

February 2019

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



12 One Kind Day

15 Conversation with Gary Younger

The Official Magazine of Sun City Lincoln Hills

Contents

3 Association News

- 3 Board of Directors' Report
- 4 From the Executive Director's Desk
- 4 Calendar of Events
- 5 Listening Post Update
- 5 Upcoming Association Meetings
- 6 Finance Committee Report
- 7 Architectural Review Committee
- 7 Compliance Committee
- 8 Team Member of the Month
- 8 Department News

12 Community Profile

- 12 One Kind Day
- 13 Do You Need a Valve Job?
- 15 Conversation with Gary Younger
- 17 Save Precious Time!
- 19 In Memoriam
- 19 Volunteer Opportunities
- 19 Bingo
- 19 Fragrance-Free
- 21 Library News
- 21 Be Seen!
- 21 Cheers to 20 Years!

23 Club News

44 Support Group News

47 Bulletin Board

50 Community Perks

52 Community Forums

55 Entertainment

59 Day Trips & Extended Travel

73 Class Index

- 74 Lifestyle Classes
- 89 WellFit Classes

102 Association Contacts & Hours

103 Ad Directory



On the Cover - Newlyweds George Bungarz and Georgia Ramm. Go to Good News section of the resident website for their story. Find Cupid



Board of Directors' Report

Marcia VanWagner, President, Board of Directors

The 2018 Annual Report was presented at the Annual Special Meeting on February 14, 2019. Here are some highlights from the report which is published on the Resident Website.

Lincoln Hills is a beautiful community, fiscally strong with activities and entertainment offered for a wide range of interests and abilities. The theme this year has been "Continuous Improvement," closing the gap between exceptional and perfect.

Finances

Operations met budget in 2018, demonstrating the skills of our staff and Finance Committee in offering the best value for the cost. Our Reserve Fund ended 2018 with over \$8M, after adding \$200,000 in capital assets.

Food and Beverage

This is a commendable example of "continuous improvement." Every month, the financial report was better and better, ending the year beating budget!

WellFit

The OCL Fitness Center renovation garnered a lot of attention this year, but the residents' feedback on the calming colors, finishes, and state-of-the-art cardio equipment in both fitness centers are positive. Wellness offerings, especially mindfulness and nutrition programs increased in 2018.

Lifestyle

Provided a variety of trips, events, entertainment and classes. The gem was the Summer Concert Series with an average attendance of 1,300.

Spa

Not only met budget but came in under budget

with the addition of new services.

Facilities

The Set-Up team supported more than 8,000 events in 2018 with a lot of chairs and tables. Landscaping kept our grounds beautiful and healthy and still met budget.

Community Enhancement Fund

The CEF, which grows monthly, provided \$200,000 for capital enhancements in 2018, sun shades for OCL and automatic doors.

Our committees contributed to the continuous improvement in Lincoln Hills in 2018. The Architectural Review Committee developed a new paint palette and held classes to help the approval process. The Compliance Committee clarified processes and cleared a record number of cases. Finance and Properties Committees held joint workshops for residents. The Clubs and Community Organizations Committee sponsored new groups and simplified club bylaws. The Communications and Community Relations Committee continued to present successful Community Forums and improved communication tools. The Elections Committee produced the 2019 election and has gathered input for improvement.

Thank you to the Board for attending 61 meetings requiring countless hours of preparation. Thank you to the committees and the staff for taking on the theme of continuous improvement and showing how it is done. Thank you to our residents. The Board and committees are your friends and neighbors who take the responsibility of leading this community seriously.



SIGN UP FOR ENEWS

- Open up the camera on your phone.
- Scan the QR code.
- This will redirect you to the resident website sign up for eNews page.
(login may be required)

Calendar of Events

February 15, 2019 – March 15, 2019

Date	Event	Page #
2/15	Eliminate Violence.....	52
2/15	Celebration of Joni Mitchell	55
2/16	Crazy Rich Asians	50
2/18	Exploring Our Website.....	52
2/19	David Nihill Comedy	55
2/21	Colusa Casino	59
2/21	iPhone Camera & Photos.....	87
2/21	Produce with a Purpose	93
2/22	Sip and Paint - Reflection Pond	75
2/26	It's the Lifestyle Expo	50
2/27	Heart Valves	52
2/28	Bingo	19
2/28	Jonny Zywiiciel Concert.....	56
3/2	The Old Man and the Gun	50
3/4	The Old Man and the Gun	50
3/5	Meridians Mardi Gras	8
3/6	Organizing Your Windows Files	85
3/7	The Everly Brothers Experience.....	56
3/7	Static in the Attic	94
3/8	YouTube TV	87
3/9	Chinese New Year in San Francisco...65	
3/9	Constructive Art Critique.....	74
3/11	The Sierra Nevada	52
3/12	Falsettos.....	63
3/15	Patsy Cline Tribute.....	56



From the Executive Director's Desk

Chris O'Keefe, Executive Director,
SCLH Community Association

Celebrating the Positive Side of Life

Welcome to the February issue of the *Compass* magazine! There are a lot of positives to report on, so let's wade in. The Lifestyle Department started the New Year with great attendance for its first two concerts. We are so blessed to have a great team in place dedicated to providing entertainment offerings that are well received by our residents. Speaking of something being well received, we made a change to the Tuesday Night Dances at Meridians, and we now rotate this event. We have a live band in the Ballroom on one Tuesday and a DJ in the Meridians dining room the following Tuesday. For the first Ballroom event, we hosted 80 residents and followed up with more than 130 residents for the next dance night in the Ballroom. The attendance for the Meridians dining room dances has also improved, and we hope that those of you looking to have some fun will come on down on Tuesdays and participate in these great events.

We have a new Executive Chef in Meridians. Chef Marco comes to us from the Bay Area he has a wealth of experience leading teams in country clubs and high-end restaurants. We are excited to have him on board. This is another example of continuous improvement. We look forward to watching him develop the "back of the house" team.

We instituted a new internal program in January called "Celebrate 52" in which we use the weekly eNews to bring attention to events and people that help to make this community shine. Operating under the philosophy that we should never pass up an opportunity to acknowledge praise worthy efforts. We hope that these stories will help bring attention to the people and things that make our community so special. Look for them via eNews.

We are bombarded on a daily (hourly) basis by examples of bad news, bad behavior, and bad whatnot, and most of what is put out there in the news or social media drowns out the fact that there are far more positive things happening in the world. At some point, we need to take a stand and make sure that the good things in life, the positive contributions are recognized and not drowned out by the negative. The result if we fail, is a world where few if any will want to contribute to the greater good. Let's celebrate the positive side of life more often. Have a great February!

Listening Post Update – Chris O’Keefe, Executive Director

The January Listening Post was once again well attended, and as always my appreciation goes out to all that took the time to come out. We started by answering some questions that had come up regarding the Association’s 501(c)(4) status. There had been some concern that by changing our tax status we now opened up our common areas to the public.

Information was reviewed from a previous “Straight Scoop,” and hopefully the issue was put to rest. The status of our common areas remain as they always have been.

The Elections Committee provided me a list of questions from the candidate forums. Subjects such as security, contractor supervision, monthly payment of dues, existing bus stops, staff retention, street signage, and the cost and status of the concrete fencing. These were great questions, and I encourage you to access the Listening Post video for the responses.

I was happy to report that the attendance for the Tuesday Dance Nights in the Ballroom went from 80 to more than 130 guests! The attendance for the dances in Meridians have also increased.



We believe these events will continue to grow, so if you are looking for something fun and entertaining, please stop by on Tuesday nights.

A question came up regarding bids for work on the fitness center project, and I was happy to report that bids had been obtained for the various tasks. I finished with a comment regarding continuous improvement, particularly to where we were in regards to the financial performance of Food & Beverage and the Kilaga Spa. In 2017, F&B showed losses of over \$200k, and we are happy to report that in 2018, the department beat its budget and came close to break-even for the year. The Kilaga Spa continues to improve its performance and in 2018 showed a nice profit for the year.

Those performances, coupled with the continued improvements we have seen for the WellFit, Lifestyle, Admin, and Facilities Departments speak well for the Association and its commitment to providing the highest level of service we can for our residents and guests.

I hope to see you at the February Listening Post.

Upcoming Association Meetings: February 15 – March 31

Listening Post	Wednesday, February 20, 9:30 AM, P-Hall (KS)
Golf Cart Registration	Thursday, February 21, March 7 & 21, 9:00 AM
Finance Committee Meeting	Thursday, February 21, 9:00 AM, P-Hall (KS)
ARC/Architectural Review Committee Meeting	Monday, February 25, 9:00 AM
Board of Directors Meeting	Thursday, February 28, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, February 28, 11:00 AM
Board of Directors Executive Session	Thursday, February 28, 11:30 AM
Elections Meeting	Friday, March 1, 10:00 AM
CCOC/Clubs & Community Organizations Meeting	Tuesday, March 5, 9:30 AM
Compliance Committee Meeting	Wednesday, March 6, 9:00 AM
Properties Committee Meeting	Thursday, March 7, 9:00 AM, P-Hall (KS)
ARC/Architectural Review Committee Meeting	Monday, March 11, 9:00 AM
New Resident Orientation	Wednesday, March 13, 2:00 PM
Listening Post	Wednesday, March 20, 9:30 AM, P-Hall (KS)
Finance Committee Meeting	Thursday, March 21, 9:00 AM, P-Hall (KS)
ARC/Architectural Review Committee Meeting	Monday, March 25, 9:00 AM
Board of Directors Meeting	Thursday, March 28, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, March 28, 11:00 AM
Board of Directors Executive Session	Thursday, March 28, 11:30 AM

Meetings in Orchard Creek Lodge unless noted otherwise.



Finance Committee Report

Looking to Continuously Improve Financial Health

Robert Copp, Finance Committee

While the overall financial health of our Association is strong, we are always looking continuously to improve. In one significant area, Chris O’Keefe, Executive Director, has recommended that we start the budget process earlier. This will give the Department heads time to more fully analyze their budget needs, discuss it with others and present it to the Finance Committee and residents for an open discussion. With State law requiring a \$1 minimum wage increase, our budget will be impacted again by increased personnel costs. Having the time to discuss the impact on the Association’s operations and on the residents’ pocketbook is important. Our goal as a Committee is to be as transparent as possible in sharing and discussing the budget before we recommend it to the Board for approval.

While we have addressed improvements in how residents submit capital projects and how these projects are reviewed. We must now consider how to prioritize expenditures of the Community Enhancement Fund or whether any funds should be set aside for safety or Americans with Disabilities Act projects or for projects that could save the Association money. We also need a long-term focus on funding for future projects that attract new

residents and keep our home values high while also addressing current residents’ needs.

We need to clarify what it means to be an Association amenity. For example, when discussing the Food & Beverage Department, we need to understand what is within their control and what is not. When the Orchard Creek Ballroom is being used for Association events, it is not available for catering. If a large catering event is underway and Meridians and the Sports Bar are busy, the small kitchen can be impacted. However, these restrictions are somewhat offset by the Association covering the cost for utilities, building maintenance, and other general costs.

As we finish the year, we are \$60,491 favorable to budget. This is due not to under-spending, but to some end-of-year corrections including a water utility refund, credit for dormant gift cards (all older gift cards will still be honored) and the release of an unused easement.

We will continue to be a Committee that asks questions and listens to input before making a recommendation. If you feel we have not provided the information you need, please ask. We will do our best to address each question. As always you can email me at finance.committee@sclhca.com.

Preliminary Statement of Operations YTD December 2018

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$8,345,872	\$8,261,646	\$84,226	\$8,261,646
Administration (Expense)	(2,027,233)	(1,977,330)	(49,903)	(1,977,330)
The Spa at Kilaga Springs	35,180	15,010	20,170	15,010
Fitness	(445,666)	(479,280)	33,614	(479,280)
Lifestyle	(547,895)	(509,370)	(38,525)	(509,370)
Facilities & Landscaping	(5,295,713)	(5,300,730)	5,017	(5,300,730)
Food & Beverage	(29,646)	(35,538)	5,892	(35,538)
Net Revenues (Expense)	\$34,899	(\$25,592)	\$60,491	(\$25,592)
CEF/FMA Net Change YTD Dec 31, 2018	\$53,747	CEF/FMA Funds Dec 31, 2018		\$795,499
		Unallocated CEF/FMA Funds		\$671,790



Architectural Review Committee

Paint Party

Carole Dummett, ARC Chair

Our Paint Party Open House introducing the new color palettes for home exteriors was positive and upbeat. We had a nice turnout of homeowners who enjoyed the Sherwin-Williams presentation on applying a color palette to your home and discussing industry standards for color selections. We tried a new format with round tables for homeowners to sit and visit with an ARC member. Committee members enjoyed this concept, and we plan on implementing the same format with future changes to our Design Guidelines.

A special thank you to Denise Bowden, a fellow homeowner who introduced this concept to the ARC as a means to better relate to the homeowners.

The Board granted final approval of the paint palettes at the January 24, 2019 Board meeting, which gave us the ability to order the new Paint Books from

Sherwin-Williams. Tentatively, these will be available mid-February 2019. In the interim, these colors along with our new Paint Application are in effect January 24, 2019, with temporary books available from the Community Standards Office.

We plan to review a few sections of the Design Guidelines for better clarification. This process will begin in a few months.

Tip for the month: Please apply and get all exterior improvements approved through ARC. It only takes a short time and is well worth it.

We currently have two openings for committee members. The requirement is a property owner in good standing with an email address for communication purposes. If you have a landscape, real estate or contractor background, this is a great committee to utilize these talents.



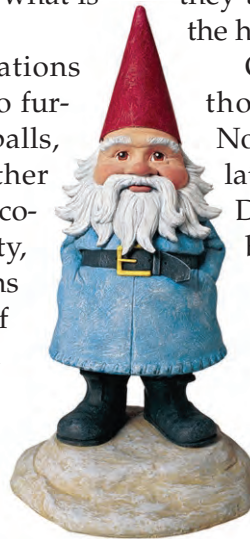
Compliance Committee

What is with that Gnome?

David Mateer, Chair

Sometimes, beauty is in the eye of the beholder. What some may think is a beautiful addition to their yard may be viewed by others in a different light. So, what is the real story on what is allowed in our community?

Per the Design Guidelines, yard decorations include, but are not limited to, benches, patio furniture, garden statues, sculptures, gazing balls, weather vanes, plaques, driftwood and other similar natural or man-made items. All yard decorations, if visible from neighboring property, require ARC approval. These yard decorations are not allowed in the front of the home if visible from neighboring properties, unless in the private space and/or approved by the ARC. The ARC may approve based on their size, location, and compatibility with the architectural character of the home and community. Should you really like something but cannot put it in the front yard, they can be added, without ARC approval, in the rear yard of an interior lot if enclosed by a solid fence and not visible from the neighboring properties. You may also have these items in the covered entranceways, courtyards, and patios as they are considered the "private space" mentioned above. Similarly, ARC approval is required



for all wall decorations if they are visible from neighboring properties, streets, common areas, open space or the golf course. Please work with the ARC to ensure they are in line with the architectural character of the home and community.

Our winter holiday season is over now and those decorations are in safe keeping until November. Everyone enjoys and is given great latitude during that time to decorate and enjoy. Decorations are also allowed for two weeks before and after a regularly recognized major holiday such as Memorial Day, Fourth of July, etc. There are lots of holidays to celebrate, but please keep the holiday yard decorations to the major holidays.

Ready to help out?

There are currently openings on the Compliance Committee. This is an opportunity to become more involved in your community. The committee focuses on enforcement and support of the standards and restrictions outlined in the CC&Rs and Design Guidelines. We also strive to ensure everyone is treated fairly and respectfully.

Committee applications are available at the Membership desk (OC), or on the website. Support your community and become a volunteer today!



Team Member of the Month Award – January 2019



Our “Team Member of the Month” Award is Carly Lortie. Carly has been with Lincoln Hills since December of 2017 as an Administrative Assistant. Here are just a few quotes from her team members:

“Carly has been an asset to our team, from her first day!”
“Carly is always pleasant, patient and professional. She has taken on big and small projects in various departments with great willingness and efficiency.” *“Carly is the definition of a temp player! She jumps in and steps up when someone asks for help with a new project. She is a pleasure to be around and always has a smile on her face.”*

Thank you, Carly, for your hard work and dedication to the entire Team. We are fortunate and lucky to have you part of our Lincoln Hills family!



Let us serve you with a view

Meridians
 Restaurant & Bar

**Meet Your New Executive Chef,
 Marco Martinez!**

*Kristy Huskey,
 Director of Food & Beverage*

Marco joined the Lincoln Hills Team on January 28, 2019. Marco comes with 25 plus years of Executive Chef experience, and mostly in a “club-like setting” like here! We are excited to have him on the Food and Beverage Team and know he will make a difference. Stop in and say hi to Marco!

Come enjoy some “N’awlins” style entrees on Tuesday, March 5 for Mardi Gras! This is a popular event, so please make reservations ASAP. Flyers are available on the website and in the restaurant. Since this falls on a regular Tuesday dance night we are moving dance night and DJ Tom to the Ballroom to make room for the Mardi Gras diners. As a thank you to the dancers, there will be NO entertainment fee on this night.

Don’t miss out on the “new” Dance Night in the ballroom! Tickets are on sale for only \$10 and can be purchased at the Meridian’s Host Stand. A cash bar will be available for your convenience. Please go to www.meridiansrestaurant.com to view the flyer, or come to the host stand in Meridians to get one!



Chef’s Recipe of the Month:

Mardi Gras Shrimp and Crawfish Étouffée
Serves 4

Ingredients

- 1/3 cup vegetable oil
- 1/4 cup all-purpose flour
- 1 small green bell pepper, diced
- 1 medium onion, diced
- 2 cloves garlic, minced
- 2 stalks celery, diced
- 2 fresh tomatoes, chopped
- 2 Tbsp. Louisiana-style hot sauce
- 1/3 tsp. seafood seasoning
- 1/2 tsp. ground black pepper
- 1 cup fish stock
- 1 pound crawfish tails
- 1 pound medium shrimp, peeled and deveined

Instructions

1. Heat the oil in a heavy skillet over medium heat. Gradually stir in flour and stir constantly until the mixture turns ‘peanut butter’ brown or darker, at least 15 or 20 minutes. This is your base sauce or ‘Roux.’ It is very important to stir this constantly. If by chance the roux burns, discard and start over.
2. Once the roux is browned, add the onions, garlic, celery and bell pepper to the skillet, and sauté for about 5 minutes to soften. Stir in the chopped tomatoes and fish stock, and season with the seafood seasoning. Reduce heat to low, and simmer for about 20 minutes, stirring occasionally.
3. Season the sauce with hot pepper sauce and cayenne pepper (if using) and add the crawfish and shrimp. Cook for about 10 minutes, or until the shrimp are opaque.
4. Serve over steamed rice.



Lifestyle News & Happenings And the Oscar Goes to...

Lavina Samoy, Lifestyle Manager

On February 24, the Academy Awards will be celebrating its 91st year of honoring the best movies and performances. Who will win this year's Oscars? Your guess is as good as mine. But one thing for sure, you can look forward to watching the winning movie as part of our movie presentation.

Did you know that you can enjoy free movies about three times a month in the Presentation Hall (KS) with our **KS at the Movies** program? Typically, new releases are shown on the first Saturday at 6:00 PM and the following Monday at 1:30 PM while classic movies are shown on the third Saturday at 1:30 PM. Rules are quite simple, get a seat and have fun! No tickets, no check-in, no adding of seats (when the theater is full), and be a sport when you can't get in. If a movie is a hit and we end up turning away guests, we work to schedule a re-showing of the movie. As an example, *Crazy Rich Asians* will be reshown on **February 16 at 1:30 PM (page 50)** for the monthly movie schedule. Rumors have it that we promote this event to the public...that is NOT true. The event has become quite popular with our residents, and the venue has been filling up. It is for



you, our residents, so we request that you watch the movie with your co-residents. Thank you to movie aficionados for sharing their personal movie collection free to us. Now, let's have fun!

Speaking of awards, we are proud to present "**Jersey Boys**" **Tony and Grammy Award winner John Lloyd Young** live on our very own stage, **April 15**. John Lloyd will sing hits from "Jersey Boys," along with hits from the '50s and '60s (**page 56**).

Our annual **Spring Fashion Show on April 4** will have a French flair this year, from décor to the luncheon. Be part of the excitement by being a model or reserving your table (**page 57**).

We are heading back to **Ashland on June 10-14** to experience the **Oregon Shakespeare Festival** with Shakespeare's "As You Like It" including a backstage tour and two other Broadway musicals (**page 69**).

Meet Association Clubs, Groups, local non-profit organizations and your Lifestyle team on **February 26** at our annual **It's the Lifestyle! Event (page 50)** at Orchard Creek Lodge and discover what makes our community a winning place to live!



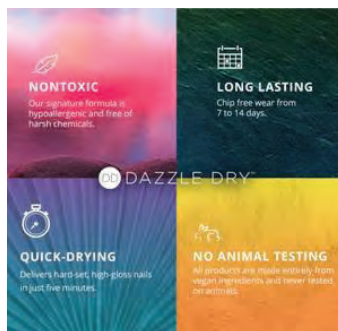
The Spa at Kilaga Springs New Services to the Spa

Trudy Smith, Spa Manager

We like to keep our creative juices flowing in the Spa. One of the ways we do that is with new products and services. Another way is with fine tuning the physical space. You experience this at home when you de-clutter or renovate to create new spaces. If you haven't been to the Spa lately, we have new cabinetry and a new retail display area. The cabinetry behind the front desk is beautiful and efficient. We are always on the search for new services and products to add to your health and wellness. Giving you plenty of reasons to come to the Spa.

In our nail department, we are bringing a new line of nail polish, called Dazzle Dry. Dazzle Dry delivers a nail care system that is both nontoxic and hypoallergenic, making it ideal for even the most sensitive skin types. They achieve this in part by eliminating certain reactive ingredients found in traditional nail polish, which can sensitize the skin and cause the development of more serious conditions, including allergic contact dermatitis.

Dazzle Dry is the only vegan nail care system that dries in only five minutes and lasts up to three weeks.



It applies and removes like traditional polish; delivers the performance of a gel polish - without the need for UV light, and strengthens natural nails in the process.

This month my Spotlight is on Stacey Levno.

Stacey has been a massage therapist (ATMAT, Swedish, Deep Tissue, Facial) and energy worker (Pranic Healing, Reiki and Quantum Touch) since 1995. She came to alternative healing through healing experiences she had throughout her childhood and through a love and fascination of working with the body through dance which she was involved with from ages 9 to 25.

In 2008 Stacey traveled to Belize to study with Rosita Arvigo. She became passionate about women's health after experiencing the powerful impact Arvigo Techniques of Maya Abdominal Therapy TM (ATMAT) had on improving not only her health but the health of other women. This transformation happens in a short period sometimes as little as one session.

We have an amazing staff here at the Spa who are all passionate about their work.

Hope to see you in the Spa. Remember we are open to the public so bring your friends!



WellFit News
Frequently Used Strength Equipment

Deborah McIlvain, Director of Lifestyle, WellFit and Spa

Last month I wrote about strength machines and their purpose. I want to take it a step further and speak to “frequently used machines.”



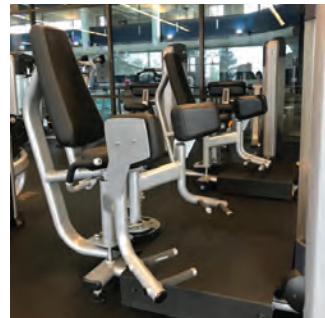
LEG PRESS: *What it is supposed to do:* Build lower-body strength without placing too much weight on the spine. *What it really does:* This machine can be great if you are super strong or using light loads. The issue is that it allows you to load your legs with more weight than you are truly strong

enough to handle. If you can’t squat with your body weight, you probably should not use the leg press.

SEATED ABS CRUNCH MACHINE: *What it is supposed to do:* Work your rectus abdominis muscle harder than body weight crunches. *What it really does:* People with existing back issues or weak cores, can place unnecessary stress on the low back, plus, most people cheat by using their upper body and neck. If you can perform this move slow and controlled without using your upper body, I say go ahead. Balance your training with exercises such as planks.

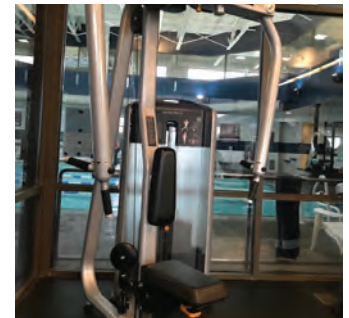


LEG EXTENSION: *What it is supposed to do:* Strengthen your quads. *What it really does:* It is known for putting excessive stress on the knees, if you plan on using this machine, go for lighter weight.



HIP ABDUCTION/ADDUCTION MACHINE: *What it is supposed to do:* Isolate the inner (adductors) and sides of your butt (abductors). Most women seek this machine out for “spot- reduction.” *What it really does:* It works the inner and outer thigh. Firstly, there is no such thing as “spot reduction.” Additionally, these muscles are small and for the majority not super-efficient when performing compound exercises such as side lunges and glute bridges.

PEC FLYE MACHINE: *What it is supposed to do:* Train your pecs (chest). *What it really does:* It performs well, but when your hands extend back behind your body at the start or end of the exercise, you can put your shoulder in a bad position that can lead to impingement and rotator cuff issues. Change it up to a dumbbell bench press. Have more questions? Reach out to one of our Certified Personal Trainers!



Ready...Set...Go PACE race training starts in March! Your sign up also pays for your race day registration–this is a great deal you don’t want to miss. WellFit is also offering a Pilates Reformer special! For more information on both of these programs, please see ad on page 72.

ACUPUNCTURE MEDICAL CENTER
helping people get well naturally

SUN CITY SPECIAL

\$29*

(\$438 VALUE)

SPECIAL INCLUDES:
 Evaluation, Exam, Orientation & Acupuncture Treatment
 *New Patients Only

(916) 742-4001

151 N. Sunrise Ave., #1009
 Roseville, CA 95661
 License #O44630

1A ADVANCED GARAGE DOORS

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

(916) 838-8182

1garagedoors.net

CSLB #925606



Mardi Gras at Meridians



\$23

Louisiana-Style 3-Course Meal

Tuesday, March 5 Lunch or Dinner: 11AM-8PM

Reservations recommended. Regular menu also available.

NOTE: Dance night with DJ Tom will be moved to the ballroom. Standing dinner reservations will not be honored in the dining room. If you would like to make dinner reservations, you must call the host stand. As a thank you, there will be NO entertainment fee charged on this day.

Menu

First Course

Mardi Gras Salad GF

Baby Spinach, Blanched Purple Cabbage, Yellow Peppers, Orange Segments, Toasted Pécans, Golden Balsamic Creole Vinaigrette

-or-

Creole Corn and Crab Soup

Roasted Corn, Fresh Lump Crab Meat, Spices, Bell Peppers

Entree

Blackened Jambalaya GF

Chicken, Andouille Sausage, Shrimp, Cajun Risotto

-or-

Cajun Stuffed Chicken GF

Boneless Chicken Breast stuffed with Mushrooms, Bell Peppers, Onion, and Pepper Jack served with Red Bean Rice and Stir Fried Green Beans

Dessert

Louisiana Bread Pudding

Whiskey Sauce

Meridians
Restaurant & Bar

965 Orchard Creek Lane, Lincoln, CA, 95648
916.625.4040 • MeridiansRestaurant.com



One Kind Day

Linda Lucchetti, Roving Reporter

February is marked by several celebrated days that have become the month's mainstays – Ground Hog Day on February 2, Valentine's Day on February 14, and Presidents' Day on February 18. But as they say on TV, "Wait, there's more!" According to the website National Day Calendar, there are many designated days worthy of commemoration in February and throughout the year.

You might be amazed to discover a list of somewhat peculiar and often humorous February occasions like National Almond Day and National Umbrella Day as well as more weighty ones like National Thank a Mail Carrier Day and National California Day.



According to the National Day Calendar, February 17 is designated as National Random Acts of Kindness Day. Cynics might scoff, adding that the creation of such a day is just commercializing a good thing. But, the phrase *random act of kindness* has been around for a while, first coined in 1982 by Anne Herbert, who wrote a book by the same title in 1993. The observance itself originated in New Zealand and continues strong across the globe.

There are two keywords: random and kindness. The only thing you need to do is something good for someone else, more often a stranger. Every bit of kindness helps to make the world a better place. And, you will be surprised how good it makes you feel.



During the holiday season, a news story aired about a young boy who wrote and distributed notes with \$5 bills and taped them to people's car windshields in a parking lot. Now that could get costly if you are on a budget, but there are hundreds of random acts of kindness you can accomplish that are unquestionably free.

What about grabbing a shopping cart for a fellow shopper at the grocery market? How about letting someone go ahead of you in the check-out line at a store? Or, while driving, letting someone in the lane. In days past, these acts might have been called common courtesies.

Random acts could be as simple as giving a compliment to buying a cup of coffee for the person behind you in line or even paying for a stranger's meal in a restaurant.

Random Acts of Kindness Day doesn't have to be just one day; it could be every day. So, if you're already demonstrating random acts of kindness, good job, keep up the good work. You're trending!





ANNE WIENS
REALTOR® | BROKER ASSOCIATE

916.847.6006
YourAgentAnne@yahoo.com
CA BRE Broker License #01425896

COLDWELL BANKER
SUN RIDGE REAL ESTATE

- Seniors Real Estate Specialist
- Coldwell Banker International President's Elite Award
- Outstanding LifeMasters Club Member
- e-PRO® Certified

www.ActiveAdultPlacer.com



STRUCTURAL **FINDLEY** ORNAMENTAL
IRON SINCE 1988 **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



Do You Need a Valve Job?

Shirley Schultz, Roving Reporter

The question may have arisen because a doctor told you that you have a heart murmur. A heart murmur is a whooshing or swishing sound heard through a stethoscope and caused by blood flowing through a problem heart valve or flowing rapidly through a small space. Often heart murmurs are harmless, but they may indicate some type of underlying heart problem.

Heart valves exist to keep blood flowing in the right direction after it leaves each chamber of the heart. Valves open when the blood flows out of the chamber, then close to prevent backflow. Your heart has four chambers: two atria on top and two ventricles on the bottom, and there is a heart valve between the right atrium and the right ventricle, between the right ventricle and the pulmonary artery to the lungs, between the left atrium and the left ventricle, and finally between the left ventricle and the aorta carrying blood to the body.

Heart sounds are made by the heart valves closing, and each heartbeat is made up of two sounds: first when the mitral and tricuspid valves close, and second when the aortic and pulmonary valves close. Heart valves which do

not close completely can allow blood to flow backward, or there can be stenosis whereby the valves become stiff and do not open or close properly. In this case, the opening becomes narrowed such that it requires increased pressure

to move the blood forward. The

Community Forum, "When Heart Valves Malfunction,"

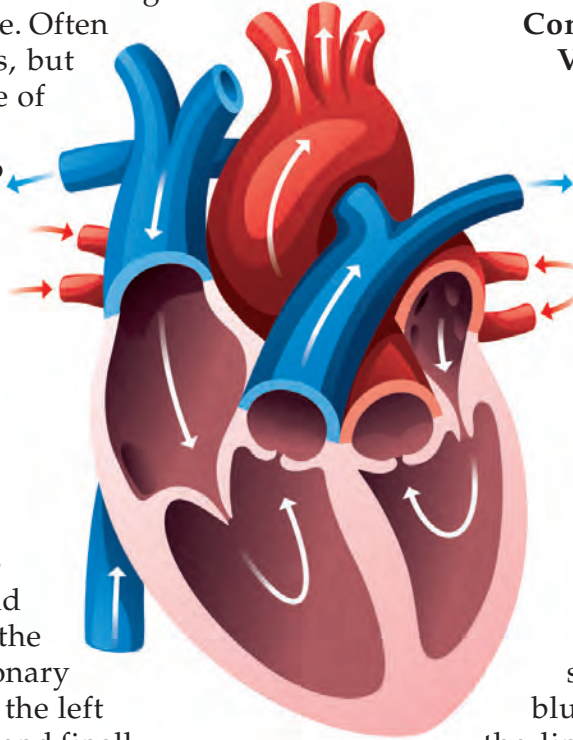
on February 27 will highlight the causes, risk factors, symptoms, and treatment for heart valve problems with emphasis on aortic stenosis. (See page 52.)

Aortic stenosis affects more than 2.5 million people over age 75 in the United States, men more than women. If untreated, it can lead to an early demise.

Possible symptoms include shortness of breath, cough, sudden weight gain or swelling, enlarged liver, heavy sweating with little or no exertion,

blue tinge to the skin, especially to the lips and fingertips, enlarged neck veins, dizziness, fainting, and chest pain. The

good news is that there is a less invasive treatment for aortic stenosis than open heart surgery. This latest technique is called Transcatheter Aortic Valve Replacement (TAVR) using either a mechanical valve or a bioprosthetic valve from a pig or cow. Get your valve job now if you need one.





A PET'S WORLD

PET SITTING IN YOUR HOME

Serving Placer County
Licensed • Insured

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

Dale McCoy
(916) 622-PETS (7387)

Lic. #102368

Lic. # 669316



DURAN LANDSCAPING
INSTALLATION & DESIGN

- Custom Design & Installation
- Will Help with Plan Approval
- Synthetic Lawns & Putting Greens
- Drought-resistant plants
- Concrete, Stone, Veneer walls

- Waterfalls
- Drip Systems
- Drainage corrections
- Planting & Bark

QUALITY GUARANTEED

FREE ESTIMATES (916) 660-1835

Ask for Victor Duran www.duranlandscape.com



DO YOU SPA?

IMAGE DESIGNER PEEL SERIES - \$526

A series of four treatments, including support products for at-home care.

These signature chemical peels help to reverse the visible effects of environmental damage and aging of the skin. They power away dull dead cells, and they support collagen for firmer, illuminated skin, and reduction of fine lines.

For longer lasting peel series results combine with a **LED Light therapy** series. This further promotes collagen production, reduces fine lines, wrinkles and addresses hyperpigmentation.

