

COMPASS



The Official Magazine of Sun City Lincoln Hills

February 2016

Resolution 2016.2... page 2 & 43

**Love What You Do,
Do What You Love... page 5**

Enhance Your Well-Being... page 7

Lights! Camera! Action!... page 12

Club Insert in this Issue

In This Issue

Activities News & Happenings	5, 13, 108
Ad Directory/COMPASS Advertisers	107
Association Contacts & Hours Directory	106
Board of Directors Report.....	2
Bulletin Board.....	39
• You are invited to attend	39
• Community Perks.....	40-41
Calendar of Events.....	3
Classes, Activities Department.....	61
Classes, WellFit Department.....	85
Club Ads: Neighborhood Watch, Tap Company	11
Club News	25
Committee Openings	5
Community Forums	104
Community Standards	7
Connections	3
Day Trips & Extended Travel	49
Did You Know?.....	5
Elections Committee	5
Entertainment	45
Executive Director	2
Finance Committee	9
Food & Beverage Department	77, 92
Historic Lincoln On Fifth Street	15
Important Info: Entertainment, Trips, Classes	50
In Memoriam	43
Library News	23
Lights! Cameras! Action!	12
Lincoln Hills Foundation Annual Report for 2015	21
Lincoln Hills Golf Club	67
Neighborhood Watch	23
Orienteering: Northeast Preserve Trail	18
The Curious Savage—A Heartwarming Comedy	10
The Road to Aging Well: Your Health Care	21
The Spa at Kilaga Springs	9, 82
Upcoming Association-Related Meetings	3
WellFit Grids.....	100-103
WellFit News	7, 53

On the cover

Marilyn Rose, accomplished Artist and Instructor, shares her talent with the community

Photo by Jim Cormier

Board of Directors Report

Governance Transition

Ken Silverman, President, SCLH Board of Directors



February of each year is a month of transition for the Board of Directors, as newly elected members join those continuing their terms. This year, on Thursday, February 18 at 9:00 AM in the Orchard Creek Ballroom, ballots will be counted, verified by an Inspector of Elections (we use an outside CPA firm), and results announced, which will conclude the Annual Meeting of Members.

Then, a Special Meeting of the Board of Directors is convened in which several technical items are completed by the Association, including one that verifies that we meet the Federal Government’s criteria

qualifying us as a senior community. The age demographics of residents must meet those criteria. The newly elected members of the Board of Directors will then be sworn in and seated.

In the final session of the day, the Board of Directors organizational meeting, the one item on the agenda is to establish the officers for the upcoming year. The officers are President, Vice President, Secretary, and Treasurer, and their job description is outlined in our governing documents. Their fellow directors choose the officers.

All residents are welcome to attend this annual day of governance.

From the Executive Director’s Desk

Resolution 2016.02

Chris O’Keefe, Executive Director, SCLH Community Association



Friends—I am sure there is an old saw out there that says that if you are willing to stand in front of the crowd and accept the applause in good times, then you need to be able to stand up when things are not quite so good. Sometimes the way you give the message is more important than the message itself; unless you are on fire, and then it doesn’t matter how you are told!

The recent furor over the resolution to provide a funding plan for the Association by means of a fee to new buyers of \$1,500 on the purchase of homes in Lincoln Hills in order to fund new enhancements serves as a lesson that process matters, and must be a part of any major discussion that involves our residents.

Having said that, the Board of Directors should be commended for addressing community needs, not only today, but far into the future. I have been fortunate to have visited several HOA’s over the years, and I have seen what happens when you do not do that. We have seen in our own state over the last several years what happens when you do not plan for the future. Today, as we stand here we see pressures on our existing facilities. Our resident performance artists

ask for improvements to the Orchard Creek Ballroom and Kilaga Springs Presentation Hall. We have had requests for sports venues. These issues will only increase in time. We need to be prepared for that time.

In our attempt to get this program in place and running, we neglected to adhere to past practices, such as workshops and open meetings. In retrospect, we should have stuck to the process. This is a good lesson learned. This resolution stands on its own merits. It is a forward thinking and responsible approach that addresses the need to provide funding for new enhancements for our community without impacting dues. For those of you who value keeping dues stable, this funding plan speaks directly to that. The message is a good one, because it speaks directly to the need to be prepared for future needs, without having to come “hat in hand” to the residents each time a need is identified. But as stated above, we did not convey it properly. Were we to be subjected to Olympic scoring, I am sure the East German judge would give us a 1.2.

I am proud of many things I have been Please see “Executive Director” on page 43

www.suncity-lincolnhills.org/residents

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

On February 14, 1999, Del Webb resident, recently wrote to us stating how thankful she is to have had the “good fortune in



finding this amazing community.” She writes, “The management is so good, and the framework of rules protects us all. When I tell friends about Sun City, I tell about the culture of welcome and encouragement, about friendliness and respect for privacy. Last weekend I walked a visitor through Orchard Creek and Kilaga Springs, past the card players and the line dancers, past the ceramics workers and the quilters, thinking as I



This February 14 marked the day when lots went on sale at Sun City Lincoln Hills 17 years ago

and active in our community while new residents join us from near and far, attracted to our community that offers so much to so many. Carol Hoge, a 13-year

extended by the many opportunities we have here to join with others. I feel very grateful for this. I also feel grateful that

Please see “Connections” on page 18

Upcoming Association-Related Meetings: Date, Time, Place

February 15-March 31

CCOC/Finance Committee Workshop	Tuesday, February 16, 9:00 AM
CCOC/Clubs & Community Org. Special Mtg. ...	Tuesday, February 16, 11:00 AM
Finance Committee Meeting	Wednesday, February 17, 9:00 AM
Golf Cart Registration	Thursday, February 18, & March 3 & 17, 9:00 AM, OC Lodge
Board of Directors Annual Mtg./Members	Thursday, February 18, 9:00 AM
Board of Directors Special Meeting	Thursday, February 18, Immediately Following
Board of Directors Organizational Mtg. ...	Thursday, February 18, Immediately Following
ARC/Architectural Review Committee	Monday, February 22, 9:00 AM
Board of Directors Meeting	Thursday, February 25, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, February 25, 10:30 AM
Board of Directors Executive Session	Thursday, February 25, 11:00 AM
CCOC/Clubs & Community Organizations ...	Tuesday, March 1, 9:30 AM
New Resident Orientation	Tuesday, March 1, 5:00 PM
Compliance Committee Meeting	Wednesday, March 2, 10:30 AM
Elections Committee Meeting	Friday, March 4, 10:00 AM
Listening Post	Wednesday, March 9, 9:00 AM
ARC/Architectural Review Committee	Monday, March 14, 9:00 AM
CCRC/Communications & Community Rel.	Monday, March 14, 11:30 AM
Finance Committee Meeting	Thursday, March 17, 9:00 AM
Board of Directors Meeting	Thursday, March 24, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, March 24, 10:30 AM
Board of Directors Executive Session	Thursday, March 24, 11:00 AM
ARC/Architectural Review Committee	Monday, March 28, 9:00 AM

Meetings in OC Lodge unless noted otherwise.

Calendar of Events

February 15-March 31

Date	Event	Page #
02/15	Astronomy: “Inflation’s Stunning Creativity”	25
02/15	Astronomy: “Fine Tuning & Anthropic Arguments”	25
02/15	Painters: Demonstration in Oils	33
02/16	Videography: “Video Editing Basics—Part 2”	37
02/18	Book Discussion: <i>The Boston Girl</i>	26
02/18	Veterans: Former Operator US Naval Warfare Command	36
02/18	Day Trip: Jackson Rancheria	61*
02/19-21	Annual Fine Arts Show	32, 40
02/19	Coffee with Mayor Spencer Short	40
02/20	KS Classic Movies: All About Eve	40
02/21	Festival: Chinese New Year—San Francisco	61*
02/23	Performance: Band of the Royal Marines	61*
02/24	Forum: The Mind-Body Connection	21, 104
02/24	Alzheimer’s/Dementia: “Seniors & Driving Issues”	25
02/25	Eye Contact: “The Impact of Vision Loss”	29
02/25	Garden: “Trees and Artificial Turf”	29
02/26	Music Group sponsored Open Mic Night	32, 40
02/26	Concert: Jay Alexander—Mind Tricks 2	46
02/27	Performance: Cirque de la Symphonie	61*
03/01	Eye Contact: “Macular Degeneration”	29
03/02	Astronomy: “The Juno Mission to Jupiter”	25
03/02-03	Performance: The Curious Savage	10, 33, 45
03/03	Investors’: Exec. Dir. JP Morgan Global Mkt. Strategy Team	31
03/04	Computer PC: Windows 10 Forum	28
03/07	KS at the Movies: The Intern	41
03/08	Forum: Surviving the Silence	31, 104
03/08	Needle Arts: Modern Patterns for Quilters	32
03/09	Computer PC: “Managing Your Cloud Data”	28
03/11	Computer PC: Using OneDrive and Google Drive Demo	28
03/11	Concert: A Tribute to the Carpenters	46
03/14	Bird: Speaker from Native Bird Connections	26
03/15	Performance: Book of Mormon	61*
03/16	Performance: Book of Mormon	61*
03/16	Day Trip: San Francisco Flower and Garden Show	59
03/17	Book Discussion: <i>The Nightingale</i>	26
03/18	Comedy: Jack Gallagher	45
03/19	KS Classic Movies: The Goodbye Girl	41
03/20	Day Trip: Baseball & Beer!	54
03/22	It’s the Lifestyle	18, 33, 34, 41
03/22	KS Comedy Night: Keith Ross Nelson	45
03/23	Performance: Wicked at the Orpheum in SF	52
03/23	Forum: Identity Theft Prevention Workshop	23, 104
03/23	Forum: Don’t Let Your Stomach Upset You	104
03/24	Day Trip: Colusa Casino	49
03/25	Computer PC: Ask the Tech Q&A	28
03/26	Grandkids Event: Spring Egg Hunt	49
03/29	Museum: The Legion of Honor “Pierre Bonnard”	50
03/31	Day Trip: Off to the Races	49
03/31-04/02	Performance: “Hot Vegas Nights”	36, 45

Find these listings with yellow highlighting on the pages shown. (* Indicates sold out event.)

Trusted, Comfortable & Affordable Dental Care

Little or No Out-of-Pocket Costs for Insured Patients!

Professionally Trained, Caring & Courteous Staff • Emergencies Welcome
 The Latest Instruments & Techniques • Drill-Less Dentistry
 NightLase™ • Dental Implants: Eat, Chew & Smile Naturally Again!
 Heat-Sterilized Handpieces & Instruments • Sealants & Fluoride to Prevent Decay
 Conscious Sedation Available • Complete Orthodontic Care With Our Specialists



www.LincolnDentists.com

Tim Herman, D.D.S.
 Flaviane Petersen, D.D.S.
 Chris Cooper, D.D.S.
 Susan McAdams, D.D.S.
Orthodontist
 Thais Booms, D.D.S., M.S.
Periodontist
 Brad Townsend, D.D.S., M.S.

© 2015 eRepub



945 Orchard Creek Ln., Ste. 200, Sun City • Lincoln • 916-408-5557
 Appointments From 7am–7pm & on Weekends!

THE POWER OF TWO!



Steve and Jo Ann Gillis

- Providing exceptional real estate services with experience, enthusiasm & integrity.
- Over 25 years in residential real estate sales throughout Northern California
- Results that MOVE you!
- Residents of Sun City Lincoln Hills

Jo Ann Gillis • BRE# 01018109 • jgillisrealtor@gmail.com
 916-316-0815

Steve Gillis • BRE# 01968756 • stevegillis106@gmail.com
 916-303-6420



Each office independently owned and operated.

Now Offering “Scarless” Breast Reduction



Before After
 Actual patient



Before After
 Actual patient



Before After
 Actual patient

Lose unwanted fat and look amazing—IN ONE DAY!

SmartLipo is a minimally invasive, laser-assisted procedure that permanently removes fat from troublesome areas like the neck, arms, chest, abdomen/flanks and thighs in one treatment. All procedures are performed by surgeon Jack Friedlander, M.D. and his professional staff in our JCAHO Certified operating room. You will receive outstanding personalized, compassionate care and you WILL be thrilled with your results!



Jack Friedlander, M.D.

- Permanently Melts Fat Away and Leaves Skin Firmer and Tighter
- Local Anesthesia
- Minimal Recovery Time
- Immediate Results

Call (916) 781-2500
 to schedule your FREE consultation today!

www.norcallaserlipo.com



There Is Still Time To Vote!

Votes must be received by 3:00 PM February 17
Elections Committee

By the time you are able to read this article there will be very little time to vote for the 2016 SCLHCA Board of Directors. Votes must be received by 3:00 PM on February 17 at the address on the return envelope.

We hope you were able to attend one or more of the Forums to learn the

views of the candidates or were able to watch the videos of the Forums found on the SCLHCA Community Website to become an informed voter.

There will be four Board of Directors seats to be filled in the 2017 election. Consider running for one of them. Thank you for voting.

Did You Know?

Want to stop standing in line on the 17th of each month to purchase tickets? You might want to consider purchasing tickets on-line through our secure resident website program.

It is just so easy!



Activities News & Happenings

Love What You Do, Do What You Love

Lavina Samoy, Lifestyle Manager

Let this month of love remind us of what is most important in life... love. Take the time to say "I love you," give more hugs, and do what you love.



The Lifestyle-Activities team feels fortunate to be doing what we love, creating an active lifestyle for our community. We are passionate with what we do and your support gives meaning to our work.

Per your request, trips to local festivities are here. **April 15** brings us to the biggest Asparagus Festival in the West, the **San Joaquin Asparagus Festival** with indoor and outdoor venues (page 49). The **Northern California Cherry Blossom Festival in San Francisco** happens next on **April 16**. This is the second largest festival outside of Washington DC (page 50). Closer to home, experience the **Scottish Games & Festival on April 24** at the Yolo County Fairgrounds which includes competitions, highland dance, piping and drumming, etc. (page 50). A couple of deadlines for upcoming trips to note: **An Act of God on April 10** at the **SF Golden Gate Theater** has a *deadline on February 22* (page 52). The four-day, three-night excursion to the **Vatican Exhibit at Reagan Library** scheduled **April 19 to 22**

will have its final registration on **March 18** (page 59).

Back with his amazing show **Mind Tricks 2 on February 26**, **Jay Alexander** does what he loves most, magic! He is

"The Lifestyle-Activities team feels fortunate to be doing what we love, creating an active lifestyle for our community. We are passionate with what we do and your support gives meaning to our work."

the youngest recipient of the Society of American Magicians Gold Medal of Honor and continues to nurture his passion for magic (page 46). Support the young musicians of **Rio Americano High School** as they pursue their love of music. The award

winning **AM Jazz Ensemble** brings back an excellent program on **April 12** (page 46) in the Ballroom. Classical music lovers will enjoy Mozart, Brahms, Chopin, Dvorak and more on **April 22** with the premier classical pianists **Nancy Lee Harper and William Wellborn** (page 46).

If you love fashion and have considered being a model, this is your chance! We are looking for female models of all types for our annual **Spring Fashion Show, May 12**. The experience is a lot of fun (page 49)!

For those who want to dabble in painting while enjoying wine and cheese, we're bringing back **Sip & Paint on March 18** (page 62). Oil and soft pastel artists who wish to take their art to a new level should try **Susan Sarback's workshop "Capture Radiant Light and Color," April 8 & 9** (page 62). It provides a unique approach to color.

Grab these opportunities and do what you love!

Committee Openings

There are ongoing openings to the seven standing committees of the Board of Directors; committees with openings are shown below. Complete details and contact information can be found on the resident website under HOME on the menu bar. Your interest and participation is paramount to the successful governance of your Association. Committee applications are avail-

able at the Activities Desks, or download one from the Association Resident Form folder in the Document Library on the resident website. Questions? Please email the committee chair, address on page 106.

- **ARC/Architectural Review Committee**
- **Elections Committee**
- **Properties Committee**



Ace Appliance Repair
 Repair & Installation Services
(916)409-2424

*** SUN CITY LINCOLN HILLS DISCOUNT ***
 \$35 SERVICE CALL (REGULAR \$60)

Refrigerators • Dishwashers
 Microwaves • Washers • Dryers
 Garbage Disposals • Ovens • Cooktops

A LOCAL, FAMILY OWNED COMPANY
 FAST, FRIENDLY, RELIABLE SERVICE

Lic. #A46835
 2242 Thomsen Way
 Lincoln, CA 95648



SUN CITY DETAIL
 Eco Friendly - Waterless Wash
 Golf Cart Detailing
SunCityDetail.com
1-916-745-9362



MAPLES PLUMBING A Family Owned & Operated
 Company You Can Trust

Commercial & Residential
 Water Heaters • Drain Cleaning • Electronic Leak Detection
 Water Treatment Systems Installation • Trenchless Sewer Line Replacement
 Faucets & Fixtures • Remodeling • Sewer Line Inspection

Your Local Full Service Plumbing Company • Free Estimates
 Senior & Military Discounts • 24/7 Emergency Service

916-368-9134
 www.maplesplumbing.com

Lic. # 992727

Don't trust your system to a handyman!

Brown's Quality Electric
Residential • Commercial

- Attic Fans
- New Circuits Added
- Phone and TV
- Smoke Detectors
- Appliance Hookup
- Security, Track, & Recessed Lighting
- Ceiling Fans
- Hot Tubs/Spas

Call Today!
(916) 600-2024

10% OFF Any Service
 With coupon.
 Not valid with any other offer.

Lic. #824668

Comp-Solve Computers
 916-276-1374
 In Home Computer Service



Lincoln Hills Special
\$79 for a 1 hour call
 Outside Lincoln Hills \$89

- Upgrades
- Repairs
- Wireless
- Tune-Up's
- Email
- Virus
- DSL

Ask Me About
 New Windows 7
 Computers!

Your Certified
 Computer Tech is
Steve

Thank You Lincoln Hills!

Customer Testimonials - www.Comp-Solve.com
 Mailing address- 6518 Lonetree Blvd. #190, Rocklin, CA 95765

ALASKA from only ***\$1,249**



*Fares are per person, based on double occupancy and subject to availability. Taxes and fees are additional.
Plan ahead and save!

Ports: San Francisco
 Ketchikan, Juneau,
 Skagway, Tracy Arm
 Fjord
 Return to San Francisco.
**Sailing 05/31, 06/10,
 07/10 & 08/19—2016**



Sail Round Trip from
 San Francisco for
10 Days
 with Round-Trip bus
 transportation
 from Lincoln available!

SHOP LOCAL! Call **CLUB CRUISE & Travel**
 for all of your travel needs at **916-789-4100** or stop by:
 851 Sterling Parkway, Lincoln, CA Across from Raley's. CST#203338040

ARROW PLASTERING



**STUCCO WORK
 FOAM TRIM**

John DeKruyff
 License #892931

(916) 408-3532
 arrow_plastering@yahoo.com



**ALL PRO
 WINDOW CLEANING**

Residential & Commercial
 Hard Water Spots
 Screens & Blinds • Mirrors & Gutters

Adam & Nicole Perry

Family Owned & Operated Insured & Bonded

(916) 765-5623

WellFit News

Enhance Your Well-Being

Deborah McIlvain, WellFit Manager

While many formats of aerobic and anaerobic exercise promote physical and mental well-being, there are specific types of physical activities with more of a mind-body approach. In Lincoln Hills we offer over 17 different types of classes that promote mindful movement and practice; refer to the WellFit section of the COMPASS, pages 85-103, for all of our class descriptions and times. Some examples are:

* **Wai Don Gong**—An ancient Chinese exercise that promotes blood circulation, activating your organs, soothing your joints, and energizing your body.

* **iRest**—A guided meditation process that is designed to help people relax and resolve symptoms such as insomnia, anxiety, fear, depression, chronic pain, and post-traumatic stress.

* **Yin Yoga**—Poses are held longer to moderately stretch the deep connective

In Lincoln Hills, we offer over 17 different types of classes that promote mindful movement and practice; refer to the WellFit section of the COMPASS... for all of our class descriptions and times.

tissues—tendons, fascia, and ligaments with the aim of increasing circulation in the joints and improving flexibility and range of motion.

* **Bowenwork**—Can be effective for recovery from multiple health issues: physical injuries, postural imbalances, illness, fatigue, and stress-related conditions. Bowenwork embraces a holistic approach to supporting the body's instinctual ability to heal and does not only focus on areas of pain or dysfunction. For more information please visit our free information sessions about Bowenwork on **February 18 and or March 17. See page 96 for more information.**

On March 16, WellFit will be featuring **The Art of Mindful Movement and Practice** master class. Join us for a relaxing morning of mindfulness. This Master class will include 25 minutes of Wai Dan Gong, 25 minutes of Yin Yoga and will end with The Art of Meditation. For more information please see page 87.

Well Fit Classes: pages 85-99 • Class Grids: pages 100-103

Whose Job Is It Anyway?

Cecelia Dirstine,
Community Standards Manager

As our community of 6,700 plus homes ages, you no doubt will hear the conversation that poor yard and paint conditions are diminishing the curb appeal of the community. The challenges owners face in dealing with drought conditions, maturing landscape plants and fading paint, make it difficult for some to keep their commitment to the rules. That begs the question—just who is responsible for enforcing those rules and getting owners to correct violations?

To protect the value of your home and the lifestyle you moved here to enjoy, the Compliance Committee and the Architectural Review Committee (ARC) support the Board of Directors in making and enforcing the CC&Rs and Design Guidelines. Community Standards in turn is responsible for investigating and communicating with residents and committee members on complaints of violations. We also work to help owners understand the rules and how to correct violations. But enforcement

first relies on residents' participation in providing reports of possible violations to Community Standards.

So, it's easy to assume someone else is responsible. In fact, each owner is ultimately responsible for maintenance condi-

“The challenges owners face in dealing with drought conditions, maturing landscape plants and fading paint, make it difficult for some to keep their commitment to the rules. That begs the question—just who is responsible for enforcing those rules and getting owners to correct violations?”

tions. You do your best to follow the rules and keep your yard looking good. How do you get other owners to recognize the value of their home and the surrounding community relies on all of us understanding and following the rules we committed to when we moved here?

Get involved. Make a choice to be a part of positive change and work to make and uphold rules to meet the needs of our community. Volunteer to serve on the ARC or Compliance Committee. Participate in workshops, read notices of rule changes and take the time to respond with your suggestions.

Look around your property and see how you can increase the curb appeal of your home. Here are a just few reminders:

- Neaten the yard. Even if the lawn has brown spots, you can make sure the grass is cut, edged and trimmed on a regular basis
- Pull weeds and put down a fresh layer of bark in planter beds
- Prune and trim overgrown trees and shrubs and remove dead plants
- Freshen up your exterior paint—the most common advice from real estate pros and appraisers!

And keep up the good work.



RM
General Contracting
"Quality with Integrity"
916.987.1311

Interior and Exterior Painting
Fine Finish Carpentry
Cabinet Painting
Kitchen & Bath Remodeling



—Free Exterior Pressure Wash With Complete Interior or Kitchen Cabinet Painting!

Licensed, Bonded, Insured CCL#521913
Satisfaction Guaranteed Since 1960!

What can I do for you?

Selling Lincoln Hills Homes since 1999

When you list your home with me, I provide:

- Strategy for getting the highest price for your home, including photography and staging
- Excellent exposure for your home on top national real estate websites as well as my dedicated Lincoln Hills Community website
- Referrals to trusted tradesmen and oversight to make your move easy
- 30 years of real estate experience



Call me for a free home evaluation today:
Shelley Weisman
916.595.0130
www.BuyLincolnHills.com

LYON
REAL ESTATE



"We can't imagine spending our best years anywhere but home."

CALL TODAY!

Our Life. Our Memories. Our Home.
Live Well at Home with Home Care Assistance!

- Home Care Assistance is the only home care agency to train caregivers in cognitive stimulation. Our **Cognitive Therapeutics Method™** is designed to prevent symptoms of cognitive decline in the comfort of your home.
- Home Care Assistance's unique **Balanced Care Method™** promotes healthy mind, body and spirit.



Debbie Waddell, Co-Owner and Director of Client Care. She is committed to providing exceptional service to her clients and their families.

Home Care ASSISTANCE
1-866-4-LiveIn

Let's Talk. 916-226-3737
HomeCareAssistancePlacerCounty.com

Share the Journey With Us



- Award-winning Assisted Living care team
- Named "Dementia Program of Distinction" by the Alzheimer's Foundation of America
- Warm, Intimate Community Setting
- Diabetes Wellness Program
- Short Term and Respite Stays

Call **916.303.2011** or visit us today and join us for lunch.

 **Casa de Santa Fe**
MBK SENIOR LIVING

3201 Santa Fe Way, Rocklin, CA 95765
www.MBKSeniorLiving.com

License #315002144

The Spa at Kilaga Springs

Beauty and the Winter Beast!

Kris Holland, Manager, The Spa at Kilaga Springs

www.facebook.com/SpaAtKilagaSprings www.twitter.com/KilagaSpa



Yes, winter, more than summer, is the harshest and often times the most damaging and drying to our skin, body, hair and nails. But, there is hope... offered and available in your own backyard Day Spa!

We at the Spa at Kilaga Springs focus not only on beauty but also healthy beauty and wellness—and how to obtain it, nurture it, and preserve it are what we take pride in doing for you.

Our esthetics department (skin care) has expert skin therapists who offer a wide variety of signature facials. And with the face taking the biggest beating during the drying winter months, we have designed an exclusive facial just in time to revitalize, nourish, deeply hydrate, and firm your precious facial skin.

We're proud to introduce the fabu-

lous February "Champagne and Roses" Chocolate Facial! It does sound good enough to eat, but is even better for the health of your skin. Chocolate has been used around the globe for centuries as a powerful antioxidant and aromatic nutrient. During this amazing facial, an organic chocolate mask blended with honey and wild orange essential oil will deeply hydrate and firm the skin. The skin will be prepped gently with our Image Skin Care Iluma Brightening Cleanser that will stimulate clarity and even skin tone. The chocolate mask will be followed by our specialty "Champagne and Rose" massage oil with oil from the rose flower that will calm and nurture the skin. After a finish of the Image Iluma Brightening Serum and deep hydrating cream, your skin will feel luscious, soft, firmed, and beautifully brightened for your February month of love.

This exclusively blended and designed facial is offered at the special spa price of \$99 and will be available only through the month of February. During your "Champagne and Roses" experience, you will also receive a complimentary glass of champagne and a gorgeous red rose to take home and enjoy.



If you schedule and complete your "Champagne and Roses" facial before February 29 you will receive a special 15% discount off of any Iluma line product of your choice!

Space is limited for this once a year only specialty facial. Call your beautiful day spa now at Kilaga Springs for your reservation at 408-4290. Your chocolate mask awaits!

~Please see our ad on page 82.~

Call to book your appointment today
408-4290

Monday-Friday 9:00 AM-6:00 PM
Sat 9:00 AM-5:00 PM

Gift cards at:
www.kilagaspringsspa.com



Dues: Getting to the Heart of the Matter

Harriet Kaufman, Finance Committee Chair

Since 2007, our monthly dues have increased a mere \$10 per residence or from \$101 in 2007 to their present \$111. From 2015 to 2016 we saw a \$3/month increase. The big question is why? The solar projects had nothing to do with it. In fact, the community is already starting to save money due to lower energy costs. This year's increase was mainly caused by a combination of changes in employment law, the higher cost of food and water due

to the drought, and a \$1 increase in funding to the Reserve Fund.

Here's a breakdown of how the \$111 is being spent. Think of the \$111 as a whole pie. Landscape maintenance takes the largest slice expending \$32.87. That amount includes the cost of water. The next largest piece is related to operation and maintenance of the Lodges and recreation centers. That costs \$30.80 each month. Administrative costs, including salaries, sup-

plies, utilities, and servicing equipment takes the next largest slice of our monthly dues at \$18.47. We set aside a \$17.38 slice for reserve funding. Reserve funds are utilized for repairs and replacements based on regularly scheduled analysis. These amounts are followed by smaller slices including Activities expenses of \$6.63 and Fitness at \$5.91. Food & Beverage takes up the second smallest slice at \$0.80. Capital Asset acquisitions are budgeted for \$0.37. The Spa at Kilaga Springs is budgeted to earn \$0.58 in 2016. We are allocating \$1.65 from the revenues over expenses from 2014 and 2015 into 2016 to reduce the monthly dues to \$111.



All of the mentioned costs are offset by various income-producing opportunities. For example, catering events such as the HP meetings and special event meals keep our food & beverage costs down. In retrospect, without special events that portion of dues directed toward Food & Beverage would be a great deal higher

Please see "Finance" on page 10

Statement of Operations YTD—December 2015

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$7,657,714	\$7,640,861	\$16,853	7,640,861
Administration (Expense)	(2,008,590)	(2,047,930)	39,340	(2,047,930)
The Spa at Kilaga Springs	(12,344)	67,070	(79,414)	67,070
Fitness	(384,741)	(410,250)	25,509	(410,250)
Activities	(1,026)	(173,450)	172,424	(173,450)
Rec. Center / Maintenance	(2,445,278)	(2,59,070)	123,792	(2,569,070)
Landscape Maintenance	(2,500,505)	(2,566,920)	66,415	(2,566,920)
Food & Beverage	(131,410)	(13,110)	(118,300)	(13,110)
Capital Asset	0	0	0	
Net Revenues (Expense)	\$173,820	(\$72,799)	246,619	(\$72,799)



**The Curious Savage—
A Heartwarming Comedy**
LH Player production coming up March 2 & 3
Doug Brown, Resident Editor

You're in for a theatrical treat in our OC Ballroom, Wednesday, March 2 (7:00 PM), and Thursday, March 3 (2:00 PM and 7:00 PM)!

Don't let the title of the next Players stage play deceive you. "The Curious Savage" is *not* about tribal practices in some far off land. Rather, Mrs. Ethel Savage



Ethel Savage (played by Angela Blas) clutches her teddy bear

(played by Angela Blas), heiress to millions of dollars from her late husband, delights audiences with her wit and charm as she seeks to outsmart her devious stepchildren, who are driven to distraction in their

efforts to browbeat Ethel into surrendering her inheritance.

In the story that unfolds, in the words of Director Paul Gardner, "this heartwarming comedy reminds us that the virtues of kindness and affection can truly surpass greed and dishonesty." You see, the stepchildren have committed Mrs. Savage to The Cloisters, a "sanatorium" (well, this was the 1950s) in a plot to "bring her to her senses," and of course to seize control of the Savage fortune. Well, as you can well imagine, the resident "social misfits" in Mrs. Savage's new abode not only turn out to be enchanting tricksters in their collective efforts to foil the greedy stepchildren, but also make you question conventional definitions of sanity.

"Curious Savage" playwright John Patrick, renowned for his Pulitzer Prize-winning "Teahouse of the August Moon" that played on our own Orchard Creek Lodge stage a few years ago, is well-known for poignant, uplifting stage plays and movies. Angela and ten other Players actors—Joanie Adams, Corrine Ehlers, Jeri Ferris, Steve Garavito, Fred Garrison, Mary Jo Garrison, Ron Hanson, Sandy Klagge, Paul Krow,



From left—Sandy Klagge, Ron Hanson, Mary Jo Garrison, Fred Garrison, Joanie Adams

and Kevin Smith—team up in Patrick's "high" comedy that leaves audiences joyfully smiling.

Most "curious" is that The Cloisters is a community that's hardly an "asylum" with "lunatic" residents, but rather a warmly embracing group of gentle people who humorously conspire to outdo the more insane stepchildren from the outside. "It's a story about relationships," noted Producer Norah Prouhet, "and people full of hilarious surprises." No one puts anyone down, but in the end the avarice and vanity of so-called "respectable" people is exposed.

If you're also "curious" about how on earth a teddy bear (see the graphic on this page) fits into the mirth of "The Curious Savage," you'll just have to come join the fun on March 2 and 3! For more ticket information, see page 45.



Steve Garavito and Jeri Ferris

Finance *Continued from page 9*

and our dues increase greater. Additionally, the Spa is expected to bring in revenue as are carryovers of money not spent from previous years' budgets. Without these income producing opportunities, our monthly dues would have been \$116.28 monthly.

A review of the Statement of Operations for December 2015 shows that our net revenues were \$100,346 while \$35,902 was budgeted. This indicates that we were \$64,444 favorable to budget for the month of December. Food & Beverage Revenues beat their expected budget by almost \$11,000 but their cost-of-sales were higher due to the inflationary pressures mentioned above and changes in wage rates.



LINCOLN HILLS COMMUNITY FORUM AND NEIGHBORHOOD WATCH PRESENTS



PLACER COUNTY SHERIFF'S OFFICE IDENTITY THEFT PREVENTION WORKSHOP

When: Wednesday, March 23, 2016
Time: 1:00-3:00 PM
Location: Orchard Creek Front Ballroom



Detectives Andrew Lyssand and Dan Meier, both financial crimes experts with the Placer County Sheriff's Office, will lead the workshop. They have investigated hundreds of financial crimes and will discuss problems law enforcement agencies encounter in such cases. They will show you how to protect yourselves against identity theft, which is considered the fastest growing crime in America.

Expect to hear tips on reducing your risk of becoming a victim; safeguarding your identity; how criminals obtain information; and what steps to take if you become a victim of identity theft.

Lincoln Hills Tap Co.

HOT VEGAS NIGHTS

March 31, April 1 & 2

2016

Tickets go on sale February 17 at Orchard Creek and Kilaga Springs Lodges—\$16 for reserved seating and \$12 for general seating, or on-line at: www.suncity-lincolnhills.org

Cover Story

Lights! Camera! Action!

Nina Mazzo, Roving Reporter

Capturing a “Kodak moment” is one of the goals of the newly formed Lifestyles Photographers, a special interest group within the Lincoln Hills Photography Club. It started with a few members who found themselves enjoying taking photos for SCLH special events. Some of their photographed activities include: Pooches on Parade, LH Senior Softball, Fine Arts Showcase, and other community events. They also provide photography for a club or groups special event—examples include the Garden Group, Ballroom Dance, and the Ceramic Arts Group.



In addition, you will see them around our community (identified by their Lifestyles Photographers badges) taking photos of residents participating in various activities.

This month I interviewed the coordinators of this Lifestyles Photographers group, Jim Cormier and Charlie Schuman, as I was curious to know how these fellows discovered this niche.

Charlie’s career prior to retirement included computer programming, project management, and tax preparation. He noted, however, that he had always had an interest in photography. He and a partner ran Panama Adventures, a river-rafting photo business that captured wild action on the rapids and then entertained the rafters at the end of the evening with a comedic slide show.



Photos by Charlie Schuman

Jim Cormier spent the bulk of his career as a marketing illustrator at McClellan Air Force Base and still provides graphic design support for the military (much of it pro bono). He went into photography because he saw the need for photos in his graphic design work. Jim said he tired of having to purchase stock photos so decided to take up photography and, in his words, is “now totally hooked on photography.”

Charlie and Jim discovered the Photography Club and noted that the club has all experience levels with photographic interests from landscape to abstract images. Club members have a sense of teamwork and a diversity of interests.

They are looking for recruits to join them in the Photography Lifestyles special interest group. If you’re a bit of a shutterbug, have a passion for the shot, and own a camera, contact them. Also, if you are a club or group looking for photographers for a special event they might be able to help. Check out their website: www.lhphotoclub.com (click on the Activities tab and then click on Lifestyles Photography).

Be sure to check out the Annual Fine Arts Show February 19-21, see page 40 for details. The photo at the top was taken at last year’s event



Photos by Jim Cormier

A TRIBUTE TO THE

CARPENTERS



FEATURING **MICHELLE WHITED**

FRIDAY, MARCH 11
BALLROOM (OC) • CONCERT AT 7:00 PM



Take a trip back to the 70's to celebrate the classic songs and sounds of the ever-popular music duo, The Carpenters. Michelle Whited leads this popular musical group that pays tribute to them and their music with a stunning presentation.



EVENT CODE: 5411-01
PREMIUM RESERVED SECTION SEATING, \$21
GENERAL ADMISSION, \$18

Tickets available at the Activities Desk (OC/KS) or online,
www.suncity-lincolnhills.org/residents "Lifestyle Online"

CITADEL DENTAL

GENERAL DENTISTRY

Cosmetic Restorations • Veneers • Invisalign • Implants

NEW PATIENT OFFER

Exam, X-rays & Cleaning **\$49**
and
20% OFF Your Dental Treatment

Limited to one per person for one time use only.



F. Gogani, DDS

(916) 408-8585

941 Sterling Parkway
Suite 100
Lincoln, CA 95648

www.CitadelDental.com

TERRAZAS LANDSCAPE

Family Owned Since 1998

COMPLETE LANDSCAPE MAINTENANCE!

Top ten (10) reasons to call Isaac at 916-247-2748 for your maintenance needs:

1. Lawns mowed weekly!
2. Lawns edged weekly!
3. Lawns fertilized every eight (8) weeks!
4. Lawn sprinklers checked every eight (8) weeks!
5. Shrubs pruned as needed!



6. Shrubs fertilized twice a year!
7. Drip system checked!
8. Sprinkler timer programmed as needed throughout the year!
9. Weeds eradicated on a weekly basis!
10. Patios and walkways blown off weekly!

Licensed & Insured

Contractor License #: 877722

Specialize in comfort, style, stability and fit
Friendly, knowledgeable and courteous staff

NARROW
& WIDE
WIDTHS



MON-SAT
10:30-5:30

SHOES

FOR ALL OCCASIONS

del Sole
Shoe Store

Dress-Athletic-Comfort
Casual-Work-Walking
Arch Supports, Foot Care
Products and Accessories

(916) 543-0479

825 Twelve Bridges Dr. #60 • Lincoln, CA 95648

CARPET CLEANING THREE ROOMS & HALL

\$74.95

up to 400 sq. ft.
includes free pretreatment!

Additional Services

- Teflon Protectant
- Upholstery Cleaning
- Pet Odor/Stain Removal
- Carpet Repairs
- Carpet Stretching
- Tile & Grout Cleaning
- Window Cleaning
- Solar Panel Cleaning

"I have been utilizing the services of Gold Coast Carpet & Upholstery Cleaning for many years. I can always depend on a thorough and professional cleaning service."

Curtis B.
Lincoln Hills Resident

**GOLD COAST
CARPET & UPHOLSTERY**
OWNER OPERATOR * LINCOLN RESIDENT * IICRC CERTIFIED

916-508-2521

DEPENDABILITY * INTEGRITY * EXCELLENCE

www.GCcarpet.com

Historic Lincoln On Fifth Street

Al Roten, Roving Reporter

In early Lincoln, Fifth Street between F Street and G Street (now Lincoln Boulevard) was the center of commerce. In this issue, we will visit two of the historic buildings as they were and are today. First will be the Bank of Lincoln building on the corner of Fifth and F, then the New Fleming Building, across the street next to the alley by Simple Pleasures restaurant.



The sturdy and ornate Bank of Lincoln was built in 1911, with its annex added in 1913. When the Great Depression took its toll and the annex was no longer needed for bank business, it became a series of stores from hardware to clothing. The bank closed in 1933. The annex became the Lincoln Post Office from 1940 to 1965. The bank building became a business duplex with the corner portion currently housing FireStar Yoga. I enjoyed talking with owner Renee Airola, owner of this business. For the last nine years, the other side of the bank building has housed Clay City Church, with



The New Fleming Building today (top) and in 1910



The Bank of Lincoln building today (top) and in 1915

Pastor Jody Shorkey. This church ministered to the homeless of Lincoln, but unfortunately, lack of financial support forced closure of this ministry on January 31, 2016. The bank annex currently houses Jenkins Martial Arts; the windows showcase a fine array of awards earned in Karate.

Across Fifth Street and a bit to the west is the New Fleming Building. In the early days of Lincoln commerce, from 1863 to 1906, stables and outbuildings of the Ziegenbein/Fleming business occupied this space, but in 1906, Mr. Fleming built the current brick building to house a drugstore. It remained a drugstore for several years, then became an ice cream parlor, then Blanche Clark opened Blanche's Sweet Shoppe for many years. It later again became an ice cream parlor, then in 1940 became a restaurant. When the building was new, the upstairs offices were the home of the *Lincoln News Messenger*.

The New Fleming Building currently houses the Lovely Nails Salon as well as the Rustic Crown Market, a warm and cozy shop selling vintage collectables and home decor. Owners of this new business are Mia Guman and Sheri Dormbush, who provide crafting lessons on weekends. The upstairs is occupied by First Command Financials.

It is good to hear the echoes of the past in these buildings that have seen so much and now contribute to the health of our city.

