

COMPASS



Navigate Your Way Through Sun City Lincoln Hills

*Happy
Valentine's
Day!*



15 A Hallmark Hangover

19 Matters of the Heart

Calendar of Events

February 18 - March 17

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

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Upcoming Association Meetings: February 15 – March 25

Finance Committee Meeting	Wednesday, February 17, 9:00 AM
Board of Directors Annual Meeting of Members	Thursday, February 18, 9:00 AM
Board of Directors Special Meeting	Thursday, February 18, follows Annual Meeting
Board of Directors Organizational Meeting	Thursday, February 18, follows Special Meeting
ARC/Architectural Review Committee Meeting	Monday, February 22, 9:00 AM
Board of Directors Meeting	Thursday, February 25, 9:00 AM
Board of Directors Executive Session	Thursday, February 25, 2:00 PM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, March 2, 9:30 AM
Compliance Committee	Wednesday, March 3, 9:00 AM
Properties Committee Meeting	Thursday, March 4, 9:00 AM
Elections Committee Meeting	Friday, March 5, 10:00 AM
ARC/Architectural Review Committee Meeting	Monday, March 8, 9:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, March 9, 10:00 AM
Finance Committee Meeting	Thursday, March 18, 9:00 AM
ARC/Architectural Review Committee Meeting	Monday, March 22, 9:00 AM
Board of Directors Meeting	Thursday, March 25, 9:00 AM
Board of Directors Executive Session	Thursday, March 25, 2:00 PM

Meetings subject to change. Visit sclhresidents.com for the most up to date information.

VOLUNTEER OPPORTUNITIES!

Committee Openings

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

- Compliance Committee
- Properties Committee
- Finance Committee

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

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On the Cover
*Lincoln Hills Residents
Chuck and Suzanne Schmidt
recently celebrated their
50th Wedding Anniversary
Photo by David Wright*



Board of Directors' Report

Diana Peters, Director

What I've Learned:

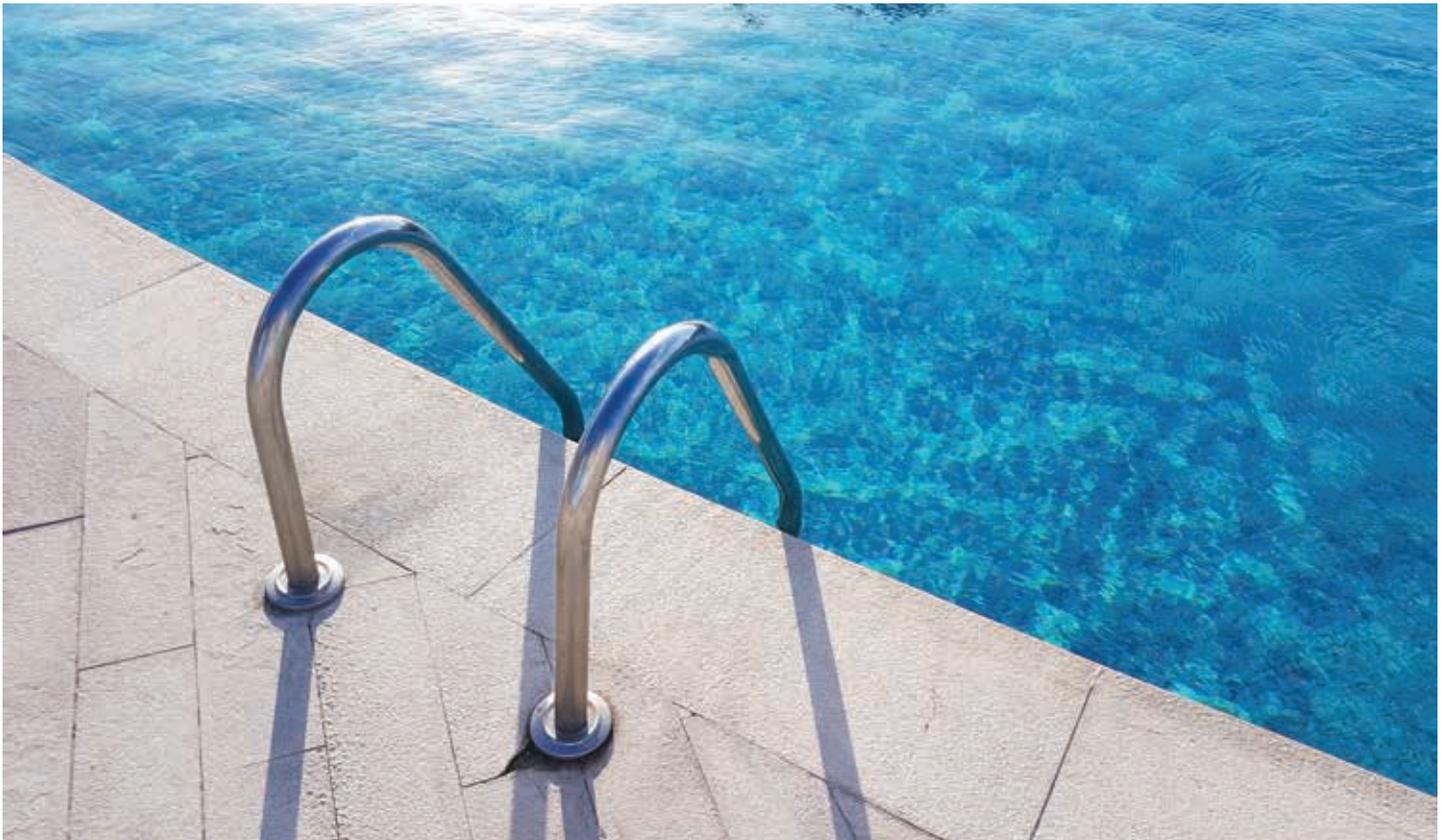
Just when you think Life can't get any crazier, you find out, It Can! What a year 2020. As I enter the 2nd year of my term on the Board, I've learned there's so much more to being a Director than meets the eye and it takes more than one year to make a difference. What the few dedicated residents see in our Zoom General Meeting is a tiny fraction of time, energy & patience used doing this entity's business. I wonder what could have been accomplished without the pandemic & conflict in my first year. This Board of Directors has faced the most tremulous year in its history. We have our footing now; going into 2021 we are financially secure and can see a clear horizon with the new legal team and a general manager working with us.

It looks like this shutdown might be the majority of my entire term on this Board. I hope not. Many ideas on my wish-list to improve "Life" versus "Residency" have been tabled; Shuffle Board, Fire Pits, Game Room, Outdoor Movies, Streaming, and more (stay tuned). I won't give up on these projects that can be enjoyed by the entire community regardless of one's physical ability. But,

the good news is 4 of my campaign objectives are happening: Outdoor Pool open all year, Fixing Meridians, Security changes & Resident's Surveys are underway.

Every idea and request takes on a life of its own. Hurling through Committee analysis takes months or years to either die or reach consensus, legal scrutiny, and finally a Board approval vote. Then to implement takes the next gauntlet of delays before fruition. Everything depends on good intentions, invested effort and working together. Committee Volunteers with imagination are needed for 2021, if you applied to serve on a committee before and were not accepted; please re-apply to our new General Manager.

While we cocoon, Thank Heaven for friends & the Internet. I have had so many great times in this community. Fun with my many clubs, Lincoln Hills's sweet location & beauty, nearly perfect weather make me appreciate life in SCLH. To the new residents, (we gain 40+ every month) the trees will be blooming in just a few weeks, then the rains will come and soon we will all have our vaccinations. Just know the engaging Lincoln Hills lifestyle will be exactly as advertised!





A Note from the General Manager

Robert Richardson, General Manager

My adult daughters were both home for the holidays. On one particular afternoon, I heard the youngest complaining that the other was using her cell phone. So, I quipped back, "When I was young, I had to share my phone with the entire neighborhood." And thus started the conversation on what a "Party Line" was and how you'd have to wait until no one in the area was using the phone before you could make a call, and that people could, in fact, eavesdrop on neighbors' conversations. By that time, my other daughter had entered the room, and both girls were giving me the "oh, dad is making up another story" look.

Then it dawned on me that there is a wide range of the most basic of experiences our children never shared. Most never adjusted the rabbit ears on a TV, looked up a number in the phone book, changed a typewriter ribbon, read a paper map, or used a library card catalog. In fact, the world has changed dramatically during our generation, probably more than in any other. It is by your generation's intelligence, hard work, and innovation that all of this occurred.

That's when I was so intrigued to hear that the Communications and Community Relations Committee (CCRC) looked into a video interview

effort to capture how so many of our residents helped make these monumental changes. Our membership is a treasure trove of advancement and innovation. From medicine to computers and technology to nuclear physics, our membership has been on the cutting edge of human evolution, and that's a story that needs to be told. I look forward to the efforts of the CCRC in pulling together this exciting idea. More to come.

Another important note is that the COVID Task Force is meeting to come up with the best methods to 1) keep as many of our facilities open regardless of the category we're in, and 2) find ways to make the air within Lincoln Hills facilities as healthy to breathe as possible. This group is looking into HVAC enhancements, new technologies, and better ventilation ideas for the Board of Director's consideration. This is a great effort for all of us, and it will be rewarding to see the final recommendations.

Our Safety and Security Task Force has begun with a series of strong initial meetings. Working off of the excellent work of past security Task Forces, this group has no lack of breath of expertise, interest, and stamina for research. We will provide updates and ways you can provide input in the coming months.



Finance Committee

Outstanding Staff Efforts

Fred Raach, Vice Chair

Last year will be remembered for many things, many bad and a few very significant good ones. It has meant for the Association an ongoing pattern of changing what services and programs can be offered, requiring continuing adjustments as the rules and situations change. Despite all these challenges, staff was able to deliver a very positive financial result, substantially beating the 2020 budget.

The revenue picture was not pretty, with revenue down from budget by almost \$5 million. There are costs that directly relate to revenue volume, i.e., the cost of sales, that is what the Association pays outside organizations for goods or services (trips, concerts, food, etc.) and credit card processing fees, which decreased by \$1.6 million, leaving a difference of \$3.4 million.

Association staffing prior to COVID was a total of 240 people, 79 full-time and 161 part-time. Early on, the Association staff began furloughing personnel, eventually reducing personnel being paid by 95 and moving an additional 22 from full-time to part-time. The hardest part of my former career was telling otherwise good employees they were no longer needed because of a change in the company's direction or situation.

Furloughing is different from termination, but to the employee, the effect is similar and devastating. The Association staff managed this under very difficult conditions and has reached out to these employees to keep them available when needed. One positive aspect for furloughed employees has been the Association continuing its contribution to employee benefits so that they can retain their medical and other coverage.

The net savings from furloughing employees were \$3.1 million. There are also smaller savings in administrative costs, insurance, utilities, supplies, and maintenance, which increase the savings total to \$3.6 million. The Facilities Department has been able to defer or cancel budgeted landscape maintenance (with little or no impact on the appearance or condition of our community) and save almost \$.4 million from its budget for the year.

The bottom line is that outstanding staff efforts enabled the Association to end this troubled year with a budget surplus of almost \$600,000! As stipulated in the Bylaws, these funds will be held and used to reduce the expense budget for 2022. For more detail, the complete 2020 financials are in the Financial section of the Library on the Association website.



Architectural Review Committee

February Improvement Month

Carole Dummett, Chair

February is a great time to plan and prepare for yard and exterior paint improvements. Please apply to the ARC for all exterior improvements prior to start-of-work. There were many revisions to these improvements in 2020, so do the research prior to application submittal.

A change that is often overlooked is the size of a landscape plan, which is now limited to 11x17. This is the largest size document we can scan in-house, which saves dollars and time. The plan must be legible and complete. Larger documents will be returned to the applicant for reduction and resubmittal.

Please remember to include tree setbacks on all landscape plans per Appendix A Approved Tree List. As trees mature, they can become very destructive to concrete, foundations, houses, and fencing, so proper installation of the selected species is very important.

Accessory Dwelling Units are permitted in all HOA developments in the State of California. We have outlined The State of California and the City of Lincoln requirements for a qualifying unit. Please refer to Section 10 of our Design Guidelines. All occupants must meet the age and rental requirements outlined in our current CC&R's.

These units will require a City of Lincoln Building Permit.

Please contact sam.mckee@sclhca.com or 916-625-4006 for additional information.

In September 2020, the City of Lincoln revised the setback requirement for a permanent generator to 5 feet from any building or operable window and maintain a minimum of 3 feet of clearance from the generator and the adjacent property line. We were pleased with the reduced setback requirement as it accommodates our small lots.

Our Notice of Completion, which is attached to your approved application, is the final approval the improvement has been completed per the original submittal. This benefits the Association and the homeowner should there be a compliance issue or incorrect work being performed by the contractor. If you make a change to the original submittal, simply re-apply using a Resubmittal Form with an explanation and detailed photo or document reflecting modification.

The ARC now has 10 committee members, which completes our allowed limit per the CC&R's. We will have a few members terming out this year, so please apply for future openings in this valuable committee.

Communications & Community Relations

New Resident Orientation – Reaching Out to Our Newest Neighbors

Denise Bowden

The New Resident Orientation (NRO) has been on hold for almost a year now. Six times each year, we used to gather in the ballroom at Orchard Creek Lodge and have an opportunity to welcome newcomers to our community and give them an overview of the opportunities and amenities this HOA has to offer. They received Neighborhood Watch information packets and had an opportunity to talk with representatives of various clubs while meeting other new residents while enjoying some wine and cheese.

As one of the CCRC's 2021 stated priorities, we will be re-energizing NRO in a COVID mindful way with the ability to transition back to face-to-face meetings when the time is right. Our objectives for the updated program are to 1) Help residents assimilate in Lincoln Hills quickly, 2) Provide residents the knowledge and the tools for getting information and assistance, 3) Enable new residents to become socially engaged and to do it all safely. Though perhaps it seems challenging to "get residents together," we are exploring various types of creative ways to reach out and engage residents via the Zoom platform. We are looking to hold an initial Zoom NRO in late

March. Any residents who have joined our community in the last year or had not had an opportunity to attend NRO and would like to attend our pilot version, please send an email to CCRC@sclhca.com.

Another CCRC objective is related to expanding the use of our video services in new and creative ways. Video is the perfect medium for informational resources and training videos as well as interesting interviews with neighbors and staff. Building our video offerings will also encourage greater usage and comfort navigating our website and provide our web team with additional content.

Community Forums are starting up again and will be presented online via Zoom through 2021. Topics related to space exploration as well as options to explore closer to home in local habitats, travelogues, and many other topics will be presented. A "chat button" will allow participants to enjoy a give and take conversation with the presenter.

The CCRC meets the second Tuesday of each month at 10:00 AM. Watch eNews Sunday edition for Zoom details and join us to hear about all the exciting CCRC activities.



Compliance Committee

What is That in Your Yard?

David Mateer, Chair

We have noticed that some yard decorations remain around the community. The winter holiday season is over now, so it's not that. Yes, some people have added various decorations or art pieces in their yard over time. Sometimes, beauty is in the eye of the beholder. What some may think is a beautiful addition to their yard may be viewed by others in a different light. So, what is allowed?

You can read section 73 of the Design Guidelines. But the short version is that anything in the yard which is human-made (other than pots or hardscape) would likely fall into the decorations category. You may have these items in your covered entrances, courtyards, and patios as they are considered your "private space." Any other location in your front and side yard would require ARC (Architectural Review Committee) approval if visible from public space or neighboring property. These items would include but are not limited to benches, patio furniture, garden statues, sculptures, gazing balls, weather vanes, plaques, driftwood, and other similar natural or human-made items. The ARC may approve based on their size, location, and compatibility with the architectural character of the home and community. What does that really mean? If you have something colorful,

it would be unlikely to be approved. Items that are earth tones and 50% screened from view may be approved if they seem to fit in. You can always apply and

see if they are approved. Should you really like something, but it cannot be put in the front yard, they can be added, without ARC approval, in the rear yard enclosed by a solid fence and not visible from the neighboring properties.

Perhaps during your spring cleaning, you can take a look and see if you have any decorations. Yes, there are some pink flamingos and colorful pinwheels out there. Sorry, they need to find their way to the back yard. Likely the same for the gazing balls, colorful human-made items, bird feeders, and birdbaths. You may actually see and enjoy some of these items more if they were in the backyard.