LED series six treatments for \$300



LED LIGHT THERAPY

Customized LED Light Therapy treatment | **45 minutes \$89**

- Combine an Express Facial with a LED Light Therapy treatment

SPECIAL OFFERS VALID FEBRUARY 15 - MARCH 15

MASSAGE FOR WELLNESS

Listing a few of the many benefits of massage

- Circulation
- Sciatica
- Improve flexibility
- Stress reduction
- Tennis elbow
- Increase range of motion

Great for golfers, cyclists, runners or any athletic activity and pain management.

Sign up for membership to receive monthly discount and other member perks.

- no sign up fee • no cancellation fee • 10% off products and qualified services

OPEN TO THE PUBLIC | 1187 SUN CITY BLVD. | LINCOLN, CA 95648 | 916.408.4290 | KILAGASPRINGSSPA.COM



Conversation with Gary Younger

Al Roten, Roving Reporter

Lincoln Hills has an initiative to get to know some people who have contributed to our great way of life. I am honored to take leadoff on this effort by sharing my recent conversation with Gary Younger, with his wife, Christine.

We recognize that the events of our youth contribute greatly to who we become later in life. I asked a question in this vein: Gary responded that his Boy Scouts experiences, with the achievement of Eagle Scout rank, had helped to set high standards for dedication and achievement throughout his life. Time spent in Yosemite stirred a lifelong passion for that national park, where the Youngers still support the Yosemite Conservancy.

Born in Long Beach, Gary spent his formative years in Burbank. In 1966 at the completion of two years of electronics in college it was time to step out on his own and begin an independent life. It was recommended that he go to WED Enterprises (Walter E. Disney) which later became Imagineering. This is the company responsible for designing and building Disney theme parks. At that time the only job available was in the mail room. Gary took that job but soon moved on to a technology job. Over the next 24 years, Gary's responsibilities grew to Director of Production,

with responsibility for the more than 370 workers. What a grand era this was with the expansion of electronics and automation capability! A hallmark of Gary's accomplishments is that Main Street in Disney World has a series of windows with names of key contributors on them. If you go, look for the Gary Younger Window.



After leaving Imagineering, Gary was not ready for retirement. He acquired a general contractor license, then opened a specialty lumber and hardware store in Granite Bay. As co-owner, he managed this enterprise for the next five years.

Gary and Christine moved to Lincoln Hills in 2004. Gary's lifetime curiosity drove him to find what it takes to make a successful community like ours. He served on both Properties and Finance Committees, then, in 2010 joined our Board of Directors. At the

end of his term in office, he was not through helping to make this the premier community we so enjoy. Gary has been a significant contributor to the erection of the Maintenance Building, LED Streetlight installation, and Solar Panel installations at both lodges.

Gary Younger has left a very positive trail both at Lincoln Hills, and other facets of his life. For the full story go to the Front Page of the resident website.

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

L&D HANDYMAN SERVICES
LENNY 916.622.7544

✓ FENCING, PAINTING
✓ GUTTER CLEANING
✓ PRESSURE WASHING
✓ YARD WORK
✓ HOUSEHOLD REPAIRS
AND MUCH MORE!!!

“THERE’S NO PLACE LIKE HOME
WITH A BEAUTIFUL YARD”...
WE ARE GLAD TO HELP
YOU THIS SEASON...

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



Investing is about more than money.

At Edward Jones, we stop to ask you the question:
“What’s important to you?” Without that insight
and a real understanding of your goals, investing
holds little meaning.

Contact your Edward Jones financial advisor for
a one-on-one appointment to discuss what’s
really important: *your goals.*



Melanie A Bergevin,
AAMS®
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

**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



Save Precious Time!

Teresa Tanin,
Neighborhood Watch



Health emergencies are never planned. Imagine calling 911, and first responders arrive not knowing what medications you take.

If you had prepared a list of vital information known to first responders and hospital personnel as the “Vial of Life,” you would be providing them with the information they need to properly access your immediate situation and help to avoid any adverse reactions to new medications.

Medication information should be current and include dosage and schedules, if possible, as well as non-prescription drugs, supplements, and any known allergies. Your doctor’s contact information, recent illnesses, and family contact numbers should also be listed including whether you have a Healthcare Durable Power of Attorney on file with your doctor. Listing your insurance company and identification numbers is also important to save crucial time. Your pets need attention too, so include them on your list. Place the vial with your medication/contact information and any additional forms in a baggie labeled with the “Vial of Life” logo and place the baggie on the top shelf of your refrigerator door; a second logo on the front of your refrigerator; and the third logo on your front door.

Information provided in your “Vial of Life” will be the last thing you want to worry about during a stressful health call, and the first thing emergency responders will look for—



“Vial of Life” Top Shelf of Refrigerator

it speaks for you when you cannot, so—take a little extra time today to complete your special list for the “Vial of Life”—save precious time!

Visit the Neighborhood Watch website at: www.SCLHWatch.org to download and print your “Vial of Life” form under “Documents”; or your Mailbox Captain can deliver such—don’t know who your Mailbox Captain is—visit the website and push the upper right button “who is my Mailbox Captain?” and submit your request. The website provides more information and forms you may need, so visit and explore!

Another quality job by...

916 TILE



Showers • Floors • Countertops

*South Placer County's Finest
Husband & Wife Team for
Kitchen and Bath Design/
Remodeling*

**We specialize in
Curbless Entry Showers and
Maintenance-Free Surfaces**

**Showroom Hours:
9-5 pm M-F and Sat 10-3
4447 Granite Dr.,
Rocklin, CA 95677**

Lic. #827397

Local Family Owned & Operated

916-259-2840 • www.916tile.com



Medicare Has a Present for You!

The Medicare Birthday Rule allows for a change to your Medicare Supplement within 30 days of your birthday without ANY medical questions!

Call us today at
1-800-247-9889

or visit us at:
www.BirthdayRule.com
for more information.

Nevin and Witt Insurance Services
License # 0D26864

BATHROOMS



Tired of Cleaning Mold & Grout? "Go Seamless"

The Leader in Elegant Low-Maintenance Surfaces for your Kitchen & Bath

Our innovative process combines the Shower Walls and Pan/Floor with NO SEAMS. All Custom Made to fit your needs. Eliminate the use of harsh chemicals in your home by eliminating the grout lines!

Come see for yourself in our beautiful showroom.

Solid Surface Seamless Showers and Countertops offers you:

- * Only Shower that NEVER needs to be SQUEEGEED
- * Non-Porous Material, so it NEVER needs Sealing
- * 10 Year Installed Warranty
- * Natural Stone Looking Colors/Patterns
- * No Seams!! Never Re-Caulk or Re-Grout Again!
- * Virtually No Maintenance or Cleaning Needed

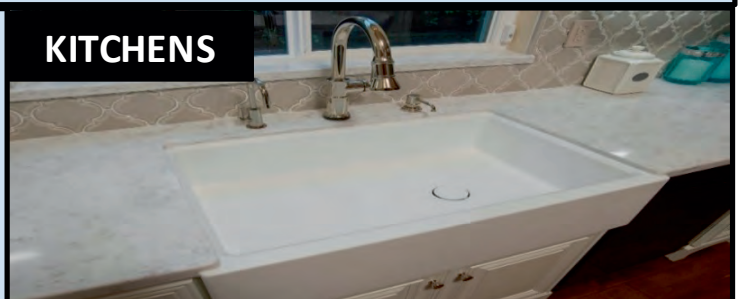


Signature Surfaces

(916) 334-4400

5445 Stationers Way * Sacramento * 95842
Www.SignatureSurfacesInc.Net
Service@SignatureSurfacesInc.Net

KITCHENS



Solid Surface & Quartz Specialist

In Memoriam

Huguette Burnett

Huguette came to the United States at 18 from her birthplace in Egypt. After her education, she became an elementary school teacher in Southern California. She loved to travel, play games with friends, attend movies, plays and concerts. She leaves a son, daughter, four grandchildren and two great-grandchildren. She is also missed by her best friend here, LaVerne Power.



Doris (Cindy) Dorovi

A true Native Californian, Cindy was born and raised in San Francisco, then lived her entire life in Sonoma and Placer Counties. She was a successful office manager throughout her career and retired as an auditor with Cal Trans. She enjoyed her years here in Lincoln Hills with neighbors, friends, and her St. Joseph Catholic Church friends. Cindy is survived by her son, Ronald, and daughter Vickie. She also leaves her sister, cousin and her beloved dogs.



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

VOLUNTEER OPPORTUNITIES!

Compass insert stuffing party – We meet on the 14 of each month around noon to stuff the inserts into the *Compass*. Stop by and join in on the fun!

Compass distribution – You have seen your neighbors handing out the *Compass* from the 15 to the 19 in both lodges, why not join in. Come meet your neighbors and make new friends. Email Theresa Renken, *Compass* Editor at Theresa.Renken@sclhca.com.

Are you a writer?

The *Compass* is looking for a Sports Writer. If the idea of writing about all the different sports activities that we have here at Lincoln Hills excites you, please contact Theresa Renken, *Compass* Editor at Theresa.Renken@sclhca.com.

Committee Openings

- Architectural Review Committee (ARC)
- Clubs & Community Organizations Committee (CCOC)
- Communication & Community Relations Committee (CCRC)
- Compliance Committee

Committee applications are available at the Lifestyle desks (OC/KS) and online (**Resident Website>Committees**).



Lincoln Hills FOUNDATION

Serving the Lincoln Senior Community

presents:

BINGO IN THE BALLROOM

Thursday, February 28, 2019

Note: No Bingo in December

Orchard Creek Ballroom

Doors open at 12:30 PM

Cost \$20 for 12 games

No alcohol; cold water \$1.00

Groups of 7+ to reserve a table:

Bingo@lincolnhillsfoundation.org

More information:

www.lincolnhillsfoundation.org



Did You Know?

Fragrance-Free

Did you know that scented products can adversely affect a person's health including headaches, upper respiratory symptoms and shortness of breath? Please remember that many residents have allergies exacerbated by scents. Please refrain from wearing perfumes, colognes, and scented body products when attending shows, concerts, trips, Association amenities, and activities. Thank you for your cooperation.



*“Mom’s dementia is getting worse.
She can no longer live safely at home.”*



- My wish list for Mom:
- feel a sense of purpose
 - meet new friends
 - be happy
 - know she's loved
 - discover new passions

ESKATON
Transforming the Aging Experience

eskaton.org/evr

If this is you, please call, click or come by today.

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





Library News

It's that time of year again – the rain is falling. Remember to cover all books when you return or take out any printed material. Books that get wet are worthless and soon mold. If you don't have a bag, ask one of our volunteers who will be happy to furnish one to you.

We are now accepting books published in 2013 or later. Please look for the published date before donating a book. We thank you for all your donations and are so happy to have them. Our library depends on donations, as we do not buy any books. Thanks, everyone.

I read a very good book recently titled "The Residence - Inside the Private World of The White House" by Kate Anderson Brower. The author interviewed White House staff members. Some have worked at the White House for 40 years and asked them about the presidents they have worked for. Some of the interviews were very interesting and make for excellent reading. This book can be found in the history/politics section.

Contacts:

Sandy Melnick at 916-498-1035 for donations;
Adrian Felice at 916-408-4332 for volunteers;
Bobbi Swenson at 916-543-6362 for the
Community Living Room (OC).

Did You Know?

Be Seen!

With inclement weather, it is always a good reminder that if you are walking be please sure to wear light-colored clothing, carry a flashlight and for added protection place reflective strips on your clothing and shoes. Walking is great exercise, but you want to be seen!



Cheers to 20 Years!



See if you can answer these trivia questions!

1. What year did Orchard Creek Lodge Open?
2. What year did Kilaga Springs Lodge Open?
3. How many homes were started and torn down before completion due to poor construction?
4. Why do most Sun City Communities have a baseball field?

Forty-Four Villages, Twenty Years, One Great Community.

More exciting details to follow.

Webb owned part of the New York Yankees
1. 3/17/2000; 2. 11/5/2004; 3. 7/6; 4. Del

BOARDING • GROOMING

Happy, Healthy Dogs & Cats

- Heated/Air Conditioned spacious 4' x 20' indoor/ outdoor runs
- Comfortable beds with lamb's wool blankets
- Country setting on 4 acres
- Playtime/Daycare
- Individual attention from our caring, professional staff
- Cookies and kisses and lots of TLC



Classic Kennels • 771-0202
 8151 Oak Avenue, Roseville | info@classickennels.org
www.ClassicKennels.org



\$79.95 INITIAL
\$65 EVERY OTHER MONTH
 (GENERAL PEST CONTROL
 WITH ONE YEAR SERVICE
 AGREEMENT)

One Time Services Also
 Available

OTHER SERVICES

- Rodent Control
- Vole Control
- Bird Exclusions
- Pest inspections and
- Termite Treatment



Lic. #PR2911

CALL US TODAY FOR DETAILS!
(916) 349-2044

HunterDouglas 



NEWSTYLE™ HYBRID SHUTTERS



PALM BEACH™ POLYSATIN™ SHUTTERS

So Many Choices To Create Timeless Style

Genuine hardwood, polysatin™ or hybrid materials? A rich stain or subtle color? Quality choices abound throughout our Custom Shutters—all backed by a lifetime guarantee. Make an investment in your home's style today.

Custom Shutters



HunterDouglas  Gallery

©2018 Hunter Douglas. All rights reserved. All trademarks used herein are the property of Hunter Douglas or their respective owners. 9343093

Blind Corners
 1801 Taylor Rd Ste 120, Roseville, CA
 M-F: 9:00 am - 5:00 pm
 Sat: 9:00 am - 4:00 pm
 Sun: By Appointment
916-746-7909
www.blindcorners.com

Ask us about special savings on select Hunter Douglas operating systems.

0% FINANCING AVAILABLE *



- New & Used Sales
- Service
- Parts & Accessories
- Rentals

(916)
652-2222

Lic. #100843



ELECTRICK MOTORSPORTS, INC.
 3730 Placer Corporate Dr.
 Rocklin, CA 95765

www.electrickmotorsports.com

* 0% financing for a limited time only on approved credit



Club News



Amateur Radio

The Amateur Radio Group are amateur radio enthusiasts who operate the W6LHR repeater for Lincoln Hills residents holding an amateur radio license. We provide backup emergency communications for the City of Lincoln and Lincoln Hills. We have battery-powered equipment to provide emergency communications should cell phone infrastructure fail like it did in Paradise. The Group conducts a weekly network at 7:00 PM every Monday evening on the W6LHR Repeater at 443.2250 MHz, with a PL of Tone of 167.9 the ARG also meets at 6:30 PM every Monday at the South Lincoln Hills Entry Facility. Come by and talk radio with the group.

Contact: **President Jim Darby**
916-408-8599;

Website: <https://lharg.us/>



Antiques Appreciation

Please join us for our next meeting on Monday, March 4. We meet in the Heights and Gables Room (OC). Meetings are from 10:00 to 11:30 AM on the first Monday of each month. Our meetings are followed by an optional lunch at Meridians. We will have a program by one of our members with a great collection

of antique and vintage postcards. Postcards have been prolific from the late 19th century. Come to our meeting and learn about the world of collectibles, their value, and where to find them. Members are encouraged to share their 50 years or older postcards. We look forward to your attendance for a nostalgic look at treasures from the past.

Contact: **Pat LePage** 916-543-9564



Astronomy

Monday, February 18, Cosmology Interest Group (CIG). Fine Arts Room (OC) at 6:45 PM. The subjects will be Lecture 9, Hydrogen and the Structure of the Galaxies and, Lecture 10, Pulsars, Clocks in Space. Contact Morey Lewis (eunmor@pobox.com) for more information. Thursday, February 28 Telescope Interest Group (TIG) Star Party at the SCLH Sports Pavilion. Contact Bill Weaver (hamweaver@wavecable.com) for more information. Wednesday, March 6, LHAG General meeting at 6:45 PM in P-Hall (KS). Charles Hunt will present "The Creation of the Heavier Elements and how they distributed throughout the Milky Way Galaxy." Visit our website for more information.

Contact: **Ron Yelton** 559-289-8792,

ryelton660@aol.com

Website: www.lhag.org



Ballroom Dance

Our first Ballroom Saturday Night at KS was January 26, and quite a success! Gala New Year décor, cocktail attire and dance music spanning decades! It was great! Party Alert: March 16, 6:00 to 9:00 PM at KS, the theme will be "Mardi Gras!" Not to miss! Come join the fun! Sign up at Tuesday Class - Membership, \$7 each per year, open to Lincoln Hills residents, sponsored guests, couples and singles. Lessons every Tuesday KS: Beginners from 2:00 to 3:00 PM, Advanced from 4:00 to 5:00 PM. Open dance 3:00 to 4:00 PM. Learn the Waltz in February taught by Belinda and Nancy.

Contact: **Ruth Algeri** 916-214-6348,
sr64danz@sbcglobal.net



Big History

The club is in the process of undergoing a significant change in the process of creating presentations for our bi-monthly meetings. Many of our club members are forming groups around Big History topics they might be interested in pursuing. So far we have had group presentations on Mesopotamia – the land of the first civilizations and Otzi – a mummy in the Alps and individual presentations on Early Languages and on the books "Salt" and "God – A Human History." Whether you join a group or not, you are invited to our next meeting on February 18 with a group presentation on

(21)
MARY OLSEN
BROKER ASSOCIATE, SRES
Hardest working REALTOR® around!
Call me today to explore your buying or selling options!
CENTURY 21
Select Real Estate, Inc.
DRE#01313720
(916) 521-5492
Mary.Olsen@c21selectgroup.com

©2018 CENTURY 21 Select Real Estate, Inc. All rights reserved. CENTURY 21® and the CENTURY 21 Logo are registered trademarks owned by Century 21 Real Estate LLC. Each Office is Independently Owned and Operated.

Ace Appliance Repair
Repair & Installation Services
(916) 409-2424
*** SUN CITY LINCOLN HILLS DISCOUNT ***
\$50 SERVICE CALL (REGULAR \$60)
• Refrigerator • Dishwasher
• Microwave • Washer • Dryer
• Garbage Disposal • Oven • Cooktop
A LOCAL, FAMILY OWNED COMPANY 2242 Thomsen Way
FAST, FRIENDLY, RELIABLE SERVICE Lincoln, CA 95648

the First Cities created. The Big History club meets the first and third Mondays of the month at 10:00 AM, P-Hall (KS).
Dave Lewis 916-626-2795,
stuff619@gmail.com
Website: www.bighistorysclh.com



Billiards

The Billiards Group offers tournaments to all residents, men, and women. We have tournaments for beginners, intermediate, and advanced.



1st 5 wins Barbra Conger, Barbra Minucciani, Jeanne Reinhardt

Please join us in the fun! With the chance to meet new people. The Billiards group is offering free lessons at KS to all residents on Tuesdays, 9:00 to 10:00 AM. This is for new and returning players (men and women), you do not need anything to play, just show up and see what we have to offer. Remember it's free!
Contact: Tony Felice 916-955-0501,
atfelice3@gmail.com



Bird

On March 11 our speaker will be JD Bergeron, Director of International Bird Rescue. This organization was founded in 1971 after



A fun January trip to see the Sandhill Cranes

an oil spill off our California coast. The group now has two year-round rescue centers and programs in rehabilitation, emergency response, research, planning, and training. We look forward to this excellent program and hope you will join us on the second Monday in March at 1:30 PM in the P-Hall (KS).

Our next two outings are day trips. On Friday, February 22 we drive to West Sacramento and Bridgeway Island Pond which in February, attracts close to 110 species of birds. Then on March 8, we make our winter trip to Yolo Bypass Wildlife Area. Although we have made many trips to this wonderful wetlands, there are always surprises.
Contact: Sal Acosta 843-991-5188,
quailrun@wavecable.com
Website: www.lhbirders.org



Bocce Ball, Mad Hatters

The Mad Hatters Bocce Group was formed for the purpose of acquainting the residents of Lincoln Hills with the rules and fun of Bocce. We give free instruction and furnish all equipment. From November to April we play Bocce every Thursday Morning at



Rain! It Happens!

10:00 AM. Beginning in May we start our Thursday Bocce sessions at 8:00 AM. The Mad Hatters Bocce group is open to all Lincoln Hills residents. We play to a relaxed set of Bocce rules that make the game fairly simple and easy to learn, no experience required. We also have a wheelchair accessible court. Please see our information flyer on the SCLH Resident web site Bocce Ball page.

Contact: Paul Mac Garvey
916-543-2067, pmac1411@aol.com;
Website: sclhresidents.com/group/pages/bocce-ball-group



Book, OC

The highly recommended "Lincoln in the Bardo" by George Saunders is the Award Winner the Book Club will discuss on Thursday, February 21 in the Multi-Purpose Room (OC) at 1:00 PM. Winning the 2017 Man Booker Prize and the Audie Audiobook of the Year; also nominated for the Goodreads Choice Award for Historical Fiction; this book combines historical fiction and magical realism into a fascinating read. Where/What is the Bardo?"

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

FREE ESTIMATES Lic. # 779998

SCREENMOBILE
 www.screenmobile.com

PHILIP SUNTEX

MASTERCARD VISA

FARMERS INSURANCE

Thomas J Ventura Agency

"EXCELLENCE IN PROTECTING YOUR FINANCIAL WELLNESS"

916-884-0600
 Website: farmersagent.com/ventura

1520 Del Webb Blvd, Suite C102, Lincoln, CA 95648
 Located between Wells Fargo Bank & Pipeline Coffee House
 Across the street from the Orchard Creek Lodge

AUTO - HOME - LIFE - COMMERCIAL - RECREATIONAL - UMBRELLA

Senior Living at its finest...

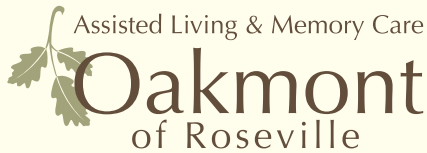
Next Steps – Made Easy

Wednesday, March 27th • 1:00pm – 3:00pm

Orchard Creek Ballroom • Sun City Lincoln Hills • 965 Orchard Creek Ln, Lincoln, CA 95648

Savor delectable hors d'oeuvres, premium wines and decadent desserts while representatives from Oakmont of Roseville and Smooth Transitions discuss how to approach a move to an assisted living community. Learn about strategies to ease the downsizing process and ensure a seamless transition. Guests will have the opportunity to explore the option of luxury senior living at Oakmont of Roseville, which offers comprehensive assisted living and resident-centered memory care in a resort-style setting.

Kindly RSVP to roseville-marketing@oakmontmg.com or call 916-993-3140, as space is limited.



1101 Secret Ravine Pkwy • Roseville, CA 95661
(adjacent to Sutter Medical Center)

916-993-3140

oakmontofroseville.com



RCFE #317005187

Make Our Backyard Your Backyard!

CSLB #987296



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

*Patio Sets
& Accessories*

*Outdoor
Kitchens*

*Portable Weber
Gas Grills*

Portable Spas

California
BACKYARD

www.CaliforniaBackyard.com

Making Backyards Beautiful Since 1970!

ELK GROVE
8457 ELK GROVE BLVD
683-9000
Mon-Sat 10-6, Sun 11-5

ROSEVILLE
1529 EUREKA RD.
773-4800
Mon-Sat 10-6, Sun 11-5

GOLD RIVER
HAZEL & HWY 50
353-5100
Mon-Sat 10-6, Sun 11-5

SACRAMENTO
2901 ARDEN WAY
488-5100
Mon-Sat 10-6, Sun 11-5

The author uses Tibetan, Egyptian and Christian elements to explain it. Read the book then come to our discussion to learn more. *Look for us at "It's The Lifestyle!" *March 21 -- "Before We Were Yours" by Lisa Wingate. *April 18 -- "Notorious RBG" by Irin Carmon. *May 16 -- "Killers of the Flower Moon" by David Grann.

Website:

LHocbookgroup.blogspot.com/ or

[Wiki: ocbookgroup.pbwiki.com/](http://Wiki:ocbookgroup.pbwiki.com/)



Bridge, Duplicate

Duplicate Bridge is widely regarded as one of the World's finest mind sports. If you are a new player or you are returning to bridge, please come to our games. We have talented mentors for guidance who share their love of the game. When our talented teachers are able to share knowledge with an enthusiastic new player, it is a win/win for



Good friends, Good time playing bridge in Monterey

everyone. If you can find a hobby or interest that you want to study in detail, it can certainly be one of life's great joys. Many people start bridge later in life. You will never be bored

playing bridge! Games are played at KS, Wednesdays/Saturdays at 12:30 PM. Friday at 5:00 PM. Partners or questions, please visit our website.

Contact: Lynne White 916-253-9882, lynnewhite2000@yahoo.com;

Website:

www.bridgewebs.com/lincolnhills



Bridge, Partners

Call for reservations or show up with your partner in the Sierra Room (KS) by 5:30 PM Thursday. Play begins at 5:45 PM. Reservations for first/third Thursday: Kay Newton 916-408-1819.

Winners: December 27-First: Jodi Deeley/Harry Collings with the high round of 1630; second: Dee Cole/Ed Hartnett; third: Bev/Allan Blaine; fourth: Betty/Stan Kisbey. January 3-First: Harry Collings/Jim Busey with the high round of 1400; second: Bev/Allan Blaine; third: Patty/Frank Kamienski; fourth: Jyoti/Viren Sitwala. January 10-First: Patty/Frank Kamienski; second: Johann/Paul Kiesel with the high round of 1930; third: Erika Wolf/Edith Kesting; fourth: Kay/Ben Newton. January 17-First: Phil Sanderson/Chet Winton; second: Rose/Joe Phelan with the high round of 1960; third: Ralph Madsen/Frank Kamienski with a grand slam; fourth: John Butler/Byron Hansen.

Reservations for second & fourth

Thursday: Joanna Haselwood 916-209-3392



Bridge, Social

Come visit us at the "Lifestyle" Expo.

We welcome Social Bridge Players to join us on Fridays for Singles' Rotation Bridge in the Sierra Room (KS). Arrive at 12:15 PM. Reserve your space for February by contacting Chet Winton at 916-408-8708. In March and April contact Flo Hunt at 916-212-1362. Winners from December 29 to January 18: First Place: Byron Hansen, Pat Mullins, Mo Scarpitti, and Marge Phillips. Second: Nancy Murdick, Kurt Wolff, Jean Beyer, and Pat Mullins. Third: Donna Moore, Byron Hansen, Linda Scott, and Judy Olson. Fourth: Harry Collings (twice), Sara Free, and Alan Haselwood. Congratulations to 7NT Grand Slam winners: Gretchen Thomas & Joan Darroch! Our free bridge class is ongoing each Wednesday from 8:30 AM to Noon in the Card Room (OC).

Contact: Pat Mullins 408-202-1865, pam7nt@gmail.com



Bunco

The Bunco group had a full house in January and welcomed four new players Linda David, Pam Williams, Dotti Lovato, and Susie Reese. There were a lot of Buncos being called out throughout the morning, and the traveling bear was all over the room until the very last game. Bunco is a non-membership group with a \$5 'pay to play' fee. Bunco play is the third



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**



Planning a trip to Maui or Tahoe?

See Website & Call 650-207-0567
SCLH resident Gil Van Valkenburg
• Maui www.homeaway.com/368171
• Maui www.homeaway.com/368174
• Tahoe www.homeaway.com/275698
• CA BRE# 846243

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

"When You Want The Very Best"



Gail Cirata
(916) 206-3503
Gail@GailCirata.com
Resident ~ Broker

- Over 40 years Brokering your Real Estate needs
- Fifteen years living and selling in Sun City Lincoln Hills—Five years with Del Webb
- Experienced in Trusts, Estates, and Exchanges



www.HomesinLincolnHills.com

Each office independently owned & operated. License #00481659

Valley View Church *incoln Hills*



loving God...loving each other

Sundays at 9:30 a.m.

Kilaga Springs Presentation Hall

PALM SUNDAY
Remember, Palm Sunday is early this year. Please join us Sunday March 27th. We're right here in Sun City



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



Jim Miller, Assistant Pastor
Phyllis Miller, Music Director

www.valleyviewchurch.us

Find us on Facebook

ROBERTSON LAW GROUP

Trust & Estate Attorneys

Formerly Robertson | Adams

Our Clients are Our Specialty!

WILLS & TRUSTS, PROBATE, CONSERVATORSHIPS
TRUST/ESTATE ADMINISTRATION, LITIGATION
SPECIAL NEEDS TRUSTS



Juliette T. Robertson *
Principal Attorney



Michelle A. Martin *
Senior Associate
Attorney

*Certified Specialist, Estate Planning, Trust & Probate Law



458 McBean Park Drive
Lincoln, CA 95648
Tel: 916.434.2550 - Fax: 916.434.2551
www.RLgprobate.com

Thursday of the month in the Cards Room (OC). Play starts promptly at 9:00 AM. Please consider joining us for a morning of laughter, fun, and friendship! January Winners: Most Buncos - Gail Emery; Most Wins - Kathy Chandler; Most Losses - Pat McGough; Traveler - Ann Music. Next Bunco is Thursday, February 21.

Contact: Kathy Sasabuchi

916-209-3089, ksasabu@icloud.com



Ceramic Arts

There's still time to make a handmade item for your Spring décor. Classes are held Tuesdays with Jim and Thursdays with Taylor—both excellent teachers who will show you how you can be creative. Whether you're learning a new skill or returning to an art form you learned in the past, you'll have fun making things out of clay. Open studio for all Lincoln Hills residents is Fridays from 12:00 to 4:00 PM. Join the Ceramic Arts Group (CAG) for a \$15.00 annual fee and have access to the ceramics room Saturdays from 9:00 AM to 4:00 PM, and Sundays from 12:00 to 4:00 PM. Feel free to drop in, see what people are making, and ask questions. See you soon.

Website: www.cagsclh.net



Chorus

You'll love "Songs through the Decades," our spring concert on April 28-30. Our music



Chorus Concert Committee with Producer Doug Brown (right)

begins in the 1920s with "Ain't Misbehavin'" and "It Had to Be You" and ends in the 1980s with "Eye of the Tiger," "Kokomo," and "It's Still Rock and Roll to Me." Along the way you'll hear "You're the Top" from the '30s, "At Last" from the '40s, "Bye, Bye, Love" from the '50s, "Surfin' U.S.A." from the '60s, "Joy to the World" from the '70s, and more. Director Paul Melkonian, our pianist Nina Malone, and Producer Doug Brown are collaborating to make this our best spring sing ever. Those premium seats will sell out first after tickets go on sale this month (see page 55), so get yours soon!

Contact: Suzanne Rosevold

916-587-3035,

suzannechorus@gmail.com;

Website: lincolnhillschorus.org

Computers

Apple Users



If you are a paid member, you should be receiving "What's Happening This Week" by email. It will keep you up to date on the

club seminars. To receive this and all other Apple emails your dues of \$15 must be paid by March. If you are not receiving this



Bonnie Esker, Membership Chair

contact Helen Rains. Pay dues to Bonnie Esker, membership chair. She is at every meeting to greet you and spends countless hours maintaining the records for this large group. She is one of the shining Apple volunteers that works countless hours for the club. She has been part of the Apple Board since 2010 when she was part of the Program Committee. February/March workshops include Home Security, Siri, and IOS settings. Details on the website.

Contact: Helen Rains 916-408-4505

Website: lhaug.org

PC



Main meeting March 13, 6:30 PM the computer was no longer an electronic typewriter with memory. Our homes are a new world of electronic wonders unheard of just a few years ago: Smart door locks, smart refrigerators, smart ovens, smartphones, smart television and now Smart everything. Just

Dana's House Cleaning

... Sparkling clean every time ...

- Deep Cleaning
- Maintain with Regular Visits
- Move in and out Cleaning
- Deep Professional Carpet Cleaning
- Window Cleaning

Ask about our Winter Special

916-595-8731

Call for a FREE estimate

Sprinkler Medic

LANDSCAPING • DRIP • DRAINS • SPRINKLERS

Landscape & Repair Services

916 663-9931

www.sprinklermedic.com

By Rick Johnson Landscape • Ca State LIC #918143 • Insured & Bonded

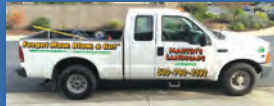
Forget Mow, Blow, & Go!™

USING THESE PAILS MAKES ALL THE DIFFERENCE.

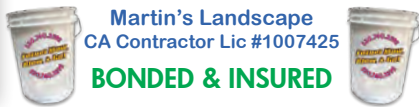
The only way to provide a manicured yard is to yank, trim, rake, and remove weeds, leaves, and debris **BY HAND...** AND WE DO IT!



We provide an English-speaking crew member at every visit. • Irrigation systems are regularly checked for proper operation. • FREE Timer Adjustments • (3) Service Plans to choose from. • NO contract required. • Change plans anytime. • Improvement project in mind? We prepare all documentation and submit it for Architectural Approval at **NO ADDED COST!**



530-740-3592



Martin's Landscape
CA Contractor Lic #1007425
BONDED & INSURED

Quality Flooring & Installation at Outstanding Prices

Carpet Discounters & More

We Specialize In Great Service

- Carpet
- Hardwood
- Laminate
- LVT • Vinyl



Mon-Tues 10am-4pm
Weds-Thurs 10am-5pm
Fri 10am-2pm
OR by Appointment

FREE Estimates



(916) 784-3727

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

www.carpetdiscountersstore.com

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



Over 3500 Jobs Completed in Sun City Since 2002

- Exterior Painting
- Custom Interior Painting
- Expert Color Consulting
- Fence Painting
- Small Jobs Okay
- Call for your "Free" Quote Today

Licensed & Insured CLN #740008

(916) 532-2406
www.dynamicpaintinginc.net



Silver Pathways

• LIFESTYLE PLANS FOR SENIORS •

Caring for a loved one can be a stressful and lonely experience. Silver Pathways can provide you with support and compassion as you navigate the long term needs of your loved one. Silver Pathways' services can:

- Help you to cope with a diagnosis of dementia or Alzheimer's Disease
- Create an elder care/lifestyle plan
- Help you to locate appropriate living accommodations
- Provide you with professional support as a family
- Provide FREE monthly Caregiver Support Groups and Educational Workshops

(866) 689-5413 • www.silverpathways.org

like Dorothy said while clutching her dog, Toto "It doesn't look like Kansas anymore, Toto." Just as surely as a tornado picked up Dorothy in a sepia Kansas and dropped her in a Technicolor OZ, we are all now on the yellow brick road to our future, and there is no turning back. P-Hall (KS).



