For questions, email: Danielle.Merrill@sclhca.com.*

**How to Set Up Training Services with the Pickleball Professional**

1. Purchase a training service at the Fitness Center front 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.*

**Tennis - Introduction**

Thursdays, 11:00 AM to Noon  
 Multicourt #11  
 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.

**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 presently have three dynamic Wellness Coaches ready to book appointments at Orchard Creek WellFit. 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:

- Nina.Baldi@sclhca.com
- Sheri.Mandell@sclhca.com
- Alice.Vestergaard@sclhca.com

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**\*Senior Discounts\***

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OC WellFit Class Schedule February/March 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Instructor Training OC	OC	OC	OC	OC	OC	OC
8:35	Zumba Toning L2 Joanie	Step L2/L3 Kim	Core-N-Strength L2/L3 Shirley	Step L2/L3 Kim	Strength & Athletic Stretch L2 - Helena		
9:40	20/20/20 L2/L3 Gretchen	Core-N-Strength L2/3 Kim	Strictly Strength L2/3 Katie	Core-N-Strength L2/3 Kim	Yoga Basics & Flow L2 Amy		
10:45	<b>New Format!</b> Yoga Foam Roll L1/L2 Gretchen	Yoga Flow L2 Amy	Slow Flow Yoga L2/3 Katie	Restore, Balance & Flow Yoga L1/L2 Jennifer	Roll, Relieve, Restore L1/L2 - Gretchen		10:20 - 11:15am Low Impact Cardio Aerobics & Stretch L1-L3 - Shirley
11:50	Zumba Gold Seated L1 Joanie	Sit & Be Fit L1 Joanie	Staying Active with Arthritis L1 - Joanie	Sit & Be Fit L1 Lisa	Staying Active with Arthritis L1 - Joanie		
12:55	Stretch 101 L1/L2 - Lisa	<b>New!</b> Better Balance - Fall Prevention L1 - Dorian	TBA	<b>New!</b> Better Balance - Fall Prevention L1 - Dorian	Pop-Up! February 17 Valentine's Massage & Release - Rex & Danielle		SCLH Booking 11:30 to 4:00 PM
2:00	2:00 - 2:30pm January Why Your Breath Matters Nina	Tai Chi / Qigong L1 Anney		Tai Chi / Qigong L2 Anney	Tai Chi / Qigong L1 Anney		
3:05	Chair Yoga L1 Amy	Full Body Mobility L1 John		Full Body Mobility L1 John	Tai Chi / Qigong L3 Anney		
4:10	Why Meditate? Sheri		1st Wednesday each month Mind, Body, Balance - Sheri	4:30 - 5:30pm in March Mindfulness & Meditation - Jennifer			
5:30	5:30pm Yin Yoga L1-L3 Nina					SCLH Booking 4:10 to 7:00 pm	
Punch Pass - Group Exercise Classes 55 minute \$5.50		Wellness Classes session based, sign-up ahead each month					
Fast Pass - 30 min Group Exercise Class \$3.50		SGT - Small Group Training (55-60 minutes) session based, sign-up ahead					
Pop-Up Classes - once a month - price, instructor, location, time varies. Please sign up in advance at Fitness front desk or online enrollment - sclhresidents.com							
L1 - beginner L2 - intermediate L3 - advanced *More information see the Resident Website under WellFit							

CLASS CANCELLATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time. Thank you for understanding.