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



Election News

Elections Are On!



Make Your Ballot Count

- The owner of each property address may cast a total of 4 votes for one candidate, OR the votes can be divided among separate candidates. Cumulative voting is allowed.
- Be sure to sign the outer envelope. Unsigned envelopes will be invalid.
- Do not make any additional marks or comments on the ballot, or it will be invalidated.
- Make sure your ballot is received in time! You may mail it, drop it in the Election Box inside WellFit at Orchard Creek Lodge, or hand-deliver it to the Inspector of Elections no later than 3:00 PM February 17.
- Replacement ballots and envelopes can be obtained at the Orchard Creek WellFit desk or by contacting the Membership desk for an appointment at 916-625-4068 or membership@sclhca.com until 3:00 PM February 17.
- Homeowners who have not received a ballot package by the end of January can contact Christy Goodlove at 916-625-4062 or christy.goodlove@sclhca.com.

Date	Day	Event
February 17	Wednesday, 3:00 PM	All Ballots Due
February 18	Thursday, 9:00 AM	Annual Meeting of Members, counting of ballots and new Board seated via Livestream for residents.

For more information contact: elections.committee@sclhca.com





Let us serve you with a view
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Traditional Red Velvet Cake

*Michael Jackson, Executive Chef
Food & Beverage*

Traditional Red Velvet Cake was a simple cake with a luxurious texture thanks to acidic buttermilk reaction with alkaline baking soda. Red velvet cake was made with “red sugar,” ...which is what brown sugar was called back then.

Chocolate contains compounds called “anthocyanins,” which are red in color and are responsible for the hues in everything from rhubarb to roses. Anthocyanins are bright red in their natural acidic environment, but when they meet an alkaline environment, they turn brown. Chocolate manufacturers discovered this little fact in the early 1800s and started alkalinizing ALL chocolate and cocoa powders to make it a deeper, richer color.



In recent decades, the old fashioned red velvet cake, colored naturally, was lost to history. Because of that dark alkaline cocoa, recipes had backed off the amount of cocoa so that bright red food coloring could shine through, and the cake actually had no flavor other than “red.”

Real Red Velvet Cake batter with no food coloring (after baking) this batter turns a reddish tinge, but not bright and fake. It might not be the vivid red we all see, but the anthocyanin in a natural non-alkalized cocoa powder’s reaction gives a deeper red hue.

I hope you enjoyed this history, now go make a cake!

Chef’s Recipe of the Month:

Red Velvet Cake

Ingredients/Instructions

All Measurements are done by weight (not volume)

- 6 ounces (1 1/2 sticks, or 12 Tablespoons) unsalted butter, at room temp
- 15 3/4 ounces light brown sugar
 - Cream these together at medium-high speed for about 5 minutes, longer than you think is necessary, until the mixture is light and fluffy. Then add, one at a time:
- 3 eggs
 - Beat each egg in thoroughly before adding the next, maintaining that light, fluffy texture.

Separately, combine:

- 6 ounces unbleached flour
- 6 ounces cake flour
- 2 1/4 ounces natural non alkalized cocoa powder
- 1 1/2 teaspoons baking soda
- 3/4 teaspoon Kosher salt
 - Sift this mixture twice with a strainer. This is an important step, don’t skip it. In this recipe, the sifting is important because both cake flour and cocoa powder tend to clump, and the dry ingredients need to be fully aerated to achieve that velvety texture that is every bit as important as the red color in Red Velvet Cake.

In a large measuring cup, combine:

- 1 1/2 cups buttermilk, warmed 30 secs in the microwave
- 2 teaspoons vanilla
 - Whisk this together with a fork. On low speed in the stand mixer, add 1/3 of the dry ingredients and 1/3 of the buttermilk to the butter/sugar/egg mixture. Let the mixer fully incorporate the ingredients before you add the next 1/3 of each. And then the final 1/3. Let the mixer run an additional 5 minutes (important) on low speed to ensure the batter is fully smooth.

Let the batter sit for a bit while you prepare your pans. This recipe will make three 9" layers, or 24 cupcakes or individual cakes. Spray the cake pans or muffin tins with cooking spray, and line the bottom with circles of parchment.

Preheat your oven to 325F (or 375F if baking cupcakes) and place the rack in the center of the oven.

Bake full 9" cakes for 30-35 minutes, individual cakes for 20-25 minutes, or cupcakes for 15-20 minutes (at 375F, cupcakes need a higher temperature to raise their tops into a high, rounded shape. Cakes you want flat across the top for easier frosting, which is why you bake them 50 degrees cooler.)

Remove the pans and cool for 15 minutes in the pan. Then you can remove the cakes, which should slide out easily because of that parchment layer you worked so hard on. Frost each layer with your favorite Cream Cheese Frosting Recipe.



Lifestyle News & Happenings

All You Need is Love

Lavina Samoy, Lifestyle Manager

For being a four-letter word, love holds a lot of weight when it comes to making the world go round. People live and die for it. It inspires, creates, and brings out the best in you. It is the source of kindness and happiness.

Here in Lincoln Hills, love is everywhere. From the Board of Directors to committees, to club leaders and our wonderful volunteers, love is the reason why they serve the community. It is why neighbors check on each other. It is why staff work hard to provide the best events, services, and lifestyle.

As the month of love ends, let's celebrate with a concert of classic songs from **Justin Diaz** like Presley's *Love Me Tender*, Wither's *Ain't No Sunshine*, and Washington's *What A Difference A Day Makes*, and much more. Justin will impress you with his soulful vocals and impressive guitar playing (**February 24 via Zoom, details page 54**).

Outdoor In-person Line Dance classes from Yvonne are back in March (weather permitting, **page 62**). For those who prefer to stay home and continue dancing, **Line Dance Level 3 with Ellen** offers just that (**page 62**). **Mixed Media Art Journaling with Kerry** is also be offered online in March (**page 61**).

Film Yale Professor Marc Lapadula continues with his series of in-depth analysis of cinematic greats with Sidney Lumet's **Running On Empty, March 18 (page 55)**. A full presentation of the movie is scheduled free on **March 12 (see Community Perks, page 49)**. For book lovers, discover the great new voices of American Fiction by joining **Professor Joseph Luzzi on March 29 (page 55)**.

As we finish off the first quarter, let us celebrate our community and everyone's resilience for winning over 2020 and all its challenges! We want to thank you for hanging in there and staying with us. Enjoy four free events during our **Lucky Leprechaun celebration**. We've got prizes, Bingo, a Tea Party, plus craft and a Happy Hour at Home Concert featuring the songs of Tom Petty with The Insiders. **Look for the Lifestyle ad on page 58 for the list of events and dates.**

For our Broadway fans and avid trip-goers, see **page 57, for the 2021 Broadway on Tour Series** we will be attending in the newly renovated SAFE Credit Union Performing Arts Center! We are confidently hopeful that we will soon be back to enjoy live theater in September.

All these we do because of love! Who needs anything more?





**The Spa at Kilaga Springs
Love**

Trudy Smith, Spa Manager

February is the month of love. The team at the Spa at Kilaga Springs is motivated by LOVE. We love to perform healing services for our clients. We love to provide a nurturing environment. We love to provide exceptional customer service. We love to provide excellent retail products for home care and enjoyment. We love what we do.

We also encourage you to love yourself. Doing so will get you to take care of yourself by receiving nurturing, heart-warming healthy services and products to promote wellbeing.

February was named after a purification ritual, which was like an early Roman spring cleaning festival. What a perfect time to take advantage of our Exfoliating and Detoxing treatments for the Face and Body.

Our Skincare Department is featuring several healthy glowing facials for the spring. The Deluxe Hydrafacial, the Signature Hydrafacial, and the Specialty Facial. There are several Specialty Facials—these facials are designed to deliver advanced treatments using potent ingredients. Choose your treatment from the following benefits and goals - Collagen

Boosting facial, Advanced Exfoliation Facial, and Intense Hydration. Love your Face!

Our Massage Department is featuring Fabulous Body treatments- The Body Bliss treatment—a full-body exfoliation with magnesium-rich cream scrub that aids in relieving anxiety and tension in nerves and muscles. Followed by a full body massage with aromatherapy, the Anti-Aging body treatment –the ultimate luxurious experience for the body. A customized exfoliation polishes away dry, aging skin. This allows the revitalizing and detoxifying serum to penetrate while in a wrap, followed by an application of nourishing massage balm. The Ocean Dew Detox wrap begins with an exfoliation using magnesium melt, followed by a rich shea butter application infused with Ocean Dew essential oil,



then wrapped for deep penetration leaving your body detoxed and fortified. Love your body!

Gift cards are a wonderful way to show your love. The Retail Boutique has many lovely gifts and self-care products.

Please call the Spa Concierge to book your appointment 916-408-4290. You can also book online and buy gift cards at Kilagaspringsspa.com.

(21)

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WellFit News

Fun Ways to Celebrate a Healthy February

Deborah McIlvain, Lifestyle, WellFit & Spa Director

Celebrate the entire month and show your love for your significant other, friends, or your family in February. A great way to say I love you or just a way to

thank someone for being there for you.

Enjoy a massage

– This can be a relaxing option to enjoy this month. Take time to pamper yourself and your person that makes your world a better place. Take the time to visit The Spa at Kilaga Springs, and they will take care of the rest. You can choose from massages, facials, and nail care. Every year The Spa offers a special on gift cards in February, just another way to give back. Watch your eNews for that! Did you know that our Spa is known to be the little secret in Lincoln as the best spa around really is worth the visit!

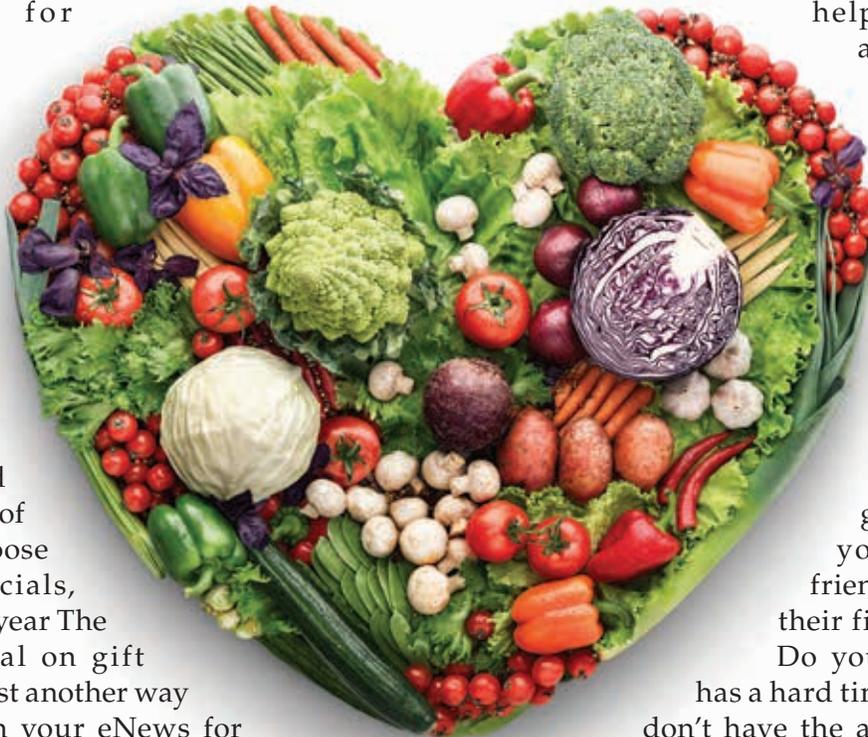
Take a class – Motivate your friends and significant other to take a class together. Visit the fitness centers for exercise classes that you can do together. Check out our grids in the back of the *Compass* for

all of our class offerings. Not ready to come back to a group class, try the Livestream Zumba classes together or line dance class offered through Lifestyle. The goal should be to take something different with someone you enjoy, it will help you both to keep active and on track.

Give the gift of health

– Give a gift to your fitness partner, they would love an activity tracker, a yoga mat, healthy snacks, a gift card to the Spa, or gift cards to Lincoln Hills for classes. Presenting these gifts will motivate your partner and or friends to say focused on their fitness goals.

Do you know anyone that has a hard time breathing and they don't have the ability to take a deep breath? We are offering a new SGT class pulmonary exercise class that can help improve your physical endurance. We also have new aqua classes, working in the water is a great way to gain cardiovascular stamina but remain gentle on your joints. For more information on these programs, please see our ad on page 64.



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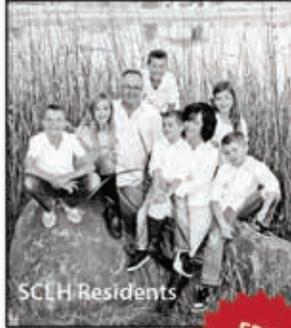
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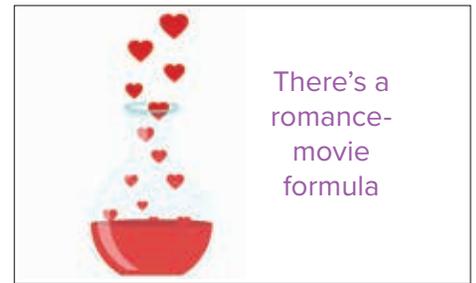
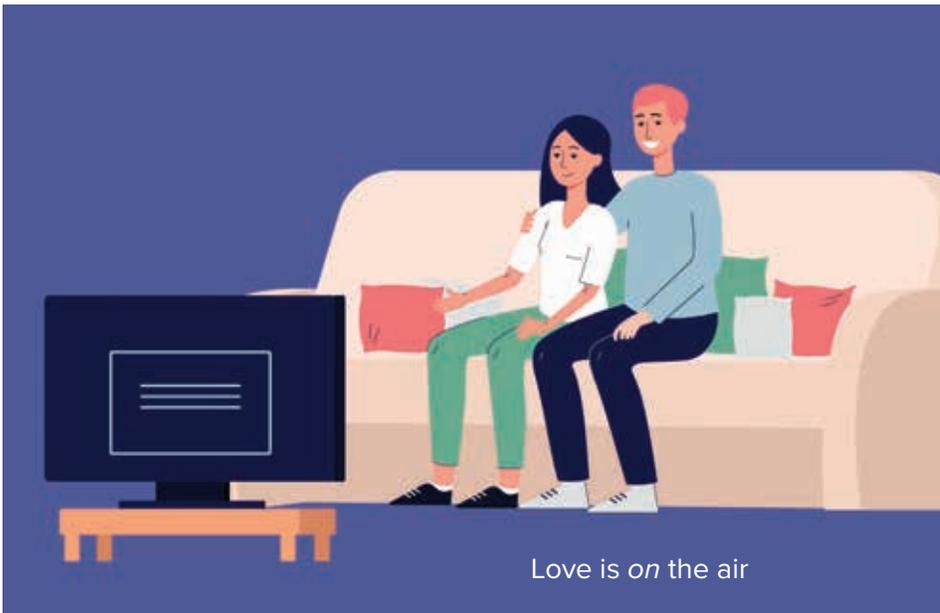
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A Hallmark Hangover

Linda Lucchetti, Roving Reporter

Have you recovered from your holiday hangover yet? Not the alcoholic kind – the Hallmark movie binge-watching kind.

The corporate juggernaut Hallmark yanks the heartstrings of millions of Americans throughout the year. First launched in 1910 by teenage entrepreneur J.C. Hall, the company today boasts a \$4 billion business which produces not only greeting cards but ornaments, home decor, and trinkets for all occasions. And if that's not enough, the brand reaches millions of people online, as well as through TV channels, with its sugary romance movies

often dubbed “Chick Flicks” due to their largely female audiences.

The holiday season may have come and gone, but get ready for more romantic movies celebrating love during Valentine’s Day month. What is so appealing about this addiction is that it is relatively free, non-fattening (if watched without snacking), and legal in all 50 states.

Why do we like these movies so much? Because they are a great escape. Unlike real life, they are perpetually predictable, easy, simple, cheerful, and non-violent. All the lead characters are attractive, and finding love is right

around every corner.

I have watched enough to realize that there’s a formula for these films constructed on a certain equation. There are characters, settings, and plots with twists and turns. But what makes them so transparent is a “cookie-cutter” approach and the inevitable happy ending.

