

October 2019

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



20th Anniversary Celebration 58

The Official Magazine of Sun City Lincoln Hills

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On the Cover - Before and After. Look How We've Grown!





Board of Directors' Report

20th Anniversary

David Conner, President

This month is the 20th Anniversary of Sun City Lincoln Hills. The construction and home sales began at the end of last century by the Del Webb Construction company founded by Delbert Eugene Webb who would have turned 100 years old in 1999 coinciding with our construction start up.

Mr. Webb had a unique knack for building something extraordinary out of and in seemingly worthless locations. His vision included building communities for those of retirement age who had shared like experiences and providing amenities and activities so that one could enjoy and live their whole life. So often I think that once we quit working we mistakenly feel that concludes who we are, or ever will be. For myself, I decided long ago that would not be the case and continue to build my life resume.

One of my biggest joys I see in our community is the volunteerism and community service. The teachers, coaching, and involvement in community affairs are heartwarming and show who we really are. I have often thought a committee of elders

might be worthwhile. Thomas Jefferson sat on such a committee with two other former presidents, and of course they blew everyone away with their experience, wise counsel and decisions. Why not?

I was recently recuperating from a Beach Boys concert and meandered out with a cup of coffee inspecting our lawn and stage area. I noticed the trees are bigger over by the swimming pool and offer shade to the performers and crowd almost right at show time. I recall when those were planted some dozen years ago. We have to wait sometimes for the good things but at this age I'm searching for more immediate improvements and gratification for our community.

We are going to have to raise the monthly dues next year, and I apologize for that, but we simply must pay our way and not kick the can down the road. I'm told the fee was \$87.00 a month, 20 years ago. We try to make the best decisions possible and hope the residents feel confident and secure.

So, Happy Trails and amenities and peace to all, and thank you all for sharing this special time.



*At the September meeting, the Board of Directors
Picture Molly Seamons.*

atkins, Hans Fokkema, Robert Copp, Fred Raach and

Calendar of Events

October 17, 2019 – November 16, 2019

Date	Event	Page #
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11/14	Hypnotic Journeys	91
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11/15	Brain Gain.....	94
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From the Executive Director's Desk

Chris O'Keefe, Executive Director,
SCLH Community Association

Welcome to the October *Compass*! – Time, to quote the great John Prine, “Time don’t fly – it bounds and leaps.” That is certainly true as we near the 20th Anniversary of our wonderful community.

A 400-word article cannot hope to express all of the things that have occurred over the past 20 years, so I will not attempt to do so. What does become crystal clear is that it’s not so much the events or accomplishments over the years, but the people that truly stand out in our memories. It is usually not the major happenings, but the small acts that stand out: the neighbors helping the new resident, the committee member who takes the time to assist staff reach a positive outcome, the staff on set-ups who help a resident carry their things in, the catering person who helps a resident get through their Celebration of Life event.

Thousands of small acts over the years have helped to define the culture of service for others that exist at Lincoln Hills. There has never been a time where we have reached out for help and did not see our residents and staff come through. It is a culture we can take pride in.

I’ve been fortunate in the 17+ years that I have been here to be able to interact with so many great people. Their kindness, generosity, and willingness to share their life experiences have helped me on many occasions, and I am grateful and humbled by the gifts that they have shared. I am a better person for it.

Personally, I can point to many things I am proud of: our outstanding facilities and landscaping, and my role in the solar and CEF projects among others. However, I take far greater pride in seeing the development of the team we have in place. They are committed, capable, and passionate about what they do. We truly have the best team around. With a capital “B” and a capital “T.”

When I see people walking the hallways for the first time and see the looks on their faces, I am reminded that Del Webb got it right 60 years ago and that we have carried on the legacy today. It’s been a great 20 years – let’s dedicate ourselves anew to making the next 20 even better.

Listening Post Update – Chris O’Keefe, Executive Director

The September Listening Post was again well attended with 80 folks in the audience (I counted!). We had a few guest speakers, starting with Deborah McIlvain, Director of Lifestyle, WellFit & Spa and Lavina Samoy, Lifestyle Manager providing an update on the 20th Anniversary events. I hope you will be able to take part in some or all of the activities the team has put in place. It will be a great opportunity to celebrate our outstanding community.

Next up was Nancy Gabriele, our Human Resources Manager, who talked about some of the challenges involved in providing staff for the Association. Most folks do not understand the difficulties our location presents when looking to obtain qualified candidates. Lincoln does not have a deep labor pool, and the competition for talent is immense. Two examples are the Hard Rock Casino that will be opening this winter. They expect to hire around 1300 people to staff their operation. The Thunder Valley Casino is adding a new restaurant and will need to add around 130 people to their organization. One more example would be the new Villa Sport fitness center which opened earlier this year. These are great examples of the challenges we will need to overcome.

Next on the list was Faye August, Strategic Planning team member, to provide an update on where the Strategic Planning team is. If you have a chance, log on to the website and watch Faye’s discussion. It was terrific, and you will come away with the knowledge that we have a great team in place to evaluate the strategic needs of our community over the next 3-5 years.

It’s great to be able to bring different members of the team in to speak at the Listening Post. It provides an opportunity for residents to meet and hear about different aspects of our Association. The more we can shed light and understanding on the complexities of operating a community such as ours, the better off we are as a team and as a community. It’s amazing how often we receive positive and helpful comments that we can use after one of these presentations.

I look forward to the next Listening Post, and I hope you can attend. Thanks to all who have taken the time to attend and ask questions.

Listening Post meets on the 3rd Wednesday of each month. This is your opportunity to ask questions of our Executive Director and guest speaker, and their opportunity to Listen and provide answers. Please come join in the discussion.

Upcoming Association Meetings: October 15 – November 30

Listening Post	Wednesday, October 16, 9:30 AM, P-Hall (KS)
Finance Committee Meeting	Thursday, October 17, 9:00 AM, P-Hall (KS)
Board of Directors Meeting	Wednesday, October 23, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Wednesday, October 23, 11:00 AM
Board of Directors Executive Session	Wednesday, October 23, 11:30 AM
ARC/Architectural Review Committee Meeting	Monday, October 28, 9:00 AM
Elections Committee Meeting	Friday, November 1, 10:00 AM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, November 5, 9:30 AM
Compliance Committee Meeting	Wednesday, November 6, 9:00 AM
Properties Committee Meeting	Thursday, November 7, 9:00 AM, P-Hall (KS)
ARC/Architectural Review Committee Meeting	Tuesday, November 12, 9:00 AM
CCRC/Communication & Community Relations Committee Meeting	Tuesday, November 12, 9:30 AM
New Resident Orientation	Wednesday, November 13, 2:00 PM
Finance Committee Meeting	Wednesday, November 20, 9:00 AM, P-Hall (KS)
Board of Directors Meeting	Thursday, November 21, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, November 21, 11:00 AM
Board of Directors Executive Session	Thursday, November 21, 11:30 AM
ARC/Architectural Review Committee Meeting	Monday, November 25, 9:00 AM
Listening Post	Wednesday, November 27, 9:30 AM, P-Hall (KS)

Meetings in Orchard Creek Lodge unless noted otherwise.



Finance Committee Report

Fortunate

Stuart Gallant, Finance Committee

Our HOA is fortunate to have significant funds available for both our Reserves – allocated for the replacement of existing equipment and facilities – and our Community Enhancement Fund (CEF) – allocated for purchase of new facilities and equipment, or significant upgrades to either if warranted. The replacement of the common area fencing in our community is an example of Reserves use, whereas the CEF has been utilized for upgrades to our WellFit Centers and will be used for expansion of the needle arts area in Orchard Creek. We anticipate significant growth in the CEF as a result of the recently approved increase to \$3,000 of the Fixed Maintenance Assessment per house sale.

Out of a total of \$11.6M held by the HOA as cash and investments, \$6.8M from the Reserves is invested in our Fixed Income (bond) Portfolio (FIP). The FIP funds are invested in Federally insured Certificates of Deposit comprising about 58% of the portfolio, high-grade municipal bonds, comprising about 31% of the total portfolio and the balance in US Federal agencies (11%). All investments are in accordance with our Investment Policy Statement (IPS), adopted March 2015. The IPS is currently undergoing review along with our other accounting policies, as we evolve into

our 20th year and desire to maintain “best practices” for our invested capital.

Earnings on the FIP are in the form of interest payments and to some extent, changes in the market value. This year, in particular, our bond portfolio has risen in market value, because the value of bonds will rise inversely with interest rates, meaning that as interest rates fall, the value of the existing bonds will rise and vice-versa. However, we generally do not treat FIP gains as a means to “game the bond market” – it is designed primarily as a vehicle for preserving our capital, and thus, the investments are designed to be as risk-averse as reasonable.

This year we will be redeeming about 28% of our bond portfolio. We will need to reinvest those proceeds in other FIP vehicles in accordance with our IPS. With bond market yields being pushed lower by the Federal Reserve, it gets more difficult to achieve reasonable income on these risk-averse investments. However, that’s where our Investment Advisor plays a key role – to search out and evaluate the best investments for our needs! At the November meeting, our Investment Advisor (UBS) will provide a current update to our portfolio and its performance.



Architectural Review Committee

Time Flies

Carole Dummett, Chair

It doesn’t seem possible, but Sun City Lincoln Hills is celebrating 20 years this month.

I’ve often heard the statement, “Sun City Lincoln Hills is the Crown Jewel of the Del Webb Communities” and, though, I haven’t been to many others, somehow I think it’s true.

Many of us had never lived in an HOA before which could bring a little apprehension on knowing what to expect. I think the first reaction is “not sure about all these rules, regulations and compliance issues.” After a while, you begin to appreciate the overall beauty of the community and residential areas always looking well-manicured and pleasing to the eye. Understanding the value of Community Standards, ARC and Compliance comes quickly with a “huge sigh of relief” when the necessity of filing a valid complaint arises.

Throughout these 20 years, our Design Guidelines have been revised and updated many times with always keeping in mind what is best for the overall community. Currently, they are easy to understand enabling our committee members and homeowners

to make a fair and equitable decision regarding property improvements.

This committee is fortunate to interact with many homeowners bi-monthly, so we know “first hand” their willingness and appreciation to preserve this beautiful community.

I don’t recall the exact date, but the homeowners took over the Association around 2004. This was major and definitely took some time to work through issues and mandates. The end result speaks for itself with special thanks to the homeowners, staff, and many volunteers throughout the years. We can all be proud of our lovely community, and what about the escalation of our home values? WOW!

A big “THANK YOU” to our dedicated staff, Board members (past and present), Committee volunteers, (past and present), and last but not least the fantastic homeowners.

Hooray! We’re on a roll – let’s keep it going another 20 years.

You’re the best!!!





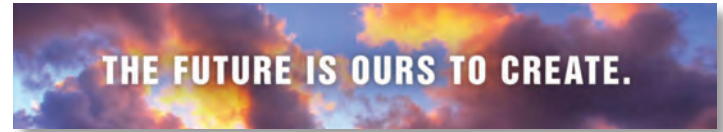
Compliance Committee Ready For the Next 20 Years

David Mateer, Chair

During the early days of Lincoln Hills, compliance was easy. Del Webb oversaw new landscaping, and all the homes and fences had been freshly painted. In the years that followed, the Association took over the responsibility of maintaining our community standards. Some informal spreadsheets for tracking along with phone calls and letters seemed to do the trick.

Fast forward to today. Fortunately, the leadership of our Association saw that as our community aged, the compliance process was not keeping up with the needs. So they put the ball in motion to ensure we maintain our community. The Community Standards Department has been working diligently during the past several years to implement new systems to manage the compliance process as well as streamline the work required. This included implementing Caliber in 2018. This was a substantial effort and has really paid off. All records for ARC applications, compliance items and other property records are now stored in the system and available at the fingertips of Association staff.

Another major recent change was the Community Review Program implemented in 2019. This added the proactive review of our community to augment the



compliance process, which is now in place. Today both processes are working together to ensure our community maintains the beauty and character envisioned when Lincoln Hills was established. Establishing and maintaining this program has been a major accomplishment for our community. The Community Standards Department and Compliance Committee diligently worked together for over two years to prepare for the successful launch of this program.

I have yet to talk about the most important part of maintaining our community. That is the great residents. Perhaps not everyone fully understood what it meant to move into a community with a Home Owner Association. However, the support from the community to embrace and uphold our standards has been fantastic. With lots of amenities, activities for everyone and great neighborhoods this is a wonderful place to call home.

With the programs, processes, and organizations we have we are well-positioned for the future to support our community going forward. The support and partnership with the members is what makes this possible and worthwhile. Let's celebrate the path that has taken us to the 20th Anniversary and look forward to a bright and fun-filled future.



Communications and Community Relations Committee We Hear You!

Kent Noard, Chair

To continue to keep the community informed, the Committee is working diligently on two exciting new projects.

As you may know, the minutes of all Board and committee meetings are available on the resident's website for your reading enjoyment, usually a month after the actual meeting. Recently, it was brought to the Committee's attention that we should consider providing highlights of these meetings to the community on a more current basis. This would be much like any newspaper reporting on the governance process. No opinions, just reporting. You can choose whether to scan, read, or ignore. But it is being sent to you; you don't have to go searching for it.

One of the committee members has taken on the role of editor to review the reporters' submissions prior to publication. These reports will be sent out through eNews within (we hope) one week after any particular meeting. Since this is new to us, we need to develop the process going forward. We will start slowly but eventually, hope to include all Board and committee meetings. If you regularly attend committee meetings, (the Board meetings are pretty well-covered), have the

ability to write and would like to become one of our reporters, we would like to hear from you. (This is not a committee position, so there is no term commitment).

Our second project involves hearing about what is important to you. We've heard from many residents that we should really try to find out what the community thinks about certain issues, aka surveys. We recently were blessed with a committee volunteer that has a background in marketing and was willing to take on the task of setting up the process for community surveys and focus groups. Although in the beginning stages, we anticipate that you will be seeing the results of his (and his task force) efforts very soon. There are some important issues coming up in the coming months, and we are looking forward to hearing your thoughts. Stay tuned.

The Committee recently lost a member due to "terming out" and another member who has resigned. So, we are down to three members and me. We are looking to doing some great things for the community, but we need your help. If you are interested in being part of this exciting function, please submit your application.



Update on Reserves
Hans Fokkema, Finance Committee

This year there have been numerous comments suggesting that there may be a problem with our reserves and it is time to set the record straight. Our reserves are in good shape, and the 2019 Reserve Study prepared by the Browning Reserve Group is the best and most accurate we have had in our history.

We have reserves because the law requires us to do so. In addition, having reserves that provide the funds to replace items that we are obligated to maintain allows us to reduce undesirable fluctuations in our operating budget and homeowner dues. The current reserve study includes 1,202 separate components, each of which has an estimated current replacement cost, an estimated useful life, and an estimated remaining life. The complete study this year is 1,040 pages long.

During the first 15 years of our existence reserves were not given the attention they should have had, and reserve funding was at times sacrificed to keep dues artificially low. In 2017 the Reserves Task Force was established to review, correct and monitor our Reserve Study. Since then we have added more than \$3 million in components to the study. We also instituted an

annual review process with all department heads in January of each year to go over the reserve components for their area. We want the department heads to not only own their budget but their reserves as well. This review includes the current replacement cost, the useful life and the remaining life. The replacement cost must include sales tax, shipping charges and installation costs, as appropriate. In the past these additional costs were not included or were too low. Going forward, when performing their periodic inspections the Properties Committee will not only look at items that need to be repaired or replaced now (sometimes before the end of their useful life) but will also look at items that have reached the end of their useful life but could be kept in operation one or more years longer.

We have strengthened our controls over the process and developed procedures for both the development of the annual Reserve Study and the Reserve Procurement Process. During the coming year our primary focus will be on the procurement process.

In summary, our reserves are in good shape. We are not quite where we want to be yet, but we are getting closer every year.

Election News

RUN, BABY, RUN! CANDIDATES FOR BOARD OF DIRECTORS



- The filing period will close on October 16. The names of candidates for the Board of Directors is now posted in both lodges. They are also announced on eNEWS.
- Candidates are required to submit a Candidate Statement via email to the Executive Director no later than 4:00 PM, November 8.
- Members of the community not running for the Board may also submit a Member Issue Statement pertaining to Association issues of no more than 220 words to the Executive Director by November 8.
- The Member Issue Statement form may be picked up at the Association Membership Desk in the Orchard Creek Lodge.
- You will have the chance to hear Candidates state their position and respond to questions at Candidate Forums in January.
- Member Issue Statements may be presented at each of the three Candidate Forums to be held in January.
- Both Candidate Statements and Member Issue Statements will be published in the December *Compass*, and a hard copy will be available at information tables in both lodges.

For more information contact: Elections Committee at elections.committee@sclhca.com.

Date	Day	Event
2019		
September 16	Monday	Candidate Filing opens
October 16	Wednesday	Candidate Filing closes
October 18	Friday	Candidate Briefing Session
November 8	Friday	Candidate Ballot Statements due
November 8	Friday	Member Issue Statements due
December 10	Tuesday	Articles from Candidates due
December 20	Friday	Candidate yard signs may go up
2020		
January 13-17	Monday-Friday	Election Ballots mailed
Jan. 14, 16, 18	Tue, Thu, Sat	Candidate Forums
February 19	Wednesday	All Ballots due
February 20	Thursday	New Board seated

★ ★ ★ Team Member of the Month Award – September 2019 ★ ★ ★



oll
 Manager
 Austin Galovich, Lead Set-Up Technician
 Erik Rosales, Facilities & Maintenance
 Manager

Our “Team Member of the Month” Award is for Austin Galovich! Austin joined our Facilities Department as Set-Up Technician in May of 2018. He recently was promoted to Lead Set-Up Tech. Here are just a few quotes shared by our staff:

“Austin always has a smile on his face no matter what the challenge is.” “He is dedicated and spot on when filling the work orders for set-up and makes sure the client has everything they need.” “Austin works well with his team and is committed to excellence.” “He is reliable and will go the extra mile to get the job done!”

We are lucky to have Austin as part of our Team who strives for excellence with department challenges. Thank you Austin for your dedication and hard work to Lincoln Hills!



Let us serve you with a view

Meridians
 Restaurant & Bar

Congratulations to an Awesome 20 Years!!

Kristy Huskey,
 Director of Food & Beverage

In my time here, I have met so many people that are “original owners,” and they are still proud to call Sun City Lincoln Hills their home. It is amazing how far this community has come, and how the “forward-thinking” mentality is reshaping what a 55+ community should be about. We look forward to the next 20 years!

Meridians 10th Annual Crab Feed will be held on Monday October 21. If you did not get your tickets early, you have to wait until next year because we are sold out!

Look for a special ethnic buffet dinner on the last Sunday of every month from 4:00 to 8:00 PM. October 27 will be an Italian buffet, all you can eat for only \$19.99! See flyer or eNews for details.

Thanksgiving is around the corner, and reservations are already flying. Let us do the cooking for you while you spend precious and unforgettable moments with your friends and family. If you decide you just want to dinner at home, we are offering Thanksgiving To-Go again this year. Place your order between November 20 and 27. You can pick up your meal between 11:00 AM and 4:00 PM on Thanksgiving Day. See flyer or eNews for details.

Chef’s Recipe of the Month:

Pumpkin Cream Cheese Cookies
 Perfect for Fall!

