

# COMPASS

Navigate Your Way Through Sun City Lincoln Hills



**15** 'Food Adventures' Set the Table

**17** Feast, Family, Friends, Faith and Freedom





SACRAMENTO  
AT FIRE MOUNTAIN

# NOVEMBER



SCAN THE QR CODE  
FOR MORE INFO



MONDAY - WEDNESDAY: 1PM, 3PM, 5PM, & 7PM

THURSDAY SESSION MADNESS: 1PM & 5PM

## MONDAYS

### DAY OF THE ROCKER

WEAR YOUR FAVORITE  
HARD ROCK MEMORABILIA AND  
GET 5 FREE PACKS

## TUESDAYS

### DAY OF THE BOGO

BUY ANY MACHINE OR GAMES  
FOR YOUR MACHINE AND GET  
ONE FREE

## WEDNESDAYS

### DAY OF THE MACHINE

BUY 5, GET 5

## THURSDAYS

### Session Madness

1:00PM: 8 REGULAR GAMES  
PAY UP TO \$1,000  
5:00PM: 15 REGULAR GAMES  
PAY UP TO \$1,199

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## COMMUNITY PROFILE

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**On the Cover**  
*Meridians Thanksgiving Buffet.*  
Photo by Laura Wright.  
See article page 17.

# Calendar of Events

November 20 - December 14

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

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## Upcoming Association Meetings: November 15 – December 14

Finance Committee	Wednesday, November 15, 9:00 AM
Board of Directors	Thursday, November 16, 9:00 AM
ARC/Architectural Review Committee	Monday, November 27, 9:00 AM
Election Committee	Friday, December 1, 10:00 AM
CCOC/Clubs and Community Organizations Committee	Tuesday, December 5, 9:30 AM
Compliance Committee	Wednesday, December 6, 9:00 AM
Properties Committee	Thursday, December 7, 9:00 AM
ARC/Architectural Review Committee	Monday, December 11, 9:00 AM
CCRC/Communications & Community Relations Committee	Tuesday, December 12, 10:00 AM
Finance Committee	Wednesday, December 13, 9:00 AM
Accessibility Committee	Wednesday, December 13, 1:00 PM
Board of Directors Workshop	Thursday, December 14, 10:00 AM
Board of Directors Executive Session	Thursday, December 14, 1:00 PM

*Meetings subject to change. Visit the Resident website for the most up-to-date information.*

## 211 Your Non-Emergency Call for Help!



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

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

### Thanksgiving Holiday Hours | Thursday, November 23

OC/KS Lodge .....	Closed
OC/KS Lifestyle Desk .....	Closed
Administration & Membership .....	Closed
OC/KS WellFit .....	5:30 - 11:00 AM
The Spa at Kilaga Springs.....	Closed
Kilaga Springs Café .....	Closed
Meridians Restaurant .....	11:00 AM - 4:00 PM

### Thanksgiving Holiday Hours | Friday, November 24

OC/KS Lodge .....	9:00 AM - 12:30 PM
OC/KS Lifestyle Desk .....	9:00 AM - 12:30 PM
Administration & Membership .....	Closed
OC/KS WellFit .....	7:00 AM - 2:00 PM
The Spa at Kilaga Springs.....	Closed
Kilaga Springs Café .....	Closed
Meridians Restaurant .....	Closed





## A Note from the Executive Director

*Kyle Bodyfelt, Executive Director*

The development of a strategic plan for a community is essential to setting goals, making decisions, and allocating resources with an eye toward the future. Many components go into a well-thought-out plan, and our intention is to share progress and key actions as we move forward through the process.

The overall task is to deliver a Strategic Plan with the goal of impacting the 2025 budget that anticipates and addresses the community's changing demographic, aging infrastructure, operational challenges, external influences, and active adult community trends. The Executive Director shall be responsible for the development, implementation, updates, and execution of the Plan. The Board of Directors shall be responsible for the oversight, review, adoption, and funding support of the Plan.

### **Project Scope:**

The Plan shall cover administration, services, properties, and common areas owned and operated by the Association over a 5-year planning horizon. The Plan shall be developed over the next 12 months. Annual updates to the Plan shall be made in support of the annual budget planning cycle. The Plan shall undergo a full revision every five years.

### **Support Required:**

The Association shall contract a Strategic Planning Facilitator to facilitate the initial planning cycle and advise the Executive Director on development of the initial Plan along with recommending supporting processes.

A Strategic Planning Advisory Group shall be formed and led by the Executive Director to advise and support the initial planning process. It shall include residents with knowledge, expertise and/or experience in strategic planning and/or related fields, along with two Board representatives.

### **Funding:**

Commitment from the Board to funding the development, regular updates, and implementation of the strategic plan and planning process is required, including retention of the Strategic Planning Facilitator and ongoing plan management and maintenance.

### **Deliverables:**

- A comprehensive Strategic Plan document that includes goals, objectives, current environment, mission, vision, value statement, strengths, weaknesses, opportunities, threats, and actionable steps to achieve the desired outcomes.
- A comprehensive communication plan to ensure the strategic plan is effectively communicated to the community.
- A document that clearly spells out review, tracking, and key performance indicators along with required annual review/update process for the plan.

Please see the Resident Website under Board of Directors Resolutions for the Questions and Answers document.





## Election News

### Election Day May 16, 2024

Lincoln Hills Board of Director elections are in May; three Board of Directors positions will be open in a few months! Now is the time to seriously consider filling one of these positions by becoming a candidate. All Members in good standing are eligible.

- January 17 – Candidate Information Session
- January 19 – Candidate Filing opens
- February 20 – Candidate Filing closes at 4:00 PM
- February 22 – Candidate Briefing session
- March 1 – Candidate Statements due by 4:00 PM; Candidate Forum Questions Box and materials display begin in lodges.
- March 15 – Candidate biography due
- April 6 – Candidate Forum
- April 10 to 15 – Ballots mailed to members
- May 15 – Ballots closed at 3:00 PM; Campaign materials removed from lodges

- May 16 – Election Day – Counting begins at 9:00 AM; Annual meeting of members; Election results announced.

The Elections Committee will provide the following services for candidates:

- Candidate Information session to help candidates know what to expect
- Free photo opportunity to use for publication materials
- Free videotaping of candidate comments and statements
- Free *Compass* publication of candidate statements
- Sample Forum questions are available in the Candidate Information Packet
- Potential room availability at no cost to candidates
- Potential low campaign costs due to mutual candidate agreements

For more information, email [Elections.Committee@sclhca.com](mailto:Elections.Committee@sclhca.com)

# WANTED

★★★★★ VOLUNTEERS ★★★★★

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## FOR

Having fun, making new friends, and making a difference in your community.

The following committees are seeking YOU to join!

Accessibility Committee

Properties Committee

Architectural Review Committee

Clubs and Community Organizations Committee (CCOC)

Communications and Community Relations Committee (CCRC)

Compliance Committee

Elections Committee

**Volunteer Applications available at the Lifestyle Desks and the Residents Website**  
[sclhresidents.com](http://sclhresidents.com) > Library > Forms > Resident Forms)





## Accessibility Committee August and September Report

*Don Nelson, Chair*

A lot of activity has occurred in the past two months! First, we welcomed President Tom Dunipace as the Board of Directors lead Liaison, supported by Vice President Marie Barnes. We also welcomed new Committee members June Paquette, Sally French, and David Conner.

Second, at the October Accessibility Committee meeting, we formed a Task Force to propose updates for the Committee's goals and objectives. Members selected to participate include Laura Thiele (lead), June Paquette, Sally French, and Marcia VanWagner. If you have suggestions or comments on this or any other committee matter, please email the Accessibility Committee at [AC@sclhca.com](mailto:AC@sclhca.com).

Third, June Paquette will focus on developing a webpage dedicated to Senior Resources links. Kyle Bodyfelt and Marcia VanWagner will

assist in coordinating with Communications and Community Relations Committee and the Communications and IT Department in developing the page with links that can give residents easy access to the available resources.

Fourth, Pauline Watson reported that the Lincoln Hills Foundation has sold over 90 Dial-A-Ride Packets thus far this year. With a packet subsidized by the Lincoln Hills Foundation, a ride within Lincoln (even within Lincoln Hills) is only 50 cents.

Fifth, the October 25 "Protect Yourself from Fraud and Scams" presentation was a great success. See the video on the Resident Website for more information.

Our next meeting is scheduled for December 13, in the Multimedia Room (OC) at 1:00 PM. Please join us in person or on Zoom. Check the Resident Website for up to date meeting information.



## Clubs and Community Organizations Committee Join a Club

*George Herrmann, Vice Chair*

If you are like me, you have some leftover Halloween candy. Even without trick-or-treaters here in Lincoln Hills, who can resist those bags of miniature chocolate bars? When I see these bags, I know that it is the start of the holiday season with the food, festivities, family, and friends it brings. With Thanksgiving in a couple of weeks, followed by the December holidays, it feels like we will be food-centric for the next two months. Coupling that with shorter days, cooler and inclement weather and less activity is a recipe for weight gain by January 1. Then comes that New Year's resolution to lose weight. With that in mind, why not make that resolution now? Get with your current club or join a new one to get more active. The Association has more than 70 clubs. You can get moving with active indoor clubs like

water volleyball, line dancing, table tennis, swimmers, and water walkers. There will be days of nice weather to get outside with pickleball, tennis, softball, golf, hiking, and walking. Clubs like billiards, shuffleboard, birdwatching, and bocce require little physical activity, but they get you out of the house and moving.

Dick Van Dyke wrote a book called "Keep Moving" and believes that moving is the key to a longer, healthier life. He is 97 and just took up ukulele lessons. He says it is never too late to try something new. Let us all take a lesson from him. All clubs welcome new members. Many have introductory lessons or clinics. Join friends. Try something old. Try something new. Get out and get moving. Get ahead of the food and festivities and start 2024 on a high note.





## Compliance Committee

### Autumn is in the Air

*Lynne White, Chair*

Nights are getting longer, and the warm days of summer are over. A visually pleasing palate of reds, oranges, and yellows are everywhere throughout the community. You may think you have been relieved of your landscape duties until after winter. However, autumn is actually the ideal season to put in the time to clean up your yard.

Autumn is a great time to plant new shrubs and trees for maximum growth. A little work now results in healthier spring flower beds. Pull out the tired annuals and trim, divide, or transplant perennials. Rake up the fallen leaves, pull weeds, prune dead branches, and keep watering your lawn until the fall and winter rains take over. Plant spring-blooming bulbs and fall and winter-blooming annuals to brighten up your borders and containers. To quote Bill Marken, a Houzz

contributor, "Almost all cool-season annuals prefer full sun. The most reliable are Calendulas, Iceland poppies, pansies, and violas. Unless early rains surprise us, just about everything will continue to need irrigation." Don't forget about your outdoor furniture. Store it in your garage or invest in outdoor furniture covers to protect it. If you plan to leave your furniture outside unprotected, it is always best to bring the cushions indoors for the winter. It is common for your favorite garden tools to dull. Practice safety if you sharpen your own tools by wearing protective clothing and safety glasses. Once you have cleaned up your annuals from your pots, clean them up with soap and water. You can stack them upside down in your garage for the winter.

Alice Sebold: "I like gardening – it's a place where I find myself when I need to lose myself."



## Properties Committee

### October Meeting Report

*Bill Szabo, Chair*

**Completed Projects** - Kilaga Café kitchen equipment – Installed.

**Approved in Progress Projects** - Concrete rail fencing installation problem. Meridians Restaurant refresh and update – chair and carpet proposals for November Properties meeting. AV equipment update – working with vendor on delivery date. OC Ballroom control room – proposals from architects and designers received.

**Proposed/Pending Projects** - ADA review of Sports Plaza is being scheduled. Camera and lighting at the Placer County Election Box are scheduled for October 16. BOD Workshop, Thursday, October 12 P-Hall (KS) for more discussion about storage and Strategic Plan development.

**Unfinished Business. Facilities Maintenance Update** - LED building conversion for Kilaga Springs and Orchard Creek Lodges. All indoor lights have been completed. Pool solar repair

update: needs to be redesigned it to meet the needs of the outdoor pool. Sports Plaza concrete sidewalk modification for better accessibility. Softball Field - scoreboard painting, field lasering, and leveling are completed. **Inspection Reports** – Presented Anglers' Cove, bridges, Kilaga Fitness Center, and Spa.

**New Business Proposal 2023.10.01** - WellFit – NuStep cardio equipment replacement - accepted.

**Proposal 2023.10.02** - Storage and office space lease at 985 Sun City Lane. An extensive presentation was given by staff, with extensive discussion by committee members, residents, and the Board president. No motion was made to accept.

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



**Finance Committee**

**September Report**

*Fred Raach, Chair*

At the end of September, the Association’s reported financial results continued to be very favorable. The budget, the basis for this year’s dues, anticipated that over the nine months, the Association would spend \$234,000 more than the revenues it earned. Actual revenues earned were \$45,000, larger than what was spent, leading to a net result of \$279,000 better than budgeted. This is a \$44,000 improvement in net results since the end of August.

Operating revenue in September was \$45,000 higher than budgeted, increasing the year-to-date total to \$164,000 over budget. The positive September revenue can be traced to Lifestyle, with revenue \$31,000 more than planned, and Food and Beverage revenue \$16,000 larger than planned. Spending in September was \$1,000 more than budgeted, but for the nine months still is \$115,000 less than planned. Personnel expenses in August were \$20,000 under budget, largely due to the open positions.