Have you ever watched a movie and thought, “I could have written that!” Well, here’s your chance. Just follow the chart below to cook up your recipe for a romantic Hallmark movie. Choose one or more items from each column and start writing.

Protagonist	Adversary	Location	Confrontation	Resolution	Resolution
Female (single, divorced or widowed; young, professional, and attractive.)	Ex-spouse	Major U.S. city, i.e., New York, Los Angeles, Chicago	Loss of a job	Gets a job	Happy (of course!)
	Tyrannical boss		Loss of a pet	Remarries	
	Mean co-worker		Loss of property, finances, or inheritance	Adopts a pet	
Male (single, divorced or widowed; young, professional, and attractive.)	Domineering mother	Any small town USA		Finds new romance; reunites with previous partner.	
Male or female in the military, often serving overseas.	Nasty neighbor or landlord	Any ranch in Montana	Break-up with girlfriend, boyfriend, or fiancé	Inherits a fortune or marries into one.	
				Falls for a prince or princess.	

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Be Your Neighbor's Valentine!

Teresa Tanin, Neighborhood Watch

February is a special time to show love and care for others. It is especially important during these trying times to stay connected. Many have isolated so long without human interaction that loneliness has increased significantly. Setting up a daily "check-in" is a good idea—comparable to keeping your battery charged. A car needs to be driven and may need a jump-start now and then. People need the power of interactions with others to function properly as well. A daily phone call to "check-in," Zoom to say "hello," or texting a "good morning" is a great way to watch over your friends, neighbors, and loved ones. Let them know you are okay while checking on them. Staying connected is one of the best ways for us all to remain healthy, happy, and safe.

Providing us with safe information, Placer County started a helpline for seniors over 60. Dial 2-1-1 and

be connected 24/7 to a call specialist. According to their information, referrals include community health services, food assistance, transportation, senior care, employment services, housing assistance, mental health support services, and much more. It's easy, and it's free. TTY: 1-844-521-6697 or text your zip code to 898211 (text plan rates may apply).

Update—*Security Cameras*: The Lincoln Police Department is nearing the completion of this project in collaboration with the Association and the assistance of Neighborhood Watch ("NW"). To assist police investigations, footage from registered cameras throughout the community could be obtained from participating owners voluntarily. A PowerPoint and video will be available soon on the NW website sclhwatch.org under "Tutorials." Information will provide camera and installation criteria, including

the registration process.

To further assist the Lincoln Police, report a non-emergency incident by calling 916-645-4040 and/or call the Alerts Coordinator at 916-434-5362. Report online by logging on to the NW website at sclhwatch.org under "report an incident." Complete the form detailing the incident or scam, which is then directed to the Alerts Coordinator. For common area issues, contact Curator (Association) Security at 916-771-7185.

Be your neighbor's valentine year-round. Check-in with a simple "I'm okay, are you okay?" Let others know to call 2-1-1 for referral assistance 24/7. Check into the possible installation of cameras to assist our Police. Report an incident or scam by visiting the Neighborhood Watch website sclhwatch.org. Remain healthy, happy, and safe. Be informed, connected, and involved!

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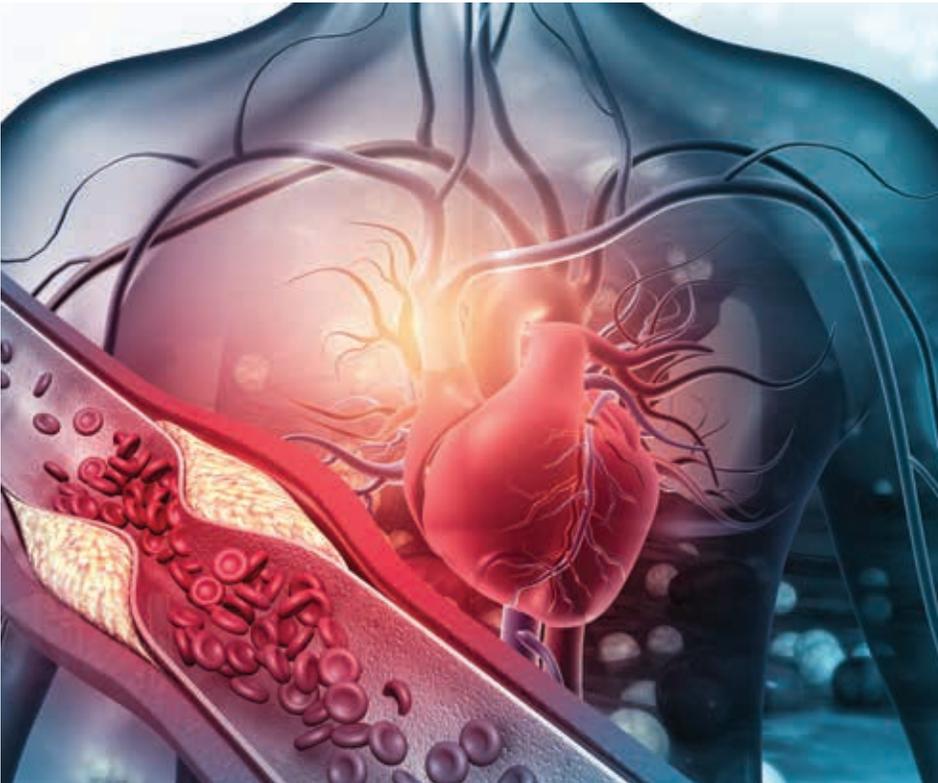
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Matters of the Heart

Shirley Schultz, Roving Reporter



The heart symbolizes love. Why the heart rather than a different body organ as a symbol of love? You could be saying, "I love you with all my lungs." or "I love you with all my liver." While you are musing about that, let me address a very common and serious issue related to the heart: denial that you could be having a heart attack. The real question is, "Do you love your heart?" If you do, sear into your

brain those symptoms which may indicate a heart attack and rehearse in your mind what you will do about it because, when it happens, the natural tendency of many people is to go into denial. Failure to act promptly in seeking medical attention could cost you your life.

A heart attack also called a myocardial infarction (MI) or a coronary, is caused by anything that cuts off the blood supply and,

therefore, oxygen to any part of the heart muscle. The American Heart Association offers the following summary.

"Don't wait to get help if you experience any of these heart attack warning signs. Some heart attacks are sudden and intense. But most start slowly, with mild pain or discomfort. Pay attention to your body and call 911 if you experience:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes – or it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.

- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

- **Shortness of breath.** This can occur with or without chest discomfort.

- **Other signs.** Other possible signs include breaking out in a cold sweat, nausea, or lightheadedness."

While chest pain is the most common symptom of a heart attack in men and women, women are more likely to experience shortness of breath, nausea, vomiting, and back or jaw pain. An EKG (electrocardiogram) is the most immediate test to verify whether or not you are having a heart attack. Call 911 if you think you are having a heart attack. Don't let denial rule you. It is better to be evaluated and be wrong than to lose your life. This is loving your heart.



MAJOR HEART ATTACK

signs and symptoms in women and men

-  Chest pain or discomfort
-  Shortness of breath
-  Pain or discomfort in the jaw, neck, back, arm, or shoulder
-  Feeling nauseous, light-headed, or unusually tired



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William Lauritsen

Lincoln Hills residents have a long history of direct involvement in our City, serving on many civic committees, community organizations, and public events. Several have taken the larger step of running for and winning elective office. On the City Council, we have had: Kent Nakata (2002-2008); Peter Gilbert (2012-2020); Dan Karleskint (2016-2024); and with the recent election - Bill Lauritsen (2020-2024). Lincoln Hills resident City Treasurers include Terry Dorsey (2008-2016); Jerry Harner (2016-2020); and with the recent election - Richard Pearl (2020-2024).

William (Bill Lauritsen). Bill is a three-year recent resident in Lincoln Hills, crossing the country from his previous location in Fairfax, Virginia. Actually, Virginia was only one of many locations he has lived, because when you are in the U.S. Foreign Service, you can count on frequent relocations.

Meet Our New Elected City Officials

Richard Pearl and David Wright, Roving Reporters



Richard Pearl

As a Certified Public Accountant and subsequent work in the accounting field, Bill's background was his ticket to employment with the Foreign Service, where he served our country in Australia, Afghanistan, Saudi Arabia, Jamaica, Congo, Israel, Mauritania, and Tanzania over the years.

In the Lincoln Hills community, Bill became active in the local Democratic Club and the Placer County Democratic Central Committee, where he was also a delegate to the state Democratic Party convention. He became interested in local politics over the water rate issue and was encouraged to run for his (first-ever) foray into elective office by the Democratic Club, i.e., 'just don't talk the talk...walk the walk.' Before he threw his hat in the election ring, Bill served on the city's Economic Development Committee.

As the newest member of the City Council, he's just learning the ropes and says that his initial goals are to

"continue to work on and improve intergovernmental cooperation and encourage balanced growth".
Reporting by Richard Pearl

Richard Pearl. After moving to Lincoln Hills in 2008, Richard put his heart into community service—not only joining the Association's 2009-2010 Finance Committee but becoming active in Lincoln city government. Over the years, he has chaired the City's Fiscal Sustainability Committee, Economic Development Committee, and Airport Committee. Additionally, he served on the Fiscal & Investment Oversight Committee (FIOC) and was the Executive Director of the 2017 Lincoln Airshow.

Most recently, Richard was elected as the City Treasurer, a part-time position emphasizing financial oversight of the City's \$150+ million investable funds. As Treasurer, he now chairs the FIOC.
Reporting by David Wright

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Deer family along Orchard Creek

Living in an Active Animal Community

David Wright, Roving Reporter

The moon-drenched night erupts with raucous revelry. But the yipping and howling echoing through the neighborhood is not from well-imbibed merry-makers celebrating Valentine's Day or a 50th wedding anniversary. It is coming from another type of party animal—a pack of serenading coyotes engaging in their own version of social media. With 500 acres of open space preserves and two golf courses meandering



Coyote and bobcat social distancing in the Northeast Preserve

throughout its borders, Lincoln Hills is a haven for wildlife.

Four score and seven years ago, wild animals may have roamed the Lincoln area unscathed. But today, they are forced to coexist with humans. As modern developments displace their natural habitats all around us, fur-bearing vagabonds are increasingly moving into our nature preserves and exploring our residential streets.

That rabbit's head at the doorstep is more likely a valentine from a visiting bobcat than a sinister warning from the Godfather. Dog owners, unfairly blamed for neglecting cleanup doody, probably had less to do with the poo left on our pathways than competing coyotes announcing their presence with authority. A normally-nocturnal mammal out during daylight

is not necessarily a sign of sickness. It is probably returning to its den after a busy night of scavenging—or maybe just checking for its shadow.

Jack and Becky Wilcox spotted an odd couple of untamed hearts while taking their morning stroll along the Northeast Preserve Trail. With camera ready, Becky captured a frisky coyote and a snooty bobcat facing-off like a Cupid mismatch.

Living in critter country can be, well—animating. But our animal magnetism also invites mischief. To a resourceful fox, an open lid on a garbage can is the neon sign of an all-night diner. Pet food, to a passing raccoon, is as irresistible as cherry pie on Washington's Birthday.

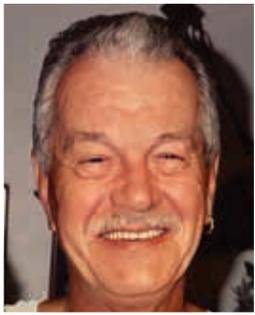


Smile, you're on Critter Camera

Fortunately, the varmints prowling our property walk with four legs, instead of only two. While a small unattended pet could be easy prey for a wily coyote or the elusive mountain lion, attacks on humans are rare. When encountering a wild animal, leave them an escape route. Stand tall, clap your hands, or throw a rock to encourage the animal to flee. Since we usually smell them before we see them, avoiding skunk confrontations could be as simple as exercising common scents.

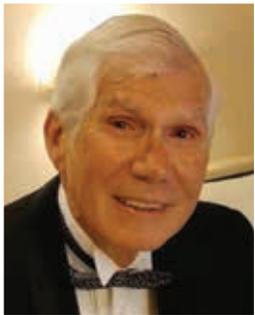
During these humdrum times, when every day repeats like a scene out of *Groundhog Day*, we can take some creature-comfort in romancing the call of the wild.

In Memoriam



Cornelis "Case" Adriaan Lambregtse

Born in the Netherlands, Case came to the U.S. with his family settling in Michigan. He served in the U.S. Marine Corp. before living his life as an entrepreneur. He played competitive tennis for decades, and when he could no longer play, he took up Poker playing as often as he could. He was also a lifelong Harley Davidson rider and was a member of the HOG group. He took a biker's dream journey with his brothers to the East Coast and back, visiting friends and relatives along the way. Case was loved and respected by all who knew him. He leaves his wife, Michele, six children, many grandchildren, great-grandchildren, and extended family.



Lance Presnall

Lance was born in Ashland, Oregon, but grew up in New Mexico. He graduated from New Mexico State University with a Bachelor of Mechanical Engineering, served in the Army, and earned a Master's degree in Engineering. He worked for Harley-Davidson, Rupp Industries, Bolens Corporation, and Bruel and Kjaer before retiring. He and his wife moved here from Los Angeles in 2015, where he enjoyed cycling, playing bridge, traveling, dancing ballroom and country, and being a Neighborhood Watch mailbox co-captain. He is survived by his wife Judy of 54 years, two children, and one grandson. He will be missed by family and friends.



Rita Veronica Ryan

Remembered for her strong spirit and a laugh that could fill a room, Rita peacefully passed away at age 85, surrounded by family. Born in Wisconsin, she was the 8th of 9 children. In school, she excelled in swimming. Catching the travel bug, Rita ended up in California. She and her husband, Henry Tomkiewicz, moved to a ranch in Scott Valley, California, where she hosted apple cider pressing parties in the Fall and July 4th festivities in the summer. She loved cooking. She became a real estate agent for a while, but most of her life was spent as a wife and mother. After being widowed, she married Charles Ryan. Here she enjoyed the Red Hat group, participated in local theatre and church. She is survived by her husband, three children, five step-children, dozens of grandchildren, great-grandchildren, and extended family.



Frances Swanson

Known for her quick wit, smile, and persistent generosity, Frances was President of the Community Association here in past years. Born in London in 1933, she had to leave during the War and lived with her Aunt and Uncle. As a teenager, she fell in love with the stage and acting. She immigrated alone to the U.S. at age 19. She began as a secretary for a producer at Columbia Pictures and then had her own successful business in software training. She loved Lincoln Hills and performing in many plays here. She leaves her husband Jack, of 43 years, her son, stepchildren, and grandchildren. She will be missed by many.

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.

James (Sonny) Worman



Born in England, Arkansas and lived there until he was about 12 when his family decided to come West to California. He graduated from High school in Fremont in 1957 and immediately went to work in a corrugated box factory. He married at 21 and had 2 boys, Jeff and Greg. After the death of his spouse, he and the boys moved to Sacramento where he eventually met and married Sharon and her 2 children. They were married for 43 years, they raised their children together. He always claimed that they were NOT exactly the Brady Bunch...more like the Adams Family but they had a lot of fun and made a lifetime of memories. Lots of coaching little league, basketball, camping and teaching the kids how to fish.

Sonny and Sharon started 3 businesses together; K-9 Command Dogs, A Shell Service Station with a towing business and finally a Trucking company. They purchased a home in Lincoln Hills in 2001 and as soon as he saw the softball field he was hooked. He finally retired in 2002 and promptly started playing ball. Basically, Sonny was a jock. He could hardly wait to play. He was a pitcher, a really good pitcher, and many fell victim to his "wicked" curve ball. He played ball for almost 20 years for Lincoln Hills on one team or another. The Sun Eagles was his favorite. Sonny spent countless hours helping Sharon with Open Houses in her Real Estate business but he was happiest on the pitchers mound, camping with his family, best friend, Don or walking his little "Schnauzers" up and down Ingram Parkway.

Sonny fell victim to 2 massive strokes from which he was unable to recover and passed away very quickly. He is survived by Sharon, his wife of 43 years, his sons; Jeff and Bryan (Greg preceded his dad in 2009), his daughter, Jennifer and 10 grandchildren.