Ingredients

For the Cookies:

- 2½ cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cloves
- ½ teaspoon salt
- ½ cup butter, softened
- 1½ cups white sugar
- 1 cup canned pumpkin puree
- 1 egg
- 1 teaspoon vanilla extract

For the Frosting:

- ½ cup (1 stick) softened butter
- ½ cup softened cream cheese
- 2-3 cups powdered sugar
- 1 tsp. vanilla extract (or vanilla bean paste if you’re fancy)

Directions

For the Cookies:

1. Preheat oven to 350 degrees F. Combine flour, baking powder, baking soda, cinnamon, nutmeg, ground cloves, and salt; set aside.
2. In a medium bowl, cream together the ½ cup of butter and white sugar. Add pumpkin, egg, and 1-teaspoon vanilla to butter mixture, and beat until well combined. Slowly mix in dry ingredients. Drop on cookie sheet by tablespoonful’s; flatten slightly with floured fingers (dough will be sticky.)
3. Bake for 13-15 minutes or until the edges are set and just turning golden.

For the Frosting:

1. Cream butter and cream cheese together. Slowly add powdered sugar and mix with an electric mixer until thick and creamy. Add vanilla and mix on high.
2. When cookies are cooled- spread frosting on top with an offset spatula.





The Communications Corner
Sun City Lincoln Hills Wins “Best Retirement Community”
in the “2019 BEST of Sacramento!”

Jeff Caponera, Communications and IT Manager

Once again, we are excited and proud to announce that Sun City Lincoln Hills won the award for Best Retirement Community, in Sacramento Magazine’s “2019 BEST of Sacramento”! The winners published in the upcoming Best of Sacramento October issue. Sacmag.com

Sun City Lincoln Hills has been a part of the Lincoln community since 1999 and this year’s Best of Lincoln voting results reflect not only the operational excellence in every department here but how much pride the Sun City Lincoln Hills Community has and the outside community that voted for us. Also, this year we won eleven awards for the Best of the Best in Lincoln.

- BEST Fundraising Event - Lincoln PACE Race
- BEST Happy Hour - Meridians Sports Bar
- BEST Live Entertainment - Sun City Lincoln Hills
- BEST Farmers Market - Sun City Lincoln Hills
- BEST Website - Sun City Lincoln Hills
- BEST Wedding Location - Sun City Lincoln Hills
- BEST Wedding Planner - Sun City Lincoln Hills
- BEST Day Spa - The Spa at Kilaga Springs
- BEST Massage - The Spa at Kilaga Springs
- BEST Skin Care - The Spa at Kilaga Springs
- BEST Meeting Place/Facility - Orchard Creek Ballroom



Campaigning is a big part of the Best of the Best awards. Digital and print ads are placed, and email blasts go out to solicit votes. It is a great and inexpensive way for all businesses to advertise their services.

Thank you for showing the Sacramento region why Lincoln Hills is the best community to live in. We encourage you to continue visiting and supporting our local businesses, making your community a success!



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Lifestyle News & Happenings
20 Years Ago and Beyond!

Lavina Samoy, Lifestyle Manager

I clearly remember how I felt when I first entered Orchard Creek Lodge for my interview. I was nervous, excited, and amazed at the grandeur of the community. The Lodge was in mint condition, having opened just two months earlier in May. Thankfully, Jeannine Balcombe (then Activities Director) and Carol McCarthy (Assistant Executive Director during that time) saw something in me and hired me. I started as a full-time Activities Assistant on August 1, 2000, under the Activities Department with the Community Association Management.

It was a time when Del Webb's Marketing Department was aggressively selling homes, and Sun City Lincoln Hills was on magazines, newspapers, and radio. We had the Del Webb bus to show off the community to prospective buyers, a Sales Pavilion for the models, Vacation Villas you could rent for the weekend to try SCLH living and extravagant sales parties to celebrate every 1,000 homes sold.

When I came in, the Association was an infant trying to find its footing and the lifestyle it would enjoy. We had a few groups, and room space was abundant. Can you imagine that? We used our little

Del Webb bus or the Lincoln City bus for short trips to Sacramento or on hikes to Auburn or Grass Valley. We held cooking classes in one of the model homes and offered dance classes in the Fine Arts Room whenever painting classes were done. We had holiday parties that sold out in a day, and we offered four to five parties in a row to include as many residents as we could, everything was new and exciting!

A lot has changed since. We are now 11,000 residents strong. Our rooms are buzzing with Club activities, classes, and meetings. We currently have 71 Clubs and Groups, two lodges, and use chartered buses for our trips. Our concerts and events present top-rate performers. We have grown from eight to 19 staff members! However, our commitment to provide

you a Lifestyle that is meaningful, exciting, fun, current and forward-thinking remains constant. We are here to provide you opportunities to create relationships, start new friendships and challenge your advancement. We promise to be your premier home for active living!

Please join us during our three-day celebration to commemorate our 20th Anniversary and create more happy memories (page 58).



See how young we look! Community Association Management

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WellFit News

Who are We and Looking Back on 20 Years

Deborah McIlvain, Lifestyle, WellFit & Spa Director

We started off by calling ourselves “The Wave at OC” and “Kilaga Springs Fitness,” and now we reference ourselves as WellFit by incorporating the Wellness and Fitness together. In the beginning, we offered cardio & strength classes. In 2006 we offered 74 classes, we currently offer over 130. In 2011 we started to diversify our program by adding mindfulness, wellness, disease prevention, nutrition, and Pilate’s reformer. Looking back at Orchard Creek – 2015 went from independent contractors to employees. 2016 we added a wellness room for Pilates Reformer. 2017 the cardio area received new flooring. 2018 we saw locker rooms remodeled, new furniture, new front desk, cardio equipment, and a new paint scheme throughout the building. Looking back at Kilaga Springs – 2014 we took down a wall and extended the fitness area into the lobby. 2017 brought in new flooring, paint and strength equipment. 2018 Kilaga Springs gained new cardio equipment and in 2019 new spin bikes. Other highlights 2016 Bowen was introduced and in 2017 the PACE race was established. We will continue to strive to give our residents the absolute

best in exercise classes, programs, Personal Training, equipment and staying current. Just remember being healthy and fit isn’t a fad or a trend it’s a lifestyle!

“Who is Danielle Merrill?” Her title is Fitness Coordinator. I remember the day I met Danielle, she walked into OC being her smiley bubbly self and said I’m relocating to the area are you hiring? We



immediately knew she would be a great fit! She was hired as a Personal Trainer in 2016. She came from the bay area, was experienced in working with our population and also working as a Physical Therapist Aid (PTA). She soon became one of the residents’ favorites and had a full schedule in no time. In 2018 she was promoted to Fitness Coordinator. She shares an office with Jonathan at KS; if you cannot find her she is teaching classes or with clients. She also works

on the *Compass*, schedules SGT classes, processes payroll, handles the inventory on small equipment and helps Jonathan oversee the KS gym. She just got married this year and lives in Lincoln. She is a dedicated aunt and looking forward to starting her own family soon. Thank you for all your hard work and keeping things fun around here!

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We See Red – And That’s a Good Thing!

Teresa Tanin, Neighborhood Watch

Neighborhood Watch is always looking for the next volunteer who is ready to be part of a great team. A team of neighbors who continue to work toward one main goal – to keep our community safe.

Now dressed in red shirts donning new logo(s) “We Love our Neighbors,” “We Love our Volunteers,” and “We Love Our Pets,” Neighborhood Watch volunteers represent a new team-building spirit. Mail Box Captains, Village Coordinators, Directors, Lost Pet Alerts team members, and support groups, are all excited about this new collaboration.

Red shirts were everywhere, as volunteers enjoyed special cakes, desserts, and prizes during the September 13, Free Dessert Volunteer Appreciation Celebration. Four volunteers: Captains, John Kirkwood, Marcie Perez, and Brenda Cathey; Co-Captains, Lezlie Chase and Nancy Dodgion; each received a special SCLH gift card after their names were drawn from a basket of

many candidates who had submitted their resident’s emergency contact information by August 15.

The word is out. Neighborhood Watch has embraced a new direction to improve on what has been a very successful organization. Improvements include simplified training methods utilizing minimal computer skills and streamlined communications for better time management.

The time to volunteer is now. Anyone interested in becoming a member of Neighborhood Watch, please join us on November 2 in the Multipurpose Room (KS) for our Annual Meeting. We will be honoring our five-year and 15-year volunteers and electing the 2020 Board of Directors. Come join us—we need you—*dressed in red!*

To sign up for Alerts or for information about our events, please visit our website, SCLHWatch.org or contact Pauline Watson at 916-543-8436 or frpawatson@sbcglobal.net.



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Easy Entry for Our 20th Anniversary

Al Roten, Roving Reporter

During this 20th year of Sun City Lincoln Hills, we are all able to experience automatic door access to main doors. Thanks to advances in sensor technology in the 20 years since our two lodges were in planning and construction, we no longer need to grab door handles or push an activation button. Over time, some of our primary access doors had experienced activation problems.

Earlier in 2019, Chris O’Keefe, Executive Director had received complaints about doors, and recommendations that main doors should be reviewed for access fixes. A bidding process was initiated with three-door manufacture/ installation companies to address updating of doors to



OC Wellness Center, New Doors

our four buildings. Evaluation of bids resulted in the selection of Stanley Access Technologies as the vendor to work with for solving modern door installations. Stanley was selected by Del Webb/Pulte when our lodges were constructed, so their solutions were more readily compatible for updated technology. A declaration of the Stanley brochure says, “We’ve combined innovative microprocessor technology with advanced engineering to create the safest, most durable and dependable automatic slide door in the industry.”

The total cost of the access door project is about



OCL Main Entry, New Doors

\$76,000. As is typical for this type of project, funds will come from both the Community Enhancement Fund and the Reserves. The first door to be replaced was the Orchard Creek Lodge main entry. This installation was met with universal acceptance and praise. Just approach the entry and doors silently slide open then close a few seconds later. One need not even say “Open Sesame” or “Shazam,” but you may if you wish! The second installation was for the double door entry to Meridians Restaurant. All primary access door installations will be completed by year’s end.

These installations are not specifically part of an ADA compliance effort, but they do provide ensured access to people with challenges, as well to all of us who are enjoying life in this fine community.



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Sun City Lincoln Hills Pioneers

Nancie Attwater, Roving Reporter

I interviewed four Sun City Lincoln Hills pioneers who were the first people to sign escrow and move into Village 16, twenty years ago.

The first residents to move in were Jack and Nakako Crump. While vacationing, they had spent time at Del Webb Palm Springs. They liked the atmosphere and the “feel” so they traveled north and found Lincoln Hills. They found a “spec” home that had just been finished, with the southern exposure they wanted. They immediately purchased the home. Jack said the best deal for him was a game of golf for \$20, including lunch. You just had to buy your own beer.

Jerry and Janet Venjohn traveled in an RV for a year trying to find a retirement area. They stopped in Sun City Arizona for one winter and saw an ad in the Sun Senior News for Sun City Roseville. They traveled north to see the area, but Roseville had no homes for sale, so they came to Lincoln Hills and saw the spec homes that were available here. They spent the night thinking about the home they saw and made their purchase the very next day.

Linda Hild was a real estate broker at Sun City Roseville. She had the advantage of monitoring the building over here while working in Roseville. She purchased her home in February 1999 and moved in the beginning of August as everyone else did. She took part in many of the activities, including Bridge and Mah Jongg. But her favorite class was ukulele lessons, and she remains an avid player today. Linda laughed when she told me the lodge didn't open on schedule, so the monthly dues were reduced. She also said it was exciting to watch everything take shape from the buildings to the landscape.

Finally, Norah and Robert Prouhet bought one of the spec homes as well. The size of the house was perfect. They became active at the lodge when the pool opened in March 2000. They drove on graded roads from their home to the lodge, because Del Webb Blvd. was only paved from Joiner Parkway to Orchard Creek. She has fond memories of the spectacular stars at night and listening to coyotes.

Living in an underdeveloped area, they all became friends quickly and relied on each other for help. Neighbor helping neighbor, the true pioneer spirit.



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Am I Go-Go, Slow-Go, or No-Go?

Shirley Schultz, Roving Reporter

This roving reporter wandered into a meeting the other day and found Lincoln Hills neighbors discussing the question, "How do you know when you need to move?" The upcoming 20th Anniversary celebration reminds me that I moved here thinking this would be my last move. Like many others I have learned that such a plan or expectation is not realistic, and hence it is a high priority to learn about options for where to live when I can no longer live safely here. Those who become knowledgeable about available options and how to access them are likely to make an informed choice with less stress if the time comes to make the transition.

The **Go-Go, Slow-Go, and No-Go framework** is a good tool for assessing where I am on the aging spectrum. Lincoln Hills is formally defined as an Active Adult Community which does not provide assistance or hands-on care for individuals. Such assistance and care have to be obtained from sources outside of the Association, such as family members, neighbors, or paid services. At some point my needs for assistance may exceed what I can realistically expect and afford from these sources. The need to move is not dependent on chronological age but on how well I can function and be safe in my living situation.

I am **Go-Go** if I am physically and mentally able to do all the things I need and want to do on a day to day basis. The long list of functional tasks in this group includes being able to accomplish all the Activities of Daily Living (ADLs) and being able to manage household finances, maintenance, and upkeep.

I may be **Slow-Go** if I am having some difficulty in accomplishing the forementioned items such as dressing, bathing, walking, driving, shopping for and preparing food, yard maintenance, paying bills, and a long list of day-to-day tasks. I need some assistance.

No-Go means I can no longer live safely in my situation without having assistance or monitoring. I have the option to stay at home with assistance, more in with my kids, or move into a facility. In-home care is likely the most expensive, but so is a facility. What are my financial resources? What option can I afford?

"Where will I live?" Learning my options now will help avoid crisis later. See website: www.lhwiseagers.com.

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Water Volleyball: Wading to Excel

David Wright, *Roving Reporter*

On any given Saturday morning, the Kilaga Springs Fitness Center Pool resembles a shark feeding frenzy. Schools of bobbing bodies energize the once glass-like water into torrent waves. Boisterous shouts bounce off windows and rafters. In the 20 year history of Lincoln Hills, water volleyball has grown from an appetizer to a main course on the sports menu. The Water Volleyball Club did not officially splash down until 2006. But four years earlier, an ad-hoc group of pioneers launched the game.

Randy Rasmussen, then a new Lincoln Hills resident, was recruited to join fellow neighbors in testing the waters by moving conventional volleyball from the lawn to the pool. The theory was to create a sport for skilled seniors with less opportunity for injury. Overlooking the occasional smashed noses, sprained fingers and jammed thumbs, playing in a pool provided a kinder, gentler in-your-face activity.

Some early clever players fashioned a makeshift net out of PVC pipe and adapted the outside game for the pool. All the equipment was donated by the players themselves. Randy went from engineering missile tests during his 42-year career at Lockheed to engineering team rosters. He was one of the captains who divvied up the pool of players—encouraging equal talent on all teams.

Beginning with only a few dozen residents



playing informal games three times a week during pool availability at Orchard Creek, the sight of these aquatic athletes generated a spiking interest. Spectators became players, popularity tidal-waved, and just like that, the Lincoln Hills

Water Volleyball Club became a formalized entity. The club eventually negotiated a permanent Saturday morning time slot when the Kilaga Springs pool was completed.

Now with 125 members, official rules, by-laws, and a steering committee, the club divides players into rungs based on their skill levels. Some are para-superstars. Some are wet-behind-the-ears rookies. Some are somewhere in between. But regardless of ranking, everyone plays. The two submerged courts allow for simultaneous games for both basic and advanced tiers. The schedule has expanded to include four weeknight sessions with even occasional matches against outside opponents like the William Jessup University Lady Warriors' Volleyball Team.

No longer playing due to health reasons, Randy owns a special love and pride for the game. He is confident the current and

future shot-callers have things well in hand. As new residents flow into Lincoln Hills, water volleyball will continue to enhance its net worth.



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In Memoriam



Anna McClellan

Anna was born in San Antonio, Texas but grew up in San Francisco graduating from Polytechnic High School. She married the love of her life shortly after and they had a daughter in 1968. After moving to Napa, she worked as a Court Division Supervisor at Napa Superior Court for 29 years. They moved here in 2015 where she then started her own traveling notary business, "Notary on the Go." She loved participating in the gym, fitness classes and papercrafts, where she made beautiful cards and made many friends. Anna went to Bingo every month and made more friends there. She will be dearly missed by husband, Jim, daughter Charlene, and so many others.

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*. No need to register just stop by and join in on the fun!

Compass distribution – You have seen your neighbors handing out the *Compass* each month 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.

Committee Openings

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

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

Committee applications are available at the Lifestyle desks (OC/KS) and online (sclhresidents.com>Library>Forms>Resident Forms).

Library News

Have you looked on the shelves beneath and opposite the windows? They are to your right as you enter the Kilaga Springs library. On these shelves we have large print books, books that don't fall into a regular category, self-help and health books. I just read a self-help book titled "*Being Mortal*" by Atul Gawande. He deals with the question to doctors when they take an oath to save people or when to let them go. It is a very interesting conflict.

Thanks to all of you that have graciously donated books to our libraries. We always appreciate books that are published 2013 or later and in good and usable condition. When returning the books, just place them on the rolling carts. Our volunteers will log them in and return them to their proper place.

Another good book is "*The Pearl Thief*" by Fiona McIntosh. It tells the story of a curate at the British Museum who recognizes the Byzantine pearls and opens up a hunt for the thief who took them. It is a story of WWII and what happened when Mossad gets involved.



Contacts:

Contacts: Sandy Melnick at 916-408-1035 for donations; Ruth Poelmann at 916-408-4419 for investment materials; Adrian Felice at 916-408-4332 for volunteers; and Bobbi Swenson at 916-543-6362 for the Community Living Room (OC).



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*Cheers to
20 Years!*

ANNIVERSARY EVENT FAQ'S

Do I have to sign up to play a sport to come to Sports Day?

No! Feel free to come and enjoy this event as a spectator.

Can I reserve my spot on the Amphitheater lawn for the Closing Ceremonies?

Yes! Bring your outdoor chairs not to exceed 36" height between 5:00 AM to 2:00 PM.

Will there be food and drinks available during the Closing Ceremonies?

Yes! Closing Ceremonies will have the same F & B set up and follow same Guidelines as the Summer Series.

When can I purchase tickets to Closing Ceremonies?

\$10 tickets are on Sale now until 3:30 PM on October 26 at the Lifestyle Desks (OC/KS) and online.

Are children allowed at the Anniversary events?

Community Day: Yes! This event will have lots of fun activities planned for all ages.

Closing Ceremonies: Sorry, this event is for adults only.

Please see the ad on page 58 for more information.

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Club News



Amateur Radio

Welcome to three new members to the ARG. The ARG provides emergency communications should local authorities call us for assistance. However, to ensure that support the ARG must overcome the challenges of living in a community with highly restricted HOA rules on radio use. We currently use UHF handheld radios, but these radios only cover part of the emergency frequency spectrum. UHF radios are not equipped for long-distance communications, high frequency, 3-30MHz, radios are needed. Revising HOA rules on the use of HF radios at home could significantly increase the ARG's ability to provide emergency communication. We hold a network at 7:00 PM Monday on 443.225 MHz, with PL of 1679. The ARG meet Mondays at 6:30 PM, website for location.

Contact: *Jim Darby 916-408-8599*
Website: <http://lharg.us>



Astronomy

Monday, October 21- Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM. The final two lectures on Radio Telescopes will be presented.

Lecture 23 - The First Atoms and the First Nuclei and Lecture 24 - The History of the Universe. Contact Morey Lewis at (mlewis_cc@sbcglobal.net) for more information.



Thursday, November 21 - Telescope Interest Group (TIG), Star Party at the Sports Pavilion at 5:00 PM. No TIG meeting in October. Contact Bob Collins at (bobpcoll@community.net) for more information.

Wednesday, November 6, LHAG General meeting 6:45 PM in the P-Hall (KS). NASA's Solar System Ambassador, Tim Pinkney will present "Our Moon - Then, Now, and Future Missions." For additional information, visit the LHAG website.