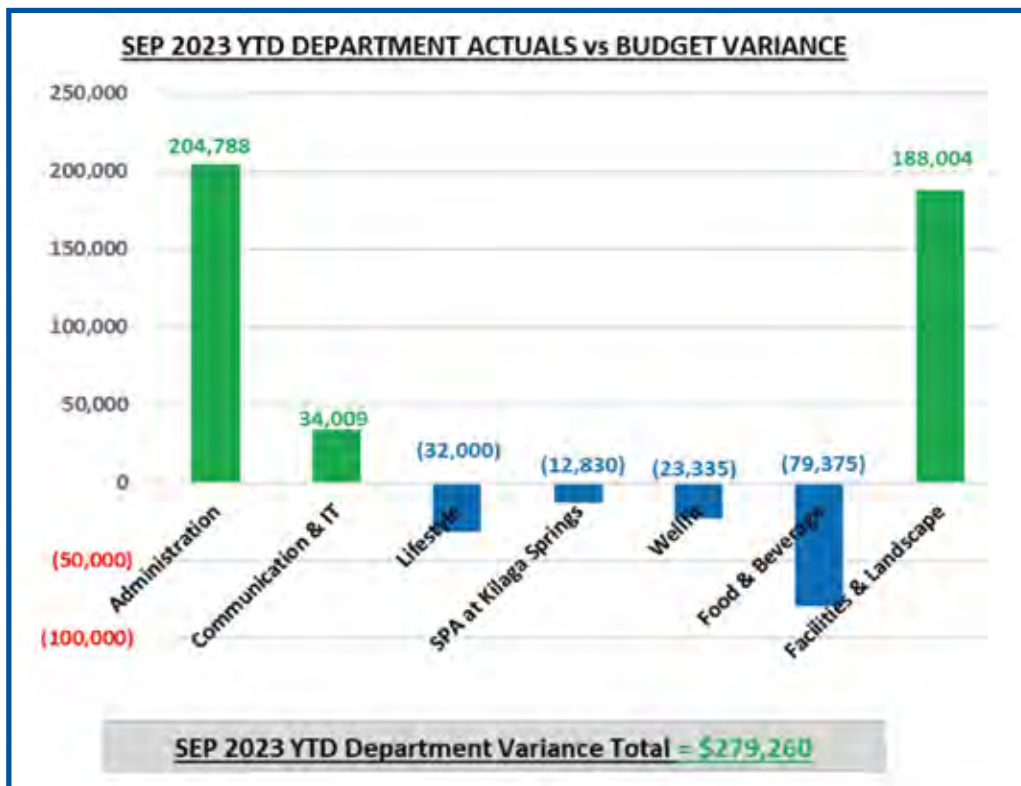
The chart below shows for each department how actual year-to-date net results compare to what was expected in the budget. The explanations of differences are the same as last month, with the exception that the Food and Beverage Department produced positive net revenue of \$43,000 in September.

At the end of September, the reserve fund balance was \$12.7 million after reserve expenditures so far this year of \$1,200,000.

In September, \$9,600 was spent from The Community Enhancement Fund, leaving a balance at the end of the month of \$564,000.

Understanding the \$16 increase in monthly dues for next year may benefit from some elaboration on the causes. There were three expense increases for next year, not controllable by the department heads who prepare the expense and revenue projections, which equated to a \$15.70 increase in dues. The update of the salary schedule and the decision to bring the wages of every employee with satisfactory performance to the minimum of the range for their position increased the amount of expense that dues must cover by \$8.14. Increases in utility rates added another \$4.28. A positive carryover from 2021 of \$267,223 reduced the amount of expense to be funded from dues in 2023. There is no positive carryover for 2024, which increased the expense to be covered by dues next year by \$3.28.

All other expenses are projected to increase \$508,000 over the 2023 level, offset by a projected revenue increase of \$484,000, adding \$.30 to the monthly dues for 2024.







## Lifestyle News and Happenings

### The Summer Feast for Friends

Allison Sertic, Lifestyle Manager

As I write this article in mid-October, I am still thinking about our wonderful Summer Amphitheater Concert Series (SACS) that just ended two weeks ago. So many friends and so much fun. I consider it a great success and honor to add such tremendous quality to residents' lives.

We had a feast of offerings with various musical genres and entertainment styles. Like a buffet, for those who love to try a bit of everything, we offered discounted season packages, and for those that are a little more selective, folks were able to "pick and choose" which of the ten concerts they wanted to attend.

We had five "tried, and true" Lincoln Hills favorites return: Decades, Forejour, Fleetwood Mask, Zmed Brothers as the Everly Brothers, and Jared Freiburg. No surprises, but all consistently great.

For those that would like to try the new flavors, we had five new acts: AbbaFab, Renegade Orchestra, Eric Sage and Young Guns, Hip Service, and Vybe Society. As expected, not as many people chose to participate, but the majority were surprised and very happy with the shows. We received several "that was the best concert ever" comments for literally every one of the new acts. Still, there were three standouts: AbbaFab, Hip Service, and Vybe Society, all received a huge number of accolades. I am sure they will be added to the "tried and true" favorites list.

Overall, the musical and entertainment talent was incredible this season, and the thousands of smiles and hours of jubilation I witnessed filled me with overwhelming gratitude and joy. We had an overall count of nearly 12,000 this season, and I would bet there were at least a thousand that felt exactly as I did.



**TUESDAY - NOVEMBER 28**

**TUESDAY - DECEMBER 19**

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

Tickets available at the lifestyle desks and online at [sclhresidents.com](http://sclhresidents.com)





## The Spa at Kilaga Springs Thankful, Grateful, and Blessed

KarriLynn Keith, Spa Manager

Every Holiday Season, I like to remember all that I am grateful for and count my blessings. I am blessed with a great family and friends. I am also blessed to work with a wonderful group of people who inspire me daily.

There is our Skin Team, a group of intelligent women whose passion for skincare is paramount. This team makes it their mission daily to help every client overcome any skin concerns. They are 100% dedicated to working with each client in reaching their skincare goals.

Our Massage Team consists of five of the most nurturing therapists whose love for massage therapy is evident in every service they do. Their caring touch and positive energy heal the hurts of many.

Our Nail Team is comprised of five amazing and truly gifted technicians who share their passion for

wellness and relaxation with every nail service. Our talented nail team will give you the best pedicure in town all while entertaining you and creating an oasis from your daily stress.

Lastly, our fabulous front desk spa concierge team keeps the Spa running smoothly without missing a beat. Everyone on our spa team is unique, and together, they master with grace and professionalism. Their compassion for others and dedication to excellence make our beautiful Spa so special.

So this holiday season, as I count my blessings and remember what I have to be thankful for, I want to say thank you to Julie, Jinie, Peggy, Plyn, Angeleque, Andrea, April, Kailee, Latoya, Savannah, Katrina, Shay, Kathryn, Carolyn, Tamara, Amiee, Joycelyn, and Megan for all of your hard work and dedication, the lessons that you taught me throughout the year. I look forward to a great 2024 with each of you!

**DEAR SANTA,  
ALL I WANT FOR CHRISTMAS IS...**

This year give the gift that will bring comfort and joy to your loved one with a Kilaga Springs Spa Gift Card. Bless them with a soothing and rejuvenating Spa experience they will treasure all year long! Spread the Holiday Cheer with a luxurious Spa Gift from our Kilaga Spa Boutique and be the Best Secret Santa ever!

Choose from our incredible selection of beautiful Holiday Spa Gift Sets and soothing stocking stuffers OR create your own with our customized Spa Gift Box and bring a little relaxation to your holidays.

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## WellFit News

### Dining with Friends and Family is Important to Your Health

Deborah McIlvain, Lifestyle, WellFit and Spa Director

A great way to cultivate healthy eating habits is to spend more time eating meals, not less. Dining with friends and family is not only a great way to spend time together, but it can also help you to stay healthy, and look and feel younger.

*Eating together releases positive emotions;* When we eat together, we feel safe and happy. Having a meal with your family and friends is a great way to boost your mood. In addition to the personal benefits you receive when dining with others, you will also be contributing to a stronger community. Eating with friends is known to strengthen bonds and build important friendships. Take time to laugh, share stories, and enjoy other's company over a beautiful meal.

*Learn new recipes and get excited about the ingredients.* When you have people over for a meal

or dine with your family, you might find that you can introduce new recipes and ingredients onto your table. Incorporating fresh fruits, vegetables, and grains, everyone will enjoy a great meal and healthier options.

*Dining together can improve communication skills;* it is much easier to have conversations at the dining table when eating dinner than rushing about. Socializing with friends and family can increase your sense of happiness and well-being, which will impact your mental health. It allows you to take a step back from everything and catch up with people who mean the most to you. If you are looking for more nutritional advice, we do have a Nutritionist on staff along with some of our Personal trainers who are trained in nutrition for some one-on-one coaching. WellFit will also have more nutritional class offerings coming soon!

Combine any of our services to create a uniquely tailored gift for your special someone. We'll help you choose your options and festively package it ready to give!

Contact  
**Danielle.Merrill@sclhca.com**  
 for more information

**Shop Local**

**WELLFIT HAS GIFTS FOR EVERYONE ON YOUR LIST SO STOP IN & SHOP!**

*(Purchase your personalized gifts by 12/18 at either WellFit Desk)*

**Our OC Holiday Gift Shop is also stocked with candles, games, puzzles, SCLH fleece vests, goodies, garlands, decor and much more.**

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------------------	--------------------------------------	--

<b>COUNTERTOPS</b>	Save Now on Countertop Replacements	<b>Save 50% OFF</b> <small>on Demo*</small>
--------------------	--	--

\* See specialist for details. New Contracts Only. BOGO offer is buy a drawer or roll-out & get one FREE with maximum savings of \$1020. Demo offers of 50% OFF with maximum savings of \$750. Offers can't be combined. Offer expires 12/31/23.

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**Donna Judah**  
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**Wendy Judah-Olsen**  
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**Jean Lund-Morrisseau**  
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**Ken Martinez**  
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**Jim McWilliams**  
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**Paula Nelson**  
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**Kathy Nowak**  
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**Tara Pinder**  
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**Ann Renyer**  
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**Michael Renyer**  
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**Bill & Jan Rexrode**  
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**Loree Risi**  
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**Keneta Sanchez**  
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**Greg Spier**  
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916-884-3364



**Jackie Van Zant**  
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**Tangi Walker**  
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**Tony Williams**  
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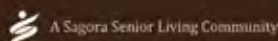
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## 'Food Adventures' Sets the Table

Linda Lucchetti, *Roving Reporter*



Gathering for a food adventure by Chef MJ

The word *adventure* is defined as "an unusual or exciting experience or activity." Preface this with the word food, and we have "Food Adventures," the name of a unique Lincoln Hills club with an appetite for fun, friendship, and, of course, food experiences.

It's no wonder that the Food Adventures Club produces a craving in the community. Food and foodies have long been popularized in TV shows, movies and magazines. Humans have a stake

in eating, discovering new recipes, and learning more about food in relation to cultures and history.

The 140-member club has been on the menu since 2012 when Lincoln Hills resident Don Rickgauer founded it under the moniker "Healthy Eating" because of his interest in promoting eating healthy. Some four years later, its title was changed to "Food Adventures." Paul Wankle, the current interim club president, explains, "The name change was to attract a broader audience and enhance the type of club activities." These objectives seem to have been met through the years.

Paul adds that the club provides a wide range of food and adult beverage experiences, along with quarterly meetings in Presentation Hall (KS), often accompanied by demonstrations in the kitchen area.

Although you can't please everyone, Paul is confident that the number and variety of adventures offered tap into a majority of interests. The proof is in the pudding. Just check out a partial list of actual, as well as proposed, events that might have you salivating – unique dining out experiences, winery visits, wine tasting, home appetizer parties, food presentations, soft cheese tastings, pizza making, cooking with live fire, and seasonal cookies – the list goes on!

It's not just about feasting, it's about feeding the mind. Many activities teach members culinary techniques and kitchen tips, for instance: making sauce, cooking with an air fryer, reducing salt, and cooking up vegetarian and vegan dishes.

In August, a limited number of members gathered in the Solarium for a special multi-course meal and cooking demonstration prepared by Meridians Restaurant's own Chef MJ beforehand, Paul had a hunch that the event would sell like hotcakes. He was right!

In the Food Adventures Club, friendship flourishes like a delectable side dish. There's nothing like sharing common interests and breaking bread with others. So, raise your glass and toast the Food Adventures Club – a group that believes good food is a foundation for happiness.



Italian crostini appetizer



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Meridians Thanksgiving buffet



## Feast, Family, Friends, Faith and Freedom

*Shirley Schultz, Roving Reporter*



Norman Rockwell's  
"Freedom from Want" painting

The title is reminiscent of a 20th-century artwork by Norman Rockwell. "Freedom from Want" is the 1943 painting of a turkey feast at a family dinner. Perhaps you can no longer imagine this scene in your own home, but you can visualize a similar scene at Meridians Restaurant on Thanksgiving Day. Call 916-625-4040 to

make reservations for your family and friends or request to be seated at a "community table" where you can meet and enjoy sharing company with whoever is there.

The traditional turkey feast at Thanksgiving is appropriate for the fall holiday season when many people feel lonely, depressed, sad, or anxious. The main brain chemical for boosting mood and overall mental health is serotonin. Foods rich in the amino acid tryptophan help increase serotonin production, and turkey is an excellent source of tryptophan. Other foods that can boost your serotonin level include eggs, milk, pineapples, nuts, salmon, and yogurt. Complex or "smart" carbohydrates linked to mood-boosting should not be replaced by eating very sugary foods. Opt instead for wholesome carbs such as whole grains

or raw fruits. In other words, eat the apple rather than the apple pie. No mention of food in the context of supporting mood is complete without acclaiming dark chocolate as a source of flavonoids which are the precursor to tryptophan.

Norman Rockwell did three other paintings in the Four Freedoms series: "Freedom of Speech," "Freedom of Worship," and "Freedom from Fear." These paintings may serve to remind us of elements other than food for mental balance. Socializing makes us feel connected, and, for many, faith is a pillar that lifts us from depressive moods.

Some helpful reminders from the Mayo Clinic are paraphrased here to help us manage the doldrums during this holiday season.

- Make a plan and stick to it.
- Take care of yourself by exercising, getting adequate but not too much sleep, eating a healthy diet, and avoiding drugs and alcohol as relief sources.
- Learn and practice stress management techniques because unmanaged stress can lead to depression, weight gain, and other unhealthy life experiences.



Family Thanksgiving

• Socialize. Try to connect with others who can offer support and perhaps give you a boost of positivity and laughter.

• Take a trip. The trip this month could be to the Meridians Restaurant for a Thanksgiving feast.





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Pete and Patty in Control



## Our Volunteers Serve Up a Feast of Experience

*David Wright, Roving Reporter*

There are over 11,000 stories in Lincoln Hills—people who moved here bringing with them the experience of their prior lives. Retired but not quite ready to be put out to pasture, resident volunteers dish out a smorgasbord of professional expertise—serving on the Board of Directors, committees, and task forces; facilitating events, activities, and entertainment; and watching over our neighbors and neighborhoods. Volunteers make our special place special.



