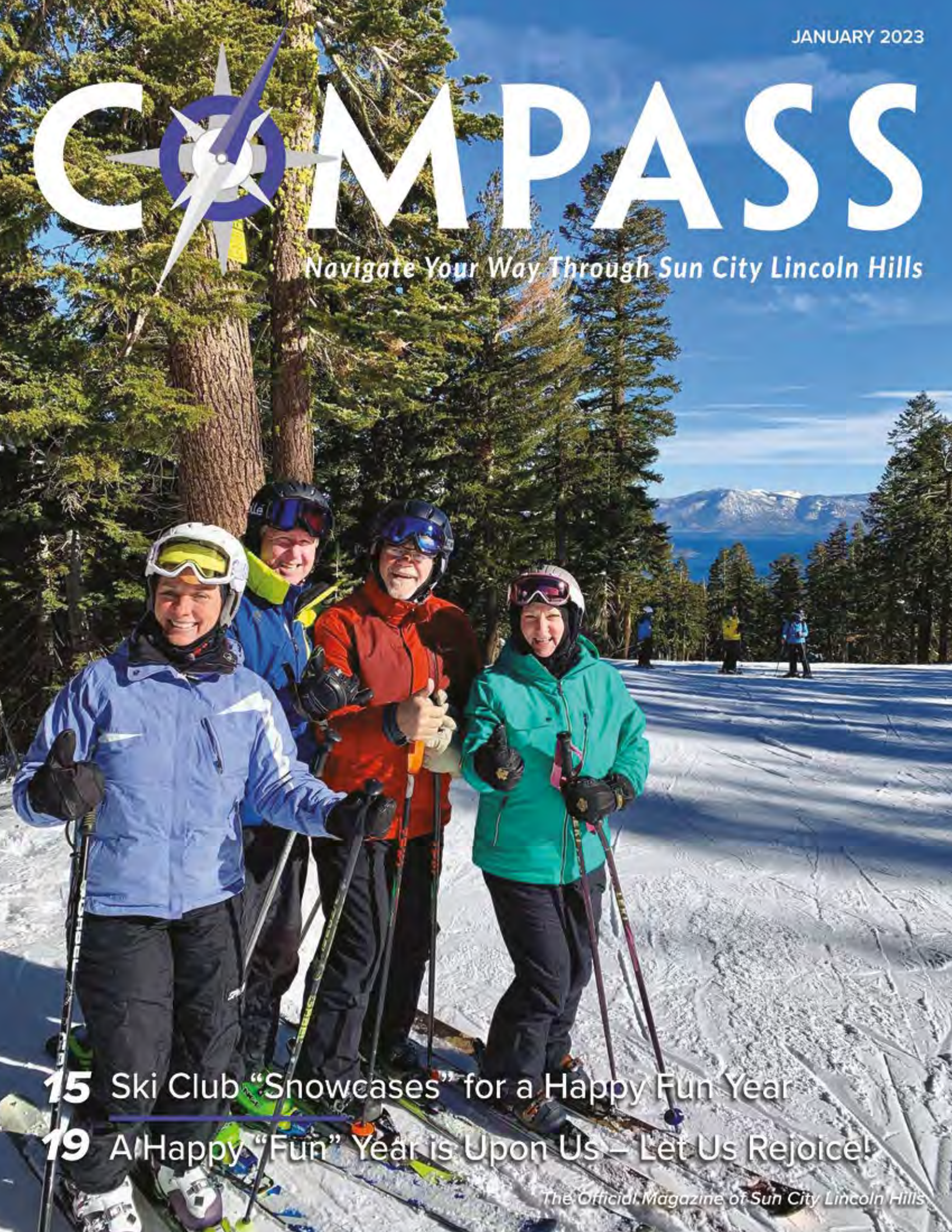


# COMPASS

*Navigate Your Way Through Sun City Lincoln Hills*



**15** Ski Club “Snowcases” for a Happy Fun Year

**19** A Happy “Fun” Year is Upon Us – Let Us Rejoice!





**IN STOCK FLOORING - IN STOCK CABINETS**

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VACAVILLE, CA 95688

**ELK GROVE**

(COMING SOON!)

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**On the Cover**  
*Robin and Kurt Roberts-Roessler, Ken Spencer  
and Lesley Berger having fun at Northstar.  
See article page 15.*



# Calendar of Events

January 16 - February 17

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

Date Event	Page #
1/16 Elvis - Movie .....	55
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**SIGN UP FOR ENEWS**



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

Upcoming Association Meetings: January 15 – February 16	
Finance Committee	Thursday, January 19, 9:00 AM
ARC/Architectural Review Committee	Monday, January 23, 9:00 AM
Accessibility Committee	Wednesday, January 25, 9:00 AM
Board of Directors	Thursday, January 26, 9:00 AM
Board of Directors Executive Session	Thursday, January 26, 11:30 AM
Compliance Committee	Wednesday, February 1, 9:00 AM
Properties Committee	Thursday, February 2, 9:00 AM
Elections Committee	Friday, February 3, 10:00 AM
CCOC/Clubs & Community Organizations Committee	Tuesday, February 7, 9:30 AM
Board of Directors Workshop	Thursday, February 9, 10:00 AM
Board of Directors Executive Session	Thursday, February 9, 1:00 PM
Landscape Cost Reduction Committee	Friday, February 10, 9:00 AM
ARC/Architectural Review Committee	Monday, February 13, 9:00 AM
CCRC/Communications & Community Relations Committee	Tuesday, February 14, 10:00 AM
Finance Committee	Wednesday, February 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

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

**Holiday Hours | Martin Luther King, Jr. | January 16**

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 Resilience

*Marie Barnes, Secretary*

Resilience – The capacity to recover quickly from difficulties; toughness.

When I was tasked with writing an article about the Board of Directors' accomplishments in 2022, this word immediately surfaced. The last several years have been a challenge, especially in 2022. We have faced significant change as a society, an Association, and individuals. The Association, much like individual owners, has had to face skyrocketing costs, labor shortages, and the general unease that come from that significant change. Some people see these difficulties as a challenge to be solved, but many feel uncertainty and fear. To move forward and embrace the future, we must adapt to our "new norm". What worked in the past is not the appropriate action we need to take in our current environment. We have weathered several

legal changes mandated by the state, which change how we do business and substantial staff changes. This can be uncomfortable but also necessary for realignment to that new norm.

The Board has had to be creative and diligent in finding new ways to rein in costs while being realistic about current inflation and facing labor shortages. Just when you solve one issue, another arises. Something as simple as changing the weight of paper used for printing is not as simple as you think. Lighter paper tends to be more expensive negating any cost savings. It can be very frustrating.

As you work through a difficulty like this, you realize the larger issues impacting the Association. Your patience and resilience will help us all through these challenging times. Resilience is an asset that keeps us moving forward so that all of us can have the brighter future we look forward to.



## A Note from the Executive Director

*Kyle Bodyfelt, Executive Director*

Announcements and decisions from the November Board of Directors meeting: The Architectural Review Committee Chair, Carole Dummett, reported the committee had two regular meetings, reviewed 92 applications, and received 24 notices of completion. The Board is also reviewing new paint palettes.

The Clubs and Community Organizations Committee received Board approval for amenities requests from the following organizations: Lincoln Hills Foundation, Neighbors Indeed, and the Special Olympics (Bocce Courts in the spring). The Board also approved an additional two-year term for Heidi Mazzola to the CCOC.

Lynne White, Compliance Committee Vice Chair, reported 20 new member complaints, 22 closed complaints, and a total of 116 open complaints.

Bill Szabo, Properties Committee Chair, reported that four projects were approved and passed on to Finance Orchard Creek sliding door, Kiliga Springs Pool Table re-felting, Kiliga Springs exterior blinds,

and the Shuffleboard Courts.

Elections Committee Chair Twila Miller reported a review of the Election Timeline, proposed Ballot and Voting Rules, and the Candidate Information Packet.

The Board approved the appointment of Tom McCort to the Finance Committee and accepted the report by Union Bank of Switzerland (UBS) on the performance and asset allocation of the Fixed Income Portfolio and approved UBS to continue as the Association's Investment Advisor.

In addition, the Board approved the funding for the following projects: the Reserve replacement of the Orchard Creek Arts Wing automatic doors with a sliding door for \$11,756 plus a 10% contingency for a total of \$12,925; replacing the felt on the six Kiliga Springs Billiard tables with Reserve funds of \$3,720 plus a 10% contingency for a total of \$4,092; approve \$5,065, plus a 10% contingency for a total \$5,572, to fund two Shuffleboard Courts and associated equipment to be located between Bocce Courts 9 and 12, funded from the Community Enhancement Fund.





## Properties Committee

### Starting the New Year

*Bill Szabo, Chair*

Happy New Year to all our residents and staff! We start the New Year with our first inspections, the North and South Gatehouses, and Water Features. We will look at these buildings and water features to determine their appearance and upkeep, particularly the waterfalls, since these are important symbols for the community. Currently, these use potable water, and we will track the possible conversion to “raw” or untreated water.

The North Entry Gatehouse is used by Curator Security as their onsite headquarters. The South Gatehouse is used by the Lincoln Hills Amateur Radio Group and contains their transmitter and repeater. The repeater was replaced last year with a new unit and installed at the Gatehouse.

We will present these Inspection Reports at our February meeting. The reports will be included with the posted agenda.

The report for the November inspection was reviewed at our December meeting. The report covered our nighttime check of the lighting at the Sports Plaza, the Kilaga Springs Lodge, Spa, and Fitness Center, the Orchard Creek Lodge and Fitness Center, and their parking lots. The increased brightness from the LED bollard lights at the Sports Plaza and Orchard Creek was noted as well as the need for additional lighting along the sidewalks at the main entrance to the Orchard Creek Lodge. The proposal to install additional bollard lights in this area was accepted and passed on to the Finance Committee for action.

If you see any problems or maintenance issues with the Water Features or North and South Entries or any other facility, please report them to: Erik Rosales, Facilities and Maintenance Manager for general maintenance, or Willie Mayberry, Landscape Supervisor, and the Properties Committee.



## Accessibility Committee

### Making a Difference for Residents

*Judie Panneton, Chair*

It has been said that small things can make a big difference. That is certainly the case in some accomplishments advocated by the Accessibility Committee. One example is agendas are featuring a standardized, easier-to-read font as the Association strives to improve its communication efforts. At Meridians, receipts feature a bolder font for the total amount due. Another item is darkening numbers on locker room keys at the gyms. WellFit workers are also enhancing numbers on free weights and weighted bars.

In a neighborhood survey earlier this year, some residents had asked for more local transportation options in the evening during weekdays and on the weekends. While Placer County has no plans to extend its Dial-A-Ride program service into the evening hours, Jaime Wright, the Public Works Manager of Transit Services, in a presentation to the Accessibility Committee, suggested those interested voice their requests at a Placer

County unmet needs session.

Did you know you could use Dial-A-Ride to go to medical appointments, shopping in downtown Lincoln, Roseville and Rocklin, Thunder Valley Casino, the Twelve Bridges Library, Sierra College Campus, or other “nearby” locations for less than the price of ½ a gallon of gasoline? There also are discount coupon packages through the Lincoln Hills Foundation. Without the discount, seniors’ one-way fares range from \$ .60-\$1.25. Visit [placercountytransit.com](http://placercountytransit.com) for information about the Monday-Saturday door-to-door service. Jaime Wright will be back in February to share more Dial-A-Ride information, and it will be a great opportunity for you to ask questions. Our resident website has more information about the program and other helpful information under the Accessibility Committee tab.

The Accessibility Committee meets on the fourth Wednesday of the month at 9:00 AM in P-Hall (KS) and on Zoom.





## Architectural Review Committee

### Happy New Year 2023

*Carol Dummett, Chair*

We are looking forward to introducing some additional colors in our Sherwin-Williams Paint Book. Hopefully, these will receive Board approval in January and will be available for review by the community, meeting the 28-day requirement for their input. There are new fresh colors for each palette, five new color palettes, along with four optional front door/shutter colors. Announcements will be made on eNews and posted. Refer to Design Guideline 45 for the Paint Application process and requirements.

We continue to receive questions regarding the removal of trees and the requirement to have one street tree in the front yard. You do not need approval to remove a tree, but all front yards must have one single-trunk street tree. A single-trunk street tree is defined in Design Guideline Appendix A, our SCLH-approved Plant and Tree List. This list defines the setback requirement for each tree species. The setback requirement is from

the adjoining property and the nearest edge of the sidewalk. The tree can be located on either side of your driveway while meeting setback requirements. Removal of a front yard street tree will also include the stump.

Our Community Standards Department is now fully staffed and in training. This department is critical to our success as a committee. They collect and distribute all our paperwork, field resident questions, update all requirements, forms, and samples, and set up and manage our meetings. Please welcome, Manager Wendy Moulder, Manager, and Coordinators Elena Schneider and Lisa Orlando. Questions should be addressed to Wendy.Moulder@sclhca.com or ARC@sclhca.com.

We look forward to assisting you in 2023. Your ARC members are Carole Dummett, Richard Bostdorff, Ed Kiburis, Mary Merlock, Gary Shamber, Beth Marschel, Helen MacLaren, Jeannine D'Anneo-Belli, and George Beshak.



## Compliance Committee

### Notice Something?

*David Mateer, Chair*

As we start the year, it seems like a good time to provide an update on plans for the Community Review Program. Things are back to normal, and there are four cycles scheduled. The first and third cycles will focus on house items. This primarily means paint condition and color. We will include reviewing maintenance and painting of fences. Now is a great time to look at your home and fence. If it is time to do some repairs and painting, you have time to select and obtain approvals for repainting or any desired color changes.

The second and fourth cycles will focus on landscape items. The most common problems were insufficient bark/wood chip coverage and plant coverage. Next would be the routine trimming of bushes and removal of any dead areas. Late winter

and spring is always a fantastic time to take care of these routine maintenance needs.

The timing and villages of the review cycles are below. See the Resident Website for additional information.

**February – House** - 5A, 5B, 10A, 10B, 13, 14, 15, 17, 21, 22A, 22B, 23, 24A, 24B, 24D, 24E, 31A, 31B, 31C, 32A, 32B, 33, 37, 42A, 42B, 43A, 43B, 43C

**April – Landscape** - 1A&B, 2, 3A, 3B, 7, 8, 9, 11, 12, 25A, 25B, 26A, 26B, 26C, 26D, 27, 28, 29, 30A, 30B, 30C, 35A, 35B, 36, 40A, 40B

**June – House** - 4, 6, 16A, 16B, 16C, 18, 19A, 19B, 20, 24C, 34A, 34B, 38A, 38B, 38C, 38D, 39, 41A, 41B, 41C

**August – Landscape** - 5A, 5B, 10A, 10B, 13, 14, 15, 17, 21, 22A, 22B, 23, 24A, 24B, 24D, 24E, 31A, 31B, 31C, 32A, 32B, 33, 37, 42A, 42B, 43A, 43B, 43C





**Clubs and Community Organizations Committee**

**Establishing a Club**

*Lynne White, Committee Member*

Do you want to establish a Recognized Club? Any members “interested in pursuing a particular hobby, vocation or field of interest may join together and request the Board of Directors to license their group as a recognized club. The Clubs and Community Organizations Committee (CCOC) supports all members in establishing a club. There are many benefits to being an Association recognized club. These benefits include meeting rooms, display windows to promote club activities, liability insurance coverage for club leaders, and participation in the “It’s the Lifestyle” Club Expo.