Wills, Trusts & Estate Planning
GIBSON & GIBSON
 A Law Corporation

Guy R. Gibson has over 34 years experience and is a certified specialist in probate, estate planning and trust law by the State Bar of California since 1992

Estate Planning
 Trust Administration
 Wills/Trusts
 Probate
 Elder Law
 Powers of Attorney
 Health Care Directives
 Tax Planning
 Conservatorships
 Guardianships



(916) 782-4402

100 Estates Drive, Roseville, CA 95678

www.GibsonandGibsonEstatePlanning.com

Valley View Church
Lincoln Hills



loving God...loving each other

Sundays at 9:30 a.m.

Pastor Tom Galovich invites you to join us at Valley View Church each Sunday. February & March will be full of great messages & traditional music.



Pastor Tom & Linda Galovich
 Phone: 916-740-3044
 vvethsc@gmail.com

Kilaga Springs Presentation Hall



Jim Miller, Assistant Pastor
 Phyllis Miller, Music Director

www.valleyviewchurch.us

Find us on Facebook

Now Accepting New Clients

Individuals & Business Tax Preparation
 Bookkeeping & Payroll Services
 Insurance & Financial Services

Enrolled Agents - knowledgeable representation before IRS

\$50 OFF \$50 OFF your first tax service valued at \$50 or more with this ad!

Delivery Service Available



28 years in business and still counting.



671 Newcastle Rd., Suite #1, Newcastle, CA 95658
www.SageTaxSolutions.com • (916) 663-4825



Wallbeds
"7" More

YES!
 A wallbed that's made of real wood ... attractive, movable furniture.

- Available in a variety of woods, stains and styles
- Largest selection of wallbeds/murphybeds in the greater Sacramento area
- The modern Murphy bed



Also see the amazing desk/bed!

Showroom located at 4415 Granite Drive, Rocklin, CA 95677

Showroom hours:
 Mon-Sat 10am-3pm

Call (916)
753-4966

www.wallbedsnmore.com

Helping you Buy and Sell the
Del Webb Lifestyle Since 1997!

Price per Square Foot?
PRICELESS!!!



“Put my 17 years Del Webb experience, Legal Education and Internet Marketing to work for you.”

Paula Nelson
Broker Associate

916-240-3736
REALTOR@PaulaNelson.net



SUN RIDGE
REAL ESTATE

Each Office Independently
Owned and Operated.



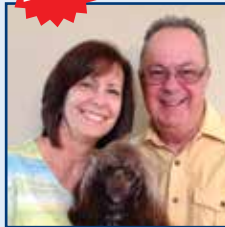
DRE No. 01156846

Quality Flooring & Installation at Outstanding Prices

We Specialize In Great Service

FREE
Estimates

Carpet Discounters



Sun City Lincoln Hills Residents

931 Washington Blvd., Ste. 111
Roseville, CA 95678

(916) 784-3727

www.carpetdiscountersstore.com

Mon-Tues 10am-4pm • Weds-Thurs 10am-6pm
Fri 10am-2pm • OR by Appointment

Carpet, Hardwood, Laminate, Cork & Vinyl

Licensed, Bonded & Insured CA Contr. Lic. No. 830649

Professional In-Home Senior Care

(916) 864-3480



AGE ADVANTAGE

SENIOR CARE SERVICES

We pride ourselves on hiring trustworthy, reliable caregivers. They go through a full screening process that consists of an application, interview, reference and background check, a drug screen, and an orientation.

Caregivers must have at least a year of experience to be employed by us.

We can have a caregiver in a client's place of residence within an hour.

We are located in Roseville and cover Roseville and surrounding areas.

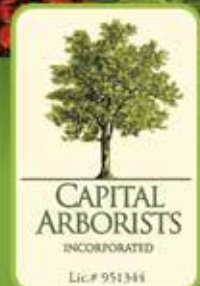
Where People Matter Most www.AgeAdvantage.com

Inspired
TREE & LANDSCAPE
Care!

- CERTIFIED ARBORISTS
- TREE & SHRUB CARE
- SEASONAL MAINTENANCE PROGRAMS
- PLANTING
- IRRIGATION UPDATES & REPLACEMENTS
- WATER CONSERVATION PROGRAMS

- FERTILIZATIONS
- PEST & DISEASE MANAGEMENT
- CUSTOM-DESIGNED LANDSCAPING
- GREEN GARDENER QUALIFIED

(916) 412-1077
CAPITALARBORISTS.COM



Orienteering**Northeast Preserve Trail****The Center of Attention***Dee Hynes, Roving Reporter*

The Open Space of the Northeast Preserve Trail is teeming with vibrant activity; it demands to be the center of attention for the loop trail.



I began one of my trail walks following a lusciously heavy downpour. Near the trailhead, a narrow leg of the Ingram Slough gushed over rocks as if trying to outrun its biting fluidity. The liquid sang as if a petite glass wind chime was being gently muted.

Nearby is a Wood Duck box, the responsibility of our Bird Group. Wood Ducks actually fly into the box openings which are approximately 3" x 4."

Himalayan blackberry bushes are also present. During a January educational walk by the Wildlife Heritage Foundation (WHF), staff explained that California Quail use these sturdy thickets as a defensive refuge.

The WHF staff also noted that the dry cattails surrounding the ponds provide nesting habitat and cover for small songbirds like marsh wren and cover for secretive wading birds like Virginia rail and Sora.

Within the preserve you may see sparrows, meadowlarks, western bluebirds, black phoebes, house finches, bushtits, scrub jays, Bewick's wrens and a selection of water birds and hawks.

As you make a right turn on the trail, peek between the distant tree line to see a brief glimpse of the eastern foothills.

At the preserve's end, the trail becomes a sidewalk trail: Andover to Sun City Blvd, left on Sun City, left on Del Webb, left on Stoneridge

then left on Hidden Hills returning to the trailhead.

I enjoy our sidewalk trails as I'm delighted when greeted with a smile, a nod or a, "Hello," from neighbors.

The trail loop is a walk of approximately 35 minutes. Benches are located in the Open Space and on Del Webb Blvd.

Connections *Continued from page 3*

Del Webb (the corporation) was fair and square with me every step of the way, from the first day I inquired about buying until they gave me the keys to my well-built house. A factor I seldom consider is the cumulative effect of positive interactions—month after month and year after year with Del Webb, with neighbors, with new friends, with the excellent gardeners who keep

our common areas looking so attractive, with the people at the Activities Desk, and on and on. Thanks for giving me this opportunity to pause and count my blessings."

Thank you to Carol and all who share their thanks and feelings of good fortune. Our community has aged gracefully and it is encouraging to see that incoming residents are ready to take on the responsibility to volunteer in governance and

*Carol Hoge*

An overhead view of the preserve with the foothills to the east; Stepping stone ponds—the largest was a stock pond for cattle grazing and Del Webb created the other four ponds as wetlands mitigation

My thanks to Phil Robertson for the bird watching tips and to Al Roten for the overhead preserve photos.

Trailhead directions: From OC, right on Del Webb, left on Stoneridge, left on Hidden Hills, park at the Open Space trail on your left.

See your Community Directory and Resource Guide Street Name Index, Foldout map 1, and Fitness Trails, Foldout map 3, for details.

clubs and Association work to maintain and develop our vibrant community. To learn more about how to become more involved, and to volunteer within the community, plan to attend the **It's the Lifestyle event Tuesday, March 22 between 10:00 AM-1:00 PM in the OC Lodge**. Representatives from 90 clubs, local non-profit organizations and your Association will be on hand to meet you; it's an annual event you won't want to miss. As one resident said, the activity options here are like "having a bowl of M&Ms in front of you." Get involved and contribute so that in another 17 years we can look back with similar pride and gratitude.

See you in the Lodge!

Shari McGrail

916-396-9216
www.SunCityShari.com



CalBRE# 01436301

- Resident Since 2004
- Top Producing Realtor Every Year Since 2005

- Experience
- Competence
- Integrity
- Follow-Through



FREE Senior Placement & In-Home Care Referral Service

We Help With:

- In-Home Care Services
- Assisted Living Communities
- Residential Care Homes
- Memory Care • Respite Care
- Hospice Care
- Independent Living
- Rapid Response 24/7
- Veteran's Aid & Attendance Pension
- Rehabilitation Care Centers
- Personally Guided Tours
- Follow up to assure you're happy
- Support - From start to finish, we are here

Kelly Stimbert
916.990.1317
Senior Care Coordinator
kelly@aseniorconnection.com

Cassie Sakahara
916.390.5345
Senior Care Coordinator
cassie@aseniorconnection.com



www.aseniorconnection.com



I help safe drivers save 45% or more.



Julie Domenick
916-434-5250

741 Sterling Parkway, Suite 500
Lincoln
juliedomenick@allstate.com
CA Insurance Agent #: 0712097



Allstate
You're in good hands.

Insurance and coverages subject to terms, qualifications and availability.
Allstate Indemnity Co. Northbrook, Illinois © 2010 Allstate Insurance Co.

144712



Don's Awnings, Inc.
(916)773-7616

Roseville, CA Lic. #408203

Lattice Covers

- Best Quality Products & Expert Installation
- Locally Owned & Operated for Over 35 Years
- Member BBB



Retractable Awnings



- Motorized Sun Shades & Awnings
- Offering *Elitewood Ultra Lattice Series* with Lifetime Guarantee
- Drop Shade Cleaning & Maintenance
- Service & Repair All **Eclipse Retractable Awning Products**

Solid Covers & Drop Shades



More info on products—www.donsawnings.com

APEX AIRPORT TRANSPORTATION

Sacramento, Oakland & San Francisco Int'l Airports
SF Cruiseports on the Embarcadero, Piers 27/35

Since 2006

Jim Plotkin
Derek Darienzo **(916) 344-3690**

Email: ATCOVAN@SBCGLOBAL.NET
WWW.APEXTRANSPORTATION.VPWEB.COM

CA PUC License TCP25881P

I pay top dollar
for quality used
cars and boats.

Call Eddie
916-705-9561



PET SITTING IN YOUR HOME

Serving Placer County
Licensed • Insured

Dale McCoy
(916) 622-PETS (7387)

P.O. Box 1577 • Loomis, CA 95650
www.a-pets-world.com

Make Our Backyard Your Backyard!

- Largest Selection in Northern CA
- Factory-Trained Representatives
- We Guarantee What We Sell
- Special Orders Are Welcome!
- We Service & Deliver Ourselves
- 4 Convenient Area Locations



*Patio Sets
& Accessories*



*Outdoor
Kitchens*

*Portable Weber
Gas Grills*



Portable Spas

California BACKYARD

www.CaliforniaBackyard.com

ROSEVILLE

1529 Eureka Rd.
773-4800

GOLD RIVER

Hazel & Hwy 50
353-5100



OPEN
7 DAYS
A WEEK

ARDEN

2901 Arden Way
488-5100

ELK GROVE

8457 Elk Grove Blvd.
683-9000



The Road to Aging Well

Your Health Care

From “Body Parts Medicine” to Wholistic

Shirley Schultz, Health Reporter



It was in the late 1970s that I first heard the term *holistic* as applied to medicine or health care. It mainly described some form of alternative medicine as opposed to traditional Western medicine. Since then, *holistic* and *wholistic* have often been used interchangeably to describe certain modes of health care and medical practice. Some claim the two words have very distinct but similar meanings, namely, that *wholistic* practice refers to considering the body, the mind, and the spirit of the person in treatment, and *holistic* refers to health systems that are considered alternative and that deal with the human body as an interconnected whole.

If you are confused, I am in your company. Using literary license, here is my own simplification of the topic. Traditional Western medicine may be said to deal with

“holes” and the more recently evolving Integrative Medicine or Functional Medicine can be said to deal with “wholes.” In traditional Western medicine, otolaryngologists, audiologists, and dentists all

“Using literary license, here is my own simplification of the topic. Traditional Western medicine may be said to deal with ‘holes’ and the more recently evolving Integrative Medicine or Functional Medicine can be said to deal with ‘wholes.’”

deal with the ear, nose, or mouth holes; ophthalmologists and optometrists deal with the eye holes; gastroenterologists deal with holes of the gastrointestinal tract. And then of course, with a smile, you could say the help of a psychiatrist or a neurologist may be solicited for *figurative* holes in the head! I will go no further with this description for fear of being accused of being obscene. The point is that traditional Western medicine often emphasizes what

some call the practice of “body parts medicine” and tends to focus only on a disease and on a specific body part.

The wholistic approach to health care delivery recognizes that we are complex beings with all aspects potentially affecting all other aspects. It recognizes that different therapy modes affect individuals differently, and what works for one does not necessarily work for the other. It emphasizes wellness and uses complementary and alternative modes. Integrative medicine builds on traditional medicine and strives to address the whole being—body, mind, and spirit—and therapy becomes much more of a joint endeavor between the patient and the provider when devising a plan. This approach puts more responsibility on the patient to not only participate more actively in his or her treatment plan, but also to do what it takes to stay well in the first place. Hear an outstanding speaker, **Maxine Barish-Wreden, M.D.**, on the topic of the **Mind-Body Connection: Restoring Wholeness in Mind, Body, Spirit at the Community Forum on February 24** (see page 104).

Lincoln Hills Foundation Annual Report for 2015

Paul Gardner, Advisory Committee Member, Lincoln Hills Foundation

Since its founding in 2001, the Lincoln Hills Foundation, a 501(c)3 Corporation, has awarded \$336,588 in grants to area organizations serving the needs of seniors.

One hundred percent of these funds will be used to support the needs of seniors in the Lincoln area.

This year, the Foundation offered six training sessions on CPR, use of automatic defibrillators, and first aid, at a minimal cost. Another Foundation service to the community is a free lecture series on legal and financial issues facing seniors. The Foundation will continue to offer both of these

In 2015, checks for grants totaling \$34,250 were sent to seven non-profit organizations:

• Seniors First Nutrition Program	\$ 14,400
• Salt Mine	12,000
• Del Oro Caregiver’s Respite Center	5,000
• Alzheimer’s/Dementia Caregiver’s Support	1,500
• Bosom Buddies	1,000
• Bereavement Support Group	250
• AARP Tax Preparation Aid	100
Total 2015 grants awarded	\$34,250

This year, Lincoln area residents generously supported the Foundation in response to solicitations in the *COMPASS* and *Sun Senior News* and a direct mail campaign. Donations and contributions totaling \$56,179 were received in 2015 from individuals, groups, and organizations.

programs in 2016.

In addition, the Foundation earned a net of \$15,613 from the bingo games run by the members of our Foundation Board and Advisory Board. Another \$2,340 was earned from the sale of olive oil during the Christmas holiday season. Money earned

from bingo and olive oil sales has allowed us to completely cover our operating expenses.

In December of 2015 we approved \$35,000 in new grants for the coming year to Friends of the Library, Del Oro Respite Services, Seniors First, and the Salt Mine. Most importantly, the Board of Directors made a \$40,000 allocation in the 2016 Budget to fund the initial start up of Resource Connectors, which is expected to provide referral services for Lincoln Hills seniors experiencing life transitions—a critical need in our community.

The Board of Directors and Staff of the Lincoln Hills Community Association are to be commended for their cooperation in providing free or reduced-cost community facilities for Bingo and other Foundation activities.





- Fixture Installation
- Remodels
- Re-pipes
- General plumbing services

We guarantee our work and will beat any written estimates from a licensed and insured competitor

Specializing in water heater replacement and tankless upgrades



(916) 759-8142

www.placerpiping.com • License #907647

Planning a trip to Maui or Tahoe?

See Website Photos & Call 408-1188
 SCLH resident Gil Van Valkenburg
 • Maui www.homeaway.com/368171
 • Maui www.homeaway.com/368174
 • Tahoe www.homeaway.com/275698



What's in your can?

Salmonella E. Coli



Listeria Pests



Trash Can Cleaning Service
 Now Available in Your Area



We Clean, Sanitize, and Deodorize your cans with our exclusive High Pressure Machine

www.DandyCans.com

1-844-44-DANDY

Locally Owned and operated

Packages Starting at \$99 per year!

- We kill up to 99% of harmful bacteria breeding in your cans
- Drought Friendly—Three-stage filtration system uses little water
- Disinfected with bio-degradable antibacterial detergents that are non-toxic and safe for the environment
- Deodorized and scented leaving a fresh and clean can

STATE FARM®
 Coverage You Need From a Name You Know.
 Providing Insurance and Financial Services

Christine Taylor
 State Farm Agent
 6671 Blue Oaks Blvd, Ste 3B, Rocklin, CA 95765
 Christine.Taylor.g12t@statefarm.com www.ChristineTaylor.com

916-408-1408

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL

Auto Home Life Health Financial Services

United Country is the largest seller of active lifestyle and active adult property nationwide. Since 1925, we have specialized in lifestyle property, like 55+ and Retirement Communities. Our unique marketing program is focused on exposing active adult properties more broadly than the local market. For instance, we are on the **1st** page of **GOOGLE** for “Active Adult Home for Sale in Northern California” & “Golf Course Home for Sale”. No one else “locally” can come close!!

Why sell your property with United Country? Simple. No one can expose your property more broadly, bringing to bear more than 90 years of real estate marketing experience, to get you the best price in the shortest time possible.

As a Seniors Real Estate Specialist® (SRES®) Scott is specially qualified to address the real estate needs of those age 55+. He recognizes that a home often is the largest and most precious asset that baby boomers and people 55+ have. Thus bringing a unique approach to each transaction and interaction with clients. Scott not only offers a deep knowledge of real estate and the local and economic issues shaping market trends, but he is also educated on issues of particular concern to aged 55+ clients. In the community, Scott serves on the South Placer Rotary Board of Directors as President-Elect for 2015. Also actively engaged with his Masonic Lodge and Ben Ali Shrine/Shriner’s Hospital for Children.



Great West

To get your **FREE** in home consultation, contact Scott today at:
 Direct line: 916-547-3999 or Email: Scott@UCGreatWest.com



Neighborhood Watch

Looking After Each Other at Neighborhood Watch Identify Theft Prevention Workshop March 23

Patricia Evans

“Life is the sum of all your choices,” said existential philosopher Albert Camus. In J. K. Rowling’s *Harry Potter and the Chamber of Secrets*, Hogwarts headmaster Aldus Dumbledore told young Harry, “It is our choices that show what we truly are...”



Neighborhood Watch is proud to say that our 560 volunteers are making choices to enrich the lives of their neighbors as well as their own. “We look after each other” is a frequent comment. When friendly neighbors help, each other a warm blanket of safety and security develops naturally. This is a treasure no amount of money can buy, yet it is at the top of almost everyone’s list when looking for a retirement location.

Because our volunteer base is so large, there are always opportunities. Many captains adopt additional stations to fill vacancies. While we honor those who continue to serve over the years, life happens and necessitates change. We give those who must resign a sincere “Thank you!”

Our volunteers have a support system always available. The directors are the hub of the wheel and each assists an assigned group of Village coordinators. The Village coordinators are the spokes of the wheel. They assist their assigned mailbox captains, the grass-roots rim of the wheel. We would welcome you on the wheel!

Neighborhood Watch and the Community Forum are co-sponsoring an Identity Theft Prevention Workshop presented by the Placer County Sheriff’s Office, on Wednesday, March 23, 1:00–3:00 PM, in the Orchard Creek Front Ballroom.

See page 32 for ways we support our volunteers.



Neighborhood Watch volunteers enjoy a party celebrating another successful year

Neighborhood Watch Contacts

- Larry Wilson, 408-0667
lgwlincoln@gmail.com
 - Pauline Watson, 543-8436
frpawatson@sbcglobal.net
- Neighborhood Watch Website**
www.SCLHWatch.org

Library News

Sandy Melnick, Library Volunteer

Everyone wants to help us in the Library, which we appreciate, but please do not re-shelve returned books. The



volunteers have specific duties regarding returned books and they cannot be done if you shelve the books yourself. Just place the returned books on the gray rolling cart.

On that same note, we are finding new

magazines in the basket by the cart. Only magazines from previous months go into the basket. Brand new issues go on the magazine shelves. Thanks for your help in this matter.

Have you read a good book lately that you want to share with everyone? Give me a call (408-1035) and tell us about your latest good read.

Remember that we have books made into movies and volunteers’ picks on the ledge behind the couch. Worth looking at if you are interested in a good book.

My latest read is *Little Bee* by Chris

Cleave. The setting is in England where a Nigerian teen is released from an immigrant center, and features a young widow and her son, who thinks he is Batman. This is Cleave’s second novel and one you won’t put down. Find the book in the hardbound novels section.

Contacts: Sandy Melnick (408-1035) for donations, Cleon Johnson (408-5648) for investment materials, and Nina Mazza (408-7620) for the Community Living Room (OC).

LAW OFFICE OF DARREL C RUMLEY

- Estate Planning
- Trusts
- Wills
- Healthcare Directives
- Trust Review
- Mobile Notary
- Probate



Darrel C Rumley
Attorney at Law
Serving Placer County

"As a senior myself, I understand our needs. I know that a living trust is THE most important & thoughtful gift you can leave your loved ones. By having an estate plan in place, YOU decide end-of-life decisions as well as the financial distribution of your estate. Your loved ones are saved the expense of probate. Questions? I'm here to listen & help you."

915 Highland Pointe Drive
Suite 250
Roseville, CA 95678

916.780.7080

Hwy 65 & Pleasant Grove Blvd.

www.rumleylaw.com/trusts



Fallen Leaf Landscape

- Residential Maintenance Services
- Small tree care
- Full service landscape installation
- Rebark services
- Fence repair and replacement
- Water feature installation
- Concrete and Paver installation



Fallen Leaf Landscape Inc has been providing full service landscape installations for over 15 years with 100's of completed jobs to our credit.

(916) 300-7782

For information regarding our past installations or questions about your new landscape project or maintenance, call Fallen Leaf today!



www.fallenleaflandscape.com CSLB #852336



16 Day PANAMA CANAL CRUISE



Includes:

- * Bus To Ship in San Francisco
- * Airfare Return from Florida



Sailing October 7, 2016
Prices starting from:

Interior	Ocean View	Balcony
fares from	fares from	fares from
\$2,349	\$3,149	\$3,349

Government Taxes, Fees & Port Expenses are \$422.83 additional.

INCLUDES MOTORCOACH TO THE SHIP AND AIRFARE RETURN TO SACRAMENTO

Don't miss the boat.

Call 916-789-4100 and book your stateroom today.

Set sail from San Francisco, California to Ft. Lauderdale, Florida visiting Cabo San Lucas, Mexico; Huatulco, Mexico; Puerto Chiapas, Mexico; Puerto Caldera (Puntarenas), Costa Rica; Transit the locks of the Panama Canal; Cartagena, Columbia; Half Moon Cay, Bahamas; Ft. Lauderdale, Florida.

Fares are per person, non-air, cruise-only, based on double occupancy and apply to the first two passengers in a stateroom. These fares do not apply to singles or third/forth-birth passengers. Please call Club Cruise for special discounted prices for Single, Triple and Quad Occupancy. This offer is capacity controlled and may not be combinable with any other public, group or past passenger discount, including onboard credits. Some restrictions apply. Fares quoted in U.S. dollars.

CLUB CRUISE & Travel 916-789-4100

Located at 851 Sterling Parkway, Lincoln CA





Club News



Alzheimer's/Dementia

Caregivers Support Group

Declining cognitive ability and declining sensory-motor function will ultimately mean a person with Alzheimer's Disease needs to stop driving. On Wednesday February 24, at 1:00 PM in the Multipurpose Room (OC), Sharron Spotts, Certified Senior Advisor, will present "Seniors and Driving Issues: When is it Time to Give up Driving?"

Some members of our group already have dealt with this issue while others anticipate dealing with the driving issue with their loved one. The impact on the individual with dementia and the family can be significant, therefore planning is important. With the help of our members and Sharron, we can assist caregivers to develop a plan to deal with driving when the matter arises.

The group appreciates the support from the Lincoln Hills Foundation which funds special speakers and permits the development of a wonderful library of books of interest to our members.

By Jean Ebenholtz.

**Contacts: Judy Payne 434-7864;
Cathy VanVelzen 409-9332; Maria Stahl
409-0349 or AI 408-3155**



Antiques Appreciation

Our February program brought Jan Geiger, a docent at the Crocker Art Museum. It was very interesting to hear the history of the museum, its collections, and the various programs, exhibitions and resources they offer. A morning well spent!

Have you heard about The Museum of Wonder and Delight? On March 7 we will visit this special new exhibit in Folsom featuring antique and vintage toys, mementos and keepsakes collected from around the world by Mr. Gotelli (he was a design professor at UC Davis) who will give us a private tour at 10:30 AM. A \$10 per person charge will be collected at the museum. Plenty of parking is available in the city's parking garage next door. To car pool, please contact Pat LePage, 543-9564.

We meet the first Monday of each month

at 10:00 AM in the breakout rooms of the Ballroom, Heights and Gables. Join us!

**Contacts: Rose Marie Wildsmith 409-0644;
Barbara Engquist 434-1415;
Appraisals 408-4004**



Astronomy

Monday, February 15. Cosmology Interest Group (CIG), Fine Arts Room (OC) starting at 6:45 PM. Continuing the DVD series "Cosmology—The History and Nature of our Universe." The February lectures will be #33, "Inflation's Stunning Creativity," and #34, "Fine Tuning and Anthropic Arguments."

The Telescope Interest Group (TIG) will meet on Thursday, February 25 at 6:45 PM in the Fine Arts Room (OC). Members are invited to bring their telescopes to the meeting where assistance will be provided in setting up and operating their telescopes, and the use of accessories that might be useful in their viewing.

On Wednesday, March 2, Cindy Van Buren will present "The Juno Mission to Jupiter." Juno will improve our understanding of the solar system's beginnings by revealing the origin and evolution of Jupiter. **Contacts: Morey Lewis 408-4469, eunmor@pobox.com; Cindy Van Buren 253-7865, rvbcvb@att.net Website: www.lhag.org**



Ballroom Dance

Is it time to heat up your life? Why not try Ballroom Dancing? In February, we will learn the American Rumba. The first week in March will be a review of the Waltz. The remainder of March will be devoted to the always fun, Cha Cha. Plan to meet our congenial group at KS on Tuesdays. Beginning lessons are from 2:00 to 3:00 PM. An hour of open



Chris
& Pete
Henshaw

dancing follows. Between 4:00 and 5:00 PM, a more advanced lesson is offered. Our group lessons are low stress and casual, presented by instructors who are experi-

enced and congenial. Annual membership is \$7 per person and the lessons are always free! Want to skip the lessons? Then, join us for the weekly open dancing between 3:00 and 4:00 PM. Eight fun dance-themed events are planned for the year. So, plan on being a member of our group. You could be "hot" all year long.

**Contacts: Sal Algeri 408-4752;
Chris Geist 543-0176**



Bereavement Support

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meeting will be March 9. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunches will be at Casa Ramos, Tuesday, February 23, and Sterling Cafe, Wednesday, March 30. Meet in front of OC Lodge by 11:15 AM to carpool to the restaurant. For more information or to put a Memoriam in the COMPASS, contact Joan. **Contact: Joan Logue 434-0749, joanlogue@sbcglobal.net**



Billiards

Women's Billiard Group Tournaments will be every Tuesday 12:45 to 3:00 PM.



Oscar Alvarez and Bob Moze; Del & Veronica Torres; Doyle Coker, Bill Kim, Dave Hathaway and Jerry Novak

Yellow highlighted events are shown on the Calendar of Events list on page 3.

Free Billiards Workshop available to all SCLH residents: The Billiards Group would like to offer a free weekly Billiards lesson at KS. We will have a person there on Tuesdays from 9:00 to 10:30 AM. This is for new and returning players (men and women). You do not need anything to start other than the desire to play. Just show up and see what we have to offer. Remember—it's free. Contact Dan Oden 408-2687.

Pictured winners—Monday Group first place Oscar Alvarez, second place Bob Moze. Challengers Group six game winners Doyle Coker and Bill Kim; five and a half game winners Dave Hathaway and Jerry Novak. Co-ed Group, six out of seven game winners, Del & Veronica Torres.

Contact: Tony Felice, afelice@wavecable.com

Bird

This coming Friday, February 19, the Bird Group will travel to the Davis Wetlands and Water Treatment Plant. During this field trip we see a variety of waterfowl, shorebirds, and raptors. On March 4, we have a local trip to the Bobelaine Audubon Sanctuary which is located along the Feather River. While walking the trails we often see Tree Swallows, California Towhee, and three kinds of woodpeckers: Acorn, Downy and Nuttall's.



In January some of our members visited the Ceronix Sanctuary

in Auburn and enjoyed the many exotic birds: European Shelducks, the Australian Black Swan, East African Crowned Cranes

Our March 14 meeting will feature Jenny Papka of the Native Bird Connections. The program that she and her staff presents is always a special treat, so bring your cameras and come to enjoy these beautiful

raptors up close. Any Lincoln Hills resident is invited to join us on Monday, March 14 at 1:30 PM in the P-Hall (KS).

Contact: Kathi Ridley 253-7086,

kathiridley@yahoo.com

Lh_bird_group@yahoo.com

Website: www.suncity-lincolnhills.org/residents



Bocce Ball, Mad Hatters

What's a Casino? Well, if you play Bocce with the Mad Hatters you know that the shout "Casino" means someone scored four points in one frame. Short of winning a game without allowing your opponents to score a point a Casino is the best you can do in Bocce. As near as I can tell the word casino in Italian slang means



Pam, shown here after scoring a "Casino"

"a lot," which is what you're really doing; scoring a lot. Pam was quite proud of her Casino in the picture here, and that is a nice grouping. If you'd like to try and score a Casino please feel free to join us every Thursday morning at the Bocce Courts in the Sports Plaza. During the winter months we meet Thursdays at 10:00 AM and during the summer we start at 8:00 AM.

Contacts: Paul Mac Garvey 543-2067,

pmac1411@aol.com;

Bob Vincent 543-0543

Book, OC

Join us on February 18 at 1:00 PM in the Multipurpose Room (OC) to discuss, *The Boston Girl*, by Anita Diamont. This coming-of-age novel is set in Boston's multicultural North End neighborhood during the early 20th century. We meet the third Thursday of the month. Newcomers are always welcome!

Schedule, remainder of 2016:

- March 17, *The Nightingale*, by Kristin Hannah
 - April 21, *The Girl on the Train*, by Paula Hawkins
 - May 19, *The Wright Brothers*, by David McCullough
 - June 16, *Far From the Madding Crowd*, by Thomas Hardy
 - July 21, *Gray Mountain*, by John Grisham
 - August 18, *The Spellman Files*, by Lisa Lutz
 - September 15, *All the Light We Cannot See*, by Anthony Doerr
 - October 20, *Dead Wake: The Last Crossing of the Lusitania*, by Erik Larson
 - November 17, *Wish You Well*, by David Baldacci
 - December 15, Holiday Luncheon
- Contacts: Darlis Beale 408-0269; Penny Pearl 409-0510; Dale Nater 543-8755**
Website: <http://LHocbookgroup.blogspot.com/>
Wiki: <http://ocbookgroup.pbwiki.com/>

Bosom Buddies

Breast Cancer Survivors

Bosom Buddies' very special guest was Dr. Roger Gilbert oncology radiologist from Sutter Hospital. He was very informative with the new techniques of treating cancer with radiation. He explained how linear accelerators are much more precise and effective. Basically the shape of the three dimensional beam can be alternated/shaped and does not affect organs surrounding the tumor. As you know, with the radiation in the past the heart and lungs were damaged. Thank goodness this no longer happens.

Statistics are still those one in eight



Dr. Gilbert; Bosom Buddies Ladies at lunch in Meridians



ladies after the age 90 years will develop cancer. So we ladies will need to continue throughout our lifetime having our mammograms every year or sooner if a mass is found during a self-exam.

We ladies of Lincoln Hills are so fortunate to have Bosom Buddies. I truly hope that more of you will begin to join our "Sisterhood" and enjoy your life.

Contact: Marianne Smith 408-1818

Website: www.suncity-lincolnhills.org/residents



Bridge, Duplicate

The New Year began with 13 of our club players earning red and gold master points at the Monterey "Clam Bake" Regional Tournament. Jack Uppal was the overall top point winner from our club. He won over 27 total master points. Congratulations, Jack!

Duplicate games are played in the KS Lodge on Wednesdays at 12:30 PM (includes a 199er section), Fridays at 5:00 PM, and Saturdays at 12:30 PM (includes a 299er section). Game fees are \$2 per person for club members and for the first three games of non-member SCLH residents. The fee is \$5 for non-resident visitors. If you need a bridge partner for any of the open games, call Barbara Dorf (434-8234), or Squeak Conner (645-9085), or Lynne White (253-9882). For a partner in the Wednesday or Saturday limited games, call Sheila Ross (434-6165) or Lynne White (253-9882).

Contact: Sharon Neff 543-8897

Website: www.bridgewebs.com/lincolnhills



Bridge, Partners

Call for early sign-up or just show up with your partner and standby in the Sierra Room (KS); you get to play if we have even pairs up to 28. We must be seated by 5:50 PM, and we must finish by 8:30 PM. Remember: you must finish four hands in under 30 minutes, and both partners should validate the score before moving to the next table.

December 24 winners—Christmas Eve
January 7 winners—First: Linda Theodore/Janet Pinnell with the night's high round of 1630; second: John Butler/Byron Hansen; third: Erica Wolf/Edith Kesting; fourth: Kay/Ben Newton.

January 14 winners—First: Warren Sonnenburg/Larry Mowrer; second: Chet Winton/Ralph Madsen with the night's high round of 2470; third: Janet Pinnell/Linda Theodore; fourth: Lorraine/Bob Minke.

January 21 winners—First: Marlene Harner/Basil Molony; second: Didi Martin/Dianne Conforti with the night's high round of 2440; third: Barbara Bryan/Pat Mullins; fourth: Kay/Ben Newton.

Contacts: First & Third Thursday: Kay & Ben Newton 408-1819

Second & Fourth Thursday: Dolores Marchand 408-0147, Carol Mayeur 408-4022



Bridge, Social

Join us for Social Bridge on Fridays from 1:00-4:00 PM in the Sierra Room (KS). No partner needed but reservations required! We have a singles' rotation. Choose a partner for the first round then you rotate. Arrive between 12:30 to 12:45 PM.

Winners—December and January First Place: Bob Belknap, Alan Haselwood, Nancy Griffin and Harry Collings. Second: Flo Hunt, Richard Lund, Judy Ganulin and Ralph Madsen. Third: Bob Fawcett, Shari Kiley, Marilyn Cheatham and Richard Lund. Fourth: Dolores Marchand, Ann Leitze, Judy Olsen and Joan Singer.

Free Bridge Class: Wednesdays between 10:00 AM and 12:00 PM in the Card Room (OC). Instructors on the first and third Wednesdays. Practice games on the second and fourth Wednesdays. No reservations. Just join us.

To make reservations for Friday Social Bridge: February: Chet Winton, 408-8708, cnwinton@sbcglobal.net; Helen Helm, 408-0428, h89elen@att.net

Contact: Jodi Deeley, 208-4086
Jodi2@wavecable.com



Bunco

In January, the Bunco Group welcomed several new players. If you happened by the Cards Room (OC) you would have heard the cheering and laughter going on which made for a fun time! It was a blast!

The Bunco Group plays the third Thursday of the month in the Cards Room (OC). Enjoy in the fun for only a \$5 player fee! Play starts promptly at 9:00 AM. Drop in

when your schedule permits. It's a fun way to meet new friends.

January Winners: Most Buncos Pat McGough; Most Wins Sara Klesius; Most Losses Shelly Coate; Traveler Sharon Chipman.

Next Bunco is Thursday, February 18.

Contact: Kathy Sasabuchi 209-3089,
ksasabu@icloud.com



Ceramic Arts

Happy February! Hope all of you had a Happy Valentine's Day! All of the Artists have been busy making a lot of special pieces. They have been able to create some beautiful works of art. Be sure to check out the artwork at each Lodge as we have some great artists!

Also, as a reminder, the Ceramic Art Group annual dues were due and payable January 1. Dues help with the cost of studio supplies and small equipment. Please make checks payable to the CAG group and mail to Mike Daley, Membership Chair.

CAG "Workshops" are held at OC on Saturdays, 9:00 AM-3:00 PM and Sundays, 12:00-4:00 PM; KS workshops are Mondays, 1:00-4:00 PM for Earthenware and Sundays, 1:00-4:00 PM for Spanish Oils. "Open Studio" is available to all residents: OC Fridays only, 1:00-5:00 PM and KS Sundays only, 1:00-4:00 PM.

Contacts: Chair: Janet Roberts 543-6015;

OC Pottery: Mike Daley 474-0910. KS

Earthenware: Marty Berntsen 408-2110; KS

Spanish Oils: Margot Bruestle 434-9575

Website: www.suncity-lincolnhills.org/residents, Clubs, Ceramic Arts



Chorus

From "Aquarius" to "Yesterday," we're rediscovering the great music we grew up with so we can serenade you with it on May 1-3.

We'll bring you a doo-wop medley of "A Teenager in Love," "Sh-Boom," "Book of Love," "In the Still of the Night," "Save the Last Dance for Me," and "Goodnight, Sweetheart," plus a doo-wop "Blue Moon." You'll relive those marvelous Beach Boys and Jan & Dean harmonies in "Surfin' USA," "Surf City," "Little Old Lady from Pasadena," "Little Deuce Coupe," "Don't Worry Baby," and "Kokomo."

Remember “California Dreamin’,” “The Lion Sleeps Tonight,” “Since I Fell for You,” “Sixteen Tons,” “Stand by Me,” and “Stand by Your Man”? You’ll love what we do with them too.



Chorus concert music

We’re calling our spring concert “Surfin’ the ’60s” and making it our best ever. Put those dates—May 1-3—on your calendar now, and get your tickets when they go on sale in March!

Contacts: *Suzanne Rosevold 587-3035, sznrrsvld202@gmail.com;*
Bill Sveglini 899-8383, sveglini@gmail.com
Website: *www.lincolnhillschorus.org*
Email: *lhchorus@yahoo.com*



Computer

Apple Users Group—LHAUG

Since its inception, our Group has been called the Lincoln Hills Macintosh Users Group, or LHMUG. In the past couple of years, it has become quite obvious to us that, while the iMac and Macbook remain very popular and maintain the highest standing in the computer world, the iPad and iPhone have become even more ubiquitous to where virtually every member of the LHAUG now owns one or the other or both. With this in mind, we felt that, in the COMPASS Club News articles, our Group name should be more inclusive, and so we have changed it to: “The Apple Users Group—LHAUG.” This is the name



Virtually every member of the LHMUG now owns the iPad or iPhone or both

under which these informative articles will appear. Nothing else will change. Our website will still be addressed: lhmug.org and continue to provide the same videos, calendars and other information you have come to expect.

Contact: *Vicki White (916) 960-6775, vickiawhite@me.com;*
Website: *www.lhmug.org*



PC

Windows 10 Forum: March 4, 9:00 AM, Multipurpose Room (OC).

Main Meeting: March 9, 6:30 PM—“Managing Your Cloud Data” by Bob Ringo. P-Hall (KS). During this presentation you will learn the pros and cons of using the most popular cloud storage hosts—OneDrive and Google Drive. Additionally, you will learn how to sync your cloud data with all of your Microsoft, Android, and Apple devices. Further, you will learn what data is best synced and what data is best simply archived in the cloud. Hopefully you will leave this presentation with the realization that you can comfortably manage your own data stored in the cloud.



Bob Ringo will present “Managing Your Cloud Data” on March 9

Clinic March 11, 3:30 PM, More Q & A—Live Demo of Using OneDrive and Google Drive. P-Hall (KS).

Ask the Tech: March 25, 10:00 AM Informal Q & A session for any and all technical questions. Multipurpose Room (OC).

Contact: *Karl Schoenstein, president@sclhcc.org*
Website: *www.sclhcc.org*



Country Couples

Thanks to all those who have already paid their dues for 2016. It is only \$6 per person and an incredible deal for a year’s worth of fun and friendships.

The first recorded Mardi Gras Parade in New Orleans was in 1837 but the tradition of costumes, parades and celebrating to excess before the fasting and confession season of Lent go back centuries and is celebrated throughout the world. Here in Lincoln Hills our club members will celebrate with our Mardi Gras Dance. An evening of “Carnival” is coming to Lincoln Hills on Saturday, February 27 from 5:00 to 9:00 PM at the KS Lodge. DJ Gordon Hunt will be our master of ceremonies. Costumes and/or masks, while not mandatory, add to the fun, so get ready to “Let The Good Times Roll.” Tickets available at class or contact Marsha Brigleb at 434-5460 for more information.

Contact: *Marsha Brigleb 434-5460; Laura Wermuth 253-7092*



Cribbage

Come join the fun at OC Lodge on Tuesday mornings with a friendly group of Cribbage Players. We meet at 8:00 AM and have our warm-up/practice games until 9:00 AM. Then the mini-tournament begins and continues until 12:00 PM.

We play four-handed partner games using a rotation system. Every game you end up with a new partner as the losing players move on to the next table, and the winning players stay. Each player keeps track of his or her own score.