Klara Kleman and Gay Mackintosh volunteer to emcee a Community Forum

Pete and Patty Beckett joined fellow tech-savvy residents in nudging Lincoln Hills into the 21st Century. As audiovisual enthusiasts, they are responsible for most of the live Zoom broadcasts and video-recorded meetings posted on the Resident Website. Additionally, they do photography and drone operations for special events.

Driven by his interests, Pete earned his living in technology. Following a 26-year career at the Atomic Energy Research Laboratory in his native England, the self-taught electronics expert was recruited by Silicon Valley companies to relocate across the pond in 1982. He headed up projects, wrote code, and modernized the desktop computers we now take for granted.

Pete discovered his “utopia” in 2014, and the “life-long techie” immediately sought ways to give

back. “When I got here, our community was in an era where the available technology was severely lacking and dated. We had a mishmash of equipment. By mid-2015, the attitudes changed, and we became committed to updating our technology.”

Patty moved here in 2006. “At the time,” she admits, “computers scared me.” Then, the retired fourth-grade teacher met Pete, and everything changed. The two married, and Pete shared his vast knowledge with her. They became a team.

The pair were instrumental in keeping Lincoln Hills connected during the pandemic lockdown. They used their skills to broadcast the Zoom sessions of board and committee meetings and brought live concerts and classes directly into our homes.



Volunteers are thanked with an annual luncheon

After a brief hiatus due to health issues, the voice with the perfect diction is back in the control booth. In staying on course with the life lessons taught by his grandfather, Pete also serves on the Communications and Community Resources and Accessibility Committees. He affirms his dedication to the community: “Volunteers reduce the staff’s workload. We save residents money. Volunteers do make a difference.”

Like hungry pilgrims feasting on a Meridians Thanksgiving buffet, Lincoln Hills feeds off the talent of its resident experts. Volunteers like Pete and Patty Beckett bring it to the table.





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## National Night Out— We Celebrate Together!

*Teresa Tanin, Neighborhood Watch*

National Night Out (NNO), held annually on the first Tuesday in October, was again a very successful celebration! Neighbors gathered to show would-be criminals that this community is ready to thwart crime. Our strength is in neighbors-knowing-neighbors and in being the “eyes and ears” of the Lincoln Police and Fire Departments.

Some gathered in their own neighborhoods, and many attended the community-wide event at the Sports Pavilion. It was a great time to recognize and give thanks to our First Responders and several Placer County service organizations. Residents again donated to The Salt Mine food closet—we thank our generous community! A few photos of the events are highlighted here. Please see the website [sclhWatch.org](http://sclhWatch.org) for more NNO event photos.



Left to Right: Placer Protect-Cassidy Paganucci, Victim Advocate; Shannon Quigley, DDA/Elder Abuse Prosecutor; Imelda Thompson, Adult Protective Services



Village 3 B



Placer Co. Public Health Education-Jen Watkins & Alexandra Wride, MPH



Village 35 A&B



Village 16



Agent Clay; Officer Ferguson-Placer County Probation



Village 36



Village 27



Left to Right: LPD Officers, Detective McCauley; Bob Lapham - Project Life Saver; Community Officer, Renard



Left to Right: LFD Brandon Schnetz; Captain, Josh Richards; Linda Minor, NW Exec. Director; Battalion Chief, Jake Spence; Engineer, John Ferry



## In Memoriam



### Robert Berreman

A proud veteran of the Korean War, Bob spent his career as a salesman in the electrical industry for over 60 years. He was a longtime member of the Ben Franklin Electrical Club and kept up with the industry until he passed. Bob volunteered throughout the community and loved doing his daily workout at the fitness center and meeting with the coffee group afterward. He was preceded in death by his wife, Mary Ann, of 49 years. Bob made lifelong friends throughout his career, and his loyalty and faith to family and friends brought many special people into his life. He is especially missed by his three children and five grandchildren.



### David Konigsmark

Born in Omaha, Nebraska, Dave spent 30 years at McClellan Air Force base as a civilian in mail and distribution, computer, and internet technologies, and he retired as a civilian supervisor. He enjoyed racing his number 34 stockcar in Placerville and never missed a NASCAR race. He loved planes, trains, and automobiles and spent weekends with his buddies at airshows. At home, he built intricate models of trains and classic and military aircraft. Dave was an amazing storyteller and a loving husband, father, grandfather, and friend. He leaves behind his wife, Mary, three children, seven grandchildren and two great-grandchildren.



### Al and Pat Sanders

Married for over 60 years, Al passed away in June, and Pat passed away in September. They were graduates of Eureka High School, where Al played competitive sports, and Pat was a cheerleader. Al owned the Barber Center in Eureka and was a barber for 45 years. Pat raised their two children and owned Eureka Florist. They were incredibly successful business people and loved by their community. Moving here in 2005 to be closer to their children, Al enjoyed playing softball, golfing, working out at the gym, and playing bridge. Pat enjoyed the pool, playing bridge with her girlfriends, and hosting get-togethers at their home. They are especially missed by their children and their friends.



### Barry Stigers

Barry was the News Director, Morning News Host, and Voice of the Foothills at KAH1 Radio. He grew up in Pennsylvania, where he loved radio, and started his radio career in 1957 as a morning news reporter at WADP. He joined the Cable Television Industry in 1964. He pioneered local TV broadcasting and built many local cable stations. He became Vice President of Operations for Warner Cable in New York City. Barry came to California in 1985 as an executive for cable data and served as a senior manager at MCI, the long-distance phone company. He lived here with Maggie McGurk for ten years, where they enjoyed dancing, swimming, walking the trails, and just enjoying life. He is dearly missed.

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

## Library News

With all of the activities many of our Lincoln Hills residents enjoy during this time of year, your Kilaga Springs Library has a remedy to help you decompress: Read a book! After Thanksgiving weekend, our volunteer library elves will display holiday-themed books for your reading pleasure. The authors and stories may be familiar, including authors such as Nicholas Sparks, Debbie Macomber, and even John Grisham's *Skipping Christmas* (poor man), with humor and holiday cheer. Other authors may be new to you, but whatever your choice, hopefully, you will find a story that will touch your heart. Select a book that suits your fancy, read at your leisure, and return it when finished. The library staff wishes you all a happy holiday season.



In September's *Compass* issue, we asked for Large Print books. In addition to generous donations in that category, many gently used books have also been added to our library selection. We sincerely thank all of our patrons for their generosity.

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 Community Living Room (OC).



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The Lincoln Hills Foundation offers Bingo in the Ballroom on Thursday, November 21. There will be no Bingo in December. 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, and games begin at 1:00 PM. To reserve a table for eight, please email [lincolnhillsfoundation@gmail.com](mailto:lincolnhillsfoundation@gmail.com).



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**Amateur Radio**

The Club participated in a New Resident Orientation. Art, KI6GY, and Dan, KN6DRN, explained Ham Radio in Lincoln Hills to one licensed Ham and another new resident who will be taking the technician's exam soon. The Club welcomed new member Mike, KK6GRT. Dan, KN6DRN, gave a demo on CHIRP, a software program that allows operators to easily program their handheld transmitters (HT's) to pick up local repeaters. Meetings are held at the South Tower every Monday at 6:30 PM. Our Club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG.

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

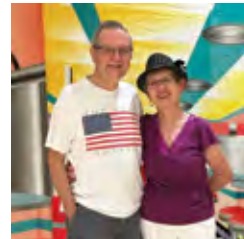


**Ballroom Dance**

We held our Saturday Night Live party on October 28. The party had a Halloween theme and included best-dressed contest in several categories. Desserts, decorations, and music contributed to the festivity. Dancing the many ballroom

styles was also a large part of the evening's activities. As the year winds down, our Club is providing instruction in the Cha-Cha during November. Weekly lessons will not take place in December, but the Christmas Potluck and dance will be held on December 12. Sal and Ruth Algeri are very thankful to all the ballroom dancers who have supported the weekly lessons and parties throughout the year. They extend a very happy Thanksgiving to each of you.

Contact: Sal Algeri 916-408-4752, sr64danz@sbcglobal.net  
Website: www.sclhbdc.com



Bob and Ruth Wehner



**Big History**

Count your blessings, share your love, and have a joyful Thanksgiving! On November 27, "The Wilderness and Its Consequences" delves into the term 'wilderness' coined by early city dwellers in the Near East, exploring its reference to untamed, uncultivated lands and its impact on the study of history and addressing future challenges. Join us on December 4 to



explore Leh's stunning Himalayan beauty, rich culture, and captivating history, with a Winter Social under consideration for the same day. On December 11, we explore Popular Culture in the Ancient World, where 19th-century Rome embraced Catholicism and traditional customs, while Athens celebrated Greek nationalism after gaining independence from the Ottomans. Finally, on December 18, we discuss "Excavations in Prehistoric Russia," shedding light on early human habitation and ancient artifacts.

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



**Billiards**

Remember to mark down in your calendars Sunday, December 17, which is our holiday party. Flyers will be distributed with all the information needed to join the party. Hope to see all of you there. Mentoring for all levels of play takes place at KS on Tuesday mornings. Sign-in is 9:00 AM for the first session that starts at 9:15 AM. The second session sign-in is 10:15 AM and starts at 10:30 AM. Beginner, intermediate, and advanced players are all

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welcome to take part. OC has open play at all times. Come join us, and be sure to check the website for further club information. The billiards club wishes everyone a Happy Thanksgiving.

Contact: Mike Greaney  
925-890-2490,  
michael\_greaney17@yahoo.com  
Website: www.lhbilliards.com



**Bird**

Migration season is well underway, and that makes for some good excursions. We've planned trips to Graylodge, north of the Sutter Buttes, as well as Staten Island/Cosumnes (usually good for Sandhill Cranes), Bobelaine, and others. We also do a lot of local birding on Lincoln Hills' excellent trails and other nearby areas. Meetings are at P-Hall (KS) at 1:30 PM on the second Monday of every month. Everyone's invited!

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



Successful Osprey at Effie Yeaw by Suzanne Hutchinson



**Bocce Ball, Mad Hatters**

November has officially brought us to our 10:00 AM starting time. All residents are welcome to join us at the bocce courts on Thursday mornings. This is recreational play, and teams are formed each week. When one game finishes, the winners from one court move over to play with the losers from the next court. We switch up the partners, and a new game begins. We're usually finished around 11:30 AM, but you can leave earlier if you have other plans. As we roll into the holiday season, our Christmas potluck brunch has already been booked at KS for Noon on Thursday, December 14. If you're home for the holidays, we hope you'll join us for fun and good food after bocce.

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



**Book**

All are welcome to our Club. It is like a cruise; the level of participation is up to you. You may find yourself enjoying listening to discussions, participating in discussions, or facilitating a book discussion. November's selection is *The Diamond Eye* by

Kate Quinn. December, we will enjoy our annual holiday celebration. Soon, we will vote for next year's book selections. Meetings are in the Multipurpose Room (OC) from 1:00 to 2:00 PM on the third Thursday of the month. To receive the monthly email distribution list, email your request to ocbookgroup@gmail.com.

Contact: Maureen Deal,  
Modeal2010@gmail.com



**Bridge, Duplicate**

Our Meet Up events continue to be well-attended. It is an excellent way to get to know other bridge players away from the bridge table. Our latest one was in Social Chairman Pat Lewis' beautiful backyard. Our Christmas luncheon/game is set for December 13. Details will be on our website. Games are on Wednesdays starting at 12:30 PM in the Multipurpose Room (KS). Reservations need to be made at least two days ahead with Elise Homer. Open and limited



Pat Lewis, Barbara Wheeler, Kaye Andrews, Nora Charles enjoying Meet-Up

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sections are on Saturdays starting at 12:30 PM in the Sierra Room (KS). For further information, go to our website shown below. Our Partnership chairman is Sharon Duley, 916-253-3885.

Contact: Elise Homer 916-303-0751, [elisehomer@gmail.com](mailto:elisehomer@gmail.com)

Website: [www.bridgewebs.com/lincolnhills](http://www.bridgewebs.com/lincolnhills)



### Bridge, Partners

Call to sign up or come to the Sierra Room (KS) by 5:15 PM on Thursdays. Play starts 5:30 PM. Remember, the last sign-up is vulnerable unless we have even numbers of couples. No-Partners Bridge is on Thanksgiving, November 23. November hosts are Rose Phelan/Kurt Wolff 916-698-6940. Winners for September 21: first-Jay Southard/Harry Collings; second-Byron Hansen/John Butler with high round 2420; third-Joyti/Viren Sitwala; fourth-Dee Cole/Ed Hartnett. September 28: first-Joyti/Viren Sitwala; second-Carolyn G/Jay Southard; third-Kay/Ben Newton with high round 1560; fourth-Dee Cole/Ed Hartnett. October 5: first-Chet Winton/Phil Sanderson; second-Joyti/Viren Sitwala; third-John Butler/Byron Hansen; fourth-Sue Dumas/Rich Walliser with high round 1940. October 12: first-Frank

Kamienski/Mark Green with high round 1820; second-Chet Winton/Ralph Madsen; third-Chris Jacobson/Chuck Dietz; fourth-Dixie/Jim Parker.

Contact: December hosts are Joanna & Alan Haselwood 916-209-3392, [kbnewton@sbcglobal.net](mailto:kbnewton@sbcglobal.net)



### Bridge, Social

Beginner lessons continue in the Card Room (OC) on Wednesdays from 8:30 to 10:00 AM. Call John Woodbury if interested at 760-522-8758. Intermediate lessons follow until Noon. September 22 winners: first- Joan Darroch; second- Usha McGarvey; third- Lois Burke; fourth- Viren Sitwala. September 29: first-Linda McDermott; second- Neal O'Boyle; third- Jyoti Sitwala; fourth- John Butler. October 6: first- Joanne Quermann; second- Phil Sanderson; third- Janet Pinnell; fourth- Carolyn Garfein. October 13: first- Byron Hansen; second- Nancy Griffin; third- Anne McMaster; fourth- Rich Walliser. Play begins at 12:30 PM Fridays (KS). Please arrive by 12:15 PM. For the November sign-up, contact Linda.