SCAN QR CODE TO DOWNLOAD SCHEDULE ONTO YOUR PHONE



KS WellFit Class Schedule February/March 2023


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	All Cycle L1-L3 <i>Helena</i>	30-Minute Cycle L1 <i>Helena</i> <b>8:00 - 8:30am</b>	All Cycle L1-L3 <i>Erin</i>			All Cycle L1-L3 <i>Helena</i>	
8:35	Cardio Strength L2/L3 <i>Helena</i>	Strength & Athletic Stretch L2 - <i>Helena</i>	Yoga Flow L1/L2 <i>Erin</i>	Zumba & Toning L2 <i>Ruby</i>	Low Impact Cardio Aerobics & Stretch L2 <i>Beth</i>	Cardio Strength L2/L3 <i>Helena</i>	
9:40	Strength Barre Fusion L2/L3 - <i>Katie</i>	Zumba Gold L2 <i>Joannie</i>	Pilates L1/L2 <i>Erin</i>	Piloga & Props L1 <i>Cynthia</i>	Strength & Athletic Stretch L2 - <i>Beth</i>	Yin Yoga L1-3 <i>Helena</i>	March 19th Karate Training 10:00 AM to Noon
10:45	Yin Yoga L1-L3 <i>Katie</i>	Posture, Core & Balance L1/L2 - <i>MaryAnn</i>	Zumba Gold L1/L2 <i>Joannie</i>	Posture, Core & Balance L1/L2 - <i>MaryAnn</i>	Restorative Yoga L1-3 (all levels) - <i>Nina</i>		
11:50	TRX Strength & Stretch <i>Gina</i>	Fun'tional Fit L3 <i>Deanne</i>	TRX Strength & Stretch <i>Gina</i>	Fun'ctional Fit L3 <i>Deanne</i>	Rock Steady Boxing <i>Gina</i>	Traditional Shotokan Karate L1/2 - <i>Al</i>	SCLH Booking 12:00 to 2:00 PM
12:55	Posture, Core & Balance L1/L2 - <i>Renee</i>	TRX Circuit L2 <i>Craig</i>	Posture, Core & Balance L1/L2 - <i>Renee</i>	TRX Circuit L2 - <i>MaryAnn</i>	Wai Dan Gong L1 <i>Joan</i>		
2:00	Balance and Fall Prevention - <i>Renee</i>	Rock Steady Boxing <i>Craig</i>	Balance and Fall Prevention - <i>Renee</i>	TBA	TBA		
3:05	Progressive Bootcamp L2/L3 - <i>John</i>	3:10pm Tai Chi / Qigong L3 - <i>Anney</i>	Progressive Bootcamp L2/L3 - <i>John</i>	ParkinsonStrong Combo L1 - <i>Valerie</i>			Shuffleboard 2:00 to 5:00 PM
4:10	ParkinsonStrong Combo L1 - <i>Valerie</i>		TRX Circuit - <i>John</i>		Shuffleboard 3:05 to 6:00 PM		
4:45		Karate 4:45 to 6:00 PM					
6:00		Water Volleyball 6:00 to 6:30 PM			SCLH Booking 6:00 to 8:00 PM		
	Punch Pass - Group Exercise Classes \$5.50 minute		Wellness Classes session based, sign-up ahead each month				
	Fast Pass - 30 min Group Exercise Class \$3.50		SGT - Small Group Training (55-60 minutes) session based, sign-up ahead				
	L1 - beginner L2 - intermediate L3 - advanced *More information see the Resident Website under WellFit						

CLASS CANCELLATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time. Thank you for understanding.

SCAN QR CODE TO DOWNLOAD SCHEDULE ONTO YOUR PHONE




OC Aqua WellFit Water Walking/Volleyball/Class Schedule February/March 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	Water Walking drop-in OC	Water Walking drop-in OC	Water Walking drop-in OC	Water Walking drop-in OC	Water Walking drop-in OC	Water Walking drop-in OC	Water Walking drop-in OC
7:30	Aqua Surge L2/L3 sub	Water Walking drop-in	Aqua Surge L2/L3 sub	Water Walking drop-in	Aqua Surge L2/L3 sub		
8:35	Power Waves L3 Jennifer	8:45am Aqua Intervals L2/L3 sub	Power Waves L3 sub	8:45am Aqua Intervals L2/L3 Lisa	Power Waves L3 sub		
9:40	Splash L2 Joonie	9:50am Aqua Intervals L2/L3 + Deep Water - Helena	Fluid Moves/Splash L1/L2 - Nina	9:50am Aqua Intervals L2/L3 + Deep Water - Lisa	Splash L2 Lisa	Water Walking drop-in	Water Walking drop-in
10:45	Fluid Moves L1 Lisa	Water Walking drop-in	SGT - Therapeutic Water Exercise - Nina Shared with Water Walking Drop-In	Water Walking drop-in	SGT - Therapeutic Water Exercise - Lisa Shared with Water Walking Drop-In		
11:50	Water Walking drop-in	Water Walking drop-in	SGT - Therapeutic Water Exercise - Nina Shared with Water Walking Drop-In	Water Walking drop-in	Water Walking drop-in		
2:00	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm
4:00	Power Waves L2/L3 Danielle	Water Walking drop-in until 8:30pm	Aqua Pilates L2 Andee	Water Walking drop-in	Water Walking drop-in until 8:30pm		
8:30	Water Volleyball 5:45 to 8:15pm	Water Walking drop-in until 8:30pm	Water Walking drop-in 6:00 to 8:30pm	Water Volleyball 5:20 to 8:15pm			
Group Exercise Classes - 55 minutes (punch pass) \$5.50							
Small Group Training - SGT - 60 minutes (session based, sign up ahead)							
L1 - beginner L2 - intermediate L3 - advanced *More information see Resident Website under WellFit							
<p>CLASS CANCELLATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time. Thank you for understanding.</p> <p>SCAN QR CODE TO DOWNLOAD SCHEDULE ONTO YOUR PHONE</p> 							