This is my favorite picture of Sonny after another softball win and the image I will have in my heart forever. He was the kindest, gentlest man I ever knew. November 6, 1939 - December 18, 2020

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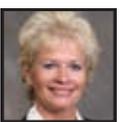
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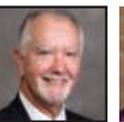
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Amateur Radio

We bid a fond farewell to our former President, Stu Gallant, K3RZB. Stu and Hilda have moved to Florida, and we thank Stu for his service to the Club. Congratulations to Dan Lehrer, KN6DRN, as he assumes the Presidency. Dick, KI6NOX, will continue to serve as VP, and John, NQ6Q, continues as our Repeater Trustee. We sadly acknowledge the passing of member Sonny Worman, KJ6UBK. We continue to Zoom our pre-Net meetings every Monday at 6:40 PM. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 443.2250 MHz, 167.9 PL.
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Lincoln Hills Astronomy

include a video on current events in astronomy. Our members will receive an email with details on accessing the online meeting and presentation. If you wish to participate, you are welcomed to contact Ron Yelton, LHAG Treasurer, at ryelton660@aol.com. Annual membership dues are \$10 per household. If you are interested in just keeping updated with current events in general astronomy, own a telescope, or choose to learn about the mysteries of the Cosmos, the LHAG has a place for you.
 Contact: William Weaver 916-408-1252, hamweaver@wavecable.com
 Website: www.lhag.org



Ballroom Dance

Bev Schroeder is a lung cancer survivor who finds that dancing really helps keep her lungs working. Beverly is this month's featured ballroom dancer. She loves dancing and feels it's the best thing to keep her mind and body working.

Bev retired from the UC Davis Medical Center 14 years ago. She served as a clinical research coordinator. Originally from Palo Alto, she moved to Carmichael prior to settling in Lincoln Hills. She has



Beverly Schroeder and Jim Slater at Halloween Dance

a daughter who lives in Texas. Bev has enjoyed dance most of her life. Among the ballroom dances, she lists the Waltz, the Fox Trot, and the Night Club Two Step as her favorites. "If you enjoy music, dancing is one way to really get the most out of an evening," shares Bev.

Contact: Ruth Algeri 916-408-4752



Big History

We are making big changes. We have begun a partnership with the Sacramento State Renaissance Society, and it is off to a great start. Now instead of twice monthly, we have Zoom meetings every week – Mondays at 10:00 AM. Our upcoming presentations, for this time period, start on February 22 with the "Mystery of the Minoans." Remember the Greek myth about the Minotaur—half man, half bull? That was on Minoa (current day Crete). Next on March 1, is "Religion, The



Astronomy

During the COVID-19 restrictions on gatherings, we will continue to conduct online video meetings and programs during its regularly scheduled meeting date and time on the first Wednesday of each month at 6:45 PM. The next online meeting will be on March 3 and will

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Experience of Being Alive." No, it is not a sermon. March 8 is "Indus Valley," a fascinating ancient civilization in the Pakistan region. Finally, on March 15, is "Egypt," a history of pharaoh after pharaoh from 3100 BCE to 300 BCE.

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



Billiards

While we are waiting to get back to playing pool again, I suggest checking the condition of your cue shaft tip to see if it needs to be replaced or reshaped. If the tip needs replacing, I suggest Magic Darts and Billiards. They have a great supply of accessories, including cue tips



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of different brands and hardness. They do a great job of replacing them. You can get gloves, cue

cases, different shafts, cues, and tools to take care of your cue tip. Mention you are a Lincoln Hills resident, and they will give you a 10 percent discount. In the meantime, stay safe! Stay Healthy!

Contact: *Tony Felice* 916-955-0501,
atfelice3@gmail.com
 Website: lhbilliards.com



Bocce Ball, Mad Hatters

We write this as COVID-19 vaccinations have begun in our area. Hopefully, the vaccination programs will take care of our residents rapidly, so we can start to think about getting back to normal. We are still not engaging in group play, but things seem to be improving in Placer County. Yes, we know we've said that before. So maybe we can start group play soon. Yes, we know we've said that before.

We are still looking for someone to write the *Compass* and *Sun Senior News* articles for our group. You don't need to be Ernest Hemingway to do it.

Contact: *John Gradwohl*
 650-576-2979,
jcgradwohl@hotmail.com
 Website: <https://sclhresidents.com/group/pages/bocce-ball-group>



Book, OC

For February, our book is *Lincoln on the Verge*. Book reviews and the book flyleaf reveal parallels with today's recent

events. Lincoln learned from events of his day. Can we?

Join us February 18 at 1:00 PM, on Zoom, for what promises to be a lively, deep discussion. Not a member? Email Dale Nater at ocbookgroup@gmail.com to add you to our list. Meeting details go out shortly before the date.

On March 18, the book choice is *The Island of Sea Women* by Lisa See, an examination of an unusual culture. April will be a bit different – we will visit (virtually most likely) with author Nancy Wiseman regarding her book about interacting with female inmates while teaching the skill of sewing.

Contact: *Cathie Szabo* 916-434-6667,
catsickle@gmail.com
 Website: LHocbookgoup.blogspot.com



Bridge, Partners

The situation is improving, with numerous Lincoln Hills residents in the 75-year-old category getting COVID-19 vaccinations over the last month. But we are all still affected by the state's total number hospitalized, a number that appears on the decline in Northern California. Additionally, the vaccine delivery is slow. Lodge meeting rooms cannot be used for group activities without the six-foot spacing requirement. This spacing is such that


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everyone playing bridge should have the necessary vaccination. The Association adheres to state and county directives, hence bridge remains suspended until further notice. Remember, please don't bring the virus into Lincoln Hills. Get your vaccination!



Bridge, Social

The New Year has begun, and KS is still closed. Our room is reserved. All we need is a go-ahead. Social Bridge is Singles' rotation—no partner needed. When opened, we will meet in the Sierra Room (KS) opposite the Billiards from 12:15 to 4:00 PM. For reservations, call our contact below. We hope you had a wonderful Valentine's Day. May all your days be filled with good health and well-being.

Free Bridge lessons will begin when OC opens: beginners 8:30 to 10:00 AM, and Intermediate 10:00 to Noon. No reservation is needed.

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

Computers

Apple Users



Over the past month and a half, we presented seminars on iPhone,

iPad, and Watch essentials, macOS Big Sur, and Apple Mail. Upcoming seminars include a seminar on Messaging by Bill Smith, and a seminar on Apple Pages by Helen Rains. The LHAUG website provides videos of past seminars and the schedule for future seminars. It also provides information about donating older Apple equipment and a Classifieds page for buying and selling used equipment. It provides support information as well as information about the LHAUG helpline. Have you renewed your membership for 2021? If not, see the 'About Us' tab on our website for the membership form and instructions.

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

Computers

PC



We meet on Zoom for the monthly presentations. Vaccines are being given now to select groups, so maybe this year our facilities will reopen. On January 13, Terry Rooney, Rita Wronkiewicz, and Bob Ringo hosted "Ask the Tech" via Zoom for our members. Highlights were thereafter sent to the membership. On February 10,

Rita presented "Wiser Shopping-Making Sense of Online Product Reviews." In March, Bob will discuss "Cloud Backup." In April, Terry will present "Screening." Join the club for \$15 per family, per year. Send your check to Ben Richardson (see our website). The Lincoln Public Library is open with limited days and times. It's easy to sign in and enjoy all their services. The Latest WIN10 update, "20H2," was released last October. Stay healthy.

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



Country Couples

We are sorry to say that one of our members, Lance Presnall, passed away on December 15. Lance and his lovely wife, Judy, are pictured here helping out at one of our dances. Rest in peace, Lance.



Lance & Judy

On a more positive note, the COVID-19 vaccine is here, and all of us who want to get inoculated

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should be able to get it soon. As more and more people get the vaccine, hopefully, things will start opening up, and we can get back to be an "active senior community."

Are you interested in joining us and learning Country Couples dancing? Once everything is back to usual, beginner lessons are 7:00 PM Mondays at KS. For more information, go to our website or contact us.

Contact: Kathy Lopez 916-434-5617
Website: www.sclhcc.com



Cyclists

When purchasing an e-bike, there are two main types: hub-drive and mid-drive. The differences to consider are power and price. A rear hub-drive motor pushes the bike forward, spinning the wheel in accordance with a torque sensor. Mid-drive means motors power the bikes drivetrain directly at the crankset. It will work in coordination with the bike's gears. This is most helpful climbing hills.



Oscar Paredes II with his Class 1, Hub Drive, e-bike

Hub-drive e-bikes cost less than mid-drive e-bikes. The reason is that a hub-drive motor can be

added to just about any bicycle frame. A mid-drive motor must be integrated, so the frame is custom designed for that motor. Thus, if most of your rides are flat, consider the hub-drive. However, if you live in an area with many hills, consider a mid-drive e-bike.

Contact: Dave Sausen 916-300-5395,
dave.sausen@yahoo.com
Website: lincolnhillscyclists.com



Euchre

When OC is open again for activities, consider joining us. 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 regular game, so you will feel comfortable. All are welcome, but please contact us so that we can get a proper headcount for the setup of the tables.

Contact: Audrey and Clyde McFadden
916-408-3616,
audreyjmcfadden@gmail.com



Fishing

I sent another plea to the club. "Who's been fishing or doing something related to fishing?"

Bob George replied: "My fishing partner from Rogue River, OR and I fished Pyramid Lake, NV for three days (December 18-20).

Between us, we caught and released over 60 Cutthroat trout over the three days. We brought home seven.



Bob George
Pyramid Lake, NV

Four were just under 20 inches and three over 24 inches. It was quite cold, but little to no-wind. We had a great time. The new permit pricing for fishing, boating, and camping have been greatly increased."

If you would like to join our fishing club, please contact Ralph via email ralphtonseth@comcast.net or Henry.

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



Food Adventures

We've come a long way from the first COVID-19 warnings, in February 2020, about the potential seriousness of the pandemic. We all look forward to the return of normalcy here in Lincoln Hills, where we can once again share the many joys of life in our community, many of which we have had to put on

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Yes, It's Cauliflower

hold. The possibilities the new vaccinations hold for us are indeed delicious. Sharing foods and their preparation with our neighbors, along with exploring our individual interests in seeing for ourselves the richness of our local food production scene here in Placer County, are indeed rewarding. Your membership in the Food Adventures Club is paid through calendar year 2021 by the refunds of canceled 2020 activities costs.

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



Garden

Webmaster Al Soares reminds us to check the Garden Group website for Farmer Fred's February Garden Chores. It's a great "check off" list for garden to-dos. All the other month's chores are listed, too.

There is still no scheduled General Meeting for February yet. Look for our emails to bring you up on current information for membership and events.

We may get to sponsor our

Annual Amateur Rose Show this April. So, you might want to get your roses off to a good start now.

Many of you know how to make that happen, but some may want a few tips from Farmer Fred or other rose-growing sites online. Roses are in the nurseries now and do very well in our garden zone.

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



Roses Grow Well in Lincoln Hills!



Genealogy

Pamela Bell Dallas will be our speaker on February 15 at 6:30 PM, on Zoom. Members will receive a Zoom link in a separate email from the Genealogy Club. Her topic is, "Evaluating Evidence or Court is in Session." Pamela has enjoyed conducting personal and client research for more than 30 years. We will send a Zoom link to all members and any handouts one week before the meeting. Please remember to renew your membership. We have a full schedule of speakers for 2021, and



Pamela Bell Dallas

you must be a member to receive the notification and Zoom link. We are offering a membership discount of \$15 per household for 2021 (one year only). We are still paying for Zoom, speakers, and subscriptions at OC.

Contact: Barbara Branch 916-225-4990, drbabsie@gmail.com

Website: <https://www.suncitylhgc.com/>



Golf

Ladies XVIII

In mid-January, 49 ladies were treated to glorious weather and improving course conditions on the Hills Course. Some of the newest members of our club made the leaderboard: Gwen Hare, Bonnie Hing, and Vivian Lim. Hare, a local teaching pro, joined to meet other players, while Bonnie and Vivian have returned after a few years' absence. The low gross, 82, was earned by Hare. Flight winners included Donna Sanderson, Jody Watson, Lissi Bedford, Mitsuko Cameron, and Ida Cicci. Cicci also recorded the low net of the day, 58. A slew of birdies and chip-ins completed the scoring. CTPs were captured by Deb Dunipace on five and Kathie Sutter on 16. We have more than 15 new members this year. Come join the fun.

Contact: Rosie Warren 530-613-2327, rmw1903@gmail.com Website: lhlxviii.com



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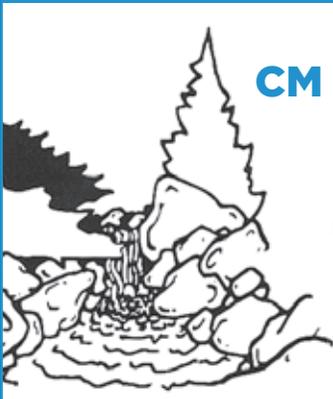
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Lincsters

Have you met Saint Marie? It's the nickname of Marie Bossert—the lady that never says “no” to our organization. She's a busy person, constantly at the pro shop obtaining tee times for our Wednesday golf days. On Sundays, Marie spends her afternoons with Golf Genius making parings then notifying golfers. On Thursdays, she enters scores and sweeps into our program. During COVID-19, Marie made it possible for us to get back on the course.



Marie Bossert

A resident since 2000, she joined our club in 2004 and immediately got involved—Tournament Chair for years, Co-Captain and Captain twice, numerous other jobs, and for the past three years, our Golf Genius guru. When you see Marie, tip your golf cap and say: “Thank You, Saint Marie.”
 Contact: Nancy Hastings
 916-645-5590, nhast38@yahoo.com
 Website: lincsters.com

Golf Men's

Mike Monroe did a fantastic job as Tournament Director in 2020, even with all the obstacles he had to work through. See the list of

tournaments on the Men's Club website. Don't miss out.

Time is running out to renew your membership. The price as of January 1 is \$96. The money pays for your club membership, prizes, and your NCGA membership.

Our Club members want to thank the new superintendent and all the maintenance crew for all the work taking place on the Lincoln Hills Golf Courses. What a difference in the courses look. Great Job!

Don't forget to check out the new apparel page on our website.
 Contact: Bob Schoenherr 408-383-5340, schoenherrbob@gmail.com
 Website: mgclh.club



Hiking & Walking

We are anticipating that we will be able to see these beautiful sites as a group, either walking or hiking, before the end of this year. Stay healthy, strong, and positive. Check the website for updates.



Carson River in Hope Valley

Contact: LHHikers@gmail.com
 Website: lincolnhillshikers.org



Investors' Study

We hope you will join us Thursday, March 4, at 2:30 PM, via Zoom or phone call-in. Our speaker will be Russ Abbott or Matt Bopp. The market discussions have been informative and insightful so consider joining us. The Active Investors sub-group meets at 3:00 PM on the second Monday of each month. If interested, contact Norm Quattrin at 916-645-4675.

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



Lavender Friends

Our club was on a Zoom get-together when member Dawna Hawksworth shared her latest project: a self-fashioned time capsule about COVID-19 that she inserted behind the shower wall while the bathroom was being renovated. Stuffed inside the Ziploc bag were masks and a “personal journal of what it has been like with stay-at-home orders, long waits for remodeling my bathroom, shortages, unnecessary deaths, positive aspects of Zoom,” says Dawna. She reminded us that we are all living through history and perhaps should be thinking about how we, too, might share it for future generations.



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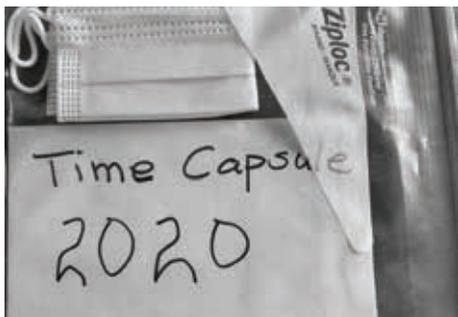
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A COVID-19 time capsule for future generations

This year, Lavender Friends, which is a club for LGBT residents, celebrates its 16th anniversary and is looking forward — hopefully — to being able to get together for a special celebration. *Contact: Sandi Dolbee 916-409-2156, sandidolbee@yahoo.com*
Website: www.lavenderfriends.com



Mixed Media

The club Zooms usually the third Wednesday of the month at 11:00 AM. When we get back to “normal life,” our club meets the third Wednesday of the month at 1:00 PM in the Ceramics Room (OC). Club members will be notified through emails about our upcoming meetings. The Art Challenge for February is to use the word prompt, “Heart,” and create an art piece. Then share it at our next Mixed Media Club Meeting.