The weekly winners for the month of December were Tom Eaton (three weeks in a row) and Don Lloyd.

New players are always welcome!
Contacts: *Larry O’Donnell 406-672-6493; Ken VonDeylen 599-6530*



Cyclist

While we were riding the other day I was thinking about how lucky we Lincoln Hills Cyclists are to have such a diverse area to ride in. When we do the same ride all the time, it tends to become boring and eventually we end up putting our bikes away in the corner of our garage.

A good riding program requires variation in not only the physical element but also the psychological aspect. We have so many routes with the ability to add miles, elevation gain and scenery. Just riding

the same route in reverse changes the dynamics of the ride. With the various sub groups we have within our Cyclist Group, we have the ability to challenge ourselves every time we go out for a ride. Riding with a different group once in a while also gives us the opportunity to socialize with different people.

Give it a try.

Contacts: Steve Valeriote 408-5506,

jillsteval@gmail.com

Website: www.LHcyclist.com



Eye Contact

Low Vision Support Group

Eye Contact holds two meetings each month; a Living Skills meeting and a General Meeting featuring a speaker of interest.

Living Skills Meeting, Multimedia Room, (OC), Thursday, February 25, 10:30 AM-12:00 PM. Topic: "The Impact of Vision Loss."

Patricia Locke, Director of Third Sector Resources, will talk about the life-changing condition of vision loss. Possible solutions will also be explored.

General Meeting, Fine Arts Room (OC), Tuesday, March 1, 2:00-3:30 PM. Topic: "Macular Degeneration." Assistant Chief of Eye Services, Kaiser Permanente, Sidney Gutmann, MD, will be our presenter. Learn about AMD—the most common eye disease among seniors.

From WebMD: Vision-robbing diseases become more common as you age. Get your eyes examined regularly—every two years until age 60 and then yearly after that.

Meetings are open to all SCLH residents and can be especially helpful to those with low vision or those supporting loved ones with low vision.

Contact: Cathy McGriff 408-0169



Fishing

Rain, rain, don't go away!

With all this rain and piles of snow in the Sierras, our lakes, streams and rivers should be flowing well when fishing season starts for most of us old guys! Start talking to your fishing buddies and put that day out on the water in your calendar.

For you members, I sent a list to you of our members' fishing preferences, so you have no excuse to not look someone



Float tube in waiting; Beaver Creek; this can happen to you!

up and see if they want to take that fish-out day.

Our club meets the second Monday of the month, 7:00 PM, KS Lodge Hall, join us. Contact Henry Sandigo to join.

Contact: Jerry jmessier@starstream.net;

Henry Sandigo hsandigo@icloud.com



Garden

"Trees and Artificial Turf" will be the focus of speaker, Laurie Meyerpeter, at the February 25, 2:00 PM General Meeting (KS). She is a Master Gardener with a degree in Horticulture and is presently employed at Lakes Nursery in Newcastle, CA. There will be a drawing for Home Depot's donated plants for members seated by 2:00 PM.



Clockwise from upper left, Garden Group Civic Project—Lincoln Library Plants; Marie Salers—Community Garden Harvest!; Plant Sale—donated "Garden Items" needed!

Membership registration (2016) will be available again before the meeting. Previous members who have not renewed by March 1 will be dropped. Contact: Margie Anderson 408-7685.

Start grooming your flowers, roses, and bonsai plants! We have three shows we sponsor this spring along with the Annual Home Garden Tour. Dates and details are on the website.

Donations of a "Garden Nature" are needed for the Plant Sale April 1 to benefit civic projects. Please start now to save seedlings, plants, bulbs, pottery, vases, books, garden art, etc. Contact: Marie Salers (408-3895) or Madelynn Mossar (434-6153).

Contact: Lorraine Immel 434-2918,

limmel@ssctv.net; Larry Clark 409-5214,

lkclark@surewest.net

www.lhgardengroup.org



Genealogy

February 15 is President's Day! The Genealogy Club general meeting is also on February 15 and will be held at the usual place at 6:30 PM, the P-Hall (KS). The guest speaker and the topic is a *surprise!* We will not reveal the special guest speaker nor the topic... you must be here to enjoy this surprise general meeting!

The Social following the general meeting will feature refreshments in celebration of President's Day... and, you will figure this out if you think about a certain President. Does a Cherry tree come to mind?

The prize drawing product will also be a surprise. But, guaranteed to be a useful "tool" in genealogy research.

You like surprises? Then don't miss this Genealogy Club general meeting. Not only will you be surprised... *so will I.*

Contacts: Maureen Sausen 543-8594;

Arlene Rond 408-3641;

Website: lincolnhillsgenealogy.com



Golf, Ladies

Ladies XVIII

Shari Loyd lowered the gavel to usher in her presidency and new board for the Ladies 18-holders, in a breakfast meeting on January 8. Shari represents a fresh face and one who hopes to energize the membership. Winter rules will be more clearly



Executive Board: Rosemary Heckman, Donna Sanderson, Shari Loyd, and Edda Ashe

defined as beginning with November and ending May 1. Also, the Hole-in-One prize money may be funded in part by a new proposal that each member contribute a dollar to this fund. The Awards category timeframe will be synced. Eligibility will be January through November. In other news, Liza Valencia reported that she is reworking the website to make it more user-friendly. It will include drop-down menus.

Kudos to Judy Englemann, January's NetChix winner, shooting a low net of 68.

Memberships are always welcome.

Contact: Donna Sosko 434-5527

Website: lhlxviii.com

Lincoln Hills Lincsters

Winter start time for the Lincoln Hills Lincsters is 1:00 PM. Play will alternate between the front nine of The Hills and the front nine of The Orchard. Due to the weather, Captain Nancy McDonald canceled the first three Wednesday afternoon golf days. The first GAL (Go Away Lincsters) outing, which is played on the first and third Monday of the month, was also canceled due to rain. The second GAL day was not held because it fell on a holiday. Monday Mamas, which play on the second and fourth Mondays, was held.

The first General Meeting is scheduled for March 16. Five new members joined the group at the first of the year. They are Meridith Nelson, Barbara Parsons, Judy Josse, Kim Schultz, and Susie Rogers.

Contact: Susan Pharis; firefly7554@aol.com

Golf, Men's

The Lincoln Hills Men's Club will be donating a total of \$1000 to local golf programs. Youth on Course will receive \$500 and Lincoln High School boys and girls golf programs will receive \$250 each. Our Men's Club is a great way to golf with

new friends at the same time feeling you are giving back to your community. At this writing, the Men's Golf Club is at 266 members for 2016, 30 are new. We are on the way to 300 members this year!

The next tournament on March 15 is the Lone Ranger—a four-man team where three scores will count on a hole, one from the Long Ranger and two best balls from the rest of the team, with 100% of Handicap. There will be team prizes and Close to Pin Prizes. Deadline for sign-up is March 10.

Contacts: Rodger Oswald,

rodgeroswald@gmail.com



Healthy Eating

Our January Guest Speaker was Dr. Carolyn Slupsky of UC Davis, an expert on a relatively new science, studying the trillions of micro-organisms dwelling in the digestive tracts of each of us.

February's Guest Speaker is Michelle Irwin, Holistic Health Practitioner, author, certified lymphologist and cooking school instructor for the Weimar Institute's NEWSTART Lifestyle Program. Michelle's presentation on nutritious plant-based food cooking will also reveal some of her secrets for healthy sugar-free raw desserts.

Club members enjoyed a seven course Chinese New Year's dinner (it's the Year of the Monkey) at the China Villa Restaurant in Rocklin February 11.

Join us as we learn about the importance and the joy of healthy eating. Monthly meetings are the fourth Monday at 2:00 PM in the P-Hall (KS). February's meeting is the 22nd. We will sample some of Michelle's healthy cooking ideas in the Social Kitchen (KS) at 3:00 PM. Guests welcome.



Clockwise from left: farmers market scene; Local walnut orchard in January dormant time; produce section at Raley's

Contact: Don R. Rickgauer 253-3984, Sclh13HealthyEating@gmail.com



Hiking and Walking

Welcome to the wonderful world of rain!! Does it impact our plans to be outdoors? Definitely, Yes!!—but it means much more beauty to see when the sunny days arrive. Have you noticed the lush green grass lately and how fresh the air smells? On rainy days, the Hiking Group will either cancel the planned hike or re-schedule it for another day. That's why it is important for hikers to always check the website the night before and the morning of a hike to determine the latest news. The Walking Group has a policy: If it is raining at the time of the walk, the walk is cancelled. If it starts raining during a walk, walkers disperse to their homes.

For hikers, remember our new meeting location—row 14 in the Orchard Creek Fitness Center parking lot. It is at the far end of the parking lot near the Fitness Center.

Contacts: Phil Huntingdale 408-1747,

smccoubrey@sbcglobal.net

Walking: Louis Bobrowsky 434-5932,

louisbobrowsky@yahoo.com

Website: <http://lincolnhillshikers.org>



Before hiking the Foresthill Loop; a sunny day hike in Auburn—hikers enjoyed viewing the Foresthill

Bridge and snow-covered Sierras; after rain, manzanita branches turn a stunning red



Investors' Study

Our next meeting is on Thursday, March 3 at 2:30 PM in the P-Hall (KS). Refreshments afterwards. Our March speaker is Anastasia Amoroso, CFA of J P Morgan. Anastasia is an Executive Director in JP Morgan's Global Market Strategy Team. She is responsible for delivering timely insight to clients across the country. She has appeared on CNBC and Bloomberg TV and graduated summa cum laude from University of New Mexico in Finance and Political Science. She speaks several languages and should prove to be a very interesting speaker. Matt Bopp of Morgan Stanley will be our guest consultant to review the monthly playbook.



Our Coordinator, Russ Abbott, was the speaker who spoke about what to expect in the 2016 financial markets

The Active Investors sub-group meets the second Monday of the month, 3:00 PM in the Multimedia Room (OC). Bill Ness. 434-6564.

Contact: John Noon 645-5600
thenoons@att.net

Lavender Friends

The Lavender Friends Club is a social organization serving the LGBT Community and those in friendship in SCLH.

The Bi-Annual Membership Meeting was held on January 9, with 36 members attending. Thirteen members toured the Roger's Family Coffee Plant on January 8, giving it rave reviews.

Upcoming club activities include a Potluck featuring speaker Professor Johnnie Terry on February 20, Glow Bowling on February 24, a Breakfast on March 2, and Dinner and a Movie on March 15. Dog Walkers and Friends will gather on Saturdays at 9:30 AM (weather permitting). On March 8, Colonel Patsy Thompson and Barbara Brass will speak at 1:00 PM at the OC Ballroom on "Surviving the Silence:

Love and Impossible Choices," an upcoming documentary on the evolution of LGBT rights in the military.

Community Activities include Greater Placer PFLAG. It meets on Monday, March 7 from 7:00 to 9:00 PM.

For more information:

Contacts: Sheila 408-2802,

Carol 295-0610 or Gina 209-3925

Website: www.lavenderfriends.com

Lincoln Hills

Line Dance

We invite you to join our Line Dance information site located in the Association Clubs section on the SCLH resident website. If you're not on the resident website, go to the Activity Desk and someone will help you sign-up. Once on it, you can access our Line Dance site which currently has 60 users. On the Resident page, log in, go to Clubs, then click on Line Dance. Here you can get details about ordering teeshirts and upcoming parties. You can read articles that were in the *Sun Senior News* and see photos and videos from past events. New things are always being added, and you can see which of your friends have joined.



Line Dance Website; weekend practice in the Fine Arts Room (OC)



Just a reminder that every dance class during the week has a corresponding practice time in the Fine Arts Room (OC) on the weekend. Check with your instructor.
Contacts: Sheridan Brown 408-5674,
shrdnbrwn@yahoo.com; **Carol Rotramel 408-1733,**
caroled1974@gmail.com



Mah Jongg, Chinese

Greetings! Please plan to join us on Monday mornings in the Card Room

(OC). Play starts at 9:00 AM; and arrival time is five-to-ten minutes before 9:00 AM. Play continues until 12:00 PM, with an optional extension to 12:30 PM—which is to be decided at the table where you play.

Chinese Mah Jongg is a game of strategy and, sometimes, luck. It is played with tiles and is similar to playing rummy. If you are curious about learning this game, please plan to join us. We will welcome the opportunity to teach you. Even if you already know how to play this game, we will welcome your attendance.

If you have any questions, please call one of the contacts, below.

Contacts: Bruce Castle 846-1500;

Marsha Ross 253-9551



Mah Jongg, National



Tuesday is always a happening day in the Card Room (OC). National Mah Jongg is being played from 12:30 to 4:00 PM every week. It is a wonderful place to meet your neighbors and make new friends.

If you don't know how to play, contact Fran Rivera at 434-7061. She always has room for one more in the free classes she conducts in her home. Hope to see you next week.

Contacts: Patti Kingston, 587-3056;

Elsa Paszek, 253-9709; Fran Rivera, 434-7061



Mixed Media Collage Arts

What do you see when you look at the photo below? Remind you of a Rorschach test? If you are a mixed media collage artist, you will smile with joy as you see a sea of colors, textures and interesting papers not to mention a repurposed card, stamp and envelope! Yep, each month we use a combination of acrylic paints and



What do you see when you look at this photo?

interesting found objects and papers in our work. All levels of experience work on individual projects each month on the third Wednesday from 1:00-5:00 PM in the Ceramics Room (OC).

Contacts: *Nina Mazzo 408-7620, ninamazzo@me.com; Frima Stewart 253-7659, frimastewart@gmail.com*



Motorcycle RoadRunners

February is here and the club's Road Captains have met to lay out the 2016 riding calendar. The RoadRunners have scheduled rides on the second Saturday of the month, March-November. From the Sierra Nevada to the Pacific Ocean and the valleys in between, each ride is a great way to explore some of the unique and beautiful regions northern California has to offer. Add in some great social events along with numerous impromptu rides, and 2016 should be an exciting year for the club!



RoadRunners at their annual captains' meeting planning the 2016 schedule

RoadRunners meet the fourth Thursday of the month, 6:00 PM, Multimedia Room (OC). The next meeting will be on February 25. Guests always welcome

"Ride Safe—Ride With Friends"

Contact: *Patrick Chaves 408-1223, patmcspeed@gmail.com*

Music

The next SCLH Friday Night Open Mic is scheduled for Friday, February 26, 6:00 to 8:30 PM (P-Hall, KS). Performance sign-ups begin at 5:30 PM. The event is open to SCLH performing musicians, their guests and audience members. Singers must be accompanied by a musician. No karaoke or backtracking is permitted.

The SCLH Ukulele Jam Group, held Wednesday from 1:00 to 3:00 PM, (OC

Lodge), is open to SCLH residents. Contact Ron Peck (409-0463) for information.

Music group members are forming a new guitar study group. For information, come to the regular monthly music meeting on Wednesday, February 24 from 6:30 to 8:30 PM, Fine Arts Room (OC). SCLH residents and their guests are welcome.

Contacts: *Carol Percy 543-1365, crpercy444@gmail.com, Julie Rigali, 408-4579, jrigali@yahoo.com*
Website: *www.suncity-lincolnhills.org/residents, Association Clubs, Music*



Needle Arts

Threads of Friendship

Cross-stitch is a popular form of counted-thread embroidery in which X-shaped stitches in a raster-like pattern are used to form a picture. Cross-stitch is the oldest form of embroidery worldwide. Although cross-stitch samplers were popular with early settlers, today our cross-stitchers work on patterns for landscape, animals and more. Needlepoint and Cross-stitch are not the same due to different types of stitches. We have a breakout group for each.



A counted cross-stitch wedding portrait

by Gail Moore who spent close to a year creating this masterpiece. She has also cross-stitched Mt. Rushmore!

Our March General Meeting will feature Kevin Kosbab, a quilter and sewing pattern designer. His style is modern patterns for creative quilters. Join us March 8 at 1:00 PM P-Hall (KS). Guests are always welcome.

Please go to www.SCLHNA.com for complete information about Needle Arts. See you soon!

Contact: *Carol Matthews 543-7863, carolm1929@gmail.com*
Website: *www.sclhna.com*

Neighborhood Watch

A principle goal of Neighborhood Watch is to assist our volunteers! Here's the way it works. First of all, we have 11 elected directors. Nine of



these directors are assigned to assist a designated section of Village coordinators.

If you are a Village coordinator, do call your director for basic instructions, to clarify goals, and for assistance in problem solving. It is important that you have this information so that you can assist your assigned mail box captains. If you are a mail box captain, do call your Village coordinator for information and support! Keep in touch with each other!

What about the other two directors of the 11? They are our executive director and secretary, listed below. They are always available to assist everyone!

Our first 2016 informational workshop for everyone will be on April 21, 6:00-8:00 PM, Fine Arts Room (OC). More will follow!

Contacts: *Larry Wilson 408-0667, lgwincoln@gmail.com; Pauline Watson 543-8436, frpawatson@sbcglobal.net*
Website: *www.SCLHWatch.org*



NEV

The NEV Club's first meeting for 2016 was held January 19 at the P-Hall (KS) at 10:00 AM.

We were fortunate to have two fantastic guest speakers at our January meeting. Shawn Tillman, Economic Development Manager, city of Lincoln, and Jo Franklin, representative from Summerset Assisted Living (building construction behind Walmart). Both guest speakers were very interesting and informative.

Activities for 2016 were discussed and may include a luncheon meeting in the Solarium, a BBQ if members desire, our annual Christmas party, and possibly a couple of day trips by motor coach. Other activities will be whatever else may interest our group.

Our next meeting will be April 19 at the P-Hall (KS) at 10:00 AM. All residents of Lincoln Hills are welcome.

Contact: *Dan Gilliam, President 209-3946*

Painters

The Annual Fine Arts Show is coming to Orchard Creek Ballroom! It will be held February 19 (5:00-8:00 PM), 20 (9:00 AM to 6:00 PM), and 21 (9:00 AM to 3:00 PM). It is the once-a-year chance to see the talents of our Lincoln



Hills neighbors. There will be paintings in oils, acrylics, watercolor and pastels, and photography, sculptures and wood-turning. You will be surprised at the level of talent you will see.

We are looking forward to our February 15 meeting with Abigail VanCannon, a local professional artist. She will be doing a demonstration in oils. Ms. VanCannon has been featured in various art magazines and has won awards for her work, recently in the 2015 KVIE Art Auction.

Contacts: *Joyce Bisbee, 672-7252, joybis@aol.com; Jack Cook, 408-7305, lj4cook@aol.com; Jim Brunk, 434-6317, brunk@starstream.net*
Website: *www.lhpainters.org*



Paper Arts

At our meeting in February, President Shirley Rainman led our project using colorful paper napkins to make decorative tile coasters.



February's project: decorative tile coasters

The popular Paper Arts Group has grown to some 70 members. Check out our display at the upcoming "It's The Lifestyle" event March 22 in the Ballroom (OC). Talk to our members and see for yourself what we're all about! And, don't forget to stop by our window in the OC hallway and check out some of our latest creations.

We meet on the first Thursday of each month at 9:00 AM, in the Terra Cotta Room (KS). New members are welcome.
Contacts: *Shirley Rainman, 253-9534; Pat DeChristofaro, 408-1360*



Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro before, or it has been a long time since you played, we are always happy to teach you the basics or refresh your memory.

Pedro meets in the Card Room (OC) on the first and third Fridays of the month

from 9:00 AM to 12:00 PM. We hope to see you there.

Contacts: *Denise Jones 543-3317, djonesea@att.net; Doris DeRoss 253-7164, dorisdeross@gmail.com*



Photography

Club members will explore a winter time Yosemite from February 16-18 in a field trip organized by our club. The highlight of the trip will be the world famous Horsetail Falls "Natural Firefall." Photographers from all over the world flock to Yosemite in hopes of capturing this "natural firefall" which only happens for about ten days in February. As with many aspects of outdoor photography, nature plays a crucial role. For this particular subject it is even more critical as so many attributes must fall into place at just the right time since this event only lasts about 10-15 minutes. Things such as a cloudless horizon allowing the setting sun to shine through to the mountain, sufficient water in Horsetail Falls and no rain or snow falling at the time of the shoot are critical elements. But there are many other wonderful photo opportunities abounding in this park.

Contact: *Brad Senn (530) 409-2499, bradleysenn@sbcglobal.net*
Website: *SCLHphoto.com*



Pickleball

The patience of Pickleball players has been sorely tested throughout a long-awaited project to replace substandard lights that cut the number of available courts in half. Work was plagued by rain delays, causing congestion on the



Players Bill MacCullough and Shari Kiley talk about the still-underway lighting project; workers drill holes for new lights

other three courts and the suspension of ladder play and lessons. Courts 1-3—closest to the main street—were notorious for poor lighting that rendered night play practically impossible. The new lights will hopefully entice more evening play, easing frustrating long wait times in the morning. (Courts 4-6 already have good lights.) Fences between Courts 1-3 are being extended and they will be resurfaced. Once the project wraps, most likely later this month depending on weather, ladder play and lessons will resume. Cal's beginner class will be Wednesdays at 1:00 PM. Barry will offer intermediate lessons at 3:00 PM on Tuesdays.

Check message board for updates.

Reminder: Please drop \$15 dues in cabinet box.

Contact: *Marty Rubin 408-3494, marty629@gmail.com*
Website: *www.lhpickleball.com*



Players

The cast of "Curious Savage" is ready to entertain you with a delightful comedy starring Angela Blas as Ethel Savage, a woman trying to understand the various quirky characters surrounding her in a sanatorium in the 1950's. Tickets are now on sale for shows on March 2 at 7:00 PM and March 3 at 2:00 and 7:00 PM. Priority seating sells out fast, so get your tickets now for a good seat with no waiting in line. See the article about the play on page 10.



Director Paul Gardner and producer Norah Prouhet discuss the March show "Curious Savage"

Our Valentines' Readers Theatre play "On The Street Where We Live," was a heartfelt comedy written and directed by Alan Lowe and enjoyed by a very enthusiastic audience. Thank you to all those who

support our Readers Theater and Main Stage plays.

We hope to see everyone at our next meeting in the Theater (KS) on Monday, March 14 at 4:00 PM. Contact President Kevin Smith for more information

Contact: Kevin Smith 408-1818, kbsmith17@yahoo.com

Website: www.lincolnhillsplayers.com



Poker

The Poker Group plays a variety of poker games every Monday, 1:00-4:30 PM, Tuesday, 5:00-8:30 PM and Friday 1:00-4:30 PM in the Multipurpose Room (OC). Games are played using script, and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

For Texas Hold 'em players, there is a separate table available on Monday, Tuesday and Fridays—same times.

Any questions, or to be added to our email distribution, please contact one of the following members:

Contacts: Paul Marcorelle 925-658-2404; Lynne Barsky 253-3730



RV

Rain? What rain?! As El Nino showed up in Lincoln Hills, 18 members of the RV Club enjoyed the sunshine and relative warmth of Palm Desert. Warm enough for shorts and short sleeved shirts during the day, and light jackets in the evenings. Led by first-time Wagon Masters Steve & Anne Beede, assisted by veterans Bill & Cheryl Bisson, the group met for dinners, potlucks, and lively discussions ... it is an election year you know! Rally members enjoyed pickleball, golf, touring Joshua Tree National Park, the Palm Springs Street



Wagon Masters Anne & Steve Beede

Fair, and the warm sunny days.

Future rallies will be to Angel's Camp, Pismo Beach, Paso Robles, and the Yosemite area. The club meets the second Thursday of each month at KS. There is a potluck following each meeting, come meet new friends, no obligation to join, just try us.

Contact: David Africa 708-0009

Website: www.lhrvg.com



SCHOOLS

Sun City Helping Our Outstanding Lincoln Schools

It's hard to believe, but before we know it, spring will be "busting out all over!" Mark your calendars for the next school break for Western Placer Unified School District which will be "Spring Break," March 21-28. And, as March approaches, the "It's the Lifestyle"—March 22, 10:00 AM-1:00 PM. We will need volunteers to help set up our table and take it down, as well as to greet residents and provide information on becoming a volunteer for our group. It is a really wonderful opportunity to meet new residents and folks you may already know and to spread the word about us! Any amount of time you can give will be appreciated. So, enjoy the rain as it comes, because we all know how much it is needed and remember: "The whole purpose of Education is to turn mirrors into windows." —Sydney J. Harris, American Journalist.

Contacts: Sandy Frame 408-1453, ssframe1963@gmail.com; Sandy Barry 209-3247, penneylane1944@yahoo.com; Cindy Moore cindymoore@me.com



SCOOP

Sun City Organization of Pooches

SCOOP has many interesting activities planned for 2016. On Tuesday, March 22, we will be present at the "It's a Lifestyle Club Expo." Our next regular meeting will be on Tuesday, April 5, at 11:00 AM in the Fine Arts Room. Dr. Ann of Sterling Pointe Veterinary Clinic will speak on "Pain Management for Dogs." Many new techniques have been developed and Dr. Ann looks forward to sharing them with us. Join us on Wednesday, May 18, at 9:00

AM for the very popular "Pooches on the Patio" at the Meridian Outdoor Patio. Dogs on leashes with their owners are welcome. We have many other activities scheduled for the year and you can view them on our website as we post them. If you haven't joined SCOOP, go to our website and you will find the information on the Membership tab. Look forward to seeing you at our meetings and events!

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

We often have questions regarding Scrabble rules at our sessions. There are several variations of the rules that are acceptable practice as long as all participants know which rules are in effect. At Lincoln Hills Scrabble, the official dictionary is the OSPD fifth edition. Playing a blank: we use the rule variation of replacing the blank on the board with the same letter (on your rack), during your turn, that it represents. You may then re-use the blank at any time for any letter of your choosing. Exchanging tiles: a player may exchange tiles (from one to seven) as long as there are at least seven tiles still in the bag. Place the tile(s) you wish to exchange face down on the table, draw a new tile(s), place on your rack and then replace exchanged tiles back into the bag.

Join us on Mondays from 1:00-4:00 PM in the Card Room (OC). Let's Scrabble!

Submitted by: Connie Protto.

Contact: Anne McMaster 409-5408



Singles

Dynamic Singles

Got the winter doldrums?

It's been wet and dreary, which is good news for the water shortage, but not so good news for our mood. Are you curled up by the fire with a book and hot beverage? No! There are fun things to do if you are in the Singles Club.

We're still playing Bocce on Wednesdays, Golf on Fridays. The Second Saturday Breakfast is in full swing. Cocktail time is the first Thursday. Our Birthday Celebration has been delayed to the 21st this month, due to Super Bowl Sunday and Valentine's Day. Dining Out will be at Il Fornio on

February 18. At the Social on February 25, we will play Sweet Treat Bingo. Candy and wine will be the prizes. Meetings are the second and fourth Thursdays each month.

Look for the Dynamic Singles Flyer at OC for contact people and details of all of our activities.

Contact: Judie Leimer 408-4308, j.leimer@icloud.com



Ski

Snow coverage is fantastic and our email distribution list is at an all-time high; coincidence?

Our January meeting was very lively as we peppered CHP Officer Chad Hertzell with questions related to winter/mountain driving and California laws. Most all of us learned something valuable.



*Kirkwood after hours;
Bluebird Day at Heavenly*

We had 15 people at a two-night stay in Kirkwood in January, nicely arranged by Jim & Denny Fisher. There was plenty of snow, with good times in our rooms, the restaurant, and on the slopes at Heavenly and Kirkwood. This is a trip we will want to do again!

Our annual getaway trip is only two weeks away, this time to Breckenridge (February 27-March 5). Any members with last minute interest should contact us immediately.

Our next general membership meeting will be in the Multipurpose Room (OC) on

Thursday, February 18 at 4:00 PM, with details to be sent soon.

Contacts: Bill Smith or Mike Hilton 258-2150, lhskiclub@gmail.com



Softball, Senior League

Applications for our 17th season of softball at Del Webb Field are now available on the website. Thanks to all of you who participated in the survey run by George Sylvia. The Board is analyzing the results and looking to implement those ideas which will improve our playing experience.

John Moran's conditioning and skills sessions continue at DWF on Wednesdays, 10:00 AM-12:00 PM through March 9. The summer draft will be held March 2. Opening Day is April 9. This will be a special day as we will be naming the first inductees to the newly created "LHSSL Hall of Fame."

We are back in the recycling business as Jeff Greenberg has volunteered to pick up recyclable cans and plastic from 9:30-11:00 AM on Monday and Wednesday at DWF. This will pay for one of the four yearly scholarships we award to students at local schools. Thanks, Jeff.

**Contact: George Sylvia 295-1957, lh.geo2softball@gmail.com
Website: LHSSL.org**

Coyotes

Our 2016 Coyote Banquet on January 25 featured food, prizes and vocal entertainment for the 70 plus participants. The Coyote managers for 2016, Carlos Zavala/JR Jackson (60s), Montie Boatwright/Dale Stephens (65s), JD Diambrosio/Nick Eterovich (70s) and Bob Hunter (75s), have held their organizational meetings. Each team selected from 9-13 tournaments to be played from March thru November. All teams are looking forward to the competition ahead. Many of the tournaments will be within easy driving distance for those who would like to follow their favorite team.

Coyote tryouts were held on Saturday, January 30 for persons not previously involved in the Coyote program. If you missed the tryout and are interested in possibly playing with one of the Coyote teams, please contact Bec Cannistraci. The 2016 Coyote Board is headed by JR Jackson

with Mick Privett, treasurer, Henry Mutz, secretary and the Coyote managers.

**Contact: Bec Cannistraci 408-4679
beccannistraci@sbcglobal.net
Website: LHSSL.org**



Sports Car

The Lincoln Hills Sports Car Group jumped right into 2016 with its first meeting on January 4. The Club currently has 103 households and 192 members. New members are always welcome. Check out our website at lhspportscars.com to learn more about the club.



LHSCG Board hard at work

In 2016, the LHSCG will host four Social Events. One already planned is an "Old Fashioned American BBQ" on July 4 from 5:00 to 9:00 PM at the Pavilion. A number of Rolling Events will also take place. Some of these will be day trips and others of two or three day's duration. At the February meeting we will begin planning these events.

A new feature of club meetings was introduced, "celebrating" those who have birthdays in that month. Seven members had birthdays in January. This fun activity helps us to get to know each other a little bit better.

By Rob Phillips.

**Contact: Tom Breckon 434-6989,
tom.breckon@sbcglobal.net
Website: LHspportscars.com**



Square & Round Dance

Sun City Squares

The Sun City Square Dance Club meets on Mondays at 1:15 PM at Kilaga Springs Lodge. We are always happy to welcome Square Dancers. Please come by and visit us.

- Plus Level Dancing/Round Dancing between tips
- Mondays, 1:15-3:30 PM at KS

- Advanced Dancing 3:30-4:00 PM
Scot Byars, Square Dance Caller and
Erin Byars Round Dance Cuer
- Advanced Dancing Thursday 1:00-3:00
PM at KS

If you have any interest in Square Dancing or Round Dancing, Please call—

Contacts: Louis Bobrowsky 434-5932

louisbobrowsky@yahoo.com;

Jean Grupp 408-1868

jean@grupphomes.com



Table Tennis

Many of us in the SCLH Table Tennis Group play for an hour or two and declare, "That's enough for me—I'm beat." How about playing for eight hours and 40 minutes without pause?

That is the current record for the longest table tennis rally without a single break achieved March 2014 by a British father and son team, Peter and Daniel Ives. But, of course, Dad is just a young pup of 50. They played 100% back hand shots, together hit the ball 32,000 times and burned 2400 calories each. They both experienced shoulder pain and managed to down a few pain-killers while rallying.

The record they broke had been made by Americans playing eight hours and 30 minutes in 2013.

The club plays at KS Sundays 12:30-4:30 PM, Tuesdays 6:00-9:00 PM, Fridays 8:00-11:00 AM.

Contact: Ginger Nickerson 253-3322,
gingerlee22@gmail.com

Tap Company

Things are really heating up for our March/April show "Hot Vegas Nights." Everyone is working their hardest to make sure this is our best show ever. We'll be showcasing some of the best performers from the Vegas Strip—the biggest names in Country and Folk music, "The Rat Pack," show girls, and even some beefcake thrown in just for good measure. There's always a lot of Big Spenders in Vegas and you never know who you might run into or what you might do. "Hot Vegas Nights" is sure to get your body moving and your brain humming all the familiar tunes. You know what they say "What happens in Vegas, stays in Vegas" so don't miss any of

the fun. Performances are March 31, April 1 and 2. See the Entertainment Section for a complete list of dates and times.

Contact: Celeste Martella 253-7272,
celeste7272@att.net; **Jennifer Lauchner**
543-2858, jenniferlauchner@yahoo.com



Tennis

Our first tournament, Valentine's Day, was a big success. Dave Mateer, tournament director,



has scheduled all 2016 tournaments. Go to sclhtg.com then click "events" in left column for more information. To play in tournaments and receive updated rosters, \$12 dues must be paid. Send check, payable to LHTG, to Diane McLaughlin.

President Bob White requested and received suggestions from the membership for the betterment of the courts' equipment. Enhancing our "drop-in" format is being worked upon. The desire is to provide players of all skill levels the opportunity to come to courts and find a game suited to their level of play. For implementation details—check sclhtg.com.

Congratulations to our Jim Walker who received the 2015 NORCAL Independent Professional award, January 30, at Stanford University.

Hall of Fame Tennis Pro Dennis Ralston, will be here March 1 and 2. Flyers at the pavilion. All residents invited.

Contacts: BJ White, bjw@starstream.net;

Bob White bobwhite@starstream.net

Website: <http://sclhtg.com>



Vaudeville Troupe

Vaudeville's Golden Revue is not until July 8 and 9. We have our audition days set for Tuesday, April 19 and Thursday, April 21 from 6:00-8:00 PM. Seems like a long way off but it will be here before you know it. Both audition days will be at in the P-Hall (KS).

Auditions are open to anyone who wants to perform. Do you dance, play an instrument or have a pet that does tricks?



*The trio of
Ross Pelton,
Mary & Vic
Albertazzi;
Three of the
Shady Ladies,
Marsha
Hathaway,
Pat Howle,
and Marilyn*

*Railsback had the audience laughing
with their newfound dance skills*

We are always looking for new and varied acts to make the show truly a variety show.

Please contact our director, Yvonne if you want to schedule an audition.

Contact: Yvonne Krause-Schenck 408-2040,
ykrause@yahoo.com



Veterans

Garett McDermid, a former operator for U.S. Naval Special Warfare Command, will be the featured speaker at the February 18 general membership meeting at 1:00 PM in the P-Hall (KS). McDermid served as an advanced tactical diving instructor for the West Coast SEAL Training Detachment. He has detailed knowledge of the Southeast Asia area of operations, with three deployments to five countries. He was the head radio communications operator in charge of establishing line-of-site and satellite networks between headquarters and mobile SEAL platoons.

The Veterans Group will observe the 15th anniversary of its founding with a special St. Patrick's luncheon on March 17 in the OC Ballroom. Details of the event will be distributed at the February 18 general membership meeting and will also appear in the March issue of the Veterans Group Bulletin.



Contact: Bob Ringo 543-5310,
bobringo@starstream.net

Videography

One thing that contributes to the strength of a club is its ability and desire to educate its members while having fun in the process. A good number of our members are willing to share their knowledge and experience.

Currently, a five-member team is producing an instructional video for the LH Water Volleyball Club. This production team will adhere to proven methodologies and be disciplined in their effort through all the phases of production: pre-production (planning), production (recording) and post-production (editing). Lessons learned will be passed on to the membership at later meetings.

Our learning process starts, however, with basic videography. Join us for our next meeting, on February 16—"Video Editing Basics—Part 2" at 9:00 AM in the Multipurpose Room (OC). We meet on the third Tuesday of each month. For more information please contact:

Contact: Jeff Hanner 769-2871,
jhanner8@gmail.com

Water Volleyball

Our new Red Ball project has been a powerful success! Kudos to all the members, including mentors, that have volunteered their time to fine-tune this process. There was some resistance at first due to change, but once we got in the water, good things followed. Ginger Nickerson, Red Ball Liaison (new players) 253-3322.

Blue Ballers have updated, and are now implementing their 2016 Rules and Best Practices. There were only a few minor changes since our veterans historically did such a great job.

Hats off to Jeff Hanner, the SCLH videographer. He is helping Mel with the perfect training tool! We are excited to view the results!

The rating process begins soon. The goal is to place each player within his or her current skill level. Players interested in being promoted must display

adequate ball control.

Contact: Jim Puthuff 768-3936

Website: www.lhwatervolleyball.com

West Coast Swing

It's time to renew your membership or sign-up for a new membership. Contact Dottie for an application. Dues: \$25 Couple, \$20 Single.

Want to make a difference? We need you!

2016 Tentative Officers: President: Bruce Mayo (Dottie Macken incumbent); Vice President: Betty Maxie (Bruce Mayo incumbent); Treasurer: Vacant (Bob Roman incumbent); Secretary: Vacant; Membership: Vacant; Activities: Dottie Macken; Web Master: Bruce Mayo.

West Coast Swing Dance Practice:

Second Friday of each month—Friday, March 11, Fine Arts Room (OC) 6:00-8:00 PM (Music by Dottie's Just Dancin'). Free to club members. Guests: \$2 per person.

Dances—Sunday Tea Dances:

- Sunday, March 20—Tea Dance and Pizza Party.
- Sunday, September 25—Tea Dance and Ice Cream Social, OC Ballroom, 2:00-5:00 PM. Members: Free, Guests: \$5

Tickets TBA as we near the event dates.

Contacts: Dottie Macken 543-6005,
justdottie@sbcglobal.net; Bob Roman
543-6618, BobRoman@starstream.net
Paula Stollmeyer 434-7352,
pstollmeyer@sbcglobal.net



Woodcarvers

Sage Advice to

"Wannabe" Wood Carvers...

- "Don't ever think you can't do a project." John Russell
- "Join the Lincoln Woodcarvers." Rick Currier
- "Start with a small project and a few good tools and join a carving group." Everyone in the group
- "Come to the meetings; ... it's a great way to meet people." Richard Madsen
- "Learn not to hurry, use sharp tools, and to wear a glove." Woody Woodburn
- "Don't try to catch a falling knife." A friend and member who's passed



Woodcarvers

- "Keep the band-aids handy." Geoff Dodson's wife Jean
- "There's another eye under the one you just screwed-up." Al Weidlick
- "Stop before it's Perfect."

Everyone in the Group

Woodcarvers meet every Wednesday's between 1:00 and 5:00 PM at the Sierra Room (KS).

Contact: Dick Skelton 626-0895

Website: www.SCLHWoodcarvers.blogspot.com



Writers

Have you ever even thought of writing a biography, poem or short story? Then we're the group for you!

If you don't quite know where to begin, then come visit our next meeting. You'll find we're very interested in encouraging you to write your stories. You don't have to be an expert writer, just someone who would like to write for fun.

The meetings open with an exploration of tips and hints to improve our writings. Some members then present samples of their latest work. Those making a presentation bring 14-16 copies of their work to share (maximum 1,500 words). Each presentation is followed by a short critique within the group.

Our purpose is to encourage and sharpen your skills and to have fun writing. All resident LH writers are welcome. Come join us on the second, fourth and fifth Mondays in the Ceramics Rm (OC) at 6:30 PM.

Contacts: Bruce Robinson,
bbrob1281@gmail.com; Mike Hensley,
mike.1943.ok@gmail.com; Susan Gust,
srg2266@gmail.com

GRIFF'S
JOHNNY ON THE SPOT!
CARPET CLEANING
TILE & GROUT CLEANING



LINCOLN HILLS RESIDENT
HCRC Certified • Licensed • Insured

**Three rooms of
 carpet cleaning for only \$69**

FREE ESTIMATES 916-290-2550

Biggest truck-mounted unit for hot water extraction
 High efficiency & faster drying

*Serving the Greater Sacramento and Placer County
 Areas since 1997.*

As an Independent Financial Planning Firm, with
 over 50 years of combined experience,
 the Advisors of
Melton Financial Group Wealth Advisory
 specialize in Wealth, Estate, Legacy, and
 Distribution Income Planning to help provide for
 your lifestyle throughout retirement.

Let us help you

Complete Your Financial Puzzle.

Call Us Today for Your NO COST Review!

916.772.2477



Securities and advisory services offered through Cetera Advisors LLC.

(doing insurance business in CA as CFGA Insurance Agency), member FINRA/SIPC.

Thomas J. Melton, Registered Principal, California Insurance License #0819700.

Melton Financial Group Wealth Advisory and Cetera Advisors LLC are separate and unrelated companies.