Contact: *Ron Yelton 916-587-3384, ryelton660@sol.com*
Website: www.lhag.org



Ballroom Dance

Welcome as we transition from Night Club 2 Step with Ed and Elaine to Fox Trot with Belinda/Nancy beginning on Tuesday, October 29 and continuing into November. Fox Trot was originated in the summer of 1914 by Vaudeville actor, Harry Fox in Pomona, California. This dance is a unique combination of both quick and slow steps, allowing for flowing movements

around the dance floor.

Club membership is \$7 per person annually, open to Lincoln Hills residents, sponsored guests, couples and singles. Lessons every Tuesday at KS: Beginners 2:00 to 3:00 PM, Advanced 4:00 to 5:00 PM, Open dance 3:00 to 4:00 PM. There's something for everyone.

Contact: *Ruth Algeri 916-408-4752*



Billiards

We are offering tournaments to all residents, men, and women. We have tournaments for beginners, intermediate, advanced. Please join us in the fun with the chance of meeting new people! We are offering free lessons at KS to all residents on Tuesdays, 9:00 to 10:00



Co-Ed winners
Joan Wendell, AJ

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

Our potluck lunch is October 23, 11:00 AM to 1:00 PM, at the Sports Pavilion. If you plan on attending, contact Sal. We



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Ken Reiss
Julie Africa

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are asking \$5.00 per person and a favorite dish to share. Hope to see you at this fun event.

For our November 11 meeting, John Garfein will present a program about the beautiful birds and nature of the Irawaddy River in Myanmar. His presentation also includes the temples, towns, and people of this unique region. Join us 1:30 PM at P-Hall (KS).



A Pheasant-tailed Jacana, one of Myanmar's many birds.

Upcoming day trips include Cosumnes River Preserve, November 1, with its waterfowl, shorebirds, and Sandhill Cranes and Yolo Bypass Wildlife Area, November 8, favorite areas for birdwatching and wildlife viewing. Contact: Sal Acosta 843-991-5188, quailrun@wavecable.com Website: www.lhbirders.org



Bocce Ball, Mad Hatters

We were 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



Mad Hatters teach Cub Scouts how to play Bocce

we play Bocce every Thursday morning at 10:00 AM. Beginning in May, through October, 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: <https://sclhresidents.com/group/pages/bocce-ball-group>



Book, OC

Lisa See, one of our favorite authors, wrote "The Tea Girl of Hummingbird Lane," our October 17 Multi-Cultural title. The meeting starts at 1:00 PM in the Multi-Purpose Room (OC). The plot describes the coming-of-age story of a young woman in an isolated region of Asia and family traditions

there. We will also be discussing plans for the Holiday Luncheon, to be held December 19.

November 21 – "The Woman in the Window" and voting for the books to be on the 2020 Reading List. Contact: catsickle@gmail.com Website: LHocbookcgroup.blogspot.com/wiki:ocbookgroup.pbwiki.com



Bridge, Duplicate

Duplicate bridge is love at first deal for many players. For others, it's an acquired interest that takes time to develop. To find out how much enjoyment the game can offer, you need to give it a chance and play several times. Bridge is ideal for seniors. It keeps minds engaged and provides an ongoing social outlet. Learn modern bidding or brush up on your game. Wonder if you're good enough to play? The answer is YES! The quality of play varies widely. If you play social or party bridge, we welcome new duplicate players every session. Games are played at Kilaga Springs, Wednesdays/Saturdays at 12:30 PM. Friday at 5:00 PM. Partners



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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.

Winners: August 22-First: Ralph Madsen/Chet Winton with high round of 1530; second: Edith Kesting/ Erika Wolf; third: Chris Jacobson/Chuck Dietz tied with Kay/Ben Newton. September 5 - First: Bev/Allan Blaine with high round of 2220; second: John Butler/Byron Hansen; third: Dee Cole/Ed Hartnett; fourth: Joanna/Alan Haselwood. September 12 -First: Byron Hansen/John Butler; second: Chet Winton/Ralph Madsen; third: Rich Guzy/Stam Mutnick; fourth: Mo Scarpitti/Donna Moore. Bev/Allan Blaine had high round of 2220, again!! September 19-First: John Butler/Byron Hansen; second: Rosanna Jensen/Kurt Wolff; third: Joanna/Alan Haselwood with high round of 2520; fourth: Jay Southard/Chet Winton. Reservations for first/third Thursday: Carla/Mark Green 916-844-5888.

Contact: *Reservations for second/ fourth Thursday: Joanna/ Alan Haselwood* 916-209-3392



Bridge, Social

We welcome all Social Bridge Players to join us every Friday. We play from 12:45 to 4:00 PM. Check-in at 12:15 PM in the Sierra Room (KS). We do singles' rotation. Reservations in October call Joanna Haselwood at 916-209-3392. For November/December call Jodi Deeley at 916-208-4086 or call Jaylene Gerdes, 916-871-8582.

Winners from August/September: First: Bette Dow, Flo Hunt, Jay Southard, Viren Sitwala, Pat Mullins. Second: Joanna Haselwood, Hiro Kumasaka, Theresa DeVito, Judy Olson, Byron Hansen. Third: CC Bullich, Bob Calmes, Ralph Madsen, Jyoti Sitwala, Linda Scott. Fourth: Mark Green, Jodi Deeley, Rick Rusconi (twice), Lorel Lindstrom. Congratulations to Sue Dumas/Ralph Madsen for 7 Spades Grand Slam! Our free bridge class is every Wednesday at 8:30 AM to 12:00 PM in the Card Room (OC).

Contact: *Pat Mullins* 408-202-1865, *pam7NT@gmail.com*



Bunco

In September, we welcomed four new players Silvana Sjostrand, Anita Santos, Diane Hall, and Judy Weaver. The morning started with many Buncos being called. The traveling bear was

all over the room before landing in front of Linda. As newcomers luck would have it Silvana won!

Bunco is a non-membership group with a \$5 'pay to play' fee. Bunco play is the third 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!

September Winners: Most Buncos - Karen Anderson; Most Wins - Silvana Sjostrand; Most Losses - Yvonne Rand, 50/50 - Diane Lundin, Traveler - Linda Bales. Next Bunco is Thursday, October 17.

Contact: *Kathy Sasabuchi* 916-209-3089, *ksasabu@icloud.com*



Ceramic Arts

Happy Fall to You-All. We're looking forward to two upcoming events. First is our 20th Anniversary celebration. The Ceramic Arts studio will hold an Open House on Saturday, October 19, from 9:00 AM to noon. Artists will be on hand to demonstrate various clay techniques including wheel-throwing and hand-building projects. Come by to see what's happening, talk with the artists and look at the beautiful work displayed in the room.

Our annual dinner and meeting will be held Wednesday, October 30, in the Ballroom and Secret Garden. We're looking forward



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Fall is a good time to think about focusing on an indoor creative activity. Sign up for a class, meet new friends, and have fun. Website: www.cagsclh.net



Chorus

Our mostly Christmas concerts are an annual tradition, so we're returning to the Ballroom on December 8-10 with "Music from Around the World." This title reflects the international, multicultural nature of what you'll hear, beginning with "An African Celebration." Great German and Italian composers—Bach and Vivaldi—originated our arrangements of "Gloria in Excelsis Deo" and "Et in Terra Pax." "Bring a Torch, Jeanette, Isabella" is a French carol; "Sleigh Bells" is a Ukrainian folk tune. "One Light" celebrates Hanukkah, and "Irving Berlin's Christmas" is a medley of favorites by that eminent Jewish-American songwriter. "Christmas...In About Three Minutes" contains snippets of 22 carols from here and abroad.



Our holiday concerts always

sell out, see pag 59 for times and ticket information and don't procrastinate!

Contact: *Suzanne Rosevold*
916-587-3035,
suzannechorus@gmail.com,
Website: lincolnhillschorus.org

Computers

Apple Users



Apple released many new products in September, including new iPhones, a new iPad, and a new watch. Apple iOS 13 was released, and iPadOS was introduced to provide features unique to the iPad.

The Apple User Group can help you better understand and use these products. The group offers presentations, learn-and-do seminars, workshops, tutoring, open labs, support, and more.



Andy Petro explains some of the essentials of iOS

September presentations included "Creating Photo Books" by Ken Silverman, "iOS 13" by Ken

Spencer, and "Apple Credit Card and Apple Pay" by Bill Smith. October presentations will cover maps and navigation, iPadOS, and the Apple Calendar.

Members are reminded NOT to install the Catalina MacOS, which is expected to release in October. See the website for more information.

Contact: *Helen Rains* 916-408-4505,
helen.lhaug@icloud.com
Website: www.lhaug.org

Computers

PC



Main meeting November 13, 6:30 PM P-Hall (KS). Don Wolfe, a recently retired United Airlines pilot, will discuss the computer use in the airline cockpit. As airplanes became more advanced, so did the avionics and various control processes of the flight. The pilot must be able to fly the plane without any computer



Don Wolfe

input, but this in actual flight is very rare, except for takeoff and landing, both of which may also

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be done by computer. The pilot is also the flight engineer, constantly monitoring the numerous gauges and engine analyzers.

Walk-In-Workshop: November 19, 1:00 to 3:00 PM in the Computer Lab (OC). Our more experienced computer members will provide assistance to any of our Club members who would like hands-on help.

Contact: Norman Seidenverg
916-209-3894, sclhcc@gmail.com
Website: SCLHCC.org



Country Couples

As mentioned before, Country Couples is much more than dancing. Certainly, dancing brought us together, but friendship and fun are what keeps us together. Besides classes our members go on tours, camping, travel near/far and have started card groups and game nights together. This kind of friendship develops over time, so join us and let's get started.

It's true, "Practice makes perfect," especially when dancing. We have many levels of dancers, and all started as beginners. Sign up for Beginner classes on Monday evenings, 7:00 PM at KS and then consider joining Country Couples Dance Club for just \$6 per year for our social dances and enjoy the many benefits. New

resident? Come join us and make new friends.

Irene Hesson 916-434-6804,
ininsc@gmail.com
Website: www.sclhcc.com



Cribbage

We welcome you to come join the fun at OC 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 noon. 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 winning player's stay. Each player keeps track of his or her own score. The weekly winners for August were: Wayne Peterson, week one; Lynn Bell, week two; Wayne Peterson, week three and Mel Switzer, week four.



Larry O'Donnell and his 28 point hand, a 1 in 15,028.

New players are always welcome!

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



Cyclists

On September 10, we had our annual picnic at the Sports Pavilion. We had 60 plus cyclists and their spouses in attendance. Good food and fellow cyclists, always an enjoyable combination. Our President, Ray Watkins, informed the group as to how the new "club membership" for Ride with GPS will allow every member of our group to map out a bike ride, walk or driving trip. In the past, only ride leaders had this ability. Once the ride leaders have signed on, the rest of our members will have the opportunity to sign in and start working with the application. You will now have the opportunity to plan bike rides, walks and auto trips anywhere in the world. Maybe now, more riders will consider leading rides.

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



Euchre

If you like to play trick-taking card games, you will love Euchre. It's simple to learn, yet there is some strategy to it! We meet on the second and fourth Thursdays of the month from 6:00 to 8:30 PM in the Card Room (OC). If you are new to the game, we will give you a few lessons before you come to our

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regular game, so that you will feel comfortable. All are welcome, but please contact us before showing up so that we can get a proper headcount for the game.
Contact: Clyde McFadden 916-408-3616, audreyjmcfadden@gmail.com



Fishing

Days are getting shorter, your fun to-do list isn't. Season coming to a close. Get your gear ready for storage. Folks fish in the winter, we are selective what we put away. I suppose Mexico or other parts where its warm are sui-



Scafe is working on his Bucket list

table for our old bodies. Sitting in our chairs or in a cool boat, sipping a cool one and fishing. And yes there are places one can still fish around here, but just thinking about the cold, gives me the willies with goosebumps, fair-weather I am. Check your fishing list, call a member, go fishing. Safety first, so always prepare. Second Monday each month, 7:00 PM, P-Hall (KS). Join our club - contact Ralph at ralphtonseth@comcast.net.
Contact: Henry Sandigo 415-716-0666, hsandigo@icloud.com



Food Adventures

Our local harvest season is well underway with numerous opportunities to visit local farms, ranches, and other food producers. Go to <http://www.placergrown.org/farmers-markets-whats-in-season/> for names and locations of the 100 + farms and ranches, wineries and micro-breweries located in Placer County. You can put together your own tour with friends or family. Harvest season sees lots of fair weather. Our local mandarin orange season harvest normally begins in early November and runs into January; the annual Mountain Mandarin Festival runs November 22-24 at the Auburn Fairgrounds in Auburn and attracts 40,000+ guests. Our monthly meetings are normally in P-Hall (KS) at 2:00 PM on the fourth Monday guests welcome. November's meeting, however, has been canceled so members can gather for our annual potluck supper.

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



Garden

Our last general meeting of the year (Thursday, October 31-Halloween-2:00 PM at KS) will feature Nancy Gilbert.

Nancy has an MS degree in Science Education from the University of Iowa and has worked as a naturalist, environmental educator, classroom teacher, landscape designer and consultant, and landscape architect /project manager for the U.S. Air Force. She will be speaking on "California Natives, Vines, and Shrubs." She and her husband were co-owners of a California native bulb nursery (Far West Bulb Farm) for 25 years. Nancy is cur-



Nancy Gilbert

rently the Horticulture Chair for the Redbud Chapter of CNPS. One of her favorite pastimes is photographing wildlife and native flora interactions. Available: Brown Bag Sales and 2020 Master Gardeners Calendars (makes great hostess gifts)!

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



Genealogy

Our next presentation will be held on October 21, 6:30 to 8:30 PM in P-Hall (KS). Our



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presenter, Jim Baker, is addressing "GEDMATCH," a basic introduction to GEDMATCH/GENESIS, an outstanding 3rd party tool that has several features that are essential to DNA analysts. Members should come a few minutes early to check-in and receive a door prize ticket for an Amazon Gift Card. After the meeting refreshments will be served and you can network with others who share your interests. The Genealogy Club will hold a workshop, "Introduction to DNA" on



Jim Baker

November 11 from 6:30 to 8:30 PM in the Fine Arts Room (OC). You must be a member to attend (\$20/yr). Check the LH Genealogy website for handouts and update. **Contact: Barbara L Branch** 916-543-8219, drbabsie@gmail.com **Website:** <https://lincolnhillsgenealogy.com>



Golf

Ladies XVIII

We are accepting membership applications for next year, beginning in November. Membership is open to Lincoln Hills residents. Several special tournaments during the year are

accompanied by luncheons that attract the majority of players. Contact our New Member Liaison/Co-Captain, Julie Storer, or Membership Chair, Valerie Green for more information. An Invitational tournament is slated for October, hosting many guest players. A special tournament, held monthly, is designed to honor the low net player across the field of players. So far we have Ofra Unger (Feb), Judy Emge (Mar), Cheryl DeWildt and Sandy Tamanti (Apr), Patti Tilton (May), Suzanne Hutchinson (June), Dee Arts (July), Judy Habecker and Kelley Royball (Aug), and Donna Sanderson (Sept) in the competition for NetChix of the year.

Lincsters

The Lincsters are having an active Fall. September 18 and 25 was the Club Championship. Play was on the Orchard Course (September 18), and on the Hills Course (September 25). Following the second day of the tournament was a luncheon and awards in the Secret Garden. The new club champion was named. On October 23 the Lincsters are hosting Taking a Swing at Breast Cancer. This will be a 9 hole tournament on the Hills. Following play will be a luncheon and awards in the tent. A check will

be presented to the Placer Breast Cancer Foundation. October 30 will be the Hocus-Pocus tournament; there will be costume judging, lunch, and unusual golf holes. Awards will be presented in the sports bar after golf.

Contact: Alyce Stanwood 916-645-1244, alyce@stanwood.us **Website: lincsters.com**

Golf Men's

August Four Man Scramble tournament gross winners: flight 1, Jason Hong, Mike Munro, Rodger Oswald, Paul Fellner, flight 2, Jim Smyrak, Phil Steinbock, Rich Yoshikawa, Glenn Arney, flight 3, Joel Kaufman, Charley Kendall, William Mayo, Dennis Beldon, flight 4, Monte Boatwright, Dean Brumley, Russ Galvan. Net winners flight 1: Bob Schoenherr, Tom Gorley, Doug Hinchey, Russ Lynch, flight 2, Gene Andrews, Frank Merlo, John Mickel, Bill Rapp, flight 3, Ron Balderston, Don Bowden, Jon Levin, Ike Ogata, flight 4, John Griggs, Rob Phillips, Mercer Tyson, George Wuschnig. October 7-8 is the Club Championship with the Penny Carolyn shoot out from 150 yards out on hole one of the Hills course. Congratulations to Lee Johnson and Rob Davies for holes in one!

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

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Hiking & Walking

Everyone is welcome to attend the club annual meeting on Thursday, October 17 at 3:30 PM in P-Hall (KS). Our guest speaker is sure to interest both nature lovers' and science enthusiasts alike. It's with our deepest appreciation we thank the outgoing Board of Directors for their dedication and two-year service to the club: President - Art McGrath, Vice President - Tess Devenish, Secretary - JoJo Johnson Felt and Treasurer - David Keeler. Job well done!



Thanks to Debbie for arranging our dinner at Pescatore Winery.

Mark Saturday, October 19 on your calendar for a pleasant hike in the South Yuba Recreation Area followed by lunch at the historic Washington Hotel. Hikes schedule may change so please check the website frequently. Our website is the go-to place for more information on hikes, walks or membership.

Contact: LHHikers@gmail.com

Website: www.lincollnhillshikers.org



Investors' Study

Our November meeting welcomes back Ben Keating of Hartford. Ben has been here a couple of times and has received very positive responses from our members. Also, for the first time, Brandon Montalvo, a colleague of Russ and Matt will be our opening speaker. Give him a warm welcome. Call Norm Quattrin if interested in the Active Investors' sub-group, which meets at 3:00 PM the second Monday of the month in the Multimedia Room (OC). Investors' Study meets the first Thursday of the month at 2:00 PM in P-Hall (KS). Bring your checkbook and sign up for our Holiday Party.

Contact: [John Noon 916-846-3372, thenoons@att.net](mailto:JohnNoon@att.net)



Lavender Friends

It's not the first time we've been asked the question: Why the color lavender in your name?

This time the query came from a woman attending last month's new resident orientation at OC. The answer: because lavender is the color that has historically been associated with the LGBT community.

The meet-and-greet, held in the hallway outside the ballroom, is an opportunity for new residents to get introduced to some of the

clubs and activity groups. A new resident who already has joined our club and another who is planning to join the club were among the passersby. Lavender Friends is comprised of LGBT residents and their supporters. For details, along with a calendar of events, go to our website.

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

Website: www.lavenderfriends.com



Club president Joan Lactis talks to a new resident.



Line Dance

We were asked to join the New Resident Orientation to present what our group might offer. On September 12, new residents assembled in Ballroom (OC)



New resident, Sara Vega, signing up for Line Dance

to find out all the wonderful things in store for them. Several new residents stopped by our table and asked questions pertaining to signing up and if they needed any prior experience. We offer an Absolute Beginner class where no experience is necessary.

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SCLH resident Gil Van Valkenburg
• Maui www.homeaway.com/368171
• Maui www.homeaway.com/368174
• Tahoe www.homeaway.com/275698
• CA BRE# 846243

We also host three socials a year, and next social will be Monday, December 2, at Kitchen (KS) at 5:00 PM. So if you are a new resident or have been lucky enough to have lived here a bit longer, check the *Compass* for dates and times of line dance classes and join us!