At this time, we are not collecting yearly dues. Once we are able to meet together again, we will

reevaluate our dues. We are accepting new members at any time. If you would like to join the club, contact our Club President, Nancy Griffin.

Contact: Nancy Griffin, griffinmancy70@gmail.com



Motorcycle

There was no club meeting or ride in January. When coronavirus restrictions have eased, the club will resume having rides on the second Saturday of the month, March - November, along with club meetings on the fourth Thursday of the month at 5:30 PM, Multipurpose Room (OC). Guests are always welcome. “Ride Safe - Ride with Friends” *Contact: Manny Perez 916-253-9121, manwil412@wavecable.com*



Music

The Group Zoomed our performances in January. For our Group opening and closing songs, we stepped back into the Sixties. Our opening song was “To Sir With Love” from the movie and made famous by recording artist Lulu. For our closing number, we paid tribute to the Lovin’ Spoonful with “Day Dream.” Playing online has been fun and spirit-lifting. When the OC reopens, we will

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 musicgroup. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information.

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

Website: lincolnhillsmusicgroup.org



Needle Arts

Our monthly meetings are the second Tuesday of each month at 1:00 PM via Zoom. Watch your email for meeting information. Our February general meeting featured a presentation by Jane Haworth, an award-winning



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If you are unable to join us, Pastor Tom is posting a video of his sermons every week on our website & on YouTube. Be sure to watch. We are COVID COMPLIANT!



Pastor Tom & Linda Galovich
 Phone: 916-740-3044

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 Visit our website: www.valleyviewchurch.us

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professional quilter/fabric collage artist. You may view her creations at janehaworth.com. "Looking Forward to Spring" is the challenge to all members to create a piece of needle/fabric work in the medium of their choice for sharing during the May general meeting, with a prize drawing for all participants.

Community Service members continue to work from their homes, creating quilts for those in need. Last year, 197 quilts were donated. Longarm quilters are needed to help finish these quilts. 2021 membership dues are now \$20.

Contact: *Jeanne Helland*, needleartspres@gmail.com
Website: sclhna.com



Neighborhood Watch

COVID-19 has been hard on our residents.

We're an "active senior community" that has found itself inactive for 11 months. Our residents depended on the gym for exercise and on clubs, support groups, classes, various games, volunteerism, and other activities to stay involved and mentally healthy. Some groups have done what they could for their members. However, the fact is that many of our seniors have had little to do but stay home, apart from friends and family. Social distancing also is emotional distancing. Neighbors

can make a difference. It's not too late to reach out to those who would appreciate a plate of cookies, a warm meal, an offer to help with a chore. This is a good time to be your neighbor's Valentine.

Contact: *Dr. Barbara Branch*
916-543-8219, drbabsie@gmail.com
Website: www.SCLHWatch.org



"Let me be your neighbor."

Painters



In January, our members got their creative juices flowing again by rendering their own artistic version of "a Boat at shore" painting below. There were no rules—just freedom to use any medium, style, or any size was encouraged. Brief exhibits of member's efforts were shown and discussed during our membership meeting on Zoom. A Snowy scene theme will be the study for February's Friendly Fun to paint more ART.



By *Richard Robinson*

Our 2021 Membership Drive is still on. Because of limited meetings and COVID-19 restrictions, Club dues for 2021 have been waived for current members and any new members who sign up before March 1. Sign up now. Contact: *Jerrie Crass*, email: jerriec68@gmail.com or 916-302-6178.

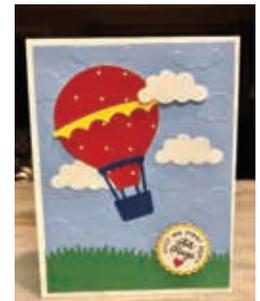
Contact: *Bob Green* 707-292-5526, RwJfGreen@aol.com



Paper Arts

"Behind every crafter is a stack of unfinished projects."

Do you have some finished projects that you'd like to share with members? Last month, *Rosy Thielke* offered up two different card kits, while *Sue Dambrosio* posted directions in our newsletter for her "flap" card. So, if you have some ideas for cards, new techniques, or projects, please let June know at paquettedj@gmail.com.



Rosy Thielke's "Air Hugs"

Upon lodge reopening, we meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS).

Contact: *Susan Long* 916-408-3451, scewlong@sbcglobal.net

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Pedro

The great card game of Pedro will return when the lodges reopen. When we do return, Pedro will meet on the first and third Friday from 9:00 AM to noon.
Contact: Denise Jones 916-543-3317



Photography

Randy Snook was our January presenter. Randy is an author, photographer, and educator. He has taught photography full-time at Sierra College for 15 years. His photographic interests ranged from photographing around the world for a variety of Christian ministries to alternative photographic processes, to illustrating children's books.



Photo by Dennis Berry

The Club Facebook page is open to all residents of Lincoln Hills interested in photography. Members post photographs and suggestions, answer questions,

and add ideas for local places to try out their skills with the camera. Beginners are welcome. To participate, go to <https://www.facebook.com/groups/SCLHPhotographyClub>.

We welcome new members to the club. Other member-only benefits include monthly presentations by world-class photographers, Special Interest Groups (SIGs), organized field trips to photographic destinations in California and beyond, and member-to-member mentoring.
Contact: Diane Margetts 916-955-1809, dmargett@yahoo.com
Website: lhpcphotoclub.com



Pickleball

Hopefully, by the time you read this, our free introductory lessons to pickleball will be back in full swing. Because of COVID-19 restrictions, we had to pause the popular classes, just at the height of their popularity, to ensure safety for all. If you are interested in learning, go to our website for updates.

We did receive welcome news when it was decided we could once again take to the courts for doubles, after weeks of being limited to singles during the latest COVID-19 surge. Pickleball continues its stringent protocols, so players, their families, and the public stay safe.

Those include mandatory face

coverings, monitors during busy times, required reservations, contact tracing, and a ban on visitors (including family). Hand sanitizer is also available.
Contact: Molly Morris 408-386-9054, Mollyfmorris@gmail.com
Website: www.lhpbclub.com



Players

What a tumultuous start to 2021! The vaccine is coming, but we need to practice patience and understanding with the vaccine rollout and each other. Masking and social distancing may still be with us for months to come, as this vaccine may not prevent a person from being contagious for the first few days after exposure. This affects our ability to present Murder on the Orient Express this spring. We must work together to "stop the spread" by getting vaccinated and keeping our masks on until most of the population is vaccinated.

Hopefully, we will be able to present Damn Yankees this fall. Stay well, and get vaccinated. When the Lodges reopen, meetings will be held on the second Monday of the month at 4:00 PM, P-Hall (KS).

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

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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 PM (Mondays and Fridays) or 4:45 PM (Tuesdays). The new seating arrangement will eliminate people not being able to play because tables are full. (Subject to reopening of the lodges.) Any questions, contact Lynne.

Contact: Lynne Barsky 916-253-3730



RV

Though our meetings remain canceled by COVID-19, we've scheduled rallies in Palm Desert, San Diego, Utah, Lake Tahoe, Point Reyes, and possibly more. Rallies typically include golf, pickleball, and much more. Several Members are heading out on RV trips across the U.S., to Yellowstone, and even to Alaska. We know that RVing is the safest and most scenic way to travel, especially in times of COVID-19. In fact, despite the pandemic, over three million new RVers are experiencing the fun.

Want to join us and participate? Don't wait for the Lodges to reopen. Contact our Membership Director, Sharon Skar, at 916-434-7799 or email marlowensharon@gmail.com to sign up and get Club News and Rally invites. Watch the *Compass* for re-opening of meetings.

Contact: Steve Beede 916-752-6972, stevebeede5@gmail.com
Website: www.lhrvg.com



SCHOOLS

Children are in school in Western Placer in limited numbers with the mandate, "Wear a mask and keep the distance." Teachers and students are complying, and the result is that program offerings will continue for the foreseeable future. Evidence shows that WPUSD schools are not a primary transmission for COVID-19. There are smaller classes and online learning for



Third Grade Class. First St. Elementary

all. SCHOOLS volunteers will not be allowed back in the classroom until COVID-19 is under control and classes are fully open. Volunteers miss the children and working with the teachers. The District will decide when that is possible. We're hoping for a healthier 2021.

For further and more current information, the Western Placer School District website is www.wpUSD.org.

Contact: Cyndi Colloton, ccolloton@yahoo.com



Singles

I hope the New Year has been healthy and happy for all Lincoln Hills Singles! Our monthly meetings and events are still canceled due to COVID-19, but the vaccine should soon be a reality for everyone. Then when the Lodges open, we will be able to meet and enjoy our scheduled events once again. In the meantime, let's continue to wear our masks, practice social distancing, get some exercise and try to keep those New Year's resolutions!

A good laugh and a long sleep are the two best cures for anything—*Irish proverb*

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

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Softball

It's almost time for another year of recreational softball. Remember, we are a co-ed league and encourage all to join our league. Skill level isn't the most important thing. For new players to our league, you must have a tryout to get rated before you can play. This guarantees our teams will be balanced. Richard Norman, our player representative, will set up the tryouts. The deadline for signups is February 28. The application can be downloaded from our website and sent to Sam Megason, our secretary. We are still scheduled to start our recreation ball season Wednesday, April 14, hopefully.

With a generous donation of \$11,150, Lincoln Hills Softball League and Pickleball Club members were able to give 114 Gift Cards to disadvantaged students/families.

Contact: Karl Wenzler 916-543-4626
Website: lhssl.net



Sports Car

A look back—one of the recurring trips that we have done eight times since 2010 is to the Seven Gables Inn in Pacific Grove. These trips are always fun. This is a two-night trip with different activities each year. Our special route along

the coast is via the Golden Gate Bridge and the fabulous Sea Cliff area of San Francisco. We always stop for lunch at Mezza Luna in Half Moon Bay and have dinner at Fandango. Other activities are whale watching, the Monterey Aquarium, lunch at Nepenthe and the Tap Room on 17 Mile Drive, and a picnic at Point Lobos.



Beautiful Seven Gables

The virus has put a wrench in all our plans, but we are looking to the future.

Contact: Vic Kremesec 916-543-7050,
vjk1245@yahoo.com
Website: lhsporcars.com



Sun City Squares

We are a Plus and Advanced Level all-position (no partner required) square dance club. We meet at KS on Mondays from 1:15 to 3:15 PM for Plus Level dancing, with Round Dancing between tips. Advanced Level dancing is held on Mondays from 3:15 to

3:45 PM and on Thursdays from 1:00 to 3:00 PM. Please stop by Multipurpose Room (KS) on Mondays or Thursdays after reopening and check us out. Stay safe, hopefully, things will start to normalize soon. We are looking forward to seeing everyone and getting some exercise.

Virtual Yellowrocks to all.
Contact: Beverly Cieslinski
916-622-8424, blm2518@icloud.com



Table Tennis

During the current downtime, Table Tennis remains alive and well thanks to the efforts of our club President, Alan Smith. He has been busy planning for the eventual reopening of our game. Alan has worked with the Room Booking and Club Coordinator to ensure we have a schedule and play area designated. Alan reorganized a Steering Committee meeting to address bylaws, membership, rules-of-play, and website development. Steering Committee membership includes the Social Manager (currently vacant), Treasurer, Equipment Manager, Play Manager, Membership/Communications Manager, and Secretary/Correspondence Manager. A meeting was held with the Lifestyle Manager to explore alternate play venues to facilitate the reopening of play.

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Sites under consideration are the terrace behind KS and the Sports Pavilion. We anticipate again enjoying our fun game.

Contact: Alan Smith 916-253-9525, aledsmith0411@gmail.com



Tap Company

“Golden Years on Silver Plates,” by Alyson Meador: Growing older comes with its own set of positives and negatives. One of the most obvious positives is that upon retirement, you might find yourself with a lot of free time to learn a new hobby such as tap. The health benefits, as well as the emotional benefits, are definitely worth the time invested. Everything a tap dancer does to the right, they must do to the left. The physical part is a good workout. The constant balance involved creates a stronger body. The complexity of learning the sequences, timing, and then adding arms is very challenging. Tap is a well-rounded choice for an activity that is good for your body and your mind.

Contact: Alison Wolfe 925-487-6902, awolfe@ssctv.net



Tennis

Happy Valentine’s Day! It has been one year since we were last allowed to have an in-house tournament, and we

are all looking forward to the day we can resume our normal activities. We are missing not only the competition but especially the comradery. We’ve seen significant progress made on constructing two new tennis courts. They should be ready for play soon.

We continue to restrict our court usage to residents only. If you find that outsiders are using the courts, please call Curator and ask them to deal with it. Please continue wearing a mask to and from the courts and while waiting for a court.

Contact: Helen Berott 530-320-6468, hberott@msn.com
Website: sclhtg.com



Veterans

St. Patrick’s Day is coming Wednesday, March 17. Consider joining the Veterans Group’s Leprechaun Brigade in your decorated golf cart. If you don’t have a golf cart, come in costume. Prizes will be awarded for best golf cart decoration, best safe shenanigans and the best St. Patrick’s Day costume. The golf cart parade will begin and end at the front portico (OC), 11:30 AM to 1:00 PM. Anyone interested in participating should contact Shirley Schultz at 916-645-7539.

Get ready for spring with a bright, new flag. LHVG President Joan MacAdams and her husband

Doug will deliver a flag to your home. Top-quality American flags are available for \$20 each. To arrange a delivery, call Joan at the number below or Doug at 703-217-4735.

Contact: Joan MacAdams 916-751-9272, joan.macadams13@gmail.com



Vintage Treasures

It is a bit different this year, but we can still phone visit with friends and family, watch a few new movies on TV, and of course, walk the beautiful trails in Sun City Lincoln Hills. We can order take-out, or make some new recipes at home. Details of openings are changing daily. We can remain positive and reach out to others. Our club focus is on vintage and antique items, pre-1970. We will make a decision on dues only when we can meet.

When we can gather again, it will be in the Heights and Gables Room (OC) on the first Monday of every month, from 10:00 to 11:30 AM. The presentation is followed by an optional lunch at Meridians. Contact: Sandi Janisch 916-253-9085



Water Volleyball

The 2021 New Year is an opportunity for reflection and goal setting. The year 2020 has been challenging to all residents, extended families,

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and association employees. The Lincoln Hills community is fortunate to have access to a myriad of personal/physical development options from gyms to trails, to clubs, to classes, to special events. The Water Volleyball Club offers weekly recreational and competitive training, team focused competitions, and mixed group games. In addition to playing water volleyball, the Club promotes member socialization with potlucks, tournaments, special group nights (Ladies' Night), and an annual dinner membership meeting. To provide organizational leadership, a Steering Committee is voted in annually by the entire membership. The Steering Committee meets monthly to oversee water volleyball activities and address member concerns.

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



Woodcarvers

Many newcomers to our woodcarving club often ask about the wood we use. Most of us use basswood. It's a great wood to work with as it is softer than most woods, and therefore easier to work with. It is a blond-colored wood, often with grains, so the end products have some interesting strands of color throughout. This wood is good for figurines, boxes, relief carving, and pretty much any project one wants to do. We have basswood scrap pieces for new people to practice on and larger pieces, for a nominal price. Our members are ready to help anyone start their project—with a lot of support along the way. When meetings resume, it will be on Wednesdays from 1:00 to 4:00 PM in the Sierra Room (KS).

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



Writers

Vaccines—a lot is written about them. About 3,000 years ago, China 'employed Smallpox inoculations.' In 1796, Edward Jenner developed a vaccine against Smallpox. In 1885, Louis Pasteur developed the second vaccine. It was for Rabies. Since then, scientists developed vaccines against Anthrax, Chicken Pox, Cholera, Diphtheria, Hepatitis, Measles, Mumps, Meningitis, Plague, Pneumonia, Shingles, Tetanus, Tuberculosis, Typhoid, Whooping Cough, Yellow Fever, and others. Flu vaccinations began in 1945. In the late 1950s, I remember having my very first sugar cube. It held Jonas Salk's Polio vaccine. Vaccines for the Coronavirus are here. We received our first COVID-19 vaccine dose on January 15. Until we meet again, write about your COVID-19 vaccine journey. Stay safe, wear a mask, and laugh.