Contact: Linda McDermott 408-390-4311, [gmompatty41@gmail.com](mailto:gmompatty41@gmail.com)



### Bunco

In September, we welcomed two new players. As I have said many times, new players often win a prize. The traveling bear was all over the room down to the last game. Please consider joining us for a fun morning of laughter and friendship. You may be the next new player winner! Thanks to the volunteers who helped. Bunco is a non-membership group with a \$5 'pay to play' fee. Play starts promptly at 9:00 AM. Bunco play is on the third Thursday of the month in the Card Room (OC). September Winners: Buncos - Lorri Song; Wins - Ann Music; Losses - Sarah Wittlake; 50/50 - Kaye Parks; Traveler - Kathy Chandler. The next Thursday Bunco Date is November 16.

Contact: Kathy Sasabuchi, [ksasabu@icloud.com](mailto:ksasabu@icloud.com)



### Ceramic Arts

The annual Holiday Party will be on Tuesday, December 5, from 5:00 to 7:00 PM in the Placer Room (KS). Bring your favorite appetizer to share. There will be a no-host bar. Spouses and guests are welcome. Our Artist in the Spotlight this month is Merilee Curry. She shared that the Asian-style lantern she created it was

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inspired by her visit to the Japanese Gardens in Portland, Oregon. This large piece is actually 13 separate pieces uniquely fitted together to look like a single unit. The top portion will have a light inside. The glaze, which she created herself, gives it an authentic, aged look. Nice work, Merilee.



Merilee Curry

Contact: Linda Lougy 916-677-6504, [lalougy@sbcglobal.net](mailto:lalougy@sbcglobal.net)



**Chorus**

Think back to when you were a child dreaming of a season - the holiday season. What were your biggest wishes? What were your favorite treats? When we present our holiday concert, "Dreamin' of the Season," we are aiming to generate warm remembrances for you through song. From the fun "Holly Jolly Christmas" (with kazoos!) and bouncy Santa "mashup" medley to the heart-stirring "O Holy Night" and "Ave Maria," the Ballroom (OC) will be filled with songs of the season. You never know what reindeer-loving,

bearded guest may make a surprise appearance! Show dates are December 8, 9, and 10. Great reserved seats are still available (but going fast!). Tickets are available at OC and KS Lifestyle desks or the Resident Website.



Chorus concert dates Dec. 8, 9, and 10

Contact: Mari Long 916-409-9136, [mlong24sjca@sbcglobal.net](mailto:mlong24sjca@sbcglobal.net)  
Website: [www.lincolnhillschorus.org](http://www.lincolnhillschorus.org)

**Computers**

**Apple Users**



On Monday, November 27, Andy Petro and Vicki White will present "Apple Holiday Gifts." Ask the Tech begins at 10:15 AM, with the program at 10:30 AM in P-Hall (KS). Join Andy and Vicki as they take a look at some of those "must-have" items, as well as a couple that might make using Apple products more fun. You are bound to discover at least two new things. There will not be any meetings or seminars in December; however, there will be open member labs. Check the calendar for dates. It's time for

member renewals. The information is available on the Club website. During this season of thanks, we are grateful to our officers, speakers, and other volunteers.

Contact: Ken Silverman 916-913-6833, [LHAUGinfo@icloud.com](mailto:LHAUGinfo@icloud.com)  
Website: [www.lhaug.org](http://www.lhaug.org)



**Country Couples**

We had another busy month, beginning with our Wild, Wild West Dance/potluck. We danced many of our old favorites as well as some new dances. Our members can dance, but they can cook, too. They proved it again at the potluck! Every few weeks, we have a dinner out instead of a potluck. Our last dinner was at Siino's, and we filled the patio with 40 members. We always have a wonderful time together.



Lori and John at the Wild, Wild West Dance

Every Friday, we practice our dances from 9:30 to 11:30 AM in the Fine Arts Room (OC). We'd love to have you stop by and

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watch us dance. We think you'll like what you see and hopefully you'll join us!

Contact: April Cederburg

916-390-3931

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



### Cribbage

Over the creek and on the roads, to the Cribbage game we go. The car knows the way to carry our sleigh. To the card room, we must go! Over the creek and on the roads, oh how the luck does blow. It stings the nose and gives us woes, but that's how most days go. The passengers in our sleigh this past month were all winners: "Double Run" Dory Maske (September 12), Jean "the machine" Stefani (September 19), Gary "High Noon" Lancaster, Rae "The Queen" Cook, and "Gilligan's Island's" own Ginger Nickerson (October 10). Drive your sleigh to the Card Room (OC) any Tuesday at 8:30 AM. Mr. Lucky will be there too, guaranteed! Happy Thanksgiving to All Cribbage Players! Editor and Lyricist: Mel Switzer.

Contact: Mel Switzer 510-589-4370, [Melectrics@aol.com](mailto:Melectrics@aol.com)



### Cyclists

John Wright began mountain biking with a few neighbors in 1993. It quickly became his passion, and he started traveling regularly to experience trails in other places.

Central Oregon, Utah, Colorado, and Nevada became frequent destinations. In 1998, John picked up a road bike and started riding centuries and fundraising events. John began riding with the Lincoln Hills Cyclists after moving here in 2020. He enjoys leading challenging road rides of 40 to 50 miles and strenuous mountain bike rides. John currently leads the "Hills R Us" and "3R Gang" ride groups. Our September potluck was a success, with 60 members participating in the feast. Our next event is a dinner at the Ballroom (OC) in January. Check out the website for more information.

Contact: Diane McLaughlin

530-386-1590,

[dmclaughlin100@yahoo.com](mailto:dmclaughlin100@yahoo.com)

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



### Garden

Happy Thanksgiving to you all! Remember, there are no meetings in November/December. We will have sign-ups for the December 4 Christmas/Holiday Luncheon available. Check your "invite info email" that was sent to each member. RSVP by November 20. There will be



Harriet Rogers and Vickie White Ternero Olive Oil Tour

registration for the 2024 Garden Group Membership at the Luncheon. See our website for the form, or it can be mailed in. Contact Marjie Anderson at 916-408-7685, [conmarand@sbcglobal.net](mailto:conmarand@sbcglobal.net). We have a new slate of Officers for 2024/2025. We welcome President Penny Grmolyes, Vice President Roz Odell, Secretary Diane Johnson, and Treasurer Natalie Zeek. Our thanks to outgoing President Robin Juhasz and VP Carol Caruso. We also need new Field Trip Coordinators to volunteer for that fun activity! Convince a "fellow garden friend to help you!"

Contact: Lorraine Immel

916-434-2918,

[lorraineimmel@gmail.com](mailto:lorraineimmel@gmail.com)

Website: [www.lhgardengroup.org](http://www.lhgardengroup.org)



### Genealogy

"You die twice. You die when your body dies, and then you die the last time somebody says your name." This quote is from political commentator Van Jones on a recent episode of "Finding Your Roots." Take the time to write down what you know about your ancestors so that they will be remembered! Our November 17 meeting is at 10:00 AM at KS. Kate McCarthy is our speaker on the topic of "Military Records." Meet afterwards in the Kilaga

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Café for Coffee, Cookies, and Chat. Our December 15 meeting will be breakfast at 10:00 AM in the Solarium (OC) for \$10. RSVP by December 1 with a check payable to SCLH Genealogy to Janet Motta. Workshop information contact is Kate McCarthy at starkayak@icloud.com.

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



Golf

Ladies XVIII

Our 2023 Club Champion is Kathy McCoy. Gay Wold took second low gross and Sharon Knoll low net. Congratulations to them and the winners in the flight categories! The Breast Cancer Tournament was an outstanding success, with a donation of \$40,000 made to the Placer Breast Cancer Fund. What a great community we have that came together in support of the cause. We can't thank you enough! Next month, we will announce our 2023 Net Chix winner. Club membership fees will be increasing to



Kathy McCoy, 2023 Club Champion

\$99 for 2024. Our captain, Barbara Grant, is extending an invite to the annual Holiday Luncheon on Monday, December 11, for anyone interested in learning about and joining the Club. Please contact her at (bgrant107@gmail.com) for information on time and cost.

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

Lincsters

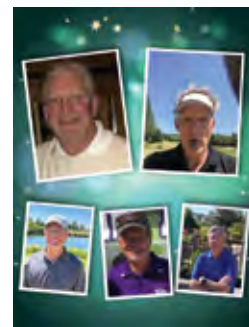
Meet the 2024 Board: Jane Hall, President/Captain; Susan Friedlund, Co-Captain; Linda Mosley, Secretary; Kim Schutz, Treasurer. Social chair and Publicity chair are still open. Please consider applying. We need you! Wednesday rounds now use the winter schedule-1:00 PM shotgun! General Meeting/Holiday Luncheon is slated for December 5. Make plans now! We again co-sponsored the Placer County Breast Cancer fundraiser with the Ladies XVIII. Our joint effort raised over \$36,900! Thank you to all who played or participated. A working resolution was passed at the October general meeting to help control the pace of play. After ten strokes in any fairway, the player must pick up the ball and post a ten, ruling

them out of Sweeps and the Putt Pool. The Resolution may be tweaked in the future.

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

Men's

Well, we are coming close to the end of the year with only two more tournaments left for 2023. Next is the Fall Favorite: a Four-man Scramble. On the Hills and Orchard courses, this will be played on November 21, starting at 9:00 AM. Get your team together, and let's all go out and have some fun. I want to rewind and give a shootout to the board members who put on a great tournament this year from scratch. The tournament was the Member/Guest tournament that was such a big success. Thanks to Bob Schoenherr, Tom Horan, Dan Guth, Brian Fox, and Jim McGeough, this tournament went off without a hitch. Great job, guys!



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Website: www.mgclh.club

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**Hikers & Walkers**

What fun this enthusiastic group had on the Cannon Beach getaway. Hiking in the gorgeous state parks of Oregon, beach walks, and a bonfire on the beach with a view of the famous Haystack Rock. Every week there are organized walks on Wednesdays. The second Tuesday and third Thursday are planned hikes.



Ecola State Park

Check the website to see updates. You can explore our beautiful area with easy, moderate, or strenuous hikes. Walkers can participate in two levels of walking. The Walk for Wellness group goes at a slower, shorter distance. The regular walking group travels faster and covers a further distance. Become a member and join the fun!

Contact: Tom Denzler

Website: [www.lincolnhillshikers.org](http://www.lincolnhillshikers.org)



**Investors' Study**

There is no meeting in December as we take the holidays off. The next meeting will be January 4. The group is open to all residents, and there is no cost to attend or join the Club. The Investor Study provides an opportunity to learn about the markets and ask questions. Investor Study is information only with no investing advice. However, there is an Active Investors sub-group. Contact Norm Quanttrin at 916-645-4675 about the Active Investors sub-group. Contact Carl Sulzer if you have questions regarding Investor Study.

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



**Lavender Friends**

Do you know the percentage of Americans who are military veterans? About six percent. It might be surprising to learn that about twice that number of Lavender Friends members are veterans. We will honor them — and their stories — at a catered dinner this month. LGBTQ people have always felt called to serve, even though historically, they faced more than the usual challenges, like keeping their private lives entirely private or risk consequences that could

end their careers and damage their futures. In December, we are looking forward to our 15th annual holiday dinner dance, which draws people from throughout the region. Lavender Friends is a club for LGBTQ residents and residents who endorse our goals of providing activities in a safe, supportive environment.

Contact: Sandi Dolbee 916-409-2156, [sandidolbee@yahoo.com](mailto:sandidolbee@yahoo.com)

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



**Mah Jongg, Chinese**

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

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

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**Mah Jongg, National**

In addition to being a fun activity, Mah Jongg offers significant health benefits. It can help good brain health and improve memory skills. Playing in groups of four, Mah Jongg also promotes social interaction. Come check it out every Tuesday from 12:30 to 4:00 PM in the Card Room (OC). If you know how to play just bring your card and join a table. New people to the game are welcome to observe. Penny will resume free lessons in her home in January.

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



**Mixed Media**

We are entering the busy time of the year for many people. It is always great to take a break from the busyness and do a little art. Mixed Media Club's last meeting of the year is November 15, the day this Compass comes out. This month, we are getting creative using Altoid tins. The Club will not be meeting in December. We are looking forward to coming together again on January 17. We meet on the third Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. Our yearly dues

are \$25. New people are always welcome. The Club is a place to play, let go of the thought of not being artistic, laugh together, and have fun.

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



**Movie Lovers**

We select two movies to watch at each meeting, and the following month, volunteers lead a discussion about them. We're surprised each month what others take away from movies. Our meetings last about two hours on the second Thursday of each month at 6:30 PM in the Multipurpose Room (OC). On October 12, we had a great discussion about *The Haunting of Venice* and *Madeline Collins*. On November 9, we discussed *Stay Awake* and *Killers of The Flower Moon*. If you like movies and enjoy discussing them, we encourage you to join us.

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



**Music**

For the October costumed meeting, we opened with a "spooky" song made famous by Donovan, "Season of the Witch." We closed with "Paint It Black." Whatever level of play you are at, please come



Beetlejuice Laurie, Pumpkin Dan, Metal Mike and Pirate Steve

by, and you will find a very supportive and encouraging audience. 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 on Fridays from 1:00 to 3:30 PM (OC). 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. Open to Lincoln Hills residents. Contact: Dan Lehrer 916-587-3419,  
dlehrer72@gmail.com

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**Needle Arts**

Reservations for our annual December luncheon, "Gingerbread Me... Women," are now being accepted.

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Our website has all the information you'll need to sign up. Recently, member Brenda Wright and her husband John visited Maui and took 25 CS-made quilts to The Maui Quilt Shop for donation to fire victims. While there, they met a couple who had lost everything in the fire and Brenda and John graciously offered them the luggage that the quilts were brought in. Needless to say, they were very appreciative as they have had to relocate numerous times and needed luggage or bags to carry their belongings. It is time to renew your membership for 2024. Dues remain unchanged at \$20, and forms are available on the NA website.