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



Mah Jongg, Chinese

If you're interested in starting the week off with some light-hearted fun, stimulation, challenge, and camaraderie, please join us on Monday morning to play Chinese Mah Jongg. It's easy to learn, somewhat addictive game played with a set of tiles. It must be fun because some of us have been playing here for over ten years! We are already equipped with everything needed to play the game so just show up at the Cards Room (OC) a few minutes before 9:00 AM, introduce yourself, and we will be happy to teach you the game if it's new to you. Official play begins at 9:00 AM (promptness is highly encouraged) and continues until Noon. We hope to see you soon.

Contact: Randy Fong 916-543-5389



Mah Jongg, National

We play every Tuesday in the Card Room (OC) from 2:15 to 4:00 PM. Per

Tom Sloper, "This game involves strategy, finding patterns, analyzing opportunities and making choices based on probability." Wow, sounds complicated. But once you get the hang of it you realize you're doing all that and having fun too. All are welcome. If you know how to play come join a table. Want to learn, call Fran Rivera 916-434-7061 for her January lessons given in her home. Our President Patty Kingston is stepping down after 2+ years, and Gerry Bell has agreed to take on the position. A big thank you to both of them. Hope to see you next Tuesday. We'll be there for our weekly fix.

Contact: Gerry Bell 707-696-2355, mrsvennug@gmail.com



Mixed Media

We always love new people and welcome you to join us the third Wednesday of each month at 1:00 PM in the Ceramics Room (OC). This month our meeting on October 16 features, Kerry Dahlin, as the guest speaker. She will have a super fun collage exercise. November 20, our meeting will have Jan Stephens

leading us with an art piece on Canvas. Members will get more details on general meetings in their emails. Don't forget to pay your yearly dues of \$15 at our next meeting if you have not done so.



September meeting we played, "Roll the Dice" and created art

Those who come to the November meeting will get the special challenge to work on through the Holiday months. Then bring the November challenge to the general meeting in January to share.

Contact: Nancy Griffin, griffinnancy70@gmail.com



Motorcycle

Last month the club enjoyed two great rides. On September 5, Bob Woerlee led an impromptu ride through the foothills to lunch at the Jackson Rancheria. On September 14, President/Road Captain Doug Sterne led the club's monthly ride. Traveling along old Highway 40, riders took in some great scenery along with lunch at the River Street Bar and Grill in Truckee.

The club has scheduled rides on the second Saturday of the month, March - November. If you like

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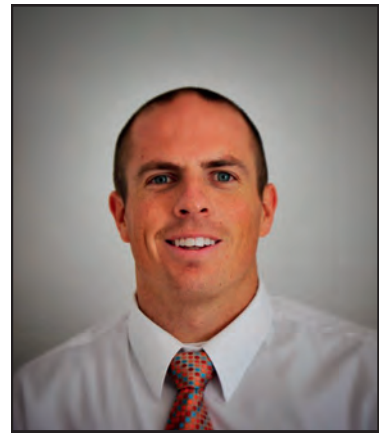
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June	\$305.95	\$133.81
July	\$352.78	\$133.81
August	\$175.75	\$133.81
September	\$157.58	\$133.81
October	\$171.11	\$133.81
November	\$166.09	\$133.81
December	\$193.72	\$133.81



Actual Enlite customer and bill above.



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motorcycle touring and have a roadworthy motorcycle or trike - check us out! The club meets on the fourth Thursday of the month at 5:30 PM Multipurpose Room (OC) The next meeting will be on October 24. "Ride Safe - Ride With Friends" Contact: Manny Perez 916-253-9121, manwil412@wavecable.com



Riders at the Highway 40 monument on Ophir Road



Music

Musicians and non-musicians alike participated on August 31 in the annual worldwide "Music On The Porch" celebration for the first time. Despite the heat, 15 residents came to sing and play. We met on Wednesday, September 25, and played "Cecilia," closed with "New York, New York" and jammed to "Crossroads." Mark your calendars for our Holiday Party/Open Mic on October 30, 5:00 to 8:30 PM, P-Hall (KS). We meet 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; the password is



Music On The Porch 2019

musicgroup. 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 Website: lincolnhillsmusicgroup.org



Needle Arts

General meetings are held the second Tuesday of the month at 1:00 PM in P-Hall (KS). October 8 the meeting featured a Wearable Arts Fashion Show. Members of the "We Have Art to Wear" wore outfits they created. November 12 our speaker will be from Kelsey's Needle Krafts in Placerville, a full-service needlework shop. Remember to bring your projects for show and tell.



Sylvia Feldman showing the bags made at the September workshop

Save the date for the Needle

Arts Holiday Luncheon, "Light Up Your Holidays," on Wednesday, December 11. More information to come. As a reminder, the Needle Arts President, Jean Storms, will keep members updated on the status of the Sewing Room Expansion Project through emails and at meetings. Check out the Needle Arts website for more information.

Website: www.sclhma.com



Neighborhood Watch

Our annual breakfast potluck meeting will be held November 2 from 10:00 to 11:30 AM in the Multipurpose Room (KS). All residents are invited to attend, just bring a breakfast item to share with ten people. During this meeting, Neighborhood Watch will introduce the present board members and officers. There also will be an election of new candidates for a director's position.

At this time, we'll recognize Neighborhood Watch volunteers who have served for five and 15 years. Their work has helped make SCLH a strong community.

If you're new to the community or haven't been involved with Neighborhood Watch, this meeting is a good opportunity to meet and talk with our volunteers. For reservations, call Pauline

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All residents are invited to November 2 breakfast potluck.

Watson at 916-543-8436 by October 29.

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

Painters



Program Chair, Margot Comer, is hard at work recruiting professional artists for our meetings in 2020. Thank you, Margot, for your efforts, which are much appreciated. Victoria Brooks demonstrated in oils in September and in October Cynthia Charters, retired UC Davis art professor, made a return visit.

Our Plein Air group, led by Jim Brunk, enjoys painting every



Victoria Brooks – demonstration September 2019

Thursday in and around the Lincoln area. Artists get to paint, sketch, and photograph as well as learn local history. Thank you, Jim, for taking the time to research where and when to go! Members work will be on display at Buonarroti Ristorante in Lincoln until January 10. This is our annual Open Members Show we hope you'll stop by to dine and see our work.

Contact: Joan Musillani – President 916-712-4393,

joanmusillani@gmail.com



Paper Arts

A bus trip to the annual "Stamp and Scrapbook Expo" in Sacramento is set for Friday, November 1. Members will be joining other crafty residents for a fun day. See the *Compass* for details.



Eileen Johnson and Elly Goleno

At our November meeting, we'll make table decorations for our annual holiday luncheon, December 10. Thank you, Sue

Dambrosio (Holiday Decorations Chair) for organizing the project. The dates for upcoming "Open Lab" sessions for members are October 17 and November 21, at 9:00 AM in the Terra Cotta Room (KS). Work on a project, use crafting tools you may not have, and see what fellow members are creating. We also meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS). Contact: Nancy Sealy 315-702-7986, nancyb1944@yahoo.com



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 look forward to seeing you there.

Contact: Denise Jones 916-543-3317



Photography

At our September meeting, one of our outstanding photographers, Truman Holtzclaw, took us through the elements that go into the wow factor of great

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Photo by Truman Holtzclaw

photographs such as lighting, composition, color, emotion, opportunity, planning and luck.

The summer has been jumping with field trip opportunities. Recent and upcoming trips include 'new moon' Galaxy opportunities, eastern Sierras and Lake Tahoe. Exhibit options abound. Sixteen members displayed their work at the coveted Orchard Creek Rotunda during September, while the Kilaga Springs Spa will continue to feature members images through November. Congratulations go to Bob Baikauskas for winning 'Best of Show' at the Art League of Lincoln Members' Show. The Learning SIG resumed with a refresher on composition. The Enhancement SIG is returning to the popular Photo Challenge.

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



Pickleball

Pickleball is giving back in more ways than one. Our September "fun"raiser for Canine Companions for Independence collected about \$2,700 for the assistance dog program.

We will team with softball to help make Christmas merrier for children of deployed troops at Beale Air Force Base and Sheridan Elementary School students. In November we will collect unwrapped gifts and cash donations at the courts. Cash donations will buy presents through a discount offered by Wal-Mart. Our goal is to top the \$3,000 raised last year.

Want to learn how to play? Free introduction lessons offered most Wednesdays at 1:00 PM. No reservations or paddles needed but wear tennis shoes. Our free Welcome Saturday introduction will be 11:00 AM October 19 and November 23.

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



Picnoche

We welcome all picnoche players to join us. Many of us have not played in years - but it comes back quickly (like riding a bike)! We meet in the Card Room (OC) every

Wednesday and Friday. We play Single Deck on Wednesdays, 5:30 PM and Double Deck on Fridays, 12:30 PM. We start playing practice hands 30 minutes before start time. On the first and third Thursdays at 4:30 PM we play Racehorse Pinochle, a version of Double Deck Pinochle with passing cards.

Contact: John Winning 916-408-2745,
jwinning1865@gmail.com



Players

On November 21, 22, 23, and 24 the curtain opens on Magic Moments – The Golden Age of Television in Ballroom (OC). In the "golden age" of TV – the 1950s – Americans became enthralled with those new little magic screens housed in overly large consoles in their living rooms. We'll have reenactments of favorite shows: "Sgt. Bilko," "The Honeymooners," "I Love



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Lucy," "The Ed Sullivan Show," and more. The reincarnation of celebrated songsters – the Chordettes, Crew Cuts, Sons of the Pioneers, Perry Como, Johnny Mathis, Elvis – will come alive in Lincoln Hills. This year, besides the two evening shows (Thursday & Friday), we'll offer two matinées (Saturday/Sunday 11/23 & 11/24). See page 59 for ticket information.

Contact: David Africa, President
916-708-0009, djafira@sbcglobal.net
Website: www.lhplayers.org



Poker

We play a variety of poker games every Monday and Friday starting 12:45 to 4:30 PM, Tuesday, new Omaha Night, starting 4:45 to 8:30 PM in Multipurpose Room (OC) 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 PM (Tuesday's). The new seating arrangement will eliminate people not being able to play because tables are full. Any questions, contact Lynne.

Contact: Lynne Barsky 916-253-3730



RV

It has been a very active year for our RV

Group. Rallies have gone from Southern CA to the Calgary Stampede in Canada while our Members have traversed the Country. October 10 we celebrated



RV Group Members
Jet Boating on the
Rogue River

Octoberfest at the Sports Pavilion complete with live music. Thank you Whites and Skars for great organizing. Our Annual Holiday Party is December 7 at Turkey Creek.

V.P. Susan Brenden has been lining up 2020 Rallies including San Diego, Ashland OR, Las Vegas, the Amador Wine Crush, and more. Rallies share fun dinners, golf, shopping, museums, theaters, and anything else the participants dream up.

Interested in RV'ing? We normally meet in the Placer Room (KS) at 4:30 PM on the second Thursday of each month where we discuss up-coming Rallies; gain RV education, and socialize. Contact: Steve Beede 916-752-6972, stevebeede5@gmail.com
Website: LHRVG.com



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

Schools are back in session, and volunteers are getting started in their

classrooms. Teachers need help with reading and math in groups or with individuals. They also need help with correcting papers, planning bulletin boards, printing worksheets, and other time-consuming chores. You choose the grade level, dates, and times you are available, and Cyndi will try to place you with a teacher who fits that schedule. You may be



Volunteer Diane Savoia in Ms. Wagner's class, First Street Elementary

asked to be flexible depending on the need.

The SCHOOLS annual meeting was held in September. Scott Leaman, Superintendent, spoke about plans in the school district and answered questions after his powerpoint talk. He is always interesting and enthusiastic.

Contact: Cyndi Colloton
408-410-8479, ccolloton@yahoo.com
Website: schoolssuncity.org



Scrabble

Anyone interested in joining a game of Scrabble is welcome to meet us any Monday afternoon at 1:00 PM in

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the Card Room (OC). All materials are provided and all levels of experience are welcome.

We would like to thank our member, Shari McGrail, for providing new edition large-print Scrabble dictionaries for our group, and helping out in many other ways. Come and try out a game of Scrabble with us!



Singles

Start the weekend with a great breakfast! Meet us on Saturday, October 12 at 9:00 AM in the Sports Bar (OC) for our Second Saturday breakfast. Dine Out will be at Tahoe Joe's in Roseville on Thursday, October 17, at 4:30 PM. Our famous and annual Halloween Dinner/Dance will be on Wednesday, October 23 at 5:30 PM in the Ballroom (OC) Celebrate member's birthdays on Sunday, November 3 at 4:00 PM in the Sports Bar (OC). For our Cocktail time, we will be staying in Lincoln and going to Casa Ramos on Thursday, November 7, at 4:30 PM. Saturday, November 9 at 9:00 AM is our Second Saturday breakfast in the Sports Bar (OC) Turkey Bingo is at 6:00 PM on Thursday, November 14 in the Ballroom (OC) Happy Thanksgiving!
 Contact: Susan Platt
 916-397-0850,
 foster.p.susan@outlook.com



Ski

Fifty-five members and guests enjoyed lasagna and potluck salads and appetizers during our annual pre-season party in September. With a little snow dusting already in the mountains, everyone is getting excited about the upcoming season. Many thanks to Sue Worrall who hosted the party in her beautiful home. Remember to join us and Fitness



Pre-Season Fun

Coordinator Danielle Merrill on October 17 in the Fitness Center's Aerobics Room (OC); bring your workout clothes! The subsequent general membership meeting is scheduled for November 21 at 4:00 PM in the Multi-Purpose Room (OC). Meeting details will be provided to members.
 Contact: Ken Spencer 916-258-2150,
 lhskiclub@gmail.com
 Website: LHSkiClub.com



Softball

After finishing 6th in the Summer League, Future Ford caught fire and went

through the playoffs undefeated to become the 2019 Rec League Champions. Congratulations to manager Karl Wenzler and his Future Ford teammates. Well done!

Interest in a women's softball team has been exceptional with over 50 women indicating they would like to participate. We have had several practice sessions and are working on scheduling some type of "women-only" competition at Del Webb Field. Kathy Signor and Sam Megason have been instrumental in heading up this endeavor.

The Fall League is in full swing with games at 9:45 AM, 11:00 AM and 12:15 PM on Monday, Wednesday and Friday through November 27. Sunday practices will continue, weather permitting. Check the website for details.

Contact: Biagio Cannistraci
 916-408-4679,
 beccannistraci@sbcglobal.net
 Website: lhssl.net

Softball, Coyote

Behind solid team defense, the Coyote 70's won the 10th Annual Rogue Valley Softball tournament



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Coyote 80's 2019 Invitational Champs

in Medford Oregon on September 7-8 winning four games and losing just one. The '70s will close out their season October 5-6 at Del Webb Field playing in the Sun Eagle Tournament which they won last year.

The Coyote 80's hosted the 16th Annual Coyote Invitational Labor Day weekend and were undefeated, winning the tournament. Playing against two teams from Redwood City and Sacramento, the '80s scored 78 runs in four games. Outstanding offense from Gary Jones, Pete Savoia, George Bungarz, Rowan Carlson, Forrest Burkett, and Ron Morin. Forrest Burkett made some great catches. That ends a very successful season for the '80s, who won three tournaments in 2019.

Contact: Gage Johnson 415-407-6833, gage.retired@gmail.com



Sports Car

It is amazing how you overlook great places that are near. That was the case when Dave & Helen Altstadt and Edy Ternullo lead us to the Frasinetti

Winery in Sacramento for a feast of history, delicious wine, and food. Willo diner above Nevada City was another great find which we all enjoy year after year. This is the best time to visit Tahoe and the Vikingsholm. Because of its popularity, this was our second trip this year.

We will celebrate fall with a tour to Apple Hill. The fall colors, back roads, and apple pie will make for a perfect tour. Soon, there will be a Halloween Party and Christmas party where we can enjoy the great friendships we have made over the years.

Contact: Jo Fratessa 916-408-7209, mfratessa4@icloud.com
Website: lhsportscars.com



Sun City Squares

If you have any interest in Square Dancing or are even curious, please come and check us out! If it has been a long time since you have danced, or, if you have lost a partner, we are very happy to help you learn again. We welcome singles as well as couples. Come and join us for a great time! We meet at KS. *Monday from 1:15 to 3:15 PM



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Contact: Sandy Cleaver 916-409-0409, slctravel@yahoo.com



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beneficial to them mentally. Seeing the physical improvement usually results in the desire to set personal goals, which is extremely beneficial because that becomes the new focus of attention. The veteran now wants to get up in the morning to work out and be with his/her buddies (comrades). This is the end result sought: focusing one's attention on something positive, which



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



Table Tennis

We are planning to sponsor two events for the 20th Anniversary celebration. On Thursday, October 24, we plan to have two tables set up at the Sports Pavilion. Volunteers will be there to keep score. All are welcome. On Friday, October 25, we will have a game set up at the Orchard Creek parking lot. Participants will try to hit a ping pong ball into fish bowls. Come out and join the fun! We are back in action playing on the newly refinished floor in the Multipurpose Room (KS). Times are Sundays, 9:00 AM to closing except the first Sunday of the month when play commences at 12:30 PM, Tuesdays, 6:00 to 9:00 PM, and Fridays, 8:00 to 11:00 AM. Tables are available to accommodate five skill levels.

Contact: Tim Frank 916-434-2525, timcfrank@gmail.com



Tap Company

We're excited to announce the 2020 Tap Show is scheduled for April 3, 4 and 5. The show will be co-directed by Becky Nicholson and Carol Rose. It will be a dinner show, with one-hour variety show

emphasizing dance. Auditions for singers and dancers will be scheduled at the end of October. Stay tuned for further details in the coming months. The Tap Company will perform a tap dance, Hot Honey Rag at the 20th Anniversary Show on October 25. We swung into a full schedule of tap classes. Whether you're new or a return tapper, there is a place for you. Check us out!

Contact: Louise Seidenverg 916-209-3894, lasrret@gmail.com



Tennis

As the 2019 years activities are coming to an end, make the best of the upcoming events by joining in. The Oktoberfest – October 26 is a MXD fun tournament – sign up as a single and switch partners each time. It is one of the most popular tournaments because of the fun format and the great German-style food. The social ladies are planning a tasty one.



Start getting into the holiday spirit! Men's Christmas Luncheon - December 12, Women's Christmas Luncheon - December 13, both at Turkey Creek, since we enjoyed having it there last year. Flyers for the above events are at the Pavilion and also on our fabulous website. New pictures have been posted – check them out!

Contact: Linda Burke 916-209-3463, scteam10s@aol.com

Website: <http://sclhtg.com>



Veterans

Members and guests enjoyed the group's annual Oktoberfest luncheon in the Ballroom on October 10. The group will once again conduct its Veterans Day ceremony in the Ballroom (OC) on Monday, November 11 at 11:00 AM. Come early and enjoy the music before the program. If you need a fresh, new flag for Veterans Day, visit the flag sales table in the OC lobby today, October 15, between 8:00 AM and 4:00 PM. The table is open as a service to all residents on the 15 of every month. It's not too early to plan now for the final social event of the year: the annual holiday luncheon on December 12. Mark your calendar and plan to attend this always-popular festivity.