Contact: Anne Constantin Birge
909-965-3556, raybirge@aol.com

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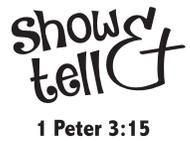
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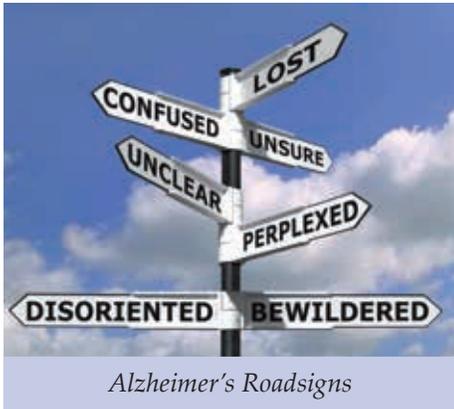
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Alzheimer's-Dementia Caregiver's Support

Manufacturing and distribution have been spotty so far, but now that COVID-19 vaccines have started being given, we seem to be on the path of recovery from the scourge that began last year. Treatment and prevention of Alzheimer's Disease continues to be frustratingly elusive, however, so caregivers remain in a holding (on) pattern as we manage as best, we can. A big shout out to all of you who are staying the course, even when a loved one has been transferred to more comprehensive care.



Alzheimer's Roadsigns

This year the Caregivers Group will again be here to offer peer support, professional insight, and camaraderie in the mysterious journey of mental impairment. Thank you to the Lincoln Hills Foundation for supporting this effort.

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. Because of the Pandemic, we will not be meeting. However, please feel free to call and talk. I can also connect you with others who will be happy to talk with you. To put a Memoriam in the *Compass*, please contact Joan Logue. The deadline for Memoriams is the 15 of the month before the *Compass* comes out. Stay safe.

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



Bosom Buddies

For 11 months, COVID-19 has put much of Lincoln Hills on lock down while we wait for a vaccine. What doesn't observe being put "on hold" is cancer. Although Bosom Buddies hasn't been able to hold its meetings and activities, we're still here, doing what we can to reach out to our members. If you or someone you know has been diagnosed with



Barbara Mathot starts off our meetings with an inspirational reading

breast cancer, you don't have to wait until our community is up and running to contact us. Our goal is to offer support. We know what it's like to hear the "C" word. Our members have experienced the different treatments, gone through recovery, and even learned to live with their cancer. We listen. We understand. For more information, call Patty McCuen at 916-408-4185.

Contact: Marianne Smith

916-408-1818, mlsmith39@yahoo.com



Gam-Anon

If your life is affected by someone else's gambling problem, Gam-Anon can help. Our group has decided to quit meeting until possibly March because of Coronavirus concerns. However, if you need support, you have several options. You can call the Gam-Anon Northern California Hotline number at 510-407-3898 for information about the Pleasant Hill Thursday Evening Zoom meeting. You can go to the Gam-Anon International Service Office website at www.gam-anon.org for information. You can call the Sacramento Gambler's Anonymous Hotline at 855-222-5542. They will have someone from our local Gam-Anon group call you back. If you call our club contact from this article, please leave a message. She will call you back.

Contact: Kay F. 916-204-1624, denniskayf@starstream.net

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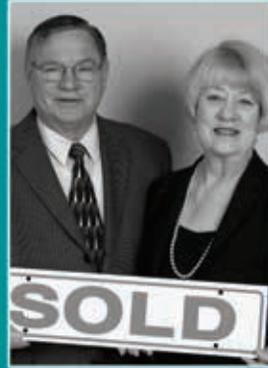
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Glaucoma Support Group

Happy St. Patrick's Day and the luck of the Irish to ya! Our March 10, 4:00 PM meeting is on Zoom. The link will be provided the prior Monday. Let's hope we will be lucky and able to gather safely again soon. In the meantime, for some fun, share a favorite joke or funny story with us. Spring is coming, and with that comes allergies. It is important to make sure there are no conflicts with your eye drops and antihistamines. We will also discuss how we are doing here regarding the one-year anniversary of COVID-19.

If you or a family member are new to Glaucoma, please join us as we share tips and ideas to make our lives easier. For information call Bonnie.

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



Low Vision Support Group

There are three types of Eye Care Professionals. An Ophthalmologist (MD) specializes in surgery. Ophthalmologists are highly educated, with nine years of medical education in anatomy, eye function, and diseases. An Ophthalmologist has specific training in diagnosis, treatment of diseases, and

surgical care. An Optometrist is not a medical doctor and does not perform surgery. Optometrists have four years of study in optics, including structures of the eye and treatment of eye disease. They perform examinations, prescribe eyeglasses and contact lenses, low vision rehabilitation aids, therapy, and medications. An Optician fits eyeglasses and contact lenses to correct vision problems. After an optometrist writes a prescription, it is the optician who fills the order. An Optician is not a medical or optometry graduate. Contact: *Cathy McGriff 916-408-0169, cathymcgriff1010@gmail.com*



Multiple Sclerosis

We seem to be on the Home Stretch with COVID-19, but not yet for in-person Multiple Sclerosis Meetings. Things change quickly, and two virtues we have had to pull out of our hat are "Patience" and "Adaptability." In the meantime, Zoom Meetings have saved the day, and our Member Entertainment has been "our spoonful of sugar." If you would care to share your talent at the March 9 Zoom, contact Jeri.

We are attempting to put together a St. Patrick's Day program for Tuesday, March 9, 1:00 PM, Zoom. The link will be

sent to members the prior Sunday, March 7. After the entertainment, we will continue with our regular check-in to see how our members are doing. We are MS Strong! See you in March!

Contact: *Jeri Di Fiore 916-408-7565, 2020jeridifiore@gmail.com*



Wise Aging Resource and Support Group

We provide a forum for discussion, support, education, and sharing aging-related resources for all residents wanting to plan for their older years, whether aging in place or exploring other options. Recent topics include senior peer counseling, local housing options, and the financial abuse of seniors. Meetings are a mixture of speakers, small group discussions, and member input. Future topics include transitioning from home to a facility, legal issues, coping alone, leveraging assets, and handling finances in a crisis. Join the other 60 people who have discovered the comfort in sharing information and being heard. Meeting dates and times are to be determined. To be added to our mailing list, contact Marsha Van Wagner at mmvanwagner@gmail.com.

Contact: *Carol A. Eisenhower 916-995-9350, ceisenhower@comcast.net*

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



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"We lived in Lincoln Sun City for 6 years and decided to upgrade to a larger home. We contacted Penny and were very impressed with her knowledge of the construction, community, pricing and market knowledge. Her sense of urgency in responding to our questions; looking at property on a moments notice, explaining the process we would go through not only purchasing another home but, selling our existing home as well. If you are new to the area and considering our great community, contact Penny. You will not be disappointed." - Steve Giordano, Sun Valley Lane



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AARP

Lincoln AARP Foundation Tax-Aide volunteers are ready to assist you with your 2020 Income Tax returns. This free service will be available by appointment to Lincoln residents **only if** you had your taxes prepared by us for either of the last two years. Appointments are made by calling 916-878-6249. The Intake/Interview Sheet, Form 13614-C, is required of all clients and is available outside Orchard Creek Lodge, where the *Compass* is available. Do not download the form from www.IRS.gov. These returns will be filed electronically (e-file) with the IRS and California FTB.

A Course in Miracles

This is a unique, spiritual, self-study program designed to help us see beyond division and discord and reach for unity within ourselves, our family, our community, and the world. To remain calm and peaceful during these times of unrest is everyone's objective, and ACIM offers a path for achieving this. Our study group has ongoing twice-monthly meetings. Call 916-409-5253 for more information.

Airport Co-op

Transportation to and from the Sacramento Airport for Lincoln Hills residents works on a point system, give a ride – get a ride. Membership is \$15.00 per year. Information can be found on our website www.lh-airportco-op.org or contact Barb Iniguez at 916-408-7812. Happy New Year and safe travels.

Cloggers

Well, we're still clogging (Appalachian-Irish dance) at home. Maybe next month we'll all be back in class. Meanwhile, we wish you good health, safety, sanity, and hopefully the vaccine.

And while we're waiting to dance together again, we can all dance "together" in our homes by following clogging videos at "NCAA Clogging." BTW, "clogging" is a Gaelic word meaning TIME, and this is the TIME to exercise and stay fit, so we're ready to jump into class again. For more information on clogging (when it happens) right here in Lincoln Hills, contact Natalie Grossner at 916-209-3804.

Democratic Club

We started the new year with an interesting and informative talk on the history of presidential inaugurations by OLLI instructor Terry McAteer, by Zoom, of course. Our Board meeting saw our new Board members introduced, and our prior Board members were thanked for their service. Some of our members made phone calls for the Georgia Senatorial races, and we were all delighted with the results! Our own member Bill Lauritsen was elected to the Lincoln City Council and plans to report to us periodically on city issues. For more information, please visit our website, <https://democraticclublincoln.ca.org/>.

Italian Club

Activities now canceled will resume when it's safe to attend. Check the website.

Thanks to all who've kept in touch via our email messages. Here's a recap, by the numbers: "Tour of Italy" and "Reaching Out and Keeping in Touch" (52 messages); and "Nutshell" (8) and "Where are We?" (13). For the holidays, we featured the Pasta Grannies, cookie recipes, and chefs Rosa and Carmela. Christmas messages with Italian traditions and festivities followed (6). We distributed giveaways (4).

If you are a Lincoln Hills resident of Italian heritage, check out our website at www.lhitalianclub.com.

org. Contact: Sandi Graham, membership at 916-826-5711.

Racquetball Group

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

Republican Club

Happy Valentine's Day! Our Club remains committed to supporting the New Republican Party and its conservative, unifying views. We are actively focused on getting required petition signatures to recall Governor Newsom. Collectively, we have over 1.1M signatures. Our goal is 1.5M before the March 11 deadline. If you can help, please email Carol at cnwilson1@ssctv.net. Lincoln Hills Republicans are encouraged to join our Club. We have great speakers. Dues are \$15/pp – per year. Check our web-site at www.RepublicanClubSCLH.org.

Shalom Social Group

We traveled by Zoom to the Jewish Gold Country through journalist Gabriel Greschler's fascinating photo presentation. It was a most enjoyable program! We are planning our Passover Seder, by Zoom, of course (unless another miracle happens between now and March!) Last month we misspelled the name of one of our new Board members. We apologize. Her correct name is Barbara Korenthal. We play bocce every Sunday, weather permitting. Old and new members (and interested prospective members) learn about our

activities and programs from our website, <https://sites.google.com/site/sclhssg>. For more information, please contact Joanne Levy at 508-333-8590.

Shooting Group

We are a friendly group of Lincoln Hills residents enjoying recreational shooting sports.

We meet on Tuesday for Trap and on Thursday for Skeet with weather permitting at a privately

owned facility just minutes from Lincoln Hills. We have no dues, but shooters must pay for their ammunition and range fees. For more information about shotgun shooting contact John Kightlinger at 916-408-3928 or johnnpat@sbcglobal.net.

For information regarding rifle or pistol activities that occur at the Lincoln Rifle Club at 150 Lincoln Boulevard, Lincoln, CA contact Jim Trifilo at 916-434-6341 or trifilom@gmail.com.

Sons In Retirement Branch 13

We are canceling our activities until further notice. 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 one of our luncheons at Catta Verdera Country Club as a guest in the future, please contact Chet Winton at 916-408-8708.

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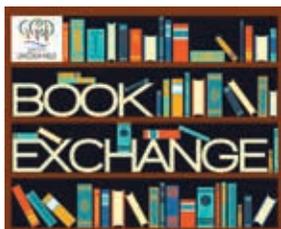
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SCLH Book Exchange

Every Wednesday, 9:00 AM to 1:00 PM, OC Lodge Portico

You asked for it, you got it! Weather permitting, we will continue with the Book Exchange that we started at the Farmers Market! It is easy to participate. Just drop off a maximum of two books at the designated table in exchange for two books on the shelves. Books should be published no earlier than 2010, preferably best sellers and popular publications. Please do not leave instructional, self-help, and table books. Paperbacks and hard bounds are okay. Exchange is exclusive to residents. Participants must sanitize their hands before touching the books, wear face coverings, and follow 6' distancing. There will be **no book exchange when it rains**.

Conversations

Wednesday, February 24

9:30 to 11:00 AM – Zoom (watch eNews for Zoom information)

Come share time with Robert Richardson, General Manager, to discuss hot topics of the day. There will also be plenty of time for any Associated related questions. From time to time, he may be joined by department staff and/or Association committee members. Join in on the conversation.

Zoom Movie

We are bringing back the fun and the fans of our FREE movie presentations via Zoom (instead of having it in the Presentation Hall)! All you need is the ability to log into Zoom through your laptop, PC, tablet, iPad or Mac computer and watch the show with the rest of the community. Popcorn and drinks in your home optional.



Inside Man (2006)

Monday, March 1, 1:30 PM Screening – Zoom — **LSE306**

A police detective, a bank robber, and a high-power broker enter high-stakes negotiations after the criminal's brilliant heist spirals into a hostage situation. Stars Denzel Washington, Clive Owen, and Jodie Foster and directed by Spike Lee. Rated R, 129 minutes, Crime/Drama/Mystery.

Zoom Meeting ID: 823 1108 2550 • Passcode: Movies



Classic: Running on Empty (1988)

Friday, March 12, 1:30 PM Screening – Zoom — **LSE307**

The eldest son of a fugitive family comes of age, experiences love, and wants to live a life of his own. River Phoenix, Christine Lahti, and Judd Hirsch star in this tender and heartwarming movie that tests a family's love. Directed by Sidney Lumet. Rated PG-13, 116 minutes, Family/Crime/Drama/Music.

Zoom Meeting ID: 890 9222 8350 • Passcode: Movies



Leprechaun Egg Hunt Throughout Lincoln Hills

Hunt date will be announced in eNews!

Get ready to stretch your legs and have some fun! The Lifestyle Leprechauns are on the loose and will be hiding eggs around the community to uplift your spirit! You will never know what positive sayings you might find that is as good as gold. Anyone who finds a four-leaf clover inside the egg gets a prize. Email: Lifestyle@sclhca.com, Subject: Leprechaun

Egg Hunt to claim your prize. Bring your four-leaf clover when claiming your prize.





Game Day – Virtual BINGO

Tuesday, March 9, 2:00 PM – Zoom — **LSE304**

Stuck at home with nothing to do? Join your Lifestyle Team as we play games virtually every 2nd Tuesday of the month until the lodge re-opens. For our first game, we will be playing Virtual Bingo, Lifestyle Edition. All you have to do is register online to receive the Zoom information and details of how to play the game. One Bingo card per player with a minimum of 3 games/rounds. Participants will be limited, so register early. A fun prize will be awarded to the winner of each round. The game is just for fun! A different game will be played each month.



Golf Cart Registration

Golf Cart Registration is canceled until the City of Lincoln’s volunteer program returns to normal operations. Watch for future announcements via eNews and *Compass*.

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Due to the current Covid-19 restrictions, upcoming Community Forums will be presented via online Zoom offering through 2021. This will allow up to 500 residents to sign in to each forum in real-time. Allowing you to listen and see the speakers and their visual aids. In addition, each of your screens will show a "chat button," which will allow viewers to enter written questions during the presentation. When the Question & Answer portion of the forum begins, the moderator will have the ability to present your questions to the speakers, and all viewers will hear both the questions and answers.

No one will be admitted to a Zoom Forum unless identified by their real first and last names. Email "handles" are not acceptable.

To receive eNews bulletins, please go to: <https://sclhresidents.com/enews>.

At such time as our Lodges are again made available, we will add live audiences per the social distancing rules currently in effect. But online Zoom access will continue, as will video recordings a few days later at <https://www.sclhresidents.com/group/pages/community-forum-videos>.

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

All Forums are Free

Dates are subject to change



Perseverance – Mars Rover

Tuesday, February 16, 2:00 PM, Zoom <<https://zoom.us/join>>

Meeting ID: 88185439647 Password: Forums

Tim Pinkney, NASA Solar System Ambassador, will present a virtual webinar providing details of *Perseverance*, the successor to the very successful *Curiosity* rover.