How do you get started? You can request a meeting room for three months at either lodge once a month. Because your club must be open to all Association members, we recommend the first meeting be announced in the *Compass*, giving all

members the opportunity to attend. After three months, if you have a minimum of twenty members for your roster, it is time to get started with an application form. Your application form, in its preliminary stage, will be reviewed by the Lifestyle staff and referred to the CCOC. Through each step of the process, we have trained and knowledgeable people to help.

We have Clubs in Lincoln Hills that are not officially recognized by the Association. Perhaps, for example, you do not meet the 20-member minimum requirement, or you do not want to include all Association members. You can still use the facilities and advertise in the Lincoln Hills publications, but you must agree to pay for the services and meet the Association criteria.

Clubs are great avenues to meet new people, participate in shared interests and be part of a community. In the new year, start a new club!



**Election News**

Candidate filing opened on January 6. Candidates have until February 6 at 4:00 PM to file. A Candidate briefing session will be held on February 8. The names of candidates will be posted weekly as applications are received. The Candidate Information Packet, which includes the

application, can be found on the Elections Committee webpage, you can also request a copy from Michelle Griswold, Executive Assistant. A Video of the Candidate information session, which was held on January 5, can be found on the Resident Website. For more information, please contact the Elections Committee.

**Date**

**Event**

Monday, February 6 .....	Candidate Filing closes at 4:00 PM
Wednesday, February 8 .....	Candidate Briefing Session
Monday, February 13 .....	Candidate and Member Issues Statements due
Tuesday, March 7.....	Newspaper articles from Candidates due
Friday, March 17.....	Candidate yard signs go up
Tuesday, April 4 & Saturday, April 8 .....	Candidate Forum
April 10 - 14 .....	Election Ballots mailing window
Wednesday, May 17 .....	All Ballots due no later than 3:00 PM
Thursday, May 18.....	Ballots counted, New Board seated



## Lifestyle News & Happenings

### The Happy Fun Year to Come

Allison Sertic, Lifestyle Manager

The beginning of any year always feels full of possibilities, but I do not think I have ever felt it more than the beginning of 2023. As I enter my first full year and feel I have gotten my feet pretty wet, I am eager to start seeing the ideas, plans, and projects begin to come together. I am excited, and I think others are, too. I can certainly feel the energy and buzz in the air as the pendulum is swinging us back into better days. We are planning some great concerts, trips, classes, and events to help fuel those better days!

In Entertainment, we are bringing more social events, such as Dance Nights and themed events, as well as more variety and offerings in concerts, comedy, and other performances. We have also added two Summer Amphitheater Concerts for a total of 10 this season!

Now that most places have opened back up, we are delighted to have more Trips to offer. There are some great Day Trips to different destinations that will take you to beautiful places to enjoy spring beauty, art, and architecture. More Overnight and Extended trips will also add some fun experiences. Start marking your calendars now.

Our class instructors are also excited for opportunities to offer workshops and some different options and/or projects to rejuvenate the overall program. Now is the time to learn that new craft, start making art, or get more active with a dance class! Be sure to read the Lifestyle Classes section every month, so you do not miss that great new fun opportunity.

Be sure to read eNews, too – you do not want to miss anything in this Happy Fun Year!

## The Comedy of DAVID STUDEBAKER

### with Chad Opitz



David Studebaker, named "One of the 10 Best Comics to Watch" by SF Weekly, has delighted audiences for over a decade with his brand of fun, fresh, and uplifting comedy, blending music, personal stories, and pop culture into his highly interactive shows. His comedy can be heard in regular rotation on Sirius XM Radio, Dry Bar Comedy Network, and he's been featured on Fox, ABC, the San Francisco Chronicle and a variety of radio shows and publications.



Opening for David Studebaker is Chad Opitz, a comic whose hilarious and unique perspectives make him an oft booked staple at Bay Area clubs and showcases. Veering between one-liners, short story jokes, and sometimes even song, Opitz' writing is as well-regarded as his character and performance work.

ONE Show - TWO Great Comics!  
Thursday, February 9 | 7:00 PM  
Presentation Hall (KS) | \$18

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

Tickets available online and at both Lifestyle desks.







## The Spa at Kilaga Springs New Year, New Happy Fun You!

*KarriLynn Keith, Spa Manager*

The Spa at Kilaga Springs has many exciting things coming your way in 2023 to promote rejuvenation, relaxation, and wellness. Our priority for 2023 is to expand our booking options for your favorite services. Our amazing Front Desk Spa Concierge Team is now able to book three months out, giving you even more scheduling flexibility. We have also been so fortunate to expand our therapist team, giving you even the opportunity to schedule your favorite appointments. If you have not yet met our newest additions, please join me in welcoming each of them to our Spa family.

### **Gerardo Estrada – Massage Therapist**

This gentleman joins us from Gridley. He is an incredible, intuitive therapist skilled in Neuromuscular treatments and advanced bodywork. Gerardo specializes in Deep Tissue, Sports Massage, and Trigger Point Pain Management. He has spent many years managing his own clinic and is a well-

regarded professional in the Massage industry.

### **Savannah Torres – Massage Therapist**

This amazing young lady joins us with incredible passion and zest for wellness and a natural holistic training background. She trained at the National Holistic Institute, where she studied Advanced Neuromuscular Therapy and has developed a wonderful ability to understand the unique challenges and needs of our community. She has a bright and cheerful personality that puts everyone at ease.

### **Andrea Hemingway – Nail Technician**

This incredibly gifted and talented lady comes to us from Auburn. She has spent many years in the Podiatry field, offering advanced footwork. She has spent countless hours studying and training extensively for advanced pedicure treatments and can bring much relief and comfort to aching and troublesome toes.

From all our Kilaga Springs Spa family, we wish you a very Happy Fun New Year!



## DO YOU SPA?

### New Year - New You with Kilaga Springs Spa!

Ring in the New Year a with Kilaga Springs Spa Membership. Give yourself the gift of Relaxation and Rejuvenation with one of our incredible Membership Packages. We offer Tiered Membership offerings to include; Massage, Facials, Body Treatments and even our Hydrafacial services.



Enjoy the freedom and flexibility that best suits your individual needs.  
Stop by today or visit our website for all your spa needs in 2023!

Scan the QR code to be taken to the Membership page at [KilagaSpringsSpa.com](http://KilagaSpringsSpa.com)



Kilaga Springs Spa 1187 Sun City Blvd., Lincoln, CA 95648 | 916-408-4290 | [kilagaspringsspa.com](http://kilagaspringsspa.com)



## WellFit News

### Make it a Happy Fun Year – Take it Outside

*Deborah McIlvain, Lifestyle, WellFit & Spa Director*

Living in Northern California, we have the luxury of being able to work out outside most of the year. Especially living in Lincoln Hills, we have so many areas where we can play. Studies have shown that physical activity outdoors lowers a person's blood pressure and heart rate. Did you know that exercising outdoors in the fresh air can help to alleviate insomnia? You also benefit from the sunshine that provides Vitamin D, which is helpful in the winter months and helps with depression. An outdoor environment is accessible and less intimidating than a gym, allowing you to discover the joy and be more present.

You can vary your workouts by picking different trails, streets with more hills, step-ups on curbs,

or even finding a park bench and doing pushups, triceps dips, and abdominal exercises. If you are looking to be part of a group, we got that too! Look for our Stretch class coming back by the lookout point at the Sports Plaza or our Aqua Pilates class located at the outdoor pool at OC. Keep an eye out for our new Sports conditioning classes located on the courts. This class will provide rotational drills, lateral movements, strength, and flexibility. We will also be offering a Walking Meditation class to help you be present in your activities. We currently offer outside Urban Poling and Walk on the Wild Side classes, also.

Start your new Happy Fun Year off right, add years to your life and life to your years, and just keep moving.



**WHY A WELLNESS COACH?** A Lincoln Hills Wellness Life Coach is a professional who assists people in making progress towards 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 session runs 60-minutes and costs \$84.00.

We presently have three dynamic Wellness Coaches ready to book appointments at OC WellFit. Free Spotlight On event coming soon to provide you with more info about this exciting, new service. Check eNews for details to follow.

Contact [Danielle.Merrill@schlca.com](mailto:Danielle.Merrill@schlca.com) for more information.





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The Scrabble Club would like a word with you



## What's Old is New Again

Linda Lucchetti, Roving Reporter



Monopoly – still famous after all these years

'Tis the season for cool outdoor winter sports. But, if you're not a skier, ice skater, or snowboarder and can't fathom frigid, warm up, turn the tables indoors, and kick off a happy fun year by playing board games.

Some say that the rise in interest in board games is largely due to the pandemic. Remember when we fended off germs and illness, wore masks, and quarantined at home? After rummaging through the closets for those old

games once beloved by adults and kids alike, we ditched the TV to play classics like Clue, Scrabble, and Monopoly, along with card games and puzzles. Many of these favorites have remained trendy, while some have experienced a resurgence.

### Get a Clue

Have an eye for being a private eye and sharpening your sleuthing skills? Clue is the perfect murder mystery game featuring colorful characters like Colonel Mustard, Mrs. White, and Miss Peacock, accompanied by a variety of weapons like a revolver, candlestick, or rope. Through the process of deduction, you determine who committed the crime, the weapon used, and the location.

### A Word or Two

Scrabble, a word board game that tests one's vocabulary, was created in 1933 to lift the spirits of millions after the Great Depression.

The game, highly popular today, hit its stride in 1952 when the president of Macy's discovered it on vacation and ordered some for his store.

### A Monopoly on Games

An economics-themed board game, Monopoly has been in business since 1903 but has since cashed in on a variety of special editions. Players can buy property and participate in financial dealings. Never fear, imitation money is used (no bitcoins). You can take that to the bank.

Although physical exercise may not accompany these pastimes, you'll exercise your brain. Think of playing board games as aerobics for the intellect, crunches for the cerebellum, or high jumps for the hippocampus.



At the store, find games galore

Benefits include: improving learning and memory; activating the brain and promoting new brain cell connections; using logic and strategy; increasing teamwork and cooperation; encouraging socialization; developing interpersonal skills and emotional connections; improving hand and eye coordination and dexterity; and increasing emotional stability – players practice winning or losing more gracefully, an important trait at any age! Finally, playing is fun, increasing laughter while decreasing stress and lowering blood pressure.

You won't be *bored* playing a board game, and you'll be happy that you did!



# Victoria Mosur, D.D.S.



Victoria Mosur, DDS

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## Ski Club “Snowcases” a Happy Fun Year

*David Wright, Roving Reporter*

Whether it is skiing in the Swiss Alps or exploring the Antarctica, Ken Spencer lives for adventure—especially when it involves snow. After moving to Lincoln Hills eight years ago, he joined the Ski Club. When the long-time president had to step down for health reasons, Ken jumped at the opportunity to run the group. He was a natural fit.



Ski Club members sharing a “big house” on a Canadian road trip

Growing up in Sacramento, Ken first started skiing in high school when a neighbor took him “up the hill” for a day of pounding the

powder. It was love at first slope. Ken spent the next 40 years refining his mountain-taming skills. Though never having had a lesson, he became good enough to ski competitively and join the National Ski Patrol. Eventually, he made the grade of Certified Ski Instructor. Even his career as a small business entrepreneur steered him into the sporting goods and ski equipment market.

Now he guides the 65-member group, organizing junkets that appeal not just to the skiers but also to the third of the membership that does not ski. Many who can no longer strap on the boards drift along for the ride—just enjoying the atmosphere and camaraderie of Nordic-minded souls.

This year’s flurry of fun includes overnights to Heavenly and Kirkwood and at least one extended trip. In March, they travel to Breckenridge, Colorado, where they will rent a “big house” with

room for all participating club members to spend the week lodging under one roof.

Additionally, each week, the group facilitator gathers input from members planning informal day trips to Sierra ski resorts and coordinates ride-sharing with others interested in joining the local romps. Besides the alpine outings, the group holds meet-and-greet socials, pre-planning parties, and an annual holiday dinner.

Club members live for life on top of the mountain—the fresh outdoors, the crisp cold air, and the uplifting competition. The thrill of victory and the agony of defeat are part of the experience, but none of these summit soldiers would even consider trading “the life” for a softer landing. Ken adds, “skiing is a gravity sport, and gravity and I are good friends.”

The group’s philosophy is that they would rather look back at life saying, “I can’t believe I did that,” instead of wishing they had. The New Year is upon us, and for Ken Spencer and the Lincoln Hills Ski Club, it is all downhill from here.



Ken at the Matterhorn in the Swiss Alps



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## Are You Happy With Your Blood Pressure?

*Shirley Schultz, Roving Reporter*



If you are looking forward to a happy fun year, then keep your blood pressure “happy”. High blood pressure, called hypertension, is the most common medical condition in older adults. According to the National Council on Aging, 58% of adults age 65 and older are on treatment for hypertension. Additionally, many people do not know they have high blood pressure because there are no reliable symptoms

to warn against what-is-called “the silent killer”.

Hypertension does not refer to being tense and uptight, although stress may raise your blood pressure. It refers to the force of the blood pushing against the body’s arteries. If this pressure is too high, it means the heart has to work harder to pump the blood, and the continuous high pressure can damage the heart and the artery walls. Everyone’s blood pressure fluctuates. The only way to know your general trend is to get fairly frequent objective readings from a blood pressure cuff or from a gadget like a smartwatch. The potential long-term consequences of sustained hypertension can lead to disability, decreased quality of life, or a deadly stroke or heart attack – the

opposite of fun and happy.

Blood pressure is measured in millimeters of mercury (mmHG). The top reading is called the systolic pressure and represents the pressure against the artery wall when the left ventricle of the heart is contracting to push the blood out to the body. The bottom reading, or diastolic pressure, represents the minimum pressure against the artery wall when the heart is “resting” between beats. Both of these readings are significant for interpreting blood pressure. The standard normal blood pressure for most people is 120/80 mmHG or less, although this may be adjusted slightly higher for older people. If you are consistently running higher than this, the best advice in a nutshell is to seek medical evaluation. Low blood pressure is generally not a concern unless it causes symptoms like lightheadedness.