Water Volleyball schedule for the Klaga Springs pool available on WellFit's online reservation page.

Pilates Reformer WellFit Class Schedule February/March 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1-L2 <i>Gretchen</i>	Reformer Therapeutic Stretch L1-L2 - <i>Nina</i>		Reformer L1-L2 <i>Cynthia</i>			
8:30	Reformer + Mixed Equipment L1-L2 <i>Gretchen</i>	Reformer Therapeutic Stretch L1-L2 - <i>Nina</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>	Reformer Therapeutic Stretch L1-L2 - <i>Nina</i>	Reformer Basics + L1-L2 - <i>Valerie</i>		
9:30	Reformer Basics L1 <i>Nina</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>	Reformer Basics + L1-L2 - <i>Andee</i>	Reformer + Mixed Equipment L1-L2 <i>Valerie</i>	Reformer Basics L1 <i>Sandra</i>	
10:30	Restorative Reformer L1 - <i>Nina</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>	Cardio Jump & Core L2 <i>Gretchen</i>	Reformer Basics + L1-L2 - <i>Andee</i>	Reformer Basics + L1-L2 - <i>Valerie</i>		
11:30	Therapeutic Reformer L1 - <i>Nina</i>	Reformer L1-L2 <i>Andee</i>	Cardio Jump & Core L2 <i>Gretchen</i>	Reformer L1-L2 <i>Cynthia</i>			
12:30					11:45 Cardio Jump & Core L2 - <i>Gretchen</i>		
2:00					12:45 Cardio Jump & Core L2 - <i>Gretchen</i>		
4:15	4:15pm Reformer Basics L1 <i>Andee</i>	4pm Introduction to Movement on the Pilates Reformer <i>Andee/Sandra</i>		4:15pm Reformer L1-L2 <i>Valerie</i>			
All classes are subject to last minute cancellation for insufficient registration or instructor illness.							
All classes are 55 minutes unless otherwise noted and are subject to change without notice.							
Basic-Beginner L1 -Intermediate L2-Advanced *Class descriptions on MindBody when signing up class							
Wellness Classes - session-based classes, please purchase ahead at Fitness Front Desk or online enrollment: <a href="http://schresidents.com">schresidents.com</a>							
						SCAN QR CODE TO DOWNLOAD SCHEDULE ONTO YOUR PHONE	
							

Class schedules in the Compass may not reflect recent changes.

For the most up-to-date class schedules visit the Resident Website under WellFit

Orchard Creek Lodge ..... 965 Orchard Creek Lane  
Main Phone: 916-625-4000  
Kilaga Springs Lodge ..... 1167 Sun City Boulevard  
Main Phone: 916-408-4013  
Resident Website ..... SCLHResidents.com  
Public Website ..... SunCity-LincolnHills.org  
Help Desk ..... Help.Desk@sclhca.com

**HOURS** SUBJECT TO CHANGE

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

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Open  
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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  
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Don Giles .....916-625-4043 ..... Don.Giles@sclhca.com

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**WELLFIT**

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Jonathan Leung.....916-258-8289 .... Jonathan.Leung@sclhca.com  
**WellFit Program Manager**  
Danielle Merrill .....916-625-4032 ..... Danielle.Merrill@sclhca.com  
**WellFit Fitness Supervisor**  
Rex Owens.....916-408-4825 ..... Rex.Owens@sclhca.com

**THE SPA AT KILAGA SPRINGS**

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

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**Landscape Supervisor**  
Willie Mayberry.....916-645-4501 ..... Willie.Mayberry@sclhca.com

**GENERAL NUMBERS**

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

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**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:** Fruitridge Printing

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