The mission will land in *Jezero Crater* on Mars on February 18, 2021. *Perseverance* is the most sophisticated rover NASA has sent to Mars. It will search for signs of microbial life, characterize the planet's geology and climate, collect selected and documented rock and sediment samples for a possible return to Earth, and pave the way for

human exploration beyond the Moon. This latest rover will also carry the first helicopter, *Ingenuity*, to fly on another planet.



Friends of the Auburn Ravine

Thursday, March 11, 2:00 PM, Zoom <<https://zoom.us/join>>

Meeting ID: 81260129668 Passcode: Forums

James Haulfler of the *Friends of Auburn Ravine* will give a 2020 progress report and describe potential improvements in 2021 and beyond.

Auburn Ravine is a 34-mile long creek that flows from Auburn to the Sacramento River. Salmon and steelhead swim up Auburn Ravine every fall and winter to spawn east of Lincoln. But the survival of these majestic fish is threatened. Local groups are

trying to protect them and improve their habitat. <<https://www.auburnravine.org/>>



Artemis– Humanity's Return to the Moon

Thursday, March 18, 2:00 PM, Zoom <<https://zoom.us/join>>

Meeting ID: 84760129668 Passcode: Forums

Tim Pinkney, NASA Solar System Ambassador, will present the Artemis Space Program. NASA plans to land the first woman and the next man on the moon in 2024 using a radically different approach than the Apollo program from 50 years ago. The new Space Launch System (SLS) rocket and Orion crew capsule, Artemis I, is scheduled to launch in mid-2021.

Join Tim for this, his second offering for our forum audience. Those who have seen him present previously found him engaging, knowledgeable, and overall, a superb communicator.



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Sierra Pacific Industries (SPI)

Thursday, April 13, 2:00 PM, Zoom <<https://zoom.us/join>>

Meeting ID: 89783275669 Passcode: *Forums*

Mark Luster, Sierra Pacific Industries (SPI) Community Relations Manager, has over 30 years' experience in the forest products industry and represents SPI in an eight-county region. Mark has worked in Lincoln since 1984 and has seen first-hand much of the changes and growth in our community.

Sierra Pacific Industries donates resources and time in the communities where they have operations. As part of this, Mark has served three two-year terms as the President of the Lincoln Area Chamber of Commerce and is currently serving as President for his fourth term.



Understanding Your Gifted Grandchildren

Thursday, April 22, 2:00 PM, Zoom <<https://zoom.us/join>>

Meeting ID: 86520797986 Passcode: *Forums*

Dr. Barbara Branch has been working with gifted children as a teacher, principal, central office administrator, and consultant for almost 40 years. In this presentation, she will share characteristics of gifted children that set them apart from their age peers, including asynchronous development, perfectionism, sensitivity, and intensity. She will discuss strategies for working with and understanding gifted children. She will provide resources for understanding gifted children and how to deal with the teachers and schools of the children. Come listen. You may learn something about yourself or your own children, the parents of these gifted grandchildren.



Spain Travelogue

Thursday, May 13, 2:00 PM, Zoom <<https://zoom.us/join>>

Meeting ID: 88054620060 Passcode: *Forums*

Howard Koons' wife, Marlene, lived and taught in Madrid in the mid-'60s while he was in the Malayan jungle swatting mosquitoes and trying to teach science. She convinced Howard that it was time to visit Spain. In the fall of 2017, they packed their bags and headed off for a month driving around mostly the northern half of the country, stopping off at anything that attracted their interest.

Howard has presented several Community Forums that were very well-received. Join him when he presents his video/photographs of Spain.



Roaming the Sierra Nevada Foothills, Number 6

Tuesday, May 20, 2:00 PM, Zoom <<https://zoom.us/join>>

Meeting ID: 89783275669 Passcode: *Forums*

Mike Stark, a favorite repeat Forum presenter, will begin his latest trek in Folsom and discuss rival railroad lines: Sacramento Valley Railroad and Central Pacific Railroad. Both involve Folsom. We'll take a quick journey into the Sierra, pointing out interesting spots to investigate: almost ghost towns, train tunnels, and where you can ride the rails. The Folsom powerhouse supplies Folsom Prison with electric power: the first U.S. prison to have electricity. Folsom was an active gold mining location, and gold dredging operations continued into the 1960s. I have a special spot so you can restart the Pet Rock craze.

UPCOMING EVENTS

To Be Determined

Deborah Meyer
 Entertainment Coordinator
 Deborah.Meyer@sclhca.com



Register online at SCLHResidents.com.

Notice:

All dates listed for performances held in the lodge may be subject to change based on State and County Re-opening Guidelines.

—Livestream Concert—

**“What A Difference A Day Makes”
 An Evening of Classic Songs with Justin Diaz**
 Wednesday, February 24
 7:00 PM – Zoom
 \$12 per Zoom device — **LSE302**



Justin Diaz has a young face, an old soul, and extensive experience in musical entertainment. He was raised in the Napa Valley, the son of Dutch and Mexican immigrants, where the soundtrack at home ranged from Led Zeppelin to Frank Sinatra, the BeeGees to Billie Holiday, and Pat Metheny to Al Green. His exposure to traveling the world and all 50 states have brought him the experience and maturity in his musical selections. Justin will entertain you with his songs, his guitar playing, and excellent vocals highlighting simplicity and substance through the medium of music that will make a difference in your day!

Free Concert!
Holiday Happy Hour at Home With The Insiders: THE SONGS OF TOM PETTY
 Featuring Paul Cotruvo & Kiki Stack
 Friday, March 26
 5:00 PM – FREE via Zoom — **LSE305**



As part of our Lucky Leprechaun Celebration, enjoy Happy Hour at Home while you listen to Paul



Cotruvo and Kiki Stack, popularly known for performing as members of The Big Jangle Band, the San Francisco Bay Area Band dedicated to playing all things Tom Petty. They capture the Tom Petty and The Heartbreakers experience, not only playing the music of Tom Petty but the songs he covered live, such as The Traveling Wilburys, The Byrds, and Stevie Nicks. This will surely be a perfect afternoon to enjoy some music and your beverage of choice!

You must register online to receive the Zoom information for your free login.

—Livestream Event—

**How Did I Get There?
 Tom Rigney Finally Tells His Story**
 Thursday, February 18
 7:00 PM – Zoom
 \$12 per Zoom device
 — **LSE298**



Calling all Tom Rigney fans! Learn about Tom’s exciting life story in his new solo performance piece in which he attempts to explain himself by telling strange tales from his remarkable life and career. In the course of this compelling journey, which had its world premiere at the Sun Valley Opera House in 2018, you will meet some of the people who influenced Tom over the course of his life, most notably his father, baseball great Bill Rigney. Although Tom will have his violin close at hand, this is mostly a spoken word performance but will include some solo musical selections between different stories. This is an opportunity to hear first-hand a few of the experiences that made him the person and the musician he is today.



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—Livestream Presentation—

Why Shakespeare Matters Today Presented by Bard Professor Joseph Luzzi Monday, February 22 2:00 PM – Zoom \$14 per Zoom device — **LSE296**



What makes William Shakespeare, even though he wrote four centuries ago, “essential” reading today? What can his theatrical universe teach us about the crucial cultural, social, and even political issues that we face? Find out what makes Shakespeare “tick” in our discussion of how and why he has become one of the most celebrated authors in the history of literature, as we explore his stunning contributions to the English language, our understanding of human psychology, and the capacity of literature to astound and enchant.

RUNNING ON EMPTY, A Close Analysis Presented by Yale Professor Marc Lapadula Thursday, March 18 1:00 PM - Zoom



\$14 per Zoom device — **LSE308**

Marc Lapadula continues with his series on Analysis of Great Cinemas. Discover one of the great cinematic work of Sidney Lumet, RUNNING ON EMPTY (1988). With multiple clips from the movie, the group will discuss and analyze the merits of this powerful cinematic work that stars River Phoenix, Judd Hirsch, Christine Lahti, and Martha Plimpton. The screenplay was written by Naomi Foner, who is the mother of Jake and Maggie Gyllenhaal.

Watch the film in its entirety during our Zoom Movie presentation on Friday, March 12, at 1:30 PM. See Zoom Movie under Community Perks on page 49.



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Literature Live! The New Voices of American Fiction Presented by Professor Joseph Luzzi, Bard College

Monday, March 29 2:00 PM - Zoom

\$14 per Zoom device — **LSE309**

Who are the writers that are changing literary culture in the U.S. today? What themes do these writers explore, and how are they creating captivating new literary forms? This presentation will look at “literature in the present tense” in America, as we explore the work of some of the most important emerging—and established—voices on the contemporary literary scene. Authors discussed will include Ben Lerner, Jhumpa Lahiri, Jonathan Franzen, Marilynne Robinson, Jenny Offill, Gary Shteyngart, Teju Cole, and more.

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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.

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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.

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



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

Heads Up! Plan Ahead!

We are happy to announce the **2021 Broadway on Tour** (formerly Broadway Sacramento) Three-Show Series to be held in the newly renovated Community Center Theater now named **SAFE Credit Union Performing Arts Center**. The Center now boasts additional aisles interwoven through the Orchestra seating area, state-of-the-art acoustics, a greatly expanded lobby, and more patron restrooms to create an enhanced patron experience.



We are planning bus trips to the following exciting performances. We hope you and your friends will join us. Tickets will be on sale in the next *Compass*.

- Tuesday, September 21 – Hamilton
- Tuesday, November 2 – An Officer and A Gentleman
- Tuesday, December 28 – Charlie and The Chocolate Factory

All shows will start at 7:30 PM, with orchestra seating.

With our residents' and staff safety as our primary concern, we will follow all State & County Public Health Department safety protocols when we conduct the trip.



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Lucky Leprechaun is on the Loose in Lincoln Hills!

It's your LUCKY month! It's time to celebrate all of YOU
for making it through this far!

Join us for FREE on all these fun events!



MARCH 9 • 2:00 PM | Game Day - Virtual Bingo - LSE304 Play Bingo, Lifestyle Edition via zoom, for fun prizes (via Zoom).

MARCH 16 • 10:00 AM | Kraf-TEA Party! - LSC3116

Sip tea, meet new friends and paint a rock to lift your spirit (via Zoom).



Leprechaun Egg Hunt - Stretch your legs and enjoy our beautiful community searching for eggs the leprechauns hid. **Hunt date to be announced via eNews.**

MARCH 26 • 5:00 PM | Happy Hour at Home - LSE305

Bring out your wine and appetizer while you groove to a great concert featuring The Insiders: The Songs of Tom Petty (via Zoom).



Register online www.SCLHResidents.com for all events.
(except for Leprechaun Egg Hunt).

Zoom information automatically sent upon registration.



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

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VARICOSE VEINS? TIRED AND ACHING LEGS?

They could be a sign of
vein disease.



Venous reflux can cause these signs and symptoms¹:

- Varicose veins
- Swelling
- Itching
- Heaviness or tiredness
- Aching
- Cramping
- Restlessness
- Open skin sores

CVI Risk Factors¹:

- Family history
- Lack of exercise
- Leg injury or trauma
- Prolonged sitting or standing
- Obesity or excess weight
- Current or previous pregnancies
- Smoking

If venous reflux is left untreated, it may worsen over time and develop into a more serious form of vein disease called chronic venous insufficiency, or CVI.²

Learn more about symptoms, risk factors, and treatments at [Medtronic.com/VeinDisease](https://www.Medtronic.com/VeinDisease)

References

¹ Criqui MH, Denenberg JO, Langer RD, Kaplan RM, Fronek A. Epidemiology of Chronic Peripheral Venous Disease. In Bergan JJ, Bunke-Paquette N, eds. *The Vein Book*. New York, NY: Oxford University Press; 2013:27-36.

² Eberhardt RT, Raffetto JD. Chronic venous insufficiency. *Circulation*. July 22, 2014;130(4):333-346.

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Betty Maxie
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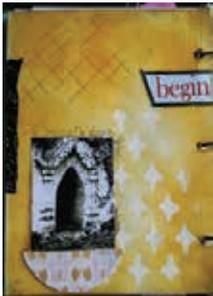


Register online at SCLHResidents.com.

Livestream Classes

We are bringing the following classes right into your home! Students are required to have a PC, laptop, tablet, iPad, or Chromebook to participate in these classes. We will be using the Zoom platform to deliver these programs. Online registration preferred for all classes. Questions? Call 916-625-4073 or 916-408-4609.

—Art—



Mixed Media

Thursdays, March 11 & 25
10:00 AM - Zoom
\$45 (two sessions) — **LSC3118**

A variety of media will be used as we “play” on our art journals’ pages. Learn how to visually and artistically record your days and express yourself while exploring color theory, composition, balance, and texture. You will create interesting, interactive mixed media pages in a journal. Supplies needed: mixed media spiral-bound artist paper pad, glue stick, scissors, small paintbrush, Sharpie pen, white gesso, plus your favorite mixed media supplies. Instructor: *Kerry Dahlin*.

—Krafting with Karla and Lavina —



Hello Spring Plate

Tuesday,
February 23
10:00 AM - Zoom
\$18 - includes
supplies — **LSC3111**

Get your home ready for Spring with this cute “Hello Spring” plate project. This project will include a white ceramic plate and stand. A vinyl decal will be applied, stating, “Hello Spring.” To finish off the project, we will add some greenery, bird, and spring flowers. Students must provide their own hot glue gun, scissors, and wire cutter. All other supplies are included. Supply pick up will be Monday, February 22, 2:00 PM at Orchard Creek Lodge front roundabout.



Kraf-TEA Party!

Tuesday, March 16
10:00 AM - Zoom
Free — **LSC3116**

As part of our Lucky Leprechaun celebration, please join us for a tea party! Enjoy the morning sipping tea and painting rocks with Karla

& Lavina. Rock painting is a simple act of kindness that’s making a big impact in communities across the country to brighten the days of strangers and neighbors — one colorful rock at a time. Each registrant will be provided three rocks. Residents must provide their own tea, paintbrush, paint, and smile. This will be a free social event to meet others as well as making colorful rocks to put around your neighborhood. We will be sharing painting tips with each other. Please register so we know how many rocks to have available. Pick up rocks on Monday, March 15, 2:00 PM at Orchard Creek Lodge front roundabout.



Blooming Umbrella

Tuesday, March 30
10:00 AM - Zoom
\$20 — **LSC3117**

Create a beautiful umbrella door hanger to welcome Spring! Umbrella will feature faux spring blooms, greenery, and a beautiful hand-tied bow. This will make your home speak spring fever, and it sure will put a smile on the face of your guest. Each registrant will be decorating an umbrella with acrylic paint to add color or a personal design. Supplies include an umbrella, two acrylic paints (yellow and green), spring flowers, greenery, and ribbon. Students must provide their own paintbrush and other acrylic paints they would like to use. Supply pick up will be Monday, March 29, 2:00 PM at Orchard Creek Lodge front roundabout. NOTE: project may come out differently than the photo. ***This class may run longer than normal crafting classes***

—Dance—



Zoom Line Dance: Level 3 — High Beginner/Improver
 Wednesdays, March 3-31
 11:45 AM – Zoom
 \$30 (five sessions)
 — **LSC3119**

For dancers with line dance experience.

Class format: one-hour class: 11:45 AM to 12:45 PM + optional early sign in: 11:30-11:45 AM: “chat” with friends. (Students are muted

on Zoom when class starts.) Learn new dances and review other dances. There will be at least a one-wall walkthrough of steps before beginning each dance. We know that Line Dance class on Zoom cannot be compared with dancing in the same room, but it is a good way to stay in touch and keep dancing! *About the Instructor:* Ellen is a new resident of Lincoln Hills. She became hooked on line dancing in 2002 and enjoys teaching line dance too. Since 2017, Ellen has taught five classes weekly in Santa Rosa. She began to teach line dance on Zoom in August.

In-Person Outdoor Classes

—Dance—



Line Dance Level I – Absolute Beginner (Intro)
 Mondays, March 1-29
 10:00 to 11:00 AM
 KS Parking Lot
 \$35 (five sessions)
 — **LSC3120**

This is an In-person class. 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. Instructor: *Yvonne Krause*.

Line Dance Level 2 – Beginner

Thursdays, March 4-25
 10:00 to 11:00 AM, KS Parking Lot
 \$28 (four sessions) — **LSC3121**

This is an In-person class. 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. Instructor: *Yvonne Krause*.