Lifestyle changes and treatment are keys to controlling high blood pressure. Exercise regularly, eat a healthy diet, limit alcohol, and get a good night’s sleep. Have fun and be happy. Good references for blood pressure management are The American Heart Association, The American College of Cardiology, and the 8th Joint National Commission’s Guidelines for the Management of Hypertension.






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# A Happy “Fun” Year is Upon Us—Let Us Rejoice!

*Teresa Tanin, Neighborhood Watch*

As we finish taking down our holiday decorations, we rejoice in a new year—a happy and fun new year. A time to thank our many volunteers who help keep our community a safer place to live. Volunteers include our dedicated team of Mailbox Captains, our supervising Village Coordinators, the Managing Directors, and our Support Group members. Once a year, due February 15, Mailbox Captains update their Mail Station (Cluster Mailbox) residents’ contact information. Such information is voluntary and confidential, yet provides emergency contact information, including friends and/or family contacts, who may have a



From Left to Right, NW 2023 Directors: Teresa Tanin, Stephanie Guillory (Treasurer), Renee’ Plummer (Executive Assistant), Linda Minor (Executive Director), Patricia Hammer, Suzanne Rosevold (Assistant Executive Director), Dee Fuggiasco, and Denise Hexom, not pictured. Photo by: Klara Kleman.

key or alarm code, pet information, and who have a “Vial of Life.” While gathering contact information door-to-door, Mailbox Captains are encouraged to wear their official Neighborhood Watch logo “red shirts.”

If you do not know who your Mailbox Captain is, visit [sclhwatch.org](http://sclhwatch.org) NW website and click on “Who

Is My Captain?” Mailbox Captains will also gather emergency contact information through phone calls and/or emails. Help us help you—return those phone calls or emails and look for the NW logo “red shirts.” All of the Neighborhood Watch volunteers strive to make our community a safe, happy, and fun place to live. Rejoice!

## In Memoriam



### Lolly Cassara

A Native Californian, Lolly was born in Los Angeles and raised in Burbank. She worked for a builder in Danville as an executive assistant for 30 years, where she raised her four children. When she retired, she moved here with her partner of 25 years, Ray Blasquez. Lolly was involved in the Ruff organization and was passionate about veterans and animals. She also belonged to the wine club and the Portuguese social club. She loved organizing and helping plan events. Lolly is dearly missed by Ray, her children, her rescue cat Mia, and many others.



### 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.

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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The Lincoln Hills Foundation offers Bingo in the Ballroom Thursday, January 26. The cost is \$25 for 12 games. Winners get \$100 per game and \$250 for the blackout.

Door prizes will be awarded. Daubers and pop-ups are for sale. Bring your own water. No alcoholic beverages are allowed during the games. Doors open at 12:30, with games beginning at 1:00 PM.

To reserve a table for eight, email [lincolnhillsfoundation@gmail.com](mailto:lincolnhillsfoundation@gmail.com).



## Library News

Everyone at the Kilaga Library and Orchard Creek Libraries wishes you and your families a Very Happy New Year!



Once again, we want to thank you for all your generous donations, and please remember to donate the latest books to our libraries. You can find the publisher's date on the reverse of the title page. If you are in doubt about the donation, please call Sandy Melnick to verify any donation. We have limited space on our shelves, so we have to limit the date of books we can receive.

The latest good book I have read is *The Last Letter from Your Lover* by JoJo Moyes. As usual, her books are very well thought out and very interesting. Another romantic novel by a great author.

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

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Suppose you are looking for a way to volunteer in your community. In that case, we invite you to a brief orientation where we can share more about our mission to be the bridge between the most vulnerable in our community and the caring adults who make a difference.

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**Amateur Radio**

The club is looking forward to Winter Field Day, Saturday, January 28 at 11:00 AM through Sunday, January 29 at 11:00 AM. Similar to Field Day, operators try to get out and set up outdoors using portable battery or solar-powered equipment. 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, join us.

Contact: Dan Lehrer 916-587-3419, [dlehrer72@gmail.com](mailto:dlehrer72@gmail.com)



**Ballroom Dance**

We celebrated Christmas and concluded the 2022 season in the beautifully decorated Multipurpose Room (KS). The festivity was a potluck and featured many delicious salads, main dishes, and desserts. Door prizes were given that included Poinsettias and Meridian gift cards. The rest of the evening was devoted to dancing and spending time with friends. Sal

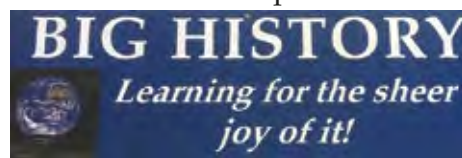
Algeri served as Master of Ceremony and acknowledged the many individuals that contributed to the evening's activities and our year-long program. Outgoing and incoming Steering Committee members were also introduced. Dance activity will resume in January and will feature the Fox Trot. Lessons are offered in the Multipurpose Room (KS) each Tuesday—beginners, 2:00 to 3:00 PM; practice, 3:00 to 4:00 PM; and experienced, 4:00 to 5:00 PM.

Contact: Sal Algeri 916-408-4752

**Big History**



Here is to a peaceful and healthy New Year! We begin the new semester on February 6, discussing Big History from the Big Bang to the Anthropocene Epoch—a review of Big History. On February 13, we will discuss CE 1215: A Year of Big Changes. Eight centuries ago, in the course of twelve months, the known world pivoted - and



Elaine Hagan, Chet and Millie Lelio

experienced a turning point in time when there was no turning back. The year 1215 CE may raise more questions than answers. Join us on Mondays from 10:00 to 11:30 AM. In 2023, we will either be meeting in P-Hall (KS), on Zoom, or a hybrid of both. For just \$15 a year, you can explore peer-to-peer learning with like-minded individuals.

Contact: Ranny Eckstrom 916-708-0165, [bhscslh@gmail.com](mailto:bhscslh@gmail.com)



**Billiards**

Happy New Year! Maybe one of your resolutions is to become more involved in a club that offers fun, excitement, and mental acuity. Billiards is that club. We offer two mentoring sessions on Tuesdays at KS. The first session sign-up is at 9:00 AM and the second is at 10:15 AM. There is no charge for these sessions, and they are open to beginner, intermediate, and advanced players. We also offer a variety of tournaments



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for all levels of players (see our website). On December 11, we held our Christmas party in the ballroom at OC. Besides having fun, we used this time to honor outgoing officers Vice President Tony Felice and Secretary Steve Fowler for many years of service to the club.

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



**Bocce Ball, Mad Hatters**

It's a new year, so let's have an overview of bocce. Originating in Italy, the game is played on a court with four red, four green, and one smaller white ball. Our 12 courts can each be illuminated for evening games. There are benches, scoreboards, an equipment locker, a water fountain, and plenty of parking. The Fitness Center (OC) has keys to the locker. You can use a set of bocce balls by using your membership card to check out a key. Residents are welcome to play by



Christmas Sweaters at the Holiday Potluck

themselves whenever a court is available or as part of the many bocce groups within our community. Some groups schedule spring and fall leagues, and some groups welcome drop-in players year-round.

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



**Book, OC**

The New Year is a grand time to consider setting a few reading goals, such as joining a book club, making new reading friends, and reading more diverse books you don't normally read. All are excellent goals. February's reading selection, the *Dressmakers of Auschwitz*, by Lucy Adlington, just might be the book for you. The remarkable true story follows 25 female inmates who were selected to design, cut, and sew fashion clothing for Nazi women. Sewing to survive. In March, we're reading an intriguing story, *The Measure*, by Nikki Erlick. Monthly meetings are held in the Multipurpose Room (OC) from 1:00 to 2:00 PM on the third Thursday of the month. To get on the monthly email distribution list, email your request to ocbookgroup@gmail.com.

Contact: Maureen Deal,  
modeal2010@gmail.com



**Bridge, Duplicate**

Happy New Year! Our club is looking forward to 2023 playing bridge, making new friends, and having fun. Our new Board of Directors is led by President Denise Morgan, Vice-President Elise Homer, Secretary Diane Schulte, Treasurer Jim McElfresh, Education Jim Worley, Social Planner Pat Lewis, and Bob Koedel as our historian. Also, let's not forget the many other volunteers that help prepare the room and cards for our games and also perform numerous small tasks to keep our club running smoothly. Remember, if you would like to play at one of our Wednesday or Saturday games, please email Elise Homer at elisehomer@gmail.com. We are looking forward to seeing you at the tables!

Contact: Susan Brenden  
530-320-9137,  
momrnsf@hotmail.com  
Website: www.bridgewebs.com/lincolnhills



**Bridge, Partners**

Call for reservations or drop into the Sierra Room (KS) by 5:30 PM Thursdays. Play begins at 5:45 PM. The hosts for January are Lydia King and Nancy Turrini, 925-864-4292. Each table should finish four hands in 28 minutes. We must vacate the

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room by 8:30 AM. The winners for November 17 were: first- Lydia King/Nancy Turrini with high round 1770; second- Patty VanOospree/Linda McDermott; third- Bev/Allan Blaine; and fourth- Rose Phelan/Kurt Wolff. December 1 winners were: first- Nancy Turrini/Lydia King with high round 1560; second- Kay/Ben Newton; third- Carla/Mark Green; and fourth- Gretchen/Ed Thomas. December 8 winners were: first- Bev/Allan Blaine with high round 1690; second- Dee Cole/Ed Hartnett; third- Phil Sanderson/Chet Winton; and fourth- Jyoti/Viren Sitwala.

*Contact: The hosts for February are Kay/Ben Newton 916-408-1819.*



**Bridge, Social**

Alan Haselwood and John Butler are still teaching intermediate bridge, 10:00 AM to Noon on Wednesdays, at the Card Room (OC). Play starts at 12:30 PM Fridays. Please arrive by 12:15 PM. Previously unpublished winners were: August 5- Jay Southard, first; John Woodbury, second; Mo Scarpitti, third; and Judy Ganulin, fourth. August 12 winners were: Park Miller, first; Usha MacGarvey, second; Phil Sanderson, third; and Patty Van Oosbree, fourth. August 26 winners were: Stan Mutnick,

first; Joanne Quermann, second; Byron Hansen, third; and Alan Haselwood, fourth. 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*



**Bunco**

We welcomed three new players, Jean de Simone, Karen Escobar, and Cindy McCain. In December, there were several roll-offs. Holiday gifts were exchanged with the annual stealing involved, and then on to Leatherby's for the holiday luncheon. Bunco play is on the third Thursday of the month in the Card Room (OC). We are a non-membership group with a \$5 'pay to play' fee. Play starts promptly at 9:00 AM. November Winners: Buncos - Norma Cammilleri, Wins - Marlys Hebert, Losses - Anita Santos, 50/50 - Sharon Shook, and Traveler - Linda Bales. December Winners: Buncos - Diane Lundin, Wins - Shirley Mohler, Losses - Cindy McCain, 50/50 - Claudette Rhoads-Kinman, Traveler - Anita Santos. Future Thursday Bunco Dates are January 19 and February 16.

*Contact: Kathy Sasabuchi, ksasabu@icloud.com*



**Ceramic Arts**

Well, it's January of the new year. All the rush and busy days of the past couple of months are behind us for now. This is a great time to think about a clay project you've had on your Pinterest list but haven't gotten around to starting. Thank you to everyone who participated in the Holiday Potluck Happy Hour. Your appetizers and desserts were delicious. Thank you, too, to the people behind the scenes who planned and decorated and made it happen. We're going to begin a series of articles here featuring CAG artists. We're looking forward to interviewing our members and sharing their experiences with clay. New recruits, as well as seasoned troopers, all have a story, so stay tuned.

*Website: www.cagsclh.net*



**Chorus**

The new season has just begun for the Chorus, and we couldn't be more excited about our line-up of songs. All of them are major hits that we bet you still know the lyrics to by heart. We'll be singing songs from Peter, Paul, and Mary, the Beatles, the Beach Boys, the Everly Brothers, Simon & Garfunkel, the Mamas and Papas, and many more artists whose music was the

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The Grinch made a surprise visit at our Holiday concert!

soundtrack of our younger days. The Spring concert will be presented in early May. Stay tuned! More information is coming soon on dates and ticket purchasing details.

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

### Computers

#### Apple Users



Want to kick off the New Year by learning something new on your iPhone? Our enthusiastic and knowledgeable speaker, Andy Petro, prides himself on encouraging his audience to try to learn at least two new things from his presentation. Join Andy on Monday, January 23, in P-Hall (KS) when he presents "iOS 16 New Features and Other Good Stuff." Features include managing your photos, editing sent

Messages, undoing emails that have been sent, and other good stuff. Ask the Tech begins at 10:15 AM, followed by the program at 10:30 AM (in-person only). It is time to renew your club membership. See our website for the renewal form, calendar, and other information.

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



### Country Couples

Last month, we practiced our dances to get ready for the Holiday Dinner Dance. The turkey and ham dinner with all the trimmings was delicious! We celebrated with great food, tasty desserts, and good friends. Winter greenery and bright lantern centerpieces completed the winter atmosphere. After dinner, the dancing began! We took a break to welcome our incoming officers, President John Bibby and Vice President Mark Worley. We gave a huge "thank you" to our outgoing officers, President Jim Christie



2023 Board: John, Mark, Deborah, Carroll, April

and Vice President Gary Moulton, for a job well done. Serving for another year are Carroll Cederburg, Treasurer; Deborah Christie, Secretary; and April Cederburg, Public Relations. This was our last dance in 2022, and it was a night to remember!

Contact: April Cederburg 916-390-3931

Website: www.sclhcc.com



### Cribbage

New Year's "Crib-solutions" for 2023: I will never lead with a five card again; get to Cribbage early and pick the right partner; and keep more aces. With the New Year here already, it's time to turn over a new leaf, start a new trend, master the game, blow off their socks, or—try not to get skunked again. Avoid the dreadful sound of "31 for 8." Try not to peg backwards. Avoid scoring a "19." We had four winners last month—Jean on November 15, Howard on November 22, and Cyril and Henry on December 6. But "yrreJ noslraC and nasuS sregdoR" are looking to turn their games around after streaks of bad luck. Cribbage meets Tuesdays at 8:30 AM in the Card Room (OC).

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



### Cyclists

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electronic components to be found and no batteries to worry about. Nowadays, the typical bike has a handful of battery-powered devices on it. That adds a few things you need to be mindful of when you're caring for and storing your bike. Today, cyclists must be strategic in keeping a battery recharging station where they store their bike. For most rechargeable batteries, the ideal storage temperature is between 50-80 degrees Fahrenheit. Below this range, you'll temporarily reduce battery capacity, thus shortening how long they'll last and risking running out of juice during a ride. Above 80 degrees, you risk long-term damage to battery performance and life expectancy.

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 [www.trickstercards.com/home/euchre/](http://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's play. All are welcome. Please wear your name tag.