Bob Ringo

Ask the Tech: March 22, 10:00 AM Informal Q & A session for any and all technical questions Multi-Purpose Room (OC).

Contact: Bob Ringo 916-543-531;
Website: SCLHCC.org



Country Couples

Holiday decorations are put away, and everyone's company has gone home. January was a quiet month for Country Couples, giving us time to reorganize and hopefully rest up from all the hustle and bustle. February brought excitement as we came together to socialize with



Bob & Jane Roman

our friends on the first scheduled dance of the year, Country Couples "Cupid's Gone Country." More information in our next issue. Our members have often commented that attending one of our dances provides as much exercise as going to the gym, only dancing is more fun and doesn't seem like exercise. If the gym is not your style, try dancing. Annual membership: \$6. Country Couples classes listed under, "Lifestyle Classes" in your *Compass*.

Contact: Irene Hesson 916-434-6804,
ininsc@gmail.com



Cribbage

We welcome you to come join the fun at Orchard Creek 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 with a new partner. Each player keeps track of their own score. The weekly winners for December were: Frank Cuchetti, week one, Rae Cook, week two, Brian Yates, week three and there was no play on week four. New players are always welcome!

Contact: Don Lloyd 916-253-7614,
gryeagle1@hotmail.com



Cyclists

I just read a very interesting book about cycling. The Wonderful Ride is about cycling across America in 1895 on mostly dirt roads. It was written in 1978 by his Granddaughter Ellen Smith using his diary. George Loher left Oakland, CA on August 11 and rode his Stearns Yellow Fellow (wheel) bicycle across 13 states arriving in New York City on October 30. He rode 4,354 miles and climbed 150,000 feet in 80 days (63 riding). He had no brakes, a single gear and the loaded weight of his bike was 50#. Wheel rims were wood. Until his Granddaughter discovered an old newspaper clipping 25 years after he died, none of the family knew what he had done. An interesting book about adventure cycling.

Contact: Steve Valeriote
916-408-5506,
jillsteval@gmail.com;
Website: lincolnhillscyclists.com



Fishing

Lincoln Hills Fishing Club presents opportunities to their members by having monthly speakers who are experts in their field; guides, state or local water authorities and historians. It is important to the fishing person to be aware of the latest equipment, rules, current and historical factors that guide our sport. Our fish outs (fishing trips) can be from a local pond

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

SALES • SERVICE • INSTALLATION

PECK
HEATING & AIR
CONDITIONING

Call Now (916) 409-0768

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

Tax Preparation & Retirement Planning
Prepare for a Financially Secure Retirement

CALL FOR A FREE ANALYSIS AND CONSULTATION

AL KOTTMAN
EA, CFP®, Economist
Enrolled Agent, Certified Financial Planner
(916) 543-8151

Email: alfredkottman@sbcglobal.net
Website: www.ajkottman.com
Lincoln Hills Resident
CFP#3576



Fixing breakfast before a long day of fishing

or all the way to BC, Canada. Many of us have a "checklist" of spots we want to fish before we need to hang up our fishing gear. Many of our members are experts at fishing and are always open to helping you reach your fishing skill dream. Contact Ralph Tonseth ralphtonseth@comcast.net if you are interested in joining.

Contact: Henry 415-716-0666, hsandigo@icloud.com



Food Adventures

Our first Food Adventures Club meeting was January 28. We began renewing memberships from the 2018 Healthy Eating Club roster and signed up many new members. Blabbermouth Chocolates made an excellent presentation to our members, and we sampled some of their chocolates. We gathered many members' ideas for future club meeting topics and outside activities, and we will continue gathering members' ideas for topics and activities. Mail your \$20 check

payable to the club with your email address to 885 Bridalveil Lane, Lincoln 95648 for a 2019 household membership and to receive club activities announcements. Meetings are the fourth Mondays at 2:00 in P-Hall (KS). Guests are welcome, but only one visit per guest. We welcome residents who cook and those that do not.

Contact: Don R. Rickgauer 916-253-3984, drradv1@gmail.com



Great Anytime of Year!



Garden

"Want Fresh Fruit? Backyard Orchard Basics!" Kevin Marini, Master Gardener/Program Coordinator for over 16 years with Placer & Nevada Counties, will be the guest speaker for the General Meeting, Thursday, February 28, 2:00 PM P-Hall (KS). A workshop for Kevin Marini's in-depth class "Beyond the Basics of Backyard Orchard



Chairs Bud Soto & Paul Lewis Bonsai Group-3rd Thursday-KS

Culture" will be offered March 14, 1:00 to 3:30 PM at P-Hall (KS), (includes break and refreshments). Sign-up before/after for \$5 at February meeting or contact: Lois Wagner, 916-253-7153. Also, Brown Bag Sales, Master Gardeners, Home Depot Door Prizes, and Membership Sign-ups will be available. Reminder: If you have not renewed by March 1, you will no longer be a member nor receive any Garden Group info online until you register. Contact: Marjie Anderson, 916-408-7685.

Contact: Lorraine Immel 916-434-2918, lorraineimmed@gmail.com

Website: lhgardengroup.org



Genealogy

The next Genealogy Club presentation will be held on February 18, 6:30 to 8:30 PM in P-Hall (KS). Our presenter, Barbara Leak will be addressing Yes, Indeed!

Answers in the Land Records. Land records hold answers to family puzzles. They require a thorough search of the records and an analysis of the property transfers. Barbara has been a genealogist for over 30 years. 2019 paid members should come a few minutes early to check in and receive your door prize ticket for a DNA Kit. After the meeting



Barbara Leak

Living Trusts \$695 Complete

Vic DiMattia, Attorney at Law Ca. Bar #129382

Mr. DiMattia has created thousands of Living Trusts over the past 25 years and is a prior Sun City Lincoln Hills resident.

Documents include:

- Revocable Living Trust
- Transfer of Home into Trust
- Health Care Directive
- Durable Power of Attorney
- Notary Service
- Community Property Agreement
- Pour-over Will
- Home appointment available

Please call 800-775-2698 or 916-824-1700 for a free consultation.

Comp-Solve Computers

916-276-1374
In Home Computer Service

New Blazing Fast Custom Built Windows 10 Computers!
(Starting at \$699 with 1 hour setup)
Plus Refurbished Windows 7 Computers (starting at \$299)



Your Certified 16 Year Tech is Steve

New Comp. Setups - Tune Ups

Wireless - Repairs - Email

Lincoln Hills Special
\$79/hr. reg \$89

www.Comp-Solve.com

Lic. #3390

And More!

Mailing address - 6518 Lonetree Blvd. #190, Rocklin.

refreshments will be served across the hall and you will have a chance to network with others who share your interests. Always check the website for handouts and updates.
Contact: Dr. Barbara Branch
 916-543-8219, drbabs@starstream.net
 Website: lincolnhillsgenealogy.com



Golf

Ladies XVIII

Our club officially installed the new officers at the December awards luncheon. During our first meeting of the New Year in mid-January, there were introductions, a review of our budget and the new rules of golf. Captain Valerie McElroy brought the audience of about 50 gals to order to introduce her cabinet. Then, Linda Anselmo, the club's rules guru, handed out a brief list of new rules designed to speed up play but always mindful



Dunipace (treas), Knorr (secy), Storer (vice), Captain McElroy & Carr

of the integrity of the game. There is temporary allowance for raking and replacing the ball in bunkers. Additionally, several new members were introduced, and membership is always open.

Contact Valerie Green for more information.

Contact: Julie Storer,
 jastorer@sbcglobal.net
 Website: lhlxviii.com

Lincsters

The Lincsters held their first "Fifth Wednesday" tournament on January 30. This was the G'Mother's Tourney. All participants needed to be a grandmother wanted to be a grandmother, or have had a grandmother. There were close to one hundred players; play was on the Orchard Course. Golf was preceded by lunch in the OC Ballroom. The Lincster Executive board was introduced at the Holiday party in December. It consists of: Marcia Bush, Captain; Ruth Pennington, Co-Captain; Brenda D'Andre, Secretary; Jan Varin, Treasurer; and Judy Josse, Tournament Chair. The Lincsters welcomed eleven new members at the beginning of 2019: Judy Bacich, Marcella Christoff, Barbara Davis, Kay Franks, Kim Hall, Nancy Hastings, Deb Jenkins, Joyce Kirk, Mimi Milla, Donna Ray, and Mary Lou Smith.

Contact: lincsters.com

Golf Men's

The Mens Golf Club of Lincoln Hills has a great lineup of tournaments for 2019! March 5 will be a two-man scramble, followed by March 26 is the NCGA 4 Ball Qualifier, 2 Man Better Ball. Check our website, mgclh.club for all

club news. Gross winners of the December four man scramble were, Sylvan Braa, Jack Dillon, Keith Kott, Mike Munro, Lou Lovotti, Jim Loyd, Glenn Arney, Chuck Edmonds, Bob Napoli, Vance Sharp. Net winners Rob Davies, Jim Pulliam, Ciro Estremo, Bill Rapp, Keith Bergevin, Gary Wang, Gary Anderson, Herb Ingraham, James Chan, John Duggan.

Contact: Tom Traxel 916 543-4965,
 tom.traxel@sbcglobal.net;
 Website: mgclh.club



Hiking & Walking

January was wet and rainy, and a few hikes and Wednesday walks were postponed and rescheduled. In spite of the weather, we enjoyed an impromptu get together in the Sports Bar. We're crossing our fingers that Mother Nature works in our favor for our upcoming hikes: Cool Loop on February 21, Eugene O'Neill National Historic Site in Danville on March 2, Stevens Trail in Colfax on March 21 and Sugar Pine Reservoir in Foresthill on March 28. For maps and meet up



A grey perfect hiking-weather day.

RED DOG SHREDZ  **FEED THE DOG!**
 Guarding Your Identity

PAPER SHREDDING • RESIDENTIAL & SMALL BUSINESS

Paper Shredding • Mobile Truck Shredding • Monthly Pick Up
 Hard Drive/Cell Phone Degauss & Destroy

FAIR OAKS LOCATION **NEW ROCKLIN LOCATION**
 8505 Madison Ave. #160 • Fair Oaks, CA 95628 6661 Stanford Ranch Rd., Ste. F • Rocklin, CA 95677
 RedDog.FairOaks@gmail.com RedDog.Rocklin@gmail.com
 916-966-9828 916-990-9828

\$1 OFF BANKER'S BOX Lic. #13941

WWW.REDDOGSHREDZ.COM

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
 Lic. #GSD01149

Anna McClellan
 Notary Public
 Lincoln, CA

Phone: (707) 480-4646
 Fax: (916) 409-5318
 Email: anna_mcclellan@yahoo.com

locations for the Wednesday walks, check our website. Rain can cancel hikes and Wednesday walks, so please frequently check our website for updates. We welcome interested new members of all abilities. Our website is the go-to place for more membership and club information. **Contact: www.lincolnhillshikers.org**



Investors' Study

We will enjoy Strider Ellass of First Trust on March 7 at 2:30 PM in P-Hall (KS). Mr. Ellass is the Senior Economist with First Trust based in Wheaton, Illinois. He is responsible for analyzing economic indicators, writing economic commentaries and is in great demand as a speaker on such subjects. We look forward to hearing him. Russ will be back from skiing, and will review his playbook and entertain questions and comments. All residents are welcome. Join us for refreshments after the meeting. **Contact: John Noon 916-846-3372, thenoons@att.net**



Lavender Friends

Elaine Kalani, who has been with Lavender Friends since it's founding, was elected Vice President at the club's biannual business meeting January 19. She joins President Joan Lacktis, Treasurer Nancy Sartor and Secretary Sandi Dolbee, who were reelected. Marilyn Kupcho was appointed to the Steering Committee as a new

member at large.

Last year was a busy one for the club, which represents the LGBT community. Besides the many social activities, the club's outreach included supporting Stand Up Placer, the Sacramento Women's Chorus and the Salt Mine. Among the big events coming up is a Sunday afternoon "tea dance" on May 5, honoring a gay tradition that goes back to the 1960s and is being revived in cities from New York to Palm Springs.

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



Line Dance

A new year brings a new Steering Committee; the members are Anne Farris, Nancy Prall, Nancy Welsch, and June Willis. All of the members have been dancing for at least two years and agree that line dancing is fantastic exercise both physically and mentally. We all started at intro levels and have progressed to higher levels. We are grateful to the former committee members for their guidance. To be a member of the Line Dance Group all you have to do is sign up for a class – check out the schedule in the *Compass* for times and dates. More information can be obtained by attending the Group Expo on Tuesday, February 26, at 10:00 AM at OC.

Contact: June Willis 916-253-3348, willtom@sbcglobal.net



Mah Jongg, Chinese

Greetings! Please join us on Monday mornings in the Card Room (OC). Play starts at 9:00 AM, with arrival time being 10 minutes before. Play continues until Noon. Chinese Mah Jongg is a game of strategy and, sometimes, luck. We provide the tiles, score sheets and companionship. (No money is involved.) It is not difficult to learn especially when we teach you! You can master the basics in three hours. If you are curious about learning this game, please join us. If you already know how to play or it has been a long time since you played, we welcome your attendance. If you have any questions, please call Bruce Castle or Marsha Ross at 916-253-9551.

Contact: Bruce Castle 916-846-1500, brucecastle101@gmail.com



Mah Jongg, National

All are welcome to join us, playing this intellectually stimulating and exciting game! Mah Jongg is an ancient game from China, using tiles in place of cards. We meet on Tuesdays in the Card Room (OC) 12:30 to 4:00 PM. If you are interested in learning to play, please contact Fran Rivera, who offers free lessons in her home. Call Fran at 916-434-7061 so she can put you on the list for the next session. Lessons are weekly, lasting 10-12 weeks. Mah Jongg is a difficult game to learn, but

JUNK-KING
AMERICA'S GREENEST JUNK REMOVAL SERVICE
RELIABLE, FRIENDLY AND FAST!



- Garage Cleanouts
- Household Junk
- House Cleanouts
- Appliance Removal
- Yard Waste
- Furniture Removal

Call Us Today, It Will Be Gone Tomorrow!

**1-888-888-5865 (JUNK)
916-759-9587
www.JUNK-KING.com
Lic. #GSD01980**

Mention this ad and save \$30.
(Must be \$100 minimum charge.)

Do you need help with your PC?



Expert assistance with software and hardware problems. Over 35 years of experience as a Computer Consultant, and I live in Lincoln Hills and am only a short distance from you.

Virus Removal SCLH residences, only \$70 per hr.
Printer Setup
Computer Upgrading
New Computer Installs
Training Sessions
and much more...

Jim Puthuff & Associates
(916) 768-3936
www.puthuff.com
Lic. #GSD01841

once you do, you'll be hooked!
Contact: Patti Kingston 916-587-3056, Pkingston@att.net



Mixed Media

Mixed Media Arts Club meets the third Wednesday of the month in the Ceramics Room (OC) at 1:00 PM. The February 20 meeting is a field trip, meet in the OC parking lot at 1:00 PM. At our March 20 meeting, Marilyn Anhalt will be leading us in an art adventure.

For those who do the art challenges, we will be sharing, both, the February and March challenges at the March meeting. The challenge for February is "Pareidolia. The March Challenge will use children's books and stories for you to draw your inspiration from. You can use characters from books, quotes from the stories or anything else that inspires you. There are no rules just have fun and create something inspired from children's storybooks.



Mixed Media's tangram fun in February



Motorcycle

In January, the club's Road Captains met to organize the 2019 riding season. The club has scheduled

rides on the second Saturday of the month, March - November. Each ride is a great opportunity to enjoy some of California's finest scenery. Also during the year, the club hosts social activities ranging from Bingo to Barbecues.

If you like motorcycle touring and have a roadworthy motorcycle or trike - check us out! The RoadRunners meet on the fourth Thursday of the month at 6:00 PM Multipurpose Room (OC) Guests are always welcome! The next meeting will be on February 28. "Ride Safe - Ride With Friends"
Contact: Manny Perez 916-253-9121, manwil412@wavecable.com



Movie Lovers

The Movie Lovers Group meets in the Multimedia Room (OC) on the second Thursday of each month at 6:30 PM. The group views trailers and selects two movies for the next month's review; We have stimulating and informative conversations. We also share information related to streaming, movies, etc. All residents are welcome.

Contact: Cliff Roe 916-409-2049



Music

The Music Group had their first meeting of the New Year on Wednesday, January 23. After celebrating Pete Laderman's 90th Birthday with cake and song (of course),

members performed individually and in groups. This month's group songs were "My Girl" and "Under the Boardwalk." We rocked out to Johnny B. Goode. We are looking forward to a fun-filled New Year with other music events every musician will enjoy. The Music Group meets every fourth Wednesday of the month from 6:30 to 8:30 PM, Fine Arts Room (OC). You can find the Lead Sheets for the group songs and more information on our website. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM, (OC). Open to Lincoln Hills residents. Contact Ron Peck at 916-409-0463 for information.

Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com



Needle Arts

The Needle Arts Club General Meetings are held on the second Tuesday of the month at 1:00 PM in P-Hall (KS). The Club speaker for March will be Martha Wolfe, fiber artist, and printmaker. Pat Fryer the owner Villa Rosa Designs in Grass Valley. Come check us out. Remember subgroups meet throughout the week. Check out our calendar online. The March 6 workshop will feature

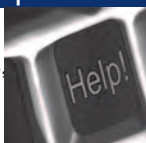


Thanks Shirli for two years of being the club President

Affordable Computer Help

PC Help IN YOUR HOME!

- Remove Viruses, Malware, Worms, Ransomware
- Printer Setup
- Customized Training
- Wireless Wi-Fi Setup
- All your Computer Help Needs
- **15% Senior Discount**
- Computer Tune-ups
- Speed up your PC
- Friendly Personal Service, E-mail Help
- New PC Setup & Transfer Files



Your Fulltime Computer Specialist
Jerry Shores 916-663-4500 Lic. #102828

V & O Cleaning Service

House Cleaning

Over 15 years of experience!



General Clean
 Weekly-Bi-Weekly
 Monthly-Or One Time



Free Estimates

Oksana
(916)412-4975

Lic.#631470
 Lic.#630674

Family Owned and Operated for 25 Years

ROSEVILLE, CA
Est. 1975

AUTOS PICK-UPS VANS FOREIGN & DOMESTIC



Lic. #800158

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



WE LOVE OUR CLIENTS

Wills, Living Trusts, Durable Power of Attorney, Health Care Directives, Trust Administration, Document Review & Updates and Probate

S SEASONS LAW P.C.
An estate planning law firm for life's seasons.

(916) 786-7515
3500 Douglas Blvd. Ste. 250
Roseville, CA 95661
info@seasonslaw.com
www.seasonslaw.com
license# 00835237



BBB
BEST OF BEST
NATE
PROVIDER OF CHOICE

Client-centered. Compassionate Listeners. Experienced Advisors.

Use Your Guest Bedroom For More Than Just Your Guests!

Over 1500 SCLH Installations



Minimum inconvenience, 1 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)

THE CLOSET DOCTOR
The Cure For The Common Space

CA 757092 Flocchini Circle • #200 • Lincoln, CA



Not All Home Care is Alike
Home Care Assistance Provides the Industry's Best Caregivers!

- Our **Cognitive Therapeutics Method™** keeps aging minds engaged through research-based activities designed to improve mental acuity and slow symptoms of mild to moderate cognitive decline.
- Our **Balanced Care Method™** is a holistic program that promotes healthy diet, physical exercise, mental stimulation, socialization and a sense of purpose.
- Our **Hospital to Home Care** program is designed to ensure a smooth recovery at home after a medical incident.

 **Debbie Waddell**, Co-Owner and Director of Client Care. Call me today to find out many other ways we differ from the rest!

Let's talk. **916-226-3737**
HomeCareAssistancePlacerCounty.com
HCO #314700010

2016 BEST OF HOME CARE™ PROVIDER OF CHOICE

ribbon embroidery taught by Ginni Jannicelli. Workshops are held the first Monday of the month in the Sewing Room (OC) at 1:00 PM. The club's Mercy Spring Retreat is May 6 to May 10, and the cost is \$485. Save the date of May 14 for Needle Arts Spring luncheon. For more information check our website.

Website: www.sclhna.com



Neighborhood Watch

"I live in a dead zone" is a comment too often heard in Lincoln Hills. Obviously, zombies aren't roaming our area; however, while some streets have monthly get-togethers or gatherings once or twice a year, others are filled with people who can't tell you the names of their immediate neighbors. Some resi-



Reaching out to neighbors helps us all.

dents prefer complete privacy, not to be involved. There are those, though, who'd like to know their neighbors. Socializing is one good reason, but safety is an even more important one. Getting to know our neighbors helps us to look out for each other. Many who live alone

would appreciate a neighbor checking on them occasionally, even if just a quick phone call. It's never too late to reach out and be a good neighbor.

Contact: Linda Minor 707-235-0778, lindamminor@sbcglobal.net
Website: www.SCLHWatch.org



Painters

The Annual Fine Arts Show opens this month on February 22 in the Ballroom (OC), please take a few moments to see art by over 50 members of the Community. Ann Ranlett, MSA, intrigued members at our February meeting with her demonstration of Scratchboard art. Ann works primarily on animals and nature studies and inspired us to try something different! Buonarroti's Ristorante in Lincoln is now exhibiting members work 11 artists are represented there. In addition, Simple Pleasures Restaurant and Catering features art from club members – check us out in these locations. A reminder! Dues are now payable, after March you will be not getting notices of events if you have not paid so don't miss out.

Contact: Joan Musillani 916-712-4393, joanmusillani@gmail.com



Paper Arts

Our February project features some unique techniques for quilting with paper by our past president, Shirley Rainman. In March, Judy Perkin and Randi Lontz, Stampin' Divas-Folsom,



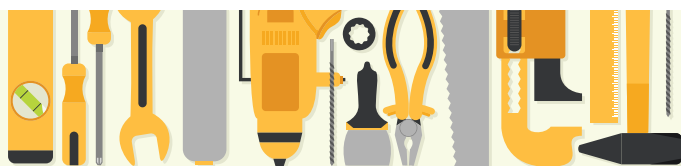
Welcoming in another year of paper crafting

and Stampin' Up demonstrators, will lead our project. In April, we welcome back Peggy Jo Ackley of Pink Ink Stamps for "Stylish Stylus Workshop." Stay tuned for more details about future projects. The next Open Lab ("Members Only") is February 21 (third Thursday) from 9:00 AM to 12:00 PM at (KS). If you're a paper crafter, card maker or scrap booker, there's a place at the table for you. We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS). **Contact: Dottie Macken 916-543-6005, justdottie@sbcglobal.net**



Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets in the Card Room (OC) on the first and third Friday from 9:00 AM to 12:00 PM. For more information, please contact Denise Jones or Doris DeRoss at 916-253-7164. We hope to see you there. **Contact: Denise Jones 916-543-3317**



DRYWALL MAGIC

COMMERCIAL & RESIDENTIAL

Aaron Morales, Owner
 Lic. #836746

916-247-2925
drywallmagic@yahoo.com



PC & Mac Resources

Terry Rooney
 Lincoln Hills Resident
 Microsoft Business Partner



Lic. #85930

- 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: taroonney@gmail.com
 2425 Swainson Lane, Lincoln, CA 95648



Photography

Paul Renner, an Africa Photo Safari Tour Guide, held members spell-bound at our January General Meeting with a sampling of his incredible wildlife images. Paul, being raised in Tanzania and living among the native African tribes, learned the Swahili language as well as the art of tracking and observing animals in their natural habitats. Based on member feedback, this was one of the Club's most inspiring presentations.

Although Africa is not on the active field trip planning list, several other locations are including Yosemite, Monterey, and the High Sierras. Several local venues are also on the 'to do' list. And as a follow-on to a fall presentation, first up is a tour of Sacramento Giclee for printing and Skyline 1 for framing.

Contact: Diane Margetts, dmargett@yahoo.com; Website: lhpcphotoclub.com



Pickleball

With spring not too far away, we are busy planning parties and tournaments for 2019. Find the final schedule on our website. Cal Meissen offers a free introduction class most Wednesdays, weather permitting, at 1:00 PM. No reservations or equipment needed. Please wear a tennis/court shoe. Once hooked, join in for parties, ladder leagues

and lessons! Dues are \$15. Our joint Christmas toy drive with the Softball Club was so successful that there were more presents than children! Once all the children of deployed troops stationed at Beale Air Force Base received gifts, Joy Norman quickly put together 58 gift bags of extra presents for Sheridan School students. Joy and husband Richard then handed them out at a party featuring Santa (Wally Quintero).

Contact: Mike Gardner 916-834-6549, pickleballmike1@gmail.com; Website: www.lhpickleball.com



Players

Our February meeting was on February 11. A Valentine's Dinner Party was held on February 13 at Turkey Creek with a delicious meal as well as "dancing the night away." The June Players' production will be "The Odd Couple, Female Version." The cast consists of six female and two male roles. Auditions will take place on March 5 and 6 at P-Hall (KS). The production will be in June. Mark your calendars to make sure you audition for this funny play. Players meet the second Monday of the month. Annual dues are only \$5.00 per year. Come "play with us!"

Contact: Ron Hanson 916-434-7112, racketron@yahoo.com; Website: For more information- www.lhplayers.org



Poker

Poker Group plays a variety of poker games every Monday and Friday starting 12:45 to 4:30 PM, Tuesday, starting 4:45 to 8:30 PM in Multipurpose Room and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw. All poker players will be seated as long as they arrive by 12:45 (Monday and Friday) or 4:45 (Tuesday's). The new seating arrangement will eliminate people not being able to play because the tables are full. Contact Arnold Baker at 916-434-5412 or Lynne.

Contact: Lynne Barsky 916-253-3730



RV

Our January meeting featured the many RV Rallies we're planning for 2019. In January Members left for two weeks in Southern, CA; the Desert; and Arizona. Our next Rally in March will be three days in historic Solvang, CA with golf, wine tasting, and much more. Plans are underway for Rallies Santa Cruz in April; Yosemite in May; and then a multi-part trip from Oregon, to Couer d'Alene, Idaho, and onward to the famous Calgary Stampede in Canada. Members can participate in part or all of this trip. All Rallies include lots of fun dinners, happy hours, and anything else the groups dream up. We meet in the Placer Room (KS) at 4:30 PM on the second Thursday each month.

GARY'S SPRINKLER REPAIR SERVICE

Residential Experts
25 Years Experience
Troubleshooting & Repairs

- Timers Changed
- Wiring Issues
- Bad Valves
- Drip Systems
- Broken Pipes

BBB
ACCREDITED BUSINESS

All Work Guaranteed
Lic. # 869624

(916) 223-3706

Your Old Photos Restored!

I live in Lincoln Hills and will gladly do free estimates in your home.

MasterCard Lic. #3734 **VISA**

Patrick J Osborne
Visionary Design
916-408-4152
email chilemon@starstream.net

Come visit and join us.

Contact: Steve Beede 916-752-6972,

sjbeede@att.net;

Website: www.lhrvg.com



S.C.H.O.O.L.S.

SCHOOLS is looking for someone just like you to volunteer in Kindergarten through 5th grade or Phoenix High School. Visit the SCHOOLS website to find out about volunteering



Patti Kingston in Ms. Whitworth's 3rd grade class, 1st Street School.



at schoolssuncity.org or contact Crystal Elledge (elementary) 916-543-8617, celedge@sbcglobal.net or Irma Mendez (high School) jmeidm@aol.com. No prior teaching experience necessary. There are openings on the SCHOOLS Steering Committee if you are interested in being involved with planning and working on the volunteer program, or our annual meeting in the fall or our Spring Picnic in the Sports Pavilion.

Contact: Patti Kingston 916-587-3056, pkingston@att.net;

Website: schoolssuncity.org

Scrabble



All are welcome to join us in playing the original game of "Scrabble." We meet on Mondays in the Card Room (OC) from 1:00 to 4:00 PM. All materials are provided and all levels of play welcome. If you like words and strategy, come join us and try it out.

Singles



4:30 PM on Thursday, February 21 we are headed to California Pizza Kitchen at the Fountains in Roseville to kick off Valentine month. At 6:00 PM on Thursday, February 28 join us in the Ballroom (OC) as we have fun at our annual re-gifting event. Sunday, March 3 at 4:00 PM, we will be celebrating our member's birthdays in the Sports Bar. We plan our upcoming activities on Tuesday, March 5 in the Ceramics Room (OC). Cocktail Time is on Thursday, March 7. This location will be announced at a later date. Join us at 9:00 AM in Meridians for our Second Saturday breakfast on March 9. On Thursday, March 14 at 6:00 PM, we have our Business Meeting followed by Puzzle Mania.

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

Ski



Wow, was there a ton of snow for the 3-day trip to Heavenly Valley



Club Members and Beautiful Snow at Heavenly Valley

in mid-January! And December snowfall for Whistler, British Columbia (site of our annual ski getaway trip this month) set a record. That meant our January general membership meeting topic of skier safety was very timely. Club President Ken Spencer demonstrated what you should add to your ski kit. Our next general membership meeting will be Thursday at 4:00 PM, February 21, in the Multipurpose Room (OC). Also, be sure to visit the Ski Club table at the It's The Lifestyle Event on February 26 in and around the Ballroom (OC). There will plenty of information for anyone who would like to join us for what should be great spring skiing.

Contact: Ken Spencer 916-258-2150, lhskiclub@gmail.com;

Website: www.LHSkiClub.com

Softball



With new Board members in place and 2018 firmly in the record books, we look forward to our 20th year

 CREMATION SOCIETY <small>OF PLACER COUNTY FD2199</small>	 COCHRANE WAGEMANN <small>FUNERAL DIRECTORS FD305</small>
5701 Lonetree Blvd., Suite 209, Rocklin 916.550.4338 csopc.com	103 Lincoln St., Roseville 916.783.7171 cochranewagemann.com

Every Tile Roof Needs To Be Serviced!



(916) 595-4660

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.



of softball. The Board is busy with plans for 2019. Applications for play this year are available for download on the website and should be submitted not later than February 18. If you have questions, please contact any Board Member. If the weather permits, join us for Sunday practices scheduled, 10:00 AM to 12:00 PM. Conditioning training may begin soon. Check our updated and improved website for the most current information.

Contact: Bec Cannistraci
916-408-4679,
beccannistraci@sbcglobal.net
Website: www.lhssl.net/



Sports Car

Our officers started off the year with enthusiasm. The Tour Events Leader, David Altstadt, already has members volunteering to lead tours. So as soon as the weather is sunny and the roads are dry, we will be off to visit the Lockeford Sausage Company and then lunch at Jackson. Upcoming trips are to Murphys and Mendocino

with more to be added in the coming months.

The Social Events coordinator, Edy Ternullo along with helpers Barbara and Linda, are already working on the Christmas party. Last year Edy arranged several popular social events, so we are sure to enjoy more great times this next year. If you would like to join us, contact Mary.

Contact: Mary Olson 916-521-5492,
hungryhunter2@yahoo.com;
Website: lhspcars.com



Sun City Squares

Square Dancing is a lot of fun so if you have an interest or are even curious, come and check us out! If you have danced a long time ago or even if you no longer have a partner, please come anyway. Sun City Squares is happy to help you learn again and welcomes singles as well as couples. Please come and join us for a great time! Sun City Squares meets at Kilaga Springs *Monday from 1:15 to 3:15 PM for Plus Level Dancing. Round Dancing between tips. *Monday from 3:15 to 3:45 PM for Advanced Level Dancing. *Thursday from 1:00 to 3:00 PM for Advanced Level Dancing.

Contact: Sandy Cleaver 916-409-0409



Swimmers & Water Walkers

Bob LeRoy will be heading up the Presidency of our club. Ruth Braun had to resign

due to family health issues. Will someone volunteer to help Bob? At the KS pool, on the whiteboard, it was suggested writing how many laps and/or meters make up a mile. Excellent idea.

A new member that just joined is a disabled veteran and quite active in the Lincoln Hills Veterans Group. She uses the pool for both swimming and water walking as it is the only safe exercise she can do. We welcome our veterans to our pools so they, too, can get the physical exercise they need. Our next meeting is March 18, 3:00 PM Fine Arts Room (OC).

Contacts: Bob LeRoy 916-412-0552,
bobandchey@icloud.com



Table Tennis

The Table Tennis group meets three times each week. Come out and have some fun! The days and time are Sundays from 12:30 to 4:00 PM, Tuesdays from 6:00 to 9:00 PM, and Fridays from 8:00 to 11:00 AM. We play in the Multipurpose Room (KS). There are seven tables that are marked by flags indicating the different skill levels including one for those of you who are new to the game. In order to maintain a good competitive balance in gameplay, all players are encouraged to play at a table that most closely corresponds to their current level of ability.

We hope to see you soon!
Contact: Howard Parker 916-408-4655,
pingpongsclh2@gmail.com

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**
Lic. #79637

Design, Contracting, and Maintenance

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

A-R Smit & Associates
Serving Lincoln Hills Since 2008

(916) 997-4600

Lincoln based business
Family owned & operated



License #919645



Tap Company

The Tap Company is looking forward to an exciting year with new items on the agenda, as well as the tried and true classics. A new Dance Workshop is in the planning stages for February or March. The Spring Luncheon is in the works for May or June. Tap Company members – keep a lookout for emails with the dates, times and locations. In addition to these special events, our classes and practices are continuing throughout the year. Alyson continues to have fun classes for those dancers from newbies to advanced. Check the Compass for class details. Come to Kilaga Springs Saturday mornings anytime from 8:00 to 10:00 AM for practice. Just let Celeste know if there are any steps you want to improve.