Many thanks to Brenda and John Wright for delivering quilts

Contact: **Jeanne Helland**  
916-409-5512,  
needleartspres@gmail.com  
Website: [www.sclhna.com](http://www.sclhna.com)



### Neighborhood Watch

National Night Out, held early last month, again proved to be a successful event bringing the community together. Many residents gathered to enjoy food and spirits at



Dee Fuggiasco, Patricia Hammer and Pauline Watson celebrate our community

the Sports Pavilion, where they mingled with neighbors and friends and also learned more about our First Responders and several Placer County services. Several villages and mailbox stations held their events on the same day, although some opted for different dates and/or times. What was important was celebrating our community. To view NNO pictures, go to our website. On November 4, we held a breakfast potluck meeting and elected Directors for their two-year terms. Directorship positions, as well as Village Coordinators and Mailbox Captains, are still open. For more information, please contact Linda Minor.

Contact: **Linda Minor** 707-235-0778,  
lindaminorNW@gmail.com  
Website: [www.sclhwatc.org](http://www.sclhwatc.org)



### Painters

November 21 is our "Flight" Challenge in the Fine Arts Room (OC) at

1:30 PM. Turkey Creek Bar and Grill on December 19 at 11:30 AM is our Holiday Luncheon plus Show and Tell. Buonarroti Ristorante is featuring 18 paintings and ends on February 9. Artisans at the Lodge was a success thanks to Susan Berg. Simple Pleasures celebrated many sales thanks to Joan Musillani. Pick up a guide at OC for the Placer Artists Tour held two weekends in November.

Our Facebook group is a friendly and private place for you to post your latest masterpiece, ask a question, or share painting tips. General meetings are on the third Tuesday of every month at 1:30 PM in the Fine Arts Room (OC). Dues are \$15 (\$25 for couples).

Contact: **Marianne Oliphant**  
530-919-1750, [oliphant50@gmail.com](mailto:oliphant50@gmail.com)  
Website: <https://www.facebook.com/groups/958148364841531>



Barbara Lee Walker, November's Artist Spotlight



### Paper Arts

We hope everyone got a thrill out of our boo-tiful window display (OC) in October to celebrate Halloween, a favorite

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Susan and Dottie at our October meeting

time of year for many paper crafters. Thank you to Cheryl and Susan for doing such a great job of setting up our displays each time. Now it's on to the "holly-days." Bring in your Thanksgiving and holiday cards. Our November meeting and project will be all about planning and decorating the tables for our annual holiday luncheon on December 5. (Did somebody say, "gingerbread houses?") Stay tuned for more details. We meet on the first and third Thursdays of the month in the Terra Cotta Room (KS) at 9:00 AM for general meetings and Open Lab. Check the monthly newsletters (email) for updates.  
**Contact: Teri Hersko 916-412-7655, hawaiiiteri@gmail.com**



**Pedro**

Pedro is a slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you

the basics or refresh your memory. Pedro meets in the Card Room (OC) from 9:00 AM to Noon on the first and third Fridays. For more information, please call Denise or Bonnie King at 916-303-3523. We look forward to seeing you soon.  
**Contact: Denise Jones 916-543-3317**



**Photography**

Our next General Meeting will be a hands-on workshop on flash photography, which will expand on our October meeting. For our October General Meeting, Arik Gorban took us through single flash photography. He helped us understand portable lighting, light modifiers, and lighting techniques and how to utilize them for better results when photographing events, portraits, still life, and various natural subjects. We will now have the opportunity to test our flask skill and knowledge. Field trips have been in full gear as well, with trips to see Lake



Photo by Ken Spenser

Tahoe and Eastern Sierra fall colors. Check out our photographer's beautiful work in our website's gallery section or at Simple Pleasures Restaurant in Lincoln and the Library (KS).

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



**Pickleball**

October was a busy, fun month at the pickleball courts. Our third annual Oktoberfest was sponsored by Cyrus Noble, a Kentucky-based company making bourbon whiskey. Yes, there were free tastings! There was plenty of German food, and the Craft Beer Club once again provided an excellent selection of beers. Ladders, Drills, and round robins are packed with players, and the courts are full all day! If you want to learn to play, the Club offers a free Intro to Pickleball class bi-monthly. You will learn the game and know how to join and get involved in the Club by the time you leave class. To make a reservation, send an email to [welcometopickleball@gmail.com](mailto:welcometopickleball@gmail.com). Please wear tennis shoes and bring water.

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

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**Players**

The Players' hilarious *Shame of Tombstone* opens in the Ballroom (OC) on Thursday, November 16, at 7:00 PM. Come on out and enjoy a sidesplitting "Wild West" melodrama featuring villainous Judge Harshly, comely Peachy Jamm, manly US Cavalryman Pete Bogg, soothsaying Wing Tip, and a mysterious Masked Canary who's performing in disguise in Tombstone's famous Bird Cage Theatre. Add seven more characters, singing minstrels, and beguiling dancers for foot-stomping merriment in the rowdy, silver-mining town of Tombstone, Arizona Territory, in the mid-1880s. After two months of rehearsals, Director Julie Africa's talented cast is poised and ready for opening night! Get your tickets for one of four shows, November 16, 17, 18, or 19, while they last: \$22 reserved and \$19



standard seating. See page 57 for ticket information.

Contact: *Craig Stults* 916-543-6782, [craigstults@sbcglobal.net](mailto:craigstults@sbcglobal.net)

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



**RV**

Our rallies for 2023 are just about completed, with Newport Dunes RV Resort happening now. Warm balmy weather with RV sites at the water's edge with plenty of biking trails, swimming in the bay, a visit to Balboa Island, and a trip to Catalina Island. Our holiday party is scheduled for December 14 at Turkey Creek. Ladies, get your pretty Christmas dresses out of the mothballs. Many members have signed up for the Rose Parade rally which takes place on January 1. Looking for camaraderie when RV'ing, look no further! Join us at a meeting on the second Thursday of each month, 4:30 PM, in the Placer Room (KS). Contact



Beautiful ocean view with Steve and Ann Beede

Sharon Skar at 916-434-7799 or [marlowensharon@gmail.com](mailto:marlowensharon@gmail.com) for information. Check out our website.

Contact: *Mary Romo* 707-738-6311, [mromo50170@gmail.com](mailto:mromo50170@gmail.com)

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**SCHOOLS**

Studies of Blue Zones, where people live to 100, show that one of the ingredients for longevity is being involved in the community. A perfect chance to fulfill this requirement is to volunteer in Lincoln Schools. Emily Barney, a counselor at Phoenix High, is asking for tutors in Math, English, and Science. Volunteers working one one-on-one with students in a friendly and helpful manner can make a difference in allowing them to graduate High School. Teachers are also asking for volunteers in grades K-5. You need not have had experience. The time commitment and the hours are up



Emily Barney, Phoenix Counselor

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to you. Many volunteers spend three hours a week. Some spend more. For Phoenix High, contact Irma at jmeidm@aol.com. For K-5, contact Cyndi.

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



**Shuffleboard**

Our winter schedule club play is Thursday and Saturday from 1:00 to 3:45 PM at the Sports Plaza. Come anytime to start a game or join one in progress. We will hold clinics and tournaments on Tuesday afternoons. Our first basic strategy clinic was on October 17. Everyone can play this sport. No bending or lifting is required. The search for a four to six-court permanent location is moving forward, with a proposal scheduled to be submitted to the Properties Committee this month. Reserve a court for one to two hours up to seven days in advance at the Resident Website/Wellfit Reservations/Bocce-Shuffleboard Court. Shuffleboard equipment is in the locker behind the bocce courts. Get the key at the OC fitness desk. Email the Club for game rules.

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



**Singles**

Our Club had its Annual Bocce Ball Tournament in September. At our Bocce Ball Bash Dinner, Dennis Beldon was honored with a plaque for his years of service running our Bocce Ball weekly games and Tournaments. Awards also were given to the winners of first through fourth places in the tournament. Singles also enjoyed their annual Turkey Bingo with a bang at our November Business Meeting. Please note there is no dining out or social meeting this month due to the Holiday Season. Happy Thanksgiving to all. On December 3, at 4:00 PM we have our Birthday Celebration at the Meridians Bar. Our second Saturday breakfast will be on December 9 at 9:00 AM in the Sports Bar (OC). Want to join? Call Sue at 530-712-5051.

Contact: *Sarah Lambrose*  
916-296-6906,  
kathyshaddox@gmail.com



**Ski**

A light dusting of snow on the upper elevations was reason enough to have our Fall Pre-Season party in October, hosted by Karen and David Escobar at their beautiful home. Fifty members and guests enjoyed a buffet meal accompanied by many stories and laughs.



*Pre-Season Party Goers*

Planning for our annual ski getaway trip is almost complete, with 36 participants eager to descend on Whistler Ski Resort in British Columbia next February. And, as soon as the local resorts are open for business, we will begin our weekly ride-sharing communications for day trips to the Sierras. We have all levels of skiers and boarders going up most weeks, so contact us to join in the fun.

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

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



**Sports Car**

The Dancing Tomato Café ride to Yuba City was its usual hit. Dinner at Kathrin's Biergarten was on October 17, and an October 26 Country Western Dinner and Dance was held at Turkey Creek Golf Club. At this point, there are no trips scheduled for November, but keep checking

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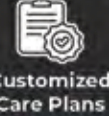
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Members Line up to dine at The Dancing Tomato Cafe

your emails. The Club will participate in the Lincoln Turkey Drive on November 16. Also, remember our Holiday Party at Catta Vederia Country Club on December 14. It's always a snazzy affair, with many members wearing tuxedos for the guys and long gowns for the ladies.

Contact: Richard Pearl 916-715-9666, pennyrich99@gmail.com

Website: www.lhsportscars.com



### Sun City Squares

We celebrated the arrival of fall with a party and wonderful food. If you would like to join the fun, please give us a call or come by on Monday anytime between 1:15 and 3:30 PM. We meet at KS. We also dance Advanced Level dancing on Thursdays from 2:00 to 4:00 PM in the Sierra Room (KS). Please call for any more information.

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

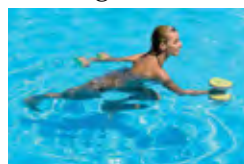


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Water walking or swimming; what's best for you? Either activity provides improved strength, power and endurance. To water walk, just get in the pool and start moving. To increase your benefits, go to deeper water, move faster, walk sideways or backward, and use Styrofoam weights, kickboards, or webbed water gloves to reduce resistance. Water shoes may help. Water walking is an excellent no-impact exercise anyone can do, even while talking to others. Swimming exercises the upper body more but is more



Water Walking or Swimming – Your Choice!

technical. Incorrect techniques may increase shoulder problems. For those with back issues, a snorkel is advised to decrease back twisting. Swimming is an excellent cardiovascular and upper-body exercise. For more information, email the Club, or for members, sign up for mentoring.

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



### Table Tennis

Playing Table Tennis with our Club in the Multipurpose Room (KS) is a bargain. There are no dues, and loaner paddles are available. All we ask is that you wear non-marking court-type shoes. Play times are Sundays, 8:00 AM to 5:00 PM; Tuesdays, 6:00 PM to 9:00 PM; and Fridays, 8:00 AM to Noon. All skill levels are welcome. You can sign up at play sessions to keep informed by email on a wide variety of club events. Table Tennis Fun Facts are featured on our website. Much additional information is offered addressing the history, participation, and benefits of the game. You are not too old to play. We have players in their 80s and 90s. Contact: Carl Lynch 408-203-0633, pingpongsclh2@gmail.com Website: https://sclhresidents.com/group/pages/table-tennis-club

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**Tap Company**

Another fantastic dance show is coming your way in the Spring. Everybody Dance Now, produced by the Tap Company, is shaping up to be a lively and entertaining production with dancers, singers, and other artists performing to all genres of music. Mark your calendar for April 4 through 7. Don't forget to sign up for tap classes. Alyson is keeping us on our toes and exercising our brains by adding challenging new foot combinations to our technique classes on Monday and Tuesday at 10:00 AM. There is a beginners' class on Monday at 11:00 AM. If you ever wanted to learn to tap or are returning from a long absence, now is the time to put on those tap shoes. Happy Thanksgiving.

Contact: Alison Wolfe 925-487-6902, [awolfe@ssctv.net](mailto:awolfe@ssctv.net)



Tennis Ladies Christmas Luncheon

mid-November. In addition, our Christmas luncheons for Men and Women are scheduled for the first week in December and always promise winning holiday cheer! A big thank you to our Board for all their advocacy throughout the year keeping our courts maintained and supporting our tennis club, which supports your play! Notice clearer night play with new lights. Remember the squeaky wheel really is true! Sign up for events on our website. See you on the courts!

Contact: Pam Flaherty 916-531-0142, [pamflaherty@gmail.com](mailto:pamflaherty@gmail.com)  
Website: [www.sclhtg.com](http://www.sclhtg.com)

our annual Holiday Luncheon on Thursday, December 14, in the Ballroom (OC). The price is unchanged from last year: \$35 per person. A no-host bar will be open at 11:00 AM. Lunch will be served at Noon. For questions, contact Claire Luke at 916-253-3711.

Contact: Dave Taylor 559-281-0868, [dbtaylor10@comcast.net](mailto:dbtaylor10@comcast.net)



**Water Volleyball**

It's time to get the holiday plans underway! Make plans to keep up your exercise regime and have some fun. Water Volleyball is a fun way to interact with others in a warm indoor pool. Don't know how to play? We offer Mentoring and Skills classes with entry through advanced play. Want to just try it out? Come to KS on Saturdays for a Free Play Saturday. We have fun activities both in and out of the pool. We have an upcoming Holiday Party in December that you don't want to miss. Join now to be a part of the fun in and out of the pool. We welcome all levels of interested players. See our website or call Jerry Grisler at 209-648-9534 for more info.

Contact: Diane Ferrari 916-412-9599, [dferrari\\_56@hotmail.com](mailto:dferrari_56@hotmail.com)

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



**Tennis**

Our Club is winning all around these days. The USTA League, over 70 years at the 3.5 level, is seven wins, zero losses and heading to finals. Our intramural Team Tennis League has over 46 players and four teams at all levels for winning competition Tuesday nights through



**Veterans**

Navy veteran and longtime Lincoln Hills resident and community leader David Conner will present a look back at military service in the second half of the 20th Century at the November 16 general membership meeting at 1:00 PM in P-Hall (KS). Plan now to attend

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*Howdy! See you soon!*

Future archaeologists might need more than a Rosetta Stone to decipher it. Since that first

spit and dye handprint said, 'Howdy!', we've been unable to shut up! To improve our writing and ease translations for future archaeologists, come say 'Howdy!' twice monthly at our group meetings (second and fourth Mondays, 5:00 to 7:00 PM, Computer Room (OC). Bring 12 to 14 copies of your prose or poetry to share.