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

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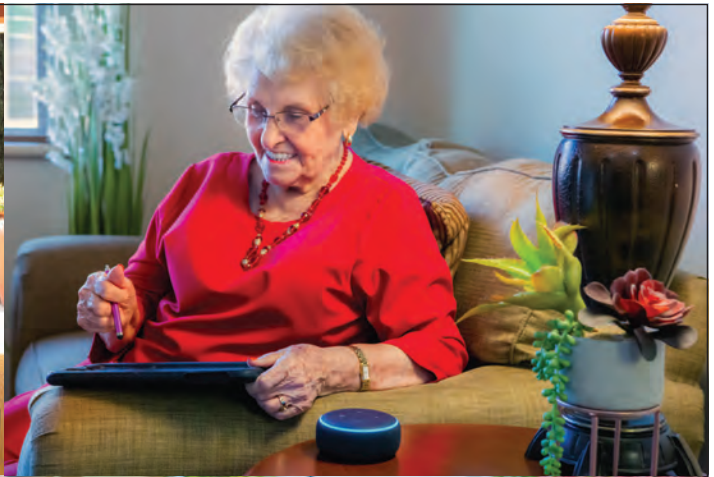
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Vintage Treasures

Our November 4 program will center on one of our longstanding members sharing her collection of smoking-related items. Members are invited to join in with items fifty years or older, related to smoking. Members may share five or more items. Some examples could be matchbooks, cigarette lighters, ashtrays, cigar cutters, pipes, humidors, tobacco pouches, match safes, or advertisements from old magazines. The smoking of yesteryear encircled a very different world of romance, coming of age, the movies. Do come for a morning of sharing that long-ago world! We meet in the Heights and Gables Room (OC), the first Monday of every month, from 10:00 to 11:30 AM. Followed by an optional lunch at the Meridian.

Contact: Pat LePage 916-543-9564, jplepage2396@gmail.com



Water Volleyball

We are now 130 members strong. To support new members, Brenda, Mentor Coordinator extraordinaire provides a comprehensive packet of information introducing water volleyball, the role of

volunteer mentors, Club procedures, monthly training and social opportunities. Brenda is currently utilizing the expertise of fourteen volunteer mentors to orient, encourage and evaluate new members. Many thanks to Brenda and the mentor volunteers. The Recreational Player Committee is hard at work organizing the popular monthly Ladies' Night, peer rankings and Red Ball training. The "Some Like It Hot" Blue Ball Tournament is scheduled for November 2 through the 6. New payment options for dues, social events (Fall Fling on November 2) and merchandise were approved on September 10 by the Steering Committee.

Contact: Rosemary Elston 916 474-1610, sclhwatervolleyball@gmail.com
Website: www.lhwatervolleyball.com



Woodcarvers

Carving wood is so satisfying—especially when you're carving during the Woodcarvers' Club meeting. It's exciting to see a rough piece of wood, imagining what you'll do with it, and then beginning to unfold a character, a comfort bird, a scene, or a sculpture. The unfolding takes places during several meetings, with the

reflections, compliments, or sought-after suggestions from fellow carvers. Meanwhile, around the room, new works are being designed and created. There's a good feeling in the room as everyone, together, yet as individuals, endeavor to carve a new image. Come join us! We'll help you get started, with wood, tools, guidance, and encouraging words. We meet every Wednesday in the Sierra Room (KS) from 1:00 to 4:00 PM.

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



Writers

Welcome to all the new folks who have joined us recently. We look forward to hearing more of your writing. Hearing your writing? Yes. All interested in the writers, bring about a dozen copies of what you plan to read. That way we can read along with you. Let us know what kind of comments you would like. This is a supportive group that provides constructive suggestions which can help members improve their writing. We meet the second, fourth, and fifth Monday evenings at 6:30 PM in the Ceramics Room (OC).

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

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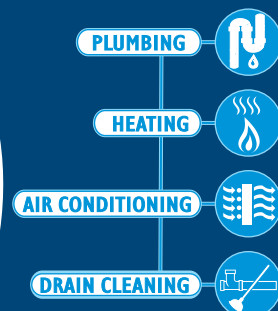


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BOSOM BUDDIES SUPPORT GROUP

For women who have had breast cancer or are in active treatment.

Our motto: "TOGETHER WE ARE STRONG, TOGETHER WE WILL MAKE A DIFFERENCE, TOGETHER WE WILL SURVIVE!"

We have monthly meetings and celebrate every birthday. For information, call: Marianne Smith 916-408-1818

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Support Group News

Alzheimer's-Dementia Caregiver's Support

We meet again on Wednesday, October 23 at 1:00 PM in the MultiPurpose Room (OC). This is a group for family caregivers of patients in primarily the early-middle stages of the disease. Our meetings alternate monthly between peer conversations and professional presentations. Additionally, we have Women's



*Ginger McMurchie, Certified Care Manager

and Men's groups that meet monthly at other times and places. Finally, we have a good lending library of books and videos to help you get a better grasp of the journey of Alzheimer's caregiving. Funded by grants from the Lincoln Hills Foundation, respite, and other services are provided by Seniors First and Del Oro Caregiver Resource Center. If you, or someone you know, is an Alzheimer's caregiver, make it known that this group stands ready to help.

Contact: Jeff Andersen 916-521-0484, 2jeffa@gmail.com



Bereavement

We offer 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 November 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 at Sterling Cafe, Wednesday, October 30, at 11:30 AM. Meet at the restaurant or call if you need a ride. For more information or to put a Memoriam in the *Compass*, contact Joan.

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



Bosom Buddies

"Tell your story, don't become your story." Our October speaker Kristin Kozlowski, a support group facilitator, emphasized the importance of these words when she talked about love, strength, and finding positive things after cancer. In November, our meeting will focus on members, and we'll have the chance to learn a little more about each other.



President Patty McCuen with our September speakers on lymphedema.

Bosom Buddies welcomes breast cancer survivors, as well as those still undergoing treatment. Our main purpose is to be here for our members when needed and to provide support and friendship. Before meetings, members can meet together for lunch at Meridians at 11:30 AM.

For reservations, call Val Singer at 916-645-8553. Bosom Buddies meets the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC).

Contact: Marianne Smith 916-418-1818



Family Mental Illness Support Group

We meet 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 my blog, www.soonerthantomorrow.com, A Safe Place to Talk About Mental Illness in Our Families. My book, *Sooner Than Tomorrow – A Mother's Diary About Mental Illness, Family, and Everyday Life* are available on Amazon.

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



Gam-Anon

If your life is affected by someone else's gambling problem, 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. Please follow the signs to the appropriate room. A Gambler's Anonymous meeting is held concurrently in another room. Call and leave a message or text Kay F. for more information.

Contact: Kay F. 916-204-1624, denniskayf@starstream.net
Website: www.gam-anon-loomis.com



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Glaucoma Support Group

We are pleased to announce our Guest Speaker for our November meeting. Dr. James Brandt, Chief of Glaucoma Services at the UC Davis Eye Center, will be joining us to present the newest information available regarding the treatment of Glaucoma. Dr. Brandt brings to us his expertise in the field of Glaucoma. In addition to seeing patients at the Sacramento location of the Eye Center, He also travels to many world locations to teach treatment skills to other doctors. Please join us on November 9 at 4:00 PM in the Multipurpose Room (OC) to hear Dr. Brandt's presentation. For reservations please contact Bonnie.

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



Hearing Impaired Support Group

We will have our next meeting on Thursday, October 24 from 2:30 to 4:30 PM in the Multi-Purpose Room (OC). Andy Petros will be our speaker, and he will be providing information on how our iPhones can be used to improve hearing. He will be talking about which iPhones are hearing aid compatible, hearing-related settings, and many other topics. Please bring your iPhone to the meeting if you have one. Please let Donna Szabados know you are coming so that adequate seating can be arranged. She can be reached at dszabados@gmail.com or 916-543-3288.

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



Low Vision Support Group

Meeting – Tuesday, November 5, 2:00 to 4:00 PM, Fine Arts Room (OC). Dr. Glenn Yiu, Associate Professor of Ophthalmology at UC Davis Eye Center will be our speaker. Dr. Yiu is involved in translational research to study the pathogenesis and develop therapies for age-related macular degeneration and other retinal diseases. His focuses include ocular imaging technologies, gene editing, drug delivery, and primate models of retinal disease. Dr. Yiu's topic will be "New Developments in Eye Diseases" which will include general treatments for cataracts, glaucoma, and macular degeneration. He will also talk about new advances like gene therapy, gene editing, and artificial intelligence.

No Meeting in December. Our annual Holiday Luncheon will be on December 13. Watch for details.

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



Multiple Sclerosis

"What the heck can I eat" is something we might say while tricking our self into unhealthy eating?

By now, we pretty much know what we ought to be eating but do we know why for combating disease?

Join the Multiple Sclerosis group Tuesday, November 12, 1:00 PM Sierra Room (KS) to view a KVIE PBS TV informational video purchased by a member. She says it changed her life!

Jeri Di Fiore, Facilitator 916-408-7565, jerihansondifiore@gmail.com



Parkinson's Support

We meet the third Tuesday of each month at the Granite Springs Church, 1170 E. Joiner Parkway from 10:00 to 11:30 AM. The group provides those with Parkinson's and their caregivers the opportunity to connect with each other and to receive information about living with Parkinson's Disease. The format consists of informative speakers and an occasional general discussion. The next meeting will be on October 15. Please come and join us.

Contact: *Ginny Nevins 916-543-0757*



Wise Aging Resource and Support Group

We provide a forum for discussion, support, education, and sharing of aging-related resources for residents wanting to plan for their older years, whether they are aging in place or exploring other options. We offer a mixture of speakers, small group discussions, and member input. Topics to be covered in the future include how to get information and help with aging decisions, home maintenance, and safety concerns, health care, and understanding what health care covers.

Come and join the other 60 people who have discovered the comfort in sharing information and being heard. Every first Monday at 1:00 PM Gables/Heights Room (OC). Our next meeting is on November 4.

Contact: *Jane Carhart 916-543-6938, jzcarhart@hotmail.com Website: lhwiseargers.com*



Bulletin Board

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, October 17, 10:00 AM** – DeBoer Financial Seminar – Solarium (OC)
- **Thursday, October 17, 2:00 PM** – Ansel Park – Solarium (OC)
- **Thursday, October 17, 5:30 PM** – Tauck – Front Ballroom (OC)
- **Tuesday, October 22, 2:00 PM** – DeBoer Financial Seminar – Solarium (OC)
- **Thursday, October 24, 9:00 AM** – Eskaton Seminar – Solarium (OC)
- **Thursday, October 24, 2:30 PM** – Revocable Living Trust Seminar – Solarium (OC)
- **Tuesday, October 29, 10:00 AM** – All Types of Insurance Seminar – Solarium (OC)
- **Tuesday, October 29, 10:00 AM** – Nautilus Society Seminar – Heights (OC)
- **Wednesday, October 30, 10:00 AM** - Decluttering Seminar- Heights (OC)
- **Thursday, October 31, 10:30 AM** – Is CBD Right for You? Seminar – Gables and Oaks (OC)
- **Wednesday, November 6, 10:00 AM** - Law Offices of Robert Ash Seminar – Heights (OC)
- **Wednesday, November 6, 1:00 PM** – Better Hearing with AB Seminar – Gables (OC)
- **Friday, November 8, 11:00 AM** – Adams Fiduciary Services Seminar- P-Hall (KS)
- **Tuesday, November 12, 10:30 AM** – Is CBD Right for You? Seminar – Oaks (OC)

A Course in Miracles

A Course In Miracles is a book which offers a new way of thinking and believing which can transform lives. Do you want to experience peace, love, and harmony instead of fear, conflict, and pain? It is possible to change our experiences by changing the way we think about ourselves in relation to everyone and All That Is. You are invited to participate in a study group which explores the ideas set forth in this book. Call 916-409-5253 for information.

AARP

AARP Foundation Tax-Aide is looking for volunteers as counselors, greeters, and schedulers to help taxpayers complete their 2019 income tax returns in Lincoln during the 2020 tax-filing season. Some knowledge of computers is required to assist in providing our

free e-file service. Volunteers need to commit four hours in one day per week from February 3 through April 15. To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2019 tax season, please email yorke1946@gmail.com with your name, address, phone number, and position(s) you are interested in.

Chicago Club

Do you have memories of living or visiting Chicago? Would you like to get together with fellow Chicagoans? We are getting together to share memories and build friendships a few times a year. Our next get together will be at Turkey Creek Clubhouse on Wednesday, November 6, from 5:00 to 8:00 PM. If you would like to receive emails about this and other future get-togethers, please email lhchiclub@gmail.com to be added to the mailing list. Hope

you will join us and reminisce about our “Windy City!”

Cloggers

Happy Fall! You’re reading this just in time to get to the “Late Harvest Stomp” on October 26 in Santa Rosa (1350 Bennett Valley Road, by the fairgrounds). If you love to dance to country and bluegrass and even contemporary music, you’ll love clogging. We double-toe tap and rock and kick and triple step and yes, stomp. We make lots of noise with four metal taps on each shoe, and we burn up lots of calories. For more information on clogging right here in Lincoln Hills, please contact Natalie Grossner at 916-209-3804.

Democratic Club

On October 17 we will hear a speaker from the State Auditor’s office discuss re-districting in California after the 2020 census. Learn how our Congressional

district may change for future elections. All are welcome. For more information about the club please see our website, <http://www.democraticclublincolnca.org/>.

Italian Club

Turkey Bingo is set for November 3, from 5:00 to 8:00 PM, in the Timber Creek Ballroom, Roseville. This popular event offers a buffet dinner with turkey and all the fixings, followed by bingo. There'll be bingo and raffle prizes too. What better way to kick-off the holiday season. Please consider bringing non-perishable items to donate to local families in need. The Italian Club offers a special activity each month. If you are a Lincoln Hills resident of Italian heritage, check out our events calendar on the website at www.ihitalianclub.org. Want to join? Contact: Sandi Graham, membership, at 916-826-5711.

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. Newly added: Saturdays from noon to 4:30 PM. 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, cut-throat and/or singles. Ladies are welcome. See you on the court. Contact: Armando Mayorga at 916-408-4711 or amoon38@sbcglobal.net.

Republican Club

Our next meeting is Tuesday, October 15, in P-Hall (KS). Doors open at 6:00 PM, program 6:30 PM – 8:00 PM (including Q & A). Our speakers this month are Katie Camerer and Forrest Johnson, two Public Policy seniors at William Jessup University. Katie recently completed a two-month internship in Representative McClintock's office in Washington, D.C. Forrest recently completed a four-month internship in the White House. Katie and Forrest are both outstanding students. Their experiences as interns are sure to be of great interest to our members! For more information, including membership: info@Republican-ClubSCLH.org.

Shalom Social Group

We have had several successes lately. Our Men's Club Bagel Talk was a big hit. Members attending our general membership meeting heard an informative presentation by the City of Lincoln Planning Director, Steve Prosser. Donna Krasnow, one of our own members, will give a presentation on Israeli dance at the upcoming Women Together gathering on September 25. We are looking forward to, and starting to plan, our 20th Anniversary event, scheduled for next spring. We focus on Jewish culture, food, and topics of interest, but membership is open to all. For more information contact Joanne Levy at 508-333-8590.

Shooters 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.

Sons In Retirement Branch 13

Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its monthly luncheon on Tuesday, October 15 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.

Stanford Alumni, Family and Friends

The Sacramento Stanford Association would like to reach people in our area for upcoming events such as wine tasting, hiking, lectures by Stanford speakers, sports viewing parties and more. There will be a Big Game viewing party in Roseville this fall, and an art show and luncheon in Roseville next spring.

If you would like to be in touch with Stanford Alumni, Family and Friends, and learn more about local events, contact Carol Hoge, Cchoge2000@yahoo.com or 916-408-5334.

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Coffee with the Mayor
Tuesday, November 12, 10:00 AM
Sierra Room (KS)—**Free**

To find out more about what is happening in the City of Lincoln, Join Mayor Joiner along with City Attorney Kristine Mollenkopf and our Code Enforcement Officer Mary Bushnell at this informal coffee. Pick up a free cup of coffee from the Kilaga Springs Café prior to the meeting. He would love to meet you. Coffee with the Mayor is held every first Tuesday of the month at Kilaga Springs Lodge in the Sierra Room and promises to be a positive networking experience for those attending.



Golf Cart Registration
Thursday, October 17
Thursday, November 7
9:00 to 10:00 AM
Orchard Creek Lodge

The City of Lincoln prides itself on being NEV and golf cart friendly. Golf carts are inspected by the City of Lincoln Police Department to make sure safety requirements are met. For more information and NEV/golf cart route maps, visit the City of Lincoln's website: www.lincolncalifornia.gov.



KS Classic Movie
Notorious (1946)
Saturday, October 19,
1:30 PM Screening
P-Hall (KS)—**Free**

Not Rated, 102 minutes, Drama/Film-Noir/Romance. A woman is asked to spy on a group of Nazi friends in South America. How far will she have to go to ingratiate herself with them? Starring Cary Grant, Ingrid Bergman, and Claude Rains. Directed by Alfred Hitchcock.



Document Destruction
Monday, October 21,
10:00 AM to 12:00 PM
Fitness Center Parking Lot
(OC)

Shred-It offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files are okay, but no plastics or cardboard. Due to a change in the new vendor's policies: \$10 cash or check per average file box will now be payable to SCLHCA. Just look for the big Shred-It truck in the parking lot!



Fitness Trail Walk
Friday, October 25, 9:30 AM
Kingfisher Trailhead—**Free**

The Trails Enhancement Team invites you on a fitness walk to celebrate the 20th Anniversary of our active adult community.

Meet WellFit Trainers Milly Nunez and Renae Schmidt at 9:30 AM on Friday, October 25 at Kingfisher Trail on Blue Heron Loop (between homes 2588 and 2564). They will demonstrate the LifeTrail fitness equipment at the trailhead and lead us through a beautiful wildlife preserve on Kingfisher and Orchard Creek trails. Total distance about 1 miles with long slopes. For a more vigorous workout, you can add the 40 steps up to Kingfisher Lane and return through the neighborhood. Light rain or shine!



2 Showings!
KS At The Movies
A Dog's Journey (2019)
Saturday, November 2,
6:00 PM Screening
Monday, November 4,
1:30 PM Screening
P-Hall (KS)—**Free**

Rated PG, 109 minutes, Adventure/Comedy/Drama. A dog finds meaning of his own existence through the lives of humans he meets. Starring Josh Gad, Dennis Quaid, and Kathryn Prescott.



KS Classic Movie
The Help (2011)
Saturday, November 16,
1:30 PM Screening
P-Hall (KS)—**Free**

PG-13, 146 minutes, Drama. An aspiring author during the civil rights movement of the 1960s decides to write a book detailing the African American maid's point of view on the white families for which they work, and the hardships they go through on a daily basis. Starring Emma Stone, Viola Davis, Octavia Spencer, and Bryce Dallas Howard.

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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.

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

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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
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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.

If you have a suggestion for a forum topic, please send an email to communityforums@sclhca.com.



Travelogue – Namibia & Botswana

Monday, October 21, 2:00 PM, P-Hall (KS)—Free

On May 2, 2018, Howard Koons and his wife, Marlene, arrived in Amsterdam as a stopover in their journey to southern Africa. Amsterdam to Cape Town and then a flight to Windhoek, the capital of Namibia, where they rented a Toyota PU equipped for camping to begin a 32-day venture through Namibia, across the Caprivi Strip in the far northeast corner of Namibia to Victoria Falls and south into Botswana. From Gaborone, the Capital of Botswana they flew back to Cape Town, Amsterdam and home to Auburn, California. The video you will see is a visual record of that journey.




The Modoc War: California's Legendary Native Battle

Thursday, November 14, 12:00 PM, P-Hall (KS)—Free

The 1873 Modoc War was fought in what today is the Lava Beds National Monument, California. It was the most costly Indian war in United States military history, considering that some 55 Modoc warriors stood off over 1,000 U. S. Military Troops by the end of the six-month war. Cheewa James is the great-granddaughter of a Modoc warrior. She was born on Oregon's Klamath Reservation and is the author of *MODOC: The Tribe That Wouldn't Die*. She was a National Park Service ranger-historian for two years in the Lava Beds National Monument. She was an on-air talent with Sacramento's KVIE-PBS for many years.

Upcoming Events

- SF Bay Coffee, TBA, 10:00 AM, P-Hall (KS)—Free



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COME TO WATCH OR COME TO PLAY!

OCTOBER 24, 1-4 PM

SPORTS PAVILION

SPORTS DAY COMPETITION

Join your neighbors and staff and let the games begin!