DYNAMIC
PAINTING, Inc.
 Commercial • Residential • Industrial



Licensed & Insured CLN #740008

**Why Choose
 DYNAMIC PAINTING, Inc?**

- Over 1200 Jobs Completed in 10 Years
 in Sun City Lincoln Hills & Roseville
- 15 Years of Good Standing with State
 of California Contractor's Board
- Exterior Painting
- Custom Interior Painting
- Expert Color Consulting
- Fence and Garage Floor Painting
- Small Jobs Okay
- Call for your "Free" Quote Today

(916) 532-2406

www.dynamicpaintinginc.net

Bulletin Board

Please email your bulletin board articles to shelvie.smith@sclhca.com by the 20th of each month. Bulletin Board topics include interest in forming new groups and information about resident-related (not Association-sponsored) Groups.

AAUW—RSP Antique Evaluation

Antique Answers: Antique Evaluation Day, returns to the OC Ballroom Saturday, March 5, 9:00 AM to 3:30 PM. Sponsored by the American Association of University Women Roseville—South Placer branch (AAUW—RSP) the event is a fund-raiser for local scholarships and programs. *Appointment required:* Email antiqueanswers@gmail.com or call 835-1370. Bring: artwork, costume jewelry, rugs, silver, decorative arts and other collectibles. Requested donation is \$15 for the first item; \$10 for each additional item; you'll get an informal, verbal evaluation. No sales or purchases.

Cloggers

What to do when it's raining? Put on those clogging shoes and get to dancing! Let's warm up with some clog-over vines and basics. Then the break step, the high horse, the flea flicker—and we're just getting started. If you want fun, high energy, great country music, lots

You are invited to attend...

These vendor presentations are open to residents and people from outside the community. Products or services presented are not sponsored or supported by SCLHCA.

- **Tuesday, February 23 • 10:00 AM** Nautilus Society Oaks (OC)
- **Tuesday, February 23 • 10:00 AM** Law Office of Robert W. Ash Seminar Heights (OC)
- **Friday, February 26 • 10:00 AM** Preparing is Caring Seminar Heights (OC)

of rhythm and beat, clogging is for you. Contact Anita Tyson, 543-5330.

Bocce Fun, Friends and Neighbors

Plan ahead for spring fun! Mark your calendar. Learn how to play bocce at a clinic on Saturday, March 5 and/or on March 12, 11:00 AM to 1:00 PM, at the courts. Then play with us on your available Friday nights at 6:30 PM starting March 18 and continuing through Friday, July 1. Detailed info: Brenda Spencer, brenda@spencerbrenda.com.

Friendly Visitors

Here is an opportunity to help yourself while helping others. A group is being formed to enlist and train volunteers to be Friendly Visitors here in Sun City Lincoln Hills. There is a need to make personal connections with lonely people right in our neighborhoods. We are looking for people who would like to make new friends by visiting with lonely people. There is much benefit to both the

visitor and the visited. Visits may be in homes, mutually agreed upon places, or by phone. Everyone has a story to tell and needs companionship and an opportunity to share pieces of their lives. When we have a few volunteers, the Seniors First Program headquartered in Auburn will send experienced staff members right here to Lincoln Hills to provide training in visiting techniques and confidentiality. If you are interested in becoming a Friendly Visitor, please call Nancy Janovich at 434-7761

Glaucoma Support Group

The Glaucoma Support Group meets on the second Wednesday of each month. We discuss our disease and share ideas to make living with glaucoma more manageable. Please join us at our next meeting on March 9, at 4:00 PM in the Multimedia Room (OC). Additional info: Bonnie Dale, 543-2133.

Continued on page 40

Getting Your Veterans' Benefits...

Doug Cooper

As many of you already know, the Lincoln Hills Veterans Group sells flags on the initial day of COMPASS Distribution at Orchard Creek Lodge. While we strive to honor our flags by retiring those flags no longer serviceable, our primary function is to meet new members of our community and offer assistance and information concerning veterans' benefits whenever we can.

We have found that many veterans do not realize that they are really veterans! Several individuals have stated that they only served in the Reserves or National Guard, so they aren't really vets! Listen up! You raised your right hand and pledged to defend our na-

tion. You are a veteran! Additionally, some have related that they were only in for a short time due to discovery of medical problems. You guys (and gals) also raised your right hands and are also veterans.

"We have found that many veterans do not realize that they are really veterans! Several individuals have stated that they only served in the Reserves or National Guard... some have related that they were only in for a short time due to discovery of medical problems..."

As we all accumulate more birthdays, we often find that our medical needs are

exceeding our ability to pay. Perhaps some of us are eligible for medical benefits which include not only physicals, but glasses, hearing aids, prescription medicines and other needs.

But you can only find out your eligibility if you contact the Veterans Administration. The State of California has a cadre of men and women that assist vets in these matters. Each county has a "veterans services officer (VSO)." Ours is Jonn Melrose, and his office is at 1000 Sunset Blvd in Rocklin. It's best to call the office at 780-3290 and book an appointment. Be sure to bring a copy of your discharge, but, if you don't have one, the VSO can help you to get one.

Continued from page 39

Grief Support Group

GriefShare is a weekly seminar/support group for people grieving the death of someone close to them. Whether the loss is recent or some time ago, you are welcome. It's a place where you can be around people who understand how you feel and the pain of your loss. At GriefShare, you'll learn valuable information that will help you through this difficult time. A new group starts on February 16 through May 10. We meet each Tuesday from 9:30-11:30 AM at Granite Springs Church, 1170 E. Joiner Parkway, Lincoln. Contact Cheryl Edwards, 505-5777 or LincCa.GS@gmail.com.

LH Foundation Bingo

New day for LH Foundation Bingo. Mark your calendar for Thursday (not Wednesday), February 25 and get together with friends and neighbors

for an afternoon of Bingo at the OC Ballroom. Have a group of seven to ten players? Call Ed at 408-1480 to reserve your own table. In addition, there is a luncheon special in Meridians before the 1:00 PM kickoff. Visit our website at lincolnhillsfoundation.org for more details.

LH Italian Club (LHIC)

Members are invited to join us on February 19 or February 20 from 6:00-8:00 PM for an Olive Oil and Balsamic Vinegar Tasting Event at *Pairings, a boutique shop* in the Nugget Shopping Center in Roseville. Members will have an opportunity to taste oils and vinegars in a variety of flavors. Light refreshments and wine will be served. Each event will be limited to 30 people. The Lincoln Hills Italian Club is a private club established for the enjoyment of its members, spouses, partners, and invited guests. Visit our website www.lhitalianclub.org or call Karen Zimmerman at 253-7418.

LH Parkinson's Disease Support Group

The LH Parkinson's Disease Support Group will be meeting on February 16 at the Lincoln Raley's. We meet in the public room located behind the pharmacy. Our speaker this month will be Erin Vestal, a Physical Therapist from Kaiser. Please join us from 10:00-11:30 AM. All persons with Parkinson's and their caregivers are welcome to attend. More info: Brenda Cathey, 253-7537.

LH Republican Club

The "Meet the Candidates" night is Wednesday, February 24, from 6:00-8:00 PM, in the P-Hall (KS). Our current State Assembly Member for District 6, Beth Gaines, is termed out so she will not be running this November. There is a lot of interest in this Assembly seat, and we have invited all of the candidates that we know of to our meeting on February 24. The presentations and Q and A will be moderated by Phil Cowan, from 1380 AM the Answer. The

~ Community Perks ~

Billiards Lessons on Tuesdays — Free

The Billiards Group is offering a free weekly Billiards lesson. A person from the Billiards Group will be at KS on Tuesdays, 9:00-10:00 AM. This is for new and returning players, (men and women). You do not need anything to start other than a desire to play. Come see what we have to offer. Contact Dan Oden 408-2687.



Show is a wonderful opportunity to see what the artists of our community have been working on—approximately 60 artists each submit up to four works of art. If you haven't attended in the past, mark your calendar to see the talent of our neighbors.



**Coffee with the Mayor
Friday, February 19 — Free**

10:00 AM, Community Living Room (OC). Join Mayor Spencer Short in an informal setting that provides residents an opportunity to ask questions and hear about what is going on within the city of Lincoln. Topics the Mayor will cover include: public safety, water supply, new business and economic development. Please note that *Coffee with the Mayor* has moved to the third Friday of every month, except in April when there will be no meeting.



**KS Classic Movies on Saturday: All About Eve
Saturday, February 20 — Free**

1:30 PM, P-Hall (KS). Not Rated, 138 minutes. Comedy/Drama. Starring Bette Davis, Anne Baxter, George Sanders, Celeste Holm, and Gary Merrill. Eve (Anne Baxter) is waiting backstage to meet her "idol," aging Broadway Star, Margo Channing (Bette Davis). It all seems innocent enough as Eve explains that she has seen Margo in every performance of the current play she is in. Only Playwright critic DeWitt sees through Eve's evil plan, which is to take her parts and fiancé.



**Annual Fine Arts Show
February 19-21 — Free**

Friday 5:00-8:00 PM, Saturday 9:00 AM-6:00 PM, Sunday 9:00 AM-3:00 PM. Ballroom (OC). The Annual Fine Arts

**Music Group Sponsored "Open Mic Night"
Friday, February 26 — Free**

6:00 to 8:30 PM. P-Hall (KS). Performance sign-ups begin

confirmed candidates are as follows: Bill Halldin; Gabriel Hydrick; Kevin Kiley; Ron Mikulaco; Suzanne Jones; Cristi Nelson; Kevin Hanley.

LH Travel Group www.lh-travelgroup.com

Please note we will meet the first Tuesday of each month throughout 2016 at 6:30 PM in the P-Hall (KS). Our presenters showcase land tours and cruises we are currently offering and those in planning. Everyone is welcome to attend our meetings. See our website for trip details. Committee Member Contacts: Teena Fowler 543-3349, sfowler@starstream.net; Linda Frazier 434-8266, fraz1774@sbcglobal.net; Sheron Watkins 434-9504, sheron55@att.net; Louise Kuret 408-0554, lkuret@sbcglobal.net; Judy Peck 543-0990, judyvolk@outlook.com.

Lincoln Caregiver Support Group

The Lincoln Caregiver Support Group is held on the third Thursday of the

month. This group is for anyone caring for another person with an illness. This month's meeting is on February 18 from 9:00-10:30 AM at the Lincoln Library on Twelve Bridges Dr. Please enter through the employee's entrance in the back. More info: Brenda Cathey, 253-7537.

Lincoln Democratic Club

Our speaker for the Thursday, February 18 meeting is part of the California Clean Money Campaign. This non-profit, non-partisan organization works to achieve "an open and accountable government that is responsive to the needs of all Californians." Learn more at www.caclean.org/aboutus. Join us at 6:45 PM in the Placer Room (KS). Questions: www.democraticclublincolnca.org or lincolndems@gmail.com.

Lincoln Multiple Sclerosis

The next Lincoln Multiple Sclerosis meeting will be held Tuesday, March 1, 1:00 PM in the Sierra Room (KS).

All interested are welcome to attend. Questions: Marilyn Sharp, 434-6898.

Open Play Games

Interested in playing card, tile and board games? Opportunities are available for Open Play at both Lodges. Come to the Card Room (OC) on Sundays from 12:00 to 4:30 PM, Wednesdays from 12:30 to 4:30 PM, and the Sierra Room (KS) on Fridays between 8:30 and 11:30 AM. Bring your own resources and meet your friends and neighbors to play. All SCLH residents are welcome. Tables are first-come, first-served.

Prostate Cancer Guys!!

For those of you with questions or answers regarding Prostate Cancer, let's get together for coffee or lunch and see how we can support each other!! Paul Gardner, 434-8400 or paulbear7@gmail.com.

Continued on page 43

at 5:30 PM. The event is open to SCLH performing musicians, their guests and audience members. Singers must be accompanied by a musician. No karaoke or back-tracking permitted.



KS at the Movies: The Intern Monday, March 7 — Free

1:30 PM, P-Hall (KS), rated PG-13, 121 minutes—Comedy. Starring Robert De Niro, Anne Hathaway, Rene Russo. 70-year-old widower Ben Whittaker (Robert De Niro) has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin (Anne Hathaway).



KS Classic Movies on Saturday: The Goodbye Girl Saturday, March 19 — Free

1:30 PM, P-Hall (KS), rated PG, 111 minutes—Comedy/Drama/Romance. Starring Richard Dreyfuss, Marsha Mason, and Quinn Cummings. After being dumped by her live-in boyfriend, an unemployed dancer and her 10-year-old daughter are reluctantly forced to live with a struggling off-Broadway actor.



It's the Lifestyle Tuesday, March 22 — Free

10:00 AM to 1:00 PM in the OC Lodge. Looking to become involved in a club or join an organization to volunteer your time and talent? Come to It's the Lifestyle, an event that will showcase our 70-plus clubs and other Lincoln Hills groups, local nonprofit organizations and the Association. Information will be available as well as people to chat with about becoming involved. Event is free. We look forward to seeing you there!



Home, Health & Business Showcase Friday, April 15 — Free

10:00 AM to 2:00 PM in the OC Lodge. Learn about the latest products and services for your home, health, garden, transportation and personal and financial matters. Meet our COMPASS advertisers and other local businesses that will showcase their services. This is a great opportunity to meet service providers in person and pick up some of their great freebies! Be sure to thank advertisers for supporting the COMPASS and many of our Association and Group activities. For additional information, please contact Amy Gonzales, 625-4014.



The more she grows,
the more you **SHARE.**

Her bright future is coming fast.
Share more by investing with
ScholarShare, California's 529
College Savings Plan.

Open an account for
your grandchild today.



Donna Judah



Specializing in the
Western Placer
Area

- Coldwell Banker, Placer County and Lincoln Hills top producer
- Active in Real Estate and Lending for over 34 years

Free Home Market Evaluation
Free Partial Staging & Virtual Tours
on a New Listing!

916-412-9190
djudah@sbcglobal.net



1500 Del Webb Blvd., #101, Lincoln, CA 95648
CalBRE#00780415

LIFE ENHANCING DENTAL CARE

Eat Better, Feel Better, Smile More!

NO INSURANCE? NO PROBLEM!

Introducing our in-house membership **SAVINGS** plan
that is **BETTER** than insurance!

How is our Quality Dental Plan better?

- ✓ NO waiting periods
- ✓ NO annual maximums
- ✓ NO surprises = NO denials
- ✓ NO deductibles

Affordable, high-quality dentistry can now be yours for an annual membership fee of \$299, which includes TWO regular cleanings, x-rays and fluoride treatments (valued at more than \$500) as well as 15% off all dental procedures!

Call **408-CARE (2273)** for more information
1510 Del Webb Blvd. Suite B106, Lincoln, CA 95648

Meet Dr. Nelson Wong
and his family:
his wife Audri, and their
three boys, Christopher,
Timothy and Jonathan.



Continued from page 41

Racquetball Group

We play on Mondays and Thursdays at California Family Fitness Club (781-2323) in Roseville. Membership to the club 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 cutthroat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711, amoon38@sbcglobal.net.

Shalom Group

The Shalom Social Group meets bi-

monthly at KS. The month when there is no general meeting, we have a scheduled social event. We are active in cultivating the Jewish experience thru various social, sporting events, current event discussions, Jewish holiday celebrations, sunshine visits, cooking classes and community outreach. We spread the love thru the friendships we've made and group efforts in planning and participating in activities. February 22, is an Ice Cream Social for new members, prospective members and general membership. BTW, you don't have to be Jewish to be a member. More info: Vida Morrison, 984-1043.

Shooting Group

Our purpose is to make friends among residents who are interested in shooting. If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All people interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. For shooting schedule hours and trap or skeet shooting: John Kightlinger at 408-3928 or johnnpat@sbcglobal.net. Residents interested in rifle or pistol shooting: Jim Trifilo, 434-6341 or trifilo@sbcglobal.net.

Executive Director

Continued from page 2

a part of in my time here at Lincoln Hills. Our common areas are beautiful, we have wonderful programs and

lifestyle options, we have been ahead of the curve in energy management, and in the past year we have made tremendous strides to improve the way we communicate throughout our community. But we

missed it on this one—and I will stand in front of the crowd for that. Lesson learned. In the future, process needs to be followed.

Please see the update below.

Update on Resolution 2016.02

At the February 8 Special Meeting of the Board of Directors, a vote was passed to postpone implementation of Resolution 2016.02 to allow for further input and study. Watch your eNews and the COMPASS for announcements regarding future workshops related

to the Resolution, referred to as *The Community Improvement Fund*.

To read the resolution in full, log into the resident website at www.suncity-lincolnhills.org/residents and go to the main menu and choose Library> Board Resolutions>2016 and click on Resolution 2016.02.

Please refer questions to Executive Director, Chris O'Keefe at Chris.Keefe@sclhca.com.

Thank you.



SUN CITY LINCOLN HILLS
COMMUNITY ASSOCIATION

In Memoriam

Lisa Augustine

Born in Seward Alaska 76 years ago, Lisa was a 15-year resident of Lincoln Hills. During her life, Lisa was a wife, mother, model, artist, volunteer, Red Hatter, and author with four published books. She will be dearly missed by her husband, Tom of 59 years, two daughters and two grandchildren.

Allen Gillespie

As a Stanford graduate, Al worked for Shell Oil Co. in Oakland. He then spent 30 years owning various retail businesses. He spent most of his life in

the Bay Area and retired to Napa before moving here. Predeceased by his wife of 45 years, Betty, Al kept active serving in many community, business and social organizations, taking leadership roles. Al also supported local charities and he was especially active in Neighborhood Watch. He will be dearly missed by his wife, Margaret and his son as well as extended family and friends.

Chester Lauchner

Chet grew up in Chandler, Arizona and served a total of nine years in the Army in their missile program. He was also a

Korean War Veteran. He worked for several electronic companies in the Bay Area, retiring in 2008 from Stanford Linear Accelerator Center as a Project Engineer. Chet is survived by his wife, Jennifer, five children, 15 grandchildren and five great-grandchildren. He is remembered as a kind and gentle man and will be greatly missed by family and friends.

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

CREMATION AND FUNERAL SERVICES



Cremation Society of Placer County, FD2199
 5701 Lonetree Blvd., Suite 209
 Rocklin
 916.550.4338
 www.csopc.com

- Simple and dignified
- Several affordable options
- Direct Cremations
- Graveside and Niche Services
- Memorial Services
- Military & Veteran Services
- Domestic & International Services
- Pre-Arrangements & Pre-Planning



**COCHRANE
 WAGEMANN**
 FUNERAL DIRECTORS FD345

103 Lincoln St., Roseville
 916.783.7171
 www.cochranewagemann.com

- Funerals & Celebrations of Life
- Graveside Service
- Memorial Services
- Military & Veteran Services
- Domestic & International Services
- Pre-Arrangements & Pre-Planning



Serving the needs of families in our community and honoring their loved ones is our greatest privilege.

Douglas G. Wagemann, CCFE, CFSP
 President/CEO
 FDR 2864 - CA INSURANCE LIC. 01-49635

Family Owned - Community Focused.



Estate Planning & Elder Law

This year's top resolution:
Get your estate plan in order



Lynn Dean, Attorney at Law
 30 years serving Sacramento and Placer Counties



Tracy Shows, Attorney at Law
 McGeorge School of Law, 1994
 Member, Trusts & Estates Section,
 California State Bar

LAD LAW OFFICE OF
LYNN A. DEAN
 Estate Planning & Elder Law

916.786.7515
 1410 Rocky Ridge Dr., Ste 340
 Roseville, CA 95661
 www.LynnDeanLaw.com



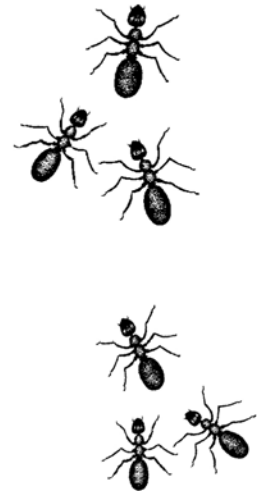
COMPASSIONATE LISTENERS. EXPERIENCED ADVISORS.

**INITIAL
 VISIT
 ONLY
 \$79.95**

**Complete Pest Control
 \$60 Every Other Month**
 (Under 1500 sf)



One-Time Services Available



Your satisfaction is guaranteed!

Miles Noble, President

349-2044
Free Pest Estimates



Deborah Meyer
Lifestyle Entertainment Coordinator
deborah.meyer@sclhca.com

Entertainment

—Club Performance—

Lincoln Hills Players Present "The Curious Savage"

Wednesday, March 2; 7:00 PM — 5402-01A

Thursday, March 3; 2:00 PM Matinee — 5402-01B

Thursday, March 3; 7:00 P.M. — 5402-01C

Imagine you are a wealthy widow. For the first time in your life you are free to do as you please and take great pride in helping others. However, three adult step-children resent your actions as they believe the inheritance was theirs. To stop your 'foolishness' they have you committed to a residential facility so this deviant behavior can be cured. While a resident at The Cloisters, you encounter other guests who although they are each emotionally challenged, display the compassion and humanity lacking in your step-children. This is the journey of Mrs. Ethel Savage in "The Curious Savage," a comedy by John Patrick. Ballroom (OC). **Premium Reserved Section Seating, \$15.** General admission, \$10. See the article about this performance on page 10.



Hot Vegas Nights presented by the Lincoln Hills Tap Company

Thursday, March 31; 7:00 PM — 5431-01A

Friday, April 1; 7:00 PM — 5431-01B

Saturday, April 2; 2:00 PM — 5431-01C

Saturday, April 2; 7:00 PM — 5431-01D

The Lincoln Hills Tappers invite you to journey with them to various Las Vegas clubs and be entertained with upbeat songs, high energy dancing and comedy. This fun packed tour includes stops at the Hungry Eye Lounge for an old fashioned Hootenanny, the Copa Cabana for a fabulous surprise for the ladies, the Flamingo Casino featuring music from the Rat Pack era, the Tiki Room which is always a gentlemen's favorite, the Hard Rock Café featuring Sonny & Cher, Frankie Valli, and of course Elvis songs along with a home favorite storyteller. Also featured is a surprise Sunday morning stop at the House of Blues. As the tappers tour Las Vegas, they realize a tapper is missing. Please join the tour and discover what happens and why the girl is missing. Ballroom (OC) **Premium Reserved Section Seating, \$16,** General admission, \$12.



—Comedy—

An Evening of Comedy with Jack Gallagher

Friday, March 18 — 5418-01

Jack is back and you won't want to miss him! He is bringing new material about his observations on everyday life, relationships and family. Jack started his professional comedy career in Boston during the early 80's. He helped establish such clubs as The Comedy Connection, Stitches and the legendary Ding-Ho Comedy. After moving to Los Angeles, Jack became a regular at The Improv and landed a major role in the feature film "Shakes the Clown" with Bob "Bobcat" Goldthwait. He has also appeared in "Heartbreak Ridge" with Clint Eastwood and the TV movie "Incident at Ruby Ridge." Jack is currently co-hosting the nationally syndicated Public television show "MoneyTrack." Gallagher's work on network television includes his own ABC sitcom "Bringing Up Jack" as well as a recurring role on the HBO Original Series "Curb Your Enthusiasm." Jack made numerous appearances on "The Tonight Show" with Johnny Carson and Jay Leno, and "Late Night with Conan O'Brien." Show 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$20.** General admission, \$17.



KS Comedy Night: Keith Ross Nelson

Tuesday, March 22

6:00 PM — 5422-01A

8:00 PM — 5422-01B

Keith Ross Nelson has been doing comedy for over 25 years. He is the director, co-writer, and star of the TV series "Electives." He has performed in all 50 states, as well as all over the world. He was in the independent movies: "Mobsters and Mormons," and "The RM." He has been seen on "Comedy Time," "HuLu," "Evening at the Improv," and "Entertainment Tonight." He was included in the 2011 edition of Who's Who, won the Portland Comedy Competition in 2005, and has been featured in the *LA Times* and the *Daily News*. He held the Masters High Jump record in his age group for seven years, and won three National championships in high-jumping—two outdoors and one indoors. He was ranked number one in the world for outdoor high-jumping in 2000, and number one for indoor high-jumping in 2006. He also finished second in the World Championships in 1998. He has a Black Belt in Kung Fu, as well. Save \$1 off \$4 or more at KS Café on show night. 6:00 PM and 8:00 PM performances. P-Hall-(KS). **Reserved Seating, \$12.**



Randy Riggle Presents a Tribute to the Past With "Nostalgia"

Thursday, April 7 — 5407-02

Long before computers, answering machines, and cell phones,

Continued on page 46

Yellow highlighted events are shown on the Calendar of Events list on page 3.

there was a time that was part of all of us. Instead of drive-thrus there were drive-ins. Coke wasn't "Classic" and it came from a fountain. And the only survivor series on TV consisted of Gilligan and his crew. Times have changed, but have we? "Nostalgia" takes you down memory lane with your '57 Chevy as we remember the times and people who changed our lives. You'll be taken back to that fateful day at Pearl Harbor and travel through the 40's, 50's, and 60's until the first steps are taken on the lunar surface. Nationally touring stand-up comedian Randy Riggle will be our tour guide on a trip filled with songs and laughs in this journey through time. His observational humor about the era features over 45 impersonations and a special tribute to veterans. Show 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$15.** General admission, \$12.



—Concerts—

Jay Alexander: Mind Tricks 2 Friday, February 26 — 5426-12

Magician and mentalist Jay Alexander returns to Sun City Lincoln Hills to perform *more* of his unique comedy, magic and illusions for the mind! Find out why his fans include celebrities like David Crosby, Bono, John Cleese, and the Rolling Stones. Jay Alexander is the great grandson of the legendary vaudeville performer, Gentleman Ben Darwin. As a child, Jay found a trunk in his grandparent's attic that was filled with magical apparatus and escape illusions. His interest in magic, mind reading and unusual skills was born with this discovery. At the age of 14, Jay was honored to be the youngest recipient of the Society of American Magicians Gold Medal of Honor. For over 25 years, Jay has pursued his passion of creating unique live entertainment by mystifying audiences young and old with miraculous effects of the mind and the hands. At a comedy club you may laugh, but here you will get the triple experience of comedy, mentalism, and Human Lie Detection. Can you lie to Jay? Don't fool yourself—grab your tickets now. 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$20.** General admission, \$17.



A Tribute To The Carpenters Featuring Michelle Whited Friday, March 11 — 5411-01

Sun City Lincoln Hills is going back to the 70's to celebrate the classic songs and sounds of the ever-popular music duo, The Carpenters. With songs like "We've Only Just Begun," "For All We know," and "Rainy Days and Monday," The Carpenters left an indelible mark in the hearts and minds of the culture and music of 1970's and 1980's. Their story and legacy lives



on. Michelle Whited leads this popular musical group which pays tribute to them and their music with a stunning presentation. Reproducing Karen's unique vocals along with Don Stamey on piano and a live band consisting of skilled musicians, they recreate the signature sounds which made The Carpenters so distinctive. Some of the classic songs include "Top of the World," "I Won't Last a Day Without You," "Superstar," and, of course, "Close to You." The result is a memorable show that keeps audiences of all ages enthralled as they revisit the remarkable musical interlude from an era we cherish for a lifetime. 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$21.** General admission, \$18.

The AM Jazz Ensemble From Rio Americano High School Tuesday, April 12 — 5412-02

The AM Jazz Ensemble, directed by Josh Murray, is part of a 70-student jazz program at Rio Americano High School, a local public school in Sacramento. Rio has four separate jazz ensembles, of which AM is the highest level. This prestigious group has been selected as a finalist for the Essentially Ellington Competition in New York City, run by Wynton Marsalis and Jazz at Lincoln Center eight times, and Rio has won the Monterey Jazz Festival's High School competition seven times. The group has toured and performed in Japan, China, Australia, Argentina, Spain and Italy, and they performed at the inaugurations of Sacramento Mayor Kevin Johnson and Governor Arnold Schwarzenegger. Don't miss out on all this great music. 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$15.** General admission, \$12.



Classical Piano Concert featuring Nancy Lee Harper and William Wellborn Friday, April 22 — 5422-02

Classical Pianists Nancy Lee Harper and William Wellborn will perform a classical program featuring works from Mozart, Brahms, Chopin, Liszt, Frago, Granados, and Dvorak. Nancy is described as "an extraordinarily multi-talented American musician and scholar," debuting at age 14 with pianist-composer-conductor Rudolf Ganz. She enjoyed an international career while based in Portugal from 1992-2013. William Wellborn enjoys an active career as a pianist, teacher and lecturer, and has concertized widely on three continents, as well as twenty-eight states in the US. He has been a faculty member of the San Francisco Conservatory of Music since 1989. His students have gone on to win many top prizes in state, national, and international piano competitions. 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$15.** General admission, \$12.





Joints are replaceable. Playing with your grandkids is not.

There has never been a better time to have a joint replacement, and with Sutter there has never been a better place. With our Joint Replacement Centers located at Sutter Auburn Faith Hospital and Sutter Roseville Medical Center, you have local access to comprehensive programs that includes board-certified orthopedic surgeons, dedicated physical therapy and rehabilitation teams, classes, support groups and more. It's one more way we plus you.

Get the facts, along with special exercise techniques to help you get moving.

sutterorthopedics.org/JointReplacement

 **Sutter Health**
Sutter Orthopaedic
Institute
We Plus You

Andes Custom Upholstery

Since 1977

For Lincoln Hills Residents Only

Up to 40% off
fabric & labor
Excellent fabric selection
New foam inserts

Call Jay **645-8697**

Free Estimates Many Lincoln Hills Referrals



Need A Ride?

Quality Service & Experience • Affordable Rates

Airports ~ Hotels ~ Tours ~ Private Events

Family Owned & Operated in Lincoln • TCP#32601-A

916-343-5726

dddshuttleservice.com • dddshuttle@gmail.com

Affordable Computer Help

PC Help IN YOUR HOME

- Remove Viruses
- Fix Spyware
- Wireless Setup
- Customized Training
- Memory Upgrades
- All your Computer Help Needs
- 15% Senior Discount
- DSL setup
- Speed up your PC
- Friendly Personal Service, E-mail Help
- New PC Setup & Transfer Files



Your Fulltime Computer Specialist

Jerry Shores 663-4500

PO Box 981, Lincoln, CA 95648, Reg No. 85117

Vent-tastic.com

When Was The Last Time You Had Your Dryer Vent Duct Cleaned?

Benefits of cleaning your dryer vent regularly by a professional:



Speeds up drying time

Lowers utility bill

Prevents dryer fires from arising in your home

Locally Owned & Operated

(916) 633-0004

\$25 Off Your Next Dryer Vent Duct Cleaning

RETIREMENT IS NO TIME TO STOP PLANNING FOR RETIREMENT.

You've spent years saving and investing for the day when you can put work behind you and enjoy the things you love. But the only thing that should change on that day is your strategy.

At Edward Jones, we can create a strategy to help ensure the money you've saved will be there for you throughout your retirement. So you may look forward to a steady, stable income for years to come.

To find out why it makes sense to talk with Edward Jones about your retirement savings, call today.



Melanie A. Bergevin

Financial Advisor

1500 Del Webb Blvd., Suite 104
Lincoln, CA 95648
(916) 408-4722

www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

MNM PAINTING 916.765.7132

Recent homes

1930 Duckhorn Lane

793 Wagon Wheel

1022 Wagon Wheel Lane

1528 Gingersnap Lane

Come see our work and compare the caulking and prep work to others!!

Call about Fall Specials!



**KELLY-MOORE
PAINTS™**

See each house of the day on our facebook



Lincoln owned/operated
CA Lic. #912348

—Fashion Event—

Fashion Show—Model Call April 8 Submission Deadline

Calling all ladies interested in modeling and having fun! We need 20 models of *all* ages and sizes to walk the runway for our Spring Fashion Show on May 12. Modeling is a great way for those new to the community to make new friends and meet new people! Models will be required to visit the fashion store within the two weeks prior to the show and be available for rehearsal the day before show. Please pick up and complete the information sheet available at the Activities Desks or online. Information sheets require dress size and contact information. Submission deadline is April 8 to Deborah Meyer, Entertainment Coordinator, at the Activities Department (KS).



your grandchildren at 10:00 AM to the outdoor Amphitheater terrace to enjoy our traditional egg hunt and festive surprises. Plus, there will be a special visit from the Easter Bunny! Fun egg hunt prizes and activities await your grandchildren during the event. Don't forget your cameras for picture-perfect photo opportunities! *Please make sure to bring a basket for collecting eggs. Limited number of bags for egg hunting will be provided.* Sign up your grandchildren, **toddler to ten years only please.** Please make sure you indicate the ages of your grandchildren during registration at the desk and online. Hunt will be divided by age groups: **Toddlers—one to four-years-old; children—five to seven-years-old; children—eight to ten-years-old.** Toddlers' hunt begins sharply at 10:30 AM. Wristbands are required to participate in the festivities. Wristband for online buyers will be available for pick up starting at 10:00 AM on Saturday, March 26. **General Admission, \$11 per child.** Limited space. Event may be cancelled due to rain.



—Grandkids Event—

Spring Egg Hunt Saturday, March 26 — 5426-01

An eggciting time for all the kids and kids at heart! Bring

Day Trips & Extended Travel



Katrina Ferland
Lifestyle Trips Coordinator
katrina.ferland@sclhca.com

—Casino/Races—

Colusa Casino Thursday, March 24 — 1950-01

Enjoy a nice drive in the country and view one of the world's smallest mountain ranges, the Sutter Buttes, on our way to resident favorite Colusa Casino. Receive casino credits: New members \$15; Current members \$10 plus any additional based on prior play. All residents and their guests over 50 years of age will receive \$5 additional slot and \$5 food credit towards the buffet. There may be additional promotions in March. *Casino promotions subject to change.* Five-hour stay at casino. Leave OC 9:00 AM, return ~ 5:00 PM. \$23.



Off to the Races Thursday, March 31 — 1845-01

Enjoy the beginning of spring and enjoy the heart-pounding intensity of live horse racing at Golden Gate Fields in Berkeley. Relax in the climate-controlled comfort and luxury of the Turf Club with an elaborate buffet while watching the races. Races go rain or shine. Dress code: Collared shirts and dress slacks are preferred for men while women may wear dresses or tailored pants. No denim, sweat pants, t-shirts,



wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: admission, buffet lunch served from 11:30 AM-3:00 PM and complimentary racing program. Leave OC at 10:00 AM, return ~ 7:00 PM. \$79.

Reno Silver Legacy Tuesday, April 26 — 1770-02

Nice spring day trip to Reno in the Sierras! Visit the Silver Legacy Hotel & Casino for the day and get \$10 cash back and \$5 food credit. Try your luck at the slots or check out the Reno arts district. Five-hour stay. Leave OC 8:00 AM, return ~ 6:30 PM. \$35.



—Festivals—

San Joaquin Asparagus Festival Friday, April 15 — 1821-02

Visit the biggest Asparagus Festival in the West! The San Joaquin Asparagus Festival offers everything from food to fun.



Enjoy asparagus alley, live entertainment, health & wellness Fair, countless vendors, craft beer and wine pavilion, and so much more! Try many types of dishes including, deep fried asparagus, asparagus ice cream, asparagus lumpia, asparagus

Continued on page 50

chicken bowl, asparagus corn dogs, asparagus nachos, bacon wrapped asparagus and more! The event is now held at the San Joaquin County Fairgrounds in Stockton with indoor and outdoor venues and plenty of seating areas. We'll arrive at opening of event and stay for four hours. Leave OC at 8:30 AM, return 4:00 PM. \$36.

Cherry Blossom Festival Saturday, April 16 — 1833-02

The 2016 Northern California Cherry Blossom Festival® one of California's most prominent celebrations of Asian traditions, will celebrate its 49th year. Each year, over 200,000 people attend this dazzling display showcasing the color and grace of the Japanese culture and the diversity of the Japanese American Community. The festival will be held on Post Street between Laguna and Fillmore Streets and includes food booths, cultural performances, martial arts, live bands, the annual Queen Program, and more. The Northern California Cherry Blossom Festival® is said to be the second largest festival outside of Washington, D.C. to celebrate the blooming of cherry blossoms; and held at one of three remaining Japantowns in the United States. Leave OC 8:30 AM, return ~ 6:00 PM. \$44.



Scottish Games & Festival Sunday, April 24 — 1822-02

Want a fun day of adventure, music, competitions, and a flavor of things Scottish? Experience a taste of Scottish culture without having to travel thousands of miles. Join us on a trip



to the Scottish Games Festival at the Yolo County Fairgrounds in Woodland. Enjoy competitions related to Scottish culture; athletics, highland dance, piping and drumming, and activities that include country dance, fiddling and harps, historical area, Scottish animals, take part in a Scottish Whisky seminar and tasting, view the march of the clans, and more! There is something Scottish for everyone, including the food, and you don't have to be Scottish to have fun. Indoor and outdoor venues. Leave OC 10:15 AM, return ~ 4:45 PM. \$39. (Includes admission; food and drink on your own.)

—Museums—

Legion of Honor "Pierre Bonnard: Painting Arcadia" Tuesday, March 29 — 1764-01

Pierre Bonnard: Painting Arcadia is the first major international presentation of Pierre Bonnard's work to be mounted on the West Coast in half a century. The exhibition will feature approximately 75 works that span the artist's complete

Continued on page 52

Important Information: Entertainment, Trips, Classes

- **Registration:** Required for all activities unless otherwise noted. Resident finger vein or I.D. is required for registration at the Desks. **All sales are final.** SCLHCA Rules and Regulations states "Activities expenses are generally paid in advance of the event. Therefore, the fee would not normally be refunded." Registration for **Entertainment** is open to residents and public except for events involving food. Events with food are exclusive to residents and their guests. For **Trips**, limited to two per household for the first month of sales; additional guests may be registered after. Guests must be at least 21 years old for casino trips; 18 years old for other destinations. For **Classes**, registration is exclusive to residents. Early registration is encouraged, classes may be canceled up to one week prior to class start due to low enrollment.
- **Want to Sell?** Contact the Activities Desk (OC/KS) if unable to attend an event, trip or Activities Department class.
- **Weather:** Association trips and events are held regardless of inclement weather.
- **Scents:** When attending any activity, class, or meeting at OC or KS Lodges, or going on trips, please refrain from wearing perfume, cologne, and scented bath & body products. Many residents have serious allergies exacerbated by scents.
- **Activities that include a Meal:** Please advise the coordinator/monitor if you have any dietary restrictions upon registration. We will work with vendors for your dietary accommodations.
- **Special Accommodations:** Please inform the Monitor during registration as follows. For Entertainment, special needs patrons will be seated first. For Trips, we accommodate wheelchair bound passengers to the best of our abilities.
- **Show Time:** For Entertainment, doors open 30 minutes prior to show time unless noted.
- **Premium Reserved Section Seating:** No need to wait in line before a show. Limited premium seats available for all Ballroom shows.
- **Departures:** All bus trips leave from OC Lodge unless otherwise noted. We load the bus 15 minutes prior to departure times stated on these pages. As a courtesy to all, we leave on time. Buses are air conditioned, please dress accordingly.
- **Parking:** For all trips, please park beyond OC Fitness Center in lanes 11-13 unless noted otherwise. Passengers are dropped off by the Fitness Center entrance on return.
- **Event Ticket for Trips:** Are handed to guests when boarding.
- **Travel Insurance:** Highly recommended as trips are non-refundable. A list of trip insurance providers from the US State Department is available at the Activities Desks.

Family Owned and Operated Since 1982



Your Dreams — Our Passion

- Kitchens, Fireplaces Niches and More
- Complete Showroom
- Bathrooms



Master Cabinet Builders

www.InteriorWoodDesign.com

334 Sacramento Street • Auburn • 530.888.7707

Lic. #540107 

Keep Your Trees and Shrubs Fit and Trim!

A - Affordability: our pricing will always be competitive

C - Competence: our Certified Arborists and Tree Workers are well trained

O - Organization: we are organized in our operations for prompt and timely service

R - Reliability: we return our phone calls and will be on time

N - Neatness: your property will always be left cleaner than when we arrive

- Tree & Shrub Pruning
- Tree & Shrub Removal
- Stump Grinding
- Cabling and Bracing
- Planting all sizes of Trees & Shrubs
- Fertilization
- Insect & Disease Diagnosis & Treatment
- ISA Certified Arborists
- ISA Western Chapter Certified Tree Workers

Fully Licensed & Insured
Contractor Lic. #953007

916-787-8733 (TREE)



www.787tree.com • www.acornarbicultural.com



The Best Sunrooms and Patio Rooms!

- Solid or Glass Roofs
- CONSERVAGLASS™ - Keeps the Heat Out and the Warmth In.

Durawood™ Patio Covers

- Looks like wood, but is maintenance free!
- Will not dry-rot, warp, suffer termite damage or require painting.
- Available in lattice or solid styles.
- More affordable than wood.

22,000-Plus Satisfied Customers!
Hundreds of Customers in Lincoln Hills!