Contact: SCLHEuchreClub@gmail.com



**Food Adventures**

December's Paella Party was a huge success, with all the tickets sold out as projected. That was our second such gathering. The first one was just before the pandemic set in. The pandemic canceled our plans for another earlier similar event and caused us to wait for this event. Our first club meeting in 2023 is Monday, January 23, at 2:00 PM in P-Hall (KS), where we will be renewing club



Club Cornucopia

memberships and discussing plans for various club activities for the year. We will also have a featured speaker. At the conclusion of the meeting, we will move to the Placer Room (KS), where we will be treated to coffee and a selection of homemade cookies prepared by several of our club members.

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



**Garden**

Our New Year General Meeting on January 26 at 2:00 PM, KS. Speaker is Kevin Marini, a very interesting and knowledgeable presenter. Kevin's topic is "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



Kevin Marini: UC Program Manager for Placer County



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wildlife. Kevin Marini graduated 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. Membership drive, master gardeners, door prizes, and brown bag sales are included.

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



### Genealogy

Best wishes for a wonderful and healthy New Year. Have we got a New Year's Resolution for you? Come join our Club. It's simple, go to our website, fill out the membership form and mail it in. In addition to great and informative speakers, our members can access our subscriptions: Ancestry, Fold 3, Newspapers, and HistoryGeo. They are available in the Computer Room (OC) whenever the room is not being used by another organization. There are also great resources in our club members. There is always someone who has had the same question as you, but they have found the answer, and you can benefit from it. Please

make us one of your New Year's Resolutions!

Contact: Maureen Sausen  
916-543-8594, sclhgen@gmail.com  
Website: www.suncitylhgc.com



### Golf

#### Ladies XVIII

The annual tradition of a Turkey Trot Tournament was the final 2022 golfing event. It is always a fun time shared amongst the ladies as turkeys are hidden on the course, and whoever finds one exchanges it for a bottle of wine. Linda Mann and Bonnie Hing were victorious. Sixty-five players competed on the Hills course after a thirty-minute frost delay, playing a four-person 6/6/6 (1-6 best ball, 7-13 alternate shot and 13-18 scramble). First place with a net score of 62 went to Patti Tilton, Donna Sanderson, Dell Parker, and Mary D'Agostini. Mann secured closest to the pin on Hole 7 at 24 feet. Everyone is looking forward to 2023, the



Turkey Trotters Tilton, Gadsby, Giorgi and Sanderson

year of "Believe & Achieve" and reduced handicap indexes. Happy New Year!

Contact: Linda Chappellear  
916-409-0151,  
linda\_chappellear@sbcglobal.net  
Website: www.lincolnhillsladiesgc.memberplanet.com

### Lincsters

Happy 2023! The Turkey Shoot Scramble was the perfect way to end 2022—thanks to Darlynn Giorgi. Winners were: first - Stanwood, Dame, Gorden, and Flannigan; second - Coolidge, Pennington, Christon, and Steffes; third - Cyphers, Wolsey, Ribera, and Farrington; CTPP number 4 - Cannon; and CTPP number 7 - Carson. Lucky Turkey Finders were Nelson, Bossert, and Gorden. Play days resume in January at 1:00 PM. The 21st Grandmother's Tournament is January 18. Consider signing up to be a Big Sister to a new member. Paired with a new member, you provide a general introduction by playing a few rounds and answering questions. Please don't forget to report your own Sweeps before the end of the year and confirm your current email with the pro-shop staff.

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

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**Men's**

Lots of things were happening at the course in December. Lincoln Hills now has new snazzy golf carts. The course is coming along great, and the improvements are outstanding. Stop by and let Chad, General Manager, know how it looks. We're excited to announce our first two tournaments of 2023. First up is the Winter Sloshfest: a four-man scramble on January 17. It will be played on the Hills course (Orchard if needed) as a shotgun starting at 9:00 AM. The second tournament will be the Valentine's Day Massacre. It's a four-man Lone Ranger format. It will be held on the Hills and Orchard courses as a Shotgun start at 9:00 AM.

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



**Hiking & Walking**

Ready for the New Year! Start out strong like these hikers and walkers. Enjoy the variety of trails in our surrounding communities. Take a brisk walk with the walkers on Wednesday mornings at 8:00 AM on the Lincoln Hills paths. Join the hikers on the first Tuesday and third Thursday for an invigorating journey and beautiful



Pleasant Grove Trail to La Provence

scenery of places within a 25-mile radius. Check the website for updates. Happy trails!

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



**Investors' Study**

The next meeting is Thursday, February 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 where the markets are trending, Fed actions on rates, and how these may impact us as investors. The group is open to all residents. Best of all, there are no dues to join the group. The meeting provides an opportunity to learn about the markets and ask questions of the speakers. 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 if you are in Active Investors group. Contact Carl Sulzer with questions

regarding Investor's Study.

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



**Lavender Friends**

As December wound down, Sara Vega, our membership chair, tallied up 27 new members and another on the way for 2022. Among the new members are a couple "allies," men and women who join to show their support for Lavender Friends, a club for LGBTQ residents here. "It's a measure of acceptance, and that is so important to us," says Sara. As for social activities, we ended the year with a couple of annual events: our Turkey Trot, a post-Thanksgiving trail walk, and December's holiday dance, which as of this writing, was expected to draw upwards of 100 people. Coming up this month: a party to celebrate and usher in 12 more months of fun.

Contact: Marilyn Kupcho 408-828-2778, mkupcho@gmail.com  
Website: www.lavenderfriends.com



Turkey Trot walkers at rest. (Photo by President Marilyn Kupcho)

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**Mah Jongg, Chinese**

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Contact: **Randy Fong** 916-295-9489, [randy888@pacbell.net](mailto:randy888@pacbell.net)



**Mah Jongg, National**

We want to remind all our members to order their new 2023 National Mah Jongg card this month. You can do this online at [www.nationalmahjonggleague.org](http://www.nationalmahjonggleague.org). Also, our president Gerry Bell for the past three years, has turned over that position to Penny Grmolyses. Lisa Caliouette will be writing our *Compass* articles. Thank you



Fun time at our holiday lunch

for stepping up, and to all those behind the scene members that have worked to make this such a fun club. We play every Tuesday in the Card Room (OC) from 12:30 to 4:00 PM. All are welcome. Penny Grmolyses also offers free lessons. Call her, and she'll get you scheduled. Hope to see you next Tuesday, and may the jokers be with you.

Contact: **Penny Grmolyses** 509-939-3882, [Natmahjclub.sclh@gmail.com](mailto:Natmahjclub.sclh@gmail.com)



**Mixed Media**

Ring in 2023 by letting your creative side out, and come and join the fun! Our Club meets on the third Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. At our first meeting on January 18, our activity will be making artsy name tags. We want to make sure we get to know everyone's names. The art challenge for those who want to participate is to make an art piece using the prompt word "winter." Or, if you chose, a Word of the Year. Then, use that word to inspire your art. We share the challenge at our

meeting. For more information or questions, contact our President, Chris Fetter.

Contact: **Chris Fetter** 916-276-7895, [mixed.media.chrisf@gmail.com](mailto:mixed.media.chrisf@gmail.com)



**Motorcycle**

We enjoyed a wonderful holiday gathering. Members pictured Shawn Klien, Bob Woerlee, Tom Moe, Fred Zachu, Jacqueline McDermott, Dan Harlander, Don Bowden, Jeff Critch, Manny Perez, Doug Sterne, Gene Glaser, Tim McDermott, and Ralph Tonseth, accompanied by spouses, enjoyed a delicious meal, and shared funny stories. Our club is currently dark, and our first monthly social meeting resumes in February on the fourth Thursday of each month at 5:30 PM Multipurpose Room (OC). Our first planned group ride starts back up in March on the second Saturday monthly, 8:00 AM at the Twelve Bridges Chevron. Are you interested in learning more about motorcycles, riding motorcycles, or enjoying friendships with



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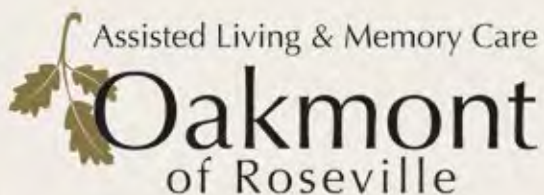


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motorcycle enthusiasts? Call our Membership Chairman, Manny Perez, to learn more.  
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**Music**

We look forward to a new year of music, singing, and fellowship. Our meetings are open to all musicians regardless of your level, and all styles of music are heard.



*Come Play with Us*

Why not dust off and pick up that Clarinet or Sax and join us? We meet on the second Wednesday of the month from 2:00 to 4:00 PM in P-Hall (KS). You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. The Guitar Ensemble meets Fridays from 1:00 to 3:30 PM (OC). Open to Lincoln Hills residents. Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets Wednesdays 1:00 to 3:00 PM (OC). Contact Ron Peck at

925-788-5869 for information.  
 Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com  
 Website: www.lincolnhillsmusicgroup.org



**Needle Arts**

Happy New Year! 2023 promises to be another productive and fun year. Our general meetings are held in P-Hall (KS) at 1:00 PM on the second Tuesday of the month. Join us on February 14 for our next meeting and learn about our club. Community Service set a record last year, donating 317 quilts. Congratulations on a job well done. Barbara Cosby has been elected as Vice President of Programs and joins the 2023 Board. Newly appointed positions include Betty Kisby, who is heading up workshops. Jean Storms will be in charge of window displays. Don't forget to renew your membership. Dues remain unchanged at \$20. You



*"Hats Off to Winter" luncheon centerpiece*

can find the membership form and instructions on our website.  
 Contact: Jeanne Helland 916-409-5512, needleartspres@gmail.com  
 Website: www.sclhna.com



**Neighborhood Watch**

A new year brings new resolutions to engage in more projects and to participate in our community. All too often, these ideas slip away as the first week ends. Before you let that happen, take a look at what Neighborhood Watch offers for volunteers who want to be involved in bringing our neighbors together. The Board of Directors, led by Linda Minor, executive director, oversees the village coordinators and maintains contact with the Police and Fire Departments. The 2023 Board includes Dee Fuggiasco, Patricia Hammer, Stephanie Guillory, Denise Hexom, Renee Plummer, Suzanne Rosevold, and Teresa Tanin. There still are openings available on the board, as well as for village coordinators and mailbox captains. To learn how



*A good New Year's resolution – volunteer!*

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you can make a difference, contact Neighborhood Watch.

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



**Painters**

Happy New Year! Let's greet 2023 with a song in our hearts and a paintbrush in our hands. It's Membership Renewal Time!

Please complete a new membership form along with your \$15 cash or check dues payment. Forms can be picked up and dropped off at our meetings. The



Pastel painting by Jane Barry

exception is for those who have recently joined. Simple Pleasures Cafe in downtown Lincoln continues to feature our paintings, which will be on sale for reasonable prices through February 6. Congratulations to Tracey Bolton, Marianne Oliphant, Bob Green, and Linda Morley for selling their work. Our February Challenge is the theme of Architecture, which will be presented at our meeting on February 21. All levels are welcome to enter, so now it's

time to get painting!

Contact: Linda Shields 916-488-7220, linda\_c\_s@yahoo.com  
Website: https://www.facebook.com/groups/958148364841531



**Paper Arts**

Our holiday luncheon in December was a hit! Club President June Paquette spoke about the club's accomplishments in 2022, thanking the membership and board for their help and support. June also recited a clever Christmas poem she had written. She's a poet, and we didn't know it! We look forward to a productive and creative year ahead. Our next Open Lab is January 19. Join us to share ideas and work on projects. Thank you to Dottie Macken, open lab leader, who organizes the sessions and presents tips and techniques for card making. 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



Pam, Sue, and Dottie at Holiday Luncheon check-in

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 on the first and third Fridays from 9:00 AM to Noon in the Card Room (OC). We look forward to seeing you soon.

Contact: Denise Jones 916-543-3317



**Photography**

To kick off the New Year, our January meeting will wrap up the very successful Show and Tell Extravaganza we launched in November. The event was so popular with members we were unable to get through everyone's presentations. Be sure not to miss it. Our Club is home to some spectacular photographers! In December, we had our annual Holiday Breakfast at OC. As always, the food was as wonderful as the socialization. Thank you once again to Truman Holtzclaw and Larry White for setting up their holiday studio in the lobby. Thinking about joining the Photography Club? We

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always welcome new members. You can sign up at our monthly General or Photography Special Interest Group meetings or via our website.

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



**Pickleball**

A new year is here, and we have new activities for everyone! For 2023, we are offering new indoor drill clinics as well as indoor drop-in play. Our outdoor drill clinics will continue this year. We are on year two of our raucous Pickle Pooza! Our new activities include a Grandkids Pickleball Party and Pickleball Fright Night. Our three tournaments are always a club favorite for all levels. If you aren't a member yet, join us and participate in our fun events! If you need 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 tennis shoes.

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



**Players**

The Players are delighted to announce free Readers Theater

shows on Saturday, February 4, and Sunday, February 5, at 3:00 PM in P-Hall (KS). Directed by Joe Nichols and Paul Gardner, each show will present two lighthearted thirty-minute episodes from popular radio shows, "My Favorite Husband" and "Our Miss Brooks." Getting everyone in the mood for Valentine's Day, the episodes will portray some hilarious mix-ups in hapless attempts, in one case for Miss Brooks to finally have a dinner date with her bashful friend, and in the other case, to send a Valentine's Day card to what is intended to be the object of one's affection. Remember, Sunday, February 5 is not Super Bowl Sunday, so come and enjoy a relaxing afternoon of comedy!

Contact: Craig Stults 916-543-6782, craigstults@sbcglobal.org  
Website: 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) or 1:15 PM on Tuesdays. The seating arrangement will eliminate people not being able to play because tables are full. If you have questions, please contact Paul.

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



**RV**

The 2022 season of RV'ing has been busy and enjoyable. Thank you to the Board Members that are staying on, and welcome to the new. They are all ready to get to work to make 2023 a fun and exciting year for all. Please check our website for all you need to know about the RV Group, including applications, rallies, and agendas. We have a total of 104 members and always



Mary Romo and Steve Beede singing at Holiday Party

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welcome anyone that is interested in joining to check us out at our monthly meetings. Contact our Membership Chairwoman, Maggie Giuliani, at 310-963-2350 or malibumarg@gmail.com to answer any questions and guide you along should you decide to become a member. Meetings will resume on January 12, 4:30 PM (KS).

Contact: *Mary Romo, President*  
707-738-6311,  
mromo50170@gmail.com  
Website: [www.LHRVG.com](http://www.LHRVG.com)

**SCHOOLS**



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



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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. You can make a difference in the lives of the children of Lincoln. To find out about tutoring at Phoenix Continuing High School, contact Irma at jmeidm@aol.com, or for K-5, contact Cyndi.