Schedule of Events

- 9:30 AM -

Fall Softball League Tripleheader

Three games back-to-back-to-back.
Come out and show your support!

- 10:30 AM -

Hot Dog Stand Opens

Proceeds go to the 20th Anniversary

- 1:15 PM -

Resident vs Staff Softball Game

- 2:15 PM -

All Other Games Begin

Dodgeball - Bocce Ball
Ping Pong - Pickleball - Tennis

Winners will receive an exclusive, limited-edition Anniversary hat not available anywhere else!



Contact: Deborah.McIlvain@schca.com

Sign up for all competitions at WellFit beginning September 3.



ORCHARD CREEK BALLROOM

ON STAGE

October 25, 2019 | 12:30-3:00 PM

A 20 Year Anniversary Variety Show

CELEBRATING THE EXCELLENT TALENTS OF LINCOLN HILLS!

TICKETS

\$10 Premium Reserved
\$5 General Admission

Tickets on sale at the Lifestyle Desk (OC/KS) beginning August 15.

COMMUNITY DAY

FRIDAY, OCTOBER 25

3:00 - 7:00 PM



ORCHARD CREEK PARKING LOT

FREE EVENT

FUN FOR everyone!

CELEBRATING THE LINCOLN HILLS FAMILY

FOOD TRUCKS



• Includes DJ, Dancing, Kid Bounce house, Games and other surprises!

• Shop Farmers Market, Food Trucks, Cocktails, Fair Vendors

Contact: [Karla Hearron](mailto:Karla.Hearron@schca.com)
Karla.Hearron@schca.com



20TH ANNIVERSARY

Closing Ceremonies

OCTOBER 26 | AMPHITHEATER (OC)

ONE WRISTBAND, FOUR EVENTS | \$10

- ON SALE SEPTEMBER 15 -

DECADES



4:00 PM
HORSE DERBY

5:00 PM
SPECIAL PRESENTATION

6:00 PM
CONCERT WITH DECADES

Grand Finale
FIREWORKS DISPLAY
FOLLOWING THE CONCERT



SCLH 20TH ANNIVERSARY CELEBRATION • OCTOBER 26, 2019
OC AMPHITHEATER • DERBY 4 PM • CEREMONY 5 PM • CONCERT 6 PM

FOR MORE INFORMATION, CONTACT LAVINA SAMOY: LAVINA.SAMOY@SCHCA.COM

Deborah Meyer
Entertainment Coordinator
Deborah.Meyer@sclhca.com



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

- Fireworks show 9:10 PM
- Reserved Ballroom seating opens 9:30 PM
- Dance and Casino gaming 10:00 PM
- Champagne toast Midnight

Entertainment Only — **LSE218** — \$72
Doors open 8:30 PM

—Club Performances—

Entertainment

*Indicates new performances on sale October 17

—Featured Event—



2019 New Year's Eve Celebration!
"All That Glitters"
New Year's Eve
Dinner and
Dance Concert
Tuesday,
December 31,
Ballroom (OC)

Welcome in the

New Year, 2020, with a party that glitters with fun and excitement! There will be dancing to resident recommended Rhythm City All-Stars band, casino gaming, two-course dinner with four menu options: *Filet Mignon; Salmon; Chicken or Vegetarian Ratatouille*, chocolate dessert fountain through the evening, full bars (no host bar), champagne toast and fireworks display. See complete menu at Lifestyle Desks. Wristbands required for entry. Join us for a night that will surely glitter!

7:00 PM Party

Dinner Dance Package — LSE214 — \$120

- Doors open 5:00 PM
- Dinner served in the ballroom 5:30 PM
- Chocolate fountain dessert in Pre-function following dinner
- Dance and Casino Gaming 7:00 PM
- Champagne toast 9:00 PM
- Fireworks 9:10 PM

Entertainment Only — **LSE215** — \$72

Doors open 6:30 PM

10:00 PM Party

Dinner Dance Package — LSE217 — \$120

- Evening begins with reserved dinner seating at Meridians
- Doors open 6:30 PM
- Dinner served 7:00 PM
- Chocolate fountain dessert in Pre-function following dinner



*Lincoln Hills Chorus
Holiday Concert:

"Music from Around
the World"

Sunday, December 8, 2:00 PM,
Ballroom (OC) — **LSE210**

Monday, December 9, 7:00 PM,
Ballroom (OC) — **LSE211**

Tuesday, December 10, 7:00
PM, Ballroom (OC) — **LSE212**

Reserved Seating \$20,
General Admission \$16

The Lincoln Hills Community Chorus continues its annual holiday concert tradition with "Music from Around the World," showcasing a multicultural variety of times and places. Highlights include classics from the great German and Italian composers J.S. Bach and Antonio Vivaldi; "An African Celebration" and the spiritual "Christmas Kum Ba Ya"; a traditional French carol, "Bring a Torch, Jeanette, Isabella"; contemporary arrangements of "Silent Night" and "Joy to the World," familiar carols from Austria and England; and "Sleigh Bells," a Ukrainian folk tune. "One Light" celebrates Hanukkah, and "Irving Berlin's Christmas" is a medley of favorites by that eminent Jewish-American songwriter. Marvelous music from more than a hundred voices with professional direction and accompaniment—how better to launch our holiday season?



The Lincoln Hills

Players Club presents
"Magic Moments - The
Golden Age of Television"
Thursday, November 21,
7:00 PM, Ballroom (OC)

— **LSE204**

Friday, November 22, 7:00 PM,
Ballroom (OC) — **LSE205**

Saturday, November 23, 2:00 PM, Ballroom (OC)

— **LSE206**

Sunday, November 24, 2:00 PM, Ballroom (OC)

— **LSE207**

Reserved Seating \$20, General Admission \$16

The Players proudly present a show of song, dance, and comedy that celebrates the "golden age" of television – the 1950s – when tiny, grainy television screens offered family entertainment in living

rooms everywhere. Magic Moments will entertain you with a potpourri of popular programs and songs of the era. You'll love reenacted scenes from "Sgt. Bilko," "I Love Lucy," "The Honeymooners," and more. Enjoy singers doubling as the Chordettes ("Lollipop"), Crew Cuts ("Sh-Boom"), and Perry Como singing "Magic Moments," complemented by sprightly dance sequences. Cheer on your neighbors and friends as you relive your own magic moments.

—Comedy—



**KS Comedy Night:
Randy Riggle Presents
"Nostalgic Christmas Show"
Thursday, November 14,
7:00 PM, P-Hall (KS) — LSE203
Reserved Seating \$18**

Do you still remember Gene Autry singing "Rudolph the Red-Nosed Reindeer" for the very first time? How about what

you paid for that Cabbage Patch doll? Or watching Bob Hope Christmas Specials? The nationally touring production of "Nostalgic Christmas" takes you down memory lane in your one-horse open sleigh as we remember the times and people who influenced our lives through everyone's favorite holiday. You'll be taken back to the Christmases of World War II and travel through the next fifty years of gift giving and Christmas caroling. Nationally touring stand-up comedian Randy Riggle will be your tour guide on a trip filled with songs and laughs in this 90 minute one-man show.

—Community Event—



**On Stage:
20th Anniversary
Variety Show
Friday, October 25,
1:00 PM, Ballroom
(OC)**

— ANN1
SOLD OUT!

Witness the abundance of talents here

in our community, many acts from Lincoln Hill's very own classes and clubs. Dances from Hula to Jazz, Tap to Line Dance, Ballroom to Clogging, Square Dance to Taichi; musical acts from Folk Guitar to Ukulele to Piano to Accordion; from Comedy to Poetry; solos, duets and ensemble performances, be prepared to be impressed and have fun! Residents may now purchase extra tickets for family and friends.



**20th Anniversary
Closing Ceremonies
Saturday, October 26,
4:00 PM,
Amphitheater
—ANN2
General Admission \$10**
Enjoy an afternoon

culminating our 20th Anniversary Celebration. Your all-event Anniversary wristband will give you access to the amphitheater to cheer on and watch your favorite horse at our very own "Off to the Races" Horse Derby. With 12 horses competing representing various neighborhoods, groups and even from Lifestyle WellFit, this is going to be a hoot! In addition, witness a dedication; a multimedia photo slide; and honoring of the 20-year originals. Dance and sing to DECADES with their high energy performance of 60's to current music, and finally, we close with spectacular fireworks to cap our celebration. This event is exclusive to residents and their guests.

—Concerts—



**Silent Movie Night with the Roseville Community
Concert Band Featuring 1927's "It"
starring Clara Bow
Friday, October 18, 7:00 PM, Ballroom (OC)**

— LSE193
**Premium Reserved Section Seating \$10,
General Admission \$8.**

Our Silent Movie tradition continues with the Roseville Community Concert Band (RCCB) providing the perfect music to the romance/comedy "It" starring Clara Bow. Silent movies, whose era lasted from film's beginning to the late 1920s, were shown in theaters with live musical accompaniment. We are recreating this experience with RCCB performing the musical score live! A fun night for the classic film fan as well as families (not recommended for kids under the age of 7). Cookies, popcorn, and drinks will be available for purchase in the pre-function area at the start and intermission. Meridians is offering a "Movie Dinner Special" with a 20% discount to Silent Movie patrons on day of the show only (ticket required).



"Love Me Tender"
The Ballads of Elvis Presley
 Featuring Jim Anderson &
 the Rebels
 Friday, November 1, 7:00 PM,
 Ballroom (OC) — **LSE201**
 Premium Reserved Section
 Seating \$21. General
 Admission \$18.

Vocalist Jim Anderson has made a big name for himself with his tribute to the early years (1954-1966) and hits of Elvis Presley. Selling out venues throughout the West Coast, the five-member group has been touted by lifelong Elvis fans as, "The most authentic tribute to early Elvis Presley to date." He is considered by critics to be the best interpreter of Elvis' early music performing today. Enjoy the ballads and softer moments of Elvis' music and songs including hits like Falling In Love With You, It's Now or Never, Are You Lonesome Tonight, The Wonder of You and more. These songs will remind us how Elvis changed the direction of music forever, and why he was, and still is, "The King."



"Mischief"
An Unforgettable
Cabaret Experience
 Starring Molly Mahoney
 with G. Scott Lacy
 Friday, November 8, 7:00 PM,
 P-Hall (KS) — **LSE202**
 Reserved Section Seating \$21
 Save \$1 on purchases of \$4 or
 more at KS Café. Fresh off per-

formances in San Francisco, San Diego, New York City and London, Molly Mahoney is back in the Presentation Hall! She combines her soulful Big Band singing and classical performance ability with the cabaret and improvisational expertise of musical director G. Scott Lacy to create a unique experience of story and song, highlighting familiar favorites and rare gems from the Great American Songbook as she tells tales of her quirky childhood in "Mischief!"



***Tom Rigney**
and Flambeau
 Thursday,
 December 5,
 7:00 PM, Ballroom
 (OC) — **LSE208**
 Premium Reserved
 Section Seating
 \$22, General
 Admission \$19.

Tom Rigney is one of the premier Roots Music fiddle players on the planet. His band, Tom Rigney and Flambeau, specializes in blazing two-steps, low-down Blues, funky New Orleans grooves, Boogie Woogie

piano, and heartbreakingly beautiful ballads and waltzes. Much of the repertoire is composed by Rigney, but they mix in a few classics from the Cajun/New Orleans songbook. Along the way you may pick up a trace of Rigney's Irish roots, or echoes of Eastern Europe, it just makes the musical gumbo that much tastier.



***Mads Tolling and**
Ian Scarfe present
"Classical
Crossover"
 Thursday,
 December 19,
 7:00 PM, P-Hall
 (KS) — **LSE209**
 Reserved Section
 Seating \$23

Save \$1 on purchases of \$4 or more at KS Café. What happens when globe-trotting Jazz Violinist from Denmark meets the professional virtuoso Pianist out of Texas? Come hear this duo perform a special winter program, featuring a spectrum of great music from the past three centuries. Enjoy the Classical elegance of Vivaldi's "Winter" from *The Four Seasons*, the Scandanavian folksiness of Niels Gade and Edvard Greig, and the Romantic lyricism of Fritz Kreisler and Johannes Brahms. Will there be jazzy numbers? Undoubtedly, the duo will present selections of Gershwin, popular songs of the early 20th Century, and even a couple of Christmas selections.

—Grandkids Event—



***Santa Adventure**
 Saturday, December 14,
 10:00 AM to Noon, Kilaga
 — **LSE197**
 General Admission, \$14.

Santa, Mrs. Claus, and the Elves will be coming to Lincoln Hills for a special visit! Share holiday memories and magical activities with your grandchildren at "Santa Adventure." They will be greeted by Santa's Elves and enjoy interactive activity stations offering treats, glitter tattoos, and lots of fun plus a special holiday cartoon showing at 11:30 AM to close the event! Limited space available so buy early. *Important: Each child must be accompanied by a grandparent for all activities (multiple siblings would require two grandparents or parent present), all children need to be pre-registered and wristbands will be provided during registration and are required for participation.* Doors open at 9:45 AM. Toddler to 12 years old.



SAC VS. CHICAGO BULLS
 GAME TIME 7 PM
MONDAY, DEC. 2
 SECTION 123/124 | \$78
 LST294



SAC VS. DALLAS MAVS
 GAME TIME 7 PM
WEDNESDAY, JAN. 15, 2020
 SECTION 123/124 | \$94
 LST295



SAC VS. DETROIT PISTONS
 GAME TIME 3 PM
SUNDAY, MAR. 1, 2020
 SECTION 123/124 | \$102
 LST296

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 or online at SCLHResidents.com

***Indicates new trip on sale October 17**

Day Trips

—Featured Trip—



***Holiday Poinsettias & Hilmar Cheese Tuesday, December 3 — LST300 \$81**

Duarte's Poinsettia Farm in Hughson in the Central Valley grows over 60,000 poinsettias, with over 30 varieties and colors. You pick and purchase your own poinsettia directly from the greenhouse where they are grown. Included hot buffet lunch at Hilmar Cheese Factory. See menu at Lifestyle Desks or Online. Optional holiday shopping activity at Hilmar of \$10 to be paid directly to Hilmar, includes a gift basket with sizzle, cellophane wrap and ribbon that you can fill with purchased items, their staff will assist with your creation. Wheels roll from OC at 8:30 AM, return ~ 8:30 PM. *Trip goes rain or shine.*

—Casino/Races—



***Hard Rock Casino at Fire Mountain Tuesday, November 19 — LST301 \$31**

Visit the brand new Hard Rock Casino in Wheatland for a four-hour visit. New players will receive free play based on their tier status with another casino. You'll need to bring your other casino's players cards and your government identification with you

to obtain anywhere from \$25 to \$100 introductory gaming credits and also the November bus bonus TBA. Wheels roll from OC at 9:30 AM, return ~ 3:30 PM.

—Performances—



Show closing after 45 years! Beach Blanket Babylon Holiday Edition Wednesday, December 11 — LST279 SOLD OUT!

December 4 is sold out, limited space available for December 11. Don't miss the last year of Beach Blanket Babylon Holiday Show in San Francisco at Club Fugazi. This zany musical spoof of pop culture has extravagant costumes and outrageously huge hats. The 90-minute show continually evolves its hilarious parodies of popular icons and topical references with newly added characters and songs. All seats are located on the floor (front to middle section) Both trips depart from OC at 1:45 PM, the show is exclusive to adult audiences, alcohol is served. *Dinner on your own before the show. Return ~ Midnight. *Restaurant reservations highly recommended, list available at time of registration. For more show information <https://beachblanketbabylon.com>.



The Nutcracker Harris Center – Folsom Saturday, December 21— LST285 \$68

Join Clara and her Nutcracker Prince on an enchanted journey through the Land of Snow and Kingdom of Sweets in this timeless holiday classic. Infusing fantasy with comedic choreography and stunning costumes, Pamela Hayes Classical Ballet Theatre transforms this wonderful story ballet into a feast for the eyes. Audiences, young and old, will be swept away as they enjoy this delightful holiday tradition. Open to grandchildren ages 6 and up! Matinee show, Reserved Middle Orchestra Seating. Wheels roll from OC at 11:45 AM, return ~ 4:45 PM. Deadline to purchase November 22 at Noon.



Russian National Ballet – Sleeping Beauty
Harris Center – Folsom
Thursday, January 23, 2020
 — **LST286**
\$96

Sleeping Beauty, a crowning jewel of Marius Petipa’s career, is often considered the finest achievement of classical ballet. The Russian National Ballet is a company of 50 that was founded in Moscow during the transitional period of Perestroika in the late 1980s under the artistic directorship of legendary Bolshoi principal dancer Elena Radchenko. The Russian National Ballet continues to uphold the grand tradition of major Russian ballet works with this presentation. Matinee show, Reserved Middle Orchestra Seating. Wheels roll from OC at 12:45 PM, return ~ 5:30 PM. Deadline to purchase December 20 at Noon.



The Play That Goes Wrong
Harris Center – Folsom
Wednesday, January 29, 2020
 — **LST287**
\$106

Broadway’s funniest smash hit! This Olivier Award-winning comedy is a hilarious hybrid of Monty Python and Sherlock Holmes. It’s all

going wrong, in a theater near you: welcome to the opening night of The Murder at Haversham Manor, where things are quickly proceeding from bad to utterly disastrous. There’s an unconscious leading lady, a corpse that can’t play dead, and actors who trip over everything (the least of which are their lines). Matinee show, Reserved Middle Orchestra Seating. Wheels roll from OC at 12:45 PM, return ~ 5:30 PM. Deadline to purchase December 30 at Noon.



Cirque du Soleil “Amaluna”
Matinee Show!
Sunday, January 26, 2020 — LST289
\$95

See Amaluna in Cirque’s trademark Grand Chapiteau, one of the biggest climate-controlled tour tents in the world located at Raley Field in West Sacramento. Amaluna is a mysterious island ruled by goddesses, and after directing her daughter’s coming of age ceremony, Queen Prospera causes a storm. A group of young men wash up on the isle, triggering an epic love story between Prospera’s daughter and a brave young suitor. Theirs is a love that will be tested. Reserved seating sections 104-204 Rows H-L. Wheels roll from OC at Noon, return ~ 5:00 PM.

Broadway on Tour Sacramento 2019-2020

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 this season will be held at the Sacramento Memorial Auditorium while the Community Center Theater goes through renovation. Enjoy the convenience of bus drop area on theater property off of the street without the hassle of driving and parking in downtown Sacramento. All seats are center orchestra. No charge to add to waitlist for any sold out show.



A Christmas Story
Tuesday, November 12
 — **LST261**
\$103

The songwriting team behind the smash-hit Tony Award®-winning musical “Dear Evan

Hansen” and the Academy Award®-winning film “La La Land” brings the classic 1983 movie to hilarious life on stage! You’d have to have a Grinch-sized heart not to feel a smile spreading across your face.” Based on the beloved 1983 movie, A Christmas Story focuses on one boy’s obsessive goal to be gifted a BB gun for Christmas. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.

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Dear Evan Hansen
 Tuesday, January 21, 2020 — **LST262**
SOLD OUT!

A letter that was never meant to be seen, a lie that was never meant to be told, a life he never dreamed he could have. Evan Hansen is about to get the one thing he's always wanted: a chance to finally fit in. Dear Evan Hansen is the deeply personal and profoundly contemporary musical about life and the way we live it. Dear Even Hanson has struck a remarkable chord with audiences and critics everywhere. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.



A Bronx Tale
 Tuesday, March 3, 2020 — **LST263**
\$103

Broadway's hit crowd-pleaser takes you to the stoops of the Bronx in the 1960s, where a young man is caught between the father he loves and the mob boss he'd love to be. Bursting with high-energy dance numbers and original doo-wop tunes, A Bronx Tale is an unforgettable story of loyalty and family. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.