Your Full Service HOME PRODUCTS COMPANY

- Bathroom Remodels
- Kitchens
- Landscaping
- Windows & Doors
- Room Additions



Sunrooms & Patio Covers

www.PetkusBrothers.com

BEST VALUE...BEST PRICE...GUARANTEED EVERYDAY

4760 Rocklin Road, Rocklin, CA 95677 • 916-415-9966

Showroom Hours: Mondays-Fridays, 8-5 / Saturdays 11-3 / Closed Sundays

career, from his early Nabi masterpieces, through experimental photography, to the late interior scenes for which he is best known. Bonnard was a student and follower of Paul Gauguin. This exhibit offers a fresh interpretation of Bonnard's repertoire, and a reconsideration of the artist as one of the foremost practitioners of modernism. Also enjoy *Sublime Beauty: Raphael's "Portrait of a Lady with a Unicorn"* along with the rest of the Legion of Honor art collections. For more information on this and other currently running exhibits: <http://legionofhonor.famsf.org/legion/exhibitions>. Lunch on your own at the museum's café, or bring your own. Leave OC at 8:30 AM, return ~ 8:30 PM. \$63.



—Performances—

Wicked at Orpheum Theater—San Francisco
Wednesday, March 23 — 1999-10

Wicked is the untold story of the witches of Oz. Long before Dorothy drops in, two other girls meet in the land of Oz. One, born with emerald-green skin, is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. Wicked tells the story of their remarkable odyssey, how these two unlikely friends grow to become the Wicked Witch of the West and Glinda the Good Witch. Orchestra seating matinee performance. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square after the 2:00 PM show. Depart 10:45 AM, return ~ 9:45 PM. \$150. **Place yourself on waitlist as we may be able to obtain more seats.**



An Act of God
Golden Gate Theater — San Francisco
Sunday, April 10 — 1793-11

After conquering Broadway, the King of the Universe is coming to San Francisco for the first time ever! God takes the form of Emmy Award winner Sean Hayes in *An Act of God*, a 90-minute comedy where the Almighty and His devoted Angels answer some of the deepest questions that have plagued mankind since Creation. He's finally arrived to set the record straight... and He's not holding back! *An Act of God*, straight from Broadway, is based on the critically acclaimed book written by God and transcribed by David Javerbaum. Javerbaum is a 13-time Emmy Award winner for his work as a head writer and executive producer for *The Daily Show with Jon Stewart*. Middle Orchestra seating, 6:30 PM performance. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square before the 6:30 PM show. Leave OC at 12:30



PM, Return ~ 11:00 PM. \$125. For more show information: www.anactofgod.com. **Vendor deadline to purchase: February 22 at 12:00 PM.**

Sacramento Philharmonic—
Salute to John Williams "Star Wars" & more!
Sacramento Community Center Theater
Saturday, April 23 — 1777-01

May the force be with you! Relive your favorite movie moments, as scenes come to life through the live performance of some of John Williams' most beloved movie scores: *Superman*, *Raiders of the Lost Ark*, *Harry Potter*, *E.T.*, and, of course, *Star Wars*! An evening of adventure and magic awaits! Reserved seats located in mid-orchestra section. Leave OC at 6:45 PM, return ~ 11:00 PM \$62.



Sacramento Philharmonic — Beethoven's Ninth
Sacramento Community
Center Theater
Saturday, May 7 — 1794-01

Grammy-award-winning conductor David Alan Miller joins the Sacramento Philharmonic & Opera to conduct the season's finale all-Beethoven concert. The evening begins with dramatic movements from Beethoven's only opera, *Fidelio*, and concludes joyously with the always magnificent, always rousing, *Symphony No. 9, Ode to Joy*. Reserved seats located in mid-to-rear orchestra section. Leave OC at 6:45 PM, return ~ 11:00 PM \$42. Place yourself on waitlist as we may be able to obtain more seats.



Kinky Boots
Golden Gate Theater, San Francisco
Sunday, May 22 — 1774-01

"Kinky Boots" is the exhilarating Broadway musical that will lift your spirits to new high-heeled heights! Winner of six Tony Awards® including Best Musical, this inspirational story follows a struggling shoe factory owner who works to turn his business around with help from Lola, a fabulous entertainer in need of some sturdy stilettos. Together, this unlikely pair finds that they have more in common than they ever dreamed possible... proving that when you change your mind about someone, you can change your whole world. Inspired by a true story, "Kinky Boots" features a joyous, Tony-winning score by Cyndi Lauper, and a hilarious, uplifting book by four-time Tony winner Harvey Fierstein. Come join the sold-out audiences who've discovered why—sometimes—the best way to fit in is to stand out! Orchestra seating. Dinner on your own at Union Square before the 6:30 PM show. Leave OC at 12:30 PM, return ~ 11:30 PM. \$130.





Healthy Living with Exercise

IMPROVE YOUR LIFE!

An assessment is a pre-requisite for enrollment in our Healthy Living with Exercise program.

One on one, 1 hour long session.

This 4 week program begins March 7 - 30

- Assists in maintaining normal range for diabetic numbers and blood pressure
- Provides a regular routine for exercise and why it works
- Facilitates a discussion of health problems encountered, diet and medications
- Helps you have control over your health issues by exercising
- Is part one of a two part program
- Specifically designed for those with chronic conditions such as Cardiac Pulmonary Disease, Diabetes and Nervous system disorders (ALS, Parkinson's)



Mon/Wed 3:00-4:00pm | OC Fitness Aerobics Room
Session price: \$80 for 1 month, (8 classes)

Meet the Healthy Living Community

Case Study: Terry ☺ Duration of Program Participation: 1 1/2 years



Directly attributable to Healthy Living with Exercise, diet and exercise I have:

- 1.) Remained on oral diabetic medications. (no insulin)
- 2.) Lost at least 10 pounds of weight.
- 3.) Cut cholesterol medications in half, while maintaining total, HDL and LDL measures well within the normal ranges.
- 4.) Reduced triglycerides 300 points
- 5.) Reduced my A1C from 7.5 to 7.3, during the Thanksgiving/Christmas season.

"Overall, Healthy Living with Exercise has proven to be a fun way to interact socially and stay healthy!

My compliments and thanks!"
- Terry

Sign up for the
Healthy Living Assessment:
881000-02 • \$30



Have Questions?
Please contact Carol Zortman at 625-4032



Beautiful-The Carole King Story at the Orpheum Theater—San Francisco

Wednesday, September 14 — 1790-02

Beautiful tells the inspiring true story of Carole King’s remarkable rise to stardom, from being part of a hit songwriting team with her husband Gerry Goffin, to her relationship with fellow writers and best friends Cynthia Weil and Barry Mann, to becoming one of the most successful solo acts in popular music history. Along the way, she made more than beautiful music, she wrote the soundtrack to a generation. Featuring a stunning array of beloved songs including “I Feel The Earth Move,” “One Fine Day,” “(You Make Me Feel Like) A Natural Woman,” “You’ve Got A Friend” and the title song, **Beautiful** took home two 2014 Tony Awards and a 2015 Grammy Award. Orchestra seating matinee performance. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square after the 2:00 PM show. Depart 11:00 AM, return ~ 9:30 PM. \$146.



Broadway Sacramento 2015-2016

- **Newsies**
Tuesday, April 12 — **Sold Out** — 4561-06E
- **Motown the Musical**
Tuesday, May 24 — **Sold Out** — 4561-06F

—Sports—

San Francisco Giants

See your San Francisco Giants in the comfort of club level seats! Club level seats are wider and have more leg room, and get extra comforts like tables and chairs in the food areas with flat-screen TVs, access to the memorabilia displays, shorter food and restroom waits. Take a nice carpeted walk over to McCovey Cove if you would like to check out the rest of the stadium. Enjoy easy elevator access. (Bus drops off on Third base side where seats are located.) Portions of the club level are protected from the elements and allow fans to watch the game while standing behind sheltered glass partitions in climate-controlled areas. Residents love the view! *No cans, glass bottles, alcohol, or hard-sided coolers allowed inside ballpark. Wear layers for SF weather and a cap for sun protection.* See individual games for departure times. \$154



- **Giants vs. Chicago Cubs**
Sunday, May 22 — 1800-12A
Seats located in club level 230. Depart OC 1:30 PM (5:05 PM game time). Return ~ 10:45 PM.
- **Giants vs. Los Angeles Dodgers**
Sunday, June 12 — 1800-12B
Seats located in club level 230. Depart OC 2:00 PM (5:37 PM game time). Return ~ 11:00 PM.

- **Giants vs. St. Louis Cardinals**
Sunday, September 18 — 1800-12C
Seats located in club level 231. Depart OC 9:15 AM (1:05 PM game time). Return ~ 7:45 PM.

Watch for additional Giants games to be announced in future issues of the COMPASS once the team releases complete game schedule.

River Cats

The River Cats are the AAA affiliate of the San Francisco Giants with up-and-coming future stars! Who knows what Giants players you may spot on injury rehab? In addition to the exhibition game, we have five River Cats games at beautiful Raley Field in West Sacramento. Senate Box seating, section TBA. All games depart at 5:45 PM ~return 11:30 PM. \$52 per game. Separate pricing for exhibition game listed below.



- **River Cats vs. OKC Dodgers (LA Dodgers)**
Friday, May 27 — 1927-01A
- **River Cats vs. Fresno Grizzlies (Houston Astros)**
Thursday, June 16 — 1927-01B
- **River Cats vs. Iowa Cubs (Chicago Cubs)**
Tuesday, August 16 — 1927-01C
- **River Cats vs. Reno Aces (Arizona Diamondbacks)**
Thursday, September 1 — 1927-01D

Exhibition Game: River Cats vs. SF Giants
Wednesday, March 30

The Sacramento River Cats have not released tickets for the highly anticipated exhibition game against the San Francisco Giants on Wednesday, March 30. Details on the trip including price and time will be announced via eNews as soon as information is available. If you are not signed up to receive the eNews, please sign up through our resident website: www.suncity-lincolnhills.org/residents/ and click on the “Living Here” banner on the homepage.



—Tours/Leisure—

Baseball & Beer!
Sunday, March 20 — 1751-12

Celebrate the first day of spring with a special tour of AT&T Park, home of your San Francisco Giants! On your behind-the-scenes ballpark tour, you will visit places only the players and staff go including: a major league dugout, the field warning track, visitors’ clubhouse, press box and more! Lots of walking on this tour. Included boxed lunch from our own Meridians will be served after the tour



Continued on page 59

Bennett's
HANDYMAN SERVICE

NO JOB TOO SMALL
Licensed & Insured
(916) 276-9874

Lic. # 669316

DURAN LANDSCAPING
INSTALLATION & DESIGN

- Waterfall Specialist
- Sprinkler Systems
- Drainage Systems
- Lawns & Sod
- Rototilling & Soil Prep
- Decorative Concrete
- Putting Greens & Artificial Sod
- Drip Systems
- Dry Creeks
- Planting & Bark
- Low Maintenance Gardens

QUALITY GUARANTEED
FREE ESTIMATES
Ask for Victor Duran

(916)660-1835
www.duranlandscape.com

Pat's Medical Insurance Counseling

- Medicare, Medicare Supplement, HMO and Part D Information
- Medicare, Supplement and Under 65 Claims Management
- Assist with Billing Issues
- Patient Advocate
- I Do Not Sell Insurance
- **Free** Phone Consultation
- Senior Resources

pat@patstoby.com • Since 1977
www.patsmedicalinsurancecounseling.com

Pat Johnson
(916) 408-0411

COLDWELL BANKER
SUN RIDGE REAL ESTATE

Don Gerring

"Thanks so much for your excellent help!"
Tom & MaryAnn McKay - 2015

- Lincoln Hills Resident Agent
- Del Webb Agent for 10 Years
- 30+ Years R.E. Experience

Let Don Help List & Sell Your Home!
Free Home & Market Evaluation

(916) 747-5050 • dgerring@starstream.net • Lic#00631339

Each office independently owned & operated

Three generations —
Since 1977.
Good maintenance saves you money!

• SALES • SERVICE • INSTALLATION

PECK
HEATING & AIR CONDITIONING

Call Now (916) 409-0768

Lic # 566294

www.PeckHeatingAndAir.com ~ 4221 Duluth Ave, Rocklin, CA

Care Coordination and Resource Referrals

- Residential Care - Assisted Living, Board & Care, Memory Care
- In-Home Care, Hospice Care
- Day Programs, Independent Living
- Veteran's Aid and Attendance Allowance

Phone: 916-209-8471
Cell: 916-798-7347
jpayne@seniorcareconsultinginc.com
SCLH resident

Judy Payne, RN

Senior Care Consulting Inc.
FREE Phone Consultation and Guidance

Michelle Cowles
REALTOR® ~ BRE #01821892
"Don't make a move without me!"
(916) 295-8532

COLDWELL BANKER
SUN RIDGE REAL ESTATE

1500 Del Webb Blvd.
Suite 101
Lincoln, CA 95648

www.TheRealtyExperts.com
Michelle@TheRealtyExperts.com

Each office independently Owned and Operated

1A ADVANCED GARAGE DOORS

Garage Doors, Garage Door Repair, Service, Opener Installation, Springs Replacement

(916) 838-8182

1garagedoors.net
CSLB #925606

\$15 off Senior Discount

Know how the tax rules change for Senior Taxpayers



The tax law has certain requirements and tax breaks that apply just to senior taxpayers. Being familiar with these rules could cut your taxes or prevent tax penalties. These rules include:

- A higher standard deduction at age 65
- A requirement to take out a certain portion of your retirement holdings every year once you reach age 70½, or face a 50% penalty
- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

For details and other tax-cutting assistance, contact:

Carolyn J. Riolo

Certified Public Accountant

(916) 771-4134

1227 Pleasant Grove Blvd., Suite 100, Roseville CA 95678



Gail Cirata

(916) 206-3503

Gail@GailCirata.com

Resident ~ Broker

License #00481659

- Over 35 years Brokering your Real Estate needs
- Thirteen years living and selling in Sun City Lincoln Hills
- Experienced in Short Sales, Foreclosures and Exchanges



"When You Want The Very Best"

www.homesinlincolnhills.com

Each office independently owned & operated.



Placer Dermatology



**MEDICAL * SURGICAL * COSMETIC
DERMATOLOGY FOR YOUR ENTIRE FAMILY**

"Survival rates for certain skin cancers can be 99% IF diagnosed early"...
Make it a priority to schedule yourself or a loved one for a skin check today!



ARTUR HENKE, MD
American Board of Dermatology Certified

(916)784-3376

9285 Sierra College Blvd

Roseville, CA 95661

www.placerdermatology.com

POTTERY WORLD

LUXURY HOME DECOR AND DESIGN



THE POTTERY WORLD SPRING COLLECTION

HAS ARRIVED

POTTERY WORLD
Cafe

JOIN US FOR
BREAKFAST
7 DAYS A WEEK

BREAKFAST: 8 A.M. - 11 A.M. • LUNCH: 11 A.M. - 3:30 P.M.
4419 GRANITE DRIVE, ROCKLIN • WWW.POTTERYWORLDCAFE.COM

Present this coupon
and receive
20% OFF
YOUR ENTIRE
PURCHASE

*In-stock, regularly priced items only.
One time use. Excludes previous
purchases, cafe, grills, special order, &
clearance items. May not be combined
with other offers. Must present coupon
at time of purchase. Expires 4/15/2016.
(Item# 7101)

ROCKLIN:
4419 Granite Drive • 916.624.8080
www.PotteryWorld.com

EL DORADO HILLS:
Montano de El Dorado
1006 White Rock Road • 916.358.8788

Memory Care *with* Compassion

Our memory care community is created around the unique needs of people living with Alzheimer's disease and other dementias. Residents can enjoy a warm, inviting environment with a team who's always here to help.

Call today to schedule your personal visit.



(916) 403-0263

500 W Ranch View Drive

Rocklin, CA 95765

merrillgardens.com



Lic. #817005584

Retirement Living • Assisted Living • Memory Care



At Your Service

Superior service and quality workmanship at a fair price for all your plumbing needs

- Repair or replace existing fixtures
- Video camera pipe inspection
 - Install new fixtures
- Sewer & drain cleaning

916-645-1600

www.bzplumbing.com

CONTRACTOR'S LICENSE #577219



ALL WORK GUARANTEED

Locally owned and operated since 1990



THIS YEAR MAKE ARTIFICIAL LAWN A BEAUTIFUL PART OF YOUR GARDEN DESIGN.

SERVING LINCOLN PROUDLY FOR 20 YEARS WITH CREATIVE PLANS AND INSTALLATIONS.



Geo Paradise Landscape

CA. LIC. #987476

Dhetchai Allison

Owner & Designer UC Davis (1991)

geoparadiselandscape@gmail.com

geoparadiselandscape.com

P.O. Box 215420 Sac., CA 95821

FAX (916) 348-6829

CELL (916) 205-6303



at the Promenade behind the outfield. *Boxed lunch includes choice of Turkey, Roast Beef or Vegetarian Sandwich. Comes with fruit, bottled water and dessert. Choose at time of registration.* Enjoy a tour and tasting on our trip home at Anheuser-Busch brewery in Fairfield. Tour includes a souvenir glass! Leave OC 8:00 AM, return ~ 6:30 PM. \$85. Deadline to purchase February 19 at 12:00 PM.

San Francisco Flower and Garden Show at the San Mateo Event Center

Wednesday, March 16 — 1750-01

Get ready for spring and new ideas for landscaping and gardening by visiting the San Francisco Flower and Garden



Show. Show covers more than five-acres and includes full-sized designer showcase gardens with artfully arranged plants, trees and flowers in full bloom. Learn ways to grow, prepare, preserve your own fresh, organic food. See hundreds of **flowers** and **floral designs** and watch the demonstrations by world-class floral designers. Browse a wide selection of specialty shops featuring unique flowers, plants, gifts, tools and more. Meet professional gardeners and nursery owners who can answer all your questions... and help solve those nagging problems. Enjoy a full range of free seminars, exhibits and demonstrations provide continuous opportunities to learn about landscaping, gardening, and creating fantastic garden spaces in your home. Food is available at the show or bring your own bag lunch. Bring a basket, pushcart or big bags to make shopping easier. Package check will be available and also assistance to bring your purchases to the bus. Five hours at the show. Leave the Lodge at 8:30 AM, return ~ 6:30 PM. Includes admission \$59. **Purchase deadline March 11 at 12:00 PM.**

San Francisco 49ers Levi's Stadium Tour

Saturday, April 9 — 1849-02

Tour the new home of the San Francisco 49ers at Levi's Stadium in Santa Clara! We'll enjoy a VIP Private Group Tour that features visits to premium club spaces, a private suite, press level, the solar terrace and green roof. There will be a stop on the playing field for a photo opportunity and time to check out the visitor's locker room. We also receive a complimentary group souvenir photo! The 49ers Museum is included with the tour and there is time to visit the 13,000 square foot flagship team store. First, we'll stop



for an included lunch at Hometown Buffet. There will be a stretch stop both directions of trip. Leave OC at 7:45 AM, return ~ 6:45 PM. \$98.

—Overnight & Extended Travel—

Another exclusive trip for our residents!

Four days, three nights

Vatican Exhibit at Reagan Library

Tuesday, April 19 to Friday, April 22 — 1971-12

Museum, train ride, wine tasting! Join Katrina, your Trip Coordinator for a trip down to the Ronald Reagan Presidential Library and Museum in Simi Valley to visit the *only* West Coast destination for *Vatican Splendors: A Journey through Faith and Art*. This 12,000 square foot rare multi-sensory exhibition comprises one of the largest Vatican collections ever to tour the United States, many never before on display in North America, and some not on view to the general public, even in Rome. It's a true "insiders" view of the Vatican, including its spiritual, artistic and ceremonial treasures. Regardless of your political affiliation, you'll enjoy the historical aspects of this museum. In addition, the trip includes:

- Docent led tour of the Reagan Library and Museum
 - BBQ buffet lunch under the actual Air Force One
 - Train ride on the Amtrak Coast Starlight from Simi Valley to Paso Robles with views of the Pacific Ocean
 - Three night lodging and accommodation with wine reception/tasting
 - Two breakfasts, three lunches, one dinner
- Detailed trip itinerary outline, menus and trip insurance providers list from the US State Department available at the Activities Desks or view online. *A signed liability waiver is required for each participant.* Leave OC at 8:00 AM, April 19, return April 22 ~ 6:00 PM. \$618 per person double occupancy. \$838 single. **Deadline to purchase Friday, March 18 at 12:00 PM.**



Four days, three nights!

Avenue of the Giants, Redwoods and Eureka Excursion

Sunday, May 1-Wednesday, May 4 — Sold Out — 1970-01

This trip is sold out. Please add yourself on the Wait List. We are considering offering the same trip later in the year. Those on the Wait List will be notified once new dates are set.

Four days, three nights!

Laguna Beach Festival of the Arts/Pageant of the Masters & California Science Center— Endeavor Space Shuttle

Saturday, July 23-Tuesday, July 26 — 1983-12

Art show, Outlet shopping, Museum. Join your Trip Coordinator,

Continued on page 61

Design, Contracting, and Maintenance

Offering handyman and home improvement services
And a design studio to satisfy all your decorating needs

A-R Smit & Associates

Excellent References • License #919645

(916) 997-4600

Lincoln based business
Family owned & operated



Every Tile Roof Needs To Be Serviced!



(916) 595-4660

www.calroofoing.com
Family owned and operated

CSLB #987296

- Your Tile Roof Specialists
- Service and Maintenance
- Emergency Repairs
- 25 Years of Experience
- Customer Satisfaction Guaranteed
- Free Detailed Inspections & Estimates

**CAL-ROX
ROOFING, INC.**

PROFESSIONAL COUNSELING SERVICES

Need support? Dealing with changes?
Let me help!

COUNSELING:

Individuals
Couples
Extended Family
Singles
Youth

TREATMENT OF:

• Anxiety • Depression
• Stress • Addictions
• Grief • Relationship Issues
• Anger • Life's Challenges



Marvin R. Savlov
LCSW

OVER 30 YEARS EXPERIENCE!

Lincoln Professional Center, 1530 Third St., Ste 110
Lincoln, CA 95648

Psychotherapist
Lic. #3878

Day & Evening Appts • Flexible Fees • Medicare and Insurance Provider

Call (916) 390-0083 for an appointment
marvin@starstream.net

L&D HANDYMAN SERVICES

LENNY 916.622.7544

L & D
HANDYMAN SERVICES
✓ FENCING, PAINTING
✓ GUTTER CLEANING
✓ PRESSURE WASHING
✓ YARD WORK
✓ HOUSEHOLD REPAIRS



AND MUCH MORE!!!

Senior Care Giver Services



- Hourly and live-in shifts available
- 15 years experience
- Licensed and Bonded
- References available upon request

Call (916) 295-9649

Satwinder Grewal ~ sgrewal@kw.com

HALLSTEAD TREE SERVICE

- Pruning
- Removals
- Stump Grinding
- Landscape Maintenance



MEMBER
N.E. CALIF.

Rich Hallstead • I.S.A. Certified Arborist

Insured ~ Free Estimate

Cont. Lic. # 803847

(916) 773-4596

STRUCTURAL **FINDLEY** ORNAMENTAL

IRON WORKS

B - C51 License # 530311 License # 813868

150 Mandarin Hill Rd (off hwy 193) Newcastle, 95658

look for our Red Dragon on hwy 193 between Lincoln & Newcastle

(916) Phone: 663 - 1887

Custom Garden Art
Garden trellises
fences



Security



Doors
Gates



www.findleyironworks.com



Herb Hauke

License # 490908

Accu Air & Electrical

Quality Heating & Air Conditioning
Service, Repair and Installation

(916) 783-8771

www.accuairroseville.com
accuairroseville@yahoo.com



Most Major Credit
Cards Accepted



Katrina, on an amazing trip down to the world-famous Festival of the Arts in Laguna Beach. The Pageant of the Masters is where “Art comes to life!” This year’s theme is “Partners.” See famous paintings recreated in full detail right before your eyes with premium reserved side loge seating. We’ll also be stopping at the California Science Center for a group visit to the space shuttle Endeavor and time to explore their permanent exhibits. This excellent trip includes:

- Two-night stay at the Ayres Hotel Laguna Woods (minutes from the Festival of Arts grounds)
- Lunch at Harris Ranch
- Lower level ticket to Pageant of the Masters Show and Art-A-Fair Fine Art Festival
- Day to enjoy the Sawdust Art Festival and the free Laguna Beach Trolley
- Dinner at Tivoli Terrace, Festival of the Arts
- Visit to the California Science Center featuring the space shuttle Endeavor
- Stop on way home at Outlets at Tejon, includes welcome tote bag with coupons



- Overnight stay at Microtel Inn & Suites by Wyndham (across the street from the Outlets at Tejon)
 - Lunch at Pea Soup Andersen’s
- Total meals included: three breakfasts, one lunch and one dinner. Detailed trip itinerary, menus and US State Department trip insurance providers list available at the Activities Desk or view online. *A signed liability waiver is required for each participant.* Leave OC at 8:00 AM, July 23, return July 26 ~ 4:00 PM. \$662 double/\$916 single.

Sold Out Trips thru March 20

Trip • Date • Departure Time

- **Jackson Rancheria**
Thursday, February 18—9:00 AM
- **Chinese New Year—San Francisco**
Sunday, February 21—8:45 AM
- **Band of the Royal Marines**
Tuesday, February 23—6:00 PM
- **Sacramento Symphony—Cirque de la Symphonie**
Saturday, February 27—6:45 PM
- **Book of Mormon—Sacramento Community Center**
Tuesday, March 15—6:45 PM
Wednesday, March 16—6:45 PM

Activities Department Classes



Betty Maxie
Lifestyle Class Coordinator
betty.maxie@sclhca.com

Classes

Vacation Drop-In

In response to students’ request, 2016 brings additional classes offering drop-in sessions to accommodate your vacation plans! Drop-in sessions will allow current students who are able to work independently on their projects but are not available to attend class full time due to vacation plans, to register one session at a time. Sessions are held in conjunction with ongoing regular classes. Class space is on a first-come, first-served basis. Students must check with the instructor prior to registration each time to ensure space is available and that they meet the prerequisite. Registration for drop-in sessions is only available within one hour prior to the start of class at the Activities Desk. Classes that offer drop-in sessions will be noted in the class description. Cost varies by class. **Prerequisite:** Must have completed at least a full month of class instruction in the past. Some classes may require longer class experience. Drop-in sessions are not first time students/beginners and offers limited guidance from moderator/instructor.

Art

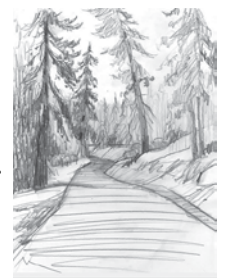
—Drawing—

Beginner Drawing

Thursdays, March 3-31 — 132216-02

10:00 AM-12:00 PM (OC). \$65 (five sessions). Instructor: Michael Mikolon. The artistic journey starts with basics of drawing. Drawing is about observing. We will focus on materials and techniques and developing your sense of design. Learn to look at the shapes that make up your subject and translate what you see into an accurate depiction with the understanding of measurement and proportions, use of line and shadow and developing good daily drawing habits. Live demos will be performed weekly showing how to use materials first hand with one-on-one instruction. *About the Instructor:* Artist Michael Mikolon is an accomplished artist and owner of 12th & S Art in downtown Sacramento. He teaches and runs figure drawing sessions. He is a full-time artist with a focus on landscape and figures. Supply list available at Activities Desks and online.

Vacation drop-in: DRAW — \$17 per session.



—Oils, Pastels & Acrylics—

Paint Your Vision in Oils or Acrylics Wednesdays, March 2-30

9:00-11:30 AM Class — 113116-02

Or 1:30-4:00 PM Class — 113216-02

AM and PM sessions are not interchangeable. (OC). \$65 (five sessions). Instructor: Marilyn Rose. Students receive expert guidance in creating original paintings of their chosen subjects, whether landscape, still life, portrait or a clothed figure. Those with little or no art training can gain a solid grounding in the basic principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples and individual instruction are used to advance students' understanding and implementation of techniques. *About the Instructor:* Marilyn has over 25 years experience in landscape, portrait, figure and still life painting, with hundreds of works in private collections across the U.S. More info: www.artistmarilynrose.com. Questions? Call Marilyn at 409-0397. Supply list available at the Activities Desks and online.

Vacation drop-in: PAINT — \$17 per session.



Painting Pastels and Oils with Barry Mondays, March 7-28 — 105116-02

9:00-11:30 AM (OC). \$52 (four sessions). Instructor: Barry Jamison. Let out your creative soul and have fun doing it! Learn pastelling and oil painting with Barry Jamison. Start to finish, beginners through advanced, Barry will guide you through an enjoyable process of creating attention-getting works. *About the Instructor:* Barry is an award-winning artist with over 50 years painting explorations in various media. His paintings are sought by collectors and has clients worldwide. He has over fifteen years experience teaching and encouraging artistic expression, to many ages. Barry owns a studio in Folsom. Supply list available at Activities Desks, online, or on instructor's website. www.pastelpainter.com.

Vacation drop-in: PASTEL — \$17 per session.



—Watercolor—

Beginning Watercolor Painting Thursdays, March 3-31 — 132116-02

1:00-4:00 PM (OC). \$65 (five sessions). Instructor: Michael Mikolon. Learn the basics of painting with watercolors. This beginner class will focus on: materials and painting techniques; developing your sense of color; looking into basics of color theory; how to use the color wheel; and mixing fresh and vibrant color with the use of a well organized palette. Learn to create your own voice in art by discussing design, composition, and value controlling the focal point. We will also discuss master colorists: Dutch, English, and Impressionists, Post Impressionists and late 19th



and early 20th century painters. Live demos performed weekly showing how to use the medium first-hand with one-on-one instruction provided by the teacher during class. *About the Instructor:* Artist Michael Mikolon is an accomplished watercolorist and owner of 12th & S Art, in Downtown Sacramento. Supply list available at the Activities Desks and online. Vacation drop-in: WCOLOR — \$17 per session.

Sip and Paint: The Rooster Friday, March 18 — 122116-02

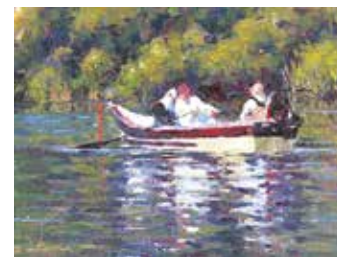
5:00-8:00 PM (OC). \$55. Instructor: Unni Stevens. It's back! The first session in January was highly reviewed by students as lots of fun. Relax and enjoy cheese and wine while painting, an activity that's becoming popular everywhere. Paint a finished acrylic painting in one day, with step-by-step instruction from a professional artist, who will teach you how to mix colors, use media, brush strokes and use of pallet knife. Instructor will also give each student help and advice. All supplies are included, and will be set up and ready to go when you arrive. The canvas will be under-painted and have a wire on the back ready to hang. The fact that we paint quickly and don't have time for too many small details gives the painting a looser more energetic feeling. Class fee includes a glass of wine, a selection of cheese, crackers and fruits, plus all art supplies needed to complete your artwork. Extra wine available on a pay-as-you-order basis. *About the Instructor:* Artist Unni Stevens has studied art in Norway, Japan and at the Laguna Collage of Art. She has been painting, teaching and selling her art for over 30 years, and has been a member of the High Hand Gallery for four years. For more info: www.unniart.com.



Special Art Workshop! Capture Radiant Light and Color in Your Painting (Oils or Soft Pastels)

Friday & Saturday, April 8 & 9 — 121316-02

9:00 AM-3:00 PM (OC). \$150. Instructor: Susan Sarback. **Prerequisite:** Basic drawing skills suggested. Oil painters can use either a palette knife or brushes. Discover how to infuse your paintings with radiant color. Based on the Impressionists approach to light and color, your paintings will gain a fresh and luminous quality of life. In this workshop you'll have several options. I will bring photos to paint from or you can bring your own. Start a new painting or bring in the paintings you're currently working on. Do you have any "problem" paintings—those you just could never make "work"? Bring those in as well. This is a workshop to help you individually take another step. There will be a demonstration and plenty of personal instruction. *About the Instructor:* Susan Sarback has been an artist for over 35 years, is the



Continued on page 64



THIS CLEAN HOUSE
by **ANDREA**

(916)792-0595

Andrea@thiscleanhousebyandrea.net

License & Bonded




LINCOLN
MEDICAL PRACTICE

THE CARE YOU NEED WHEN YOU NEED IT!
Same Day Appointments Mon-Fri 9am-4pm
Walk-ins Welcome! **916.434.8800**

Sarala Ghanapuram, MD
Internal Medicine

BRINGING MEDICAL CARE TO HOMEBOUND SENIORS



Ron Ordone, NP
Gerontology/Geriatrics
Medical House Calls

916.543.1593
89 Lincoln Blvd., Suite 100
LincolnMedicalPractice.com

Senior Care Clinic
HOUSE CALLS

WAYNE'S FIX-ALL SERVICE

- Ceiling Fans
- Recessed Lighting
- Tile Work
- Electrical Outlets
- Remodeling
- Interior / Exterior Painting
- Circulating Water Pumps
- Phone / Cable Jacks
- Shelving
- Drywall & Texture
- Carpentry

(916) 773-5352

General Contractor
Lic. # 749040
Insured and Bonded

Old fashioned handyman
specializing in your needs

Established 1996



CM Ponds & Stuff
CHUCK COTTAM

Ph: 916-408-7474
Cell: 408-691-6431
Email: cottamcm1@aol.com

302 Sunnyside Court
Lincoln, CA 95648

License # 675667
USAF MSGT Retired

Fish Pond Builder
20 Years Experience

Notary on the Go!

National Notary Association Certified Signing Agent



Available 9:00 am to 5:00 pm daily
Weekends by appointment
Mobile Notary "I come to you"
Se Habla Espanol

Anna McClellan
Notary Public
Lincoln, CA

Phone: (707) 480-4646
Fax: (916) 409-5318
Email: anna_mcclellan@yahoo.com

MEXICO from only ***\$799**

*Fares are per person, based on double occupancy and subject to availability. Taxes and fees are additional.
Plan ahead and save!

Ports: San Francisco
Puerto Vallarta,
Manzanillo, Mazatlan,
Cabo San Lucas ~
Return to San Francisco.
Sailing 02/03/16



Sail Round Trip from
San Francisco for
10 Days
with Round-Trip bus
transportation
from Lincoln available!

SHOP LOCAL! Call **CLUB CRUISE & Travel**
for all of your travel needs at **916-789-4100** or stop by:
851 Sterling Parkway, Lincoln, CA Across from Raley's.
CST#203338040

916-778-7985

Diane's
Helping Hand

24 HOUR PERSONAL CARE

Medication Mgmt., Errands,
Shopping, Pet Care, Meal Prep,
Recovery Assistance, Dr Appt...

dbeninger@att.net



Home Repair Services
Reliable, Quality Work
Call for FREE Estimate
(916) 240-0071

- Painting
- Plumbing
- Fans
- Light Fixtures
- Fence Repair
- Sprinklers
- & More

Curt Bartley
Owner/Operator
Bartley Properties
Lic. 871437

author of two art books,, and founder of the School of Light & Color (www.lightandcolor.com). Students from all parts of the world come to study her unique approach to color. See more at www.susansarback.com.

Mixed Media

Art Journaling

Tuesdays, March 8 & 22 — 143116-02

9:00 AM-12:00 PM (KS). \$35 (two sessions). Supply fee paid to instructor \$5. Instructor: Kerry Dahlin. A variety of media will be used as we “play” on the pages of our art journals. You will learn how to visually and artistically record your days and express yourself while exploring color theory, composition, balance, and texture. You will love creating interesting, interactive mixed media pages in a journal that is uniquely you. Supplies to bring to class: Mixed Media spiral-bound artist paper pad (available at Michaels, Hobby Lobby, Aaron Brothers), glue stick, scissors, small paint brush, Sharpie pen, white gesso, plus any favorite mixed media supplies you have.



Ceramics

—Lladro—

Spanish Oil Painting

Wednesdays, March 2-30 — 206116-02

1:00-4:00 PM (KS). \$50 (five sessions). Instructor: Barbara Bartling. **Prerequisite:** Lladro requires a steady hand and concentration. A beginning & continuing class on how to paint porcelain figurines. Learn basics painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order.



Vacation drop-in: LADD — \$12 per session.

—Pottery—

Beginning/Intermediate Ceramics

Tuesdays, March 1-29 — 212116-02

1:00-4:00 PM (OC). \$67 (five sessions). Instructor: Jim Alvis. Introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Course covers basic hand building and wheel throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use instructor’s tools to create their first art piece. Supply list provided at first meeting for future classes.



Vacation drop-in: CERD1 — \$17 per session.

Advanced Ceramics

Tuesdays, March 1-29 — 212216-02

9:00 AM-12:30 PM (OC). \$67 (five sessions). Instructor: Jim Alvis. This class is for the self-motivated students/artists with established ceramic skills. Students explore their individual craft and sculpture projects with guidance from instructor. Course includes demonstrations, assignments, group discussion and constructive critique.



Vacation drop-in: CERD3 — \$17 per session.

Ceramics—All Levels

Thursdays, March 3-31 — 221116-02

1:00-4:00 PM (OC). \$67 (five sessions). Instructor: Terry Accomando. Open to all skill levels. The class teaches hand-building techniques and working on the potter’s wheel. Students are encouraged to work at their own pace receiving individual instruction to achieve goals on any project they choose. Frequent demonstrations are given introducing new and exciting projects. *About the Instructor:* Terry brings 34 years experience teaching ceramics, drawing and painting to help you work independently on any project. Supply list available at the Activities Desks and online.



Vacation drop-in: CERD2 — \$17 per session.

Crafts

—Card Making—

Intro to Card Making 101—Level 1

Mondays, March 7-21 — 317116-02

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. Have you ever wanted to make a greeting card, but you just weren’t sure how to get started? Then this class is for you! This class will teach all of the “ins and outs” of making greeting cards and more. You will be making and taking home with you at least two cards and/or projects at each session. This is a fun three-hour class. Class size is limited, so sign-up early to reserve your space. All supplies will be provided.



Card Making Level 2—Intermediate

Tuesdays, March 8-22 — 317216-02

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. **Prerequisite:** Completion of at least three-to-four sessions of Intro to Card Making 101—Level 1, or instructor’s approval. This class will build on your card making skills, while introducing you to some new and different card making and paper craft techniques. This class is not for beginners. Class size is limited, so sign-up early to reserve your space. All supplies will be provided.



WE MOVED TO A NEW LOCATION!



- New & Used Sale
- Service
- Parts & Accessories
- Rentals



ELECTRICK MOTORSPORTS INC.

3730 Placer Corporate Dr.
Rocklin, CA 95765

(916) 652-2222

www.electrickmotorsports.com



SUNRISE PAINTING

SERVICES COVERING CALIFORNIA

California Contractors License #708638
Bonded and Insured

- Winter Special: 10% off interior repaints, through February.
- Exterior repaints, special three-color, two coats, from \$2350.
- Painter by the day. For touch-ups and smaller jobs, \$325.

(916) 430-7742

sunrisepaintingsvs@gmail.com
www.sunrisepaintingservices.com

Free Estimates



Vision to Last a Lifetime -

Complete Eye Care at Wilmarth Eye and Laser

The Latest in Technology -

Dr. Wilmarth is the first in the Pacific Northwest to implant the **Vision ICL** for the correction of nearsightedness from -3.00 to -20.00. This is a great choice for those who do not qualify for LASIK due to thin corneas, high correction, or dry eyes.

The Crystalens is unique. This procedure replaces the natural lens in the eye with a new accommodating lens that allows patients to see near, far and everywhere in between. Cataract patients and those wearing reading glasses, bifocals, or trifocals are enjoying this amazing new technology.

Advanced CustomVue Wave-Front LASIK

acknowledges that your vision is unique.



Dr. Wilmarth is a board-certified eye surgeon and the medical director of the Horizon Vision Center in Roseville.

The **VISX Star S4** is equipped with **WaveScan** technology and **Iris Registration** to insure accuracy. Your treatment is tailored to your individual needs. Custom LASIK can help individuals achieve their best possible vision, typically 20/20 or better.

Cataract Surgery

Dr. Wilmarth has performed over 3500 cataract procedures at his Surgery Center over the past 20 years. He is on the forefront in lens replacement technology.

Complimentary Consultations

Call today to schedule your consultation. Together we will determine which vision correction option is best suited for your lifestyle.

Financing Options Available



Stephen S. Wilmarth, M.D. - Vision Correction Specialist
1830 Sierra Gardens Dr. • Suite 100 • Roseville

www.wilmartheye.com
916-782-2111

Card Making Level 3—Intermediate / Advanced**Wednesdays, March 9-23 — 317316-02**

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. **Prerequisite:** This class will build on your skills from Level 2, while introducing you to some new and different card making and paper craft techniques. This class is **not** for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided.