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

Our Support Group offers information and support to those caring for a loved one with dementia. We have three monthly group meetings. Our Women's Group meets at 1:00 PM on the first Wednesday in the Multimedia Room (OC). The Men's Group meets in the same room at 10:00 AM on the third Thursday. Both groups are focused on individual sharing. The General combined meeting is held on the fourth Wednesday at 1:00 PM in the Fine Arts Room (OC) and features a guest speaker. The General meeting will not be held during November and December, but the Women's and Men's meetings continue. At all meetings, you will find a welcoming community ready to hear your questions and concerns. *Contact: Jo Fratessa 916-759-8760, mfratessa4@icloud.com*



### Bereavement

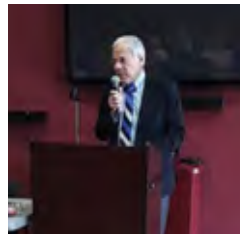
Our Group offers support and friendship through sharing with others who have also lost a loved one. We usually meet the second Wednesday of each month; however, we will meet the first Wednesday, December 6, at Joan Logue's home at 3:00 PM for a group session. Contact Joan for directions or to put a Memoriam in the *Compass*. The deadline to submit a Memoriam is the 15 of the month to be in the next *Compass*. This Group is grateful for support from the Lincoln Hills Foundation. *Contact: Joan Logue 916-434-0749, joanlogue@sbcglobal.net*



### Bosom Buddies

Our October meeting featured Dr. Yona Barash, a Sutter Health surgeon who presented us

with interesting and updated information on cancer, mammograms, mastectomies, and lumpectomies. As Dr. Barash pointed out, "Breast cancer is multiple diseases. One size fits one! Doctors can't treat their patients the same way." Bosom Buddies welcomes breast cancer survivors as well as those still undergoing treatment. Our ladies have undergone a variety of treatments and drugs. We have a wealth of knowledge we're happy to share. The most important thing to us is being here for each



*Sutter Health Surgeon Dr. Barash spoke at our October meeting*

other. If you would like to learn more about Bosom Buddies, feel free to attend one of our meetings. We meet on the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC). *Contact: Judy Stewart 916-408-3597, ladyj2170@gmail.com*



### Gam Anon

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



### Glaucoma Support

On Wednesday, December 13, we will hold our annual Holiday potluck luncheon in the Kitchen (KS) from Noon to 1:30 PM. All members and their guests are invited. Your RSVP is a must. If you have not signed up and wish to attend, please call Cindy no later than Friday, December 1. *Contact: Cindy Carson 408-218-0385, jccarson@pacbell.net*



### Hearing Support

At our recent meetings, our Group has discussed advances in hearing assistive technology. We have also provided feedback on our experiences at the Sacramento State Audiology Center, all of which have been excellent. Some of us are participating in a research study as well. Our next meeting will be on December 3 in the Multipurpose Room (OC) at 10:00 AM. *Contact: Joanne Mitchell 916-408-0533, pipa1@prodigy.net*



### Just Caregiver Support - Parkinson's

Our Group is for those caring for someone with Parkinson's. We meet the second Tuesday of each month from 10:00 to 11:00 AM at the Lincoln Community Church, 950 E. Joiner Parkway. Please enter through the office. *Contact: Charlotte A. James 916-316-1351, cjames4528@sbcglobal.net*



*Parkinson's Caregivers*



**Low Vision Support**

Save this date: Monday, December 4, 11:30 AM to 2:00 PM, Solarium (OC). Join us for our annual Holiday Party Luncheon. Forms to order your meal choice will be available at the November gathering. The deadline for

submitting your form and check is November 25. On Tuesday, January 2, from 2:00 to 4:00 PM, in the Fine Arts Room (OC), Jerrod Seiberg, California DMV Driver Safety Manager, will speak on how to obtain a driver's license for individuals with low vision. Jerrod, DMV regional

ombudsman, is an outstanding resource on the various rules and regulations governing the types of driving licenses in California and specifically in Lincoln Hills. Our Support Group meetings are open to all residents. *Contact: Stu Singer 703-864-8161, stuartsing3@gmail.com*

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### AARP Foundation Tax-Aide

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

### A Course in Miracles

This spiritually-focused book study discusses the process of consciously focusing our minds on love and forgiveness in all that we perceive in order to experience the same in our lives. We are taught this process through 365 lessons and a theoretical text. Sharing our process through discussion with like-minded people is the focus of this group. Call 916-409-5253 for more information.

### Airport Co-op

We are open to Lincoln Hills residents to share rides to and from 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 and to join, visit our website [www.lhairportco-op.org](http://www.lhairportco-op.org), click the membership tab, download the application form, mail it to the address provided. For more information call Barb Iniguez at 916-408-7812.

### Cloggers

Happy Thanksgiving! Time to give thanks for all our blessings here in Lincoln Hills. It's time to

become a Clogger if you're not one already. Clogging is a fast, noisy, energetic dance that's a combination of Irish Clogging and Appalachian dances. It's a fantastic way to work on balance issues and keep your heart and knees strong. And we have great music too! (Not to mention - you might want to dance away those Thanksgiving Day calories.) For more information on clogging right here in Lincoln Hills, please contact Natalie Grossner at 916-759-0668.

### Democratic Club

We are excited to announce that our membership is growing! We are delighted to welcome our new members into our club. At our October meeting, we enjoyed hearing from Placer County Supervisor Shanti Landon. We look forward to hearing from Dr. Terry McAteer this month. We eagerly anticipate our annual holiday party, scheduled for December 11 this year. We continue to volunteer at the Placer Food Bank and anticipate hearing from a Food Bank representative early next year. Several members volunteered to help at the State Democratic Party conference next month. Please visit our website, [democraticclublincolnca.org](http://democraticclublincolnca.org).

### Italian Club

Get ready for our Christmas Dinner and Dance set for December 3 in the Ballroom (OC.) Check the website for details. With the holidays quickly approaching, don't forget to shop online at the Apparel Store on the website for unique gifts and stocking stuffers like hats and men's and women's T-shirts, each adorned with the club's colorful logo. To learn more about our social club and the variety of monthly activities, visit our website at [www.lhitalianclub.org](http://www.lhitalianclub.org). For membership information, contact Sandi Graham at 916-826-5711.

### Lincoln Police Department Volunteer Program

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

### Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Center in Roseville (916-781-2323. Membership to the Center is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play doubles, cutthroat and/or singles. Ladies are welcome. Contact Armando Mayorga at 916-408-4711 or at [bigline38@icloud.com](mailto:bigline38@icloud.com).

### Republican Club

Happy Thanksgiving! And, a heartfelt "Thank You for your Service" to our Military and family members this month. Guest Speaker Eric Early, State Senate candidate, spoke to members with his concerns and projections on a resolution of California's major challenges. There will be no meeting in November. Save the date: Thursday, December 7 (Pearl Harbor Day) Lincoln Republican Club Christmas Cocktail Party (no host bar) 4:00 to 6:00 PM Placer Room (KS.) Details to follow. We invite you to visit our website for Membership details. Note: 2024 Annual Dues are payable now through January 31. Dues are \$15/per person, per year. [RepublicanClubSCLH.org](http://RepublicanClubSCLH.org)

**Shalom Social Group**

We started a new event – Pizza and Bingo Night – that was very successful. Our regular Game Night will still happen on November 15. Our biggest event of the year, our annual Hanukkah dinner, is on December 11, and plans are already underway. We still volunteer at the Placer Food Bank. We continue to keep the people of Israel in our hearts and prayers after the horrific attack they suffered. Our club is based

on Jewish history, culture, and food, but everyone is welcome to join. For more information, please contact Margie Gulko at 916-543-5303 or Deanne Iliff at 530-518-3704.

**Social Activities for Men**

The mission of SIR is to improve the lives of our members through fun activities, lunches, and events while making friends for life. The Lincoln Hills Branch of SIR meets on the third Tuesday

of the month at Catta Verdera Country Club. Contact Phil Sanderson, Membership Chairman, at 916-408-4764 or Jay James, Big Sir, at 408-533-3132. SIR, Inc. is a non-profit organization that provides social activities for men. SIR is strictly social, it does not do fundraising, has no religious affiliation, and is non-political. To learn more, visit [www.wearesir.com](http://www.wearesir.com) or [www.sirbranch13.com](http://www.sirbranch13.com). Come, join us for a free lunch.

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### Golf Cart Registration

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

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



### KS At The Movies: It's a Wonderful Life (1946)

Monday, November 20, 1:00 PM, P-Hall (KS)

"It's a Wonderful Life" is a heartwarming holiday classic directed by Frank Capra. James Stewart stars as George Bailey, a man who discovers his life's profound impact with an angel's help. As George contemplates suicide on Christmas Eve, he's shown what life in his community would have been without his existence. This timeless film explores the value of family and friendship and the difference one person can make in the lives of many. Join us for a heartwarming journey into the spirit of the holiday season. Rated PG. 130 mins. Drama. Fantasy. Family.



### Meet the Author Series: "A Fortunes Call – A Gold Rush Odyssey"

Thursday, November 30, 2:30 PM, P-Hall (KS)

Frank Nissen spent over five years researching the California gold rush to capture the real history in his historical fiction novel "A Fortunes Call – A Gold Rush Odyssey." Much of what he discovered is woven into his story, but some of the most intriguing bits had to be left behind. Come hear some of the oft-forgotten facts about one of the greatest voluntary migrations in history. Play some trivia and win a prize!



### KS At The Movies: A Christmas Carol (1984)

Monday, December 4, 1:00 PM, P-Hall (KS)

A classic adaptation of Charles Dickens's beloved tale directed by Clive Donner. George C. Scott delivers a captivating performance as Ebenezer Scrooge, the miserly old man who learns the true meaning of Christmas through the visits of three spirits. This timeless story of redemption and the importance of kindness remains as relevant today as ever. Join us for a journey through past, present, and future as Scrooge discovers the joy of the holiday season and the warmth of human connection. Rated PG. 100 mins. Drama. Fantasy. Family.



### Santa and His Elves

Sunday, December 10, 3:00 to 5:00 PM (OC)

Stop by to snap photos of the grandkids whispering their wishes into Santa's ear. His Elves will be here to join in the photos, too! Enjoy making memories in the beautifully decorated Orchard Creek Lodge, sipping on a nice cup of coffee or hot cocoa, and feeling the warmth and cheer of the season with your family and neighbors. SLN Trio will provide live music in the Living Room.



### Have You Discovered Streaming? What's It All About - Community Forum

Tuesday, January 16, 9:30 to 11:30 AM, P-Hall (KS)

There has been a major shift in the way people watch TV. Streaming refers to media content and its delivery. Nina Mazzo (non-tech) and Ken Silverman (tech) will work to demystify streaming on your TV and devices.





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## Facial Services

### DDG Brighten and Firm Facial with LED

75-minutes \$199

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### Kilaga Springs Custom Facial

70-minutes \$159

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



### Revitalize & Renew Facial

30-minutes \$99

60-minutes \$149

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



## Massage Services

### All About The Feet

30-minutes \$69

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



### Back and Shoulder Rescue

30-minutes \$69

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



### CBD Herbal Massage

60-minutes \$149

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## Nail Services

### Classic Manicure

\$45

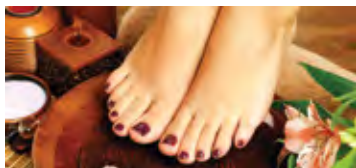
Our classic manicure will rejuvenate over-stressed nails. This service will give you a delicate cleansing, gentle exfoliation, nail shaping, cuticle care, a relaxing massage, and polish to freshen and renew your hands.



### Classic Pedicure

\$49

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



### Dazzle Me Dry Nail Treatments

Manicure \$55

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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.



### Men's Manicure

\$45

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



### Men's Pedicure

\$49

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



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\*Indicates on sale November 17

## Events

### \*Tuesday Dance Night

Tuesday, November 28

— LSE549

Tuesday, December 19

— LSE557

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

\$8 per person/per dance night

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



### \*Structured Dance Night

Wednesday, November 29

— LSE558

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

\$8 per person

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



### \*New Year's Eve Party

Sunday, December 31

9:00 PM to 12:30 AM

Ballroom (OC)

\$50 General Admission Lounge Style Seating

Get ready to kick off the new year in style at our enchanting after-dinner dance party! Gather your friends and neighbors to ring in the new year with DJ Tom for a high-energy celebration. Tickets



include one free drink from the bar, the Champagne toast at midnight, light snacks, and a beautifully decorated Ballroom. This party is open to guests and non-residents from our neighboring communities, so buy your tickets early. If space is still available, tickets will be available at the door. (Note that the lodges and front desks close at Noon on December 31.) Doors and No-host bars open at 8:45 PM.

## Performances

### The Lincoln Hills

Players Club presents

### “The Shame of Tombstone”

Thursday, November 16

Ballroom (OC) 7:00 PM

— LSE544

Friday, November 17

Ballroom (OC), 7:00 PM — LSE545

Saturday, November 18 Ballroom (OC)

2:00 PM — LSE546

Sunday, November 19 Ballroom (OC)

2:00 PM — LSE547

Premium Reserved Tickets: \$22

Standard Reserved Tickets: \$19

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



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**Jim Martinez:  
Charlie Brown  
Christmas  
Jazz Concert**

Tuesday  
December 5  
— LSE550  
4:00 PM and  
7:00 PM, P-Hall (KS)  
Reserved Seating \$25



Enjoy a live performance from pianist Jim Martinez as he performs the music from A Charlie Brown Christmas Show. A favorite on everyone's holiday "must-do" list, this festive jazz concert features songs from the 1965 Peanuts Christmas animated special and other traditional holiday favorites. Pianist and Steinway Artist Jim Martinez and his jazz trio will be featured. Animated special songs, including "Christmas Time Is Here" and "Linus and Lucy," were written by pianist Vince Guaraldi, composer of the Grammy-winning song "Cast Your Fate to the Wind."