Contact: Freddie Dempster
916-253-9734, fredeedee@gmail.com



Tennis

What a beautiful place we live in! The picture was taken over our fabulous tennis



Linda, Diane, Sandy, Carol, Carl & Les

courts. The popular Valentine's Day Tournament was held February 14 – details in next month *Compass*. Gear up for the St. Patrick's Day Tournament on March 16, mark the date and wear your green. It will be a MD & WD fun event, mix, and switch. Flyer with all the details will be posted on the Website and bulletin board. The new board is very energetic about this year's events, so time to renew for only \$15 a year! Drop-in tennis needs you! Wednesday & Saturday 9:00 to 11:00 AM Courts 1-2 & 8-9. Just go sign-up and play!
Contact: Linda Burke 209-3463,
scteam10s@aol.com
Website: sclhtg.com



Vaudeville

The Golden Revue Vaudeville Variety Show this year is July 18, 19, & 20. Auditions are scheduled for Tuesday, April 23 and Wednesday, April 24 with both at P-Hall (KS) from 6:00 to 8:00 PM. Anyone interested in auditioning, please email me and I will be happy to set up a time. This show is truly



Our resident published poet Jeanie Robertson and husband Chuck

a variety show so we are looking for all types of talent.

Contact: Yvonne 916-408-2040,
ykrause@yahoo.com



Veterans

Sonja Conklin, a representative of the AirMedCare Network, an alliance of affiliated air ambulance providers, will be the featured speaker at the February 21 general membership meeting at 1:00 PM in the P-Hall (KS). An air ambulance is a specially outfitted helicopter or fixed-wing aircraft that transports injured or sick people in a medical emergency over distances or terrain impractical for a conventional ground ambulance. Air ambulances are equipped with the same equipment as an ICU unit, vital to monitoring and treating injured or ill patients.

For individuals living, working, visiting or traveling in rural areas, recovery can depend on the time required to be transported to a suitable emergency medical treatment facility. An air ambulance can reduce that transport time dramatically.

Contact: Mike Schultz 916-209-3460,
avid9er2007@gmail.com



Water Volleyball

The Water Volleyball Club is planning for an exciting 2019 year. The Steering Committee has met to formulate an aggressive fun-filled agenda for the members. The 2019 year



Don Gerring

Your #1 Choice

Experience • Patience • Quality Service

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

Let Don Help List & Sell Your Home!

Free Home & Market Evaluation

(916) 747-5050 • dgerring1@gmail.com • Lic#00631339

Each office independently owned & operated

HOME

Monday-Friday

Handyman Services

Home Ownership Made Easy

Glenn E. Johnson, Owner • SCLH Resident

17 yrs. Professional Experience - Lic # GSD01487

Special Pricing for SCLH Residents

No job too small, Plumbing, Electrical, Drywall

916-587-4001
call.handyman@att.net



Alice Horst

Look for news about the upcoming Art & Craft Tour
May 11 and 12, 2019

All dates free and open to the public!

The LH Painters Club
Presents:

16th Annual Fine Arts Show and Sale

At Lincoln Hills –
Orchard Creek Lodge

February 22 5:30-8 pm
February 23 9 am-6 pm
February 24 9 am-3 pm



LINCOLN HILLS COMMUNITY FORUM & NEIGHBORHOOD WATCH PRESENTS POLICE AND FIRE SAFETY SYMPOSIUM



When: Wednesday, March 20, 2019
Time: 1:00 PM to 3:00 PM
Where: Orchard Creek Grand Ballroom
Guest Speaker: Doug Lee, Lincoln Police Chief
Guest Speaker: Bill Hack, Lincoln/Rocklin Fire Chief



SPECIAL GUEST: Lincoln Police Chief Doug Lee - Chief Lee believes the community plays a role in helping reduce the crime rate. He believes in providing important services in the area of safety. Key topics to be covered: emergency and non-emergency calls, vacation and wellness checks, lost pets, vehicle break-ins, home break-ins; scams by email, mail, phone and door-to-door.



SPECIAL GUEST: Lincoln Fire Chief Bill Hack - Chief Hack has revitalized the Lincoln Fire Department and works hand-in-hand with Chief Lee. He believes in developing a pro-active forward-looking fire and disaster response service delivery. Topics to be covered: emergency and non-emergency calls, Vial of Life Program, carbon monoxide and smoke detectors, reasons for falls, prevention tips to fire prevention, wild fire preparedness and evacuation plans.

This symposium supports the Neighborhood Watch Mission: Increase Personal Safety and Security Awareness; "Eyes and Ears" of the Police and Fire Departments.

will offer exciting opportunities for members to improve their volleyball skills, meet at social events and experience new cross skill level play formats for both recreational and competitive level players. The first opportunities approved by the Steering Committee are monthly Ladies Nights (first Wednesday) and both recreational and competitive trainings (fourth Wednesday). Individuals interested in joining a club providing exercise, social activities and skill development can contact the Water Volleyball Club.

Contact: Rosemary Elston

916-474-1610,

sclhwatervolleyball@gmail.com

Website: www.lhwatervolleyball.com



Woodcarvers

When I began attending the Woodcarvers Club meeting, I knew very little about

carving. Yes, I had attempted carving over 40 years ago but had done nothing since. But I love the smell of wood, and I love working with wood, so I thought I would give the club a try. What I found was a wonderful group of welcoming, encouraging people, at various levels of carving, who were friendly, helpful, and have assisted me every step of the way. The feeling in the room is congenial and fun. Little by little, I've gained some skills to carve various projects. Come join us. You would be most welcome. Carol Judd. We meet every Wednesday 1:00 to 4:00 PM in the Sierra Room (KS).

Contact: Lionel Rainman

916-253-9534,

LRAINMAN1414@YAHOO.COM



Writers


The Writers Group is back in swing for 2019. Come join us each month

on the second, fourth, and fifth Monday evenings in the Ceramics Room (OC) at 6:30 PM. Bring a dozen copies of your writing to share. We will read along with you, as you read out loud, and offer editing suggestions which might help you. If you are looking at a blank page and want to write something, think about February: Ground Hog Day, Valentine's Day, Martin Luther King, Jr., George Washington, and Abraham Lincoln. Let us hear your poems, memoirs, mysteries, science fiction, fiction, non-fiction. We are enjoying meeting newcomers and look forward to seeing the writers we have known for a while.

Contact: Frederica B Dempster

916-253-9734,


fredeedee@gmail.com



**Wallbeds
'n' 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

Call (916)
753-4966

Showroom hours:
Mon-Sat 10am-3pm

Lic. #11164 www.wallbedsnmore.com

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)

ELECTRIC BIKES

Healthy Living Through Cycling

SUN CITY RESIDENTS

FREE SALES TAX
FREE LIFETIME SERVICE
FREE PICK UP & DELIVERIES



+STROMER-

Bianchi



STAGES
CYCLING

tern

FANTIC
E-BIKE

SCOTT

BH
Emotion

ORBEA

benno

Gazelle

RIESE & MÜLLER

E LIFE CYCLES
POWER ON

ELECTRIC BIKE SHOWROOM

Palladio Shopping Mall

TEL: 916-293-8513 New Folsom

www.elifecycles.com

License 403064 E Life Cycles, Inc. 260 Palladio Parkway Suite # 1007 Folsom, CA 95630



Support Group News

Alzheimer's-Dementia Caregiver's Support

Taking care of the caregiver is an increasing challenge: Blocks of time disappear, personal priorities get downgraded, the juggling act becomes more intense, and rest becomes scarce. At our meeting on February 27 at 1:00 PM in the Multi-Purpose Room (OC), Ginger McMurchie will be helping caregivers find value in their role while knowing their limitations. She will also offer suggestions about how to find support and community resources. Mark Wolff will be discussing the assisted living and memory care market and provide a walk-through of the decision-making process before moving a loved one. Mark will also explain and offer the use of a new app to help track appointments, medications, etc. This is an open group supported by the Lincoln Hills Foundation. Please join us.

Contacts: Valerie Jordan 916-209-3355,
Cathy Van Velzen 916-409-9332,
Mary-Jo Fratessa 916- 408-7209,
Al Roten 916-408-3155
Email: 2jeffa@gmail.com



Ginger McMurchie



Bereavement

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Monthly support meetings are held on the second Wednesday at 3:00 PM at Joan Logue's home. The next support meeting is March 13. 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 lunch will be on Tuesday, February 26 at Sterling Café at 11:30 AM. For more information or to put a Memoriam in the *Compass*, contact Joan.

Contact: Joan Logue - 916-434-0749 -
joanlogue@sbcglobal.net



Bosom Buddies

The last few years have seen remarkable changes in the treatment of cancer through radiation. Our February speaker, Dr. Charlotte Kubicky of Sutter



Members: Tracy Ogden, Jeanne Friedman,
Lorri Song and Margaret Maher.

Health, talked about some of the advances and what we can expect to see in the future with radiation. Our March 14 meeting features Nancie De Ross from Sacramento Make-up Design Studio who will speak about wigs and the latest in "age appropriate" make-up and skin care.

Bosom Buddies welcomes breast cancer survivors and those still undergoing treatment. We meet the second Thursday of the month at 1:00 PM in the Multi-purpose

Room (OC). Before meetings, members and guests can meet for lunch at Meridians and have a chance to relax and socialize. For reservations, call Val Singer at 916-645-8553.

Contacts: Marianne Smith -
916-408-1818,

Patty McCuen - 916-408-4185



Family Mental Illness Support Group

Our support group meets on the second Friday of each month at 2:00 PM. We are a small, informal group. Our purpose is to lend emotional support to family members who have loved ones suffering from bipolar disorder, schizophrenia, depression, and other serious mental illnesses. There's nothing you can say that will surprise us. We've all been there. Come and know you'll be listened to, heard, and understood. You can read personal stories about mental illness on Dede Ranahan's blog, www.soonerthantomorrow.com, A Safe Place to Talk About Mental Illness in Our Families.

Contact: Dede Ranahan -
916-408-4541 -
dederanahan@gmail.com



Gam-Anon

If your life is affected by someone else's gambling, Gam-Anon can help. Gam-Anon meets weekly on Friday evenings from 7:00 to 8:30 PM at the First United Methodist Church, 6414 Brace Road, Loomis, CA 95630. Follow the signs to the proper meeting room. A Gambler's Anonymous meeting is held concurrently in another room. Call Kay F. for more information.

Contact: Kay F. - 916-543-3079 -
denniskayf@starstream.net

Website:

www.gam-anon-loomis.com



Glaucoma Support Group

Have you been recently diagnosed with Glaucoma? Has your Glaucoma Specialist recommended more advanced treatment? The Glaucoma Support Group is available to help you learn about your disease and your options. Please join us for our next meeting on March 13 at 4:00 PM in the Multimedia Room (OC). If you would like more information, please contact Bonnie.

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



Hearing Impaired Support Group

The next meeting of the Hearing Impaired Support Group will take place on Thursday, February 28, from 2:30 to 4:30 PM, at (OC). There will be a presentation on cochlear implants, and representatives from the three manufacturers will be our speakers.

Contact: Joanne Mitchell - 239-415-3650 - pipal@prodigy.net



Low Vision Support Group

March meeting is on Tuesday, March 5, 2:00 to 4:00 PM, Fine Arts Room (OC). Linda Minor, Executive Director, and Pauline Watson, Secretary, will represent

Lincoln Hills Neighborhood Watch. They will discuss the many services provided to keep us safe in our homes and community with special emphasis on how to adapt our surroundings considering vision loss. The importance of updating our Vial of Life information on medications as well as contact information will be covered. Data on both can be updated via computer or with special assistance, if necessary. They will also bring us up to date on old scams and any new ones coming to light.

Contact: Cathy McGriff - 916-408-0169 - cathy.mcgriff@yahoo.com



Multiple Sclerosis Support Group

All Veterans, MS Members, and Residents are invited to attend the Tuesday, March 5, MS Meeting, 1:00 PM, which promises to be inspiring and informative. Richard Martinez, Marine Corps Veteran and President of the Semper Fi Assoc. and Lincoln Veterans Memorial Assoc., will share his experience with those who have developed MS. Richard produced and directed a Bay Area TV show for 25 years dealing with disabled people who led active

lifestyles. The show, "ON THE MOVE," began in 1984, is still in production, shown on MVTV and located in Mt. View. The show has won numerous national, statewide and local awards for excellence in broadcasting. Richard will discuss moving forward with disabilities and be "On The Move." Of interest to all disabled persons and caregivers.

Contact: Jeri Di Fiore - 916-408-7565 Text 530-401-2135 - jerihansondifiore@gmail.com



Parkinson's Support Group

The Lincoln Parkinson's group is meeting on Tuesday, February 19. We meet at the Granite Springs Church on E. Joiner Parkway from 10:00 to 11:30 AM. Our format consists of informative speakers and every fourth month a general discussion. This month we are looking forward to hosting Susan Feldman, who is our resident expert on home care, long term care insurance and knowledge of fall prevention. Come and join in the discussion! For more information contact Brenda.

Contact: Brenda Cathey - 916-253-7537 - bjcathey@gmail.com



KATHY SAATY

Hairstyling for Women

SENIOR DISCOUNTS

Wednesday - Saturday

Perms \$75 (includes trim)

Color Touch-ups \$75 (includes trim)

Highlights (call for a quote)

Haircuts \$40

ENVY SALON

6827 Lonetree Blvd. #101B

Rocklin, CA 95765

- Rocklin resident - 25 yrs
- Stylist - 54 yrs
- Colorist
- Perm Specialist
- Haircuts
- Shampoos & Sets

Free Consultations 916-599-6014 • kmsaaty@gmail.com



Michael J. Donovan
Attorney at Law



Wills, Trusts
& Probate

(916) 295-9714
Lic. #SB40459

Over 800 Living Trusts prepared
for Lincoln Hills residents

~ Living Trust Portfolio \$700 ~

Our Family Means Business
We Have Been Serving Lincoln Hills Since 1999
Integrity - Exceptional Service - Outstanding Results
Together We Serve You Better

Carolán Properties

www.CarolanProperties.com

CA DRE # 01468489

916.253.1833

**Serving All of Your
 Real Estate Needs**



Megan Carolan Martin
 916.420.4576
 Realtor
 CA DRE # 01937273



Penny Carolan
 916.871.3860
 Top Selling Broker 2012, 2013 & 2015
 Broker Associate
 CA DRE # 01053722

Courtney Carolan Arnold
 916.258.2188
 Property Manager
 Broker Associate
 CA DRE # 01471287



Carolán Properties

www.CarolanPropertiesRentals.com

CA DRE # 01468489

916.253.1833

**Full Service On-Site
 Property Management**

945 Orchard Creek Lane, Suite 300, Lincoln, CA 95648

Vision to Last a Lifetime

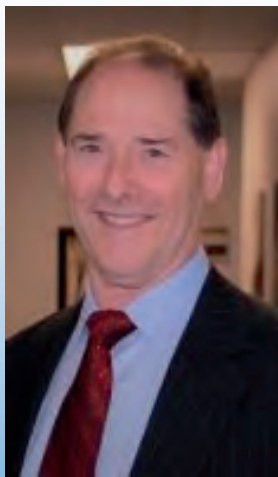
Complete Eye Care at Wilmarth Eye and Laser

Care You Can Trust

With over 35 years of experience as a board certified ophthalmologist, Dr. Wilmarth is in a unique position to bring state-of-the-art technology and techniques to your eye care. We suggest ways of achieving your personal visual goals with the best technology at a reasonable price.

Laser Cataract Surgery brings a new level of precision and safety to cataract removal. Dr. Wilmarth and his staff will discuss the many options for intraocular lens (IOL's) implantation and help you select the lens that fits your visual goals and financial resources. All IOL's are available to you: Symphony, Restor, Toric and others.

Financing Options Available



Dr. Wilmarth is a Board Certified Ophthalmologist and Medical Director of Ophthalmic Surgery at Sutter Sierra Surgery Center located on the Sutter Roseville Campus.



LASIK (Advanced Laser Vision Correction) is available to you with the Wavelight EX500, the most advanced system available in the U.S. Dr. Wilmarth has over 20 years experience with LASIK. He is Founder of Horizon Vision with 6 centers in Northern California and he serves as Medical Director of the Horizon Roseville Center.

Complimentary LASIK Consultations

Call today to schedule your consultation. Together we will determine which vision correction option is best suited for your lifestyle.

State-of-the-Art Care

Dr. Wilmarth is the co-founder and part owner of the new Sutter Sierra Surgery Center located on the Sutter Roseville Hospital Campus. All of his staff are Certified Ophthalmic Assistants and Technicians. We bring the best care and technology to our patients.

Stephen S. Wilmarth, M.D.—Vision Correction Specialist
1830 Sierra Gardens Dr. • Suite 100 • Roseville Lic. #801041

www.wilmartheye.com
916-782-2111

Bulletin Board

AARP

2018 Tax Season is Here! Lincoln AARP Tax-Aide volunteers are ready to assist you with your 2018 tax returns. The service will be available by appointment only this year at Granite Springs Church, 1170 E. Joiner Parkway. People can make income tax preparation appointments by calling 916-878-6249 beginning January 21. The Intake/Interview Sheet, Form 13614-C, is required of all clients and is available in the Orchard Creek Lodge lobby or Kilaga Springs Lodge library. These returns will be filed electronically (e-file) with the IRS and California FTB.

A Course in Miracles

If you desire to find forgiveness in all of your relationships, experience unshakable inner peace, overcome pain, loneliness, and fear of death, and experience the strength and Love of God, then I invite you to explore the wisdom of this course. This study group meets on the first and third Mondays and discusses various topics found in the book called A Course in Miracles. The focus is on the practical application of these ideas to bring about the goal of the course which is inner peace. Call Alexandra at 916-409-5253 for more information.

Airport Co-op

Transportation to and from the Sacramento Airport for Lincoln Hills residents, works on a point system, give a ride – get a ride. Information can be found on our website www.lh-airportco-op.org or for more information contact Barb Iniguez at 916-408-7812.

www.sclhresidents.com

You Are Invited to Attend:

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

- **Thursday, February 21, 8:30 AM** – Eskaton Seminar, Solarium
- **Monday, February 25, 10:00 AM** – Free Senior Cancer and Metabolic Drug testing, Oaks (OC)
- **Friday, March 1, 7:30 AM** – Atlas Health Information Talk, Solarium
- **Wednesday, March 6, Noon** – Reverse Mortgage Funding Seminar – Solarium
- **Monday, March 11, 10:00 AM** – Nautilus Society, Oaks (OC)

Boomers Unleashed!

A group Not Just for Baby Boomers! We gather for various events for the purpose of companionship and entertainment in the evenings, weekends, sometimes during the day. We encourage all who join to voice their ideas of things to do and/or to organize an event for anyone to attend. You can find our events posted on Yahoo and Nextdoor. We also share through emails. You can contact Susan at Susanhaas3@yahoo.com and Diana at DianePeters@waveable.com. We hope to meet you soon!

Cloggers

We hope your Valentine's Day is filled with love! if you have not yet become a clogger, we hope you'll give this dynamic dance a try. Clogging is great exercise, a terrific therapy, an excellent entertainment with music and friendship and fun – all the while you are honing your physical skills. Remember, plan ahead for the big Clogging Convention in Sacramento at the Crowne Plaza, May 31-June 1. We look forward to dancing there with you! For more information on clogging

in Lincoln Hills, please contact Natalie Grossner at 916-209-3804.

Club La Vita

We are a social wine tasting group in Lincoln Hills. We are looking for new members to join our group. We are comprised of approximately 64 members who are split up into four groups of 16 people in each group. We meet on the third Thursday of every month in one of our members' home, except in January and June. If you are interested in learning about and experiencing different wines and meeting great friends, our Wine Club is the place. For additional information, please contact Tony Dipaola at a.dipaola@sbcglobal.net.

Democratic Club

Our meeting February 21 features Marcos Breton and Jack Ohman of the Sacramento Bee. Ohman creates editorial cartoons that make you "laugh, wince and fume with strokes of his pencil, and <25 words." Marcos is a news columnist who makes you "think or laugh, makes you mad or see an issue in a different way." We meet

the third Thursday of the month at the Granite Springs Church, 1170 E. Joiner Parkway, Lincoln. Doors open at 6:15 PM for a social time, a business meeting is at 6:45 PM, followed by the program. Please see the club website at <http://www.democraticclublincolnca.org>.

Italian Club

Comedian Keith Lowell-Jensen performs for us at P-Hall (KS) on February 23. We'll complete the evening with a tasty dinner of lasagna, sausage, salad, bread, and dessert. For more details see the website. Additional social events planned include a mystery bus tour, an Italian Street Fair, some bocce ball, and a host of other activities. Check out the events calendar on the website for more information. If you are a Lincoln Hills resident of Italian heritage, go to www.lhitalianclub.org and learn more about us and our monthly activities. Want to join us? Contact: Sandi Graham, membership, at 916-826-5711.

Lincoln Library

Friends of the Lincoln Public Library, 485 Twelve Bridges, book sale will be Saturday, March 2, from 11:00 AM to 3:00 PM. Beautiful coffee table books, cookbooks, biographies, and history available for only \$1. You prefer fiction, \$2 will get you a current hardback edition. Paperback books sell for only 25¢. All children's books, from board books to young adult, are also priced at 25¢ each. CD's and DVD's are also sold. Proceeds are all used for library programs and materials. For more information go to www.FriendsoftheLincolnLibrary.org.

Lincoln Fire Department Community Emergency Response Team

The Lincoln Fire Department's Community Emergency Response Team (CERT) provides the following services: Firefighter "rehab" at emergency scenes, School and Fire Station visits, utility safety standbys, search and rescue and preparedness training. They also provide support at community events – Kiwanis Safety Day, Sun City Lincoln Hills Concerts, and Lions' Special Kids Day. Training is provided through a CERT Basic Training Class plus specialized training sessions throughout the year. The next training class will be this spring. If you are interested in joining CERT, please contact Aaron Bjorgum, CERT Coordinator at Aaron.Bjorgum@lincolnca.gov.

Lincoln Police Department

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

Lincoln Rotary Club

Please Consider Helping. What takes between 30 to 60 minutes can mean saving as many as three lives. We need your BLOOD!! Please join us at Lincoln Veteran's Memorial Hall 541 Fifth Street, Lincoln on February 22, starting at 1:00 until

5:30 PM. Save time and reserve your place, register online. Go to <https://lincolnblooddrive022219.eventbrite.com> click on Register and chose a time that is not sold out, or call 916-453-3042. You may also walk in when it is convenient for you between 1:00 and 5:00 PM but you may have to wait a bit.

Open Play Games

Interested in playing cards, 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 residents of Lincoln Hills are welcome. Tables are first come first serve.

Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Center in Roseville (916-781-2323). Membership to the Fitness Center is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play doubles, cutthroat and/or singles. Ladies are welcome. See you on the court. Contact: Armando Mayorga at 916-408-4711 or at amoon38@sbcglobal.net.

Shalom Social Group

The Shalom Social Group started 2019 with a bang! Our first event was a general membership meeting featuring a well-received speaker from the "Big History" club. This month, on February 27, we will have our annual Ice Cream Social at 7:00 PM at Kilaga. There will be a for-members-only

scavenger hunt several days before the social with a gift certificate awarded at the event to the group's "Shalom Holmes" winner. Other upcoming events include another membership meeting in March, regular bowling days and bocce ball plays, and a River Cats game. For more information, please contact Joanne Levy at 508-333-8590.

Shooting Group

With good weather, we meet on Tuesdays for Trap and on Thursdays for Skeet at Coon Creek Trap and Skeet at 5393 Waltz Road, just minutes from Lincoln. Occasionally other shotgun sports are enjoyed. We have no fees, but each shooter must pay for their own clay targets.

For more information about shotgun shooting sports contact John Kightlinger at 916-408-3928 or johnnpat@sbcglobal.net. The rifle and pistol activities occur on Tuesdays at the Lincoln Rifle Club at 150 Lincoln Boulevard. For information about rifle or pistol shooting, please contact Jim Trifilo at 916-434-6341 or trifilom@gmail.com. Come out and have fun!

Sons In Retirement Branch 13

Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its monthly luncheon on Tuesday, February 19 at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. A three-course gourmet lunch costs \$20pp. Arrive at 11:30 AM; luncheon adjourns at

1:30 PM. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending the luncheon as a guest, please contact Chet Winton at 916-408-8708.

Woodcarvers Open House

Following the "It's the Lifestyle" event, one week later, on Wednesday, March 6 from 2:00 to 3:00 PM, the Woodcarvers Club will have an open house. See more projects, from easy to intricate, from beginner to expert. Talk to members and learn about the resources we have available. We meet on Wednesday in the Sierra Room (KS).

Tara Pinder
Selling Sun City Homes since 1999

Top Producer - Masters Club
Over 32 years real estate experience

Tara Pinder
(916) 600-2836
mspindy@mac.com
Lic# 00898876

COLDWELL BANKER
SUN RIDGE REAL ESTATE

Keep Calm and Sell Real Estate!

RUMLEY LAW

- 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/trust
CA Bar #200811

Community Perks



Return Engagement!
KS Movie on Saturday:
Crazy Rich Asians (2018)
Saturday, February 16 –
1:30 PM Screening—Free
 P-Hall (KS) Rated PG-13, 120 minutes, Comedy/Romance. This contemporary comedy, based on a global bestseller, follows native New Yorker Rachel Chu to Singapore to meet her boyfriend's family. Starring Constance Wu, Henry Golding, and Michelle Yeoh.



An Expo for Clubs, SCLH Lifestyle, and local non-profit organizations

It's The Lifestyle! Expo
Tuesday, February 26 –
10:00 AM, Orchard Creek
Lodge—Free

Want to learn about the various Clubs and volunteer opportunities available within and outside your community? Join us for the annual *It's the Lifestyle! Expo* and celebrate the lifestyle that is uniquely Lincoln Hills. The event will have over 70 Lincoln Hills clubs and community interest groups participating plus various local non-profit organizations. Learn about the many clubs and organizations within your community, speak to different Lincoln Hills department teams and learn about local volunteer opportunities and how to get involved! See you there!



2 Showings!
The Old Man and the Gun (2018)
Saturday, March 2 –
6:00 PM Screening—Free
Monday, March 4 –
1:30 PM Screening—Free
 P-Hall (KS) Rated PG-13, 93 minutes, Comedy/Crime/Drama.

Based on the true story of Forrest Tucker and his audacious escape from San Quentin at the age of 70 to an unprecedented string of heists that confounded authorities and enchanted the public. Starring Robert Redford, Sissy Spacek, and Casey Affleck.



KS Classic Movies on Saturday:
In the Heat of the Night (1967)
Saturday, March 16 –
1:30 PM Screening—Free
 P-Hall (KS) Not Rated, 110 min, Crime, Mystery, and Drama. An African-American police detective is asked to investigate a murder in a racially hostile southern town. Starring Sidney Poitier, Rod Steiger, and Lee Grant.

GUCHI
 INTERIOR DESIGN
 Creating Beautiful Homes
...ONE ROOM AT A TIME

LUXURY KITCHEN, BATH DESIGN & REMODELING

CALL FOR A COMPLIMENTARY DESIGN CONSULTATION TODAY!
*Must meet minimum requirements

Hardwood • Tile • Carpet • Custom Window Coverings
 Custom Indoor & Outdoor Cabinets • Fireplace Design & Remodeling
 Area Rugs • 3D Rendering & Finishes • Patio Design & Remodeling

10050 FAIRWAY DRIVE., STE. 100, ROSEVILLE, CA 95678
 916.786.9668 // WWW.GUCHIINTERIORDESIGN.COM

TAD Executive Fiduciary

"Let our advance worrying become
 advance thinking and planning."
➔ Winston Churchill

Therese A. Adams
CLPF, Principal

We provide Trustee, Successor Trustee, and Executor services for individuals and couples with complex estate assets and challenging blended family or multi-generational dynamics.

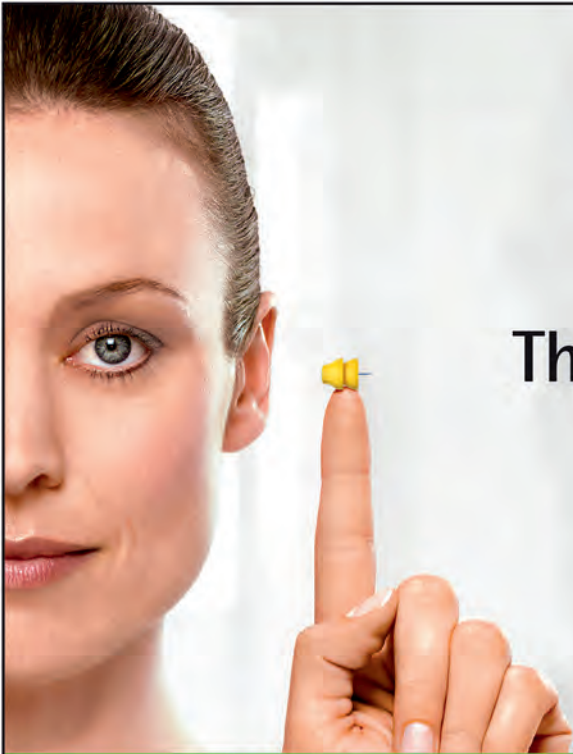
916-409-2330
adams@thereseadams.com
TADFiduciary.com
Lic. #GSD00871

Office: 661 Fifth St. Ste 206
 Lincoln, CA 95648
 Mailing: PO Box 850
 Lincoln, CA 95648



No one can see how well you hear

Lyric



The contact lens for your ear.



Lyric. The world's only 100% invisible hearing aid.

No batteries to change • No daily hassles • Clear, natural sound

Lyric is always with you, 24/7, keeping you in touch with the world around you. From business meetings to nights on the town Lyric is designed to fit so effortlessly into your lifestyle that you won't even realize you're wearing it.

Call for a RISK-FREE 45-Day Trial!

916-259-0953



*Tracy Volkman, AuD
Doctor of Audiology*

GOLD COUNTRY Hearing



*Ceil Butler
Office Manager*

**4780 Granite Dr. #600
Rocklin, CA 95677**

- Accepting new patients
- Service most major brands of hearing aids
- Complimentary hearing aid clean/check including aids purchased elsewhere

- Accept all major health insurance plans
- 0% financing also available on approved credit
- Free batteries and services with hearing aid purchase for the entire life of the hearing aid

PHONAK A Sonova brand

www.goldcountryhearing.com

Business License: 012802



Lincoln Hills Community Forums

Recent Community Forums have proven so popular that overcrowding has occurred several times. Kilaga Springs Presentation Hall has a maximum seating capacity of 150, including four wheelchair spaces. Effective immediately, tickets will be given to attendees on a first come, first served basis beginning one hour before the Forum. Only those with valid tickets will be admitted. If you do not receive a ticket, please leave with the knowledge that videos of most Forums are available on the Resident Website within 48 hours. Thank you.

How Can We Eliminate Violence Aimed at Our Schools? Friday, February 15, 4:30 PM, P-Hall (KS)—Free



Students speak for their lives! We seem to be in an era of escalating violence in our schools. It's time to take action to prevent more school tragedies. How can this national problem be solved? Come hear the five high school student finalists as they compete in the American Association of University Women (AAUW) Speech Trek's local final round. As speakers compete for substantial money, their voices will impress you. Who will be the winner? Afterward, join us for a reception with complimentary hors-d'oeuvres, sponsored by AAUW Roseville-South Placer Branch.

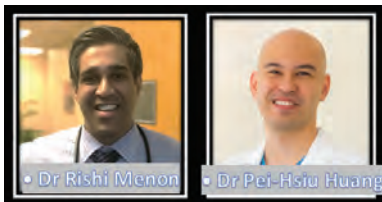
Exploring Our Website Monday, February 18, 2:00 PM, P-Hall (KS)—Free

We are fortunate to have an excellent Website that all registered residents can access at: www.sclhresidents.com. The scope of information available at the click of your mouse is immense: the HOA calendar of events, online edition of the *Compass*, registration for events and classes, links to clubs, Meridians menus, and much, much more. To guide us through this plethora of information is our own Ken Silverman, who was one of the creators of this wonderful amenity. Please join Ken for a tour of the Lincoln Hills Website.



When Heart Valves Malfunction Wednesday, February 27, 7:00 PM, P-Hall (KS)—Free

We are excited to have two cardiologists from Sutter Heart and Vascular Institute, Dr. Rishi Menon and Dr. Pei-Hsui Huang, present new



information on Heart Valve Issues. Heart valve issues often go untreated in later years. Attendees will learn about valve problems such as Aortic or Mitral Valve Stenosis, the symptoms, and how to distinguish heart symptoms from symptoms individuals may think are normal aging. Attendees will learn how to identify when to discuss these issues with their primary doctor when a cardiac evaluation is needed and will learn about advanced treatment options like the Transcatheter Aortic Valve Replacement.

Roaming the Sierra Nevada Foothills Monday, March 11, 10:00 AM, P-Hall (KS) —Free

Explore the historic bridges across the North Fork of the American River with Michael Stark. Learn about places to take out-of-town guests, gold, murder, ghost towns, hangings, railroads, corruption, and the most haunted house in the United States.



You Really Can Walk Across Switzerland Monday, March 18, 2:00 PM, P-Hall (KS) —Free

After walking the Camino de Santiago across Spain in 2016 and more of the Camino in France in 2017, someone suggested to Bruce Quick, a Lincoln Hills resident, to walk the Camino across Switzerland. WHY NOT? Starting in Innsbruck, Austria in August, Bruce walked across half of Austria, all of Switzerland and the remaining half of France ending in Le Puy en Velay, France. Forty-one days and 650 miles of trekking up mountains and winding through valleys, he made it! He is truly excited to share his Camino adventures with all who like to listen.



**Coping with Disaster and Loss,
Wednesday, March 27, 7:00 PM,
Ballroom (OC) —Free**

Alicia Santos-Coy, LMFT, and Frank Dougherty, J.D., PH.D. are mental health/legal professionals with vast experience helping people cope with disaster and loss. Alicia was a family therapist. She focused on helping people cope with sudden change, bereavement, and tragedy. Frank is a forensic psychologist, attorney, and former director of mental health programs. He has presented at many statewide and national seminars on topics including methods for coping with loss and tragedy. They will discuss the ways for anticipating, coping with, and adapting to or overcoming both the inevitable losses in life and the unanticipated effects of disaster and tragedy.