**Card Making Level 4—Advanced****Fridays, March 11-25 — 317416-02**

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. **Prerequisite:** This class is designed for the more experienced card maker and for those who have completed Levels 1 through 3, or have instructor's approval. The class will continue to build and explore different card making and paper craft techniques, dies, inks, and much more. Class size is limited, so sign-up early to reserve your space in the class. All supplies and equipment will be provided.

—Craft Corner—**Floral T-Shirt****Thursday, March 10 — 302016 -02**

1:00-3:30 PM (KS). \$20. Instructor: Judi Masters. Brighten up your spring wardrobe with a beautiful painted t-shirt. In this class, you will learn techniques that appear as watercolors on fabric. You will love creating your own style of wearable art. This is fun and easy for everyone. Student must supply own 100% cotton white shirt for the project.

**—Flower Arrangements—****Fresh Floral Blooms of Spring****Monday, March 7 — 301016-02**

9:30-11:30 AM. (KS) \$45. Instructors: Jen Steele and Sally Hernandez. Let's get our creativity flowing with the fresh floral blooms of spring. This class is fun, easy, and very hands on. We will guide you step by step to creating a beautiful arrangement that you can be proud of and enjoy. You'll learn tips and design basics while using colors that reflect the season. Container, flowers, and greenery provided but feel free to bring something in from your garden to integrate into your arrangement. Students must bring own floral shears and floral knife to class.

**Cooking****Cooking with Chef Roderick
Hors d'oeuvres****Thursday, April 7 — 322116-02**

9:00-11:00 AM (KS). \$18. Instructor: Meridians Chef Roderick Williams. Entertaining guests can be so much fun when you add these simple party favorites: Chicken Spring Rolls, Shrimp & Snow Pea Dumplings, Crab Rangoon. You will learn these yummy hors d'oeuvres plus Sweet & Sour Dipping Sauce. Recipes will be provided.

**Dance****—Clogging—**

Dance your way to better balance, unclogged arteries, better muscle memory and that all-important mental memory. Not only is clogging a vigorous, rhythmic, energetic dance form, it is a whole lot of fun that helps improve quality of life. Join us in any of the clogging classes below that fit your skills.

Beginning Clogging**Tuesdays, March 1-29 — 332116-02**

10:00-11:00 AM (KS). \$35 (five sessions). Instructor: Janice Hanzel. Closed to new students. Low impact, not as hard as you think. Bring your friends, bring your enthusiasm. Class will move through the eight basic traditional clogging movements at a relaxed pace. Learn fun clogging dances with basic and easy level steps. Special attention to balance skills is part of the lessons. Join us and move to the music. No special shoes required; flat-soled shoes recommended.

**Easy-to-Intermediate Clogging****Tuesdays, March 1-29 — 332216-02**

11:00 AM-12:00 PM (KS). \$35 (five sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We'll also learn new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate.

Vacation drop-in: CLOG1 — \$10 per session.**Intermediate Plus Clogging****Tuesdays, March 1-29 — 332316-02**

12:00-1:00 PM (KS). \$35 (five sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval. Students are strongly encouraged to take 11:00 AM class. Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events.

Vacation drop-in: CLOG2 — \$10 per session.



LINCOLN HILLS

GOLF CLUB

TAKE YOUR GAME TO THE NEXT LEVEL
WITH THE PLAYER DEVELOPMENT PROGRAM

**PAY FOR A FULL YEAR
& RECEIVE 2 MONTHS
FREE!**

ONLY \$39 PER MONTH
UNLIMITED RANGE BALLS EVERYDAY
\$19 GOLF & CART AFTER 12PM
\$10 GOLF & CART AFTER 3PM
SINGLE, COUPLE, & FAMILY
OPTIONS AVAILABLE

**VISIT OUR WEBSITE
TO JOIN!**

MANAGED BY
BILLY CASPER GOLF

LINCOLNHILLSGOLFCLUB.COM
916.543.9200
1005 SUN CITY LANE • LINCOLN, CA 95648

—Country Western Dancing—

**Country Couples Western Dance
Beginner Level One & Two**

Mondays, March 7-28 — 344216-02

7:00-8:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles with some being mixers. Instruction will be at a slower pace for beginners.

**Country Couples Western Dance
Beginner/Intermediate Level Three & Four**

Mondays, March 7-28 — 344416-02

8:00-9:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed your Country Couples Beginner Class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You've learned some of the basics, now it's time to add a few more steps and turns. Dances to be taught this month will be circle dance "horseshoe a circle dance, Babykakes a cha cha routing."



Country Line Dancing

Fridays, March 4-25 — 346116-02

3:00-4:00 PM (KS). \$20 (four sessions). Instructor: Jim & Jeanie Keener. This class is a mixture of beginner, high beginner, and intermediate dances and features the popular "old" line dances that are done at country dances around the area.

—Dancing with Dolly—

Lyrical Jazz/Ballet

Thursdays, March 3-31 — 353516-02

5:00-6:30 PM (OC Fitness). \$62 (five sessions). Instructor: Dolly Schumacher James. "We were all born to move to music. It's in our souls and bodies." Remember the abandon of letting music move through your body—feeling free? Master teacher Dolly Schumacher James encourages the "dancer within" as students learn the fundamentals of ballet and lyrical dance, in a gentle yet challenging way. Using music as motivation, students will learn to express themselves through movement. Both styles of dance develop core strength, flexibility, co-ordination, and grace. Classes are designed for beginning and intermediate students. Feel the joy as your body moves to beautiful music and your spirit soars!



Performance Dance — Intermediate to Advanced Level

Fridays, March 4-25 — 354516-02

2:15-3:45 PM (OC Fitness). \$50 (four sessions). Instructor: Dolly Schumacher James. **Prerequisite:** By audition or teacher's approval only. Advanced dancers learn choreography in Jazz, Lyrical, Comedy, Funk, and Musical Theater.



—Hula—

Hula

Thursdays, March 3-31 — 390216-02

1:00-2:15 PM (KS). \$50 (five sessions). Instructor: Pam Akina. Begin or continue your study of hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for mind, body, and spirit! Performance techniques are also shared and occasional performance opportunities are available for students. New students, please contact Pam prior to first class: Pamahoa@hulapono.com or 521-0474.



Vacation drop-in: HULA — \$13 per session.

—Jazz—

Jazz Class for the Beginner

Thursdays, March 3-31 — 353016-02

11:00 AM-12:00 PM (KS). \$40 (five sessions). Instructor: Melanie Greenwood. This class will leave your mind, body, and spirit feeling empowered, energized, and more flexible. Melanie will demonstrate different styles of Jazz to ensure proper execution in a fun and positive way. Come join her! You'll leave with a smile on your face and a love of jazz dancing in your heart. *About the Instructor:* Melanie started teaching at 16-years-old and turned professional at 18. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, Reno, Nashville, Branson, Tokyo Disneyland, as well as on TV and video.

Vacation drop-in: JAZZ1 — \$13 per session.

Jazz Technique 2

Tuesdays, March 1-29 — 353116-02

1:00-2:00 PM (KS). \$40 (five sessions). Instructor: Melanie Greenwood. This class is for dancers with some basic dance training. Melanie has taught dancers from beginners to professionals. She has danced professionally across the U.S. and Canada. Performing in USO shows in Europe, her favorite was on the USS Nimitz. You will laugh and smile while dancing to fun music that makes you move like nobody is watching. Join us! We dance to live and live to dance.



Vacation drop-in: JAZZ2 — \$13 per session.



PC & Mac Resources

Terry Rooney
Lincoln Hills Resident
Microsoft Business Partner



- Mac and Windows computer installations and upgrades
- Assistance with iPads & iPhones, Android tablets & phones
- Wireless (Wi-Fi) networking, plus file & printer sharing
- Computer tuneups, removal of spyware, viruses, malware

Phone: 916-543-9474
Email: tarooney@gmail.com
2425 Swainson Lane, Lincoln, CA 95648

Your Old Photos! Restored!



I live in *Lincoln Hills* and will gladly do free estimates in your home.



Patrick J Osborne
Visionary Design
916-408-4152
email chilemon@starstream.net

STEVEN POPE LANDSCAPING

CSL#656957

*Roof gutter cleaning • Yearly pruning
Installation & removal of Christmas lights*

- Irrigation
- Ponds
- Landscape design
- Sod lawns
- Moss rocks
- Outdoor lighting
- Trenching
- Renovation
- Consultations

P.O. Box 7766 • Auburn, CA 95604

(916) 730-7256

CLEANED WHERE THEY HANG SIERRA HOME & COMMERCIAL SERVICES

We Safely Clean Any Fabric
Window Treatment In Any Configuration,
Right Where It Hangs

Remove That
Smoke • Nicotine • Mildew
We Will Remove & Rehang For Remodels

We Clean All Fabric Window Treatments
Including: Drapes, Laminettes, Duettes, Silhouettes, Swags, Jabobs,
Balloons, Verticals, Valances, Fragile Fabrics, Upholstery, and Fine Leather Furniture

www.sierrahcservices.com

We Are A Certified Hunter/Douglas Cleaning Service & Repair Company

Call For Your Free In-Home Estimate Today

(530) 637-4517 Licensed - Insured **(916) 956-6774**

HAWAII from only *\$1,349

*Fares are per person, based on double occupancy and subject to availability. Taxes and fees are additional.

Plan ahead and save!

Ports: San Francisco
Kauai, Maui, Honolulu &
Ensenada

Return to San Francisco.

Sailing

01/19 & 03/04 - 2016



Sail Round Trip from
San Francisco for
10 Days
with Round-Trip bus
transportation
from Lincoln available!

SHOP LOCAL! Call **CLUB CRUISE & Travel**
for all of your travel needs at **916-789-4100** or stop by:
851 Sterling Parkway, Lincoln, CA Across from Raley's. CST#203338040



HOME

Handyman Services
Home Ownership Made Easy

Glenn E. Johnson
Owner

916-587-4001
call.handyman@att.net



Michael J. Donovan
Attorney at Law



**Wills, Trusts
& Probate**

(916) 295-9714

Over 800 Living Trusts prepared
for Lincoln Hills residents

~ Living Trust Portfolio \$700 ~

DODGE ELECTRIC

Stephen Dodge

Over 35 years experience / Lincoln Hills Resident



916-626-9190

Security Lighting • Ceiling Fans • Recessed Lights
Dryer Circuits • Golf Cart Circuits • LED Lighting

Free Estimates • Cont. Lic. #964034





A fine balance:

Independence + Peace of Mind

Mom's priority? *Independence*. Yours? *Peace of mind* knowing she is happy and healthy when you can't be by her side. At Eskaton, we've found the balance:

- *Hospitality and support services* according to each resident's wants and needs
- Advanced *smart-sensor technology* (most communities) to detect variations in normal routines allowing for quick response
- *All-inclusive pricing structure*, so there are no surprises

Pick up the phone or go online for more:

eskaton.org

Eskaton Lodge Granite Bay

Independent Living with Services
and Assisted Living

916-970-8318

License # 315001421

Eskaton Village Carmichael

Continuing Care Community (CCRC): Independent
Living with Services, Assisted Living, Memory Care
and Skilled Nursing

916-827-1480

License # 340313383 | COA # 202

Eskaton Village Roseville

Assisted Living and Memory Care

916-432-5450

License # 315002052



A leading nonprofit provider of aging services in Northern California since 1968

—Line Dance—

We offer various levels of Line Dance classes taught by three different instructors. Choose the skill level, schedule and instructor that will best fit your needs. Listed below are the instructors and classes listed in order of difficulty.

Intro to Line Dance

The first step to learning line dancing! This class is for real beginners introducing basic line dance steps, dances and terminology at a very slow and easy pace. Join Yvonne and Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future.



Intro to Line Dance

- **Mondays, March 7-April 25 — 360016-02**
4:00-5:00 PM (KS). \$48 (eight sessions).
Instructor: Audrey Fish.
- **Thursdays, March 3-April 28 — 370016-02**
9:00-10:00 AM (KS). \$54 (nine sessions).
Instructor: Yvonne Krause-Schenck.

Line Dance I—Beginner

Prerequisite: Not for newbies, students must be familiar with line dance terminology. Class reviews fundamentals of line dance, including basic steps such as Grapevine, Jazz Box, Shuffle Quarter and Half Turns at a slow tempo.

- **Mondays, March 7-28 — 370116-02**
9:00-10:00 AM (KS). \$24 (four sessions).
Instructor: Yvonne Krause-Schenck.

Vacation drop-in: LDANCE1 — \$10 per session.

- **Thursdays, March 3-31 — 360116-02**
2:30-3:30 PM (KS). \$30 (five sessions).
Instructor: Audrey Fish.
- **Tuesdays, March 1-29 — 380116-02**
9:00-10:00 (KS). \$30 (five sessions).
Instructor: Sandy Gardetto

Line Dance II—Beginner / Intermediate

Prerequisite: Completion of Line Dance I/Beginning Line Dance. Offers more challenging beginning, and some easier intermediate dances with more turns and combinations of steps connected together, done to faster music. Dances include Full Turns, Three Quarter Turns, Sailor Steps, Syncopated Vines, etc.

- **Mondays, March 7-28 — 360216-02**
5:00-6:00 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish.
- **Wednesdays, March 16-30 — 380216-02**
9:00-10:00 AM (KS). \$21 (three sessions).
Instructor: Sandy Gardetto.

Line Dance III—Intermediate

Prerequisite: Students should have the desire and ability

to move up to the Level III Class (Intermediate/Advanced dances), taught at an accelerated pace. Steps could include: Combination Turns, i.e., Half Pivot followed immediately by a Quarter Pivot; Full Turns; Cross and Unwind Three-Quarter Turn Step Combination; Weaves with Syncopation; Tags and Restarts, many more. There is no limit to the number of turns but caution is applied not to exceed what the dancer is capable of comfortably and safely. Teaches mostly intermediate and some advanced line dances.

- **Wednesdays, March 16-30 — 380316-02**
10:00-11:00 AM (KS). \$21 (three sessions).
Instructor: Sandy Gardetto.
- **Thursdays, March 3-31 — 360316-02**
3:30-4:30 PM (KS). \$30 (five sessions).
Instructor: Audrey Fish.

Improver Line Dance Class

Thursdays, March 3-31 — 370416-02

10:00-11:00 AM (KS). \$30 (five sessions). Instructor: Yvonne Krause-Schenck. **Prerequisite:** Knowledge of line dance terminology is a requirement. The “Improver” class is an in-between level for dancers moving from beginner to higher levels. This class will teach the student dances from high beginner to the beginner/intermediate and easy intermediate levels. Dancers can improve on their skills gained in the beginner class and learn slightly more complex dances to various speeds developing movements and steps that are just beyond that basic beginner level.

Vacation drop-in: LDANCE2 — \$10 per session.

Line Dance Instructors

- **Audrey Fish**

Audrey started teaching line dance at SCLH in September 2000. With an undergraduate degree in Exercise Science, and a Masters degree in Kinesiology/Sport Performance from California State University, Sacramento. Audrey’s Master’s thesis study, “The Effect of Line Dancing on Balance and Mobility in Adults over the age of 55,” showed a significant improvement in balance after completing an eight-week line dancing intervention.



- **Sandy Gardetto**

Sandy has been line dancing for over 14 years, teaching in Sun City Roseville for 11 years and seven years in our community. Sandy teaches in workshops in California and Hawaii.



- **Yvonne Krause**

A Lincoln Hills resident, Yvonne started dancing at an early age and has been line dancing since the 90’s. She loves to teach and finds joy in seeing her students’ progress. She thinks it is so important to keep moving and stay healthy as we age and line dancing provides that opportunity in a fun way.



—Tap—

Tap Classes with Alyson

Enjoy tap classes, make new friends, and challenge your mind and body. Alyson Meador is a highly accomplished educator in the art of tap dance whose successes as a choreographer and mentor have brought her a great deal of prestige and recognition. As the daughter of a Radio City Rockette and an Arthur Murray ballroom instructor, her exposure to the dance world was inevitable. She has been instructing for over 30 years. She is currently Artistic Director of the Leighton Dance Project Tap Company and has served the SCLH community since 2000.



Beginning Tap

Thursdays, March 3-31 — 410116-02

11:00 AM-12:00 PM (KS). \$32 (four sessions, no class March 24). This is the perfect time to discover the joy of tapping. Class introduces students to basic tap dance steps and terminology. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. New students can join the class throughout the year. New students buddy up with more experienced students for mentoring. Minimum of 10 students required for the class.

Performance Classes

Mondays, March 7-28 — 410716-02

11:00 AM-12:00 PM (KS). \$24 (three sessions; no class March 21).

Mondays, March 7-28 — 410616-02

12:00 -1:00 PM KS). \$24 (three sessions, no class March 21).

Thursdays, March 3-31 — 410316-02

12:00-1:00 PM (KS) \$32 (four sessions, no class March 24).

Technique Classes

Mondays, March 7-28 — 410516-02

10:00-11:00 AM (KS). \$24 (three sessions, no class March 21).

Tuesdays, March 1-29 — 410216-02

10:00-11:00 AM (KS). \$32 (four sessions, no class March 22).

Thursdays, March 3-31 — 410816-02

10:00-11:00 AM. (KS) \$32 (four sessions, no class March 24).

—West Coast Swing—

Introduction to West Coast Swing

Wednesdays, March 2-16 — 318116-02

6:00-7:00 PM (KS). \$30 (three weeks). Instructor: Dottie Macken. Learn the basics of this great dance from WCS instructor Dottie, and how it can be applied to various types and styles of music. Join this fun and very social dance class.

Intermediate I and II West Coast Swing

Wednesdays, March 2-16 — 318216-02

7:00-8:00 PM (KS). \$30 (three weeks). Instructor: Dottie Macken. **Prerequisite:** Must know the basics of West Coast Swing Dancing and have completed at least three sessions of the three – week classes of the Introduction to “West Coast Swing” or have instructor’s approval—not for beginners.



Glass Art

Fusing Glass and Stained Glass Workshop

Monday, March 7 — GLASS

4:30-6:30 PM, (KS). \$17. Moderator: Jordan Gorell. **Prerequisite:** For experienced students only. A moderator is present only to supervise safe use of equipment. Fusing and stained glass enthusiasts share workshop time. Fusing enthusiasts: fee includes firing of items limited to a six-inch square kiln space. Pay extra if projects require more kiln space. Pay at Activities Desk before workshop.



Stained Glass

Mondays, March 7-28 — 494116-02

1:00-4:00 PM (KS). \$44 (three sessions, no class March 14). Supply fee: \$10 payable to instructor. Instructor: Jim Fernandez. **Requirements:** No open toe shoes or short pants. Come learn the art of stained glass. We will be learning the technique of cutting glass, foiling & soldering along with safety and the proper use of equipment. Create a beautiful sun catcher, candle holders and other projects. Class is also open to more experienced students. Instructor will evaluate students’ skill level on the first day of class for proper project to be done by student. Lead glass technique now available. *About the Instructor:* Jim Fernandez has 25 years of stained glass experience.



Jewelry

—Beading—

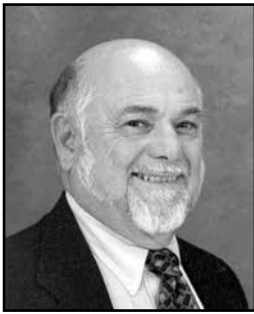
Chain Fancies Necklace

Tuesday, February 23 — 513116-01

9:00 AM-12:00 PM (KS). \$15 Instructor: Cathie Szabo. Rescheduled class. Want to incorporate a bit of chain into your jewelry but don’t like the heavy look and feel of most chain? Delicate strands of chain form half the necklace and accent the beaded half of the necklace. Class is easy enough for beginners and gives experienced beadings a new way to incorporate chain into their creations. Students should be able to complete necklace, the project, in class. Check out the sample in the OC



Continued on page 75



Income Tax Preparation & Retirement Planning

PREPARE FOR A FINANCIALLY SECURE RETIREMENT

- Certified Financial Planner with a Masters in Economics
- Enrolled Agent — Licensed to Practice before the IRS
- Free E-filing & Home Visits

CALL FOR A FREE ANALYSIS AND CONSULTATION

AL KOTTMAN, EA, CFP®
(916) 543-8151

Lincoln Hills Resident • www.ajkottman.com



"Listing or selling through me, receive a \$1000 credit at closing."

JOHN J. PEREZ
Broker Associate
Resident Realtor®
BRE# 00763471

10 Year Resident
35 Years Real Estate Experience



(916) 759-1637 — Direct Line
jjpj56@sbcglobal.net

www.kw.com



3 rooms & Hall for
\$75.00 + FREE
Whole House Deodorizer
Free estimates

Weekend Appointments Available
Powerful Truck Mounted

916-580-5182

Additional Services:
Tile Cleaning
Upholstery Cleaning
Yard Maintenance
Owner Operated Joe Avelar

Let my Dad take care of your Carpet!



Licensed & insured

TRUST YOUR ACHING FEET TO THE CARING HANDS OF DR. KELLER, DPM



Dr. Brian P. Keller, DPM

ON SITE X-RAY & DIAGNOSTIC ULTRASOUND

- Ingrown Nails
- Heel Pain
- Bunion Surgery
- Custom Arch Support
- Corns & Callouses
- Sports Injuries
- Diabetic Foot Care
- Plantar Fasciitis
- Hammertoes
- Flat Feet
- Diabetic Shoes
- Fungus Nail Treatment
- Nail Care

916 434-6410

LINCOLN PODIATRY CENTER
841 Sterling Pkwy., Suite 130 • Lincoln

Downsizing and Moving Coordination

SMOOTH TRANSITIONS[®]
of SACRAMENTO^{llc}



We specialize in helping the ever-growing older adult population (and their families) with the physical and emotional aspects of moving to a new home—including pre-planning, relocation/real estate coordination, estate dispersal, move management and setting up a new home.



Please call us for our complimentary one hour in-home consultation today. We will help you and your loved ones with the logistics of planning a move with as little or as much help as needed.

916 838-7922



Connie James

connie@movingforseniors.com

SMOOTH TRANSITIONS OF SACRAMENTO[®], LLC

Experts in Move Planning, Downsizing, Relocation and Home Dispersal.
www.movingforseniorssac.com www.movingforseniors.com

SELLING A VEHICLE?

We...

- Pay top dollar and almost always beat Carmax's bid.
- Take care of all paper work, bank payoffs, DMV, etc.
- Can come to you, at your convenience.
- All years, makes, models, and miles considered!

OUTLET4CARS.COM



Jan & Montie have been residents of SCLH for 10 years. Montie has been in the Auto Industry for over 40 years.

Call Montie

916-417-7468 cell

Pest-free is worry-free!

- Pest and rodent control
- Thorough inspection and evaluation of your property
- Customized treatment programs
- Environmentally sensitive pest control
- Weed control
- Complete lawn care service
- Locally owned and operated



inspiredpestmgmt.com
916.917.8402

License #7244

Call today for your free inspection!

display window. Be sure you get the proper materials list when you register—look for the name and code # for Chain Fancies Necklace as well as the photo of the necklace.

WWE/“Leftovers” Necklace

Tuesday, March 8 — 513216-01

9:00 AM-12:00 PM (KS) \$15 (one session) Instructor: Cathie Szabo. No it’s not wrestling. WWE, in this case, means “wear with everything.” Imagine a necklace made from “leftover beads,” all shapes and sizes, that goes with almost everything in your wardrobe. Different colors, and sizes of large beads are connected with a rainbow of seed beads, all in different sizes. Choose the length of necklace from short to “long enough to double.” And the best part, no going to a bead store. Cathie has accumulated all her “leftovers” for you to use and will be bringing her stash of seed beads to choose from! All the beads you’ll need will be on hand for the class. Students should complete at least one necklace in class! Material fee of \$5 due to the instructor at start of class. Sign up, get the “materials list”—it’s just a listing of basic items from home you’ll need to complete your necklace.



—Silverware Jewelry—

Spoon Jewelry

Discover the art of spoon jewelry! Create beautiful pieces of jewelry made from a spoon or fork. Spoon Jewelry has been around for many years and was a cultural thing in the 60’s and 70’s. Learn to identify the manufacturer, style and period, maker’s mark, metal used, and some very interesting facts about silverware. Learn to use tools to cut, file, and polish. All supplies will be provided on the first session including silverware for making one ring or pendant (plated), books and tools needed. For the second part of the workshop, students will supply their own spoon. Please bring a few silverware pieces and we will discuss them in class. Students will take home one free spoon jewelry piece. *About the Instructor:* Charles Kampf has been making Spoon Jewelry since 1990 and has taught and sold all around the country.



Earrings

Mondays, March 14 & 21 — 542116-02

9:00 AM-12:00 PM (KS). \$52 (two sessions).

Money Matters

Classes that encourage a healthy state of well-being while preparing financially for the future.

Retirement Community Option Financial Planning

Tuesday, February 23 — 871000-02

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Retirees have choices now where they can choose to retire,

planned communities, smaller living resources involving a buy in price, and retirement apartments to name a few. How do you decide financially which is the best option and how do you quantify the value of each. Come learn how to make better informed decisions at this timely discussion.

If Interest Rates Go Up, then What?

Tuesday, March 22 — 871000-03

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Bonds have long been the staple for investors seeking a respite from volatile stock markets and to earn more stable income.

However, if rates start going up, what happens to bonds? Is this a positive for me or not? Do they drop in value and what type of bonds should I have to withstand this potential outcome? Come learn about how interest rates and the economy work and what to do with your bond portfolio if rates rise.



Basic Economics for Everyone (Not just Investors)

Tuesday, April 26 — 871000-04

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. If any of us had an Economics class, we might remember either how tough or boring it was.

However, much of investors’ angst today and in the past is based on fear or a misunderstanding of basic Economics. Come learn some very simple and important Economic topics which you can use for investments, life in general, and to just calm investor nerves.



Movie

History of the Movie Musical Part 2

Wednesdays, February 24-March 16 — 521416-01

1:00-4:00 PM (KS). \$30 Instructor: Ray Ashton. As part of the 12-part journey through the entire history of the movie musical from 1927 and “The Jazz Singer” to the latest movie musicals of the 2000’s, Part 2. will focus on the studio system and the movie musical factory called MGM. Join us as we travel through the history of movie musicals. Duration of class may vary depending on curriculum.



History of the Movie Musical Part 3

Wednesdays, April 6-May 25 — 521416-02

1:00-4:00 PM (KS). \$30 Instructor: Ray Ashton. In April we will continue our journey into the 21st century and the resurgence of the movie musical. Beginning with the controversial “Moulin Rouge” and the Academy Award winning “Chicago” we will meet a new breed of film maker and a newer approach to the making of a musical with the live on set recording of “Les Miserable”. We will discover more movie versions of our Broadway favorites and a harkening back to the “Jukebox” musical. So, come join us and bring a friend as we travel through one of the great stories called “The History of the Movie Musical.”

Continued on page 79

Tara Pinder

Selling Lincoln Hills Homes Since 1999

Top Producer - Masters Club
Over 32 years real estate experience



Tara Pinder
(916) 600-2836
mspindy@mac.com
Lic# 00898876



SUN RIDGE
REAL ESTATE

*Keep Calm and
Sell Real Estate!*

Rebark Time, Inc.

Get Ready for Fall and Winter

October through February are the months your plants need you most. We offer a twice a year weed abatement program with a 6 month guarantee. Also an annual professional pruning and fertilization. We can help educate you on all your plants, trees, shrubs and ground covers.

Rebark Time also offers:



- Tree planting
- Tree and shrub fertilization
- Pruning
- Tree removal
- Thinning and pruning
- Young tree training &
- Fruit tree maintenance

If you have a low to no maintenance yard, why pay for a weekly or monthly service? Have **Rebark Time** come in once or twice a year and do all the pruning, weeding, and fertilizing for you.

Ask us about our winter specials on bark installation.

Rebark Time, Inc.

Ph. (916)410-0776

Ph. (916)764-7650

Fax (916)408-2407

<http://www.rebarktime.com>



A Home Equity Conversion Mortgage



Cash Flow

The chief concern amongst today's retirees is having enough money to live comfortably.



A Home Equity Conversion Mortgage may be the answer you've been looking for:

- Available to eligible homeowners 62 or older
- Eliminates existing mortgage payments
- Setup monthly payments to YOU instead of making them!
- Establish Line of Credit for future use or emergencies

Borrower must maintain home as primary residence and remain current on property taxes, homeowners insurance, and HOA fees.

Call today for a free no-obligation quote

Launi Cooper
NMLS #582957
916.342.2211
lcooper@rfslends.com
2603 Camino Ramon Ste 200
San Ramon, CA94583



Senegy One Lending, Inc. d/b/a Retirement Funding Solutions NMLS 102394. Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act - California License #111136.
These materials are not HUD or FHA and the document was not approved by HUD, FHA or any Government Agency.



WINE

Meridians
RESTAURANT



WINE MAKERS DINNER

SATURDAY MARCH 5TH AT 5:30 PM
5 COURSE DINNER | \$85 INCLUSIVE



Meridians
Celebrate
ST. PATRICK'S DAY

Thursday, March 17
Lunch or Dinner

Join us for a
Wonderful Meal of
Corned Beef & Cabbage

www.MeridiansRestaurant.com
Reservations highly recommended, call 916.625.4040

DRINK SPECIALS ALL DAY LONG!

Victoria Mosur, D.D.S.



Victoria Mosur, DDS

- General & Cosmetic Dentistry
- Crowns & Bridges
- Partial and Complete Denture
- Root Canal Therapy
- Implants (also repairs)
- Laser Treatment
- Preventative Care
- Tooth Whitening
- Emergency Care

New Patients Welcome

We offer a friendly, safe, and caring environment. Please come in and meet our dental team and make our practice your dental home.

Visit our website to view additional information and what our patients have to say.

(916) 645-3373

www.victoriamosurdds.com
496 East Ave, Lincoln, CA

Thinking of Selling ?



Sharon Worman

916-408-1555

Still serving the
Real Estate
needs of
"Lincoln Hills"
with

www.sharonworman.com

Email: sharonworman@ast.com

Coldwell Banker
Sun Ridge

BRE #00905744

Almost 30 years of
local Real Estate
experience



#1 Winery in CA
2015 CA State Fair

EXPERIENCE  *Wise Villa Winery & Bistro*

**Educational
Food & Wine Pairing**
Open Wednesday - Sunday 11-5pm
Friday Night Dinner,
Wine & Live Music
5-9pm (Gates close 8:30)

Join us for
**Special Sunset Dinner Seating
Every Friday Evenings 5-5:45pm.**

4200 Wise Rd, Lincoln,
Corner of Wise Rd & Garden Bar

916-543-0323 wisevillawinery.com

Visit our new tasting room at the Roseville Galleria Mall!
(2nd Level near Victoria's Secret) Mon-Sat 11-9pm, Sun 11-7pm



ROBERTSON | ADAMS

Trust & Estate Attorneys

Formerly Adams & Hayes Law

WILLS & TRUSTS, PROBATE, CONSERVATORSHIPS
TRUST/ESTATE ADMINISTRATION, LITIGATION
SPECIAL NEEDS TRUSTS



Juliette T. Robertson
Principal Attorney

Michelle A. Martin
Senior Associate
Attorney

**Therese A. Adams &
Marilyn Y. Clark, Of Counsel**

*Certified Specialist, Estate Planning, Trust & Probate Law

458 McBean Park Drive
Lincoln, CA 95648

Tel: 916.434.2550 - Fax: 916.434.2551

www.robertsonadamslaw.com



Duration of class may vary depending on curriculum.

Music

—Guitar—

Guitar classes offered below are not accepting new students without instructor approval or stated in article. Instructor moves the students to the next level based on skills evaluation.

Guitar 1A — Beginner Level

Wednesdays, March 2-30 — 535116-02

8:00-10:00 AM (KS). \$55 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently open to new students. Class is designed for the person who has not played before or hasn't played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory. **Recommendations:** Nylon string guitars are easier to press down, and allow more room for your fingers and easier access to learn and play chords. The teacher can advise students on the purchase of a guitar if needed.



Guitar 1B — Continuing Beginner Level

Mondays, March 7-28 — 535716-02

8:00-10:00 AM (OC). \$45 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** completion of Guitar 1A or Instructor's approval. Class will cover more advanced note reading, open and moveable chords, strumming, for many types of music, basic finger picking in simple and compound meters, singing and strumming to basic folk and popular songs will be continued. Theory relative to all course of study will be taught.

Guitar 2 — Entry to Intermediate Level

Wednesdays, March 2-30 — 535216-02

10:15 AM-12:15 PM (KS). \$55 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 1B or instructor approval. This class will cover more advanced note reading, chords written in notation, more advanced rhythms and more advanced ensemble music in duets, trios and quartets. New positional study will be started in 2nd, 5th, and 7th positions. We will also study how to play solo literature and basic chord melody. Music theory, pertinent to all course work, will be taught. Bill, 899-8383.

Guitar 3 — Intermediate

Thursdays, March 3-31 — 535316-02

8:00-10:00 AM (OC). \$55 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 2B or Instructor's approval. Studies will include literature written for solo and ensemble playing. We will learn how to add chords to single



line music how to change choral voicing's to enhance performance, play in minor and major keys. New enhanced rhythms will be introduced. Further study in the chord- melody style, and theory relative to all courses of study will be taught. There will be a continuation of the adaptive power picking style in different genres of music.

Guitar 4 — Advanced

Thursdays, March 3-31 — 535416-02

10:00 AM-12:00 PM (OC). \$55 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. Continue to study more advanced styles of guitar music plus more advanced versions of ensemble playing, duets, trios, quartets.

Folk Guitar for Fun Folks

Tuesdays, March 1-29 — 536216-02

1:00-2:00 PM (OC). \$44 (five sessions). Instructor: Darrell Effinger. No prior music knowledge is necessary for these classes and a good singing voice is *not* a prerequisite! Emphasis will be on playing chords on the guitar to familiar songs while singing and having fun with fellow guitarists. Folk songs of the 50's, 60's and 70's will be taught, including songs by artists such as the Kingston Trio, Peter, Paul and Mary, Simon and Garfunkel, John Denver and others. Various strumming styles will be shown, and at the intermediate level, finger picking will be taught. Basic music theory (notes) will be shown but not emphasized. Information on how to choose and purchase a guitar for your personal use as a beginner through an advanced player will be available. Guitar aides such as capos and tuners will be discussed at the first meeting. Come Learn, Sing, Enjoy, Have Fun and Join the Hootenanny! Darrell is a long-time teacher, musician, story teller and folk singer who was a member of the New Christy Minstrels, appeared on the PBS Folk Music Special "This Land Is Your Land," has toured with Glenn Yarbrough, opened for the Kingston Trio, played with Peter, of Peter, Paul and Mary, and has appeared solo, or with various groups at numerous venues. Questions: Call Darrell at 989-8532.



—Voice—

Singer Vocal Boot Camp Continuation

Fridays, March 4-25 — 537216-02

10:30 AM-12:30 PM (KS). \$45 (four sessions). Instructor: Bill Sveglini. We will continue to sing special SAT and SATB arrangements that have been written by the teacher. We will also be working on vocal exercises to increase range and tone quality as well as the warm up exercises and sight singing exercises specifically written for this class by the instructor.



Personal Improvement

Programs that provide learning and development in areas of life that are unique to each individual.

The Sudoku Series

Tuesday, February 23 — 870000-02

Tuesday, March 22 — 870000-03

Tuesday, April 26 — 870000-04

9:00-10:30 AM, P-Hall (KS). \$5. Instructor:

Russ Abbott. Beginning Sudoku: Sudoku is sweeping the nation as one of the selected puzzles to appear in most major daily newspaper publications. From Easy to Ultra Extreme, Sudoku provides challenges for all levels of curiosity. Come learn how to master this puzzle and develop problem solving skills you never knew you had. The instructor, Russ Abbott, will teach you his “Box Rule of Two” strategy he personally developed, as well as, many other techniques to increase your joy and ability to complete Sudoku puzzles of many levels. Handouts will be provided.



Living Through Transitions

Separate session—support person only, registration opens five days prior to session

March 5 — 823500-TR “Transportation and Housing Issues”

March 12 — 823500-MA “End of Life Issues”

April 2 — 823500-AP “Moving Beyond Loss”

9:00 AM-12:00 PM, P-Hall (KS). Your future in Sun City Lincoln Hills is about being prepared for the changes in your life,



health, and environment that occur as you grow older. Get your keys to unlock the six secrets to meeting the predictable challenges ahead. The Six Keys support you’re planning: personal finances, legal protection, dealing with loss, navigating the healthcare system, housing options and driving and end of life choices. If you have questions or need help enrolling please email carol.zortman@schca.com or call 625-4032. Dates include: January 23, February 6, February 13, March 5, March 12, and April 2. Residents Register: Fitness/Activities Desks or online.

Two-day class! AARP Driver Safety Training

Wednesday and Thursday, March 23 & 24 — 481016-01

9:00 AM-1:30 PM (OC). Fee \$25 (AARP member) or \$30 (non-member). Fee includes a \$10 Association administrative fee. Instructor:

Tom McMahon. AARP Driver Safety Training is geared to the “over 50” driver, and covers how to adjust driving to age-related changes in our bodies, as well as common sense ways to drive more safely. Course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving.



There are no tests to pass. You must present your AARP membership card at registration and bring it to class in order to receive the discounted rate. Bring a valid driver’s license to class in order to receive a Certificate of Completion (required by many insurance companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver’s test. Class space is limited.

Sewing

—Certification—

Bernina Serger Certification

Monday, March 14 — 591116-02

1:00-2:00 PM (OC). \$15. Instructor: Sylvia Feldman. All supplies provided except, bring scissors and tweezers. Class limit three.

Bernina Sewing Machine Certification

Monday, March 14 — 592116-02

2:30-3:30 PM (OC). \$15. Instructor: Sylvia Feldman. Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class.



Janome Sewing Machine Certification

Monday, March 14 — 593116-02

3:30-4:30 PM (OC). \$15. Instructor: Sylvia Feldman. Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class.

Technology

—General—

Google Chrome

Friday, March 18 — 288216-02

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. Google Chrome is a free Internet browser that allows you to access the Internet and view web pages. It is an alternative to the malware exploited Internet Explorer. Chrome is fast, streamlined, clean, and simple. It keeps you safe and secure on the web with built-in auto-updates and malware and phishing protection. It is easy to tweak Chrome settings and add apps, extensions, and themes from the Chrome Web Store. Chrome is the most widely used browser in the world and is available for desktop, laptop, tablet, and phone computers. You can download Chrome Windows, OSX, and Linux versions.

Super Searching with Google Search

Wednesday, March 23 — 288116-02

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. In the fall of 1999, the Google search engine went live and immediately changed the way researchers searched the web. At the same

Continued on page 83



**You Have EARNED
Financial Security &
Independence!**
**Live Your Retirement
Dreams Today!**

Work with a local professional with
over 30 years experience!



Beth Miller-Bornemann

**YOUR LOCAL REVERSE
MORTGAGE SPECIALIST**

I live Locally & Work Locally!

The New Reverse Mortgage

- No Monthly P&I Payments Required to be paid*
 - Proceeds are NON-TAXABLE
 - You hold title to your home—not the bank
 - Heirs inherit your home—not the bank, not the government
 - No debt to your estate or your heirs—ever!
 - Never repay more than your home's value
- *Taxes & insurance paid by owner, must be primary residence & normal upkeep required

**Pay Off Your Current Mortgage with a FHA Insured HECM
Set Up A Line of Credit • Receive Monthly Income**



Beth@YourReverse.com
Office **925-969-0380**
Cell **925-381-8264**

Licensed by the Dept. of Business Oversight
under CRMLA

3478 Buskirk Ave #1000 • Pleasant Hill, CA 94523

CA BRE 00950759/01215943 NMLS #294774/831612/1850

JOINER PARKWAY SELF STORAGE

**Rent a Unit from us and
receive a \$20.00 Reward!***

- Free Move-in Truck**
- Moving Supplies



*We Treasure
Our Customers!*



*Must present this ad & may not be combined with other offers. **Some restrictions may apply.

**JOINER PARKWAY
SELF STORAGE**
645-2737
108 Joiner Parkway, Lincoln

Denzler Family Dentistry

New Patients Welcome

- General & Cosmetic Dentistry
- Preventive & Hygiene Care
- Implant Dentistry
- Crowns & Bridges
- Porcelain Veneers
- Root Canal Therapy
- Dentures & Partials
- Emergency Care
- Friendly & Caring Atmosphere



Paul Denzler, DDS

General & Esthetic Dentistry

Insurance, Credit Cards, Payment Plans Acceptable
Digital X-Rays, Private Computerized Treatment Rooms,
Senior Discounts

(916) 645-2131

www.mylincolndentist.com

588 First Street (Corner of First & F Street)

GRUPP & ASSOCIATES REAL ESTATE & LENDING

**SUN CITY LINCOLN HILLS
RESIDENT REALTORS SINCE 2003**

Always Serving Your Best Interest!