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BANDSTAND
 Tuesday, April 7, 2020 — **LST264**
SOLD OUT!

From three-time, Tony® winner and Hamilton choreographer Andy Blankenbuehler comes an inspiring new American musical that explodes with infectious music and high-octane, heart-stopping dancing. It's 1945, and six soldiers return from the war to a changed nation. When NBC announces a national competition to find the nation's next great musical superstars, they form a band unlike any the nation has ever seen. Along the way, they discover the power of music to face the impossible and find their voice. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.



Come From Away
 Tuesday, May 19, 2020 — **LST265**
SOLD OUT!

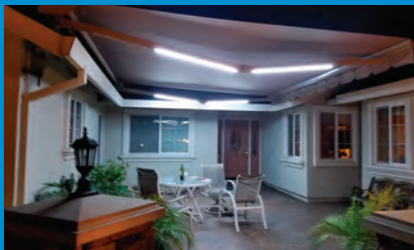
This *New York Times* Critics' Pick takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Cultures clashed, and nerves ran high, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships. On September 11, the world stopped. On September 12, their stories moved us all. This uplifting musical based on the true story of 38 planes diverted to a small town in Newfoundland immediately following the events of September 11. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.

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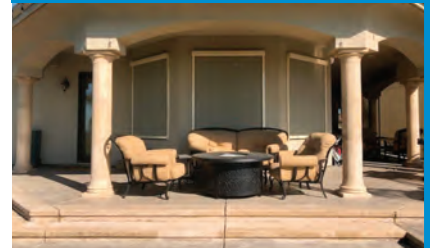
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—Sports—



Sacramento Kings

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concession. See individual games below for section, pricing and bus times.

Sacramento Kings vs. Chicago Bulls
Monday, December 2
 — **LST294**

Wheels roll from OC at 5:30 PM, return ~ 10:30 PM.
 Seating sections 123/124 \$78.
 Game time 7:00 PM



Sacramento Kings vs. Dallas Mavericks
Wednesday, January 15, 2020
 — **LST295**

Wheels roll from OC at 5:30 PM, return ~ 10:30 PM.
 Seating sections 123/124 \$94.
 Game time 7:00 PM



Sacramento Kings vs. Detroit Pistons
Sunday, March 1, 2020
 — **LST296**

Wheels roll from OC at 1:30 PM, return ~ 6:30 PM.
 Seating sections 123/124 \$102.
 Game time 3:00 PM



—Tours/Leisure—



Apple Hill
Tuesday, October 22 — LST276
\$71

Don't miss this beautiful fall ride to Apple Hill. Visit High Hill Ranch with crafters, produce and goodies store. Enjoy an

included hot lunch at The Pie House Restaurant of Rotisserie-style Barbecue Chicken, Macaroni Salad, Dinner Roll/Butter, and Apple Pie a la Mode and beverage. (Vegetarian selection available only upon request during registration.) After lunch, enjoy a guided bus tour with a running commentary on

the history of Apple Hill with stops at Larsen's Apple Barn and Abel's Acres. To top the day off, you'll receive an Apple Fritter and a bottle of water. Wheels roll from OC at 9:45 AM, return ~ 5:15 PM.



Olive Crush Festival & Wine Tasting - Séka Hills
Sunday, October 27

— **LST292**
SOLD OUT!

We're returning to the annual Olive Crush Festival at Séka Hills Olive Mill in Brooks near Cache Creek. This fall day will be filled with celebration of the olive crush with live music, food vendors, and more! Enjoy our own private mill tour prior to the start of the event. Sample freshly pressed olive oil from the mill! Taste local balsamic vinegar, honey, and nuts. Wine tasting included! Lunch on your own, Wheels roll from OC at 8:30 AM, return ~ 3:15 PM.



Scrapbook and Stamp Expo
Friday, November 1

— **LST282**
\$44

Whether you're just starting out, or an experienced scrapbooker, join your fellow "crafty" residents on a fun trip to Cal Expo for the Scrapbooking & Stamp Expo! (rubber stamping.) Enjoy workshops and seminars, see the latest and greatest products and tools, plus make-and-take projects. Learn new techniques and helpful hints from vendors. We have obtained early bird admission and will spend six hours at the show. Lunch and any fees for seminars/workshops on your own. Wheels roll from OC at 7:30 AM, return ~ 4:30 PM. Fee includes admission.



***Victorian Christmas**
Sunday, December 15

— **LST299**
\$28

Enjoy our annual visit to the historic and picturesque downtown Nevada City, a quaint; Gold Rush town nestled in the foothills of the snow-capped Sierras. It's a magical setting of hilly streets outlined with twinkling white lights and authentic gas lamps, wandering minstrels and carolers dressed in Victorian attire, and myriad visitors sharing holiday cheer and good tidings. It's the one and only Victorian Christmas—full of new shows, sights, sounds and attractions and a perfect way to get your holiday spirits up! Wheels roll from OC at 12:30 PM, return ~ 7:30 PM.

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***San Francisco
Holiday Shopping
Thursday, December 19
— LST301
\$48**

Enjoy a lovely weekday holiday trip to the city by the bay and don't worry about the traffic, the bridge, parking, etc. Relax and let our comfortable coach take you to the heart of San Francisco (Union Square-Post & Powell) for a day of shopping, lunching, and people watching. Includes a 10% off Macy's Certificate. Lunch on your own. Departure from SF will be 6:00 PM to allow you more dining and shopping time and less traffic on the way home. Wheels roll from OC at 8:30 AM, return ~ 8:30 PM.

—Overnight/Extended Travel—



***Two nights!
Sun City Sierra Winter
Train – Comedy Show
Roundtrip Reno
Tuesday, January 7 to
Thursday, January 9
— LST303
\$298 per person double**

occupancy; \$358 single.

Enjoy the breathtaking mountain scenery from our reserved rail car via Amtrak on a relaxing winter train trip to Reno, escorted by Katrina, your Lifestyle Trip Coordinator. We go round-trip on the train and spend two nights in Reno. List of activities to do on your own on the free day available at Lifestyle Desks.

Trip package includes per person:

- Motorcoach transportation to and from the Roseville train station
- Reserved rail car for our group
- Casino shuttle to & from Reno train station
- Baggage portage from Reno train station to hotel and back
- Non-smoking room at Eldorado Hotel & Casino
- \$25 in food credit per person to the restaurant of your choice in "The Row."
- Ticket to The Laugh Factory in the Silver Legacy – See Greg Morton from America's Got Talent! (Subject to change)
- One breakfast/brunch buffet per person
- Gratuities for bell service and bus drivers

Wheels roll from OC at 10:30 AM, return to LH ~ 1:30 PM. On Tuesday, bring a bag lunch to eat on the way to Reno or purchase lunch on board train. A signed liability waiver is required for each participant. This trip is only available for registration in person at Lifestyle Desks (OC/KS). Not available Online.

Sold Out Trips

Trip • Date • Departure Time

- Ferry to San Francisco
Wednesday, October 16 • 8:00 AM
- The Celtic Tenors
Wednesday, October 23 • 6:15 PM
- Four Italian Tenors
Friday, November 22 • 6:00 PM
- Beach Blanket Babylon
Wednesday, December 4 • 1:45 PM
- Big Band Christmas
Wednesday, December 11 • 12:45 PM
- Winter Holiday Train
Tuesday, December 17 • 10:30 AM
- Dear Even Hansen
Tuesday, January 21, 2020 • 6:45 PM
- BANDSTAND
Tuesday, April 17, 2020 • 6:45 PM
- Come From Away
Tuesday, May 19, 2020 • 6:45 PM

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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 October 17

Classes

Art

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.

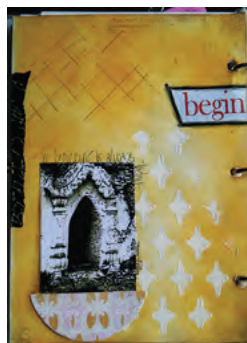
—Announcement—



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.

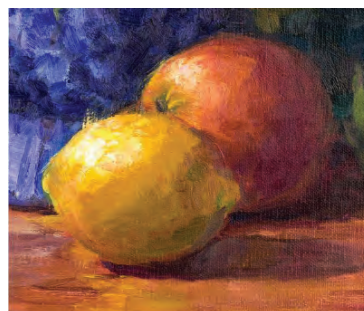
—Drawing—



*Mixed Media Art
Journaling
Tuesdays, November 12 & 26
— **LSC1105**

9:00 AM to Noon (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 create interesting, interactive mixed media pages in a journal. Supplies needed: mixed media spiral-bound artist paper pad, glue stick, scissors, small paintbrush, Sharpie pen, white gesso, plus your favorite mixed media supplies. **Vacation drop-in: \$25 per session.**

—Oils, Pastels & Acrylics—



*Oil and Acrylic
Painting for All Levels
Wednesdays,
November 6-20
9:00 to 11:30 AM
— **LSC1117**
Or 1:30 to 4:00 PM
— **LSC1130**

(OC) \$40.50 (three sessions). Instructor: **Marilyn Rose**. Choose between AM and PM sessions. Sessions are not interchangeable. Students receive guidance in creating original paintings. Those with little or no art training can gain a solid grounding in the principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples, and individual instruction are used. **Prerequisite:** New students must call the instructor at 916-409-0397 at least a week before the class for pre-class guidelines. Please pick up a supply list upon enrollment. *About the Instructor:* Marilyn is an award-winning professional artist with nearly 30 years experience in with hundreds of her paintings in private collections across the U.S. and the U.K. Website: artistmarilynrose.com. **Vacation drop-in: \$18 per session.**



***Watercolor
Step-by-Step
Mondays,
November 4-25
— LSC1156**

9:30 AM to Noon
(OC) \$68 (four ses-
sions). 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.

Sip and Paint: "Into Fall"

Friday, October 18 — LSC2469

Or Sip and Paint: "Fall Bridges "

Friday, November 15 — LSC1182

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, brushstroke, 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.

—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 – Afternoon Class**
Thursdays, November 7-21 — LSC1194
12:30 to 3:30 PM (OC) \$51 (three sessions).
Instructor: *Michael Mikolon*

Ceramics

—Pottery—



***Beginning/Intermediate
Ceramics
Tuesdays, November 5-26
— LSC1233**

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 the 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,
November 5-26
— LSC1245**

9:00 AM to 12:30 PM
(OC) \$64 (four ses-
sions). 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.**

Crafts

—Card Making—



***Card Making Level 2 – Intermediate**
Mondays, November 4-11
 — **LSC1293**

9:00 AM to Noon (KS)
 \$20 (two 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 papercraft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. November 1 – last day to register.



***Card Making Introduction 101**
Wednesdays, November 6-13
 — **LSC2475**

9:00 AM to Noon (KS) \$20 (two 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. November 2 – last day to register.



***Card Making Level 3**
Intermediate-Advanced
Fridays, November 8-15
 — **LSC2476**

9:00 AM to Noon (KS)
 \$20 (two sessions).
 Instructor: **Dottie Macken**. **Prerequisite:**

This class will build on your skills from Level 2 and offers more complex and challenging projects and papercraft techniques. This class is not for

beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. November 4 – 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, November 5-26
 — **LSC1306**

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. Look for New Spring Classes in 2020.

***Easy-to-Intermediate Clogging**
Tuesdays, November 5-26 — LSC1317

11:00 AM to Noon (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, November 5-26 — LSC1328

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: \$10 per session.**

—Country Western Dancing—



***Country Couples
Beginner Level 1 & 2
Mondays, November 4-25
— LSC1339**

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, November 4-25 — LSC1350**

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, and you are ready for more challenging dances, join us for a fun-filled hour of higher 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 "Sweetheart Schottische and Kissin on you.

—Hula—



***Hula
Thursdays, November 7-21
— LSC1381**

1:00 to 2:00 PM (KS) \$30 (three sessions). Instructor: Pam Akina. An ongoing class for hula dancers of all experience and skill levels. Come learn the beautiful dance of the Hawaiian islands. You will exercise the mind, body, and spirit while learning

choreographed routines. Historical and cultural information surrounding each of the dances will be shared. New students, please contact Pam before first session 916-521-0474. **Vacation drop-in: HULA — \$14 per session.**

—Jazz—

***Jazz for Beginner
Thursdays, November 7-21 — LSC1393**

11:00 AM to Noon (KS) \$27 (three sessions). Instructor: *Melanie Greenwood*. This class will leave your mind, body, and spirit, feeling 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, November 5-26 — LSC1407**

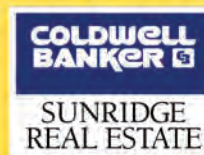
1:00 to 2:00 PM (KS) \$36 (four sessions). Instructor: *Melanie Greenwood*. Not open to new students. Must have instructor approval to register. The current class is in the midst of preparing for a performance. The class is geared toward stage performances throughout the year. **Vacation drop-in: JAZZ2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

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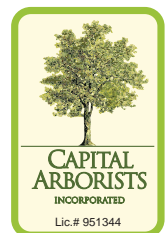
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—Line Dance—



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, November 7-21 — LSC1489**
9:00 to 10:00 AM (KS) \$21 (three sessions).
Instructor: *Yvonne Krause-Schenck*
- ***Mondays, November 4-25 — LSC1413**
4:00 to 5:00 PM (KS) \$28 (four sessions).
Instructor: *Cathy Paris*
Vacation Drop-in: \$10 per session

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, November 7-21 — LSC1511**
10:00 to 11:00 AM (KS) \$21 (three sessions).
Instructor: *Yvonne Krause-Schenck*
- ***Fridays, November 1-22 — LSC1457**
2:00 to 3:00 PM (KS) \$28 (four sessions).
Instructor: *Sandy Gard o*
Vacation Drop-in: \$10 per session
- ***Thursdays, November 7-21 — LSC1445**
3:30 to 4:30 PM (KS) \$21 (three sessions).
Instructor: *Cathy Paris*
Vacation Drop-in: \$10 per session

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, November 4-25 — LSC1501**
9:00 to 10:00 AM (KS) \$28 (four sessions).
Instructor: *Yvonne Krause-Schenck*
- ***Wednesdays, November 6-27 — LSC1468**
9:00 to 10:00 AM (KS) \$28 (four sessions).
Instructor: *Sandy Gard o*
Vacation Drop-in: \$10 per session

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, November 6-27 — LSC1479**
10:00 to 11:00 AM (KS) \$28 (four sessions).
Instructor: *Sandy Gard o*
Vacation Drop-in: \$10 per session
- ***Mondays, November 4-25 — LSC1435**
5:00 to 6:00 PM (KS) \$28 (four sessions).
Instructor: *Cathy Paris*
Vacation Drop-in: \$10 per session

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, November 7-21 — LSC1423**
4:30 to 5:30 PM (KS) \$21 (three sessions).
Instructor: *Cathy Paris*
Vacation Drop-in: \$10 per session

Country Line Dancing*Fridays, November 1-22 — LSC1361**

3:00 to 4:00 PM (KS) \$28 (four sessions). Instructors: *Jim & Jeanie Keener*. This class is a mixture of beginner, high beginner, and intermediate dances. It features the popular “old” line dances and some new popular dances that are done at country dances around the area.

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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 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.



*Beginning Tap 2

**Mondays,
November 4-18**

— **LSC1534**

11:00 AM to Noon (KS)
\$27 (three 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, November 5-19 — **LSC1579**
10:00 to 11:00 AM (KS) \$27 (three sessions).
- *Mondays, November 4-18 — **LSC1523**
10:00 to 11:00 AM (KS) \$27 (three sessions).
- *Thursday, November 7-21 — **LSC2483**
9:00 to 10:00 AM (KS) \$27 (three sessions).




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Glass Art



*Fused Glass Monday, November 11 — LSC2477

9:30 AM to Noon
(KS) \$28. Supply
fee: \$10 payable to
instructor. Ins-

tructors: *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. 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, November 4-25 — LSC1601

1:00 to 4:00 PM (KS) \$61 (four sessions). 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 suncatcher, 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. Lead glass technique is now available. *About the Instructor:* Jim Fernandez has 29 years of stained glass experience.

Movies



History of Movie Musical Part 2 Wednesdays, October 30- November 20 — LSC2030

1:00 to 3:00 PM (KS) \$32 (four sessions). Instructor: *Ray Ashton*. Part 2 will focus on the studio system and the musical movie factory called MGM. We will also visit the other major studios and

how they created their versions of the movie musical.

*Christmas Movie Series Wednesdays, November 27-December 11

— LSC2031

1:00 to 3:00 PM (KS) \$30 (three sessions). Instructor: *Ray Ashton*. Let's get into the holiday spirit with three of our most beloved classic Christmas stories. Together we will journey and discover *A Christmas Carol* (November 27) — we look at Dickens' book and watch scenes from five different movies to tell this great story. *A Christmas Story* (December 4) — based on students' request, look at the back-story of Ralphie and his desire for the Red Ryder BB rifle. And lastly, discover the warmth, the heart, and a time before television in Jean Shepherd's favorite Christmas tale, *It's a Wonderful Life* (December 11) — learn the story behind the making of Frank Capra's classic starring Jimmy Stewart and Donna Reed, "what could have been" had our hero not been born. Find out how this wonderful movie came to be.

Music

—Guitar—



*Beginning Guitar Mondays, November 4-25 — LSC1625

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 for over 50 years. He has performed with Bob Wren, and his Sacramento World Music Ensemble for over ten years.



*Folk Guitar for Fun Folks 101 Beginner Level Tuesdays, November 5-26 — LSC2471

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

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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, November 5-26 — LSC1730

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.

*Intro to Swing Guitar

Intermediate Level

Wednesdays, November 6-27 — LSC1637

8:00 to 9:30 AM (KS) \$48 (four sessions). Instructor: *Jon Gowin*. **Prerequisite:** Student can easily play some barre chords, and able to read some standard notation, and/or Tablature. This class will explore "Swing Guitar" as played by the gypsy guitarist Django Reinhardt but in a simplified approach. We will guide you into one of the most exciting styles of guitar playing in the world how simple it can be once you know the tricks. We will be playing

Acoustic guitars only: either steel strings or nylon, and need to play with a pick.

—Ukulele—



*Beginning Ukulele Mondays, November 4-25

— LSC2473

10:00 to 11:30 AM (OC) \$48 (four sessions). Instructor: *Jon Gowin*. 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. Open to new beginner students.

*Intermediate Ukulele

Wednesdays, November 6-27 — LSC1649

9:45 to 11:15 AM (KS) \$48 (four sessions). Instructor: *Jon Gowin*. This class is an intermediate Ukulele class and will be playing songs that progressively use a few more chords than beginners' class. We will continue to build on our chordal knowledge, and gradually bring in a greater variety of songs. We will bring in more songs in tablature and will incorporate some fingerpicking.

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—Certification—



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Let’s get sewing! Residents must be certified to use any of the sewing machines in the Sewing Room (OC). We offer 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 monthly. Fee: \$15 per lesson. Must register prior to class.

Technology

—PC—



Windows 10 Basics
Monday & Tuesday,
October 21 & 22 — LSC2470

9:30 AM to Noon (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 Phone—



iPhone Basics (iOS 13) Workshop
Tuesday, November 5 — LSC2482

9:00 AM to Noon (OC) \$35 + \$5 paid to instructor for class material. Instructor: *Andy Petro*.
Prerequisite: You must be on iOS 13 and must have an iPhone 6S, 6S Plus, 7, 7 Plus, 8, 8 Plus,

iPhone X, XS, XS Max, XR, iPhone 11, 11 Pro, or 11 Pro Max. Bring your (fully charged) iPhone to the workshop. We will review the basic iPhone settings and functions along with features in the new iOS 13. There will be instructions on how to personalize your iPhone to get the most out of it? If you have any questions, call Andy at 916-474-1544.