**Placer Land Trust – Janet Voris
Friday, April 5, 2:00 PM,
P-Hall (KS)—Free**

Placer Land Trust is a premiere 501(c)3 non-profit organization established in 1991 to protect Placer County's natural and agricultural land along with the



quality of life enjoyed by our region. Janet Voris was hired as the Program Manager in 2011 after serving as a volunteer. She will highlight some of the recent work and accomplishments of the land trust, including some projects on preserves in the Lincoln area. Janet has a Bachelor's degree in Environmental Studies from the University of California, Sacramento and has been a resident of Placer County for 19 years.

**Beware, Genealogy is
Habit-Forming – Bob Ringo
Thursday, April 11, 10:00 AM,
P-Hall (KS)—Free**

Genealogy is as addictive as cocaine! All our extra time is spent writing relatives, searching documents, and going online the minute we awake each day. However, this addiction does have many rewards: newly-found relatives, friends everywhere in the world, and fascinating bits of history and folklore that enrich our lives and those that come after us. This presentation will show you how to get started on your genealogy quest, what hardware and software you will need, and where to search for information about your family.



Upcoming Events

- **Dangerous Veins**, Wednesday, April 24, 7:00 PM, Ballroom (OC)—Free
- **Snakes on the Plain**, Monday, May 13, 10:00 AM, P-Hall (KS)—Free
- **Mardi Gras and the South**, Monday, May 20, 2:00 PM, P-Hall (KS)—Free
- **Cutting the Cord**, Tuesday, May 21, 11:00 AM, Ballroom (OC)—Free
- **Chronic Fatigue Syndrome: Battling a Debilitating Disorder**, Wednesday, May 29, 7:00 PM, P-Hall (KS)—Free
- **Geriatric Psychiatry**, Thursday, June 13, 2:00 PM, P-Hall (KS)—Free



WELCOME
Home Care
916.778.7150
Committed to providing quality in-home care
BONDED—LICENSED—INSURED
HCO License #314700007 welcomehomecareca.com



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

Is it Time for an HVAC Tune Up or Repair?

Sierra Valley Home Corporation is your premier choice for your every comfort need.

- NATE Certified and a York Premier Dealer
- We offer FREE second opinions on repair or estimate quotes
- A+ Better Business Bureau rating
- Highly rated on Yelp!, Angie's List, Facebook and Home Advisor
- Call us about solar rebates



FREE*
Introductory
HVAC
Maintenance

FREE*
Service with an
HVAC Repair

*Limitations apply. Call for details. Subject to change without notice.



SIERRA VALLEY
HOME CORPORATION



916-635-3120

www.sierravalleyhomecorp.com

HEATING • AIR CONDITIONING • SOLAR

License # 8266036 • CA General Contractor - C17, C20 and C46 • Bonded

Knock on Wood

DBA One Off Wood Designs

Bruce R. Wallace
916.622.0294
1offwooddesigns@gmail.com



CSLB: 970076



Before

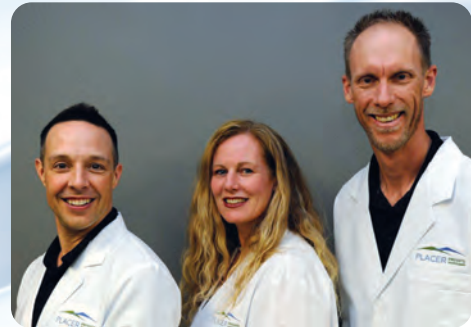


After

Kitchens ~ Vanities ~ Baths ~ Offices
Media Centers ~ Wall Beds ~ Libraries

Sick and Tired of Waiting an Hour to Spend Ten Minutes with Your Doctor?

Call or visit our website to learn about the many benefits of concierge medicine.



Brön Hedman, MD | Lezley Brown, MD | Rich Lichti, MD

PLACER PRIVATE PHYSICIANS
Personalized family and sports medicine

6960 DESTINY DRIVE
SUITE 100
ROCKLIN, CA 95677
916.624.1777
WWW.PLACERMD.COM
Lic. #012078

Deborah Meyer
Entertainment Coordinator
Deborah.Meyer@sclhca.com



Tickets Available at the Lifestyle Desk (OC/KS)
and online at SCLHResidents.com

Entertainment

*Indicates new performances on sale February 17

—Club Performances—



*The Lincoln Hills Community Chorus Presents "Songs Through the Decades"
Sunday, April 28, 2:00 PM, Ballroom (OC) — **LSE161**
Monday, April 29, 7:00 PM, Ballroom (OC) — **LSE162**
Tuesday, April 30, 7:00 PM, Ballroom (OC) — **LSE163**
Reserved Section Seating \$20,
General Admission \$15

The Lincoln Hills Community Chorus is pleased to announce their variety-filled spring concert, "Songs through the Decades." Featuring songs from the 1920s through the 1980s, musical selections will delight you with pieces like the mellow and slinky "Ain't Misbehavin'" from the 20s, a Latin rock arrangement of "Fly Me to the Moon" from the 50s, and an inspirational rendition of "I'd Like to Teach the World to Sing" from the 70s. Director Paul Melkonian, accompanist Nina Malone, and our talented 110-voice chorus look forward to treating you to a musical journey in time through a delightful and diverse array of musical genres, sure to touch everyone's heartstrings!

—Comedy—



KS Comedy Night:
David Nihill
Tuesday, February 19,
P-Hall (KS)
6:00 PM Show — **LSE149**
8:00 PM Show — **LSE150**
Reserved Seating \$16
David Nihill "43rd annual San Francisco Comedy Competition Winner" got his

unconventional start in comedy when he tried to overcome his public speaking fears by pretending to be an accomplished comedian called "Irish Dave" crashing comedy clubs, festivals, and shows. By the end of the year, Dave had been on tour with some of Ireland's best comedians, performed at leading comedy clubs across the US and wrote the bestselling book "Do You Talk Funny?" arguing that comedians are the world's true masters of public speaking. (Published by Benbella/Persius). Save \$1 on purchases of \$4 or more at KS Cafe.



Updated!
KS Comedy Night:
David Studebaker
Friday, March 29,
P-Hall (KS)
6:00 PM Show — **LSE154**
8:00 PM Show — **LSE155**
Reserved Seating, \$16

Due to a conflict with schedules, David Studebaker is replacing Jason Love. David

was named "One of the 10 Best Comics to Watch" by SF Weekly and has taken the comedy scene by storm with his brand of fun, fresh, and uplifting comedy. A great all-around performer, David incorporates music, personal stories, and pop culture into his highly interactive shows. Recently, David co-headlined Downtown LA's "Night on Broadway," the largest one day arts festival in the U.S and received great reviews. Save \$1 on purchases of \$4 or more at KS Café.

—Concerts—



A Celebration of
Joni Mitchell
Featuring Kimberly Ford
Friday, February 15, 7:00 PM,
Ballroom (OC)
— **LSE148**
Reserved Section Seating
\$25, General Admission \$22

When the counter-culture blossomed in the late 1960s, Joni Mitchell's poetic tales of

free men in Paris, buskers who played for free, and love-lost and found, raised the bar for folk music fans everywhere. In time, she melds rock, jazz, and world music into a sophisticated style that captured the world's attention and several Grammy wins. Singer Kimberly Ford has created "A Celebration of Joni Mitchell," with a group of World Class

musicians with a shared passion for Joni's music. Enjoy Joni's memorable hits including "Chelsea Morning," "The Circle Game," "Free Man in Paris," "Both Sides Now," and more.



Free Fallin': An Intimate Evening of Classic and Contemporary Pop with Rising Star Jonny Zywiciel
Thursday, February 28, 7:00 PM, P-Hall (KS) — LSE151
Reserved Seating \$23

Jonny Zywiciel is a 24-year-old multi-faceted musical artist based in Los Angeles. Years before picking up the guitar as a young teen, Jonny was influenced by a variety of musical genres, from classic rock to funky pop, soulful jazz to twangy country. Today, these musical influences are evident throughout his original compositions, as well as the extensive catalog of songs he recreates from memory. Join Jonny for an evening of Contemporary Pop with songs from artist such as Green Day, Bruno Mars, Frankie Valli, Frank Sinatra, and much more. Save \$1 on purchases of \$4 or more at KS Cafe.



The Everly Brothers Experience
Featuring the Zmed Brothers
Thursday, March 7, 7:00 PM, Ballroom (OC)
— LSE152
Reserved Section Seating \$25, General Admission \$22

The Zmed brothers, Zachary, and Dylan are back! They bring a genuine and youthful Everly Brothers experience, as well as the genetic intimacy so ever-present in the harmonies created by Don and Phil Everly. When the guitar became electric, the Everly Brothers bridged the gap between Country and Rock 'n Roll with countless hits and classics like "Wake Up Little Susie," "All I Have to Do is Dream," "Bird Dog," "Bye Bye Love," and much more. The Zmed Brothers have perfected the blend of two-part harmony that made the Everly Brothers memorable for three decades and continues to influence artists worldwide.



A Patsy Cline Tribute
Featuring the Carolyn Sills Combo
Friday, March 15, 7:00 PM, P-Hall (KS) —
LSE153
SOLD OUT!

The Carolyn Sills Combo, the 2018 Ameripolitan Award winner for Western Swing Group of the Year, will perform Patsy Cline's hits and heartbreakers at Lincoln Hills! This special event will showcase Patsy Cline's upbeat honky tonk and country numbers, classic ballads and lesser-known gems, all sung and played with amazing authenticity by Carolyn and her ace combo. The band will also throw in some of their original, award-winning country, western and swing numbers for a one of a kind night that everyone will enjoy! Save \$1 on purchases of \$4 or more at KS Cafe.



Top Shelf Classics
presents The Songs
of Aretha Franklin
Featuring
Wanda Diamond
Thursday, March 21,
7:00 PM, Ballroom
(OC) — LSE156
Reserved Section
Seating \$24, General
Admission \$21

Enjoy a soulful musical journey with Top Shelf

Classics, featuring Ms. Wanda Diamond! Enjoy hits made famous by vocal icon Aretha Franklin including such classics as "Respect," "Chain of Fools," "(You Make Me Feel Like) A Natural Woman," "I Say a Little Prayer," and more. By the end of the 1960s, Aretha Franklin became known as "The Queen of Soul" and was the first woman to be inducted into the Rock and Roll Hall of Fame. Her brilliant career included 73 Billboard Hot 100 chart entries and 18 Grammy Awards. Wanda Diamond's natural talent and powerful stage presence will deliver a magical, soul-stirring tribute you won't want to miss.



***"Introducing**
John Lloyd Young"
Tony Award Winning Star
of Jersey Boys
Monday, April 15, 7:00 PM,
Ballroom (OC) — LSE158
Reserved Section Seating \$27,
General Admission \$23

Tony and Grammy Award winner John Lloyd Young

originated the role of Frankie Valli in Broadway's Tony Award-winning Best Musical, "Jersey Boys." As Valli, Young garnered accolades from New York and national media and won the Lead Actor Tony, Drama Desk, Outer Critics Circle, and Theatre World Awards. He also starred onscreen for Director

Clint Eastwood’s movie version of the musical. His intimate one-man show is a celebration of classic hits from the ‘50s and ‘60s and will feature songs, like: “Sherry,” “Hold Me, Thrill Me, Kiss Me,” along with great songs from Roy Orbison, The Temptations and Al Green.



***Mitch Polzak and the Royal Deuces
A Rockabilly Concert
Thursday, April 25, 7:00 PM,
P-Hall (KS) — LSE164
Reserved Seating, \$21**

Founded in Concord, California in 1999, Mitch Polzak and the Royal Deuces have been entertaining audiences worldwide with their

engaging original sound and highly entertaining live stage show. The high energy three-piece ensemble performs Rockabilly from the late ‘50s Sun Records era, blazing guitar instrumentals from influences such as Joe Maphis, Merle Travis, and Don Rich, with a wide range of Bakersfield Honky Tonk, Truck Driving Classics, and Classic Country music. Save \$1 on purchases of \$4 or more at KS Cafe.

—Fashion Event—

***Fashion Show — Model Call
March 15 Submission Deadline**

Calling all ladies interested in modeling and having fun! We need models of *all* ages and sizes to walk the runway for our Spring Fashion Show on April 4. Modeling is a great way to make new friends and meet new people! Models will be required to visit the retail store within the two weeks prior to the show and attend the rehearsal the day before the show. Please pick up and return the completed information sheet at the Lifestyle Desks to Deborah Meyer’s attention.



***A Tip of the Hat
Spring Fashion Show
Luncheon
Thursday, April 4,
11:00 AM —
Ballroom (OC) — LSE160
Reserved Table Seating,
\$34**

Check out the latest fashion trends to help you plan for those upcoming trips and

freshen up your wardrobe. Casual wear, social, sport, and semi-formal outfits will be presented by local boutique shops and fashion stores modeled on the runway by your friends and neighbors. Looks that are great for any season! Enjoy a delicious luncheon with chocolate dessert to compliment the occasion. (Complete menu available from the Lifestyle Desk). Mimosas are available for individual purchase. Buying a table with friends? Provide a complete list of guests at your table with their food choice upon registration. Doors open 11:00 AM. Lunch served 11:30 AM; Show 12:30 PM. *Everyone is welcome to shop from beauty and fashion vendors in the Pre-Function Area from 10:30 AM-2:30 PM.*

—Grandkids Event—




***Spring Egg Hunt
Saturday, April 20,
10:00 AM to Noon —
Outdoor Amphitheater
Terrace — LSE157
General Admission,
\$14 per child**

An eggciting time for all the kids and kids at heart! Bring your grandchildren (toddler to 10 years) to the outdoor Amphitheater terrace to enjoy our traditional egg hunt and festive surprises with a special visit from the Easter Bunny! Fun prizes and activities await your grandchildren. Don’t forget your cameras for picture-perfect photo opportunities! Bring a basket for collecting eggs. Must have ages of grandchildren during registration. The egg hunt will be divided into age groups: **One to four-years-old; Five to seven years old; and Eight to 10 years old.** Children one to four years old will begin the hunt sharply at 10:30 AM. Wristbands required to participate. *Event may be canceled due to rain.*

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 Johnson
(916) 408-0411
Lic. #95736

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

Mention this ad and receive a \$50 gift card upon installation of the solar energy system⁴!

vivint.Solar™

TAKE ADVANTAGE OF THE BENEFITS OF SOLAR WITH FEWER RISKS¹.



You can purchase solar panels, or you can simply **PAY LESS FOR POWER:**

- NO LIEN²
- NO UPFRONT COST
- LOW³, PREDICTABLE RATES
- CLEAN ENERGY

916 581 0682

1 Subject to availability and for qualified customers. 2 Only with a Power Purchase Agreement. 3 Lower what your utility can typically provide. 4 Gift card awarded after installation and is only valid through advertising sales managers, not Vivint Solar.

Copyright (c) 2107 Vivint Solar, Inc. All Rights Reserved. No part of this may be reproduced or transmitted in any form by any means, electronic, mechanical, photocopying, recording, or otherwise without the express prior written and signed consent of Vivint Solar, Inc. Vivint Solar Developer, LLC (EIN: 80 - 0756438) is a licensed contractor in each state in which it operates.

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
- *I am a former Del Webb sales agent... and I know your home!*

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
CaIBRE#00780415

We're Back at the Raley's Center in Lincoln!



The Healthiest Pet Food Store...
ON THE PLANET!

Ben's Barketplace

-Lincoln-

We're fanatical about your pet's optimal health, our customers are fanatical about Ben's Barketplace.

www.bensbarketplace-lincoln.com

License # GSD01962

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



Register at the Lifestyle Desk (OC/KS)
or online at SCLHResidents.com

***Indicates new trip on sale February 17**

Featured Trip



***Eldorado Reno Overnight —**
The Illusionists Live From Broadway!
and visit to National Wild Horse & Burro Center
Wednesday, May 15 to Thursday, May 16 — LST237
Price options per person based on dinner choice:
Buffet \$183 double occupancy/\$227 single
Or Roxy \$202 double occupancy/\$246 single

This mind-blowing spectacular showcases the jaw-dropping talents of five of the most incredible Illusionists on earth. **THE ILLUSIONISTS™ – LIVE FROM BROADWAY™** has shattered box office records across the globe and dazzles audiences of all ages with a powerful mix of the most outrageous and astonishing acts ever to be seen on stage. This non-stop show is packed with thrilling and sophisticated magic of unprecedented proportions. We are arriving early enough to offer two dining options for this overnight trip, the sumptuous buffet or the award-winning Roxy Restaurant with your choice of *House Filet Mignon, Cedar Planked Salmon, Sticky Lemon Chicken or "The" Pork Chop*, and includes a first course and dessert. Choose food option at the time of seating. Breakfast at the buffet is included the next morning before we head over to the National Wild Horse & Burro Center just outside of Reno for a private tour. There will be a stop in the quaint town of Truckee on the return with some free time and lunch on your own. Wheels roll from OC at 12:45 PM, May 15, return May 16 ~ 4:30 PM. *A signed liability waiver is required for each participant.*

Day Trips

—Casino/Races—



Colusa Casino
Thursday, February 21
— LST211
\$25

Casino credits: New members \$15; Current members \$10 plus any additional based on prior play. All attendees over 50 years of age will receive \$5 additional slot credit \$5 credit towards the buffet. There may be additional promotions in February. Casino promotions subject to change. Five-hour stay at the casino. Wheels roll from OC at 9:00 AM, return ~ 5:00 PM.



Cache Creek Casino
Wednesday,
March 20 — LST223
\$27

We are returning by popular demand to Cache Creek Casino. Wednesday is Military Appreciation Day so make sure to bring along an accepted form of Military, guard, reserve, dependent, veteran, retired veteran or retired veteran dependent ID to receive an additional \$20 in bonus play! Lots of slots and table games to choose from! Receive \$10 in gaming credits or \$20 match play and \$5 food credit available at all restaurants except buffet. Buffet closed on Wednesdays. Spend four hours at the casino. Wheels roll from OC at 9:30 AM, return ~ 4:30 PM.



***Jackson**
Rancheria
Tuesday,
April 23
— LST228
\$24

Very popular with residents, we are returning to Jackson Rancheria Casino in Amador County! Receive \$20 in gaming credits. Four-hour stay. Wheels roll from OC at 9:00 AM, return ~ 5:00 PM.

—Performances—



Monty Python's Spamalot
Harris Center for the Arts,
Folsom
Friday, March 22 — LST185
\$97

This outrageous musical comedy is lovingly ripped off from the film classic Monty



Protect the home you love.

If you need home coverage, I can help.

I live and work right here in our community. I know what the homes are like in the area. So I can offer advice you can trust to help you get the protection that fits your needs.

If you're ready to talk home insurance or need some advice about protecting all that's important to you, call me today.



Julie Domenick Agency
916-434-5250

741 Sterling Parkway, Suite 500
Lincoln, CA
juliedomenick@allstate.com

CA Insurance Agent #: 0712097



© 2015 Allstate Insurance Co.

240882

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 Sun City 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.SoldByShelley.com



BRE# 00892873



Dave Norman's Helping Hand

To care for those who once cared for us.

Dave Norman
Personal Care Assistant

C: 925.699.9353
O: 916.409.5443

Email: info@davenormanshelpinghand.com
www.davenormanshelpinghand.com

Business License # GSD01261
Lincoln, CA

**Appointments, Grocery Shopping,
Home Assistance and more!**

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



LINCOLN HILLS RESIDENT

IICRC 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

Python and the Holy Grail with a book by Eric Idle and music and lyrics by the Grammy Award-winning team of Mr. Idle and John Du Prez. Spamalot tells the tale of King Arthur and his Knights of the Round Table as they embark on their quest for the Holy Grail. Flying cows, killer rabbits, taunting Frenchmen, and show-stopping musical numbers are just a few of the reasons audiences worldwide are eating up SPAMALOT! Matinee show, front parterre seating. Wheels roll from OC at 12:30 PM, return ~ 5:30 PM, show at 2:00 PM.

MAMMA MIA!

Mamma Mia!
State Theater, Auburn
Saturday, April 13
— **LST222**

\$51
The State Theatre Acting Company and the Auburn Placer Performing Arts

Center present the musical Mamma Mia! Enjoy the story-telling magic of ABBA's timeless hits with this enchanting tale of love, laughter, and friendship. Directed by one of our great instructors, Ray Ashton. Matinee show, floor seating. Wheels roll from OC at 12:45 PM, return ~ 5:45 PM.



Additional bus added!
Menopause the Musical! BUS#2
Harris Center for the Arts,
Folsom
Friday, May 10 — **LST238**
\$86

The much-loved parody returns! Set in a department store, four women with seemingly nothing in common but a black lace bra on sale, come to find they have more to share than ever imagined. The all-female cast makes fun of their woeful hot flashes, forgetfulness, mood swings, wrinkles, night sweats, and chocolate binges. Set to familiar tunes from the '60s to the '80s, "it's a gentle-spirited celebration of real women and the rough seas they navigate as they enter middle age — Matinee Show, rear orchestra seating.



Auburn Symphony at the Mondavi Center
Masterworks Concert IV - Majesty
Sunday, May 19
— **LST198**
\$83

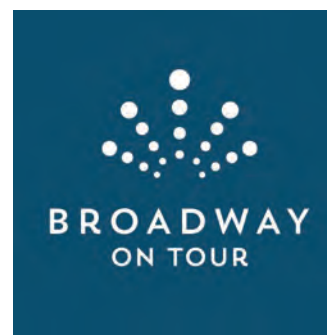
Enjoy an afternoon with the Auburn Symphony at the state of the art aesthetically and acoustically

Mondavi Center in Davis. "Masterworks IV – Majesty" features Peter Jaffe conducting and guest performer Alon Goldstein on the piano. Performance includes the following: Tchaikovsky – Marche Slave, Beethoven – Piano Concerto No.5 "Emperor," and Respighi – Pini di Roma (Pines of Rome). Matinee performance, reserved orchestra seating. Wheels roll from **KS** at 1:15 PM, return ~ 7:00 PM.



Additional bus added!
Andrea Bocelli – Golden One Arena BUS#2
Saturday, June 15 — **LST232**
\$248

Following a record-breaking year with the release of his number one album, "Si," world-renowned tenor Andrea Bocelli has announced a U.S. concert tour, including a stop at Golden 1 Center on June 15. Joined by the Sacramento Philharmonic & Opera, the performance will feature a unique repertoire from Bocelli's landmark release "Si," as well as treat audiences to his beloved traditional selection of arias, love songs, and crossover hits. Lower level seating sections 110, 117 & 118 Rows T-W. Wheels roll from OC at 6:15 PM, return ~ 11:15 PM.



Broadway on Tour – Sacramento
All Shows \$101 each

The Broadway on Tour series, the region's largest live performing arts event, features national touring productions of some of the most popular Broadway shows. All performances

are held at the Sacramento Community Theatre at 8:00 PM. Reserved Mid-Orchestra seating. Enjoy the convenience of being dropped at the front entrance to the theater without the hassle of driving and parking in downtown Sacramento. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.

MUSIC CIRCUS 2019 SEASON



MUSIC
CIRCUS

Choose from four entertaining musicals at the air-conditioned Wells Fargo Pavilion "Theater in the Round" in Sacramento. These exciting classic musicals are performed by touring artists and local professionals.

Enjoy the convenience of being dropped off right at the entrance gate with time to purchase food and beverage prior to the show. Seating rear area.

OKLAHOMA!

JUNE 25

the **DROWSY**
Chaperone

JULY 9

GUYS AND DOLLS

JULY 23

IN THE **HEIGHTS**

AUGUST 20

Oklahoma! - Tuesday, June 25 - \$84 - LST217

This groundbreaking, Pulitzer Prize winning musical, set in early 1900s Oklahoma Territory, is about a young farm girl and her courtship by two rival suitors.

The Drowsy Chaperone - Tuesday, July 9 - \$84 - LST218

A die-hard theatre fan plays his favorite cast album, a fictional 1928 smash hit, which bursts to life with the hilarious tale of a celebrity bride and her uproarious wedding day.

Guys and Dolls - Tuesday, July 23 - \$84 - LST219

A high-rolling gambler attempts to woo a strait-laced missionary in this romantic comedy classic. Set in the 1940s in New York City's unsavory Hell's Kitchen neighborhood, gangsters, gamblers and showgirls go for broke in the game of love and marriage.

In the Heights - Tuesday, August 20 - \$84 - LST220

Lin-Manuel Miranda's multiple Tony-winning Best Musical captures the sights and sounds of a vibrant New York City neighborhood on the brink of change, telling the story of a bodega owner whose life is interwoven with residents who visit his store.



SCLH
BUSTRIP

**ALL SHOWS LEAVE OC AT 6:15 PM
AND RETURN ~ 11:00 PM**

**REGISTER AT THE LIFESTYLE DESK (OC/KS)
OR AT SCLHRESIDENTS.COM**



Falsettos
Tuesday, March 12
 — **LST150**
\$101

William Finn and James Lapine's ground-breaking, Tony Award-

winning musical returned to Broadway in an all-new production from Lincoln Center Theater and was nominated for five 2017 Tony Awards, including Best Revival of a Musical. Falsettos is a hilarious and achingly poignant look at the infinite possibilities that make up a modern and non-traditional family and a beautiful reminder that love can tell a million stories. Falsettos' story centers around a boy whose parents divorced and are both in new relationships, one of which is homosexual. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.



Disney's Aladdin
Tuesday, May 21
 — **LST152**
\$101

Now open to grandchildren ages eight and up. Discover a

whole new world at Disney's Aladdin; the hit Broadway musical. From the producer of *The Lion King* comes the timeless story of Aladdin, a thrilling new production filled with unforgettable beauty, magic, comedy, and breathtaking spectacle. It's an extraordinary theatrical event where one lamp and three wishes make the possibilities infinite. See why audiences and critics agree, *Aladdin* is "Exactly What You Wish For!"



2019 Music Circus
Tuesday Performances
All Shows, \$84 each

Choose from four entertaining musicals at the air-conditioned Wells Fargo Pavilion "Theater in the Round" in Sacramento.

These exciting classic musicals are performed by touring artists and local professionals. Enjoy the convenience of being dropped off right at the entrance gate with time to purchase food and beverage prior to the show. Seating middle to rear area. Wheels roll from OC at 6:15 PM, return ~ 11:00 PM; show at 7:30 PM. Wheels roll from OC at 12:30 PM, return ~ 5:30 PM, show at 2:00 PM.

OKLAHOMA!

Oklahoma!
Tuesday, June 25
 — **LST217**

A new production of Rodgers and Hammerstein's first collaboration. This groundbreaking, Pulitzer Prize-winning musical, set in early 1900s Oklahoma Territory, is about a young farm girl and her courtship by two rival suitors. With a rapturous and immortal score featuring the title song, "Oklahoma!", now celebrating its 75th Anniversary, set the standard for American musical theatre.



The Drowsy Chaperone
Tuesday, July 9
 — **LST218**

Hailed by *New York Magazine* as "The Perfect Broadway Musical!"

this is a modern musical comedy at its best. A die-hard theatre fan plays his favorite cast album, a fictional 1928 smash hit, which bursts to life with the hilarious tale of a celebrity bride and her uproarious wedding day. Winner of five Tony Awards, including Best Book and Best Original Score, this loving send-up of the Jazz Age musical features one show-stopping song after another. *Broadway at Music Circus premiere.*



Guys and Dolls
Tuesday, July 23
 — **LST219**

A high-rolling gambler attempts to woo a strait-laced missionary in this romantic comedy

classic. Set in the 1940s in New York City's unsavory Hell's Kitchen neighborhood, gangsters, gamblers and showgirls go for broke in the game of love and marriage. This multiple Tony-winning show is considered by many to be the quintessential musical comedy, with an infectious score by Frank Loesser including "Luck Be a Lady."



In the Heights
Tuesday, August 20
 — **LST220**

From the creator of the smash hit HAMILTON, Lin-Manuel Miranda's multiple Tony-winning

Best Musical captures the sights and sounds of a vibrant New York City neighborhood on the brink



Schedule your cleaning
by Jan 15th and get
10% off the \$115/hr rate.
Call store for details

CALL TODAY!

Pond & Pondless Winter Service

www.completeponds.com

1052 Melody Lane. Roseville CA, 95678
(916) 786-2696

Lic#844845



TRUST YOUR ACHING FEET TO THE CARING HANDS OF DR. KELLER, DPM



Dr. Brian P. Keller, DPM

- Plantar Fasciitis
- Hammertoes
- Flat Feet
- Diabetic Shoes
- Fungus Nail Treatment
- Nail Care

ON SITE X-RAY & DIAGNOSTIC ULTRASOUND

- Ingrown Nails
- Heel Pain
- Bunion Surgery
- Custom Arch Support
- Corns & Callouses
- Sports Injuries
- Diabetic Foot Care

916 **434-6410**

LINCOLN PODIATRY CENTER
841 Sterling Pkwy., Suite 130 • Lincoln

Lic. #FSD01063

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

GSD00521

William J. Sweeney Attorney at Law

Member California Bar
Trusts & Estates Section
Past President, Placer
County Bar Association



Serving South Placer County since 1975

We Can Do Home Visits

- Estate Planning
- Wills/Trusts
- Health Care Directives
- Powers of Attorney
- Probate/Trustee Assistance



916/786-2011 | 915 Highland Pointe Dr., Ste 250
Roseville, CA 95678 (Near Hwy 65 & Pleasant Grove)

www.RosevilleLegalAdvice.com

Lic. #801944

of change, telling the story of a bodega owner whose life is interwoven with residents who visit his store. The thrilling Tony-winning score combines Latin rhythms, hip-hop and pop for an exhilarating journey about chasing your dreams and what it truly means to be home. *Broadway at Music Circus premiere.*

—Sports—



Sacramento Kings vs. Chicago Bulls
Sunday, March 17
— LST193
\$82

Watch the Sacramento Kings from lower level seating at Golden One Arena in downtown Sacramento, without dealing with parking issues! All seating in lower bowl section 124 near the main entrance door. Arrive in time to enjoy pre-game activities and purchase from various food and beverage concession. Wheels roll from OC at 1:30 PM, return ~ 7:30 PM.



***Oakland A's vs. San Francisco Giants**
Sunday, August 25 — LST230
\$100

Classic Bay Bridge Series game! Plaza level seating in Oakland Coliseum behind dugout overlooking 1st base

Section 209 & 210. Bus drop off in

Lot B near our seat locations. Wheels roll from OC at 9:15 AM, return ~ 7:45 PM, game at 1:05 PM.



***San Francisco Giants 2019**

Watch your San Francisco Giants in the comfort of club level seats with spectacular views! These seats are wider with more leg room and extra comforts;

flat-screen TVs; access to the memorabilia displays and shorter

food and restroom lines. Portions of club level are protected from the elements and allow fans to watch the game while standing behind sheltered glass partitions in climate-controlled

areas. Take a nice stroll over to McCovey Cove if you would like to check out the rest of the stadium. Enjoy easy elevator access. No cans, glass bottles, alcohol, or hard-sided coolers allowed inside the ballpark. Wear layers for SF weather and a cap for sun protection. Seats located in Club Sections 230 & 231. See individual games for game time, departure and pricing.

Giants vs. San Diego Padres • \$98
Wednesday, April 10
— LST216

Wheels roll from OC at 8:45 AM, return ~ 8:00 PM, game at 12:45 PM.

There will be a rest stop on the way home from this weekday game.



Giants vs. Los Angeles Dodgers • \$173
Sunday, June 9 — LST215

Wheels roll from OC at 9:15 AM, return ~ 7:00 PM, game at 1:05 PM.



Giants vs. Los Angeles Dodgers • \$173
Sunday, September 29
— LST214

Wheels roll from OC at 8:15 AM, return ~ 6:00 PM, game at 12:05 PM.



—Tours/Leisure—



Chinese New Year – San Francisco
Saturday, March 9
— LST181
\$82

Celebrate the Year of the Pig in San Francisco's Chinatown. Enjoy a family-style Chinese lunch at The

Garden Restaurant, followed by a performance of "A Change of Heart." The largest Buddhist church in America, Buddha's Universal Church is back with a new classical Chinese play performed in English and Cantonese featuring glittering costumes, dance, and martial arts. This is a single episode play, not a

Celebrating Life's Journey



Affordable Shared Options Available!



Insulin-Dependent Diabetic Care Available

Please call **(916) 343-8997** to be our guest for Lunch and Tour

567 3rd Street, Lincoln | SummersetSeniorLiving.com
RCFE #312700042



New Senior Living Community in Lincoln

WANTED



WANTED CARS TRUCKS, SUVs

\$\$ I WILL RESPECT YOUR TIME AND COME TO YOUR HOME \$\$

— LES VAN PELT —

916-837-7659

LESVP@PACBELL.NET

16 YEAR RESIDENT OF SCLH
PRESIDENT LINCOLN HILLS TENNIS GROUP

RESALE # 102-849-156

Dr. Jon

Jonathon Vongschanphen, DDS, LVIF
Cosmetic, Family, & Implant Dentistry



“Dr. Jon is by far the cleanest, friendliest, experienced, and patient oriented dental office that I’ve ever seen. It’s actually a pleasure to go to the dentist...FINALLY!!!” ~ Karen

2295 Fieldstone Drive, Suite #230 Lincoln, CA | 916.435.2800 | DrJonDDS.com
www.facebook.com/drjondds
Lic. #GSD01636

Shari McGrail

Realtor®

Results...with INTEGRITY and FOLLOW-THROUGH



916-396-9216

Resident Since 2004
Top Producing Realtor Since 2005
CalBRE#01436301



www.SunCityShari.com

continuing play like prior years. Rest stops are scheduled for both ways of the trip. Wheels roll from OC at 8:30 AM, return ~ 8:00 PM. (Includes admission, lunch, and tips).