**Jean Grupp,
Broker**

**Bob Grupp,
Realtor**

— Office —
(916) 408-4098

— Cell —
(916) 996-4718

**Thirty-five years of Real Estate Experience
LISTINGS & SALES ~ HOME LOANS**

CALL TODAY FOR —

- A Complimentary Analysis of your Home's Current Value
- Competitive Interest Rates for Home Purchase/Refinance

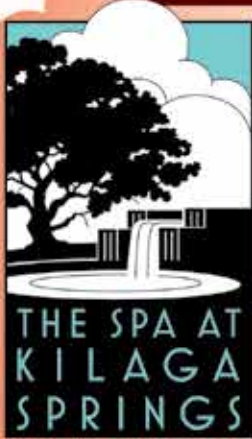
DRE# 00599844 / 01291341 ~ NMLS# 289623



*Beautify your face
with Champagne,
Roses and Chocolate!*

Champagne and Roses Valentines Facial

During our "Month of Love" the Spa at Kilaga Springs will be offering our very special and once a year "Champagne and Roses" facial! For a very special and loving price of only \$99 you will experience a freshly blended Hydrating mask of organic chocolate, honey and essential oil of wild orange.



Our *IMAGE ILUMA* skin care line will be used with its special lightening serum and brightening cream leaving your face hydrated, bright and luminous!

After your treatment you can enjoy a glass of champagne and chocolates to complete your beautifying experience. Spaces will fill up fast, so make sure to call the Spa and book yours to bring back "the Love" to your face!

Book Your Appointment Today! • Open to the Public
916.408.4290 | KILAGASPRINGSSPA.COM
OPEN TO THE PUBLIC 1187 SUN CITY BOULEVARD, LINCOLN



time, the electronic availability of records on the Internet literally exploded. Today Google is the most-used search engine on the Internet. Google Search provides more than 22 special features beyond the original word-search capability. These include synonyms, weather forecasts, time zones, stock quotes, maps, earthquake data, movie show times, airports, home listings, and sports scores. There are special features for dates, prices, temperatures, money/unit conversions, calculations, package tracking, area codes, and language translation of displayed pages. In this class you will learn how to use these mind boggling capabilities of Google to assist you in your searching.



—Genealogy—

Getting Started with Roots Magic

Monday, March 28 — 286416-02

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. RootsMagic is a genealogy database program. The main function of RootsMagic is to provide you with a place to enter information about your family history. While RootsMagic is an easy program for beginners to learn to use, it is one of the most powerful genealogy programs on the market. In this class you will create a sample database with a few individuals in your family to get you up and running using RootsMagic. At the end of the session you will be able to add individuals, parents, spouses, and children to your personal database.



Getting Started with Family Tree Maker 2014

Wednesday, March 30 — 285116-02

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. Using today's computer hardware and software technology, it has never been easier to collect, organize, and publish your family history. Family Tree Maker (FTM) 2014 is a genealogy program designed to assist you in creating and publishing your family history. FTM 2014 is incredibly easy to use. After Bob Ringo's presentation you should be able to sit down and get started using FTM 2014. What makes FTM 2014 unique is its ability to work seamlessly with Ancestry.com's vast genealogy database to help you fill in the blanks in your family tree.

—Mac—

Pages 5 for Mac

Thursday & Friday, February 18 & 19 — 267116-12

9:00-11:30 AM (OC). \$40. Supply fee \$5 payable to instructor. Instructor: Helen Rains. Do you enjoy creating letters, newsletters, flyers, cards. Do you record club minutes or keep personal checklists? Writing class notes or your life story? If you do, then Pages 5 is for you. It's a full featured word processing



and page layout app. It is easy to use and fun to work with. You can even add photos, tables, and music too. This class will take you through the basic steps of new document creation and help you style it with your own ideas so it looks the way you imagined it, ready to print or send. You will learn how to share Pages documents beyond your Mac, through the iCloud, to all of your iDevices. You can also share your Pages documents with the world as PDF documents. **Prerequisite:** you must have Mac OS X El Capitan installed on your iMac or MacBook at home.

—PC—

Windows 10 Basics

Monday & Tuesday, March 7 & 8 — 295116-02

9:30 AM-12:00 PM

Or Wednesday & Thursday, March 16 & 17 — 295116-2B

1:00-3:30 PM

(OC). \$45 (two sessions). \$5 class material fee. Instructor: Rita Wronkiewicz. Windows 10 is more user-friendly than Windows 8.1 and offers features unavailable in Windows 7. Class starts at novice level and shows how to utilize both its desktop and tablet features. Rita will help you transition from Win 7 or 8.1. You will learn to use the most common "apps." *Bring your Win 7 or 8.1 device with you if you have one.* Handout reinforces class work. Questions? Call Rita at 543-6962.



PC Fundamentals

Friday, April 8 — 282116-02

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. New to your computer! This class is for absolute beginners like you. In this class you will learn the very basics of computer operation, including turning the computer on and off, using the mouse and keyboard, and using basic computer terminology. Come to this class even if you have never used a computer before. You will experience a gentle hands-on approach to getting to know your computer. The goal of the class is to develop a life-long friendship between you and your computer.

—Smart Phones and Tablets—

Pages for iPad Workshop

Thursday, March 3 — 267216-12

9:00 AM-12:00 PM (OC). \$30. Supply fee \$5 payable to instructor. Instructor: Helen Rains. Do you enjoy the convenience of your iPad? Do you want to create letters, newsletters, flyers, cards, write club minutes, keep a travel journal, personal records, and more with ease from where ever you go? This workshop is for you. The iPad version of Pages is a powerful word processor app. This class will take you through the basic steps of new document creation and help you style it with your own ideas so it looks the way you imagined it, ready to

Continued on page 85

House Cleaning

Weekly
Bi-Monthly
Monthly

Rich Haley
Diane Haley

(916) 543-7015

References Available • Since 1985 • Lincoln Hills Residents

KIP ELECTRIC
"LINCOLN'S HOMETOWN ELECTRICIAN"



- Recessed Lighting
- Spas/Hot Tubs
- Ceiling Fans
- Golf Cart Plugs
- Patio/Landscape Lighting
- Phone/CATV Lines
- New Circuits
- Freezer Plugs
- and much more

*FREE ESTIMATES
*Fully Insured
*Member Lincoln Chamber of Commerce

434-8262

Serving Lincoln Hills since 2004

Lic. # 848044



ANNE WIENS
REALTOR® | BROKER ASSOCIATE


916.847.6006
YourAgentAnne@yahoo.com
CA BRE Broker License #01425896



- Seniors Real Estate Specialist
- Coldwell Banker International President's Elite Award
- Life Masters Club Member
- e-PRO® Certified

www.ActiveAdultPlacer.com

Ronald T. Curtis
Plumbing Since 1985



- Water Heater installation
- Hot water recirculation systems
- Toilet replacements
- Repairs
- Remodels

Call 916-759-6680

License # 483169 • Lincoln Resident • Insured

Service — Repair — Installations

Good Value Heating and Air Conditioning

Glenn Julian (916) 532-7252

"Just an old-fashioned, honest job at a fair price — that's good value."

\$30 off any repair

Free service call & estimate for any repair

Tune-up for \$44.95 — save \$20

www.GoodValueHeatandAir.com

Backyard Dreams by




ROCKFACE WATERSCAPES
LIC. 962250

SPECIALIZING IN KOI PONDS & PONDLESS WATERFALLS

CONTACT US FOR A FREE QUOTE TODAY!
916-792-0907
RockfaceWaterScapes.com
Find us on 

NEW LEGACY LANDSCAPING

20% OFF Landscaping Packet

Concrete (All Types) • Pavers • Koi Ponds
Waterfalls • Fences & Gates
Sprinkler System - installation & repair
Sod • Plants • Patio Covers • Gazebos
Drainage System • Tree Pruning
Hillside Cleanup • Retaining Walls
New Bark or Rocks • Gardening Service (monthly & weekly)

Call Mr. Andy Le for a FREE Estimate!
916-213-9003 cell
916-363-1948 office

Lic. # 988769
Bonded & Insured

Lighthouse Window Cleaning

916-612-5706

www.lighthousewindowcleaning.net

Trusted service in Lincoln Hills for 10 years

Window Cleaning ~ Pressure Washing ~ Screen Repair
Gutter Cleaning ~ Solar Panel Cleaning

Prices for each model can be found on our website

print or send. You will learn how to share documents through the iCloud, to all of your iDevices. You can also share your Pages documents with the world as PDF and Word documents. **Prerequisite:** Be on software update iOS 9 or higher, download the Pages app (most have it free), and bring your iPad to class.

Introduction to Android SmartPhones

Tuesday, March 8 — 256216-02

9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato. **Prerequisite:** Gmail account. Bring your Android phone fully charged.

If you just bought an Android SmartPhone from Verizon, AT&T, TMobile, etc., (or a tablet) you could be feeling that it's too complicated to operate. In this *basic seminar* you will learn that SmartPhones are actually very easy to use and you will probably be able to master yours very quickly.

On our large screen display we will explain how to navigate screens, manage calls, contacts, text messages, use email, the internet, photos, and more. Even if you haven't quite got the hang of your home PC, this seminar will get you off to a great SmartPhone start. **Note: This class is not for iPhone users.**



WellFit Classes

WellFit

Classes fill up quickly, please register at least seven days prior to class start date.

Register for these classes online or at the Fitness Centers starting February 17 at 8:00 AM.

WellFit Orientations

Free Orientation: WellFit Staff

Don't know where to start in the Fitness Centers? Sign up to take our free Orientation and learn how the Fitness Centers work, and how to use a select number of pieces of equipment safely and properly! Orientations are designed to educate you on all the WellFit Department has to offer and to get you started on your fitness journey. Register: Fitness Desks or online.

- **Thursday, March 10 — 700100-OA**
10:00-11:00 AM, Fitness Floor (OC)
- **Wednesday, March 16 — 700100-OB**
2:00-3:00 PM, Fitness Floor (OC)
- **Monday, March 21 — 700100-OC**
3:00-4:00 PM, Fitness Floor (OC)
- **Wednesday, February 24 — 700100-KD**
1:00-2:00 PM, Fitness Floor (KS)
- **Wednesday, March 23 — 700100-K2**
1:00-2:00 PM, Fitness Floor (KS)
- **Tuesday, March 29 — 700100-K3**
2:00-3:00 PM, Fitness Floor (KS)

Dance Classes

A variety of dance classes are offered through the Activities Classes starting on page 66. From beginner, intermediate, to advanced skill level; dance classes provide great exercise for both mind and body. You may register for these classes at the Activities Desks and online.

Disease Prevention & Management Session-Based Classes

Opportunities that provide education and management of diseases in order to achieve and maintain optimal health.

Arthritis Class L1/L2

Wednesdays, March 2-16, & 30th — 801100-03

Fridays, March 4-18 — 801100-1M

Tuesdays, March 1-15, & 29th — 801100-2M

Thursdays, March 3-17 & 31 — 801100-3M

Wednesday & Friday 12:00-1:00 PM, Aerobics Room (OC). Wednesday \$35 (four sessions), Friday \$26.25 (three sessions). Tuesday & Thursday 11:00 AM-12:00 PM, Aerobics Room (OC). \$35 (four sessions). Instructor: Linda Hunter. This class is designed for those with Arthritis and other diseases that cause muscle and joint pain. The goal of the class is to increase range of motion, increase flexibility, endurance and mobility, improve balance, and strengthen muscles using weights, bars, balls and bands. The class includes some standing but sitting in the chair is always an option. As we age it becomes important physically and emotionally to train the body to react to unexpected daily events. According to instructor Linda Hunter, "By training with movements that work mentally to accomplish a physical move we are less likely to have an injury and are more able to handle daily tasks. This class is fun; we laugh, move to music and find companionship." Linda Hunter is a certified Arthritis Foundation instructor with many years of experience.



New! Healthy Living with Exercise — Part 1

Monday and Wednesday, March 7-30 — 878000-03

3:00-4:00 PM, Aerobics Room (OC). \$80 (eight sessions). Instructor: Annamarie Estevez. This one-hour session class is designed for those with Cardiac Pulmonary Disease, Diabetes and Nervous system disorders (ALS, Parkinson's). Exercise is one of the best activities for disease management; it can assist in the reduction of body weight and blood pressure, LDL cholesterol (bad cholesterol) and increased HDL (good cholesterol). Additionally, exercise will naturally lower your blood glucose levels. The class will include nutrition counseling, lifestyle coaching and an introduction to all aspects of movement (cardio, strength, the mind/body connection and relaxation). Topics will range from exercise safety through nutrition to quality of life issues. The goal of the class is for residents to have the confidence to move on to the next level of exercise

Continued on page 87

Use Your Guest Bedroom For More Than Just Your Guests!

Over 1500 SCLH Installations



Minimum inconvenience, 3 Day Installation

See how easy it is to raise & lower and listen to what your SCLH neighbors have to say at: www.easywallbed.com

- Only 16" deep when closed
- Folds down in just seconds to a comfortable bed with a REAL mattress
- More comfortable, easier to use and takes up less space than any sofa bed, futon or blow-up air mattress

Visit our Showroom or CALL for a FREE In-house Consultation!

(916) 258-7564

\$250 OFF

Your next organizational project (\$1000 minimum)



CA 757092

Flocchini Circle • #200 • Lincoln, CA



GOLD PROPERTIES OF LINCOLN



Lincoln Hills Property Management Specialists
Also serving Lincoln, Rocklin & Roseville



Full Residential
Property Management
Over 40 Years
Experience

(916) 408-4444

www.goldpropertiesoflincoln.com

Our Family Means Business

We Have Been Serving Lincoln Hills Since 1999

Integrity - Exceptional Service - Outstanding Results

Together We Serve You Better



www.CarolanProperties.com

CA BRE # 01272617

916.253.1833

Serving All of Your
Real Estate Needs



Megan Carolan
916.420.4576
Realtor
CA BRE # 01937273



Penny Carolan
916.871.3860
Broker Associate
Top Selling Broker 2012, 2013 & 2015
CA BRE # 01053722

Courtney Carolan Arnold
916.258.2188
Property Manager
CA BRE # 01471287



Carolan Properties

www.CarolanPropertiesRentals.com

CA BRE # 01468489

916.253.1833

Full Service On-Site
Property Management

945 Orchard Creek Lane, Suite 300, Lincoln, CA 95648

by the end of the session – Healthy Living with Exercise L2.
Note: Class requires pre-assessment assessment prior to class.

Pre-Enrollment Assessment— Healthy Living with Exercise Continuous Dates — 881000-02

Fitness Center (OC). \$30 (one session, one-hour long). This session is a pre-requisite for enrollment in our Healthy Living with Exercise program. Our exercise specialist will work with you one-on-one to assess your current condition, identify your needs and make recommendations for your exercise program.

Exercise and Weight Management Program Mondays & Wednesdays, March 7-30 — 865000-03

6:30-7:30 PM, Aerobics Room (OC). \$80 (eight sessions). Instructor Marilyn Clarey. This session-based class will help you increase your activity through exercise while learning strategies to manage your food intake. Come learn new exercises and activities to boost your metabolism and increase your energy. This supportive environment will help you manage challenging issues surrounding food and lifestyle in a positive manner. An individual exercise and health assessment is included in the session.



New! Take a Breath! Managing Your Seasonal Allergies and Asthma Monday, March 21 — 850000-03

1:00-2:30 PM, Fine Arts Room (OC). \$20. Instructor Victoria Florentine, RRT, Respiratory Care Practitioner. Are you coughing and sneezing? Do you have itchy eyes, runny nose, and shortness of breath or a wheeze? These are common symptoms of seasonal allergies and asthma. Allergies occur when your body's natural defense system overreacts to allergens, like pollen or dust mites. Millions of people in the U.S. suffer needlessly with these and other symptoms. Learn the facts about allergies and asthma, how you can avoid allergy and asthma attacks, and what to do if you are experiencing symptoms. There will be a question and answer session at the end of the 75-minute presentation. This presentation is a series of classes on cardiopulmonary health and wellness.

Events

Activities happening around Sun City Lincoln Hills designed to keep you in touch with the Fitness Centers and the larger Community outside our Fitness Centers.

New Event! Meet the Legend: Dennis Ralston Dennis Ralston Lunch Tuesday, March 1 — 7116-01

11:00 AM-2:00 PM in the OC Ballroom. \$35 resident and non-resident. Join us for a buffet lunch and inspirational speaker Hall of Fame Tennis Professional, Dennis Ralston. Hear his

inspirational story. Sign-ups for this Lincoln Hills exclusive lunch will end February 25.

Special Guest! Dennis Ralston Tennis Clinics Wednesday, March 2 Beginner Clinic (\$50) — 792400-03

11:00 AM-1:00 PM

Intermediate/Advance Clinic (\$50) — 792400-3M

1:30-3:30 PM. Join Lincoln Hills residents for this once in a lifetime tennis clinic with Hall of Fame Tennis Professional Dennis Ralston. The last 30 minutes will be question and answers with Dennis. Space is limited.



New Event: The Art of Mindful Movement and Practice "Mindfulness is simply being aware of what is happening right now, without wishing it were different."

Wednesday, March 16

9:00-11:00 AM (\$6) — 835000-03

OC Ballroom. Mindfulness is a proven way to lower stress, improve longevity, decrease loneliness, and improve mood. The class will begin with a short explanation on mindfulness and its benefits. Join the WellFit staff and Lincoln Hills residents for a relaxing morning of mindfulness. We will start our calming experience with 25 minutes of Wai Dan Gong, then 25 minutes of Yin Yoga and will end with the art of meditation. Sign up on line or at OC/KS Fitness Centers.



Lessons

Programs that provide learning the mental and physical side of outdoor activities.

Nordix Pole Walking Wednesday & Thursday, March 2 & 3 — 750000-03

10:00-11:30 AM, meet in the OC Fitness Center. \$45 (two outdoor sessions or indoor track; weather dependent). Instructor: Dr. Richard Del Balso. Are you willing to add a new form of walking to your activities? Walking 30 minutes at least three times a week gives you a "Full Body Aerobic Exercise" by simply adding poles to your walking routine. Come and learn the latest exercise trend of Nordic Pole Walking in two 90-minute sessions. Incorporate 90% of all body muscles in one exercise; burn up to 46% more calories than exercise walking without poles; help to reduce high blood pressure; result in 25% less impact on hips-knees and feet; and develop upright body posture with less risk of falling. Walking poles are available for each class at no charge with option to purchase at final session.



Martial Arts & Mindful Movement

Experiences with mindful movement of the body that help create a link between the mind and body that quiet our thoughts, unwanted feelings and prepare us for creating positive behaviors.

GARY'S REFINISHING

- Complete Refinishing for all Fine Woods
- Specializing in Furniture, Cabinets, Doors, Antiques
- Free In-Home Estimates, Pick up & Delivery

(916) 759-8950



You Call We Screen™
Any Need...Any Place...Any Screen

- Custom Windows & Door Screens
- Sunscreens, Phantom Retractable Doors
- Guarda Security Doors, Pet Screens
- Screened-in Patios
- Interior Window Coverings

530-878-0784

SCREENMOBILE
America's Neighborhood Screen Store.
www.screenmobile.com

FREE ESTIMATES

Phenix SunTex

Master Card VISA
Lic # 779998

California's Finest Handyman

- ✓ Install Ceiling Fans, Shelves, Pet Doors, Window Treatments
- ✓ Replace Light Bulbs & Fixtures, Smoke Alarm Batteries, Furnace / AC filters
- ✓ Re-Caulk Tubs, Sinks, Toilets
- ✓ Hang Pictures
- ✓ Repair Sprinklers
- ✓ And Much More!

No Job Too Small

Patrick Holland, Contractor

License # B-813306

(916) 223-3330

e-mail: patholland402@gmail.com

website: www.workswithtools.com

YES...WE'RE STILL OPEN!

EXCEPT the business "friendly" city of Lincoln made us take down our signs!
We are here to serve our community with **Quality Discount Eyewear & Repair**



Sherri & Sam

Stop in to show your support...
FREE Adjust.

AAA Optical Outlet

421 A Street, Ste. 500
916-434-9665



KATHY SAATY

Hairstyling for Men and Women

SENIOR DISCOUNTS

Tuesday - Saturday

Perms \$65 (includes trim)

Color Touch-ups \$65 (includes trim)

Highlights (call for a quote)

Haircuts \$10 discount off reg. price

Rocklin resident—20 yrs
Stylist—50 yrs
Colorist

Perm Specialist

Haircuts

Shampoos & Sets

Free Consultations

New Location!

ENVY SALON

6827 Lonetree Blvd. #101B

Rocklin, CA 95765

916-599-6014 • kmsaaty@gmail.com



Helping people with their home remodel, repair & maintenance needs

MG Construction

Michael Gee
CA #966281

(916) 660-2269

mgconstruction13@att.net

U.S. Navy Vet

Welcome Home Care

Help Is On The Way



We provide quality in-home care to residents of the Sacramento area. All services we provide range from \$17-23/hr.

916.778.7150

welcomehomecareca.com



Over 31 years in business!

SunDance Interiors

CONT. LIC. #677243

Custom Draperies & Upholstery

Slipcovers • Shutters

Blinds • Bedspreads

Workroom
& Showroom

781-2424

400 Washington Blvd., Ste. C • Roseville

www.sundanceinteriors.com



Self-Defense and Martial Arts

Tuesdays, March 1-22 — 815000-03

6:00-7:30 PM, Aerobics Room (OC). \$60 (four sessions). Instructor: Paul Rossi. This self defense technique is based on Martial Arts skills designed to prepare you physically and mentally for any self-defense situation. Improve your strength, endurance, flexibility, and mental alertness through skills and drills that will challenge you in both standing and ground situations. You will also learn about legal justifications for the use of force in an altercation. Train your mind and your body to function together, increasing your ability to perform under stressful situations. Learn the physical skills needed for varying levels of confrontation, mental skills like focus, awareness, and boundary setting, and gain knowledge in the areas of avoidance, de-escalation, and legal and appropriate use of force. Paul Rossi is a black belt martial artist with 21 years of experience; he has conducted self-defense lessons to law enforcement, seniors and children. He keeps the class fun and energetic. No previous experience required.



moving meditation will improve body mechanics, muscle memory, muscle tone, and will heighten the understanding of these century old art forms of health, mindfulness, and well-being.

Nutrition

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

New! Graceful Aging with Nutrition

Tuesday March 22 — 860000-03

1:00-2:30 PM Multipurpose Room (OC). \$25 Instructor: Audrey Gould, Registered Dietitian and Nutrition Therapy Practitioner. Everyone is searching for the fountain of youth, yet we seem to be contracting more illnesses, associated with aging, earlier in life. Oftentimes we are able to mask the disease with medications. However, the underlying problem remains and takes a toll on the body, expediting the aging process. In this class we will start with an overview of the nutritional foundations a healthy body is built on, we will then uncover the simple secrets of graceful aging. There are several scientifically sound and inexpensive methods that when implemented have been shown to slow down the aging process and turn back time. We will be discussing the many timeless tips, anti-aging super foods and drinks. We will share examples of recipes and even skin care using these foods. Come join us for this exciting nutritional class.

New! Dietary Fat: Friend or Foe?

Tuesday March 29 — 860000-3F

1:00-2:30 PM Multipurpose Room (OC). \$25 Instructor: Audrey Gould, Registered Dietitian and Nutrition Therapy Practitioner. There is so much confusion and controversy on fat. In this class we will help set the record straight, and give you powerful information to help you feel better, empowered, lose weight, and reverse chronic disease. We are going to reveal the unbiased truth about dietary fat. The following topics will be discussed: Myths and Truths about cholesterol, healthy vs. unhealthy fats, why low fat diets don't work, why eating less sugar and more fat leads to weight loss, and your brain on fat. Come join us for this informational exciting class.

Tai Chi Qigong L1

Tuesdays, March 1-29 — 730100-03

Saturdays, March 5-26 — 730100-1M

Saturdays 11:00 AM-12:00 PM Aerobics Room (OC). \$35 (four sessions). Tuesdays 1:30-2:30 PM, Aerobics Room (KS). \$43.75 (five sessions) Instructor: Peli Fong. Tai Chi and Qigong are century old practices that focus on soft and gentle movements known as the 24 postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi and Qigong offers harmony of the mind and body as it relieves stress and induces relaxation. Through the cultivation and flowing of the body's life force known as "Chi," this form of exercise has been scientifically proven to improve a variety of ailments such as arthritis, osteoporosis, cardiovascular disease, asthma, Parkinson's disease, digestive disorders, and more. People of all fitness levels will benefit from this complementary health system that improves health and longevity.

Tai Chi Qigong L2

Tuesday, March 1-29 — 730300-1M

Saturdays, March 5-26 — 730300-03

Saturday, 10:00-11:00 AM, Aerobics Room (OC). \$35 (four sessions). Tuesdays, 2:45-3:45 PM, Aerobics Room (OC) \$43.75 (five sessions). Instructor: Peli Fong. This class is for Tai Chi and Qigong students who wish to bring a higher awareness and understanding to their lifelong practice of complementary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short form. Practicing the 48 short forms will enhance and complement all of the Tai Chi classical movements. In addition, practitioners will learn Qigong sets of movements such as the White Crane Qigong, 8 Treasures, 18 movements, and I-Xuan Qigong. These Qigong sets paired with stillness and

Pilates Reformer

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

Pilates Principles

Move better, feel better, and live better. Your body can be more free, energetic, and powerful with less pain and fewer injuries using the Pilates principles to transform the way you move. We teach Pilates to improve your strength and balance training using the Pilates Principles to make your workouts

Continued on page 91

GUCHI
INTERIOR DESIGN

Creating Beautiful Homes
...ONE ROOM AT A TIME



Master Bath Remodel Sun City Lincoln Hills

*Call our Team of Professionals For Your
Next Kitchen & Bath Remodel
& Design Project*

- HARDWOOD • TILE • CARPET • CUSTOM WINDOW COVERINGS
- CUSTOM CABINETS • FIREPLACE DESIGN & REMODELING • AREA RUGS
- FAUX PAINTING & FINISHES • PATIO DESIGN & REMODELING

GUCHI
INTERIOR DESIGN


10050 FAIRWAY DRIVE, SUITE 100
ROSEVILLE, CA 95678 • (916) 786-9668
WWW.GUCHIINTERIORDESIGN.COM
MONDAY - FRIDAY 10-5, SATURDAY 10-5
CONTRACTORS LICENSE NO. 938832

CAPITAL CITY SOLAR

13 YEARS
CAPITAL CITY SOLAR

\$0 MONEY DOWN
Now you can pay less for solar electricity than
you're paying the utility company!

**Extensive List
of Satisfied
Customers in
SCLH**





**Angies list
2013
SUPER
SERVICE
AWARD**

Locally Owned and Operated 13 Years


*"Last year, our December PG&E electric bill was \$124.79 &
this year it was \$11.63. A monthly comparative savings, to
us, of \$113.16 or 90.7%, with solar."*

Dan & Carol Larsen, Sun City Lincoln Hills

SUNPOWER® (916) 782-3333
Elite Dealer CCL# 817001
www.capitalcitysolar.com

**Give yourself the gift
of a beautiful smile!**

 **Paul Binon dds msd**
IMPLANT DENTISTRY & PROSTHODONTICS

(916) 786-6676
BinonDentalImplants.com
1158 Cirby Way, Roseville, CA 95661

**Mom's home. Mom's safe.
We're both happy.**



Eskaton's leading home care solution

Trusted, committed and trained caregivers
are ready to help with meals, transportation,
exercise, shopping, medications, personal
care, companionship and more.

**Call 916.459.3220 today
for a FREE in-home care evaluation.**

**LIVE WELL
AT HOME
by Eskaton**

916.459.3220 | LiveWellAtHome.com | care@LiveWellAtHome.com

effective, efficient and safe. We specialize in high quality individual and small group training classes that allow our instructors to tailor the workout to focus on your needs and goals. We work hard to ensure that everyone leaves the studio feeling better than when they came in. Our sessions and classes are taught by certified, professional teachers, who all practice Pilates regularly. They will demonstrate as needed, but spend the majority of the session and class time offering verbal and tactile cues to help you work out smarter and more safely.

Pilates Reformer Membership Packages

Members receive priority enrollment in Reformer classes. Members select monthly classes based on their schedule and are not tied to a session format. Members select classes for the following month using our online scheduling system. Additional classes may be added as a member. Non-members select classes (after members) on a drop-in as available basis. Our Reformer packages are as follows:

- **Four-class membership package \$80 per month**
- **Eight-class membership package \$135 per month**
- **Add-on classes for member \$17 per class**
- **Drop in classes for non-member \$25 per class**
- **Introductory session \$30—required for both member & non-member**

Membership packages require agreement for auto-pay upon enrollment. We require a 10-day written notice of cancellation of membership prior to the next billing cycle. Reformer classes must be used within 45 days of issue. To enroll in Reformer Membership, speak with Carol Zortman at 625-4032 or carol.zortman@schca.com. These packages are not available online. A temporary month-long suspension of membership is available.

Pilates Reformer Class Descriptions

Introductory Reformer Session L1

Continuous Dates — 835110-A3

WellFit Studio (OC). \$30 (one session, one-hour long). This session is a prerequisite for Pilates Reformer classes. You will work one-on-one 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 Membership package or drop-in class. You can register for this introduction online or at the Fitness Centers. The trainer will call you to set up appointment.

SGT— Reformer Basics L1

This class allows you to precisely develop good alignment, core strength, muscular strength, and flexibility. By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The reformer's springs provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone.

SGT— Reformer Basics + L1/L2

This class is a mixed level opportunity. It will work on Reformer basics but add difficulty in level appropriate to the individual. This is a great class to work on form and alignment as well as strength. Appropriate for all levels.

SGT — Reformer Intermediate L2

This class builds on Reformer Basics L1, adding more complex variations and longer sets. New exercises will be introduced to continue to refine your form and take you to the next level. Please note: Instructors reserve the right to suggest you continue with the Basics L1 if appropriate.

SGT—Cardio Jump and Core Reformer L2

Step up the intensity of your work out with 30 minutes of jump and 30 minutes of reformer. The Cardio Jump class creatively integrates core Reformer and cardio exercises. Thirty minutes of jump will raise your heart rate while strengthening glutes, abdominals, legs and arms but won't put the stress on your body. Then activate and strengthen your core, increase your coordination and flexibility via traditional reformer exercises for 30 minutes.

Private Reformer Training

- **One-on-One Training:** One client and one trainer. One hour session cost is \$50.
- **Duet Training:** Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person.

Private training is convenient and efficient. All Private training is done by appointment. When working one-on-one, our trainers will customize a reformer program to meet your specific goals. Pilates is an excellent pre/post rehab, back injury or nerve impingement therapy since it focuses on "Core Strength". Most injuries are caused a weak muscle and other hidden muscular weaknesses or skeletal imbalances. Pilates works to balance the body to bring proper alignment and function to the body. For more information regarding Private Reformer Training, please contact Carol Zortman at 625-4032.

Training Services

- **One-on-One Training:** One client and one trainer. One hour session cost is \$50, half hour session \$30.
- **Buddy Training:** Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person.
- **Small Group Training:** Classes designed for specific goals in mind, working directly with a personal trainer in a small group setting with no more than six people. For more information regarding personal trainers and/or qualifications, please contact Jeannette Mortensen, 408-4825, or inquire at either Fitness Center.

Family Owned and Operated for 25 Years

ROSEVILLE, CA
Est. 1975

AUTOS
PICK-UPS
VANS

FOREIGN
&
DOMESTIC



3 FRAME RACKS WITH MEASURING SYSTEM
3 EXCLUSIVE DOWN-DRAFT SPRAY BOOTHS

FREE ESTIMATES INSURANCE WORK

Free Shuttle for Sun City Residents

783-5552

FAX: (916) 783-5576

50 DARLING WAY AT RIVERSIDE, 1/2 MILE NORTH OF I-80



COME GRAB A BITE TO
EAT BEFORE YOUR
NEXT CLASS!

CALL TO ORDER: 916.408.1682

Take a fresh look at today's reverse mortgages:

Redesigned products. Remarkable opportunity.

Home equity is becoming an important asset of more and more retirement plans. Ask about the low-cost reverse mortgage from Reverse Mortgage Funding LLC (RMF) that eliminates nearly all upfront costs.*

Our team has 10 years of experience in the community.

HANK RHODES

NMLS # 459674
916.849.6447

THAD STANLEY

NMLS # 1284368
916.768.5916

BRANCH LOCATION

1510 Del Webb Blvd., #B102
Lincoln, CA 95648
NMLS #1262927



Office in the heart
of SCLH



1510 Del Webb Blvd.

Sun City Blvd.



*Not available in all states. Conditions apply and are subject to change.

This material has not been reviewed, approved, or issued by HUD, FHA, or any government agency. The company is not affiliated with or acting on behalf of or at the direction of HUD/FHA or any other government agency.

Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act, License No. 4131266. Loans made or arranged pursuant to a California Finance Lenders Law license, License No. 603K578 © 2015 Reverse Mortgage Funding LLC, 1455 Broad Street, 2nd Floor, Bloomfield, NJ 07003. NMLS ID # 1019941. www.nmlsconsumeraccess.org. LXXX-Exp000016

RMF

REVERSE MORTGAGE FUNDING LLC

Small Group Training (SGT)

Small group training classes are designed for specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting and with no more than six people.

Classes fill quickly, please register at least seven days prior to class start date. Participants must register prior to class start date.
Register online or at either Fitness Center.

SGT—TRX Express L1

Mondays & Wednesdays, March 2-28 — 835210-A3

3:30-4:00 PM, Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. Are you curious about small group training? This class teaches the basic moves of the TRX with a sampling of bootcamp, all in 30 minutes. Have a safe/effective workout while getting oriented with new equipment.



SGT—TRX Express L2

Tuesdays & Thursdays, March 1-24 — 835211-A3

5:30-6:00 PM, Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. This is the 30-minute intermediate progression from TRX Express L1 workout. You will develop strength and stability needed in the core, hips and throughout the body.

SGT—TRX Interval Training L3

Mondays & Wednesdays, March 2-28 — 835800-A3

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that builds power, strength, flexibility, balance, mobility, and prevents injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX!



SGT—Fit 101 L1

Mondays & Wednesdays, March 7-30 — 835500-B3

Tuesdays & Thursdays, March 8-31 — 835500-A3

Tuesday & Thursdays 1:00-2:00 PM; Mondays & Wednesdays 10:30-11:30 AM, Fitness floor (OC). \$135 (eight sessions). Instructor: Marilyn Clarey. Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. This class will incorporate a little of everything. It will give you a chance to learn the proper form for many of the weight machines on the floor, work on the TRX, weights, exercise bands, walking, stretching, and more. By the end of the session you will have a customized workout routine that includes the correct settings and



weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.

SGT—"Fun"ctional Fitness L3

Tuesdays & Thursdays, March 1-24 — 835600-A3

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Deanne Griffin. Join us for a fun-filled class which incorporates strength training and high intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on "Functional Fitness" using a variety of equipment including TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. In this SGT you will safely perform exercises that effectively build strength and cardiovascular health. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual, intermediate to advanced fitness levels encouraged.



SGT—Bootcamp L2

Tuesdays & Thursdays, March 1-24 — 835300-A3

6:15-7:15 AM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Mike Yamamoto. Whether you are a bootcamp veteran or new to SGT come and see what working out in a small group can do for you. A variety of equipment will be used to challenge and change you.

SGT—Bootcamp L3

Mondays & Wednesdays, February 29-March 23 — 835400-A3

5:00-6:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Mike Yamamoto. Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness.



SGT—Morning Burst Group Training L2

Mondays & Wednesdays, February 29-March 23 — 835310-A3

7:15-8:15 AM, Aerobics Room (KS). February \$135 (eight sessions). Instructor: Milly Nuñez. Rise and shine to enjoy a fun and energizing workout in a small group setting. Discover ways to challenge yourself at your own level or pace while getting a full body workout. A full body workout will help you to develop and build balance, coordination, and strength in your entire body.



Continued on page 94

Learn to use your own body weight and various pieces of equipment available to you, including dumbbells, steps, TRX, and so much more!

New! SGT—TGIF TRX Express L2 **Fridays, March 4-25 — 835200-A3**

7:15-7:45 AM, Aerobics Room (KS). \$35 (four sessions). Instructor: Mike Yamamoto. Let's kick off the weekend right with a great total body workout. Use this class to enhance your current workout routine or to learn the basics of the TRX. Other pieces of equipment may also be used.



SGT—Healthy Back L1

Mondays and Wednesdays, March 7-30 — 835700-A3

11:30-12:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Kathryn Shambre. This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. Class will include flexibility (stretching correctly), lifting and squatting correctly, and education regarding the spine and mechanics. Participants must be able to stand for one hour and possess the ability to get up and down from the floor.



SGT—Balance & Fall Prevention L1/L2

Mondays & Wednesdays, March 7-30

12:30-1:30 PM — 835710-B3

2:00-3:00 PM — 835710-A3

Aerobics Room (OC). \$135 (eight sessions). Instructor: Kathryn Shambre. Learn simple stretches and exercises that will help improve your balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

Tennis Pro Services

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$50, half hour session \$30.
- **Buddy Training:**
It is more fun to work out with a friend! \$15 per person. Need four students per session.

See page 87 under events for Dennis Ralston Lunch.

Group Clinic

Tuesdays, March 22 & 29 — 790401-03

11:00 AM -12:00 PM, Court #11. \$17.50 (two sessions). Instructor: Eldon Wilson. Come join the drills and skills class to practice what you've learned from your lessons in a fun/energizing environment! Taught by an equally fun/energizing National USTPA Pro.



Drop-in Group Clinic Pass

Tuesday, March 22 & 29

11:00 AM-12:00 PM, Court #11. \$12. Attend one of the group clinic dates as a drop in. Purchase drop-in group clinic pass at Fitness Centers prior to your training or drop-in class. Purchase the initial drop in class at the Fitness Centers, after that you can re-new passes online.

Beginner Clinic

Thursday, March 24 — 790400-03

11:30-12:30 PM, Court #11. \$15 (one session). Instructor: Eldon Wilson.

Beginner: Repetition is the key to all life—the more you repeat the proper technique the more automatic it becomes. In our Thursday group, we will be helping you develop the proper patterns for all the strokes or in some cases enhance those strokes along with game play at the end.



Service Clinic

Saturday, March 5

2.5-3.0 players 11:00 AM-12:00 PM — 790403-03

3.5-4.0 players 12:00-1:00 PM — 790403-1M

Saturday, March 26

2.5-3.0 players 11:00 AM-12:00 PM — 790403-2M

3.5-4.0 players 12:00-1:00 PM — 790403-3M

Court #11. \$15 (one session). Instructor: Eldon Wilson. *Service:* The serve is the most important stroke in the game of tennis, without the serve points can't be started. You will learn upper body techniques, trunk rotation along with what you should do with your legs. Also how to handle the ball toss and how important the toss is.

WellFit Services

Services available to assist you in furthering your health and wellness.

Bowenwork Services

The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. Bowenwork addresses core issues, not just symptoms. This technique is known for its profound, long-term effects. It can help with chronic conditions from asthma to bunions, as well as acute injuries like sciatica, knee problems and more. It is safe and gentle enough for those with compromised health. Rebecca Kang is a Certified Bowen Practitioner; she has also completed Specialized Bowen Procedures 1 and Bowen Procedures 2—Masters for the experience Bowen Practitioner. For more information about Bowenwork or for an appointment, please contact Rebecca Kang at rebecca.kang@scfhca.com or 625-4034.



Knock on Wood
Distinctive Designs in Cabinetry

Bruce R. Wallace
916.622.0294
knockwood@gmail.com



CSLB: 970076



Before

After

Kitchens ~ Vanities ~ Baths ~ Offices
Media Centers ~ Wall Beds ~ Libraries



Overwhelmingly, today's seniors want to **age well in their homes**. They might just need a little help around the house in order to do that. Right at Home provides:

- Assistance with activities of daily living
- Meal preparation and transportation
- Detailed, free in-home assessment
- Licensed and bonded caregivers

The Right Care, Right at Home™

916.302.4243

www.rah-valleyoaks.com
Sacramento, Placer, San Joaquin



"Your Neighborhood Real Estate Office"
(916) 543-5222

1500 Del Webb Blvd., Suite 101 · Sun City Lincoln Hills

Property Management Services Available (916) 408-4444



Nick Brooks Keneta Sanchez



SUN RIDGE REAL ESTATE

Each Office Independently Owned and Operated.
Lic. #01441035



Gail Cirata
206-3503



Michelle Cowles
295-8532



Pamela Everett
426-8088



Don Gerring
747-5050



Steve & Jo Ann Gillis
316-0815



Maria Herrera
782-7266



Yvonne Holm
616-6555



Donna Judah
412-9190



Tish Leo
257-3410



Jill Mallory
201-3855



Paula Nelson
240-3736



Wendy Olsen
276-4194



Tara Pinder
600-2836



Peggy Poole
765-3434



Ann Renyer
408-7008



Michael Renyer
343-6044



Bill & Jan Rexrode
408-3997



Loree Risi
716-0854



Holly Stryker
960-3949



Margaret & Karl Thompson
508-0152



Doreen Traxel
698-0801



Tangi Walker
316-1112



Tony Williams
521-3400



Sharon Worman
408-1555

Visit our Website at www.CBSunRidge.com for all current listings.