Android Smart Phone Basics
Thursday, October 24

— LSC2468

***Or Thursday, November 21**

— LSC2479

9:00 to 11:00 AM (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 screens, manage phone calls, organize your contacts, 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.

***More Android Smart Phone Tips n’ Tricks**
Wednesday, December 11 — LSC2480

9:00 to 11:00 AM (OC) \$20 + \$10 Supply fee paid to instructor. Instructor: *Len Carniato*. Get even more from your Android SmartPhone. We will demonstrate and discuss “Settings,” setting up Widgets, using the Camera, then Editing, and Sharing. We’ll also explore how Apps to make Collages, Read Bar Codes, Podcasts, Radio Stations, and much, much more. Prerequisite: Attendees should already feel comfortable using their smartphone functions and apps.

Spotlight

On Core Stability and Balance Workshop



November 6, 2019
3:00-4:30 PM
(OC) Aerobics Room

WHAT CAN YOU DO TO IMPROVE BALANCE?
DO YOU STRUGGLE WITH BACK PAIN?

Attend this hands on workshop where we will address core stability and other issues that might be present. Our Personal Trainers, Reformer Trainers and Bowen Practitioner will be present to share their professional knowledge on these key subjects.

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For additional information contact Jeannette Pyle at OC WellFit Jeannette.Pyle@sclhca.com



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Jeannette Pyle

WellFit Manager

Jeannette.Pyle@sclhca.com

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



Bowenwork Services

Have aches and pains? Talk 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.



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.



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WellFit Orientations

Free Orientation: WellFit Staff

Don't know where to start in the Fitness Centers? Sign up to take our free Orientation and learn how the Fitness Centers work, and how to use a select number of pieces of equipment safely and properly! Orientations are designed to educate you on all the WellFit Department has to offer and to get you started on your fitness journey. Register: Fitness Desks.

Fitness Floor (OC)

- **Monday, October 21**
3:00 to 4:00 PM
- **Tuesday, October 29**
2:00 to 3:00 PM
- **Monday, November 11**
3:00 to 4:00 PM
- **Tuesday, November 19**
2:00 to 3:00 PM

Fitness Floor (KS)

- **Tuesday, November 5**
4:30 to 5:30 PM
- **Tuesday, November 19**
4:00 to 5:00 PM

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



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



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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.

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†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.

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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 October 17**



***Arthritis**
Tuesdays, November 5-26
Wednesdays, November 6-20
Thursdays, November 7-21
Fridays, November 8-22

Tuesdays \$36 (four sessions)
11:00 AM to Noon. Instructor:
Cynthia Bullwinkel Wednesdays
& Fridays \$27 (three sessions)

10:00 to 11:00 AM, Aerobics Room (OC). Thursdays \$27 (three sessions) 11:00 AM to Noon. Instructor: **Linda Hunter**. Arthritis class is Arthritis Foundation approved and is appropriate for all seniors who desire a gentle approach to exercise. Our goal is to increase the range of motion, flexibility, endurance, and mobility, while also improving balance, and strengthening muscles. We will do some standing, but sitting 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**
Wednesday & Thursday,
November 13-14

9:00 to 10:30 AM, meet at the OC Fitness Center \$45. Instructor: **Dr. Richard Del Balso**. By adding Nordic Poles to your walking routine you will be able to incorporate 90% of your muscles in one exercise; burn up to 46%

more calories than walking without poles; reduce impact on hips, knees and feet by an average of 25%; and develop upright body posture resulting in less risk of falling. Please bring water as there will be walking outdoors. 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.



***Hypnotic Journeys – Improve Your Memory!**
Thursday, November 7
Thursday, November 14
Thursday, November 21

9:30 to 11:00 AM, Heights (OC) \$20 (each class). Instructor: **Kelley Moreno**. Hypnosis for Improved Memory. Use the best technique for memory enhancement, your unconscious mind! Improve your memory, and feel great after each of these Hypnotic Journey classes. Take one or take them all!



Sound Vibrational Baths
Thursday, October 24
***Thursday, November 21**

4:00 PM, Aerobics Room (OC) \$10/

session. Instructor: **Terri Roberts**. Register for one or both and benefit from sound vibrational therapy with the beautiful sounds of Tibetan Singing Bowls. This is a non-guided sound vibrational meditation opportunity that we will offer once a month. Reap the benefits of this one of a kind class.

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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, November 5-19

1:00 to 2:00 PM, Aerobics Room (KS) \$33 (three sessions; no class 11/26). 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, November 5-19

2:00 to 3:00 PM, Aerobics Room (KS) \$33 (three sessions; no class 11/26). Instructor: **Peli Fong**. This class is for Tai Chi and Qi-gong students who wish to bring higher awareness and understanding of their life-long 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.

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, October 22

10:30 AM to Noon, P-Hall (KS) \$5. Instructor: **Russ Abbott**. Learn more about the fundamentals of investing and portfolio management. We will establish a

framework to advance your knowledge of financial concepts, investment principles, asset classes, and vehicles. Expect vigorous discussion.

*Managing Retirement Income Risk with Russ Abbott Tuesday, November 26

10:30 AM to Noon, P-Hall (KS) \$5. Instructor: **Russ Abbott**. We age, and life progresses from Go-Go, through Slow-Go, to No-Go. Spending patterns change, shifting demand on our assets and creating a need to adjust investment strategy in a manner that is supportive and sustaining. In this class, we will discuss spending strategies and other ways to potentially mitigate risk and maintain a consistent standard of living during retirement. Specific topics addressed include estimating longevity, the sensitive relationship between market risk and taking income from portfolios, Social Security planning, identifying likely spending patterns, retirement funding ratios, and more.

Nutrition

Learning experiences that can create optimal health through whole food nutrition as it relates to everyday life and weight or disease management.

Produce with a Purpose: Endless Summer Thursday, October 24

4:00 to 6:00 PM, Multimedia (OC) \$45. Instructor: **Kerin Gould**. Did your doctor tell you to eat more fruit and veggies? Now what? This month: Endless Summer. What can you do with the abundantly, glorious summer food as the season winds down? Some preserving tips and late-summer ideas. Enjoy a cooking demo and tomato-tasting, and boost your wellness! Register at least 48 hours prior to class to receive a goodie bag of farm-fresh, pesticide-free produce, too!

*Produce with a Purpose: Healthy Holiday Feasting Thursday, November 21

4:00 to 6:00 PM, Multimedia (OC) \$45. Instructor: **Kerin Gould**. Did your doctor tell you to eat more fruit and veggies? Now what? This month: Learn how to make enviable, delicious holiday dishes, no guilt, and still stay on top of your health during this tempting time of year! We'll make a few dishes that are festive, filling, and flavorful – and you don't have to tell anybody they are healthy or eat "special diet food" all alone. We'll make holiday yams so yummy you'll never miss the marshmallows (kid-tested!), and more!

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.



***Traditional Shotokan Karate Saturdays, November 2-30**
11:30 AM to 12:30 PM, Aerobics Room (OC) \$25. Instructor: *Al*

Trimarchi. Al has over 45 years' experience teaching the JKA Shotokan style of traditional karate, one of the most widely practiced martial arts. This training has its feet firmly rooted in the traditions and skills of Japan's ancient martial arts while embracing the technical refinement made possible by the awareness of modern scientific knowledge. The practice of karate is a multi-faceted endeavor which offers many benefits and avenues of exploration to participants. This class will focus on the perfection of character through the perfection of technique.



Back by Popular Demand!
***Brain Gain Friday, November 15**
10:00 AM to 12:30 PM, Multimedia Room (OC) \$30. Instructor: *Alice Jacobs*.

Join educational physiologist, Dr. Alice Jacobs, as we learn about the hemispheres of the brain and the predominant functions. Do for your brain what you do for your body – all in a non-threatening, engaging, and fun environment. Brain exercises with fall and Thanksgiving themes to add some special fun to kick off the holiday season. Nobody will feel like a pumpkin head as all the exercises are designed to “spice up” your thinking. You'll be surprised by what a good brain workout you'll get without a drop of sweat.

Pilates Reformers and Towers

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 Merrill
 Fitness Coordinator
 Danielle.Merrill@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 Merrill. 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 the class start date, no refunds. 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 that not all classes are eligible for drop-ins. Please see the descriptions of each class.



SGT—Parkinson's Indoor Cycling Wednesday, November 27

12:30 to 1:30 PM, Aerobics Room (KS) \$20. Instructor: *Milly Nuñez*. 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 Parkinson's Disease 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, November 29

12:30 to 1:30 PM, Aerobics Room (KS) \$20. 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.

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SGT—Snow Ski Conditioning L2/3
Mondays & Wednesdays,
November 4-27

2:30 to 3:30 PM, Aerobics Room (KS) \$135 (eight sessions). Instructor: *Max Alcantar*. Looking to improve your performance on the slopes this

year? Take this class for these key components: power, strength, speed, balance, agility, coordination, endurance, injury prevention, and flexibility.

SGT—Fit 101 at Kilaga Springs L1
Mondays & Wednesdays, November 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,
November 5-26

12:00 to 1:00 PM, Fitness floor (OC) \$120 (seven sessions). Instructor: *Torin Garza*. Starting a new experience may seem a little overwhelm-

ing. 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,
November 5-26

12:00 to 1:00 PM, Aerobics Room (KS) \$120 (seven sessions). Instructor: *Deanne*.

Incorporate strength training and high-intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on “Functional Fitness” using a variety of equipment including TRX suspension training. 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,
November 4-27

4:00 to 5:00 PM, Aerobics Room (KS) \$135 (eight sessions). Instructor: *Danielle*

Merrill. 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, November 25-27

7:15 to 8:15 AM, Aerobics Room (KS) \$35 (two 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—TGIF TRX & More L2
Fridays, November 1-22

7:15 to 8:15 AM, Aerobics Room (KS) \$70 (four sessions). Instructor: *Rena Schmidt*. 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—Therapeutic Water Exercise L1 Fridays, November 1-22

12:30 to 1:30 PM, Indoor Pool (OC) \$70 (four sessions). Instructor: *Max Alcantar*. Therapeutic style exercise program in the pool! The warm water helps to increase circulation, respiratory rate, muscle metabolism, strength, flexibility, and ease of movement. Exercises in the water work to relieve pain through decreased weight-bearing and reduced joint stress. Meet in the pool area by the benches, dressed for the pool, and the trainer will assist you in/out of the pool. The trainer is unable to help students in/out of the locker rooms or parking lot. Don't forget your towel!

SGT—Posture, Core and Balance L1/2 Mondays & Wednesdays, November 4-27

11:30 AM to 12:30 PM, Aerobics Room (KS) \$120 (seven sessions; no class November 13). Instructor: *Danielle Merrill*. Balance your body with exercises for proper postural alignment and a strong core. This class is formatted to accommodate a wide range of fitness levels and also includes the right stretches to allow for improved posture, which can take the pressure off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility.

SGT—Posture, Core and Balance L1/2 Wednesdays and Fridays, October 30-November 22

12:00 to 1:00 PM, Aerobics Room (OC) \$135 (eight sessions). Instructor: *Renae Schmidt*. Balance your body with exercises for proper postural alignment and a strong core. This class is formatted to accommodate a wide range of fitness levels and also includes the right stretches to allow for improved posture, which can take the pressure off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility.

SGT—Balance & Fall Prevention L1 Mondays and Wednesdays, November 4-27

2:00 to 3:00 PM, Aerobics Room (OC) \$135 (eight sessions). Instructor: *Danielle Merrill*. 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, November 5-26

3:00 to 4:00 PM, Aerobics Room (KS) \$120 (seven sessions). Instructor: *Danielle Merrill*. 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 a stretch on their own right after class; using warm-up and stretches taught in the L1 class.

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.

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BRE. Lic 00898876

OC WellFit Class Schedule November 1-30, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	Stretch for EveryBODY L1/3 - Renae		Stretch for EveryBODY L1/3 - Renae				
8:00	Strictly Strength L3 - Katie	Intermediate Step L3 - Kim	Strictly Strength L3 - Katie	Intermediate Step L3 - Kim	Barre L2/3 - Gretchen		
9:00	Zumba L3 - Summer	Core & Strength L2 - Kim	Zumba L3 - Summer	Core & Strength L2 - Kim	20/20/20 L2/3 - Gretchen	Yoga Basics L1 - Amy/Sara	All Sunday classes have been moved to KiLaga
10:00	Slow Flow Yoga L2/3 - Katie	Yoga Flow L2 - Ashley	Arthritis L1/2 - Linda	Yoga Flow L2 - Amy	Arthritis L1/2 - Linda	Yin Yoga L2 - Sara	
11:00	Piloga L2 - Cynthia	Arthritis L2 - Cynthia	Piloga L2 - Lola	Arthritis L2 - Linda	Piloga L2 - Lola	Shotokan Karate L1/2 - Ai	
12:00	Yoga Stretch L1 - Julie		SGT - Posture, Core & Balance L1/2 - Renae	Yoga Stretch L1 - Julie	SGT - Posture, Core & Balance L1/2 - Renae		
1:00	Chair with Flair L1 - Julie	Rest Meditation and Yoga L1 - Iram		Chair with Flair L1 - Julie	Basic Chair L1 - Maria		
2:00	SGT - Balance & Fall Prevention L1 - Danielle	1:30-2:30pm Chair Yoga L1 - Cassie					
3:00	Healthy Living Exercise L1/2 - Milly	Healthy Living Exercise L1/2 - Milly	TBA	Healthy Living Exercise L1/2 - Julie	Activities	SCLH Booking	
4:00	TBA	Activities	TBA	Sound Vibrational Bath Terri			
5:00	TBA			Activities			
5:30			Mixed Levels Yoga L1-3 - Sara				
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 November 1-30, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	KS	KS	KS	KS	KS	KS	KS
7:15-8:15am	SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2/3 - Deanne	7:15-8:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2/3 - Helena	SGT - TGIF TRX L2 - Renae		
7:30							
8:30	New Class! 45 min Cycle & Strength L2 - Gretchen	Zumba Gold L2 - Joanie	45 min Cycle & Strength L2 - Jeannette	Try It! Intro to Zumba - Sharon	Zumba Gold L2 - Joanie	45 min Cycle & Strength L2 - Helena	9:00am Cardio Strength L3 - Kim
9:00							
9:30	Cardio Strength L3 - Gretchen	Strictly Strength L2 - TBA	Cardio Strength L3 - Katie	Strictly Strength L2 - Linda	Cardio Strength L3 - Katie	Strictly Strength L2 - Helena	10:00am Zumba L3 - Carrie
10:30							
11:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2 - Gretchen	Piloga Flow L2 - Cynthia	Yo-Chi L1/2 - Katie		
12:30	SGT - Posture, Core & Balance L1/2 - Danielle	12:00pm SGT - Functional Fit L2 - Deanne	SGT - Posture, Core & Balance L1/2 - Danielle	12:00pm SGT - Functional Fit L2 - Deanne	WaiDan Gong L1 - Joan		
1:00							
1:30		1:00pm Tai Chi L1 - Peil	SGT - Indoor Cycling for Parkinson's L1 - Milly	12:00pm SGT - Functional Fit L2 - Deanne	SGT - ParkinsonStrong Combo L1 - Milly		
2:30	Yoga Basics L1 - Army	2:00pm Tai Chi L2 - Peil	Yoga Basics L1 - Lesley	1:30-2:30pm SGT - ParkinsonStrong L1 - Milly			
4:00	SGT - Snow Ski Conditioning L2/3 - Max	SGT - Balance & Fall Prevention L2 - Danielle	SGT - Snow Ski Conditioning L2/3 - Max	SGT - Balance & Fall Prevention L2 - Danielle			
5:30	SGT - Progressive Bootcamp L2/3 - Danielle	Yoga for Osteo L1 - Julie	SGT - Progressive Bootcamp L2/3 - Danielle	Yoga for Osteo L1 - Julie	SCLH Booking		
6:00							
6:30							
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 November 1-30, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Works L2/3- <i>Helena</i>	OC	Water Works L2- <i>Danielle</i>	OC	Water Works L2/3- <i>Danielle</i>	OC	OC
8:30	Aqua Fitness L2/3- <i>Helena</i>		Aqua Fitness L2- <i>Marla</i>		Aqua Intervals L3 - <i>Jeannette</i>		
9:30	Deep Water Fitness L3- <i>Jennifer</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3- <i>Jeannette</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3- <i>Helena</i>		
10:30	Aqua Intervals L2/3- <i>Sharon</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Making Waves L2- <i>Marla</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Aqua Intervals L2/3- <i>Jennifer</i>		
11:30	(11:30am-12:15pm) AF Aqua L1- <i>TBA</i>		(11:30am-12:15pm) AF Aqua L1- <i>Marla</i>		(11:30am-12:15pm) AF Aqua L1- <i>Marla</i>		
12:30	Class Cancelled TBA				TBA		
2:00							
4:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
5:00	Total Body Conditioning L3 <i>Jeannette</i>		Aqua Zumba				
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							
Group Exercise Classes (punch pass) \$4.50							

Pilates Reformer WellFit Class Schedule November 1-30, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
7:30	Reformer L1- L2 - <i>Cynthia</i>				Mixed Equipment L1-L2 - <i>Sarah</i>		
8:30	Ref Basics + L1-L2 - <i>Sarah</i>	Mixed Equipment L1-L2 <i>Cynthia</i>	Ref Basics L1 - <i>Cynthia</i>	Mixed Equipment L1-L2 - <i>Julie</i>	Ref Basics + L1-L2 - <i>Sarah</i>	Pilates Bootcamp L1-L2 - <i>Julie</i>	Pilates Ref L3 - <i>Delphine</i>
9:30	Mixed Equipment L1- L2 - <i>Sarah</i>	Ref Basics + L1-L2 - <i>Julie</i>	Ref Basics + L1-L2 - <i>Delphine</i>	Ref Basics L1 - <i>Julie</i>	Ref L1-L2 - <i>Sarah</i>	Mixed Equipment L1- L2 - <i>Julie</i>	
10:30				Mixed Equipment L1-L2 - <i>Julie</i>	Ref Basics + L1-L2 - <i>Sarah</i>	Ref Basics L1-L2 <i>Julie</i>	
11:30	Pilates Bootcamp L2 - <i>Valerie</i>	Ref Basics + L1-L2 - <i>Julie</i>		Cardio Jump & Core L2 - <i>Gretchen</i>	Ref L1-L2 - <i>Valerie</i>		
12:00			Cardio Jump & Core L2 - <i>Gretchen</i>	Cardio Jump & Core L2 - <i>Gretchen</i>			
5:30	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625-4034			
				Pilates Bootcamp 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.

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www.suncity-lincolnhills.org

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COMPASS

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Hours

Administration Offices & Membership

Monday-Friday 8:30 AM-5:00 PM
Saturday (first only) 8:00 AM-12:00 PM

Orchard Creek & Kilaga Springs Lodges

Monday-Saturday 8:00 AM-9:00 PM
Sunday 8:00 AM-5:00 PM

Lifestyle Desk (OC/KS)

Monday-Saturday 8:00 AM-8:00 PM
Sunday 8:00 AM-4:00 PM

Meridians Restaurant

Sunday-Thursday 7:00 AM-8:00 PM
Friday-Saturday 7:00 AM-9:00 PM

Catering Office

Tuesday - Saturday 9:00 AM-5:00 PM

Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM
Sunday 7:30 AM-3:30 PM

The Spa at Kilaga Springs

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

General Numbers

Broken Water Line on Association
Community Property

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Curator Security, Inc.

(916) 771-7185

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Website: lincolnhillsgolfclub.com

General Manager, LH Golf Club

Tony Marino (916) 543-9200, ext. 4

Lincoln Police & Fire (916) 645-4040

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Linda Minor (707) 235-0778

Pauline Watson (916) 543-8436

Lincoln Hills Foundation

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