Contact: *Cyndi Colloton*  
916-587-3056, colloton@yahoo.com



**Scrabble**

We welcome any interested residents to join us for a game or two of Scrabble on Monday afternoons from 1:00 to 4:00 PM in the Card Room (OC). All game materials are provided. No reservations or advance notice is necessary. All levels of experience are welcome. Come and join us.

Contact: *Anne McMaster*



**Shanghai**

Now that winter is upon us, it's time for a relaxing game of cards. Join us on Friday nights at the Card Room (OC). We start to gather a few minutes before 5:00 PM to make tables of three to five players to play Shanghai (an easy to learn rummy style card game). We welcome players of all skill levels. We're looking forward to seeing you on a Friday night soon.

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



**Shuffleboard**

Outdoor Shuffleboard play begins this month. Our two new professional-grade PolyCourts should be installed now in the rear bocce court area, with club doubles play held every Tuesday, Thursday, and Saturday afternoons. Two 90-minute sessions are held each day: 12:45 to 2:15 PM and 2:15 to 3:45 PM. New players are always welcome. If it is not raining during a session, we are playing! Open play is available via the new online reservation system for bocce and shuffleboard. Shuffleboard equipment is stored in the croquet locker behind the bocce courts. Get the locker key at the OC Fitness desk. Now we can start planning for some new club events at the Sports Plaza. Happy hours, potluck socials, and tournaments have been suggested.

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



**Singles**

Happy 2023! To kick off the New Year, be sure to get your ticket for our Pre-Super Bowl Party. It will be held on Thursday, January 26. Doors open at KS at 6:00 PM for dinner and lots of football-related festivities. Join us for our Birthday Celebration

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on Sunday, February 5, at 4:00 PM in the pre-function area outside the Ballroom (OC). Join Sarah and her committee at 4:15 PM on Tuesday, February 7, in the Ceramics Room (OC), to plan our activities for the new year. Your ideas are appreciated! Thursday, February 9 at 6:00 PM is our first Business Meeting in the Ballroom (OC). Saturday, February 11 at 9:00 AM is the second Saturday Breakfast in the Meridians Sports Bar.

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



**Ski**

Big Fall storms made for great early-season skiing in December. We now have a good base to go into Winter. The Club plans to expand communications among members to support local skiing day trips with groups of members and their guests. The annual Holiday Party in December was filled with holiday cheer, great food served by Turkey Creek Golf



*Holiday Party Fun*

Club, recent and distant past ski stories, and much fun for old and new friends. Coming up soon is our annual South Lake Tahoe trip. Be sure and join your fellow winter enthusiasts if you can!

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

**Website: www.LHSkiClub.com**



**Softball**

The new year is here, and planning and scheduling for the 2023 softball season come with it. The Player Application should be available on our website by now. The annual Conditioning Clinic is slated to take place in February. League practices are anticipated to start soon. The Co-ed Division player draft takes place in March, and Opening Day is tentatively scheduled for early April. The Fun Ball season has come to a close. We had several rainouts, and it was very chilly some mornings, but we managed to play over 20 games from October through December. It was generally well attended, and as required, the players had fun. As always, please visit the website for event dates and the 2023 Player Application.

**Contact: Heidi Mazzola 916-716-5086, heidimaz72@gmail.com**

**Website: www.LHSSL.net**



**Sports Car**

There were no trips in December, but planning is underway for 2023. We're expecting a return of both day trips and overnight excursions. At this time, there is nothing planned for January but keep an eye out for emails from the Club, as something might pop up at the last minute for a day trip.



*Dining in Style at the Holiday Party*

The Club had a fabulous Holiday Party on December 13 at Catta Vadera Country Club. For many members, it was a chance to break out tuxedos and formal gowns. As usual, it was well attended, and everyone had a great time. New Club officers were also installed. The club is always looking for new members and tour leaders.

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



**Sun City Squares**

Our new classes are beginning! The first informational meeting of the

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beginning class was held on January 9. Partners are not required, although some dancers will be asked to learn both the men's and women's dance moves. A Round Dance class (Rumba ballroom cued calling) has started. Partners are required as this is danced as a couple. This meets at KS on Thursdays, 11:30 AM to 1:00 PM. Regular attendance is highly recommended as new calls are learned weekly, and the class should learn at the same pace. Square dancing meets at KS on Mondays from 1:15 PM to 3:00 PM for beginners and plus Level. Advanced Level dancers meet at KS on Thursdays 1:00 to 3:00 PM. The cost is \$5.00 per person per class.

Contact: Jackie Carlson  
925-207-9415,  
jackiec3po@icloud.com



**Swimmers & Water Walkers**

Message From the President: we are looking forward to an energetic 2023. Club membership is currently 236 members. We offer free mentoring to members on swimming and water walking and keep them informed about pool news and conditions. When possible, we work with the Association staff to resolve problems and improve pool



President Jim Klein at KS pool.

conditions. We maintain a virtual library, available to members, about swimming, water walking (including a video), and the use of water devices. Two tentative social events are on the calendar: Sierra Splash, a spring challenge event, swimming or water walking to the Lake Tahoe area in our LH pools, and a repeat of Hot August Splash. There will be four meetings in 2023: February 20, May 15, August 21, and November 13.

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



**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



2021 World TT Men's Final, Moregard v Zhendong

required to become a member. To join, just sign up on the new member sheet at the play sessions or email Carl. Our annual club meeting will be on January 29, at 2:00 PM at (KS). Please plan to attend and vote for our new steering committee nominees and hear all about our plans for 2023.

Contact: Carl Lynch 916-316-0796,  
pingpongsclh2@gmail.com  
Website: <https://sclhresidents.com/group/pages/table-tennis-club>



**Tap Company**

Happy New Year! Hope everyone had a wonderful holiday season. Now mark your calendars and get ready for the Tap Company's spring production, "Let's Dance Again." The show will take place on March 30 and 31 with evening performances and on April 1 and 2 with matinees. All forms of dance routines are being choreographed, and practices are underway. In addition to these dancers, we will have singers and

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



**Tennis**

Happy New Year, tennis fans! Our club topped off 2022 with women's and men's holiday luncheons and our last board meeting of the year. Gifts, goodbyes, and a huge thank-you went to outgoing board members, preceded by the introduction of our new 2023 Board of Directors. A full slate of activity planning is already underway for tournaments, ball machine practice, live ball, drop-in, USTA and SATA teams, and the possibility of bringing back LITT (team tennis). As we look forward to an exciting year, remember that the real work of the tennis club volunteers goes on behind the scenes. While participating in tennis club activities is optional, if you are playing on our resident courts, the tennis club is working for you.

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



Men's Tennis Holiday Luncheon



**Veterans**

The Veterans Group's 2023 board of directors is in place, with Dave Taylor as president, Jeff Davis as treasurer, and Richard Fuller as secretary. Peter Gilbert and Jim Mikacich have joined the board as directors. Retired Air Force Lt. Col. Ed Harvey, who lived in Ukraine and speaks the language, will be our guest speaker at the January 19 general membership meeting at 1:00 PM in P-Hall (KS). He attended the U.S. Air Force Academy and flew treaty verification missions as a navigator aboard the OC-135 Open Skies aircraft in the U.S., Europe, and Asia. He subsequently served for years as a foreign area officer and a fully accredited diplomat in South America, the Caribbean, Qatar, and Syria, where he negotiated directly with Russian generals.

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



**Water Volleyball**

In the past, William Jessup Ladies Volleyball has provided good competition for our Water Volleyball players. The Jessup Ladies learned we are a fun, competitive group that takes our game seriously. For the first time in program history, William Jessup Ladies are champions of the Golden State Athletic Conference for Volleyball. Jessup swept the competition to win championship gold. Congrats to our friends at William Jessup! If you are interested in learning how to play Water Volleyball, we have a free play Saturday. We provide Mentors, Skills, and Drills classes, and a Ladies' Night Out monthly 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 information.

Contact: Diane Ferrari 916 412-9599, dferrari\_56@hotmail.com

Website: www.LHWaterVolleyball.com



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





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Megan Carolan Martin  
916.420.4576  
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### Alzheimer's-Dementia Caregiver's Support

Our steering committee includes Mary-Jo Fratessa, Valerie Jordan, and Gail Marculescu. 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 are welcome, especially caregivers with recently diagnosed family members. The next meeting will be on January 25 with speaker Mark Wolff, owner of Senior Care Authority, who will discuss local senior living options. The Women's group meets the first Wednesday of every month in the Multimedia Room (OC). The next meeting is February 1 at 1:00 PM. Contact Mary-Jo Fratessa at 916-759-8760. The Men's caregiver group meets the third Thursday of every month in the Multimedia Room (OC). The next meeting is February 16, 10:00 AM to Noon. Contact Ernie Drake at 916-543-3482.

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



### Bereavement

Our Group offers support and friendship through sharing with others who have also lost a loved one. We meet on

the second Wednesday of each month. You are invited to join us Wednesday, February 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



### Bosom Buddies

We ended the year with our popular holiday party. We enjoyed a lunch of lasagna and Fettucine and afterward sang holiday songs with Lori Redhair and Yvonne Knause. Our ladies brought unwrapped gifts and filled over two boxes of Toys for Tots. Each lady received a beautiful candle crafted by Kay Brady, Sue Blankenship and Sharon Peck. Our January speaker was Jennifer Hilton from Coldwell Banker, who talked about ways to downsize and/declutter our houses. It's



Bosom Buddies ladies  
at our holiday lunch.

always good to start off a new year by making our lives simpler. Bosom Buddies meets the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC). If you're not sure about joining, please attend a meeting to learn more about us. Happy New Year!  
Contact: Judy Stewart  
916-408-3597,  
ladyj2170@gmail.com



### Gam-Anon

If your life is affected by someone else's gambling problem, Gam-Anon can help. 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 in Loomis at 6414 Brace Road. A Gambler's Anonymous meeting is held starting at the same time at the same venue in another room if your gambler also wishes to attend a meeting. For support between Gam-Anon meetings, you can call the Sacramento Gambler's Anonymous Hotline at 855-222-5542 for referral to a local Gam-Anon member or call the Gam-Anon Northern California 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

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### Glaucoma Support Group

We will meet on February 8 at 4:00 PM in the Multimedia Room (OC). Our discussion topics may help you as you begin or continue your Glaucoma treatment. We will discuss the ways to maintain your treatment plan. After initial diagnosis, we typically begin treatment with drops. Your Glaucoma Specialist will guide you through your plan. Do you know what questions to ask? Do you need to adjust your lifestyle? Is it challenging to keep the medications in order? Bring your questions, and we will help you become a participant in your care.

Contact: Bonnie Dale 916-543-2133, [Bjdale@aol.com](mailto:Bjdale@aol.com)



### Low Vision Support Group

February is Low Vision Awareness Month. Our next meeting is Tuesday, February 7, from 2:00 to 4:00 PM, Fine Arts Room (OC). Jaime Wright, Placer County Public Works Manager – Transit Services, will describe Dial-A-Ride to us. Pauline Watson, Lincoln Hills Foundation, will brief us on how residents can purchase half-price tickets for Dial-A-Ride. Our March 7 meeting will be 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 audiobooks, braille books, and magazines via postage-free U.S. mail. You can also access materials using your smartphone or tablet. Audio players are also available free of charge. Group meetings are open to all residents.

Contact: Joan Marie Brant-Love 916-434-6095, [joan.brant-love@sbcglobal.net](mailto:joan.brant-love@sbcglobal.net)



### Multiple Sclerosis

Enjoy all those Holiday goodies? We bet you did! Zoe Edwards, Nutritionist Mercy MS Achievement Center, will help us get back on track with healthy eating and snack ideas Tuesday, January 17, at 1:00 PM, Sierra Room (KS). New Members and newly diagnosed are welcome to our casual, friendly, informative group. Have a family member or friend with MS? You are also invited. Want to volunteer? We love our volunteers! Thanks to all who made our Holiday Lunch and Bingo such a success: Joni Deutsch, Tupperware Barbara Araujo, Laura Ludwig, and all attendees! See you on January 17.

Contact: Jeri Di Fiore 916-408-7565, [2020jeridifiore@gmail.com](mailto:2020jeridifiore@gmail.com)



### Parkinson's Caregivers Support

This support group is for care partners/givers

of those who have Parkinson's. We meet the second Tuesday of every month from 10:00 to 11:00 AM at the Lincoln Hills Community Church, 950 E. Joyner Parkway.

Contact: Charlotte James 916-316-1351, [cjames4528@sbcglobal.net](mailto:cjames4528@sbcglobal.net)



### Parkinson's Support

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 AM to 11:30 AM at the Lincoln Hills Community Church, 950 E. Joiner Parkway.

Contact: Christine Grmolys 916-769-0449, [christine@seniorcs.com](mailto:christine@seniorcs.com)



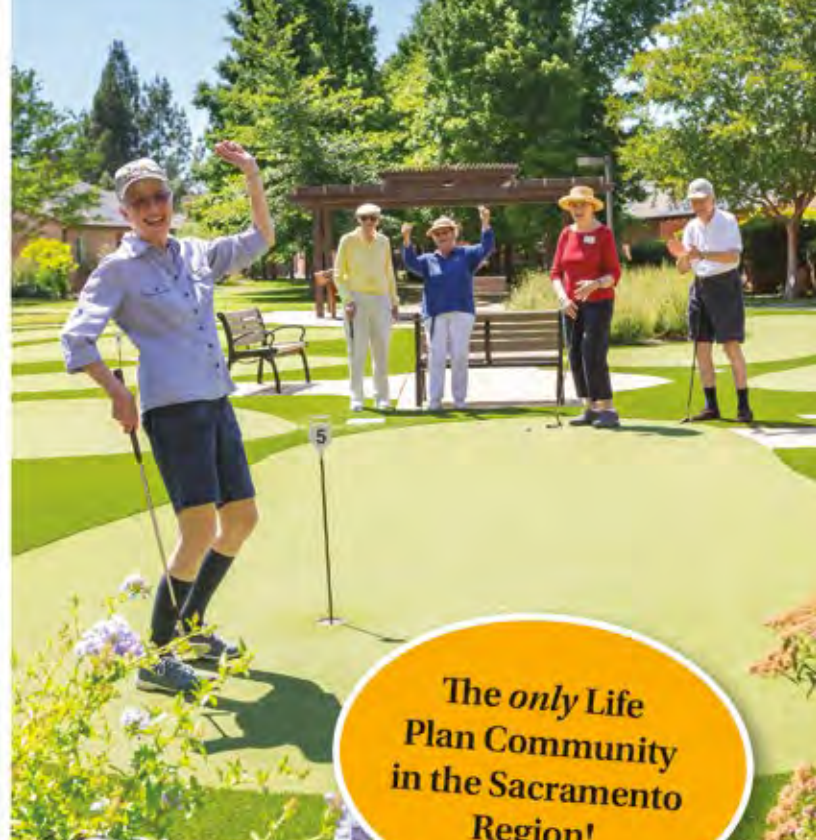
### Polymyalgia and/or GCA Support

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. If you are interested, please contact Adrian for the date, time, and location of our next meeting. If you e-mail, please put "PMR/GCA" in the subject line.