***UC Davis Teaching Nursery & Arboretum**
Monday, April 22 — **LST231**
\$26

Join the Lincoln Hills Garden Club on a visit to the

UC Davis teaching nursery, public gardens, and arboretum. Enjoy a guided tour of the pollinator demonstration gardens with the Arboretum's Director of Horticulture with plant shopping in the teaching nursery after. See the Arboretum All-Stars—top recommended plants for California gardens that are tough, reliable plants, easy to grow and UC Davis tested. The nursery only accepts checks and credit cards, no cash. Bring your own lunch or purchase from the cafe on site. Wheels roll from OC at 8:45 AM, return ~ 2:45 PM.



***Celtic Festival**
Sunday, April 28 — **LST235**
\$38

Experience a taste of Scottish and Irish culture without having to travel thousands of miles. Join us on a trip to the Celtic Festival at the Yolo County Fairgrounds in Woodland. Enjoy competitions related to Celtic culture; athletics, highland dance, piping and drumming, fiddling and harps, Scotch tasting, march of the clans, and more! There is something Celtic for everyone, and you don't have to be Celtic to have fun. Indoor and outdoor venues. Food and drink on your own. Wheels roll from OC 9:45 AM, return ~ 4:15 PM (includes admission).



***Ironstone Winery & Downtown Murphys**
Wednesday, May 1 — **LST229**
\$104

Explore the wine production area, a wine-aging cavern that maintains a year-round temperature of 60 degrees,

and 14 acres of spectacular flower-filled, manicured gardens on a natural lake. Our day will start with wine tasting and canapés in the culinary center to follow with a buffet lunch, tour and free time. We'll then head to downtown Murphys to check out local wine tasting rooms on your own. See Lifestyle Desk for lunch menu. Wheels roll from OC at 9:00 AM, return ~ 7:45 PM.



***Empire Mine Tour & Lunch**
Monday, May 13 — **LST234**
\$68

The Empire Mine in Grass Valley is the oldest, largest and richest gold mine in California. The 805-acre park contains many of the original mine buildings, the owner's cottage, restored gardens and grounds as well as the entrance to 367 miles of abandoned and flooded shafts and tunnels. Enjoy a two-hour docent-led tour. (Be aware there are some uneven surfaces, dirt, and gravel on tour.) Included outdoor patio lunch: *Cornish Pastie (beef, chicken or veggie) coleslaw, ice cream, cookies and coffee, iced or hot tea and water.* Wheels roll from OC at 9:00 AM, return ~ 3:00 PM.

—Overnight/Extended Travel—



Ballroom Dance Competition San Francisco Open
Sunday, April 7 to Monday, April 8 — **LST179**
\$290 per person double occupancy; \$397 single.

Join Katrina, your Trip Coordinator, and the Ballroom Dance club as we venture to the Marriott

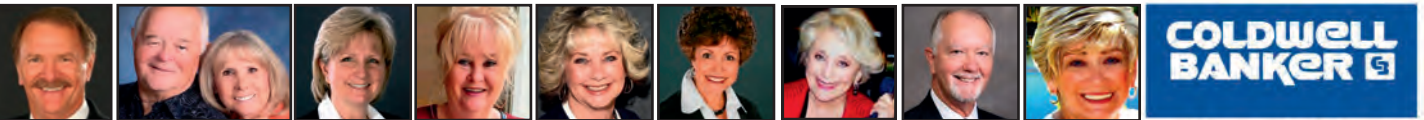
LINCOLN HILLS' #1 Real Estate Team!



Marie Bryant #01208804 916-799-9911	Gail Cirata #00481659 Broker Assoc. 916-206-3503	Michelle Cowles #01821892 916-295-8532	Julee Disgrazzi #02055847 916-295-4653	Pam Everett #01134130 650-619-9866	Don Gerring #00631339 916-747-5050	Steve & JoAnn Gillis #01968756/#01018109 916-303-6420	Tom Groves #01325377 Broker Assoc. 916-789-0223	Yvonne Holm #01969667 916-616-6555	Donna Judah #00780415 916-412-9190	Wendy Judah-Olsen #01764197 916-276-4194
--	--	---	---	---	---	--	---	---	---	---



Tish Leo #01217695 916-257-3410	Jean Lund #01966589 916-751-0712	Jill Mallory #01844265 916-201-3855	Paula Nelson #01156846 Broker Assoc. 916-240-3736	Kathy Nowak #01327209 408-348-0641	Pat Pelton #01806447 916-276-8909	Tara Pinder #00898876 916-600-2836	Peggy Poole #00521665 916-765-3434	Tony Portman #00686943 Broker Assoc. 916-214-7888	Steve Quanstrom #01313449 916-884-4564	Ann Renyer #01746828 916-343-6044
--	---	--	---	---	--	---	---	---	---	--



Michael Renyer #00894446 916-343-6044	Bill & Jan Rexrode #01700676/#01700677 916-408-3997	Loree Risi #01203309 916-716-0854	Keneta Sanchez #00960821 916-257-1004	Holly Stryker #01900767 916-960-3949	Doreen Traxel #00822877 916-698-0801	Tangi Walker #00820609 916-316-1112	Tony Williams #01390054 916-521-3400	Sharon Worman #00905744 916-408-1555	COLDWELL BANKER	SUN RIDGE REAL ESTATE
--	--	--	--	---	---	--	---	---	------------------------	------------------------------

916.543.5222
cbsunridge.com

Each office independently owned & operated.
CA DRE #01441035

1500 Del Webb Blvd. #101
Sun City Lincoln Hills, CA 95648

Property Management by Gold Properties
www.goldpropertiesoflincoln.com 916.408.4444 #01366131



PREMIER SENIOR LIVING

Call us today to reserve your new home!

- COTTAGES
- INDEPENDENT LIVING
- ASSISTED LIVING
- MEMORY CARE



916.407.5970

AnselParkLife.com

1250 Orchid Drive, Rocklin, CA 95765

A SAGORA SENIOR LIVING COMMUNITY

Waterfront Hotel in Burlingame for the San Francisco Open Dancesport Championships. Enjoy a day of pro-am, college & amateur dance events leading up to the grand finale in the evening including pro/am, amateur and professionals. For finals, the seating is at the round tables in the main ballroom. Includes a stay at the Marriott, admission to all dance events, portorage and driver gratuity. Meals on your own. Wheels roll from OC at 9:30 AM, return ~ 12:00 PM. *A signed liability waiver is required for each participant.*



Five days, four nights!
Ashland, Oregon Theater Excursion –
Monday, June 10 to Friday, June 14 — LST224
\$1,010 per person double occupancy; \$1,315, single.
 Join Katrina, your Trip Coordinator, on a visit to one of the most famous Shakespeare Festivals in the world!

Trip Includes:

- Reserved seating at Angus Bowmer Theater for matinees of Shakespeare’s “As you Like it” and John Waters “Hairspray”
- Backstage tour at Oregon Shakespeare Festival
- Box lunch for a picnic in Lithia Park (after the backstage tour and before play)
- Dinner show of “Mamma Mia!” at the Oregon Cabaret Theater
- Four nights at Ashland Hills Hotel with daily breakfast
- Welcome buffet dinner at Ashland Hills Hotel
- Visit the quaint town of Jacksonville with lunch on your own
- Visit Central Point’s Artisan Corridor of Rogue Creamery, Lillie Belle Farms Chocolates &



- Ledger David Winery (wine tasting included)
- Visit the Harry & David Outlet Store in Medford
- Stop at Mt. Shasta Park (Mt. Shasta Spring headwaters location) with included box lunch
- Lunch at Sierra Nevada Brewery on the return trip
- Gratuity for driver and included meals

Detailed trip itinerary, menus, and US State Department trip insurance providers list available at the Lifestyle Desk. *A signed liability waiver is required for each participant.* Wheels roll at 8:00 AM, June 10, return June 14 ~ 3:45 PM.

PREFERRED PAINTING

WHY CHOOSE US?

- Owner at all Jobs
- Quality Control 2nd to None
- Stucco Repairs
- Sheetrock Repairs
- Fence Painting
- 30 Years Experience
- 50 Year Caulking
- Pressure Washing
- Textures
- Concrete Cleaning

You Prefer Only the Best! • (916) 203-3830

SENIOR DISCOUNTS!

PreferredPainting4U.com • American Made • Lic #775537



Let Us Solve Your Hot Water Problem!

Providing Outstanding Water Heater Installations, Sales, Repairs and Replacements

\$100 OFF
Conventional Water Heater

Conventional Water Heater, Hardware and Labor. Complete Installation Required.
One Coupon Per Job. Limited Time Offer. Call Today!

Free Estimates In About 5 Minutes

Licensed-Bonded-Insured - License #848086

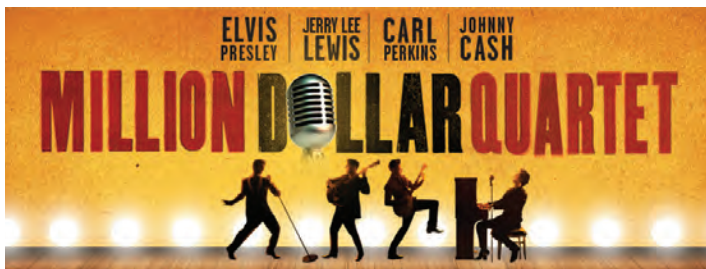
Call or Text: 916-905-4468

Experienced Plumbers – Locally Owned and Veteran Operated Since 2004
 Serving Roseville, Rocklin, Granite Bay, Lincoln, Auburn and the surrounding areas



www.hotwaterco.com





***Million Dollar Quartet at Sand Harbor State Park & Lake Cruise**

Wednesday, August 7 - Thursday, August 8 — LST236 \$369 per person double occupancy. \$436 single

Experience the enchantment of the “Million Dollar Quartet” at the scenic Sand Harbor Park outdoor stage with Lake Tahoe as the backdrop! This musical is the story inspired by the famed recording session that brought together Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time. Enjoy reserved seats with boxed dinner before the show. Menu is available at the Lifestyle desk with food choice required at registration. Includes coffee or hot cocoa & cookies at intermission! Lodging provided at the Montbleu Lake Tahoe. We will also enjoy a cruise on the MS Dixie II out of Zephyr Cove across Lake Tahoe with an included box lunch before we head home. *A signed liability waiver is required for each participant.* The show is held outdoors next to the lake, so layer up! Wheels roll from OC at 1:00 PM August 15, return ~ 5:00 PM August 16.



Sold Out Trips

Trip • Date • Departure Time

- EVITA – Harris Center
Friday, February 22 • 12:30 PM
- Pompeii Exhibit at Reagan Library
Tuesday, March 12 to Friday, March 15
• 8:00 AM
- Monet: The Late Years & Gauguin: de Young Museum, San Francisco
Thursday, March 21 • 8:00 AM
- Cirque du Soleil
Wednesday, March 27 • 6:00 PM
Thursday, March 28 • 6:00 PM
Friday, March 29 • 6:00 PM
Sunday, March 31 • 12:00 PM
- CATS – Broadway Sacramento
Tuesday, April 2 • 6:45 PM
- Laughlin and Grand Canyon West
Monday, April 15 thru Friday, April 19
• 9:30 AM
- Hamilton
Wednesday, April 24 • 9:30 AM
- The Ramona Pageant and Huntington Library and Gardens
Saturday, May 4 to Tuesday, May 7
• 8:00 AM
- Menopause The Musical BUS#1
Friday, May 10 • 12:30 PM
- Pageant of the Masters
Sunday, July 28 to Wednesday, July 31
• 8:00 AM

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

APEX AIRPORT TRANSPORTATION
 Sacramento - Oakland - San Francisco
 San Francisco Cruise Ports 35 & 27
 Since 2006

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

Email: ATCOVAN@SBCGLOBAL.NET
 WWW.APEXTRANSPORTATION.VPWEB.COM
 CA Limousine License TCP25881P

Reverse Mortgage Questions?

Explore the options available through our new **Equity Edge loans**

Now with **low cost options!***



SIGNIFICANTLY LOWER UP-FRONT COSTS

If you've heard that reverse mortgages are too expensive, we think you'll be pleasantly surprised.



INCREASED DISPOSABLE INCOME

Many retirees enjoy the "breathing room" created by getting rid of their mandatory monthly mortgage payments.†



PAY OFF HIGHER INTEREST DEBT

Sometimes credit card or line of credit balances can creep up. Consolidation might be a smart move. No pre-payment penalties!

THIRD THURSDAY WORKSHOPS

Curious about how reverse mortgages work but not ready for a "sales call"? Join us for an educational workshop, held monthly on the "Third Thursday" at our **Lincoln Hills office** from **9:45 to 11:00 AM**.

Come get your questions answered in a casual, no-pressure environment right here in the community.

Call **916.409.7424** to reserve a seat.

Call or stop by to talk with your friendly "hometown" reverse mortgage team!

HANK RHODES

NMLS ID #459674

THAD STANLEY

NMLS ID #1284368

LEAH GREEN

Distributed Retail
Relationship Manager

916.409.7424



Office in the heart
of SCLH



Sun
City Blvd.

1510 Del Webb Blvd.

BRANCH LOCATION

1510 Del Webb Blvd., #B102
Lincoln, CA 95648
NMLS #1262927



*With this pricing option, borrower receives a lender credit covering nearly all closing costs. There is a non-refundable independent counseling fee of approximately \$125 on average, which the borrower pays directly to the counseling agency. Terms and conditions apply. Not available in all states.

†As with any mortgage, you must meet your loan obligations, keeping current with property taxes, insurance, maintenance and any homeowners association (HOA) fees.

Equity Edge Reverse Mortgage ("Equity Edge") is Reverse Mortgage Funding LLC's proprietary loan program, and it is not affiliated with the Home Equity Conversion Mortgage (HECM) loan program, which is insured by FHA. Equity Edge is available to qualified borrowers who may also be eligible for HUD, FHA's HECM program or are seeking loan proceeds that are higher than HUD, FHA's HECM program limit. Equity Edge currently is available only for eligible properties in select states. Please contact your loan originator to see if it is currently available in your state. Upon a maturity event, any non-borrowing individuals with an ownership interest in the property, including non-borrowing spouses, will have 90 days to purchase the property from the estate or, if the non-borrower inherits the property, pay the loan in full using any sources of funds available to them. Any non-borrowing

individual, including a non-borrowing spouse, should have a plan to pay off an Equity Edge reverse mortgage upon the borrower's death or any other maturity event. If the non-borrower is unwilling or unable to purchase the property or pay the loan in full, **there is no protection for the non-borrower (including a non-borrower spouse) to maintain an interest in the home or to continue residing in the home past the maturity event and the non-borrower may be evicted upon foreclosure.** The FHA HECM program has protections in place for certain non-borrowing parties, so a reverse mortgage applicant with certain non-borrowing parties should strongly consider a FHA-insured HECM loan (see HECM guidelines or ask an RMF representative for details). Under the Equity Edge reverse mortgage loan program, a maturity event occurs when the last surviving borrower no longer lives in the home as his or her primary residence for at least 12 months, the property charges (including taxes, insurance, HOA dues or any other property charges) are not paid, required repairs are not completed or the property is not maintained, or any other maturity event, as specified in the Security Instrument, occurs.

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.

©2018 Reverse Mortgage Funding LLC, 1455 Broad Street, 2nd Floor, Bloomfield, NJ 07003, 1-888-494-0882. Company NMLS ID: #1019941 (www.nmlsconsumeraccess.org). Not intended for Hawaii and New York consumers. Not all products and options are available in all states. Terms subject to change without notice. Certain conditions and fees apply. This is not a loan commitment. All loans subject to approval. L2310-Exp112019

Licensed by the department of Business Oversight under the California Residential Mortgage Lending Act; Loans made or arranged pursuant to a California Financing law license.





SACRAMENTO EYE CONSULTANTS

Fellowship trained surgeons specializing in Laser Vision Correction, minimally invasive glaucoma and cataract surgeries.



License # C2065652

Cornea, Cataract, and Laser Vision Correction

Dr. Richard Grutzmacher

Dr. Patricia Sierra

Dr. Samuel Lee

Glaucoma and Cataract

Dr. Jacob Brubaker

Our New Lincoln office is conveniently located off of Twelve Bridges Drive
2295 Fieldstone Drive, Suite 140 • Lincoln, CA 95648

(916) 649-1515

www.SacEye.com

BEST PROPERTY MANAGEMENT



Gold Properties

- Full Service Property Management
- 50 Years of Combined Property Management Experience
- Locally Owned & Operated
- Serving Lincoln, Rocklin & Roseville and surrounding neighborhoods



www.goldpropertiesoflincoln.com

916-408-4444

GoldPropertiesofLincolnPM@gmail.com

DRE #01366131

GIBSON & TUTTLE

A Law Corporation

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



Guy R. Gibson Ernest H. Tuttle, IV
Certified Specialists in Estate Planning, Trust and Probate Law

(916) 782-4402

100 Estates Drive, Roseville, CA 95678

Lic. #800456

Class Index

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

AARP Driver Safety Training.....	85	Nutritional Consulting.....	89
Android.....	87	Oil & Acrylic Painting.....	75
Arthritis.....	90	Organizing.....	85
Balance & Fall.....	97	Pace Race Prep.....	97
Bootcamp.....	96	Parkinson Strong.....	95
Bowenwork Services.....	89	Parkinson's Indoor Cycling.....	95
Brain Gain.....	94	Pilates.....	94
Card Making.....	77	Posture, Core and Balance.....	97
Ceramics.....	76	Private Reformer Training.....	94
Chromebook.....	87	Produce with a Purpose.....	93
Clogging.....	77	Quilting.....	85
Construtive Art Critique.....	74	Re-Start Your Health.....	93
Country Couples Western Dance.....	78	Rock and Roll History.....	83
Fit 101.....	96	Seasonal Sports Conditioning.....	96
Focus.....	90	Sewing.....	85
Four from Hitchcock.....	83	Sip & Paint.....	75
Fun ctional Fitness L3.....	96	Stained Glass.....	81
Fused Glass.....	81	Static in the Attic.....	94
Getting Your Stuff Together.....	93	Sudoku.....	93
Guitar.....	83	Tai Chi - Qigong.....	91
Hula.....	78	Tap.....	80
Hypnosis.....	90	TGIF TRX & More L2.....	96
Investing.....	93	Training Services.....	95
iPhone Camera and Photos.....	87	Ukulele.....	85
Jazz.....	78	Watercolor.....	76
Line Dance.....	79	Wellfit Class Schedule.....	98
Meditation.....	91	West Coast Swing.....	81
Mixed Media Art Journaling.....	74	Windows 10 Basic.....	87
Morning Burst L2.....	96	YouTube TV.....	87
Nordic Pole Walking.....	90	Yupo Workshop.....	74

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



Register at the Lifestyle Desk (OC/KS)
or online at SCLHResidents.com

*Indicates new class on sale February 17

Classes

Vacation Drop-In

Drop-in sessions are available to accommodate your vacation plans! Drop-in sessions are for current students able to work independently but unable to attend class full-session. Sessions are held in conjunction with ongoing regular classes. Space is on a first-come, first served basis with in-person enrollment allowed only on the day of the class. Students must receive written permission from the instructor prior to registration for space availability and class **prerequisite**. The class article notes if a drop-in is accepted. **Prerequisite:** Must have completed at least one month of class instruction. Drop-in sessions are not for first-time students/beginners offering limited guidance from the instructor.

Art

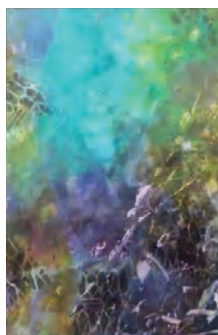
—Announcement—



Fine Arts Class Gallery
Fine Arts Room (OC). The Lifestyle Department, in cooperation with Lincoln Hills art instructors and their students, welcome all residents and their guests to stop by the

Fine Arts Room to view wonderful artworks. The gallery will feature a revolving display of artworks from Marilyn Rose's Oil & Acrylic classes and Pastels and Watercolor paintings from Michael Mikolon's class. Come by anytime an art class is in session to view the works and watch the class' creative process in action.

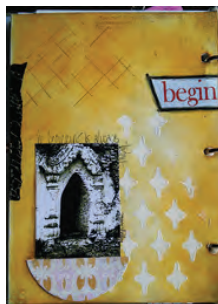
—Drawing—



***YUPO® Workshop**
Mondays, March 4 & 11
— **LSC1835**

1:00 to 4:00 PM (OC). \$65 (two sessions). Instructor: **Faye August**. This workshop introduces YUPO®, a non-porous, synthetic paper. Using watercolor and/or fluid transparent acrylics together with stamps and other marking tools

you will create a unique abstract piece with dynamic color and textures. The first session will focus on learning to work on this slick paper creating an underpainting to use in the second session where more color and texture is added. **Requirements:** bring painting supplies, table cover, disposable gloves, and YUPO® paper. Heavy body acrylics are not recommended. Questions/materials recommendations? Contact Faye August at 916-209-3643 or watercolorist55@gmail.com.



***Mixed Media Art Journaling**
Tuesdays, March 12 & 26
— **LSC1097**

9:00 AM to 12:00 PM (OC). \$45 (two sessions) plus \$5 supply fee paid to the instructor. Instructor: **Kerry Dahlin**. A variety of media will be used as we "play" on the pages of our art journals. Learn how to visually and artistically

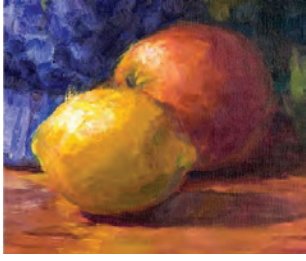
record your days and express yourself while exploring color theory, composition, balance, and texture. You will love creating interesting, interactive mixed media pages in a journal that is uniquely you. Supplies needed: mixed media spiral-bound artist paper pad, glue stick, scissors, small paintbrush, Sharpie pen, white gesso, plus any of your favorite mixed media supplies.

—Oils, Pastels & Acrylics—

***Special Workshop by Marilyn Rose**
Constructive Art Critique
Saturday, March 9 — **LSC1908**

9:00 AM to 1:00 PM (OC). \$50. Instructor: **Marilyn Rose**. Painting is a lifelong learning process, and we can all use some help now and then. Lincoln Hill's oil and acrylic painting instructor, Marilyn Rose, is offering a four-hour workshop that will help you get to a new level in your art. Students may bring up to

five paintings each, any medium, for a thoughtful, constructive critique by the instructor and kind suggestions from the other students. No material or supplies needed, just a notebook and pencil, your painting and an open mind.



***Oil and Acrylic Painting:
Beginner/Refresher
Wednesdays, March 6-27
— LSC1122**

1:30 to 4:00 PM (OC). \$54 (four sessions). Instructor: *Marilyn Rose*. Have you always wanted to try

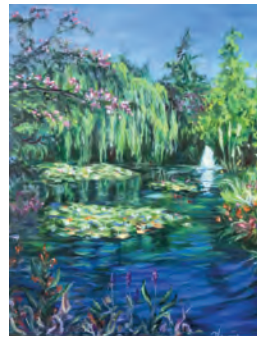
painting in oil or acrylic or want a refresher? Start with exercises in basic color mixing and brush and paint handling. There will be plenty of discussions, demonstrations, and paint-along exercises to help you get comfortable. Note: intermediate and advanced students are welcome to take this class and work on their own with minimal guidance. For more information contact Marilyn at 916-409-0397. Supply list – Beginning Class – available at the Lifestyle Desk. Vacation drop-in for students who have completed one month. PAINT — \$18 per session.



***Oil and Acrylic Painting:
Intermediate/Advanced
Wednesdays, March 6-27
— LSC1108**

9:00 to 11:30 AM (OC). \$54 (four sessions). Instructor: *Marilyn Rose*. Have you painted in the past and want to get back into it? Do you paint now and want some congenial company and tips to improve? Receive expert

guidance in creating original paintings of your choice. Demonstrations, masterwork examples, and individual instructions are used to advance student understanding and implementation of techniques. About the Instructor: Marilyn has over 25 years of painting experience. For more information contact Marilyn at 916-409-0397 or www.artist-marilynrose.com. Supply list – Intermediate-Advanced Class – available at Lifestyle Desk. Vacation drop-in: PAINT — \$18 per session.



**Sip and Paint: “Reflection Pond”
Friday, February 22 — LSC1173
Or *Sip and Paint: “At the Lake”
Friday, March 22 — LSC1174**

5:00 to 8:00 PM (OC). \$55. Instructor: *Unni Stevens*. Enjoy cheese and wine while painting. This class is great for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day, with step-by-step instruction. Learn how to mix colors, brush stroke, and pallet knife techniques. All supplies are included. Canvases are under-painted and ready to hang. Fee includes a glass of wine, selection of cheese, crackers, and fruits. About the Instructor: Artist Unni Stevens studied art in Norway, Japan and at the Laguna College of Art with 30+ years of painting experience. More information at www.unniart.com.





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

—Pastels & Watercolor—

**Art Classes with Michael Mikolon**

Michael Mikolon, an accomplished artist and art instructor in the Downtown Sacramento Area, delivers a class geared for all skill levels. Beginner and advanced students learn various pastel and watercolor approaches and techniques in

an encouraging and fun environment! Each student will be given individual instructor attention at their level and chosen art medium. Class begins with a live demonstration followed by one-on-one instruction. This course will focus on materials and painting technique, color theory and mixing fresh/vibrant color with the use of a well-organized palette. Learn to create your own voice in art! Choose the schedule that works best for you.

- ***Watercolor Class**
Wednesdays, March 6-27 — **LSC1198**
5:30 to 8:30 PM (OC). \$68 (four sessions).
Instructor: *Michael Mikolon*
- ***Pastel and Watercolor Combo Class**
Thursdays, March 7-28 — **LSC1186**
1:00 to 4:00 PM (OC). \$68 (four sessions).
Instructor: *Michael Mikolon*

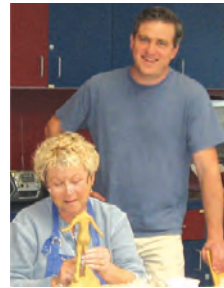
***Watercolor Step-by-Step Mondays, March 4-25 — LSC1148**

9:30 AM to 12:00 PM (OC). \$68 (four sessions). Instructor: *Michael Mikolon*.

This class will give the beginner watercolor student a chance to work with the medium with step by step instruction. The teacher provides the image to be painted week by week. A supply list will be discussed on the first day of class as well as a demonstration. Students will learn the basics of paint and application along with color theory. One-on-one instruction will be provided as you are guided to create a simple work of art. All ability levels are welcome, images and concepts will be basic.

Ceramics

—Pottery—

***Beginning/Intermediate Ceramics**

Tuesdays, March 5-26 — LSC1225
1:00 to 4:00 PM (OC). \$64 (four sessions). Instructor: *Jim Alvis*. An introductory class for residents who have never worked with clay, and continuing students who

want to continue to develop their skills. This course covers basic hand building and wheel throwing techniques, 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 class. Vacation drop-in: CERD1 — \$17 per session.

***Advanced Ceramics Tuesdays, March 5-26 — LSC1237**

9:00 AM to 12:30 PM (OC). \$64 (four sessions). Instructor:

Jim Alvis. This class is for self-motivated students/artists with established ceramic skills. Students explore their craft and sculpture projects with guidance from the instructor. The course includes demonstrations, assignments, group discussion, and constructive critique. Vacation drop-in: CERD3 — \$17 per session.

***Beginning/Intermediate Ceramics Thursdays, March 7-28 — LSC1261**

9:00 AM to 12:00 PM (OC). \$54 (four sessions). Instructor:

Taylor Jackson. A beginner's course in ceramics for those with no experience or those wishing to freshen up former passions. This class covers the basics of hand built and wheel thrown ceramics. Assignments, demonstrations, and individual instruction will be provided to help students explore their interests and become more comfortable with

the working process. New students will receive a materials list and some clay on their first day to help them start their first piece.



***Advanced Ceramics**
Thursdays, March 7-28
 — LSC1249

1:00 to 4:00 PM (OC). \$54 (four sessions). Instructor: *Taylor Jackson*. This class is for intermediate and advanced ceramic students who are self-driven and wish to establish their skills. Students are encouraged to explore many of the artistic and

functional approaches to hand built and wheel thrown ceramics. This class includes assignments, demonstrations, and individual instruction designed to help students further grow their skills and interests. Some tools are available from the instructor to assist in the progression of an art piece.

Crafts

—Card Making—



***Beginning Card Making**
Fridays, March 8-22
 — LSC1708

9:00 AM to 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, sign-up early to reserve your space. All supplies will be provided. March 5 – last day to register.



***Card Making Level 2**
 —Intermediate
Mondays, March 4-18
 — LSC1285

9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Dottie Macken*. **Prerequisite:** Completion of at least four

sessions of Intro to Card Making 101—Level 1, and have 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, sign-up early to reserve your space. All supplies will be provided. March 1 – last day to register.



***Card Making Level 3**
 —Intermediate/Advanced
Wednesdays, March 6-20
 — LSC1690

9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Dottie Macken*.

Prerequisite: This class will build on your skills from Level 2 and offers more complex and challenging projects 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. March 3 – last day to register.

Dance

—Clogging—

Dance your way to better balance, unclogged arteries, better muscle memory, and that all-important mental memory. Not only is clogging a rhythmic, energetic dance form, but it is also 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 5-26 — LSC1297

10:00 to 11:00 AM (KS). \$32 (four sessions). Instructor: *Janice Hanzel*. Start a new passion! Join this new beginners class, a low impact, revamped foundation, and fundamental class. The class

will move through at a relaxed pace, the eight basic traditional clogging movements while developing skills of the foundations of clogging. Special attention will be paid to balance skills. No special shoes required; flat-soled shoes recommended. *New beginners accepted this month.*

***Easy-to-Intermediate Clogging**
Tuesdays, March 5-26 — LSC1309

11:00 AM to 12:00 PM (KS). \$32 (four 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 will also learn new dances, easy to intermediate, from recent workshops and conventions. Come join in the fun. All levels encouraged to participate. Vacation drop-in: CLOG1 — \$10 per session.

***Intermediate Plus Clogging
Tuesdays, March 5-26 — LSC1320**

12:00 to 1:00 PM (KS). \$32 (four sessions). Instructor: *Janice Hanzel*. **Prerequisite:** Instructor approval. Students are strongly encouraged to take the 11:00 AM class. Challenge yourself with a higher level of clogging. Review steps from some of the Intermediate level dances in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events. This class will move a bit faster this year and will get into more intermediate level dances. Vacation drop-in: CLOG2 — \$10 per session.

—Country Western Dancing—



***Country Couples
Western Dance
Beginner Level 1 & 2
Mondays, March 4-25
— LSC1331**

7:00 to 8:00 PM (KS). \$28 (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, including some of the dances at mixers. Instruction will be at a slower pace for beginners.

***Country Couples Western Dance
Beginner/Intermediate Level 3 & 4
Mondays, March 4-25 — LSC1342**

6:00 to 7:00 PM (KS). \$28 (four sessions). Instructors: *Jim & Jeanie Keener*. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed the Beginner Class, join us for a fun-filled hour of more challenging beginner and easy, intermediate dances. You have learned some of the basics; now it's time to add a few more steps and turns. This month we will be teaching "The Wanderer," a circle dance and "The Horseshoe," a circle dance.

—Hula—



***Hula Intermediate/Advanced
Thursdays, March 7-28
— LSC1374**

1:00 to 2:00 PM (KS). \$40 (four sessions). Instructor: *Pam Akina*. Ongoing class for hula dancers of all experience and skill levels. Come learn the beautiful dance of the Hawaiian islands. You will exercise mind, body, and spirit while learning choreographed routines. Historical and cultural information surrounding each of the dances will be shared. Drop-in: HULA — \$14 per session.

—Jazz—

***Jazz for Beginner
Thursdays, March 7-28 — LSC1386**

11:00 AM to 12:00 PM (KS). \$36 (four sessions). Instructor: *Melanie Greenwood*. This class will leave your mind, body, and spirit feeling



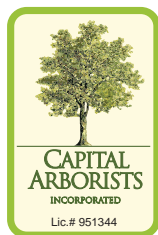
Love being home!

Our services

- Tree & shrub pruning
- Tree & shrub removal
- Planting
- Seasonal care & maintenance
- Fertilizations
- Pest & disease control

Capital Arborists, Inc. will keep you comfortable and content inside and outside your home! We provide complete tree and landscape plans to create the optimum healthy home and garden environment. Our team of Certified Arborists excels in plant, tree, and landscape care plans that are customized to your property.

Call us for a free inspection!



capitalarborists.com
(916) 412-1077

empowered and energized. Different styles of Jazz will be demonstrated. You will leave with a smile on your face and a love of jazz dancing in your heart. *About the Instructor:* Melanie started teaching at the age of 16. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, and Disneyland to name a few, as well as TV and video. Vacation drop-in: JAZZ1 — \$14 per session.

*Jazz Performance

Tuesdays, March 5-26 — LSC1399

1:00 to 2:00 PM (KS). \$36 (four sessions). Instructor: *Melanie Greenwood*. Not open to new students. Must have instructor approval to register. The current class is in the midst of preparing for a performance. The class is geared toward stage performances throughout the year. Vacation drop-in: JAZZ2 — \$14 per session.

—Line Dance—



Line Dances are non-partner dances done in lines. Line dance is usually performed by turning to two or four walls. Patterns are repetitive. Line dances are a choreographed variety of music such as Blues, Soul, Rhythm and

Blues, Rock, Jazz, Pop, and Latin as well as Country. Line dancers are a friendly, social group, who love to dance and welcome new participants.

Level I – Absolute Beginner (Intro)

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

- ***Thursdays, March 7-28 — LSC1482**
9:00 to 10:00 AM (KS). \$28 (four sessions).
Instructor: *Yvonne Krause-Schenck*
- ***Mondays, Mondays 4-25 — LSC1409**
4:00 to 5:00 PM (KS). \$28 (four sessions).
Instructor: *Cathy Paris*

Level 2 – Beginner

Beginner level dances are built upon the skills learned in the Absolute Beginner level. Dances are suitable for those who have some previous dance

experience. Many rhythms will be explored. The dances will be longer and contain new steps to add to what was learned in the introductory class.