Discover Bowenwork—Information Session

Thursday, March 17 — Free

1:00-2:00 PM, Aerobics Room (OC). Free. Come discover what Bowenwork is and if it can help you. Rebecca Kang will host a discussion followed by a question and answer session

Punch Pass Class Descriptions

Please see the colored grids on pages 100-104 for days and times. Classes are designated with a level. Level 1 is designed for the beginner or returning exerciser. Level 2 is designed for an intermediate exerciser with established exercise ability and Level 3 is a class designed for the advanced exerciser.

Each class is \$3.50; purchase your first pass at either Fitness Center front desk. Passes can be renewed online.

- **20/20/20 L3:** Enjoy a class that offers a little bit of everything; 20 minutes each of fun cardio segments, strength exercises and stretches. A variety of cardio drills will be followed by strength exercises that cover all the muscle groups followed by a series of stretches to lengthen all of those muscles groups worked.
- **Aqua Pilates L1:** The pool has become the new destination for mind-body classes and is a wonderful medium for performing Pilates techniques that gently improve alignment, posture, and balance. This practice gains additional benefits with water resistance to improve core strength and stabilization, muscle tone and coordination. Exercises are done in different positions—standing, floating and using the wall for assistance. Noodles, water weights, balls and belts are used. This non-impact setting is suitable for most levels and beneficial for people with arthritis, osteoporosis and other conditions that can limit traditional exercises or those with balance challenges on land. Relaxation and rhythmic breathing techniques are incorporated to increase mind/body awareness and reduce stress.
- **Aqua Fitness L2/3:** Enjoy the buoyancy effect of water by lessening the impact on your joints while getting a great workout. The intensity level is up to you, but you will be challenged in this class with high intensity intervals for your heart as well as exercises to strengthen your muscles.
- **Arthritis Foundation (AF) Aqua Class L1-L2:** This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or those wanting to prevent arthritis. This class uses range of motion and endurance and resistance exercise to improve balance, increase flexibility and strengthen the body. Participants are encouraged to work at their own pace and be in or near a chair for exercising. Come prepared to improve your body, balance and to have fun!
- **Athletic Stretch L1/2:** Are you looking for an opportunity to stretch in between rounds of golf, tennis or softball? This is your class. We will be stretching common tight areas that occur from these types of activities. Unwind before your day begins!
- **Barre L1/2:** Barre is a higher energy workout, set to up-tempo music that fuses the best of Pilates and Ballet, providing a unique and fun experience. The moves include low impact but high intensity intervals of strength training followed by deep stretching. This routine will sculpt and begin to transform the entire body, resulting in a stronger core and better muscle tone.
- **Basic Chair L1:** Beginner level chair class designed to improve function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio, endurance & brain exercise.
- **Body Trim L3:** Experience a workout like nothing before. We will blend three styles of exercise (yoga, strength & Pilates) to create the perfect triad. We will experience a moving meditation with sun salutations, a sculpting series of movements to effectively work your muscles and challenge your heart with Pilates based dance movement, rounding out the perfect class and awakening the champion that lies within!
- **Cardio Strength L3:** This class combines short cardio drills between strength sets. Working the whole body through the use of hand-held weights, Body Bars, disks, and more! Become stronger for your everyday activities.
- **Chair with Flair L1:** Have fun & move to the music! Work at your own level. Class is designed for individuals to have the option to sit or stand during class. Use of hand weights, bands, and small stability balls. A low-impact cardio workout with motivating music you can enjoy!
- **Chair Yoga L1:** Experience a unique yoga style that adapts yoga positions and poses through the use of a chair. The chair offers support in seated, standing and reclined positions that allows students to safely perform yoga poses with more stability. Chair Yoga is suitable for all ages, fitness levels and physical conditions.
- **Core-N-More L3:** Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while increasing resistance. Interval class combines exercises that can improve your core, strength and cardiovascular endurance.
- **Core-N-Strength L2:** A class combining strength training with core work for a full body workout! Works the core muscles to increase stability and improve posture. A full

Continued on page 98

**Lincoln Hills Senior Discounts
on your Heating, Air and Solar!**



- Get 25% off JR Putman's Famous \$69 Heating Tuneup and Safety Check!
- Get \$500 off any new JR Putman Heating and Air System!
- Get Another \$500 off any new JR Putman Solar Energy system!

Discounts for Lincoln Hills Seniors 55 or older only.
Offers expire 2/29/16. SO CALL TODAY!

JR PUTMAN
GREAT SERVICE, MOM APPROVED!
CALL (916) 231-9450



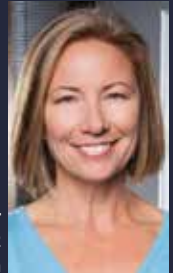
Be sure to mention the LINCOLN HILLS SENIOR DISCOUNT!

Care  Patrol

"Better Senior Living Choices"



Todd Goodman, C.S.A.
Certified Senior Advisor
916.303.6347
Todd.Goodman@CarePatrol.com



Kelley Goodman
Senior Care Advisor
916.390.9662
Kelley.Goodman@CarePatrol.com

A FREE COMMUNITY SERVICE for over 20 years!

CarePatrol has been helping families find the safest and most appropriate senior living options across the country. We help families find Assisted Living, Independent Living, Memory Care and In Home Care. We 'match' your loved ones care needs to the most appropriate communities. We review the care and violation history of the facilities that we work with. We tour with the families to the recommended communities.

Accredited Veterans Aid & Attendance Agent Available

Do you suffer from back or neck pain?

Let the experts at Spine & Nerve help. As the largest pain practice in the Sacramento area, we help thousands of people find lasting relief from back, neck, and joint pain.

With several treatment options available—including epidural spinal injections, spinal cord stimulation, physical and massage therapy—there's no need to suffer.

Get back into life!



Spine & Nerve
DIAGNOSTIC CENTER

We Know Your Pain.SM

SACRAMENTO ROSEVILLE ELK GROVE

Our Roseville location is only 15 minutes from Sun City Lincoln.

Call (916) 772-5325 or visit www.spinerve.com to make an appointment today.

body strengthening class!

- **Cycle-N-Strength L2:** Do you enjoy the cardio benefits of indoor cycling, but don't enjoy an entire cycle class? Then this class is for you! Join us for 30 minutes of cycling followed by strength exercises using bands, weights, and more! This class will challenge your cardiovascular system as well as give you a total body workout!

- **Everybody Can Aerobics L2:** This class is perfect for those wishing to start a cardiovascular program. The easy to follow moves will be low impact and simple, no "fancy dance" moves. Light hand weights, and other strength training "toys" will be used to increase your total body strength. Come enjoy the benefits of a workout designed just for you!

- **Healthy Living with Exercise L2:** This class is designed especially for those with diabetes, heart conditions or nervous system disorders (Parkinson's, ALS) who have completed the Healthy Living with Exercise session. This program is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio.

- **Hi-NRG Cycle L3:** This cycle class will take you through many techniques unique to indoor cycling that will strengthen your legs, lungs, and heart. A fun and challenging cycle workout!

- **iRest—Meditation for Yoga:** This class is a guided meditation. It's a process that is designed to help people relax and resolve symptoms, such as insomnia, anxiety, fear, depression, chronic pain, post-traumatic stress. As we learn and strengthen the skills in deep relaxation, we will learn how to stay relaxed even during an intense experience. No experience needed, all you need to do is come with an open mind and follow directions. You cannot do this incorrectly. This is a guided practice which consists of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. Wear comfortable clothing. You can experience this class sitting down on a chair or bring a pillow if you chose to practice the class lying down on a yoga mat on the floor.

- **Low Impact Aerobics L3:** Motivating moves to fun music followed by a stretching session. Work at your own level. Class is designed to increase cardio endurance, upper body strength, and flexibility. Class includes floor work. A fun workout guaranteed to increase your energy and stamina!

- **Low Impact Sculpt Interval L2:** Participants in this class will reap cardiovascular and strength training benefits in one fun class. The low impact moves will be easy to follow and will be done in interval fashion with the strength exercises. We will utilize free weights, tubing, bands, balls and more! Come change up your workout and get fit while having fun!

- **Mat Pilates L2:** Mat Pilates is the art of controlled movements, which should look and feel like a workout (not a therapy) when properly manifested. If practiced with consistency, Pilates improves flexibility, builds strength and develops control and endurance in the whole human body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

- **Mixed Level Indoor Cycling L2:** A low-impact workout on the bike that is easy on the joints while improving cardiovascular endurance. A great group cycle workout for both the beginner and experienced class member. A fun and effective way to get fit!

- **Piloga L2:** Piloga blends Pilates and yoga. For residents seeking to strengthen their core-back and belly muscles—using the well-known work of Joseph Pilates. This mixes seamlessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders, and weights.

- **Piloga Flow L2:** Piloga Flow is a unique non-impact class which combines Pilates and yoga. This class is designed to develop the strength, toning and body alignment of Pilates with the balance, flexibility, inner focus and calmness of yoga. Imagine this combination of yoga postures and core Pilates exercises set to beautiful world music and ending with meditation to relieve stress and connect mind and body.

- **Power Vinyasa L3:** Vinyasa yoga is a challenging, dynamic, flow-based yoga which links movement with breath. Each class is different from the last providing variety and helps you find your edge. When linking breath with movement, the practice becomes like a moving meditation, alternating between stillness and motion. Strength, flexibility and cardio come into harmony. Some experience in yoga is recommended, but all levels of experience can practice together, because each practice is your own, honoring your practice and your body.

- **Slow Flow Yoga L1/2:** Join mind and body as we move through a yoga sequence designed to deepen your understanding of anatomy & alignment within your yoga practice! Longer holds in standing poses build stronger muscles, and longer holds in seated/supine poses access the ligaments and fascia in a truly restorative way. This is a class to not just "go through the motions", but to strengthen your yoga foundation - at an easygoing pace that is accessible for all.

- **Splash Dance L2:** This class emphasizes cardio endurance, toning, and balance. Buoys and noodles add to the fun! Come join the fun and enjoy upbeat music you can really move to.

- **Step It Up L3:** Step up and be challenged! Enjoy a dance based choreographed workout on the step. This class will keep your mind busy and your heart pumping. Choreography includes faster transitions, more movements, and a higher intensity. This class is designed for individuals with intermediate to advanced stepping skills. A great challenge... a great workout!
- **Sticks & More L2:** This class makes use of drumsticks in a fun and innovative way. We will focus on common trouble spots such as; inner thighs, outer thighs, and core. We will spend 30 minutes total for warm up, cardio and cool down. The remainder of the class will be mat work and stretch.
- **Strictly Strength L2:** A class set to fun energetic music to motivate and inspire you through a full body strength workout. The focus will be on proper form and technique to strengthen and tone the major muscle groups of the body.
- **Wai Dan Gong L1:** Wai Dun Kun is an ancient Chinese exercise. It is exercise that promotes your blood circulation, activating your organs, soothing your joints, energizing your body, and making you feel great. It generates energy but does not use your energy. Practicing Wai Dan Gong 30-45 minutes every day, you will feel healthier, happier, and much stronger. Your body will tell you the difference after you practice a few times.
- **Water (H2O) Bootcamp L3:** This high intensity bootcamp style class includes a variety of exercises to increase cardiovascular and muscular strength. This class provides variety, intensity and fun! Mondays and Wednesday PM class will be held outside while the outdoor pool is open. Enjoy the sun and fresh air while getting an outstanding workout!
- **Water Works L2/3:** Includes a variety of exercises to increase cardiovascular and muscular strength. Noodles and hand buoys may be used. This class is designed for an intermediate/advanced aqua fitness class member.
- **Yin Yoga L1-L3:** When starting your day with this early morning yoga class, you will find yourself moving from activity to activity in a peaceful, refreshed and revitalized way. Based on the principles of Yin yoga, done on the floor, poses will be held longer to moderately stretch the deep connective tissues—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility and range of motion for daily living. The pose sequences are also designed to improve the flow of qi, the subtle energy said in Chinese medicine to run through the meridian pathways of the body. Improved qi flow is hypothesized to improve organ health, immunity, and emotional well-being. This class is for all fitness and flexibility levels, and modifications will be offered throughout each session.
- **Yoga L2:** This class builds on Beginning Yoga by focusing on movement through the postures rather than the teaching of the postures. This class will challenge you while improving balance, flexibility and reducing stress. All levels are welcome to this fun class.
- **Yoga Basics L1:** Come learn the fundamentals of yoga. This class is designed for those with little or no yoga experience and will help you improve balance, flexibility and stress reduction.
- **Yoga for Osteoporosis L1:** This class is designed to help maintain bone strength, balance and flexibility. We lift small hand weights, sitting in chairs, to strengthen the upper arms. Then, we do standing poses at the wall that are weight-bearing, to strengthen the bones of the hips and legs and maintain balance. We end the class on the floor, where we stretch to bring flexibility and agility to the joints. We do deep breathing exercises, and finish with a restorative deep relaxation.
- **Yoga Flow L2:** Yoga Flow is a challenging, dynamic, movement-based yoga which links movement with breath. Residents will flow through the asanas connecting each sequence with a vinyasa. This is beautiful, dynamic style of flow Yoga that maintains a playful and dance-like quality. There is no set sequence; the teacher brings her own style.
- **Yoga Strength L2/3:** Come to this class and enjoy the hip-opening body work of yoga with challenging upper body work using hand weights. In each series of yoga based pose sequences, hand weights are added to both increase physical coordination and the intensity of your workout. Make the class as easy going as you like with light weights, or as tough as you like with heavy weights...it's up to you! Leave feeling invigorated, stretched, and strengthened.
- **Yoga Stretch L1:** This class incorporates Mind/Body awareness to achieve your optimal stretch. We use a series of yoga poses designed to gently stretch the body while focusing the mind & breath to allow the body to completely relax before flowing into next pose. Yoga stretch is ideal for all levels to improve flexibility & range of motion to maintain a healthy FUNctional lifestyle.
- **Zumba L3:** This class fuses Latin rhythms and easy-to-follow moves to create a high energy, calorie burning and total body dance based workout. Let the party begin!
- **Zumba Gold L1/2:** The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.

WellFit Pilates Reformer Class Schedule March 1-30, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
	Ref Intermediate L2 - Kirsti				Ref Intermediate L2 - Kirsti		
8:30	Ref Basics + L1/L2 - Sarah	Ref Intermediate L2 Marilyn	Ref Basics L1 - Marilyn	Ref Intermediate L2 - Marilyn	Ref Basics + L1/L2 - Sarah		
9:30	Ref Intermediate L2 - Sarah	Ref Basics + L1/L2 - Marilyn	Ref Basic L1 - Marilyn	Ref Basics L1 - Julie	Ref Intermediate L2 - Sarah	Ref Basics L1 - Julie	
10:30	Ref Basics L1 - Valerie		Ref Basics L1 - Valerie	Ref Basics+ L1/L2 Julie		Cardio Jump & Core L2 - Julie	
11:30	Basics+ L1/L2- Valerie	Ref Basics + L1- L2 - Julie			Ref Basics + L1/L2- Valerie		
12:30	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625-4034			
2:00			Ref Basics L1 - Gretchen				
5:30	Ref Basics+ L1/L2 - Marilyn	Ref Basics+ L1/L2 - Lori		Ref Basics+ L1/L2 - Lori			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

OC Aqua WellFit Class Schedule March 1-30, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC Water Works L2/3- <i>Theresa</i>	OC	OC Water Works L2/3- <i>Cynthia</i>	OC	OC New Instructor! Water Works L2/3- <i>Theresa</i>	OC	OC
8:30	Aqua Fitness L2- <i>Theresa</i>		Aqua Fitness L2- <i>Theresa</i>		Aqua Fitness L3 - <i>Kirsti</i>		
9:30		Water Works L2/3 - <i>Deanne</i>	Core n More L3- <i>Annette</i>	Water Works L2/3 - <i>Deanne</i>	Core n More L3- <i>Marilyn</i>		
10:30	H2O Bootcamp L3- <i>Annamarie</i>	Water Works L2/3 - <i>Deanne</i>	Splash Dance L2- <i>Annette</i>	Water Works L2/3 - <i>Deanne</i>	H2O Bootcamp L3- <i>Annamarie</i>		
11:30	AF Aqua L1- <i>Annette</i>		AF Aqua L1- <i>Annette</i>		AF Aqua L1- <i>Annette</i>		
12:30	Aqua Pilates L1- <i>Marilyn</i>		Aqua Pilates L1- <i>Marilyn</i>		Aqua Pilates L1- <i>Marilyn</i>		
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	H2O Bootcamp L3 <i>Annamarie</i>		H2O Bootcamp L3- <i>Annamarie</i>				

OC WellFit Class Schedule March 1-30, 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OC	OC	OC	OC	OC	OC	OC
Strictly Strength L3- Annamarie	Step It Up L3- Kim	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Athletic Stretch L1/3 - 7:15-8:00am Marilyn	Low Impact L3- Jeri	Cardio Strength L3- Kim
Zumba L3 - Annamarie	Core & Strength L2 - Julia	Zumba L3- Summer	Core & Strength L2- Kim	Yin Yoga L1-3 - Marilyn	Yoga Basics L1-Sarah	Zumba L3- Carrie
Slow Flow Yoga L2/3- Sarah	Yoga Flow L2 - Ashley	Sticks & More L2- Linda	Yoga Flow L2- Sarah	Strictly Strength L2 - Valerie	Tai Chi L2-Peli	
Piloga L2 - Lola	Arthritis L2- Linda	Piloga L2 -Lola	Arthritis L2- Linda	Piloga L2-Lola	Tai Chi L1-Peli	
Barre L1- Julie	12:15-1:15pm iRest Meditaton and Yoga L1 - Iram	Arthritis L1/2 -Linda	Yoga Stretch L1- Julie	Arthritis L1/2 - Linda		
Chair with Flair L1 -Julie	1:30-2:30pm Chair Yoga L1 - Ashley	Chair with Flair L1- Julie	1:00-2:00pm SGT- Fit 101 L1 - Marilyn	Basic Chair L1-Julie		Yoga Flow L2- Ashley
SGT- Balance & Fall Prevention L1- Kathryn		SGT- Balance & Fall Prevention L1- Kathryn			SCLH Booking	
Healthy Living with Exercise L1 - Annamarie	Healthy Living Exercise L2 - Annamarie	Healthy Living with Exercise L1 - Annamarie	Healthy Living Exercise L2 - Annamarie	Activities		
Zumba L3 - Summer	Activities	Zumba Gold L2 - Joanie	Activities			
6:30-7:30pm Exercise and Weight Mgmt L1 - Marilyn	6:00-7:30pm Self Defense - Paul	6:30-7:30pm Exercise and Weight Mgmt L1 - Marilyn				
	Group Exercise Classes (punch pass) \$3.50			Wellness Classes (session based)		
				Small Group Training (session based)		
All classes are subject to change without notice.						
All classes are 55 minutes, unless otherwise noted.						



The Mind-Body Connection: Restoring Wholeness in Body, Mind, and Spirit Wednesday, February 24 — Free

7:00 PM, Ballroom (OC). Join us as we learn of an alternative approach to chronic care medicine—Functional Medicine. Functional Medicine focuses on the impact of your lifestyle on the development and persistence of chronic illness—including nutrition, stress, sleep, movement, relationships, environment and mind-body-spirit health. It seeks to understand how someone became ill in the first place and looks at what needs to be included in a healing plan so that the body is able to come back into balance and into its own healing rhythm. Join Dr. Maxine Barish-Wreden, Sutter Health, to explore together your own healing map so that you can begin to identify the core issues keeping you from living your best life.



Surviving the Silence: Love and Impossible Choices Tuesday, March 8 — Free

1:00 PM, Ballroom (OC). Throughout their life together, Colonel Pat Thompson and Barbara Brass had to make impossible choices: Pat, in order to maintain a career, and Barbara, in order to be with Pat and not jeopardize that career. Despite the stress of long-distance separations and phone-tapped calls while Pat served as the First Army National Guard Chief Nurse at the Pentagon and on tours in Panama, they remained deeply committed to each other and were married twice. The first time, in 2004—only to have their marriage declared invalid the next day—and again in 2008 when the CA Supreme Court ruled in favor of marriage equality. Join us to hear this remarkable and poignant story.



Placer County Sheriff's Office: Identity Theft Prevention Workshop Wednesday, March 23 — Free

1:00 PM, Ballroom (OC). Neighborhood Watch and the Community Forum Task Force are co-sponsoring an Identity Theft Prevention Workshop presented by the Placer County Sheriff's Office. The presenters include Detective Andrew Lyss and Detective Dan Meier. Expect to hear tips on reducing your risk of becoming a victim; safeguarding your identity; how criminals obtain information; and what steps to take if you become a victim of identity theft.



Don't Let Your Stomach Upset You Wednesday, March 23 — Free

7:00 PM, Ballroom (OC). Optimize Your Digestive Health: Learn how to fine tune your diet and lifestyle to avoid common digestive ailments including heartburn, acid reflux, ulcers, bowel dysfunction, and cancer. Dr. John McCracken, a Gastroenterologist at Kaiser Permanente Medical Center, is also an Associate Professor of Medicine at UC Davis.



Got Kibbutz? The role of this communal settlement in Israel Tuesday, April 5 — Free

7:00 PM, Ballroom (OC). Born and raised in Israel, Hagai Narkis (a Lincoln Hills resident) will share his experiences growing up on Kibbutz Ein Hashofet. A professional chef and culinary instructor in America, Narkis started his career in Israel as an agriculture mechanic and the kibbutz kitchen manager, preparing meals for 800 people of different ages and dietary needs. His presentation will focus on the establishment and development of the state of Israel as an agricultural, industrial and technological democracy, and the major contribution the Kibbutz movement had in this miracle. Learn some history and see historical photos from Narkis' personal collection.



Internet Safety for Seniors Thursday, April 13 — Free

1:00 PM, Ballroom (OC). Doris Blatchford, an Intel Corporation Community Volunteer, will be presenting the "Internet Safety for Seniors" program. Doris has presented this program to senior centers, senior complexes and retirement organizations in the greater Sacramento Valley for two years. This short, informative and easy to understand program gives you tips and tricks to safely "surf" the net, shop online, identify scams and rid yourself of pop ups. The presentation is sponsored by Intel Corporation and Intel Security.

Jeepers—Creakers! Wednesday, April 27 — Free

7:00 PM, Ballroom (OC). Older adults are athletically more active than a generation ago. With this increase in activity, there has been an increase of back pain complaints. Back pain occurs in nearly two-thirds of all adults at some point during their lives which grows worse with age. Add aging with the fact that many types of sports are associated with back problems and you create the perfect storm. For example, overhead racket sports tend to increase normal lordosis, or curvature of the spine, and aggravate lower back problems. Head-up swimming motions, such as the breast stroke, cause back problems as well as



running uphill. The type of pain you feel often provides a clue to the cause. Dr. Tyler Smith, Neurologist and Spine Specialist from Sutter Medical Center will discuss back pain

in the aging athlete—from diagnosis, prevention and treatment.

Community Forums, Date, Time, Location	
<ul style="list-style-type: none"> • The Mind-Body Connection: Restoring Wholeness Wednesday, February 24, 7:00 PM, Ballroom (OC) • Surviving the Silence: Love and Impossible Choices Tuesday, March 8, 1:00 PM, Ballroom (OC) • Placer County Sheriff's Office: Identity Theft Prev. Wkshop. Wednesday, March 23, 1:00 PM, Ballroom (OC) • Don't Let Your Stomach Upset You Wednesday, March 23, 7:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Got Kibbutz? The Role of this Communal Settlement in Israel Tuesday, April 5, 7:00 PM, Ballroom (OC) • Internet Safety for Silver Surfers Wednesday, April 13, 1:00 PM, Ballroom (OC) • Jeepers—Creekers! Wednesday, April 27, 7:00 PM, Ballroom (OC) • Watch for more Community Forums in upcoming issues of the COMPASS

The Genuine. The Original.

OVERHEAD DOOR

Overhead Door Company of Sacramento, Inc.

"The Largest Selection of Garage Doors in Northern California Since 1953"

Sales * Installation * Service

Residential * Commercial * Garage Doors * Operators

Free Estimates * Installed & Serviced by Professionals

www.overheaddoorofsacramento.com

916-421-3747

6756 Franklin Blvd., Sacramento, CA 95823

GARY'S SPRINKLER REPAIR SERVICE

Residential Experts
24 Years Experience
Troubleshooting & Repairs

- System Winterizing
- Pipes Wrapped
- Bad Valves
- Drip Systems
- Broken Pipes

All Work Guaranteed

H2orepair@hotmail.com
Lic. # 869624

(916) 223-3706

AIR NOW

HEATING & AIR CONDITIONING, INC

Get AIR NOW & Get the Best!

(530) 387-7310
(916) 332-7300

Ask about our Peace of Mind Warranty

www.AirNowHeatingAC.com
ACHelp@live.com

10% OFF when you mention this ad

Can't combine with any other offer.

NATE, BBB, C20 978593 891807

Buying or Selling?

916-765-4188

Coldwell Banker International President's Club Elite

Lenora Harrison

CA BRE#01229917

Visit our website@WeSellSunCity.com
Lenoraharrison@aol.com

Each office independently owned and operated

COLDWELL BANKER SUN RIDGE REAL ESTATE

EAGLE PLUMBING and roofer

24 Hour Emergency Service
For Your Total Plumbing Needs

Tim Martin
Owner

Lic. #870411
(916) 645-2500
(916) 645-2540 Fax

2009-2012 BEST OF THE BEST

"Your Dream Home Team"

Undivided Attention to Clients
Unparalleled Service

HOLLY Stryker & JILL Mallory
Realtors®

BRE #01900767 | BRE #01844625

HOLLY (916) 960-3949 • strykerhomes@gmail.com
JILL (916) 201-3855 • jill@jillmallory.com

www.LiveLincolnHills.com
1500 Del Webb Blvd # 101
Lincoln, CA 95648

Supporting the Placer County SPCA

Sun City Lincoln Hills Community Association

965 Orchard Creek Lane

Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

www.suncity-lincolnhills.org/residents

Public Website:

www.suncity-lincolnhills.org

-Administration-

Executive Director

Chris O'Keefe 625-4060 chris.okeefe@slhca.com

Executive Assistant/Office Manager

Christy Goodlove 625-4062 christy.goodlove@slhca.com

Sr. Director, Lifestyle & Communications

Jeannine Balcombe 625-4020

jeannine.balcombe@slhca.com

Accounting

Director of Finance

Bruce Baldwin 625-4013 bruce.baldwin@slhca.com

Advertising & Promotions

Advertising & Promotions Manager

Ben Baker 625-4057 ben.baker@slhca.com

Community Standards

Community Standards Manager

Cece Dirstine 625-4006 cecelia.dirstine@slhca.com

Facilities & Maintenance

Facilities & Maintenance Manager

Cesar Orozco 645-4500 cesar.orozco@slhca.com

Membership

Membership Clerks

Amy Gonzales/Bertha Mendez 625-4000

amy.gonzales@slhca.com/bertha.mendez@slhca.com

membership@slhca.com

Room Booking & Club Support

Room Booking & Club Coordinator

Shelvie Smith 625-4021 shelvie.smith@slhca.com

-Lifestyle-

Activities Desks

Orchard Creek 625-4022

Kilaga Springs 408-4013

Activities

Lifestyle Manager

Lavina Samoy 625-4073 lavina.samoy@slhca.com

Lifestyle Assistant Manager

Lily Ross 408-4609 lily.ross@slhca.com

Lifestyle Class Coordinator

Betty Maxie 408-7859 betty.maxie@slhca.com

Lifestyle Entertainment Coordinator

Deborah Meyer 408-4310 deborah.meyer@slhca.com

Lifestyle Trip Coordinator Katrina Ferland

625-4002 katrina.ferland@slhca.com

COMPASS

Editor • Jeannine Balcombe

625-4020 jeannine.balcombe@slhca.com

COMPASS Advertising Coordinator

Amy Gonzales 625-4014 amy.gonzales@slhca.com

Fitness/Wellness

OC Fitness Center 625-4030

KS Fitness Center 408-4683

WellFit Manager

Deborah McIvain 625-4031 deborah.mclvain@slhca.com

Fitness Supervisor Jeannette Mortensen 408-4825

jeannette.mortensen@slhca.com

Wellness Supervisor Carol Zortman 625-4032

carol.zortman@slhca.com

-Food & Beverage-

Meridians Reservations 625-4040

Kilaga Springs Café 408-1682

Director of Food & Beverage

Jerry McCarthy 625-4049 jerry.mccarthy@slhca.com

Catering

Banquet Sales Manager

Meghan Louder 625-4043 meghan.louder@slhca.com

-The Spa at Kilaga Springs-

408-4290

Spa Manager

Kris Holland 408-4071 kris.holland@slhca.com

Hours

Orchard Creek & Kilaga Springs Lodges

Monday-Friday 8:00 AM-9:00 PM

Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

Activities Registration: OC & KS

Monday-Friday 8:00 AM-8:00 PM

Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

Administration Offices & Membership

Monday-Friday 8:00 AM-5:30 PM

Saturday (first only) 8:00 AM-12:00 PM

Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Saturday/Sunday—OC 7:00 AM-8:00 PM

Saturday/Sunday—KS 6:30 AM-6:00 PM

Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM

Sunday 7:30 AM-3:30 PM

Meridians Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

Dinner Friday & Saturday 5:00-9:00 PM

Sunday Brunch 10:30 AM-2:00 PM

The Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

General Numbers

Broken Water Line on Association

Community Property

645-4501 Landscape Office

Curator Security, Inc.

(916) 771-7185

Golf Shop

Website: lincolnhillsgolfclub.com

General Manager, LH Golf Club

Ryan Peterson 543-9200, ext. 4

Lincoln Police & Fire 645-4040

Neighborhood Watch

Ron Wood 434-0378

Pauline Watson 543-8436

Neighbors InDeed 223-2763

Pulte Homes Customer Care

Norcal@delwebb.com

Board of Directors

Ken Silverman, President

Ken.Silverman@slhca.com

Jim Leonhard, VP

Jim.Leonhard@slhca.com

Marcia VanWagner, Treasurer

Marcia.VanWagner@slhca.com

Gay Mackintosh, Secretary

Gay.Mackintosh@slhca.com

Donald De Santis, Director

Donald.DeSantis@slhca.com

Molly Seamons, Director

Molly.Seamons@slhca.com

Denny Valentine, Director

Denny.Valentine@slhca.com

Committee Chairs

Architectural Review Committee

arc@slhca.com

Clubs & Community Organizations Committee

ccoc@slhca.com

Communications & Community

Relations Committee

ccrc@slhca.com

Compliance Committee

compliance.committee@slhca.com

Elections Committee

elections.committee@slhca.com

Finance Committee

finance.committee@slhca.com

Properties Committee

properties.committee@slhca.com

Please thank your advertisers and tell them you saw their ad in the *Compass*.

Advertisers listed in this issue are shown here by category followed by the page number (bolded) location of the ad.

ACCOUNTING/TAX

AJ Kottman, **73**
 Riolo, Roberts and Freddi, **56**
 Sage Tax Solutions, **16**

ACTIVITIES DEPARTMENT

Activities News, **5**
 Tribute to the Carpenters, **13**
 Vatican Exhibit/Reagan Library, **108**

APPLIANCE REPAIR

Ace Appliance Repair, **6**

AUTOMOBILE SALES/SERVICE

I Buy Used Cars & Boats, **20**
 J & J Body Shop, **92**
 Outlet4Cars, **74**

CARPET CLEANING

Gold Coast Carpet & Uph., **14**
 Joe's Carpet Cleaning, **73**
 Johnny on the Spot, **38**

CHURCHES

Valley View Church, **16**

COMPUTER SERVICES

Affordable Computer Help, **48**
 Compsolve Computers, **6**
 PC & Mac Resources, **69**

DAY SPA

The Spa at Kilaga Springs, **9, 82**

DENTAL

Citadel Dental, **14**
 Denzler Family Dentistry, **81**
 Life Enhancing Dental Care, **42**
 Paul Binon, DDS, **90**
 A1 Personalized Dental Care, **4**
 Victoria Mosur, DDS, **78**

ELECTRICAL SERVICES

Brown's Quality Electric, **6**
 Dodge Electric, **69**
 KIP Electric, **84**

EYE CARE

AAA Optical Outlet, **88**
 Wilmarth Eye/Laser Clinic, **65**

FINANCIAL/INVESTMENT

Edward Jones, **48**
 Melton Financial, **38**
 Reverse Mortgage Funding, **92**
 ScholarShare, **42**
 Security 1 Retirement Funding Sols., **76**
 The Reverse Mortgage Group, **81**

FOOT CARE

Lincoln Podiatry Center, **73**

GOLF CARS—SALES/SERVICE

Electrick Motorsports Inc., **65**
 Sun City Detail, **6**

GOLF CLUB

Lincoln Hills Golf Club, **67**

HAIR CARE

Kathy Saaty, **88**

HANDYMAN SERVICES

A-R Smit & Associates, **60**
 Bartley Home Repair, **63**
 Bennett's Handyman Service, **55**
 CA's Finest Handyman, **88**
 Home Handyman Services, **69**
 L&D Handyman, **60**
 Wayne's Fix-all Service, **63**

HEALTHCARE

Lincoln Medical Practices, **63**
 NorCal Laser Liposculpture, **4**
 Placer Dermatology, **56**
 Spine & Nerve Diagnostic Center, **97**
 Sutter Roseville Med. Center, **47**

HEALTHCARE REFERRAL SVCS.

A Senior Connection, **19**
 Care Patrol, **97**
 Senior Care Consulting, **55**

HEATING/AIR CONDITIONING

Accu Air & Electrical, **60**
 Air Now Heating & Air Conditioning, **105**
 Good Value Heating & Air, **84**
 JR Putman Heating & Air, **97**
 Peck Heating & Air, **55**

HOME CARE SERVICES

Age Advantage Senior Care, **17**
 Home Care Assistance, **8**
 Live Well at Home, **90**
 Right At Home, **95**
 Senior Care Giver Services, **60**
 Welcome Home Care, **88**

HOME FURNISHINGS

Andes Custom Upholstery, **48**
 California Backyard, **20**
 Gary's Refinishing, **88**
 Pottery World, **57**

HOME IMPROVEMENTS

1A Advanced Garage Doors, **55**
 Arrow Plastering, **6**
 Cal-Rox Roofing, **60**
 Capital City Solar, **90**
 Carpet Discounters, **17**
 Don's Awnings, **19**
 Findley Iron Works, **60**
 Guchi Interior Design, **90**
 Interior Wood Design, **51**
 Knock on Wood, **95**
 MG Construction, **88**
 Overhead Door Co., **105**
 Petkus Brothers, **51**
 RM General Contracting, **8**
 Screenmobile, **88**
 The Closet Doctor, **86**
 Wallbeds & More, **16**

HOME SERVICES

Dandy Cans, **22**

Diane's Helping Hand, **63**
 Vent-tastic Vent Cleaning, **48**

HOUSE CLEANING

Rich & Diane Haley House Cleaning, **84**
 This Clean House, **63**

INSURANCE/INSURANCE SVCS.

Allstate Insurance, **19**
 Pat's Med. Ins. Counseling, **55**
 State Farm Insurance, **22**

INT. DESIGN, WINDOW COVERS

SunDance Interiors, **88**

LANDSCAPING

CM Ponds & Stuff, **63**
 Duran Landscaping, **55**
 Fallen Leaf Landscape, **24**
 Geo Paradise Landscape, **58**
 New Legacy Landscaping, **84**
 Rebarb Time, Inc., **76**
 RockFace Waterscapes, **84**
 Steven Pope Landscaping, **69**
 Terrazas Landscape, **14**

LEGAL

Gibson & Gibson, Inc., **16**
 Law Office Darrel C. Rumley, **24**
 Law Office Lynn Dean, **44**
 Michael Donovan, **69**
 Robertson/Adams, **78**

MORTUARY SERVICES

Cremation Soc./Cochrane Wagemann, **44**

MOVING SERVICES

Smooth Transitions, **74**

NOTARY PUBLIC

A McClellan, Notary Public, **63**

PAINTING CONTRACTORS

Dynamic Painting, **38**
 MNM Painting & Drywall, **48**
 Sunrise Painting Services, **65**

PEST CONTROL

Inspired Pest Management, **74**
 The Noble Way Pest Control, **44**

PETS

A Pet's World, **20**

PHOTOS

Visionary Design, **69**

PLUMBING

BZ Plumbing Co. Inc., **58**
 Eagle Plumbing, **105**
 Maples Plumbing, **6**
 Placer Piping Company, **22**
 Ronald T. Curtis Plumbing, **84**

PROPERTY MANAGEMENT

Gold Properties of Lincoln, **86**

PSYCHOTHERAPY

Marvin Savlov, Psychotherapist, **60**

REAL ESTATE

Coldwell Banker/Sun Ridge, **95**
 - Anne Wiens, **84**
 - Don Gerring, **55**
 - Donna Judah, **42**
 - Gail Cirata, **56**
 - Holly Stryker and Jill Mallory, **105**
 - Jo Ann & Steve Gillis, **4**
 - Lenora Harrison, **105**
 - Michelle Cowles, **55**
 - Paula Nelson, **17**
 - Sharon Worman, **78**
 - Tara Pinder, **76**
 Grupp & Assocs. Real Estate, **81**
 HomeSmart Realty - Shari McGrail, **19**
 Keller Williams
 - Carolan Properties, **86**
 - John Perez, **73**
 Lyon Real Estate - Shelley Weisman, **8**
 United Country Real Estate, **22**

RESTAURANTS

Meridians, **77**
 Kilaga Springs Café, **92**

SENIOR LIVING

Casa de Santa Fe, **8**
 Eskaton, **70**
 The Pines, **58**

SHOES

del Sole Shoes, **14**

SHUTTLE SERVICES

Apex Airport Transportation, **20**
 Diamond Van Shuttle, **48**

SPRINKLER REPAIR

Gary's Sprinkler Repair Service, **105**

STORAGE

Joiner Parkway Self Storage, **81**

TRAVEL

Club Cruise, **6, 24, 63, 69**

TREE SERVICE

Acorn Arboricultural Svcs. Inc., **51**
 Capital Arborists, **17**
 Hallstead Tree Service, **60**

VACATION RENTALS

Maui & Tahoe Condos, **22**

WELLFIT

Healthy Living with Exercise, **53**
 WellFit News, **7**

WINDOW CLEANING

All Pro, **6**
 Lighthouse Window Cleaning, **84**

WINDOW TREATMENT CLEANING

Sierra Home & Comm. Svcs., **69**

WINERY

Wise Villa Winery, **78**

Compass — A monthly magazine established August 1999

Editor: Jeannine Balcombe 625-4020

Associate Editor: Wendy Slater

Resident Editor: Doug Brown

Advertising: Judy Olson 625-4014

Resident Writers: Doug Brown, Pat Evans, Dee Hynes, Joan Logue, Nina Mazzo, Al Roten, Shirley Schultz

Layout/Design: Aspen TypoGraphix

Printing: Fruitridge Printing

Submitted articles may be edited and republished in any format. All articles submitted become the property of Sun City Lincoln Hills Community Association. The Association reserves the right to make an Editor's response or to comment on submitted articles. Copyright © 2014 by Sun City Lincoln Hills. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any information storage and retrieval system without express permission in writing from the publisher. The Association provides this publication for informational purposes only. Sun City

Lincoln Hills does not guarantee, endorse or promote any of the products or services advertised herein and assumes no responsibility or liability for the statements made in this publication.



REAGAN LIBRARY



VATICAN SPLENDORS

THE ONLY WEST COAST STOP FOR THE VATICAN EXHIBIT



DEPART: TUESDAY, APRIL 19 8:00AM
RETURN: FRIDAY, APRIL 22 6:00PM



Amtrak Coast Starlight from
Simi Valley to Paso Robles
Pick up itinerary at Activities Desk

Activity# 1971-12

\$618 Double Occupancy
\$838 Single



Includes wine reception/tastings,
two breakfasts, three lunches,
and one dinner

Deadline to purchase:
Friday, March 18 at 12PM