Contact: Adrian Felice 916-408-4332, [adrianfelice55@gmail.com](mailto: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 beginning January 16. 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 study group meets twice monthly on Sunday afternoons to share in the experience of the practice of the daily lessons presented in the book A Course in Miracles. This is a course that teaches us to apply universal love and forgiveness to heal our issues of fear and separation with the goal of achieving inner peace, which must be achieved before there can be external piece. Call 916-409-5253 for more information.

### Airport Co-op

We are open to Lincoln Hills residents to share rides to and from the Sacramento International Airport. The co-op works on a point system. Give a ride, get a ride. Membership is \$15.00 per year per household. For more information, visit our website [www.lh-airportco-op.org](http://www.lh-airportco-op.org) click the membership tab, download the application, mail along with the required documentation to the address on

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the application, or phone Barb Iniguez at 916-408-7812.

### Cloggers

Happy New Year! May you be healthy and happy (and safe and warm) this new year. And for added health, come join us as we dance our way to good balance and strength. We cloggers dance a style of Irish clogging, with lots of rhythm and noise because our shoes have four taps each shoe. Clogging is also great for the knees and ankles (watch our exceptional dancers at the next show). Best of all, come and be one of our dancers. For more information on clogging right here in Lincoln Hills, please call 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>.

### Italian Club

Our yearly list of activities is in the works. Check the website to see what's in store for the coming year. On February 8, we are planning a "Movie and Social." A Venetian Carnevale is set for March 19. Another

regional event, this one featuring Campania, will be held on April 29. And, to kick off summer, the BBQ and Bocce event takes place on May 21. Additional details on these and future events to follow. To learn more about the club, 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 in 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

Congratulations Kevin Kiley! Our Club is growing, and we are making a difference. We will have our 2023 Kick-Off, our 3rd Annual Open House in the Placer Room (KS), from 1:00 to 4:00 PM with light refreshments along with hosted information tables on the 2nd Amendment, the City of Lincoln, School Administrators, etc. The 2023 Activity Calendar will also be available. Wednesday, February 22, P-Hall (KS) meeting, the Guest Speaker will be Attorney Eric Early. The doors open at 6:00 PM, with the Pledge of Allegiance at 6:30 PM. Annual Dues are \$15/ per person per year. Membership applications are on the 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 at the Catta



Verdera Country Club. We have lunch at Noon and after lunch, we have our business meeting. Some of the activities you can participate in are golf, bocce, bridge, and hopefully more to come in the new year. If this sounds like something you might be interested in, please contact Jay James at either 408-533-3132 or jayj332@gmail.com.

**Shalom Social Group**

We are having a flurry of activities! Our annual Hanukkah party on December 19 featured latkes (potato pancakes) and other delicious food, music, camaraderie, and fun. Our Women Together luncheon attendees heard a speaker from the Sacramento Refugee Resettlement Circle, which is

helping a family fleeing the war in Ukraine. One of the family members also spoke. We have donated to the Circle. Our next Men's Club event is scheduled for this month, as is our next general membership meeting. For more information about our group, please call Margie Gulko at 916-543-5303, or Deanne Iliff at 530-518-3704.

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### Golf Cart Registration

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

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### KS At The Movies: Elvis (2022)

*Encore Show!*

Monday, January 16, 1:30 PM, P-Hall (KS)

Elvis is a 2022 biographical musical drama film Directed by Baz Luhrmann, who co-wrote the screenplay with Sam Bromell, Craig Pearce, and Jeremy Doner. The film follows the life of rock and roll icon, singer, and actor Elvis Presley from the perspective of his manager, Colonel Tim Parker. Rated PG-13. 159 minutes. Biography. Drama. Music.



### Meet the Author Lecture Series

Monday, January 23, 2:00 PM, P-Hall (KS)

Dorothe D. Kress, a former citizen of East Germany, weaves an accurate depiction of East German life with the frightening actions of the Stasi into a suspenseful story of love behind the Iron Curtain. Based on true events, Kristina has grown up in the German Democratic Republic. Being a model citizen, the Stasi has been only quietly frightening background noise to her. But when she falls in love with an American man, she discovers just how all-powerful, and intimidating a police state can be. This compelling love story is inspired by the author's own file the Stasi kept on her.



### Moving On – Lincoln Hills to Senior Independent Living

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

Andy and Doris Petro, residents for 15 years, have transitioned to a new residence and lifestyle, an independent senior living facility. Hear about and benefit from their thinking, decisions, and feelings that arose as they selected their new lifestyle and accomplished the move. How did they manage the downsizing and move? How are they coping with their new lifestyle? Do they have any regrets? Come to the Community Forum to find out.



### KS At The Movies: Driving Miss Daisy (1989)

Friday, January 27, 1:30 PM, P-Hall (KS)

Daisy Werthan (Jessica Tandy), an elderly Jewish widow living in Atlanta, is determined to maintain her independence. However, when she crashes her car, her son, Boolie (Dan Aykroyd), arranges for her to have a chauffeur, an African-American driver named Hoke Colburn (Morgan Freeman). Daisy and Hoke's relationship gets off to a rocky start, but they gradually form a close friendship over the years, one that transcends racial prejudices and social conventions. Rated PG. 99 minutes. Comedy. Drama. Romance.



### Document Destruction

Monday, January 30, 10:30 AM to 1:30 PM, Fitness Center Parking Lot (OC)

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





**KS At The Movies: Get Low (2009)**

Monday, February 6, 1:30 PM, P-Hall (KS)

When much-feared hermit Felix Bush (Robert Duvall) comes to town with a wad of cash and announces his intention to preside over his own funeral, fast-talking mortician Frank Quinn (Bill Murray) smells a big payday in the air. Frank sends his young apprentice, Buddy, to charm Felix and win Felix’s business. As the day of the unusual event approaches, Buddy uncovers a long-held secret involving the hermit, a local widow (Sissy Spacek), and an Illinois preacher. Rated PG-13. 103 minutes. Drama. Mystery.



**Living Through Transitions Revisited – You’re Gonna Need a Plan B**

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

Join Marcia VanWagner to learn how a bit of planning now will help with the “what if’s” later. Many of us consider Lincoln Hills to be our last home. We live an active lifestyle, have great friends, and love our homes. But what happens if you have a major medical setback? You suffer dementia? You have a loss of strength or mobility? Your social life is your television? Or you run out of money? She will explore how to set up your own Plan B with a framework of people and options to help you when a transition happens.



**Coffee with the Mayor**

Tuesday, February 14, 8:30 to 9:30 AM, P-Hall (KS)

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

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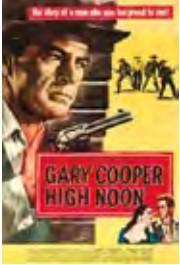
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### Listening Post

Tuesday, February 15, 9:30 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.



### 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.



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

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

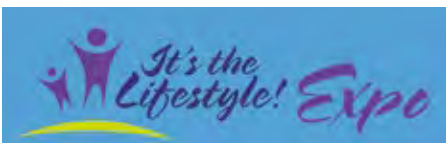
What do Howard Hughes, Bugsy Siegel, and Joe DiMaggio have to do with *Lincoln Hills*? Judy Bennett relives the history and legacy of Del Webb, the man, the vision, and the history of *Lincoln Hills*. Judy, former Director of Public/Community Affairs for Del Webb and Pulte Group, was involved with each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



### 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. 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, speak to different Lincoln Hills department teams and learn about local volunteer opportunities and how to get involved! See you there!



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## New Body Treatments

### Deep Renewal Treatment

30-minutes \$99

60-minutes \$149

A soothing and regenerating treatment that restores tone elasticity and hydration to your skin. This treatment is ideal for moisture restoration and revitalizing stretchmarks, leaving your skin feeling soft, silky, and toned.



### Detox & Sculpting Treatment

60-minutes \$129

Sculpting and remineralizing treatment that releases toxins improves muscle tone and restores essential vitamins and minerals.

### Tranquility Ritual

60-minutes \$169

Inspired by the Indonesian Sea Malay Massage, this exceptional ritual acts in synergy with our Tranquility Essential Oil Blend to induce a state of deep rest and relaxation with our gorgeous and soothing Body Brush application. Perfect for weary travelers or restless sleepers.

## 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.



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(Can only be added to facial service)

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### Back and Shoulder Rescue

30-minutes \$69

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### CBD Herbal Massage

60-minutes \$149

90-minutes \$169

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- **Radiant Hand Repair** – \$25

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

## Nail Services

### All About The Feet

30-minutes \$69

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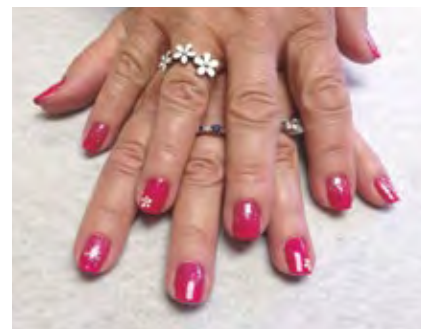
Pressure Point Massage. This treatment helps stimulate the muscles in your feet, and lessons stiffness reduces pain in the ankles, heels, and lower legs. Great for soothing those tired soles and pampering your feet with a little TLC.

### 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.



### Signature Pedicure

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

\*Indicates on sale January 17

**Events**

**\*Tuesday Dance Night**

Tuesday, January 17  
 — LSE463

Tuesday, January 24  
 — LSE464

Tuesday, January 31  
 — LSE465

Tuesday, February 7 — LSE470

Tuesday, February 21 — LSE471

Tuesday, February 28 — LSE472

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

\$8 per person/per dance night

\$21 February Dance Package



Tuesday Dance Nights are social events geared toward those dancers that prefer an unstructured, more nightclub dance atmosphere. Dance alone, dance in a group, dance any style. Line, Disco, Cha-Cha, Rumba, Swing, Waltz, Salsa, or simply people-watch — it's all welcome. DJ Tom will provide music. A no-host bar through 8:30 PM. Doors open at 6:00 PM.

**\*Structured Dance Night**

Thursday, February 16  
 — LSE469

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 through 8:30 PM. Doors open at 6:00 PM.

**Performances**

**Rhinestone:**  
*A Salute to the Songs of Glen Campbell*  
 Performed by *Andy Kahrs*  
 Friday  
 January 27  
 — LSE457



7:00 PM, Ballroom (OC)  
 Premium Reserved Seating \$24  
 Standard Reserved Seating \$21

The distinctive voice of Nashville Singer/Songwriter Rising Star Andy Kahrs celebrates The Legacy of Glen Campbell in a Salute to the Songs of this contemporary Music Legend with Hits including "Gentle On My Mind," "Galveston," "By The Time I Get To Phoenix," "Wichita Lineman," "Rhinestone Cowboy" and many more favorite classics. A show not to be missed!

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**\*KS Comedy Night:**  
*The Comedy of David Studebaker with Chad Opitz*  
 Thursday  
 February 9  
 — LSE466  
 7:00 PM, P-Hall (KS)  
 Reserved Seating  
 \$18



David Studebaker, named “One of the 10 Best Comics to Watch” by SF Weekly, has delighted audiences for over a decade with his brand of fun, fresh, uplifting comedy, blending music, personal stories, and pop culture into his highly interactive shows. His comedy can be heard in regular rotation on Sirius XM Radio, Dry Bar Comedy Network, and he’s been featured on Fox, ABC, the San Francisco Chronicle, and a variety of radio shows and publications. Opening for David is Chad Opitz, a comic whose hilarious and unique perspective makes him an oft-booked staple by Bay Areas and showcases.

**\*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. Together for more than ten years in Sacramento, the band’s five seasoned musicians hail from New York to California, with several stops in between. Band members’ experiences range from international stage performances, live TV appearances, movie soundtracks, recording sessions, and performing to sold-out crowds at festivals, arenas, and auditoriums.

**\*“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



David Burnham was last seen 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.”

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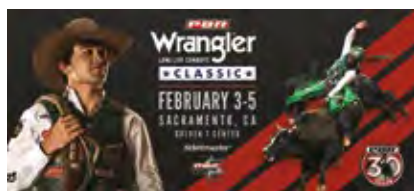
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## Day Trips

– Destinations –

### PBR (Professional Bull Riders): Long Live Cowboys Classic

Golden 1 Center  
Sunday, February 5  
\$140 — LST429



Home of “The Toughest Sport on Dirt,” where the Top 35 bull riders in the world compete on the televised PBR Unleash The Beast – Wrangler Long Live Cowboys Classic. The toughest animal athletes on the planet are matched with the world’s best bull-riding athletes in an 8-second man versus-beast duel. Wheels roll from OC at 12:15 PM for a 1:45 PM show ~ return 6:00 PM.

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



### \*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 and sip and cruise the day away with friends and family of all ages and soak in Sacramento skyline views. Includes 1.5-hour yacht cruise, local DJ spinning Top 40's with scenic Sacramento 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 –

#### Jesus Christ Superstar

SAFE Performing Arts Center/Broadway on Tour

Tuesday, February 7

\$135 — LST413

Celebrating its 50th Anniversary, a new mesmerizing production of the iconic musical phenomenon returns to the stage. Originally staged by London's Regent's Park Open Air Theatre and helmed by the acclaimed director Timothy Sheader (Crazy For You, Into The Woods) and cutting-edge



choreographer Drew McOnie (King Kong, Strictly Ballroom), this production won the 2017 Olivier Award for Best Musical Revival garnering unprecedented reviews and accolades. It also pays tribute to the historic 1971 Billboard Album of the Year. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return 11:00 PM.

#### Brian Regan, Comedy at Hardrock 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.

**– Sports –**

**\*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 your 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.

**Overnight/Extended Travel**

**San Francisco Bay  
Sweetheart Dinner  
Cruise and Overnight  
at Hyatt Regency**



Friday February 10 to  
Saturday, February 11  
\$425 double occupancy  
\$575 single occupancy — **LST430**

Enjoy a night on a Hornblower premier dinner cruise on the bay. Relax and enjoy the view and a three-course dinner on the 2½-3-hour cruise. Dance, stargaze, and see amazing views of the city skyline and the magnificent Golden Gate Bridge. After dinner, relax in your deluxe accommodations at the Hyatt Regency San Francisco. Free time in the morning for breakfast on your own. The trip includes motorcoach, dinner, accommodations, and all gratuities. Trip itinerary and Dinner Cruise menu are available at the Lifestyle Desks. In-person registration only. (Not available online.) Wheels roll from OC at 11:00 AM ~ return 2:30 PM.