- ***Thursdays, March 7-28 — LSC1504**
10:00 to 11:00 AM (KS). \$28 (four sessions).
Instructor: *Yvonne Krause-Schenck*
- ***Fridays, March 1-29 — LSC1449**
2:00 to 3:00 PM (KS). \$35 (five sessions).
Instructor: *Sandy Gard o*
- ***Thursdays, March 7-28 — LSC1918**
3:30 to 4:30 PM (KS). \$28 (four sessions).
Instructor: *Cathy Paris*

Level 3 – High Beginner/Improver

The High Beginner class is for those who have had previous dance experience and have learned the basic skills. Additional patterns will be taught, and the steps will be more challenging. Dances will have turns, and some tags and restarts.

- ***Mondays, March 4-25 — LSC1493**
9:00 to 10:00 AM (KS). \$28 (four sessions).
Instructor: *Yvonne Krause-Schenck*
- ***Wednesdays, March 6-27 — LSC1460**
9:00 to 10:00 AM (KS). \$28 (four sessions).
Instructor: *Sandy Gard o*

Level 4 – Easy Intermediate

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

- ***Wednesdays, March 6-27 — LSC1471**
10:00 to 11:00 AM (KS). \$28 (four sessions).
Instructor: *Sandy Gard o*
- ***Mondays, March 4-25 — LSC1427**
5:00 to 6:00 PM (KS). \$28 (four sessions).
Instructor: *Cathy Paris*

Level 5 – Advanced

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

comfortable with easy, intermediate dances, you will be able to master these dances. Come and join this enthusiastic group and see how much fun you can have!

- ***Thursdays, March 7-28 — LSC1438**
4:30 to 5:30 PM (KS). \$28 (four sessions).
Instructor: *Cathy Paris*

***New! Evening Class:**
Modern Line Dance – Multi-Level
Thursday, March 7-28 — LSC1909
5:30 to 6:30 PM (KS) \$21 (three sessions. No class March 21) Instructor: *Yvonne Krause-Schenck*. Although line dancing has ties to “stereotypical” country music, it has evolved over the years and has incorporated many musical styles besides country. This multi-level line dance class will offer a variety of dances from easy to a bit more challenging with various genres of music to match. If you love to dance, keep in mind that for line dancing you don’t need a partner, it’s great exercise, and you’re guaranteed to have fun.

***Country Line Dancing**
Fridays, March 1-29 — LSC1353
3:00 to 4:00 PM (KS). \$35 (five sessions). Instructors: *Jim & Jeanine Keener*. This class is a mixture of beginner, high beginner, and intermediate dances. It features the popular “old” line dances that are done at country dances around the area.

Line Dance Instructors

- **Sandy Gardetto**
Sandy is an excellent line dance instructor, with over 15 years of experience. She has been trained in all disciplines of dance since she was eight years old. To encourage people to sign-up for her classes, she has simplified her Beginner Class (LD I) as well as her High Beginner/Improver Class (LDII). She is also offering an Easy Intermediate Class for those who want easier dances with great music. *Vacation Drop-in offered for all her classes - \$10.



- **Yvonne Krause-Schenck**
A Lincoln Hills resident, Yvonne started dancing at an early age and has been line dancing since the '90s. 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.



- **Cathy Paris**
Recommended by residents, Cathy Paris is a lively and enthusiastic dancer and instructor. One of her greatest passions and joys in life is teaching dance. Her dance background began in the early '80s when she was introduced to clogging. She incorporated line and partner dancing into her repertoire about ten years ago and has since been sharing her passion and expertise to her students.

—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

CARPET CLEANING
THREE ROOMS & HALL
\$74.95 up to 400 sq. ft.
includes free pretreatment!

"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

Additional Services

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

GOLD COAST
CARPET & UPHOLSTERY
OWNER OPERATOR * LINCOLN RESIDENT * IICRC CERTIFIED
916-508-2521
DEPENDABILITY * INTEGRITY * EXCELLENCE
www.GCcarpet.com Lic. 2815

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 the Artistic Director of the Leighton Dance Project Tap Company and has served the Lincoln Hills community since 2000.



Beginners Tap 1
Thursdays,
March 7-28 — **LSC1582**
10:00 to 11:00 AM (KS).
\$36 (four sessions).
Instructor: *Alyson Meador*. If you have never taken a tap class,

or have less than six months experience, this is a class for you. You will be taught the basic tap skills to build a solid basic level of technique (shuffles, flaps, cramp rolls Irish, shuffle ball change, etc.). Basic fundamental music skills will also be introduced. Students will learn unique combinations using these tap fundamentals, and learn parts of the "Soft Shoe" the "Waltz Clog" and the "Shim Sham." Minimum 8 students required to make the class a go.

***Beginning Tap 2**
Mondays, March 4-25 — **LSC1526**

11:00 AM to 12:00 PM (KS). \$36 (four sessions).
Instructor: *Alyson Meador*. For students who have been taking Beginning Tap previously. The class will continue the lessons learned in Beginning Tap.

Tap Technique

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

- ***Tuesdays, March 5-26 — LSC1571**
10:00 to 11:00 AM (KS).
\$36 (four sessions).
- ***Mondays, March 4-25 — LSC1515**
10:00 to 11:00 AM (KS).
\$36 (four sessions).

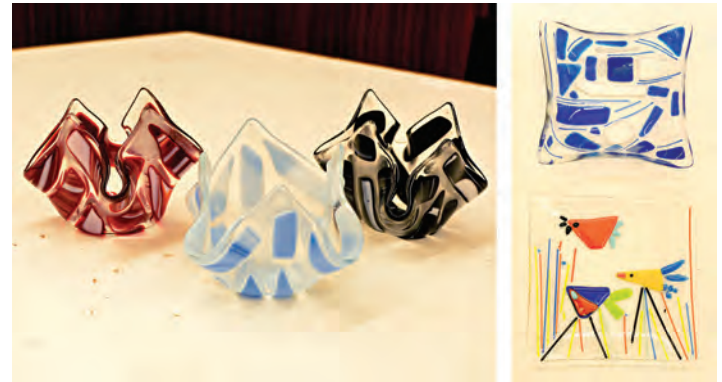
—West Coast Swing—



***West Coast Swing Introduction/Beginner**
Wednesdays,
March 6-20 — **LSC1886**
7:30 to 8:30 PM (KS).
\$30 (three sessions).
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. Partners suggested – this class is for beginners.

Glass Art



***Fused Glass**
Monday, March 18
— **LSC1910**

9:30 AM to 12:00 PM (KS). \$28. Supply fee: \$10 payable to instructor. Instructors: *Jim Fernandez and Danielle Echeverria*. Learn to make fused glass jewelry with a focus on Dichroic glass or create glass projects. Beginners & experienced artists are welcome. This class is designed to teach the fundamentals of Dichroic glass jewelry designing and glass finishing. We will go over designs, finishing schedules and cold working techniques. The \$10 supply fee provides enough compatible glass and dichroic glass to create four pieces of jewelry, or one plate, one bowl, one vase or another similarly sized project. Larger projects are available for an additional supply fee.



***Stained Glass**
Mondays, March 4-25
— **LCS1592**

1:00 to 4:00 PM (KS). \$45.75 (three sessions, no class March 11). Supply fee: \$10 payable to instructor. Instructor: *Jim Fernandez*. Requirements: No open toe shoes. You will learn the technique of cutting glass, foiling and soldering along with safety and the proper use of equipment. Create a beautiful butterfly sun catcher, candle holders, and other projects. The class is also open to more experienced students. The instructor will evaluate the students' skill level on the first day of class, and recommend a project for the student. Lead glass technique is now available. *About the Instructor:* Jim Fernandez has 28 years of stained glass experience.

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

Price per Square Foot?
PRICELESS!!!



"Put my 20 years Del Webb experience, Legal Education and Internet Marketing to work for you."

Paula Nelson
Broker Associate

916-240-3736
REALTOR@PaulaNelson.com



SUN RIDGE
REAL ESTATE
Each Office Independently
Owned and Operated.

DRE No. 01156846



CARPET | HARDWOOD | AREA RUGS WATERPROOF PLANK & TILE



FREE In-Home Design Consultation & Estimates
FREE Furniture Moving

Nielson FINE FLOORS, INC.

835 Twelve Bridges Drive • Lincoln, CA

(916) 645-3535

Local ~ Family Owned

www.nielsonfinefloorsinc.com



License #1046759



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)

ACORN
ARBORICULTURAL SERVICES INC.

www.787tree.com • www.acornarboricultural.com



Your Neighborhood Plumber & Re-Pipe Specialist.
Locally owned & operated since 1990

Do you have KITEC pipes in your home?

Call today for a Free in home Re-Pipe Consultation and Estimate.

SERVICES OFFERED:

- Complete replacement of water pipes in home
- Water Heater replacement
- Fixture repair and replacement
- Sewer line inspection
- Pressure regulator replacement

**CALL US TODAY AT
916-645-1600**

1901 Aviation Blvd, Lincoln, CA 95648
www.bzplumbing.com
License #577219

FREE ESTIMATES • SENIOR DISCOUNTS • ALL WORK GUARANTEED

Music

—Guitar—



***Beginning Guitar** **Mondays, March 4-25** — LSC1617

8:00 to 9:30 AM (OC). \$48 (four sessions). Instructor: *Jon Gowin*. Join this new class for beginning students. Learn to read guitar TAB, and standard notation play melodies and strum chords. We use both

nylon or steel string acoustic guitars. The class will teach the fundamentals of music to prepare you for the Intermediate class. *About the Instructor:* Jon has a degree in Education and has been playing guitar and other string instruments like the mandolin, ukulele, Irish Tenor banjo, and electric bass for over 50 years. He has performed with Bob Wren, and his Sacramento World Music Ensemble for over ten years.

***World Guitar** **Intermediate Level** **Wednesdays, March 6-27 — LSC1629**

8:00 to 9:30 AM (KS). \$48 (four sessions). Instructor: *Jon Gowin*. **Prerequisite:** Able to read standard notation for the guitar in at least the first position; for acoustic guitars only. This class will be a continuation of the beginning class and cover music from around the world providing a unique, fresh and exciting experience for students. Get ready to learn very old folk melodies from Eastern and Western Europe, Africa, South America, Mexico, Asia, the Middle East, Greece, and America; all in single line melodies. Some of these tunes are written in challenging time and key signatures.



***Folk Guitar for Fun Folks 101** **Beginner Level** **Tuesdays, March 5-26** — LSC1679

1:00 to 2:00 PM (KS). \$40 (four sessions). Instructor: *Darrell Effinger*. No prior music knowledge or good singing voice necessary! Emphasis is on playing chords to familiar

songs while singing and having fun with fellow guitarists. Folk songs of the '50s, '60s, and '70s will be taught. Basic music theory will be shown. How to

choose and purchase a guitar and guitar aides will be discussed. *About the Instructor:* Darrell is a long-time teacher, musician, storyteller and folk singer. He was a member of the New Christy Minstrels and toured with Glenn Yarbrough and other artists. Questions? Call Darrell at 916-989-8532.



***Folk Guitar for Fun** **Folks 102** **Intermediate Level** **Tuesdays, March 5-26** — LSC1722

2:00 to 3:00 PM (KS). \$40 (four sessions). Instructor: *Darrell*

Effinger. **Prerequisite:** Knowledge of guitar playing using basic chords while doing a simple strum and singing (no vocal training required). This class is an intermediate class with emphasis on harder chord fingerings; more transitions of chords in songs; different strumming patterns; and various fingerpicking styles used by folk artists. The class can be taken in conjunction with the beginning class, as long as the student feels comfortable they have met this prerequisite, and their fingers can withstand the pain! Questions? Call Darrell at 916-989-8532.

—Music History—



The History of **Rock and Roll Part 4** **Wednesdays, February 20-** **March 13 — LSC1871**

1:00 to 3:15 PM (KS). \$32 (four sessions). Instructor: *Ray Ashton*. In part 4, we go West to San Francisco. Then it's down South to discover those who came to Los Angeles with California Dreamin'

on their minds. Our next step takes us to Monterey for the first Pop Festival and back to Yasgur's farm where a half-million came to celebrate the music of their time. And just for fun, we will find a new Jazz-Rock, Art-Rock and the Rock Opera, wow! A good time is guaranteed for all as we journey through the History of Rock and Roll Part 4.

Four From Hitchcock **Wednesdays, April 24-May 15 — LSC1917**

1:00 to 3:00 PM (KS). \$32 (four sessions). Instructor: *Ray Ashton*. Back by popular demand! Together will take a journey of discovery as we spend time with four great films from the legendary "Master of



SANCHEZ

Home & Yard Service
Proudly Serving Sun City Lincoln Hills

Clean-Up and Hauling FREE ESTIMATES

- Hoarding
- Rental Property
- Garage
- Fence Removal
- Demolition
- Brush Clearing
- Garden
- Appliances

Call (916) **408-3902**
Specializing in one-time Clean-Ups

Review Us!  Lic. #GDS01202

Email: sanchezhomeandyardservice@hotmail.com
Website: www.sanchezhomeandyardservice.com

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





Come See Our Showroom

The Genuine. The Original.



Don't Be Fooled by Our Competitors. Look For the Ribbon!

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

CSLB#355325

Tim Hemmen

Reverse Mortgage Specialist | NMLS #1629852



"Ease Retirement Finances with a Reverse Mortgage"
Call (916)960-1323

American Pacific Reverse Mortgage Group
A Division of American Pacific Mortgage Corporation NMLS #1850
3000 Lavo Ridge Ct. #103 Roseville, CA 95661
Licensed By the Department of Business Oversight Under the CRMLA

EST. 1996
Interior & Exterior

SORIN'S PAINTING

LIC. #723597 INSURED & BONDED

PROFESSIONAL PAINTING

- Custom Painting
- Floor Epoxy
- Color Consulting
- Pressure Washing
- Drywall Repair
- Deck Sealing

Sorin Mocan
- Owner -
- Free Estimates -

- CELL (916) 212 2663 - OFFICE (916) 828-8439

THE GILLIS GROUP – Results that move you!



Jo Ann Gillis • BRE# 01018109
gil1788@aol.com
916-316-0815

Steve Gillis • BRE# 01968756
stevegilliss106@gmail.com
916-303-6420

Steve & Jo Ann Gillis

SCLH Resident Realtors
Visit us at www.teamgillis.realtor
Each office independently owned and operated.



WAYNE'S FIX-ALL SERVICE

- Dryrot Specialty
- Ceiling Fans
- Recessed Lighting
- Tile Work
- Electrical Outlets
- Remodeling
- Interior/Exterior Painting
- 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



Herb Hauke
License # 490908

Accu Air & Electrical

Quality Heating & Air Conditioning
Service, Repair and Installation

(916) 783-8771

www.accuairroseville.com
accuairroseville@yahoo.com

VISA Most Major Credit Cards Accepted MasterCard

Suspense" - Alfred Hitchcock. We will experience, in their entirety "Rear Window," "Vertigo," "North by Northwest," and the ground-breaking "Psycho." Before the films, we will hear of the films' origins and the people who created these classics. After each film, we will have a discussion. So, get ready for a thrilling ride as we explore "Four from Hitchcock!"

—Ukelele—



***Beginning Ukulele** **Wednesdays, March 6-27** **— LSC1641**

9:45 to 11:15 AM (KS). \$48 (four sessions). Instructor: *Jon Gowin*. The sweet sounds and the super portability of the ukulele make it almost a perfect instrument. This class will introduce the beginning musician to the joys

of playing the ukulele, a simple instrument with simple chords that can accompany virtually any song in the world. *About the Instructor:* Jon teaches uke at The Strum Shop in Roseville and leads their free monthly Open Strum song session. This class will help prepare you to play with other uke clubs and participate in song sessions.

Personal Improvement

—Driving—



Two-day class! **AARP Driver Safety** **Training** **Tuesday & Wednesday,** **February 19 & 20** **— LSC1861**

9:00 AM to 1:00 PM (OC).
Fee \$25 (AARP member)

or \$30 (non-member). Instructor: *Tom McMahon/Dotti May*. This class is geared to the "over 50" driver and covers how to adjust driving to age-related changes in our bodies. Course instruction uses videos, interactive discussions, and workbooks. There are no tests to pass. You must present your AARP membership card at registration and bring it to class to receive the discounted rate, along with a valid driver's license to receive a Certificate of Completion. This course does not replace Traffic School, nor is it specifically geared to help you pass the DMV driver's test.

Sewing

—Certification—



Sewing Certification

Let's get sewing! Residents must be certified to use any of the sewing machines in the Sewing Room at Orchard Creek. The Association offers

Certification classes for Bernina Serger, Bernina, and Janome Sewing Machine. Please contact Instructor *Sylvia Feldman* at sdfeldmans@gmail.com or 916-543-3403 to schedule your lesson. Lessons are offered once a month. Certification fee: \$15 for each lesson. Enrollment prior to class is required.

—Quilting—



Beginning Quilting **Fridays, March 1-22** **— LSC1879**

9:00 AM to 12:00 PM (OC). \$96 (four sessions). Instructor: *Be y Kisbey*. This class will cover the fundamentals of quilting and making a quilt

top. Throughout four weeks, you will learn to select fabrics for a quilt, cut using a rotary cutter, accurately, sew 1/4" seam allowance, and practices correct pressing techniques. You will learn time-saving tips for construction of the quilt block. Students will make 6 -9 blocks. One or two blocks will be done in class each week, and the other block will be done as homework. This class is for the beginner quilter or a great review for the new quilter.

Technology

—PC—



***Organizing Your Windows** **Files and Folders** **Wednesday, March 6** **— LSC1911**

1:00 to 3:30 PM (OC) \$25.
Instructor: *Bob Ringo*: The average PC user collects many types of information—music,

letters, recorded TV programs, photographs, videos, and the like. What you need is a simple method for organizing your Windows information so that you

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 \$69.00 — save \$20

www.GoodValueHeatandAir.com CSLB #644732

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

OUR **BEST TECHNOLOGY** AND OUR **BEST PRICING**

GENIUS™ 3.0 technology from Miracle-Ear® offers our most advanced listening experience, with the added convenience of **RECHARGEABILITY**.

STREAM YOUR FAVORITE TV SHOWS.
Enjoy television, phone conversations and music in high-quality sound, streamed directly to your hearing aids.

OUR MOST NATURAL SOUND QUALITY.
With 60% more processing power,¹ **GENIUS™ 3.0** delivers hearing so natural, you may forget you have hearing aids in your ears.

ENDLESS OPTIONS TO FIT YOUR LIFESTYLE.
Miracle-Ear hearing aids come in a variety of sizes and styles, with features like rechargeability, to give you a solution that precisely fits your needs.

Why Miracle-Ear?

- 3 Year Warranty*
- Lifetime Of Aftercare
- 45 Day Money Back Guarantee**

70 YEARS OF SOUND

Call now to schedule your **FREE** hearing evaluation from an **industry leader** in hearing solutions.

Miracle-Ear®

Lincoln | 985 Sun City Lane, Ste. 100 | (916) 800-1663
Roseville | 9700 Fairway Drive, Ste. 120 | (916) 378-4361

*As compared to previous Miracle-Ear models. Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. **Not valid on Audiotone® Pro. **If you are not completely satisfied, the aids may be returned for a full refund within 45 days of the completion of fitting, in satisfactory condition. †Our hearing test and video otoscopic inspection are always free. Hearing test is an audiometric test to determine proper amplification needs only. These are not medical exams or diagnoses nor are they intended to replace a physician's care. If you suspect a medical problem, please seek treatment from your doctor. Not valid with any other discount or offer. Does not apply to prior purchases. See store for details.

Heritage Oaks Memorial Chapel
FUNERAL AND CREMATION CARE FD 1990

Placer County's Premier Funeral Home

6920 Destiny Drive
Rocklin, CA 95677
916.791.CARE (2273)

Full funeral and cremation services with caring staff.
Family owned & operated locally by veterans.
Quality services at affordable prices.

www.HeritageOaksMemorialChapel.com
Conveniently located off Hwy 65 near Stanford Ranch Rd

Where lives are honored and celebrated

Attend our "Preparing Is Caring" Seminars.
Estate, Burial and Cremation Planning.
Watch for our flier in the Compass for Date & Location.
Ron Harder, FDR2875 CA Insurance Lic 0809569

ALL PRO WINDOW CLEANING Lic. #899302

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

Adam & Nicole Perry

Family Owned & Operated Insured & Bonded

(916) 765-5623

Don't trust your system to a handyman!

Brown's Quality Electric
Residential • Commercial

Call Today!
(916) 600-2024

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

Lic. #824668

can quickly locate this information. In this class, you will learn how to create a set of folders for your personal computer that is easy to set up, simple to use, simple to understand, and flexible to modify. Remember, when you can find things, using your computer is much more fun!



***YouTube TV**
Friday, March 8
— LSC1916

1:00 to 3:30 PM (OC)

\$25. Instructor: **Bob Ringo**. Google-owned YouTube has become the worldwide video sensation enabling you to watch everything from home videos, comedy clips, TV episodes, and full-length movies. YouTube is no longer about kids saying and doing crazy things — you can also view quality TV programs. YouTube is simple to access and can be used to share videos with friends online. In this class, you will learn YouTube's full potential. Learn to upload images from your phone, subscribe to complete TV series, set up your channels, and generally get more from this voluminous video site.



Windows 10 Basic
Wednesday & Thursday,
March 20 & 21 — LSC1872

9:30 AM to 12:00 PM (OC).
\$47 (two sessions). Handout
Fee: \$10. Instructor: **Rita**
Wronkiewicz. If you are
new to Windows 10 or you

do not feel you have mastered it, this class will give you the confidence to use it more effectively and appreciate its new format and features. Rita will show you the basics and how to set up your Windows 10, so it is the most optimum for you. If you have a portable PC, bring it to class and learn with your device. Questions? Call Rita at 916-543-6962.

—Smart Phones and Tablets/Mac—



iPhone Camera & Photos
Editing Workshop
Thursday, February 21 — LSC1876

9:00 AM to 12:00 PM (OC) \$35
+ \$5 paid to instructor for class
material. Instructor: **Andy Petro**.
Prerequisite: Must know how to
use the basics of the iPhone and

have an iPhone 7, 7 Plus, iPhone 8, 8 Plus, iPhone X, iPhone XS, iPhone XS Max, or iPhone XR; and

must be on iOS 12.1.1 or higher. Bring your (fully charged) iPhone. Learn how to use the features of your iPhone camera and edit your pictures in your Photos App. We will also review several iPhone Photos Apps like Mark up, Camera + 2, and Retouch. Questions? Call Andy at 916-474-1544.



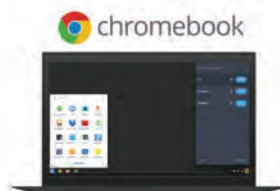
***Android Smart Phone Basics**
Monday, March 25 — LSC1914

9:00 AM to 12:00 PM (OC) \$25 +
\$10 supply fee paid to instructor.
Instructor: **Len Carinato**. Bring your
SmartPhone from any carrier, any
brand and any version. This class
will help you get much more from
your Android Smart Phone. On our
large screen display, we will focus on

how to navigate your screen, manage phone calls, organize your contracts, use text messaging, email, access the internet, share photos, and more. While presented for the beginning user, even longer time owners will benefit from this class.

***Android Smart Phone Tips n' Tricks**
Wednesday, March 27 — LSC1915

9:00 to 11:00 AM (OC). \$20 + \$10 supply fee paid to instructor. Instructor: **Len Carniato**. The world is using smartphones and there are hundreds of functions your smartphone is capable of, many of which you will find can enhance your lifestyle. Bring your Android SmartPhone with you and learn to use features and functions every Android Smartphone has already built-in, plus those available from the AppStore. Learn how to access music, back up your photos, tune in radio stations, use GPS maps, and much more. Attendees should feel comfortable using basic smart phone functions.



***Chromebook Tips n' Tricks**
Thursday, March 28 — LSC1913

9:00 to 11:00 AM (OC). \$20 + \$10
Supply fee paid to instructor.
Instructor: **Len Carniato**. Get
more out of your Chromebook!

There are lots of things your Chromebook can do, and this class will help you find them. Whether you've been using a Chromebook for some time, or you are new to them, it's time to learn some handy tricks that will take you to the next level with your ultra-portable machine. We will be sure to cover the basics like Gmail, Calendar, Drive, Keep and others, but we won't stop there.



COMPLETE TWO MONTHS OF PILATES REFORMER MEMBERSHIP AND GET THE **THIRD MONTH FREE!** OFFER ENDS MARCH 15, 2019. MUST PURCHASE A PILATES INTRO.

SEE JEANNETTE PYLE (OC WELLFIT) FOR MORE DETAILS.

PACE RACE PREP

INSTRUCTOR: MILLY NUÑEZ

FRIDAYS, MARCH 29–MAY 3

KILAGA SPRINGS FITNESS

8:00–9:00 AM

\$90 (SIX SESSIONS) INCLUDES RACE REGISTRATION!

Have you ever wanted to successfully complete a 10K/5K? Participants will follow a guided training schedule with the coaching of experienced coach and runner, Milly Nuñez. Whether you want to “walk, run, or just have fun” this group will give you the confidence and endurance you need to succeed. Our goal is to have you ready to participate and complete the Lincoln PACE Race on Saturday, May 4.



SIGN UP AT THE WELLFIT DESK (OC/KS) OR AT SCLHRESIDENTS.COM

Jeannette Pyle

WellFit Manager

Jeannette.Pyle@sclhca.com



Register at the WellFit Desk (OC/KS)
or online at SCLHResidents.com

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



Bowenwork Services

New!

FREE Assessment

Have aches and pains? Call Rebecca for a free assessment, sit with Rebecca and learn how Bowenwork can relieve those aches and pains. The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. Bowenwork addresses core issues, not just symptoms. 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. For your FREE Bowenwork Assessment, please contact Rebecca Kang at rebecca.kang@sclhca.com or 916-625-4034.



Lifestyle
R·E·T·A·I·L
...CHOICE ITEMS SELECTED WITH CARE...

Our Fitness Centers carry a
variety of seasonal items and
exclusive SCLH merchandise

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 Front Desks.

- **Wednesday, February 27**
3:00 to 4:00 PM
Fitness Floor (OC)
- **Wednesday, March 20**
2:00 to 3:00 PM
Fitness Floor (OC)
- **Tuesday, March 26**
3:00 to 4:00 PM
Fitness Floor (OC)
- **Thursday, February 21**
4:30 to 5:30 PM
Fitness Floor (KS)
- **Thursday, March 14**
4:00 to 5:00 PM
Fitness Floor (KS)
- **Wednesday, March 27**
3:00 to 4:00 PM
Fitness Floor (KS)

Nutrition Services

Private Nutritional

Consulting,

Audrey Gould,
RD/RDN, NTP



Restorative Wellness is sold in three-month packages to help residents resolve specific health issues that cannot be solved in one session. The

three-month nutrition package includes:

- A personalized assessment of any nutritional deficiencies and dysfunctions in your body.
- **Six hours of personalized nutrition consulting including a two-hour initial assessment.**
- Interpretation of laboratory values and/or food sensitivity panels (additional labs are optional and not part of the package price). A personalized program that will identify the areas and strategies for both the short-term and long-term goals.

Total Cost: \$549. Additional consultations at \$75/session after the completion of the three-month program.

Disease Prevention & Management Session-Based Classes

Opportunities that provide education and management of diseases to achieve and maintain optimal health. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.

***Indicates new class on sale February 17**



***Arthritis**
Tuesdays, March 5-26
Wednesdays, March 6-27
Thursdays, March 7-28
Fridays, March 1-29

Wednesdays \$36 (four sessions), Fridays \$45 (five sessions) 10:00 to 11:00 AM. Tuesdays & Thursdays \$36 (four sessions), 11:00 AM to 12:00 PM, Aerobics Room

(OC). Instructor: **Linda Hunter**. This class is designed for those with Arthritis and other conditions that cause muscle and joint pain. Our goal is to increase the range of motion, increase flexibility, endurance and mobility, improve balance, and strengthen muscles using weights, bars, balls, and bands. We will do some standing but sitting in the chair is always an option.

Lessons

Programs that provide learning the emotional, mental and physical aspects of outdoor activities. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.



***Nordic Pole Walking**
Tuesday and Wednesday,
March 5-6

9:00 to 10:30 AM, meet at the OC Fitness Center. \$45. Instructor: **Dr. Richard Del Balso**. Walking 30 minutes at least three times a week gives you a "Full Body Aerobic Exercise" by simply adding poles to your walking

routine. After just two 90-minute sessions, you will be able to 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; reduce impact on hips, knees and feet by an average of 25%; and develop upright body posture resulting in less risk of falling. Walking poles are available for each class at no charge with the option to purchase at the final session.

Mindfulness

A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, can be achieved through different means and used as a therapeutic technique. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.



New!

***Hypnosis for Your Golf Game**
Thursdays, March 7-28

1:00 to 2:30 PM, Multipurpose and Multimedia Room (OC) (Four Sessions). \$80. Instructor: **Kelley Moreno**. Enhance your game with the hypnotic advantage used by the professionals. Join us every week this month for ultimate results!



New!

***Learning to Pay Attention and Focus**
Wednesdays, March 6-27

3:00 to 4:00 PM, Aerobics Room (OC) (four sessions) \$60. Instructor: **Michelle Jamieson**. Do you have trouble focusing or paying attention? We are often told to pay attention,

but how is that accomplished? The ability to put attention where you want is called cognitive control. Focusing and paying attention are skills that can be developed. Being skilled at holding attention on one thing can also help calm the mind and body, leading to great contentment and joy in life.



***Establishing a
Meditation Practice
Wednesdays,
March 6-27**

4:00 to 5:00 PM, Aerobics Room (OC) (four sessions) \$60. Instructor: **Michelle Jamieson**. The path

of Meditation involves slow and steady cultivation of the mind. The benefits of mindfulness and contemplative practice are real, tangible, and can be experienced by anyone who practices with proper guidance. To experience these benefits directly, we need to take time in our lives to practice. We must give our minds the right conditions for the powers of wisdom and concentration to grow, which includes refining our understanding of the teachings and ensuring that we are using the techniques properly.

Mindful Movement

Experience with mindful movement of the body that helps create a link between the mind and body that quiet our thoughts, unwanted feelings and prepare us for creating positive behaviors. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.



***Tai Chi Qigong L1
Tuesdays, March 5-26**

1:00 to 2:00 PM, Aerobics Room (KS). \$44 (four sessions). Instructor: **Peli Fong**. Tai Chi is a century-old practice that focuses on soft and gentle movements known as postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi offers harmony of the mind and body as it relieves stress and induces relaxation. Through cultivation and flow of the body's life force known

as "Chi," this form of exercise has been known to improve a variety of ailments. People of all fitness levels will benefit from this complementary health system.

***Tai Chi Qigong L2
Tuesdays, March 5-26**

2:00 to 3:00 PM, Aerobics Room (KS). \$44 (four sessions). Instructor: **Peli Fong**. This class is for Tai Chi and Qigong students who wish to bring a higher awareness and understanding of 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 forms. In addition, you will learn the Qigong sets of movements. Qigong paired with stillness, and moving meditation will improve body mechanics, muscle memory and tone while increasing the understanding of these century-old art forms of health, mindfulness, and wellbeing.

Got Real Estate Needs???
You know my face,
I know the market!
Please contact me for a
free market analysis
Tony Williams
(916) 521-3400
Tony @TonyWilliams.com
BRE # 01390054
COLDWELL BANKER
SUN RIDGE
REAL ESTATE
Each Office is Independently Owned and Operated

Rebark Time, Inc.

- Year round services
- Our color enhanced material holds its color for years!
- Ask about our weed Abatement programs



We also offer:

- Complete landscape design
- All tree and plant installation
- Tree and shrub fertilization
- Pruning and thinning
- Irrigation and lighting

Easily understandable irrigation drip timers



Call for a free estimate
(916)-764-7650
www.rebarktime.com





**3 Rooms & Hall for
\$75 + FREE
Whole House Deodorizer**

**TILE & GROUT CLEANING
UPHOLSTERY CLEANING**

- Free estimates
- Weekend Appointments Available
- Powerful Truck Mounted



916-580-5182



Family Owned & Operated • Licensed & Insured



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



DAYCATION
Social Senior Day Program

*Expert care for those
with dementia.*

We're here to Help!

State license #317005915

M-F flexible start times. Rates as low as \$132 a week
(916) 899-6166 | www.daycationforseniors.com

NEW LEGACY LANDSCAPING



**15% OFF COMPLETE
LANDSCAPE PACKAGES**

- SOD - PLANTS - PAVERS
ALL TYPES OF CONCRETE - PATIO COVERS
GAZEBOS - RETAINING WALLS - PONDS - WATERFALLS
IRRIGATION AND DRAINAGE SYSTEMS - TREE PRUNING
NEW BARK OR ROCKS - HILLSIDE CLEANUP
INDOOR/OUTDOOR PAINTING - ALL TYPES OF INDOOR FLOORING

CALL ANDY LE FOR A FREE ESTIMATE!
CELL 916.213.9003 | OFFICE 916.363.1948
LIC. # 988769 BONDED & INSURED

DODGE ELECTRIC

Stephen Dodge
Over 35 years experience

916-626-9190

Security Lighting • Ceiling Fans • Recessed Lights
Dryer Circuits • Golf Cart Circuits • LED Lighting

Free Estimates • Cont. Lic. #964034



RAY'S
CRYSTAL CLEAR WINDOW CLEANING
530-680-3463 Lincoln, CA.

**FALL and WINTER
Window and Gutter Cleaning Special**

Up to 10 windows inside and out includes
screens and tracks only \$99.00
Complete Gutter Cleaning SPECIAL as low
as \$89.00

Call today for your FREE estimate

Ask about our professional pressure washing service

Ray Wooner - Owner
Local Family owned and operated

For all services visit: www.rayscrystalclearwindows.com

Lic. #GSD01698

Money Matters

Classes that encourage a healthy state of well-being while preparing financially for the future. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.