**The Lincoln Hills  
Chorus presents  
"Dreamin' of the  
Season"**

Friday, December 8  
Ballroom (OC)  
7:00 PM — LSE552  
Saturday, December 9  
Ballroom (OC)  
2:00 PM — LSE553  
Sunday, December 10  
Ballroom (OC), 2:00 PM — LSE554  
Premium Reserved Tickets: \$22  
Standard Reserved Tickets: \$19



Voices blending in harmony continue to fill the Lodge each Tuesday afternoon when the Chorus holds its weekly rehearsals. We're well on our way to preparing "Dreamin' of the Season," our upcoming Holiday concert series. The range of songs we'll perform include stirring classics such as "Ave Maria" and "O Holy Night," along with traditional favorites "Silent Night" and "Oh Come All Ye Faithful." Fun novelty tunes, "Cold Snap" and "Holly Jolly Christmas," should brighten your holiday spirit. And our audience sing-along is always a hit. We expect a sell-out program, so don't wait to get your tickets!

**Branden and  
James – A Holiday  
Celebration**

Tuesday  
December 12  
— LSE551  
7:00 PM  
Ballroom (OC)  
Premium Reserved  
Seating \$26  
Standard Reserved Seating \$23



Branden and James from TV's America's Got Talent return to Lincoln Hills directly from New York City to play their wildly popular holiday show. The dynamic duo will play a thrilling evening of familiar holiday favorites, including "White Christmas," "O Holy Night," "Mary Did You Know," "It's The Most Wonderful Time Of The Year," and much more.

**Presentations**

**Ray Ashton  
presents  
Holiday  
Movie Series**

Wednesdays  
November 22 & 29  
December 6 & 13  
— LSE556  
1:00 to 4:00 PM  
P-Hall (KS)  
General Admission  
Seating \$40  
(Includes all four presentations)



Get into the holiday spirit with four of the most beloved classic Christmas stories! Ray Ashton takes you on an educational and entertaining journey through the series, which features a different movie each day. It begins with *Christmas Vacation* on November 22. *A Christmas Carol* is presented on November 29, *A Christmas Story* on December 6, and *It's a Wonderful Life* ends the series on December 13. Ray's presentations were previously offered as a class, but they now fall under Entertainment, as Ray, an accomplished musician and actor, is as much an entertainer as an educator. Open to guests and unaccompanied non-residents.





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\*Indicates on sale November 17

## Day Trips

– Destinations –

### San Francisco Shopping Two Dates Available!

Saturday  
December 2  
\$65 — **LST479**  
Saturday  
December 16  
\$65 — **LST480**



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

### \*Hard Rock Casino Shuttle

Wednesdays  
December 13 and 27  
\$10 per person/  
per trip  
**LST489** (12/13 AM)  
**LST490** (12/13 PM)  
**LST491** (12/27 AM)  
**LST492** (12/27 PM)



In conjunction with Hard Rock Casino, we are excited to announce a twice-monthly shuttle service from Orchard Creek Lodge to the Casino. Experience the Hard Rock excitement with over 1,400 of the hottest slot machines, your favorite

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### Crocker Art Museum/DOCO

Thursday  
January 18  
\$85 — **LST482**

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



### \*California Automobile Museum/ Old Town Sacramento

Thursday  
March 14  
\$80

— **LST495**

With over 130 vehicles and rotating and special exhibits, our collection provides a truly unique automotive experience for our visitors. Experience the Museum through the eyes of an automobile aficionado with a guided museum tour. Docents will introduce visitors to the unique collection and give insight into specific cars. After the tour and exploring on your own we will go to Old Town Sacramento for some free time to grab lunch, shop, and go sightseeing. Wheels roll from OC at 9:00 AM for a 10:00 AM Tour ~ Old Town Noon to 2:00 PM ~ return 8:00 PM.







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## – Performances –

**Mannheim Steamroller**

Gallo Center for the Arts

- Modesto

Wednesday, November 29

\$165 — **LST477**

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

**Dr. Seuss'****How the Grinch Stole Christmas!****The Musical**

SAFE Credit Union

Arts Center

Friday, December 29

Matinee – Children ages 6+ welcome

\$150 — **LST470**

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

**SIX The Musical**

SAFE Credit Union

Arts Center

Tuesday, February 6

\$150 — **LST471**

From Tudor Queens to Pop Icons, the six wives of Henry VIII take the microphone to remix five hundred years of historical heartbreak into a



Euphoric Celebration of 21st-century girl power! This new original musical is a global sensation, and everyone is losing their head over it. "SIX" has won 23 awards in the 2021/2022 Broadway season, including the Tony Award® for Best Original Score (Music and Lyrics) and the Outer Critics Circle Award for Best Musical. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return approximately 11:00 PM.

**\*MJ**

Orpheum Theater –

San Francisco

Wednesday

February 7

\$150 — **LST494**

He is one of the greatest entertainers of all time. Now, Michael Jackson's unique and unparalleled artistry comes to San Francisco as "MJ," the multi-Tony Award®-winning new musical centered around the making of the 1992 Dangerous World Tour, begins a tour of its own. Created by Tony Award®-winning Director/Choreographer Christopher Wheeldon and two-time Pulitzer Prize winner Lynn Nottage, "MJ" goes beyond the singular moves and signature sound of the star, offering a rare look at the creative mind and collaborative spirit that catapulted Michael Jackson into legendary status. Wheels roll from OC at 9:30 AM for a 1:00 PM show ~ return 8:00 PM (Stop on return.)

**Annie**

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Arts Center

Tuesday, April 16

\$150 — **LST472**

Little Orphan Annie has reminded generations of theatergoers that sunshine is always right around the corner, and now the best-loved Musical of all time is set to return in a new production. "Annie," directed by Jenn Thompson, features the iconic book and score written by Tony Award®-winners Thomas Meehan, Charles Strouse, and Martin Charnin. This celebration of family, optimism, and the American spirit remains the ultimate cure for all the hard knocks life throws your way. Wheels roll from OC at 6:15 PM for a 7:30 PM Show ~ return approximately 11:00 PM.







**\*The Cher Show**  
 Harris Center – Folsom  
 Thursday, May 9  
 \$150 — LST493

Superstars come and go. Cher is forever. For six straight decades, only one unstoppable force has flat-out dominated popular culture – breaking down barriers, pushing boundaries, and letting nothing and no one stand in her way. “The Cher Show” is the Tony Award®-winning musical of her story, and it’s packed with so much Cher that it takes three women to play her: the kid starting out, the glam pop star, and the icon. Seats are in the parterre center section. Wheels roll from OC at 6:00 PM for a 7:30 PM Show ~ return approximately 11:00 PM.

– Sports –

**49ers vs. Rams**  
 Sunday, January 7  
 \$445 — LST483



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

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Help cheer on the Kings as they try to reach the playoffs for a second straight season. Seats for all games are located in the lower bowl with easy access. All rates include round trip motorcoach transportation, lower bowl seating, and driver gratuity. Book early to guarantee your seats before they sell out!

**Kings vs. Atlanta Hawks**  
 Monday, January 22  
 \$139 — LST485



Wheels from OC at 5:15 PM for a 7:00 PM Tip-Off - Return approximately 11:00 PM.

**Kings vs. Detroit Pistons**  
 Wednesday, February 7  
 \$139 — LST486



Wheels from OC at 5:15 PM for a 7:00 PM Tip-Off - Return approximately 11:00 PM.

**Kings vs. New York Knicks**  
 Saturday, March 16  
 \$199 — LST487



Wheels from OC at 5:15 PM for a 7:00 PM Tip-Off - Return approximately 11:00 PM.

**Kings vs. Utah Jazz**  
 Sunday, March 31  
 \$159 — LST488



Wheels from OC at 4:15 PM for a 6:00 PM Tip-Off - Return approximately 10:00 PM.

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Saturday, February 17 -  
Thursday, February 22



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### Cruise Itinerary:

**Date:** Saturday, February 17

**Port:** San Francisco

**Depart:** 4:00 PM

**Date:** Sunday, February 18

**Port:** At Sea

**Date:** Monday, February 19

**Port:** San Diego

**Arrive:** 8:00 AM

**Depart:** 10:00 PM

**Date:** Tuesday, February 20

**Port:** Ensenada, MX

**Arrive:** 8:00 AM

**Depart:** 5:00 PM

**Date:** Wednesday, February 21

**Port:** At Sea

**Date:** Thursday, February 22

**Port:** San Francisco

**Arrive:** 7:00 AM

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

**ONLINE:** SCLHRESIDENTS.COM

**SOLD OUT:**

**Victorian Christmas**  
December 6 & 10 — LST475

**Lion King**  
Orpheum Theater, San Francisco  
December 13 — LST478

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

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\*Indicates on sale November 17

## Dance

Dance classes will return in January.

## Education

### \*Holiday Movie Series

Wednesdays, November 15,  
22, 29, and December 6  
1:00 to 4:00 PM (KS)

\$40 (four sessions) — **LSE556**

Now offered through Lifestyle Entertainment! See page 59 for full details. (All future presentations by Ray Ashton will be listed in the Entertainment section only.)



## Music

### \*Folk Guitar for Fun Folks – Beginning

Tuesday, December 5-19  
1:00 to 2:00 PM (KS)  
\$30 (three sessions)

— **LSC4422**

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



### \*Folk Guitar – Intermediate

Tuesday, December 5-19

2:00 to 3:00 PM (KS)

\$30 (three session) — **LSC4429**

This class emphasizes 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 and they have met the prerequisites. **Prerequisite:** Knowledge of guitar playing using basic chords while doing a simple strum. Instructor: *Darrell Effinger*. Questions? Call Darrell at 916-989-8532.

### \*Guitar – Beginner

Thursdays

December 7-21

1:30 to 3:00 PM (KS)

\$45 (three sessions)

— **LSC4695**

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





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## Visual Arts & Crafts

### \*Ceramics – L1-L3

Tuesdays, December 5-19

1:00 to 4:00 PM (OC)

\$48 (three sessions) — LSC3858

**OR**

Thursdays, December 7-21

9:00 AM to Noon (OC)

\$48 (three sessions) — LSC4370



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 craft and sculpture projects. First-time students will be provided clay and may use the instructor's tools to create their first art piece. Supply list provided at first class. Instructor: *Jim Alvis*.

### \*Ceramics – L4/L5

Tuesdays, December 5-19

9:00 AM to Noon (OC)

\$48 (three sessions) — LSC3846

**OR**

Thursdays, December 7-21

1:00 to 4:00 PM (OC)

\$48 (four sessions) — LSC3870



This class is for self-motivated students/artists with established ceramic skills. Students explore their craft and sculpture projects with guidance from the instructor. This includes demonstrations, assignments, group discussions, and constructive critique. Instructor: *Jim Alvis*.

### \*Jewelry Making

Monday, December 14

1:00 to 4:00 PM (OC)

\$20 — LSC4773

\$20 supply fee paid to the instructor



Create your own masterpiece. This class will offer a variety of color bead choices for you to make your own pattern and style of any length. Beginner to intermediate welcome. It will be great for giving from the heart or wearing it proudly to any get-together. Instructor: *Nancy Bell - Lincoln Jewelers*.

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**\*Needle Felting, Beginning: Painting with Wool Silent Night**

Monday  
December 4  
Noon to 2:30 PM  
Fine Arts Room  
(OC)

\$35 — LSC4768

\$15 supply fee payable to instructor

We'll create this winter scene (4x6) using wool fiber and special needles. All supplies are provided, including a 5x7 frame or a blank card to attach your painting to. Red crystal beads can be added to one of the trees for an even more festive look. Most people find the repetitive motion of poking the fiber to be relaxing, but it can aggravate conditions such as arthritis. Occasional finger pokes are possible. Instructor: *Donna Miller*, contact at [Donnamillerfelt2410@gmail.com](mailto:Donnamillerfelt2410@gmail.com).

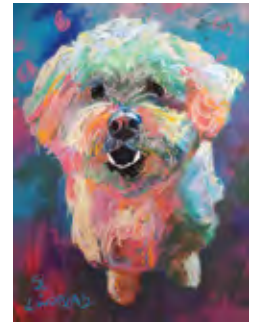


**\*Oil and Acrylic Painting – L4/L5**

Wednesdays, December 6-27  
9:00 to 11:30 AM (OC)

\$80 (four sessions) — LSC3822

This ongoing painting class will help you become a better painter (while having fun), whether you work in oil, acrylic, or pastel. Art demonstrations are created based on class needs. The beginning stages of “how to” to the finish are shown regularly. Lots of individual instruction! Class critiques are done toward the end of the class. Sporadic projects are offered and, of course, optional! If you don't know what to bring, please go to [www.sandyindblad.com](http://www.sandyindblad.com). You can also email Sandy with your questions at [sandski2@yahoo.com](mailto:sandski2@yahoo.com). Instructor: *Sandy Lindblad*.



**\*Sip and Paint: “Lighthouse”**

Friday, December 22  
5:00 to 8:00 PM (OC)

\$65 — LSC3834

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 underpainted and ready to hang. The fee includes a glass of wine and a selection of cheeses, 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).



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**Mindful Movement**

**Monday Meditation**

Mondays  
 December 4-18  
 4:10 to 5:10 PM  
 Aerobics Room (OC)  
 \$54 (three sessions)



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

**WellFit Orientations**

**Free Orientations: WellFit Staff**

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

**Fitness Floor (OC)**

**Fitness Floor (KS)**

- **Wednesday, Nov 29**  
3:00 to 4:00 PM
- **Thursday, November 30**  
1:00 to 2:00 PM
- **Tuesday, December 12**  
3:00 to 4:00 PM

**Posture Perfect**

Mondays  
 December 4-18  
 (No class December 11)  
 2:00 to 3:00 PM  
 Aerobics Room (OC)  
 \$15 each, Wellness Pass drop-in



This class will concentrate on pulling exercises to strengthen back muscles and build stamina, core stability to support spine alignment, glute isolation to protect your back, stretches specific to posture, and overall awareness to carry your body straighter and taller throughout your day. Instructor: *Danielle Merrill.*

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

### Tai Chi / Qigong L1

Tuesday, December 5

2:00 to 3:00 PM

Aerobics Room (OC)

\$13

**OR**

Friday, December 8

2:00 to 3:30 PM

Aerobics Room (OC)

\$13

\*See above



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

### Tai Chi / Qigong 2/3

Tuesday, December 5

3:10 to 4:40 PM, Aerobics Room (KS)

\$13

**OR**

Friday, December 8

3:30 to 4:30 PM, Aerobics Room (OC)

\$13

\*See above

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

### Tai Chi 24 Form Outdoor/Indoor L1-L3

Thursday, December 7

2:00 to 3:00 PM

Amphitheater/Aerobics Room (OC)

\$13

\*See above

Open to all levels, enjoy learning the Tai Chi 24 form in a beautiful outdoor setting when weather permits. The class will warm up with Qigong to help build your mind-body connection, then learn the 24 moves in this Yang-style Tai Chi, which enhances balance, coordination, posture, flexibility, and body tone. Tai Chi offers a harmony of the mind and body as it relieves stress and induces relaxation. Through cultivation and flow of the body's life force known as "Chi," this form of exercise has been known to improve a variety of ailments. Instructor: *Shifu Anney Siegel-Wamsat*.