**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.

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**Lois Cunningham**  
Lifestyle Class Coordinator  
Lois.Cunningham@sclhca.com



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

\*Indicates on sale January 17

## Dance

### \*Belly Dance Class – L1

Fridays, February 3-24  
1:00 to 2:00 PM (KS)  
\$28 (four sessions)  
— LSC4332

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

Tuesdays, February 7-28  
(free class February 7)  
9:30 to 10:00 AM (KS)  
\$24 (four sessions)  
— LSC4333

Never tried clogging before? Don’t know what it is? Come give it a try – *First Class on February 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, February 7-28  
10:00 to 11:00 AM (KS)  
\$40 (four sessions) — LSC4346

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, February 7-28  
11:00 to Noon (KS)  
\$40 (four sessions) — LSC3883

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 Beginner and Intermediate classes, or they will be via video. **Prerequisite: Instructor approval.** Must be available to perform for current show and signed up for either the Beginner/Easy or Intermediate-IntPlus OR attend 3 of the required class session. **Vacation drop-in: \$15 per session.** Instructor: *Janice Hanzel*.

### \*Clogging – L3/L4

Tuesdays, February 7-28  
Noon to 1:00 PM (KS)  
\$40 (four sessions) — LSC4335

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, February 2-23  
9:30 to 11:00 AM (KS)  
\$40 (four sessions) — LSC4336

February’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 – L2-L5

Mondays, February 6-27  
6:00 to 7:00 PM (KS)

\$28 (four sessions) — LSC3905

Join us for a fun-filled hour of Country Couples's 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

Thursdays, February 2-23  
1:00 to 2:00 PM (KS)

\$52 (four sessions) — LSC3916

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, February 7-28  
1:00 to 2:00 PM (KS)

\$36 (four sessions) — LSC3938

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

### \*Line Dance, Nontraditional – L1-L4

Monday  
February 6-27  
5:00 to 6:00 PM (KS)

\$40 (four sessions) — LSC4274

Let's have fun with "Just Dance!" Learn It! Love it! Various steps, styles, and music make each class



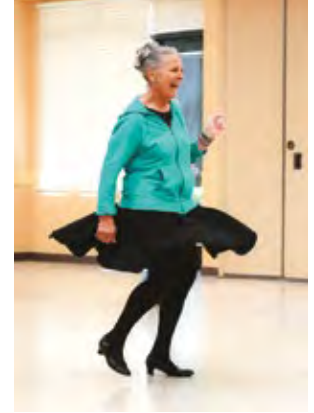
come alive based on genres of R&B, Funk, Pop, Latin, Oldies, and Country. Dance steps will include Jazz, salsa, belly groove, and country. Anna's love for dance goes back to childhood tap, Jazz, and ballet. This led to a professional dance career of 15 years as an instructor/performer spanning the country from L.A. to D.C. Check out her YouTube Channel: Anna Woods Just Dance and/or email: [annawoodsjustdance@gmail.com](mailto:annawoodsjustdance@gmail.com).

### \*Line Dance, Traditional (Country) – L1-L4

Fridays, February 3-24  
3:00 to 4:00 PM (KS)

\$28 (four sessions)  
— LSC4033

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.*



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**\*Line Dance, Traditional – L1**

Thursdays, February 2-23

9:00 to 10:00 AM (KS)

\$28 (four sessions) — **LSC4214**Instructor: *Yvonne Krause-Schenck***OR**

Mondays, February 6-27

4:00 to 5:00 PM (KS)

\$28 (four sessions) — **LSC3950**Instructor: *Cathy Paris*

The absolute beginner-level dances are an introduction to traditional 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.

**\*Line Dance, Traditional – L2**

Thursdays, February 2-23

10:00 to 11:00 AM (KS)

\$28 (four sessions) — **LSC4089**Instructor: *Yvonne Krause-Schenck***OR**

Thursdays, February 2-23

3:30 to 4:30 PM (KS)

\$28 (four sessions) — **LSC4019**Instructor: *Cathy Paris***OR**

Fridays, February 3-24

2:00 to 3:00 PM (KS)

\$28 (four sessions) — **LSC4044**Instructor: *Sandy Gardetto*

Beginner-level dances are built upon the skills learned at the Traditional introductory class level (L1). 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, Traditional – L2/L3**

Wednesdays, February 1-22

9:00 to 10:00 AM (KS)

\$28 (four sessions) — **LSC4055**Instructor: *Sandy Gardetto***OR**

Mondays, February 6-27

9:00 to 10:00 AM (KS)

\$28 (four sessions) — **LSC4077**Instructor: *Yvonne Krause-Schenck*

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

**\*Line Dance, Traditional – L3**

Wednesdays, February 1-22

10:00 to 11:00 AM (KS)

\$28 (four sessions) — **LSC4066**Instructor: *Sandy Gardetto***OR**

Mondays, February 6-27

5:00 to 6:00 PM (KS)

\$28 (four sessions) — **LSC4008**Instructor: *Cathy Paris*

Easy Intermediate class will feature dances that are suitable for more experienced dancers. They have mastered a comprehensive range of step patterns and movements. Dance patterns may be longer and faster than the previous levels. The dances will offer new challenges and a variety of step combinations and rhythms. Achieving this level of dance is not only fun but rewarding as well. (**Prerequisite:** Traditional L2.)

**\*Line Dance, Traditional – L4**

Thursdays, February 2-23

4:30 to 5:30 PM (KS)

\$28 (four sessions) — **LSC3997**

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

**\*Line Dance, Traditional – L5**

Thursdays, February 2-23

5:30 to 6:30 PM (KS)

\$28 (four sessions) — **LSC3962**

More difficult dances will be featured in this class, suitable for the more experienced dancer. Dances will be taught at a faster pace to a smaller group of dancers. If you have a good foundation and are

comfortable with easy, intermediate dances, you will be able to master these dances. Come and join this enthusiastic group and see how much fun you can have. (**Prerequisite:** L3/L4, or L4.) Instructor: *Cathy Paris*.

### \*Tap – L1

Mondays, February 6-27

11:00 AM to Noon (KS)

\$40 (four sessions) — **LSC4114**

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, February 6-27

10:00 to 11:00 AM (KS)

\$40 (four sessions) — **LSC4100**

#### **OR**

Tuesdays, February 7-28

10:00 to 11:00 AM (KS)

\$40 (four sessions) — **LSC4128**

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

## Education

### \*Bridge Class – L1

Wednesdays

& Fridays

January 25 -

February 17

1:00 to 3:00 PM

(OC)

\$80 (eight sessions)

— **LSC4242**

Have you always wanted to learn bridge? Then this class is for you! The class is designed for people who have never played bridge before or have only played long ago socially. Using mini-bridge as an introduction, you will be playing on the first day, and you will spend nearly half the time in each class playing. The other half will be discussions to share ideas on techniques that work and those that don't. By the end of the class, you will be familiar with all aspects of the game. Instructor: *Jack Uppal*.



### \*History of Jazz (1939-1942)

Wednesdays, January 25 -

February 22

(no class February 8)

10:00 AM to Noon (KS)

\$40 (four sessions) — **LSC4250**

In the next leg of our Jazz journey, we will continue with the great Swing Era and then travel to Kansas City and discover new and exciting Jazz. We will remember WWII and hear how Swing Music became America's Soundtrack in fighting and winning the war. So, come along with us as we continue our American Musical journey through the history of America's Art form – Jazz. Instructor: *Ray Ashton*.



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

Wednesdays, March 1-29 (no class March 8)

10:00 AM to Noon (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

February 14-28

1:00 to 2:00 PM (KS)

\$30 (three sessions)

— **LSC4338**

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. *Darrell Effinger* is a





long-time teacher, musician, storyteller, and folk singer. He was a member of the New Christy Minstrels and toured with Glenn Yarbrough and other artists and enjoys teaching and sharing his musical expertise with his students.

### \*Folk Guitar – L2

Tuesdays, February 14-27

2:00 to 3:00 PM (KS)

\$30 (three sessions) — **LSC4339**

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

## Visual Arts & Crafts

### \*Card Making – L1/L2

Fridays, February 10 & 24

9:00 AM to Noon (KS)

\$30 (two sessions) — **LSC4269**

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 January 30.



### \*Card Making – L3/L4

Wednesdays

February 8 & 22

9:00 AM to Noon (KS)

\$30 (two sessions)

— **LSC4289**

**OR**

Mondays, February 13 & 27

9:00 AM to Noon (KS)

\$30 (two sessions) — **LSC4291**



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 January 30.

### \*Ceramics – L1-L3

Tuesdays, February 7-28

1:00 to 4:00 PM (OC)

\$64 (four sessions) — **LSC3848**

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, February 2-23

1:00 to 4:00 PM (OC)

\$64 (four sessions) — **LSC3860**

**OR**

Tuesdays, February 7-28

9:00 AM to Noon (OC)

\$64 (four sessions) — **LSC3836**

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 – Love Sign

Friday, February 3

9:00 to 11:00 AM (KS)

\$35 — **LSC4341**

\$10 supply fee paid to instructor

Learn how to use silk screen transfers and

chalk paste to create a beautiful LOVE sign to accent your home for Valentine's Day or all year long. You



will chalk the design in two colors and embellish it with ribbons. The sign measures 5"x12". Instructor: *Christy Frank*. Registration deadline: February 1.

**\*Chalking –  
Paw Prints Sign**

Friday, February 17  
9:00 to 11:00 AM (KS)  
\$35 — LSC4342  
\$20 supply fee paid to instructor



Learn how to use silk screen transfers and chalk paste to create this purrfect Paw Print sign. You will chalk the design in three colors and embellish it with ribbon or add clips to display photos of your pet! The sign measures 9"x12". Instructor: *Christy Frank*. Registration deadline: February 14.

**\*Fused Glass Jewelry**

Monday, February 13-27  
9:00 AM to Noon (KS)  
\$60 (three sessions) — LSC4139  
\$45 Supply fee paid to instructor on first day of class

In this fun, creative class, beginning students will use both regular and dichoric 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*.

**\*Mixed Media Art Journaling**

Tuesday, February 14 & 28  
9:00 AM to Noon (OC)  
\$45 (two sessions) — LSC3800  
\$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:  
Painting With  
Wool "I Love Ewe"**

Monday  
February 13  
Noon to 4:00 PM (OC)  
\$35 — LSC4315  
\$10 supply fee paid to instructor



**OR**

**\*Needle Felting:  
Painting with  
Wool  
"Golden Fields" or  
"Green Meadows"**

Mondays  
February 20 & 27  
Noon to 2:00 PM (OC)  
\$35 (two sessions) — LSC4327  
\$10 supply fee paid to instructor



Learn to create landscapes with wool using specially designed needles. This project is beginner-level with no prior experience needed. The finished works can be framed or glued to a blank greeting card (included). A frame can be provided for an additional \$5 supply fee. Instructor: *Donna Miller*.

**\*Oil and Acrylic Painting  
– L4/5**

Wednesdays, February 1-22  
9:00 to 11:30 AM (OC)  
\$80 (four sessions)  
— LSC3812

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.sandylindblad.com](http://www.sandylindblad.com). Email Sandy at [sandski2@yahoo.com](mailto:sandski2@yahoo.com) prior to class regarding supplies. Instructor: *Sandy Lindblad*.





**\*Sip and Paint:  
"Bear River"**

Friday  
February 17  
5:00 to 8:00 PM  
(OC)  
\$65 — LSC3824



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 -  
Abstracts in  
Watercolor**

Thursdays  
February 2-23  
1:00 to 3:30 PM  
\$125 (four sessions)  
— LSC4191



Interested in learning how to paint abstracts? Through demonstrations and hands-on experience, participants will explore different ways to create and enhance their abstract designs. Briefly explore the history of non-objective art and how it has evolved and grown to be the most popular form of art today. Using watercolor and design techniques, participants will create their own design using their personally selected color palette. Learn how to balance positive and negative space. and create texture resulting in a dynamic abstract painting. Suitable for all skills levels. For more information, contact the instructor **Faye August** at 916-209-3646 or [watercolorist55@gmail.com](mailto:watercolorist55@gmail.com).

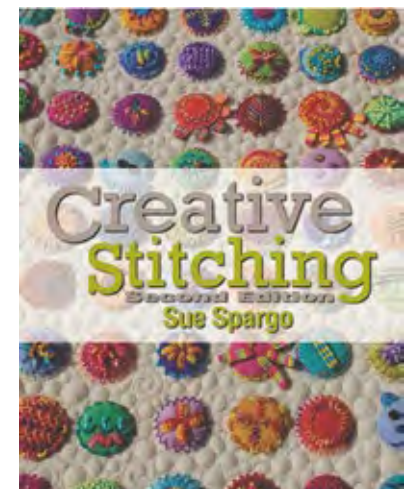
**\*Watercolor  
– Continuing  
Watercolor – L2-L5**  
Thursdays  
February 2-23  
(no class  
*February 16*)  
9:00 to 11:30 AM  
\$60 (three sessions)  
— LSC4179



Want to expand your knowledge and skills in watercolor? Through a combination of demonstrations, discussions, and self-critiques, this continuing watercolor class will provide an opportunity for participants to expand their knowledge and understanding of watercolor while creating their own art pieces. This class is tailored for the instructor to work one-on-one with each participant addressing their specific needs. Previous experience with watercolor is required. This is not a class for people wanting to take watercolor for the first time. This class will be limited in size to allow for individual one-on-one work. **Prerequisite:** Experience with watercolor required. For more information, contact the instructor **Faye August** at 916-209-3646 or [watercolorist55@gmail.com](mailto:watercolorist55@gmail.com).

**\*Wool  
Embellishments,  
Part 2**

Monday, February 6  
1:00 to 5:00 PM (OC)  
\$35 — LSC4286  
\$10 lab fee for  
miscellaneous  
threads and  
embellishments



The class will continue working on the kit bought in the class during Introduction to Wool Embellishment. You will practice several decorative stitches, work with special threads, and embellish with beading. Using Sue Spargo's book, *Creative Stitching, 2nd Edition*, you will learn several embellishing stitches and techniques. Please request a supply sheet at/from the Lifestyle Front desk; Limited to 8 students. Instructor: **Betty Kisbey**.

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



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



## WellFit Orientations

### Free Orientations: WellFit Staff

Unsure where to start in the Fitness Centers? Sign up to take our free orientation and learn how the Fitness Centers work and how to use a select number of pieces of equipment safely and correctly. Orientations are designed to educate you on all the WellFit Department offers and get you started on your fitness journey. Register at Fitness Desks or online enrollment on the Resident Website.