***Intro to Investing With Russ Abbott** **Tuesday, March 26**

10:30 AM to 12:00 PM, P-Hall (KS). \$5. Instructor: **Russ Abbott**. The average person spends

a lot of time reading articles, and website hits on how to navigate markets, gauge the next recession or correction, debate politics effects, worry, fret, you name it. However, many don't take the time to learn the basics of investing that can get them through any market, anytime with a long term plan.

Nutrition

Learning experiences that can create optimal health through whole food nutrition as it relates to everyday life and weight or disease management.



Re-Start—Your Health in Just Five Weeks **Tuesdays, February 26-March 26**

1:00 to 2:30 PM, Multi-purpose Room (OC).

\$129 (five sessions). Instructor: **Audrey Gould**, Registered Dietitian, and Nutrition Therapy Practitioner. Restart is a five-week program with a three-week sugar detox built right in; the program focuses on how to use real food to boost your energy and cut cravings. Enjoy the side effects of weight loss, better sleep, increased energy and boosted the immune system. Discover how good you can feel when you give your body a vacation from processed foods and sugar.



***Produce with a Purpose: Tips, Tricks, Hacks, and Shortcuts!**

Thursday, March 21

4:00 to 6:00 PM, Placer (KS) \$45. Instructor: **Kerin Gould**. Did your doctor tell you to eat more fruit

and veggies? Now what? This month: Tips, tricks, hacks, and shortcuts! Knowledge is power, and in the kitchen, it is a time-saver and a game-changer. In our efforts to put more fresh super-foods on our plates, let's find ways to make it easier than ever, so the task is less daunting. Less work, more flavor, and nourishment! Demo, tasting and goody bag of farm fresh, pesticide-free produce included!

Personal Improvement

The following Personal Improvement classes are offered through the WellFit Department; registration is available at the WellFit front desks. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.



***Getting Your Stuff Together: Organizing Your Estate** **Thursday & Friday, March 7-8**

9:00 AM to 12:00 PM, Oaks & Gables (OC). \$30 + \$25 material fee paid

to the instructor on first day of class. Instructor: **Marcia VanWagner**. The unexpected happens unexpectedly. Are you organized and ready? One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is making decisions about accumulating, preserving, and distributing your "stuff." Estate organizing is getting it all in order so your plans are known and your wishes carried out. Create your individual Legacy Ledger™, your catalog of the legal, financial, and personal papers integral to your life. Be ready.



***Intermediate Sudoku** **Tuesday, March 26**

9:00 to 10:30 AM, P-Hall (KS). \$5. Instructor: **Russ Abbott**. Sudoku continues to be one of the most popular puzzles on the planet. If you have

started playing it and are comfortable with the easy puzzles but having trouble with the more difficult ones, this class is for you. Intermediate Sudoku involves going beyond just looking at numbers 1-9 to complete puzzles; rather certain basic techniques are needed which are discussed and taught in this class. Come learn and improve so your Sudoku journey can continue.



***Static in the Attic:
Understanding About
Memory and How to
Preserve it!**

Thursday, March 7

9:30 AM to 12:00 PM,
Multi-media Room (OC)
\$30. Instructor: *Dr. Alice*

Jacobs. Are you noticing

word grope syndrome and “senior moments?” Are you frustrated because you can’t remember names of people, but recognize faces? Come find out why this occurs and what you can do about it. This workshop covers current scientific information about components of memory, changes with age, and tips for improving memory and leading a brain wellness lifestyle. Facilitated by educational physiologist and founder of Brain Gain www.braingain.info. Extensive materials and hand-outs are included.

***Brain Gain™**

Thursday, March 28

9:30 AM to 12:00 PM, Multi-purpose Room (OC)
\$30. Instructor: *Dr. Alice Jacobs*. Come experience “Neurobic” fun interactive brain exercises. Join educational physiologist, Dr. Alice Jacobs, as we learn about the hemispheres of the brain and the predominant functions. We will then engage in hemisphere dominant exercises that provide both hemispheres of the brain a good workout. Do for your brain what you do for your body – all in a non-threatening, engaging, and fun environment that has you working in small groups. You’ll be surprised by what a good brain workout you’ll get – without a drop of sweat.

Pilates Reformers and Towers

Pilates Reformer Special!

Purchase two months of Pilates Reformer and get your third month FREE! For more information, please see ad on page 88.

Prerequisite: All Pilates Reformer classes require completion of the Introductory Reformer Session L1.

Membership packages require an agreement for auto-pay upon enrollment. Members select their monthly classes via the online scheduling system; these packages are not available online. See class grid on page 101 for a complete listing of Pilates Reformer classes.

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

**Introductory Reformer Session L1
Continuous Dates**

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 at the Fitness Centers.

Private Reformer Training

Private training is convenient and efficient. All private training is done by appointment only. When working one-on-one, our trainers will customize a reformer program to meet your specific goals. Most injuries are caused by hidden muscular weaknesses or skeletal imbalances. Pilates works to balance the body to bring proper alignment and function. For more information regarding Private Reformer Training, please contact Jeannette Pyle.

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$54.
- **Buddy Training:**
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$34 per person.



Danielle Lawlor
 Fitness Coordinator
 Danielle.Lawlor@sclhca.com



Personal and Clinical Training

Personal training is convenient, efficient and individualized for your specific goals. Whether your goals are strength, endurance or rehab related we have a trainer for you. All of our trainers are highly qualified and have different specialties and strengths. To learn more about personal training and/or clinical training or about our trainers and their qualifications contact Danielle Lawlor. You can also visit www.sclhresidents.com under WellFit/Personal Training/meet the trainers.

Training Services

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$54, half-hour session \$34.
- **Clinical Training:**
One client and one trainer. One hour session cost is \$60, half-hour session \$40.
- **Buddy Training:**
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$34 per person.
- **Assessment:**
Meet and greet trainer, talk about and establish goals. Trainer assesses ability level. One hour session \$30.

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 up quickly; please register at least seven days prior to class start date, no refunds. Participants must register prior to class start date. Events go on sale on the 17 of this month at 8:00 AM. Register at either Fitness Desks or online.

Are you a current SGT participant, but need some extra workouts; or does your schedule require a little flexibility with your SGT classes? Try our new SGT Drop-in Pass. \$25 per drop-in and you can take as many days as you would like of the eligible SGT classes. SGT Drop-in passes can be purchased at any time and saved for a later date. Please note not all classes are eligible for drop-ins. Please see the descriptions of each class.



SGT—Parkinson's Indoor Cycling Wednesdays, March 6-13

12:30 to 1:30 PM, Aerobics Room (KS). \$35 (two sessions). Instructor: *Milly Nuñez*. Have you or a loved one been diagnosed with Parkinson's disease? A trainer will guide you

using the premise of "forced exercise" (exercise that is beyond a voluntary level). Studies have shown many individuals that have been diagnosed with PD have experienced symptomatic relief when they undergo a regular exercise program with "forced exercise." The first class will include an assessment and bike setup. Participants must be able to sit unassisted on a spin bike, and heart rate monitors are required.

SGT—ParkinsonStrong Combo Fridays, March 1-29

12:30 to 1:30 PM, Aerobics Room (KS). \$70 (four sessions; no class March 22). Instructor: *Milly Nuñez*. Interested in the Parkinson's Cycle class, but don't think you could do an entire hour of cycling? Try this class to change it up. Milly will combine content from Parkinson's Indoor Cycling and ParkinsonStrong classes to create a class that helps improve the quality of life through meaningful exercise.

SGT—ParkinsonStrong Thursdays, March 7-14

1:30 to 2:30 PM, Aerobics Room (KS). \$35 (two sessions). Instructor: *Milly Nuñez*. Improve your quality of life through meaningful exercise. Exercise and movement are effective in delaying the progression and reducing the impact of symptoms. The class will emphasize focused movement, maintaining and increasing the range of motion, movement in all planes, low versus high-intensity movements, balance and coordination, multi-tasking, and more. Enjoy a group setting with a certified trainer who will lead and motivate the

class. All levels are welcome as the class will address modifications and progressions to keep participants motivated and engaged.

SGT—Fit 101 at Kilaga Springs L1
Mondays & Wednesdays, March 4-27

10:30 to 11:30 AM, Fitness floor (KS). \$135 (eight sessions). Instructor: *Max Alcantar*. Take this class and not only will you finish the class with a complete understanding of the new equipment, but you will also work on the TRX, weights, exercise bands, stretching, and more. By the end of the session, you will have a customized workout routine that includes settings and weights appropriate for you! This format is a great opportunity to work with a trainer and create a workout routine.



SGT—Fit 101 at Orchard Creek L1
Tuesdays & Thursdays,
March 5-28

12:00 to 1:00 PM, Fitness floor (OC). \$135 (eight sessions). Instructor: *Jared Young*. Starting a new experience may seem a little overwhelming. Fit 101 is a perfect place to start. This class

will incorporate a little of everything at our Orchard Creek Fitness Center. By the end of the session, you will have a customized workout routine that includes machine 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 fitness goals.



SGT—“Fun”ctional Fitness L3
Tuesdays & Thursdays,
March 5-28

12:00 to 1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Deanne Griffin*. Incorporate strength training and high-intensity interval training for optimal cardio-

vascular benefits. This team-oriented class focuses on “Functional Fitness” using a variety of equipment including TRX suspension training. 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. *This class is available for the SGT Drop-in Pass.*



SGT—Progressive Bootcamp L2/3
Mondays & Wednesdays,
March 4-27

4:00 to 5:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Danielle Lawlor*. Looking to change things up? Try this Bootcamp class that gives you progressive exercises

to accommodate each participant’s fitness level. The class will enjoy workouts in the Aerobics Room and the gym floor. A variety of equipment will be introduced and used for a workout you’ve never seen before. *This class is available for the SGT Drop-in Pass.*



SGT— Morning Burst Group Training L2
Mondays & Wednesdays,
March 4-13

7:15 to 8:15 AM, Aerobics Room (KS). \$70 (four 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 level while getting a full body workout. A full body workout will build balance, coordination, and strength in your entire body. Learn to use your body weight and various pieces of equipment available to you, including dumbbells, steps, TRX, and so much more! *This class is available for the SGT Drop-in Pass.*

SGT—Seasonal Sports Conditioning L2/3
Mondays & Wednesdays, March 4-27

2:30 to 3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Max Alcantar*. Looking to improve your fitness and sports performance? Take this class for these key components: power, strength, speed, balance, agility, coordination, endurance, injury prevention, and flexibility.

SGT—TGIF TRX & More L2
Fridays, March 1-29

7:15 to 8:15 AM, Aerobics Room (KS). \$85 (five sessions). Instructor: *Max Alcantar*. 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. This class is available for the SGT Drop-in Pass.

SGT—Posture, Core and Balance L1/2 Wednesdays and Friday's, March 6-29

12:00 to 1:00 PM, Aerobics Room (OC). \$135 (eight sessions). Instructor: *Max Alcantar*. Balance your body with exercises for proper postural alignment and a strong core. This class is formatted to accommodate a wide range of fitness levels and also includes the right stretches to allow for improved posture which can take pressure off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility.

SGT—Posture, Core and Balance L1/2 Mondays & Wednesdays, March 4-27

11:30 AM to 12:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Danielle Lawlor*. Balance your body with exercises for proper postural alignment and a strong core. This class is formatted to accommodate a wide range of fitness levels and also includes the right stretches to allow for improved posture which can take pressure off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility.

SGT—Balance & Fall Prevention L1 Mondays and Wednesdays, March 4-27

2:00 to 3:00 PM, Aerobics Room (OC). \$135 (eight sessions). Instructor: *Danielle Lawlor*. Learn simple stretches and exercises that will help improve balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

SGT—Balance & Fall Prevention L2 Tuesdays and Thursdays, March 5-28

3:00 to 4:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Danielle Lawlor*. Build on concepts learned from L1 Balance and Fall Prevention to keep working on more advanced strength exercises and balance challenges. A great class to try if you have already taken level one balance class but still want to continue getting instruction. Students are expected to warm up and stretch on their own before class as well as stretch on their own right after class; using warm up and stretches taught in the L1 class.

Special Event!

SGT—Pace Race Prep Fridays, March 29-May 3

8:00 to 9:00 AM, Kilaga Springs (KS). \$90 (six sessions). Instructor: *Milly Nuñez*. Have you ever wanted to successfully complete a 5K? Participants

will follow a guided training schedule with the coaching of experienced coach and runner, Milly Nuñez. Whether you want to “walk, run, or just have fun” this group will give you the confidence and endurance you need to succeed. Our goal is to have you ready to participate and complete the Lincoln PACE Race on Saturday, May 4. This class includes full registration to the Pace Race. See our ad on page 88.

Punch Pass and New Fast Class

New! We now offer Fast Class Passes for \$2.50. These Fast Class Passes can only be used on our new 30 minute classes. Please see the colored grids on pages 98-101 for days and times. We also still offer our Punch Pass classes for \$4.50 each. Purchase your Punch Passes or your Fast Class Passes at either Fitness Center front desk. There are no refunds for Punch Passes or Fast Class Passes.

For a list of class descriptions, please refer to www.sclhresidents.com under WellFit tab.



SPA

THE SPA AT
KILAGA
SPRINGS

MEMBERSHIP

Make Your Health a Priority!

The Spa at Kilaga Springs offers
Monthly Memberships for Massage
and Skincare Services!

1187 SUN CITY BLVD. | 916-408-4290 | KILAGASPRINGSSPA.COM

OC WellFit Class Schedule March 1-31, 2019

	Monday OC	Tuesday OC	Wednesday OC	Thursday OC	Friday OC	Saturday OC	Sunday OC
7:00	Athletic Stretch L1/3 - <i>Jen</i>		Athletic Stretch L1/3 - <i>Jen</i>				
8:00	Strictly Strength L3- <i>Katie</i>	Step for All L2- <i>Kim</i>	Strictly Strength L3- <i>Katie</i>	Step for All L2- <i>Kim</i>	Barre L2/3- <i>Gretchen</i>		
9:00	Zumba L3 - <i>Summer</i>	Core & Strength L2 - <i>Kim</i>	Zumba L3- <i>Summer</i>	Core & Strength L2- <i>Kim</i>	Cardio Plates L2/3- <i>Gretchen</i>	Yoga Basics L1- <i>Amy/Sara</i>	
10:00	Slow Flow Yoga L2/3- <i>Jennifer</i>	Yoga Flow L2 - <i>Ashley</i>	Arthritis L1/2 - <i>Linda</i>	Yoga Flow L2- <i>Jennifer</i>	Arthritis L1/2 - <i>Linda</i>	Yin Yoga L2- <i>Sara</i>	
11:00	Piloga L2 - <i>Cynthia</i>	Arthritis L2- <i>Linda</i>	Piloga L2 - <i>Lola</i>	Arthritis L2- <i>Linda</i>	Piloga L2- <i>Lola</i>		All Sunday classes have been moved to Kilgus
12:00	Yoga Stretch L1- <i>Julie</i>		SGT - Posture, Core & Balance L1/2- <i>Max</i>	Yoga Stretch L1- <i>Julie</i>	SGT - Posture, Core & Balance L1/2- <i>Max</i>		
1:00	Chair with Flair L1- <i>Julie</i>	Rest Meditation and Yoga L1 - <i>Iram</i>		Chair with Flair L1- <i>Julie</i>	Basic Chair L1- <i>Maria</i>		
2:00	SGT - Balance & Fall Prevention L1- <i>Danielle</i>	1:30-2:30pm Chair Yoga L1 - <i>Cassie</i>	SGT - Balance & Fall Prevention L1- <i>Danielle</i>				
3:00	Healthy Living Exercise L1/2 - <i>Milly</i>	Healthy Living Exercise L1/2 - <i>Milly</i>	Learn to Pay Attention and Focus <i>Michelle Jamieson</i>	Healthy Living Exercise L1/2 - <i>Julie</i>	Activities	SCLH Booking	
4:00	TBA	Activities	Establishing a Meditation Practice <i>Michelle Jamieson</i>				
5:00	TBA			Activities			
5:30	TBA		Mixed Levels Yoga L1-3- <i>Jennifer</i>				
Group Exercise Classes (punch pass) \$4.50 30 min Group Exercise Classes (Fast Pass) \$2.50							
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.							

KS WellFit Class Schedule March 1-31, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15							
7:30	7:15-8:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2 - Deanne	SGT - TGIF TRX L2 - Max		
8:30	Exercise Mashup L2 - Danielle	Zumba Gold L2 - Joanie	Power Vinyasa L3 - Deanne	Low Impact Sculpt L2 - Jeri	Zumba Gold L2 - Joanie	Low Impact L2 - Jeri	
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3 - Katie	Strictly Strength L2 - Linda	Cardio Strength L3 - Katie	Strictly Strength L2 - Jeri	9:00am Cardio Strength L3 - Kim
10:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2 - Gretchen	Piloga Flow L2 - Cynthia	Strictly Strength L3 - Valerie	Yoga Stretch L2 - Jeri	10:00am Zumba L3 - Carrie
11:30	SGT - Posture, Core & Balance L1/2 - Danielle		SGT - Posture, Core & Balance L1/2 - Danielle		WaiDan Gong L1 - Joan		
12:30		12:00pm SGT - Functional Fit L2 - Deanne		12:00pm SGT - Functional Fit L2 - Deanne			
1:00		1:00pm Tai Chi L1 - Peil	SGT - Indoor Cycling for Parkinson's L1 - Milly		SGT - Parkinson Strong Combo L1 - Milly		
1:30	Yoga Basics L1 - Amy	2:00pm Tai Chi L2 - Peil		1:30-2:30pm SGT - Parkinson Strong L1 - Milly			2:00pm Yoga Flow L2 - Ashley
2:30	SGT - Seasonal Sports Conditioning L2/3 - Max		SGT - Seasonal Sports Conditioning L2/3 - Max				
4:00	SGT - Progressive Bootcamp L2/3 - Danielle	SGT - Balance & Fall Prevention L2 - Danielle		SGT - Balance & Fall Prevention L2 - Danielle			
5:30		Yoga for Osteo L1 - Julie	SGT - Progressive Bootcamp L2/3 - Danielle	Yoga for Osteo L1 - Julie			
6:00		30 min. TRX Circuit L2/3 - New! Danielle		30 min. TRX Circuit L2/3 - New! Jeannette			
6:30		30 min. Burns n Tums L2/3 - New! Danielle		30 min. Burns n Tums L2/3 - New! Jeannette			
Group Exercise Classes (punch pass) \$4.50 30 min Group Exercise Class (Fast Pass) \$2.50							
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.							

OC Aqua WellFit Class Schedule March 1-31, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Works L2/3- <i>Jeannette</i>	OC	Water Works L2/3- <i>Marla</i>	OC	Water Works L2/3- <i>Jennifer</i>	OC	OC
8:30	Aqua Fitness L2- <i>Jeannette</i>		Aqua Fitness L2- <i>Marla</i>		Aqua Intervals L3 - <i>Jennifer</i>		
9:30	Deep Water Fitness L3- <i>Jennifer</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3- <i>Annette</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3- <i>Jeannette</i>		
10:30	Aqua Intervals L2/3- <i>Jennifer</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Making Waves L2- <i>Annette</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Aqua Intervals L2/3- <i>Jeannette</i>		
11:30	(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		
12:30	Aqua Pilates L1- <i>Annette</i>				Aqua Pilates L1- <i>Annette</i>		
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	Total Body Conditioning L3 <i>Jeannette</i>		Total Body Conditioning L3 <i>Jeannette</i>				
All classes are subject to change without notice. All classes are 55 minutes unless otherwise noted.							

Pilates Reformer WellFit Class Schedule March 1-31, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1- L2 - <i>Cynthia</i>	OC	OC	OC	OC	OC	OC
8:30	Ref Basics + L1-L2 - <i>Sarah</i>	Mixed Equipment L1-L2 <i>Julie</i>	Ref Basics L1 - <i>Cynthia</i>	Mixed Equipment L1-L2 - <i>Julie</i>	Ref Basics + L1-L2 <i>Sarah</i>		
9:30	Mixed Equipment L1- L2 - <i>Sarah</i>	Ref Basics + L1-L2 - <i>Julie</i>	Ref Basic L1 - <i>Cynthia</i>	Ref Basics L1 - <i>Julie</i>	Mixed Equipment L1-L2 - <i>Sarah</i>	Mixed Equipment L1- L2 - <i>Julie</i>	
10:30	Ref Basics L1 - <i>Valerie</i>			Mixed Equipment L1-L2 - <i>Julie</i>	Ref Basics + L1-L2 <i>Sarah</i>	Cardio Jump & Core L2 - <i>Julie</i>	
11:30		Ref Basics + L1-L2 - <i>Julie</i>		Cardio Jump & Core L2 - <i>Gretchen</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Mixed Equipment L1-L2 - <i>Valerie</i>	Ref Basics + L1-L2 - <i>Julie</i>
12:00							
5:30	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625-4034			
	Reformer Basic+ L1- L2 - <i>Julie</i>			Mixed Equipment L1-L2 - <i>Julie</i>			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							
All classes are subject to cancellation for insufficient registration 24 hours prior to class.							

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.sclhresidents.com

Need help? Email:

help.desk@schca.com

Public Website:

www.suncity-lincolnhills.org

-Administration-

Executive Director

Chris O'Keefe **(916) 625-4060** chris.okeefe@schca.com

Executive Assistant/Office Manager

Christy Goodlove **(916) 625-4062**
christy.goodlove@schca.com

Accounting

Director of Finance

Staci Erskine **(916) 625-4024** staci.erskine@schca.com

Communications & Marketing

Manager

Jeff Caponera **(916) 625-4057** jeff.caponera@schca.com

Community Standards

Manager

Sam McKee **(916) 625-4006** sam.mckee@schca.com

Facilities & Maintenance

Manager

Erik Rosales **(916) 645-4500** erik.rosales@schca.com

Membership

Karla Hearron

(916) 625-4068 membership@schca.com

Room Booking & Club Support

Coordinator

Shelvie Smith **(916) 625-4021** shelvie.smith@schca.com

-Lifestyle-

Lifestyle Desks

Orchard Creek (916) 625-4022

Kilaga Springs (916) 408-4013

Director of Lifestyle, WellFit & Spa

Deborah McIlvain **(916) 625-4031**
deborah.mcilvain@schca.com

Lifestyle Manager

Lavina Samoy **(916) 625-4073**
lavina.samoy@schca.com

Lifestyle Class Coordinator

Betty Maxie **(916) 408-7859** betty.maxie@schca.com

Lifestyle Entertainment Coordinator

Deborah Meyer **(916) 408-4310**
deborah.meyer@schca.com

Lifestyle Trip Coordinator

Katrina Ferland **(916) 625-4002**
katrina.ferland@schca.com

COMPASS

Editor

Theresa Renken **(916) 625-4014**
theresa.renken@schca.com

-WellFit-

OC Fitness Center (916) 625-4030

KS Fitness Center (916) 408-4683

Assistant Director of WellFit & Spa

Jonathan Leung **(916) 258-8289**
jonathan.leung@schca.com

WellFit Manager

Jeannette Pyle **(916) 408-4825**
jeannette.pyle@schca.com

Fitness Coordinator

Danielle Lawlor **(916) 625-4032**
danielle.lawlor@schca.com

-Food & Beverage-

Meridians Reservations (916) 625-4040

Meridians Delivery (916) 625-4044

Kilaga Springs Café (916) 408-1682

Director of Food & Beverage

Kristy Huskey **(916) 625-4049**
Kristy.Huskey@schca.com

Catering

Catering Sales Manager

Don Giles **(916) 625-4043**
Don.Giles@schca.com

-The Spa at Kilaga Springs-

(916) 408-4290

Spa Manager

Trudy Smith **(916) 408-4071** trudy.smith@schca.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

Lifestyle Desk (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	8:30 AM-5:00 PM
Saturday (first only)	8:00 AM-12:00 PM

WellFit (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

(hours subject to change)

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	7:00 AM-2:00 PM
Catering Office	9:00 AM-5:00 PM

(Tuesday - Saturday)

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

(916) 645-4501 Landscape Office

Curator Security, Inc.

(916) 771-7185

Golf Shop

Website: lincolnhillsgolfclub.com

General Manager, LH Golf Club

Tony Marino **(916) 543-9200, ext. 4**

Lincoln Police & Fire (916) 645-4040

Neighborhood Watch

Linda Minor **(707) 235-0778**

Pauline Watson **(916) 543-8436**

Lincoln Hills Foundation

(916) 434-0749

Neighbors InDeed (916) 223-2763

Library Contact (OC/KS)

Adrian Felice **(916) 408-4332**

Pulte Homes Customer Care

Norcal@delwebb.com

Board of Directors

Marcia VanWagner, President

Marcia.VanWagner@schca.com

Ken Silverman, Vice President

Ken.Silverman@schca.com

Molly Seamons, Treasurer

Molly.Seamons@schca.com

Hank Lipschitz, Secretary

Hank.Lipschitz@schca.com

Donald De Santis, Director

Donald.DeSantis@schca.com

Joe Stewart, Director

Joe.Stewart@schca.com

David Conner, Director

David.Conner@schca.com

Committee Chairs

Architectural Review Committee

arc@schca.com

Clubs & Community Organizations Committee

ccoc@schca.com

Communications & Community

Relations Committee

[crrc@schca.com](mailto:crcr@schca.com)

Compliance Committee

compliance.committee@schca.com

Elections Committee

elections.committee@schca.com

Finance Committee

finance.committee@schca.com

Properties Committee

properties.committee@schca.com

Please thank your advertisers and tell them you saw their ad in the *Compass***ACCOUNTING**AJ Kottman, **30****AUTOMOBILE**Auburn Toyota, **66**
J & J Body Shop, **35****CHURCH**Valley View Church, **27****CLEANING SERVICES**All Pro Window Cleaning, **86**
Dana's Housecleaning, **28**
Gold Coast Carpet & Uph., **80**
Joe's Carpet Cleaning, **92**
Jonny on the Spot, **60**
Junk King, **33**
Ray's Crystal Clear Windows, **92**
Sierra Home & Comm. Svcs., **39**
V&O Cleaning Service, **34****COMPUTER SERVICES**Affordable Computer Help, **34**
Compolve Computers, **31**
Jim Puthoff & Associates, **33**
PC & Mac Resources, **36****DENTAL**Denzler Family Dentistry, **42**
Jon Vongschamphen, DDS, **66**
Victoria Mosur, DDS, **64****DRYWALL**Drywall Magic, **36****ELECTRICAL SERVICES**Brown's Quality Electric, **86**
Dodge Electric, **92****EYE CARE**Sacramento Eye Consultants, **72**
Wilmarth Eye/Laser Clinic, **46****FINANCIAL SERVICES**Am. Pacific Reverse Mortgage Grp., **84**
Edward Jones, **16**
Reverse Mortgage Funding, **71**
TAD Executive Fiduciary Services, **50****GOLF**Electrick Motorsports Inc., **22****HAIR CARE**Kathy Saaty, **45****HANDYMAN SERVICES**A-R Smit & Associates, **39**
Bartley Properties, **26**
Home Handyman Services, **40**
L&D Handyman, **15**
Wayne's Fix-all Service, **84****HEALTHCARE**Acupuncture Medical Center, **10**
Placer Private Physicians, **54****HEARING**Gold Country Hearing, **51**
Miracle Ear, **86****HEATING AND AIR**Accu Air & Electrical, **84**
Good Value Heating & Air, **86**
Peck Heating & Air, **30**
Sierra Valley Home Corp., **54****HOME FURNISHINGS**California Backyard, **25****HOME IMPROVEMENT**1A Advanced Garage Doors, **10**
Ace Appliance Repair, **23**
Blind Corners, **22**
Cal-Rox Roofing, **38**
Carpet Discounters, **29**
Don's Awnings, **75**
Findley Iron Works, **12**
Hot Water Co., **69**
Knock on Wood, **54**
Nielson Fine Floors, **82**
O.Tile, **17**
Overhead Door Co., **84**
Screenmobile, **24**
Signature Surfaces, **18**
The Closet Doctor, **35**
Wallbeds & More, **42****IN HOME CARE**Dave Norman's Helping Hand, **60**
Home Care Assistance, **35**
Welcome Home Care, **53****INSURANCE**Allstate Insurance, **60**
Farmers Insurance, **24**
Pat's Med. Ins. Counseling, **57**
Nevin and Witt Insurance Svcs., **18**
State Farm, Christine Taylor, **92****INTERIOR DESIGN**Guchi Interior Design, **50****LANDSCAPING**Boulder Creek Synthetic Grass, **94**
CM Ponds & Stuff, **53**
Complete Ponds, **64**
Duran Landscaping, **13**
Geo Paradise Landscape, **16**
Martin's Landscape, **29**
New Legacy Landscaping, **92**
Rebark Time, Inc., **91**
Sanchez Home & Yard Service, **84**
Terrazas Landscape, **27****LEGAL**Gibson & Tuttle, Inc., **72**
Law Office Darrel C. Rumley, **49**
Michael J. Donovan, **45**
Robertson Law Group, **27**
Seasons Law, **35**
Vic DiMattia, **31**
William J. Sweeney, **64****LIVING STYLE CARE PLANNING**Silver Pathways, **29****MISCELLANEOUS**Electric Bikes, **43**
Visionary Design, **37****MORTUARY SERVICES**Cremation Society/Wagemann, **38**
Heritage Oaks Memorial Chapel, **86****NOTARY PUBLIC**A McClellan, Notary Public, **32****PAINTING**Dynamic Painting, **29**
Preferred Painting, **69**
Sorin's Painting, **84****PEST CONTROL**Noble Way Pest Control, **22****PETS**A Pet's World, **13**
Ben's Barketteplace, **58**
Classic Kennels, **22****PLUMBING**BZ Plumbing Co. Inc., **82**
Eagle Plumbing, **84**
Maples Plumbing, **70**
Ronald T. Curtis Plumbing, **86****PODIATRY**Lincoln Podiatry Center, **64****PROPERTY MANAGEMENT**Gold Properties of Lincoln, **72****REAL ESTATE**Carolyn Properties, **46**
Century 21 - Mary Olsen, **23**
Coldwell Banker/Sun Ridge, **68**
- Anne Wiens, **12**
- Don Gerring, **40**
- Donna Judah, **58**
- Gail Cirata, **27**
- Michelle Cowles, **15**
- Paula Nelson, **82**
- Tara Pinder, **49**
- The Gillis Group, **84**
- Tony Williams, **91**
Grupp & Assocs. Real Estate, **16**
HomeSmart Realty - Shari McGrail, **66**
Shelley Weisman, **60****SENIOR DAYCARE**Daycation for Seniors, **92****SENIOR LIVING**Ansel Park, **68**
Eskaton Village, **20**
Oakmont of Roseville, **25**
Summerset, **66****SHREDDING**RedDog Shredz, **32****SOLAR**Vivint Solar, **58****SPRINKLER SERVICES**Gary's Sprinkler Repair, **37**
Sprinkler Medic, **28****TRANSPORTATION**Apex Airport Transportation, **70****TRAVEL**Club Cruise, **104****TREE SERVICES**Acorn Arboricultural Svcs. Inc., **82**
Capital Arborists, **78****VACATION RENTAL**Maui & Tahoe Condos, **26****COMPASS** — A monthly magazine established August 1999**COMPASS Editor:** Theresa Renken 916-625-4014**Resident Writers:** Nancie Attwater, Joan Logue, Linda Lucchetti,Richard Pearl, Al Roten, Teresa Tanin **Layout/Design and Printing:** Fruitridge Printing

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. 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.



CLUB CRUISE

TRAVEL

Panama Canal Cruise Offers:



17 Nights | Sailing April 18, 2019

Interior Stateroom \$1999
 Ocean View Stateroom \$2299
 Balcony Stateroom \$3799

Sail from Fort Lauderdale, FL to San Francisco, CA and visit:

Cartagena, Columbia
 Panama Canal
 Puntarenas, Costa Rica
 Corinto, Nicaragua
 Puerto Quetzal, Guatemala
 Puerto Chiapas, Huatulco,
 Manzanillo, Puerto Vallarta,
 and Cabo San Lucas, Mexico

Includes airfare to Ft. Lauderdale, one night hotel stay in Ft. Lauderdale, and return shuttle from San Francisco to Lincoln!



15 Nights | Sailing Nov. 17, 2019

Interior Stateroom \$1999
 Ocean View Stateroom \$2199
 Balcony Stateroom \$3299

Sail from San Francisco, CA to Fort Lauderdale, FL and visit:

Cabo San Lucas, Mexico
 San Juan del Sur, Nicaragua
 Puntarenas, Costa Rica
 Fuerte Amador, Panama
 Panama Canal
 Cartagena, Columbia

Includes shuttle from Lincoln to San Francisco and airfare from Ft. Lauderdale to Sacramento!



19 Nights | Sailing April 21, 2020

Interior Stateroom \$2499
 Ocean View Stateroom \$2699
 Balcony Stateroom \$3299

Sail round-trip from Los Angeles, CA and visit:

Huatulco, Mexico
 Puerto Chiapas, Mexico
 Puerto Quetzal, Guatemala
 Panama Canal
 Puntarenas, Costa Rica
 San Juan del Sur, Nicaragua
 Manzanillo, Mexico

Includes round-trip airfare to Los Angeles and shipboard credits!

Why Choose Us as Your Travel Agency?

- Experience:** We have been booking travel since 1991 right here in Placer County
- Trust:** We are the only Trusted Travel Agency by the Department of Homeland Security
- Know How:** We have been there and done it. We know how to make it happen better.
- Representation:** If things go wrong, we will fight for you to make it right.

Look for our FLYER Insert

Call or come visit us today!

CLUB CRUISE & Travel • 916-789-4100

Visit us next door at 851 Sterling Parkway, Lincoln CA

Shop local and support your community. Trusted Agency by US Department of Homeland Security & TSA. We offer TSA Pre-Check Enrollments, Passport Photos and Renewals.

Ask about Military Discount and Credits. Fares are per person, based on double occupancy. Please come visit us M-F 9am-5:30pm. We're local!