## Nutrition



### Nutrition Coaching One-on-One

Do you ever wonder what to eat for weight loss, muscle building, or general health? Sign up today for a personalized nutrition plan.

#### What do I get?

A personalized plan to meet your needs with foods you love. A plan of what to eat for breakfast, lunch, and dinner (including snacks). The time to eat each food and how much to consume. You will be given options for each meal and learn to replace certain foods with a similar food profile when on the go.

#### Cost?

\$84 for 60-minute session

\$45 for subsequent 30-minute sessions

(Additional sessions are up to the resident and are not required.)

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

#### Reach out to a Coach to schedule:

[Eva.DeMars@sclhca.com](mailto:Eva.DeMars@sclhca.com)

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



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

## Personal and Clinical Training

**NEW** - Pricing for personal, clinical, and buddy training will increase by three dollars per session, effective January 2024. New prices will be in the December *Compass*. All sessions expire one year from the date of purchase, and no refunds.

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

- **Buddy Training:** Two clients and one trainer. It is more fun to work out with a friend. One-hour session \$34 per person. Each billed for shared session.
  - **Clinical Training:** One client and one trainer. One-hour session \$69, three session package \$180 (\$60 each). Half-hour session \$45, three session package \$120 (\$40 each).
  - **Comprehensive Assessment:** Meet and greet trainer, medical history, talk about and establish goals, measurable strength, health, mobility, and balance scores. Includes ZIBRIO Stability Scale (one month while with trainer) and Posture Assessment. One-hour session \$99.
  - **Goal Assessment:** Meet and greet the trainer, discuss medical history, and talk about and establish goals. Posture Assessment. Trainer assesses general ability level. Half-hour session \$39.
  - **One-on-One Training:** One client and one trainer. One-hour session \$59, half-hour session \$39.
- Packages:** One client and one trainer. Package of three one-hour sessions \$54 each. \$162 total.

- **Posture Analysis:** We use a special grid background to assess you. Three photos are taken. Learn what muscles you need to stretch. Balance is significantly affected by posture. One-hour session \$59.
- **ZIBRIO Balance Scale:** Get your balance score. Created by NASA/MIT. Learn what to do for better balance. Free ZIBRIO app included. One-hour session \$59.

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

## Personal Improvement

### All I Want for Christmas is a Better Memory - New!

Friday, December 8  
9:30 AM to Noon  
Multimedia Room (OC)  
\$40 (Includes all course materials and handouts)



This holiday, give yourself the gift of optimal memory function and a better understanding of how memory works! Would you love to hang your stocking but can't remember where you stored it last year? Over the woods and through the snow leads to where? This may not be you, but you may be worried about memory changes you or a loved one are experiencing. Come learn about the latest advances in memory research and how a brain wellness lifestyle can help improve memory and lower your risk for dementia. Instructor: *Alice Jacobs, ED.D, MBA, MS, MA, MCHES. Director Brain Gain* [www.braingain.info](http://www.braingain.info).



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### Athletic Conditioning and Agility L2/L3

Thursdays, December 7-28

12:55 to 1:55 PM

Aerobics Room (OC)

\$56 (four sessions) or

\$15 each with Wellness Pass drop-in



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

### Hypnosis for a Good Night's Sleep

Thursday, December 7

9:30 to 11:30 AM

Computer Room (OC)

\$20



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

## 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 (purchased at fitness centers) or completion of a session-based wellness class, Introduction to Movement on the Pilates Reformer – offered every other month.

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

Our Reformer packages are as follows:

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

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

**Drop-in non-reformer member, \$20 per class.**

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

### Introductory Reformer Session L1

Continuous dates scheduled with Reformer Specialists

Reformer Studio (OC)

\$40 (one hour)

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

### Private Reformer Training

Private training is convenient and efficient. All private training is done by appointment only. When working one-on-one, our trainers will customize a reformer program to meet your specific goals. Hidden muscular weaknesses or skeletal imbalances cause most injuries. Pilates works to balance the body to bring proper alignment and function. Please contact Danielle Merrill for more information regarding Private Reformer Training and scheduling with one of the reformer instructors.

*One-on-One Training and Buddy Training: Prices are the same as Personal Training Rates. Rates increase January 2024.*

### Pilates Reformer - Introduction to Movement

Saturdays, December 2-23

11:30 AM to 12:30 PM

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 class starts with the basics of safely introducing your body to the fundamentals

of Reformer. It slowly builds up to teach proper body alignment, core strength, posture, gentle strength training, balance, and injury prevention. Learn what it feels like to engage your core muscles correctly and move your body in a healthy way. This class fulfills the prerequisite requirement of Introductory Reformer session L1 before taking other Reformer classes. Instructor: *Sarah Jenan, Reformer Specialist.*

**Spotlight On - Pilates Reformer - New**

Wednesday, January 10

3:00 to 4:00 PM

Aerobics Room (OC)

Free, no sign-ups required

This is a free, drop-in informational hour to learn about the Pilates Reformer and how it could help you. Maybe you can even incorporate it into your New Year's resolution! Watch a demonstration, hear about the membership options, discover the variety of classes offered, and get informed about this dynamic WellFit Program. Instructors: *SCLH Reformer Specialist.*

**Pop Up Classes**

**Pop Up - Fitness Festivities**

Wednesday December 20

4:00 to 5:15 PM

Ballroom (OC)

\$14



We'll jingle our way through a holiday workout, then mingle at the hot cocoa bar that includes spiked options. Enjoy different instructors as we start the hour with a cardio dance-inspired warm-up, followed by strength, and finish up with a stretch. Please help us by signing up in advance. Instructors: *TBA.* Registration Deadline: December 17.

**Pop Up - Turkey Tail on the Trail**

Monday, November 20

3:00 to 4:15 PM

Meet at OC Fitness Center

\$10



Let's "Wobble before we Gobble"! Our Lincoln Hills Trails are the perfect place to burn those pre-Thanksgiving calories. Follow instructors on the Wetlands trail with exercises along the way that will challenge your balance, core stability, strength, and footwork. Take a pit stop halfway and enjoy the beverages provided. Instructors: *Danielle Merrill and John Ramos.*

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## Small Group Training (SGT)

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

### Balance and Fall Prevention L1

Mondays and Wednesdays  
December 4-27

(No class December 25)

2:00 to 3:00 PM

Aerobics Room (KS)

\$119 (seven sessions)

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



### Bootcamp – Progressive L2/L3

Fridays, December 1-29

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

\$85 (five sessions)

**OR**

Mondays and Wednesdays

December 4-27

(No class December 25)

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

\$119 (seven sessions)

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



### Boxing – Rock Steady

Friday, December 1-29

11:50 AM to 12:50 PM

Aerobics Room (KS)

\$85 (five sessions)

Instructor: *Gina Turner*

**OR**

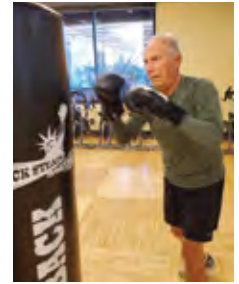
Tuesdays, December 5-26

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

\$68 (four sessions)

Instructor: *Gilmer LaTorre*

This is a non-contact fitness program designed specifically for people with Parkinson's. Boxers' condition to defend against and overcome opponents. At RSB, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to empower people with PD to fight back. All levels are welcome. *Gloves and wraps are sold at fitness centers.*



### "Fun"ctional Fitness L3

Tuesdays and Thursdays

December 5-28

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 keeps the body from getting bored. The intensity is up to each individual. Intermediate to advanced fitness levels are encouraged. \*This class is eligible for the SGT drop-in if space is available. Instructor: *Deanne Griffin.*



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**Get Golf Ready**

Returning in the Spring

9:15 to 10:15 AM

Lincoln Hills Pro Shop

\$110 (four sessions)

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



Are you curious about the game of golf or returning to the game after an extended break? This Get Golf Ready clinic is for you. Not only are you going to learn the basics of how to play the game, but we'll help you navigate through the things you might be too embarrassed to ask. Work with a PGA Coach on putting, chipping, full swing, and more. Sign up at the Lincoln Hills Pro Shop. Instructor: **Shannon Kahahane, PGA Coach.**

**Golf Class**

Returning in the Spring

8:30 to 9:00 AM

(OC)

\$50 (four sessions)

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

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

**Parkinson Strong Combo**

Mondays

December 4-18

4:10 to 5:10 PM

Aerobics Room (KS)

\$51 (three sessions)

**OR**

Thursdays, December 7-28

3:05 to 4:05 PM

Aerobics Room (KS)

\$68 (four sessions)



Interested in the Parkinson's Cycle class, but don't you think you could do an entire hour of cycling? Try this class to change it up. Valerie will combine content from Parkinson's Indoor Cycling and Parkinson-Strong classes to create a class that helps improve the quality of life through meaningful exercise. Instructor: **Valerie Cota.**

**Posture, Core, and Balance L1/L2**

Mondays and Wednesdays

December 4-27

(No class December 25)

12:55 to 1:55 PM

Aerobics Room (KS)

\$119 (seven sessions)

Instructor: **Rena Schmidt**

**OR**

Tuesdays and Thursdays

December 5-28

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 proper stretches to allow for improved posture, which can take the pressure off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility.

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**30 ANNIVERSARY**



**TRX Circuit L2**

Tuesdays and Thursdays

December 5-28

12:55 to 1:55 PM

Aerobics Room (KS)

\$136 (eight sessions)

Instructor: *MaryAnn DePietro***OR**

Wednesdays, December 6-27

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

\$68 (four sessions)

Instructor: *John Ramos*

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

**TRX, Strength, and Stretch**

Mondays and Wednesdays

December 4-27 (No class December 25)

11:50 AM to 12:50 PM

Aerobics Room (KS)

\$119 (seven sessions)

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

**Water Exercise –  
Therapeutic L1/L2**

Fridays, December 1-29

10:45 to 11:45 AM

Indoor Pool (OC)

\$85 (five sessions)

Instructor: *Lisa Fisher***OR**

Mondays, December 4-18

9:40 to 10:40 AM, Indoor Pool (OC)

\$51 (three sessions)

Instructor: *Lisa Fisher***OR**

Wednesdays, December 6-27

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

Indoor Pool (OC)

\$68 (four sessions)

Instructor: *Nina Baldi*

Therapeutic-style exercise program in the pool. The warm water helps increase circulation,

respiratory rate, muscle metabolism, strength, flexibility, and ease of movement. Exercise in the water helps to relieve pain through decreased weight-bearing and reduced joint stress. Meet in the pool area by the benches, dressed for the pool, and the trainer will assist you in/out of the pool and be in the pool with you. The trainer is unable to help students in/out of the locker rooms or parking lot. Do not forget your towel.

**Sports Plaza - Lessons**

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

**Pickleball – Introduction**

Bi-monthly, Wednesdays

9:00 to 10:30 AM, Multi-Court

(Courts 14 and 15)

Free



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

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

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

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

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

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

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

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

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

**Small Group Training: 3-4 students and one pro/trainer. Once you have your group together, reach out to Ian directly to schedule. He will give you a code to take to the fitness center desks to purchase.**

*For clinics or camps, please see online enrollment – WellFit or inquire with Ian.*

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

## Tennis - Introduction

Saturdays

11:00 AM to Noon, Tennis Courts  
Free

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



## Tennis Small Group Training

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

## Wellness Life Coaching

### Why A Wellness Coach?

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

### What Can I Expect?

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

### What Does It Cost?

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

### Invest in Yourself.

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

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

**Reach out to a Coach to schedule:**

**Alice.Vestergaard@sclhca.com**

**Grace.Smith@sclhca.com**

**Nina.Baldi@sclhca.com**

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## WELLNESS PASS - FAST PASS - GROUP EX PASS

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

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

\*Wellness Passes are \$15 for 60 minutes.

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

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

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

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

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

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

**\*\*For all class schedules, please refer to the WellFit section of [sclhresidents.com/WellFit/Group Ex Pass Classes](http://sclhresidents.com/WellFit/Group%20Ex%20Pass%20Classes), pick up a class schedule at our front desks, or scan our QR code with your smartphone camera.**



**SCAN QR CODE  
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AND HAVE  
SCHEDULE ON  
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](http://SCLHResidents.com)  
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**Help Desk** ..... [Help.Desk@sclhca.com](mailto: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>Membership Desk</b> MON–FRI: 9:00 AM–5:00 PM
<b>Lifestyle Desks (OC/KS)</b> MON–SAT: 8:00 AM–8:00 PM SUNDAY: 8:00–4:00 PM	<b>Meridians Restaurant</b> SUN–THU: 7:00 AM–8:00 PM FRI–SAT: 7:00 AM–9:00 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	<b>SPORTS BAR:</b> SUN–TUE: 7:00 AM–8:00 PM WED–THU: 7:00 AM–9:00 PM FRI–SAT: 7:00 AM–10:00 PM
<b>The Spa at Kilaga Springs</b> MON–FRI: 9:00 AM–6:00 PM SATURDAY: 9:00 AM–5:00 PM	Curbside: 11:00 AM–7:00 PM Delivery: 4:00 PM–7:00 PM
	<b>Kilaga Cafe</b> MON–FRI: 8:00 AM–3:00 PM

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**Kilaga Cafe** ..... To-Go Orders & Info: 916-408-1682  
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