#### Fitness Floor (OC)

- **Wednesday, January 25**  
3:00 to 4:00 PM
- **Tuesday, February 7**  
3:00 to 4:00 PM

#### Fitness Floor (KS)

- **Wednesday, January 18**  
1:00 to 2:00 PM
- **Tuesday, February 7**  
2:00 to 3:00 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.*

## Mindful Movement

**Meditate – Open Heart Series for Valentine’s Day**  
Mondays  
February 6-27  
4:10 to 5:10 PM  
Aerobics Room (OC)  
\$54 (three sessions, no class February 20)



February is the month of love, and living with an open heart allows you to react to the world from the heart, not the Ego. Come join us as we go deeper into how living with an open heart will allow you to feel open to all life has to offer. In this three-week series, we will explore the benefits of living with an open heart, how loving yourself comes first, and how forgiveness plays into the equation. Instructor: *Sheri Mandell, HHC.*

**Mind-Body Balance**  
Wednesday  
February 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.*

**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, February 3-24  
2:00 to 3:00 PM  
Aerobics Room (OC)  
\$52 (four sessions)  
**OR**



Tuesdays, February 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, February 2-23  
2:00 to 3:00 PM, Aerobics Room (OC)  
\$52 (four 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**

Fridays, February 3-24  
3:05 to 4:05 PM, Aerobics Room (OC)  
\$52 (four sessions)

**OR**

Tuesdays, February 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 wellbeing. Instructor: *Shifu Anney Siegel-Wamsat*.

**Why Your Breath Matters**

Mondays, February 6-27  
2:00 to 2:30 PM  
Aerobics Room (OC)  
\$60 (four 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 wellbeing. It will transform the way you think and feel about your breath. Instructor: *Nina Baldi*.



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WellFit Fitness Supervisor  
Rex.Owens@sclhca.com



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.

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

## Personal Improvement

**End-of-Life Options:  
Preparing for Death**  
Monday, February 27  
9:00 AM to Noon  
Multipurpose Room  
(OC)  
\$28



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

### Getting Your Stuff Together

Monday & Tuesday  
February 13 & 14  
9:00 AM to Noon  
Oaks Room (OC)  
\$45 (two sessions) +  
\$30 supply fee paid to  
instructor on the first day of class.



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

### Happiness is a Choice

Tuesday, February 7  
9:30 to 10:30 AM  
Multipurpose (OC)  
\$17



Most of us want to live a long, happy, healthy life in our remaining years. Happiness and wellbeing are important as we age and can affect our physical, mental, and emotional wellbeing. Happiness is a Choice is an introductory talk that is designed to help improve wellbeing and optimize the everyday life of aging



adults. Amel will help you live your best life by understanding how to choose Happiness! Instructor: *Amel Whitaker, MA, LMFT.*

### Karate - Traditional Shotokan

Saturdays, February 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).



### 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 online at [sclhresidents.com](http://sclhresidents.com) 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.



### Living with Neck and Shoulder Pain

Wednesdays, February 15 & 22  
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. Then, learn the correct stretches and exercises to maintain this better quality of lifestyle. Keep your body strong and happy to support longevity. Instructors: *Lisa Kwon*, Occupational Therapist, and *Danielle Merrill*, Physical Therapy Assistant. \*Danielle will teach the first class, and Lisa will teach the second.

## Pilates Reformer - Introduction to Movement

Tuesdays  
February 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: *Andee Lund, 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 same as Personal Training Rates (see above).

## Pop Up Classes

### Zumba and Strength 80's Style

Friday, January 27  
12:55 to 1:55 PM  
Aerobics Room (OC)  
\$8

Have you tried WellFit's Pop-Up Classes? Pop-Up events are temporary, unexpected events in unique spaces. They pop up, and then they pop down. This month,



dust off those 80's style clothes, wear them to exercise class, and work out to Madonna and all your favorite 80s hits with exercises to match. Yes, be ready to "Thighmaster" like Suzanne Somers and shake it like Richard Simmons! Instructors: *Kim & Joanie.*

## 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/](http://sclhresidents.com/WellFit/) Punch Pass Classes, pick up a grid schedule at our Front Desks, or scan QR code below 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  
February 1-27  
(Wednesday 1st start)  
2:00 to 3:00 PM  
Aerobics Room (KS)  
\$136 (eight sessions)

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



### Bootcamp – Progressive L2/3

Mondays & Wednesdays  
February 1-27  
(Wednesday 1st start)  
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, February 7-28  
2:00 to 3:00 PM  
Aerobics Room (KS)  
\$68 (four sessions)  
Instructor: *Craig Wasley*  
**OR**

Thursdays, February 2-23  
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  
February 2-28  
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 regularly 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, February 6-27  
4:10 to 5:10 PM, Aerobics Room (KS)  
\$68 (four sessions)

### OR

Thursdays, February 2-23  
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?

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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 L1/2**

Mondays & Wednesdays

February 1-27

(Wednesday 1st start)

12:55 to 1:55 PM

Aerobics Room (KS)

\$136 (eight sessions)

Instructor: *Rena Schmidt*

### **OR**

Tuesdays & Thursdays

February 2-28

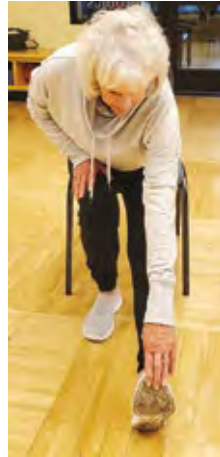
10:45 to 11:45 AM

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**

Wednesdays

February 1-22

4:10 to 5:10 PM

Aerobics Room (KS)

\$68 (four sessions)

Instructor: *John*

*Ramos*

### **OR**

Tuesdays & Thursdays, February 2-28

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

\$136 (eight sessions)

Instructors: *Craig Wasley/MaryAnn DePietro*

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



### **TRX, Strength & Stretch**

Mondays & Wednesdays, February 1-27

(Wednesday 1st start)

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

(instructor may alternate locations between KS-OC)

\$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 L1/2**

Wednesdays

February 1-22

10:45 to 11:45 AM

and also 11:50 AM

to 12:50 PM, Indoor Pool (OC)

\$68 (four sessions)

Instructor: *Nina Baldi*

### **OR**

Fridays, February 3-24

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

\$68 (four sessions)

Instructor: *Lisa Fisher*

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



## **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 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, February 15

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

\$45

Skill Level 3.0-3.75 Minimum/Maximum: eight students

The Topic for this clinic is “How to get out of trouble.” When you are compromised, better to reset than hit a low percentage shot. Students will participate in competitive drills, learning to level the playing field and stay in the point. Personalized feedback during game time play portion of the clinic will also be provided. Instructor: *Ian Dickson*, Pickleball Pro.

### Pickleball Training Services – Purchase at Fitness Centers

- **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 cancelation 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](mailto: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 at [sclhresidents.com](http://sclhresidents.com).
2. Email or text Ian Dickson, Pickleball Pro, to schedule a session at 916-712-4337 or [Ian.Dickson@sclhca.com](mailto: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](mailto: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 session runs sixty minutes and costs \$84.00. Your Wellness Life Coach will recommend the frequency of sessions as you go.


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.

OC WellFit Class Schedule January/February 2023


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC Instructor Training	OC	OC 7:45 - 8:15 AM Stretch 101 L1/L2 - Cynthia	OC Instructor Training	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		10:20 - 11:15am Low Impact Cardio Aerobics & Stretch L1- L3 - Shirley
10:45	Roll, Relieve, Restore 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		
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	Urban Poling L1 Coming back soon - TBA	TBA	Urban Poling L1 Coming back soon - TBA	January 27th Pop-Up Class: Zumba & Strength 80's Style - Joanie & Kim		SCLH Booking 11:30 to 3:00 PM
2:00	2:00 - 2:30pm January Why Your Breath Matters Nina	Tai Chi / Qigong L1 Anney	TBA	Tai Chi / Qigong L2 Anney	Tai Chi / Qigong L1 Anney		
3:05	Chair Yoga L1 Amy	Healthy Living Exercise L1 - John		Healthy Living Exercise L1 - John	Tai Chi / Qigong L3 Anney		
4:10	Why Meditate? Sheri		1st Wednesday each month Mind, Body, Balance - Sheri	4:30 - 5:30pm 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 \$5 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 - schresidents.com		SGT - Small Group Training (55-60 minutes) session based, sign-up ahead					
L1 - beginner L2 - intermediate L3 - advanced *More information about class descriptions in WellFit section of website: schresidents.com							
<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>							
SCAN QR CODE TO DOWNLOAD SCHEDULE ONTO YOUR PHONE							
							



KS WellFit Class Schedule January/February 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	All Cycle L1-L3 <i>Helena</i>	<b>New!</b> 8:00 - 8:30am 30-Minute Cycle L1 <i>Helena</i>	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>Joanie</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>	
10:45	Yin Yoga L1-L3 <i>Katie</i>	Posture, Core & Balance L1/L2 - <i>MaryAnn</i>	Zumba Gold L1/L2 <i>Joanie</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>	Functional Fit L3 <i>Deanne</i>	TRX Strength & Stretch <i>Gina</i>	Fun'tional Fit L3 <i>Deanne</i>	<b>February</b> Urban Poling (Balance & Fall Prevention) - <i>Rex</i>	Traditional Shotokan Karate L1/2 - <i>Al</i>	
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>		SCLH Booking 12:00 to 2:00 PM
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>	<b>3:10pm</b> 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>				
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 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				
	L1 - beginner L2 - intermediate L3 - advanced *More information about class descriptions in WellFit section of website: schresidents.com						
<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> 	


OC Aqua WellFit Water Walking/Volleyball/Class Schedule January/February 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 Jennifer/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 Jennifer/sub	8:45am Aqua Intervals L2/L3 Lisa	Power Waves L3 sub		
9:40	Splash L2 Joanrie	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 about class descriptions in WellFit section of website: sclhresidents.com							
CLASS CANCELLATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time. Thank you for understanding.							
						SCAN QR CODE TO DOWNLOAD SCHEDULE ONTO YOUR PHONE	

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



Pilates Reformer WellFit Class Schedule January/February 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1-L2 <i>Gretchen</i>	Reformer Therapeutic Stretch L1-L2 - Nina		Reformer L1-L2 <i>Cynthia</i>			
8:30	Reformer + Mixed Equipment L1-L2 <i>Gretchen</i>	Reformer Therapeutic Stretch L1-L2 - Nina	Reformer Basics + L1-L2 - Cynthia	Reformer Therapeutic Stretch L1-L2 - Nina	Reformer Basics + L1-L2 - Valerie		
9:30		Reformer Basics + L1-L2 - Cynthia	Reformer Basics + L1-L2 - Cynthia	Reformer Basics + L1-L2 - Andee	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 - Cynthia	Cardio Jump & Core L2 - Gretchen	Reformer Basics + L1-L2 - Andee	Reformer Basics + L1-L2 - Valerie		
11:30	Therapeutic Reformer L1 <i>Nina</i>	Reformer L1-L2 <i>Andee</i>	Cardio Jump & Core L2 - Gretchen	Reformer L1-L2 <i>Cynthia</i>			
12:30					11:45 Cardio Jump & Core L2 - Gretchen		
2:00					12:45 Cardio Jump & Core L2 - Gretchen		
4:15	4:15pm Reformer Basics L1 <i>Andee</i>	4pm Introduction to Movement on the Pilates Reformer <i>Andee</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://sclhresidents.com">sclhresidents.com</a>							
						SCAN QR CODE TO DOWNLOAD SCHEDULE ONTO YOUR PHONE	
							

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

**ADMINISTRATION**

**Executive Director**  
Kyle Bodyfelt.....916-625-4060 ..... Kyle.Bodyfelt@sclhca.com  
**Executive Assistant/Office Manager**  
Michelle Griswold ...916-625-4062 . Michelle.Griswold@sclhca.com  
**Communications & IT Manager**  
Jeff Caponera.....916-625-4057 ..... Jeff.Caponera@sclhca.com  
**Compass Editor**  
Theresa Renken.....916-625-4014 .... Theresa.Renken@sclhca.com  
**Community Standards Manager**  
Wendy Moulder .....916-625-4006 .... Wendy.Moulder@sclhca.com  
**Community Standards Coordinator**  
Elena Schneider.....916-625-4008 ... Elena.Schneider@sclhca.com  
**Director of Finance**  
Open  
**Membership**  
Lisa Hammons .....916-625-4068 ..... Membership@sclhca.com

**FOOD & BEVERAGE**

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

**BOARD OF DIRECTORS**

Craig Fraser .....President ..... Craig.Fraser@sclhca.com  
Robert Copp .....Vice President ..... Robert.Copp@sclhca.com  
Laura Thiele .....Treasurer ..... Laura.Thiele@sclhca.com  
Marie Barnes .....Secretary ..... Marie.Barnes@sclhca.com  
Don Bowden .....Director ..... Don.Bowden@sclhca.com  
Chuck Cunningham ....Director..... Chuck.Cunningham@sclhca.com  
Tom Dunipace .....Director ..... Tom.Dunipace@sclhca.com

**LIFESTYLE**

**Lifestyle Desks**  
Orchard Creek: 916-625-4022 ..... Kilaga Springs: 916-408-4013  
**Lifestyle Manager**  
Allison Sertic.....916-625-4073 ..... Allison.Sertic@sclhca.com  
**Lifestyle Assistant Manager**  
Suzanne Hughes ....916-408-4609 .. Suzanne.Hughes@sclhca.com  
**Lifestyle Class Coordinator**  
Lois Cunningham....916-408-7859 .. Lois.Cunningham@sclhca.com  
**Lifestyle Entertainment Coordinator**  
Cody Meikle.....916-408-4310 ..... Cody.Meikle@sclhca.com  
**Lifestyle Trip Coordinator**  
Scott Cason .....916-625-4002 ..... Scott.Cason@sclhca.com  
**Room Booking & Club Coordinator**  
Elaine Allen.....916-625-4021 ..... Elaine.Allen@sclhca.com

**WELLFIT**

**WellFit Desks**  
Orchard Creek: 916-625-4030 ..... Kilaga Springs: 916-408-4683  
**Director of Lifestyle, WellFit & Spa**  
Deborah McIlvain ...916-625-4031 . Deborah.McIlvain@sclhca.com  
**Assistant Director of Lifestyle, WellFit & Spa**  
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  
**Spa Manager**  
KarriLynn Keith .....916-408-4071 ..... KarriLynn.Keith@sclhca.com

**FACILITIES**

**Facilities & Maintenance Manager**  
Erik Rosales .....916-645-4500 ..... Erik.Rosales@sclhca.com  
**Landscape Supervisor**  
Willie Mayberry.....916-645-4501 ..... Willie.Mayberry@sclhca.com

**GENERAL NUMBERS**

Curator Security .....916-771-7185  
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

**COMMITTEES**

Accessibility ..... AC@sclhca.com  
Architectural Review..... ARC@sclhca.com  
Clubs & Community Organizations..... CCOC@sclhca.com  
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Compliance..... Compliance.Committee@sclhca.com  
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**COMPASS Editor:** Theresa Renken 916-625-4014

**Resident Writers:** Linda Lucchetti, Shirley Schultz, Teresa Tanin, David Wright

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