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- Community Property Agreement
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- Pour-over Will
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Notice:

The following indoor classes will resume once lodges are allowed to open. Keep an eye out for Enews announcements when registration will be available.

- Line Dance - All Levels
- Mixed Media Art Journaling
- Oil and Acrylic Painting: Intermediate/Advanced
- Pastel and Watercolor: Intermediate to Advanced
- Ceramics – All Levels from Jim Alvis
- Card Making – All Levels
- Clogging – All Levels
- Country Couples Western Dance – All Levels
- Hula
- Jazz Beginner & Performance
- Line Dance – All Levels from All Instructors
- Line Dancing 4 Fun
- Country Line Dancing
- Tap Classes with Alyson
- Stained Glass
- Guitar – All Levels
- Folk Guitar for Fun Folks – All Levels
- Intro to Swing Guitar – Intermediate Level
- Ukulele – All Levels
- Sewing Certification
- Pastel & Watercolor
- Movie & Music - Ray Ashton

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GET BACK IN THE WATER

we have a variety of classes for every ability!



Our new Aqua schedule features COVID restrictions with your safety in mind. Classes (with masked Instructors) have been reduced from 22 to 10 to allow for distancing.

Working out in the water is a great way to gain cardiovascular stamina, improve strength and flexibility, increase circulation, and rehabilitate healing muscles and aid range of motion. For Class options see grid in the back of this *Compass*.

For Class descriptions go to SCLHresidents.com/WellFit/PunchPassClasses (**Punch Pass Classes are \$4.50**) or contact Danielle.Merrill@sclhca.com.

PULMONARY EXERCISE CLASS

The ability to take a deep breath is something most of us take for granted!

This SGT class can help you improve physical endurance and strengthen respiratory muscles, improving how efficiently your body uses oxygen and your overall health. MaryAnn will feature exercises that improve exercise tolerance and focus on respiratory topics that improve the ability of people with lung disease to manage their condition. Anyone is welcome, but people with conditions such as COPD, asthma, pulmonary fibrosis, may benefit the most.

Thursdays, March 4-25

Location: Outdoor Patio (OC)

1:45 -2:45PM | \$70.00

(4 sessions) Instructor: MaryAnn DiPietro Respiratory Therapist, and Personal Trainer.

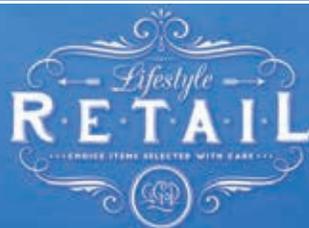


Sign up after February 17 at the OC WellFit Desk or go to SCLHresidents.com.
For more information, contact Fitness Supervisor rex.owens@sclhca.com.

Danielle Merrill
Wellfit Program Manager
Danielle.Merrill@sclhca.com



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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.

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.*

Due to Compass printing publication deadline, the listed Class start dates might change. Start dates and pricing will be adjusted following the CDC and County's recommended social distancing. Correct price, dates, and number of class sessions will be reflected on your enrollment.

Watch out for rescheduled dates for Postponed classes on the website, eNews and future Compass, as applicable.

Arthritis

Location & Time: TBD

New classes and pricing coming soon! Check the website and sign up for eNews for the most up to date information on classes!

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. *Please sign up before the first day of class.*

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.*



Beginners Pickleball Lessons

Returning in April

Location: Pickleball Courts

If you have never played Pickleball before, this is designed especially for you! The instructor has a master's in physical education and is an avid pickleball player since 2002. The course will cover basic rules, terminology, primary skills, coordination focus on serve and service return, Volley, dinks forehand and backhand, and more. We recommend starting here with our three-part course. Must wear a mask and follow COVID rules. No loitering in the area. Please wait in your car before class is to start for your safety. Bring your own ball and paddle. Instructor: **Barry Cunningham**.

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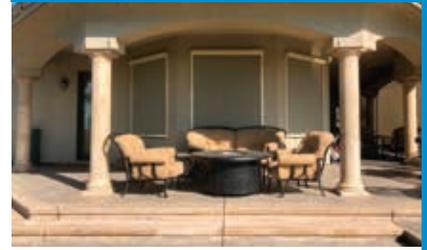
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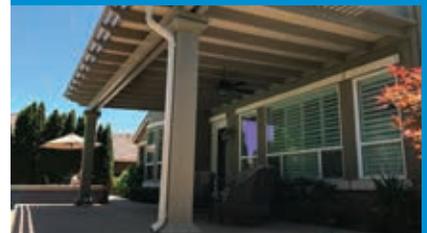


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Advanced Beginners Pickleball Lessons

Returning in April

Location: Pickleball Courts

These lessons are the next step after the Beginners course (see above). The instructor will base this class on the ability of participants. The focus will be on strokes, Volley, dinks, court strategy, lobs, return lobs, and more. Must wear a mask and follow COVID rules. No loitering in the area. Please wait in your car before class is to start for your safety. Bring your own ball and paddle. Instructor: *Barry Cunningham*.

Intermediate Pickleball Lessons

Returning in April

Location: Pickleball Courts

The intermediate course is designed for players that want to take their game to the next level. Prerequisite of the advanced beginner course is recommended. These sessions will include more of the same at advanced levels such as court position, service returns, lobs, etc. Must wear a mask and follow COVID rules. No loitering in the area. Please wait in your car before class is to start for your safety. Bring your own ball and paddle. Instructor: *Barry Cunningham*.

To Schedule appointment for 1 on 1 sessions on the Pickleball Courts with Barry and for more information, please email rex.owens@sclhca.com.

Intro to Pickleball

Wednesdays

11:00 AM to 1:00 PM

Free

This class is for any Lincoln Hills Resident interested in learning about Pickleball. No equipment is necessary; just wear clothing appropriate for Pickleball and court shoes. Bring your own water also. You must pre-register each week for the class. Eight spots are available. We are using two courts to allow for social distancing. Please wear a mask when arriving at the courts. Email Lynn Fraser to register: paddleuppartner@gmail.com or go to lhpclub.com and look for Calendar on the left. Click on Intro to Pickleball class.



Nordic Pole Walking

Location & Time: TBD

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 (weather permitting). Walking poles are available for each class at no charge, with the option to purchase at the final session. Instructor: *Dr. Richard Del Balso*.

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. Due to COVID, all classes, times and locations are to be determined by our reopening date.*



Tai Chi Qigong L1

Tuesdays, TBD

Location & Time: TBD

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.



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Tai Chi Qigong L2

Tuesdays, TBD

Location & Time: TBD

This class is for Tai Chi and Qi-gong students who wish to bring higher awareness and understanding of their lifelong practice of complementary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short forms. In addition, you will learn the Qigong sets of movements. Qigong paired with stillness and moving meditation will improve body mechanics, muscle memory, and tone while increasing the understanding of these century-old art forms of health, mindfulness, and wellbeing. Instructor: *Peli Fong*.

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. Due to COVID, all classes, times, and locations are to be determined by our reopening date.*



NEW! 8 Steps to Feeling Calm and Happy

****VIRTUAL CLASS****

Thursdays, March 4-25
1:00 to 2:00 PM - Zoom
\$97.00 (four sessions)

In this class series, you will receive (4) 30-minute live relaxation sessions (value \$260). (4) FH Balancing Sessions exclusive system for mind/body balance (value \$400). (4) "DIY" lessons for your success in using these skills at home (value \$200). This series will get you feeling better after just one class! Enrollment also qualifies you to receive special access to We Rise World Summit—a three day online summit featuring leaders with various expertise answering "How to be resilient and move forward before, during, and after the unexpected." Total value \$927.00! Instructor: *Kelley Moreno*. Kelley is a Coach and Certified Conversational Hypnotherapist specializing in trauma recovery and anxiety relief. In addition, she is also certified in Advanced Ericksonian Hypnotherapy and Reiki.



NEW! Hope for Loneliness

****VIRTUAL CLASS**** Wednesday, March 24

11:00 AM to 12:15 PM - Zoom

\$20

Loneliness is a common experience as we age, but it can seriously affect our mental and physical well-being unless we learn how to focus on the ways to reduce it. This year we have had an extra challenge. With California and Placer County nearly shutting down because of the surge in the Covid Virus, many of us are grappling with the challenge of isolation and creating memories, and fostering togetherness with family and friends without spreading COVID-19. Instructor: *Amel Whitaker*, CA licensed psychotherapist, with a professional emphasis in mental health and aging adults, will provide some helpful information and tips for dealing with loneliness.



It's Back!

Living with Back Pain

Wednesday, March 17

3:00 PM

Aerobics Room (KS)

depending on county guidelines for COVID restrictions

\$20

Learn how to modify your lifestyle to prevent pain, live smart, and reduce discomfort through the use of hot and cold modalities. Class is interactive, and pain patching samples will be available while supplies last. Instructor: *Lisa Kwon* is an occupational Therapist with over 26 years of experience. Class fills up quickly! Please sign up at least 48 hours ahead. Sign-ups begin on the 17 of the month at 8:00 AM.



Traditional Shotokan Karate

Saturdays,

March 6-27

2:00 to 3:00 PM

Location: Sports

Pavillion

\$20 (four sessions)

The instructor is a member of the International San Ten Karate Association and 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. For more information about the International San Ten Karate Association, please visit www.santenkarate.com. Instructor: *Al Trimarchi*.

Money Matters

The following Money Matters classes are offered through the WellFit Department; registration is available at the WellFit front desks and online. *Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds. Due to COVID, all Abbott Group classes are offered through Zoom and the Abbott Group will send you an email link for the class the morning of the class you registered for.*

Climate Change Investment Opportunities: Decarbonizing Your Portfolio

Tuesday, March 9

11:00 AM to Noon *or* 5:30 to 7:00 PM - Zoom

\$5

One of the key themes of the next decade is climate change, and this presentation helps to clarify the business and environmental risks that investors face in the near future. It provides a roadmap for the creation of a climate change and fossil-fuel aware investment strategy and highlights key investment opportunities to help clients meet their long-term financial goals while helping with the transition to a lower-carbon economy. Instructor: *The Abbott Group*.



How to Play Sudoku

Tuesday, March 23

10:30 AM to Noon - Zoom

\$5

Sudoku has become one of the most popular puzzles on the planet and is most likely played by many of your neighbors and friends. The fun thing about Sudoku is that it does not involve math at all, rather just basic logic. Once you learn this logic and how it applies to solving Sudoku puzzles, your brain will feel healthier, and your confidence will grow. He will teach you his personally developed and simple to understand Four-Step system that will help you to understand the logic needed to successfully solve puzzles. This system will make the puzzle easier to play plus increase your speed if that is of interest. Instructor: *Russ Abbott*.

Pilates Reformers and Towers

Pilates Reformer Classes coming soon! Look for updates in your eNews on Tuesdays.

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 77 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.

AVAILABLE NOW! ***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 Danielle Merrill at Danielle.Merrill@sclhca.com.

- *****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.

Rex Owens
Fitness Supervisor
Rex.Owens@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 Rex Owens. 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. Classes fill up quickly; please register at least seven days prior to the class start date, no refunds. *Date events go on sale is the 17 of each month. Register at Orchard Creek, Kilaga Springs Fitness Desks or online.*

***Check eNews and sclhresidents.com for the most up to date information. Due to the changing regulations from the Coronavirus, please be aware that class locations, dates, and times could change. Prices will be adjusted accordingly.**

SGT—Pulmonary Exercise Class

Thursdays, March 4-25

1:45 to 2:45 PM

location: Outdoor Terrace (Orchard Creek)

\$70 (4 sessions)

This class will feature exercises that improve exercise tolerance and focus on respiratory topics that improve the ability of people with lung disease to manage their condition. Anyone is welcome, but people with diseases, such as COPD, asthma, pulmonary fibrosis, may benefit the most. Please bring your oxygen. Instructor: *MaryAnn DiPietro*, Respiratory Therapist.

New! (Seasonal) SGT—Walk on the Wild Side L1

Wednesdays, March 3-31

First class meets at OC Fitness Center, 11:00 to Noon

\$85 (5 sessions)

Experience the beautiful trails of Lincoln Hills guided by a trainer with exercises along the way. Incorporate warm-up, strength training and conditioning, balance and coordination, and stretching all while out walking the trails! Walking groups are a wonderful way to decrease blood pressure, elevate moods and increase motivation. Let's enjoy the great outdoors and do a little 'walk on the wild side'! This class is designed for beginners. Instructor: *MaryAnn DePietro*.

New! (Seasonal) SGT—Pick Up The Pace L2

Wednesdays, March 3-31

First class meets at OC Fitness Center, 12:30 to 1:30 PM

\$85 (5 sessions)

Similar to SGT 'Walk on the Wild Side' but adds a little intensity and distance to your walk. Includes warm-up, strength training and conditioning, balance and coordination, and stretching all while out walking the trails! Walking groups are a wonderful way to decrease blood pressure, elevate moods and increase motivation. Let's enjoy the great outdoors and "Pick Up The Pace! This class is designed for faster paced walkers. Instructor: *MaryAnn DePietro*.



SGT—"Fun"ctional Fitness L3

TBD depending on county guidelines for COVID restrictions

Tuesdays & Thursdays, March 2-25

11:15 AM to 12:15 PM,

location: TBD

\$135 (eight sessions)

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. Instructor: *Deanne Griffin*.



SGT—Progressive Bootcamp L2/3
TBD depending on county guidelines for COVID restrictions
 Tuesdays & Thursdays
 March 2-25
 10:00 to 11:00 AM,
 location: TBD
 \$135 (eight sessions)

Are you looking to change things up? Try this Bootcamp class that gives you progressive exercises to accommodate each participant’s fitness level. The class will enjoy workouts in the Aerobics Room and the gym floor. A variety of equipment will be introduced and used for a workout you’ve never seen before. Instructor: *Torin Garza*.

SGT—TRX Circuit L2
TBD depending on county guidelines for COVID restrictions

Tuesdays & Thursdays
 March 2-25
 12:30 to 1:30 PM, location: TBD
 \$135 (eight sessions)

TRX Circuit is a great way to shed a few of those quarantine pounds while gaining strength, flexibility, balance, and a stronger core. TRX suspension training straps makes gravity your resistance, so adjusting the level of difficulty is as easy as moving your hands or feet, and progression is limitless. Instructor: *Torin Garza/Rex Owens/MaryAnn Depietro*.



SGT—Posture, Core and Balance L1/2
TBD depending on county guidelines for COVID restrictions
 Mondays & Wednesdays
 March 1-24
 12:30 to 1:30 PM
 location: TBD

\$135 (eight sessions)

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. Instructor: *Renae Schmidt*.

SGT—Balance & Fall Prevention L1
TBD depending on county guidelines for COVID restrictions

Mondays & Wednesdays, March 1-24
 1:45 to 2:45 PM
 location: TBD
 \$135 (eight sessions)

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

SGT—Therapeutic Water Exercise L1

Fridays, March 5-26
 \$70 (four sessions)
 11:15 AM to 12:15 PM, Indoor Pool (OC)

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 and be in the pool with you. The trainer is unable to help students in/out of the locker rooms or parking lot. Don’t forget your towel! Instructor: *Lisa Fisher*.

SGT—Rock Steady Boxing
TBD depending on county guidelines for COVID restrictions

Thursdays, March 4-25
 1:45 to 2:45 PM, location: TBD
 \$70 (four sessions)



Rock Steady Boxing (RSB) is a non-contact fitness program designed specifically for people with Parkinson’s. Boxers’ condition to defend against and overcome opponents. At RSB, Parkinson’s disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to empower people with PD to fight back. All levels are welcome. *There will be a mandatory assessment with the Coach prior to the start of the class if you are new to the program.* Instructor: *Milly Nuñez*.

SGT—Rock Steady Boxing

TBD depending on county guidelines for COVID restrictions

Fridays, March 5-26
1:45 to 2:45 PM, location: TBD
\$70 (four sessions)

Rock Steady Boxing (RSB) is a non-contact fitness program designed specifically for people with Parkinson's. Boxers' condition to defend against and overcome opponents. At RSB, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to empower people with PD to fight back. All levels are welcome. *There will be a mandatory assessment with the Coach prior to the start of the class if you are new to the program.* Instructor: *Milly Nuñez.*



SGT—ParkinsonStrong Combo

TBD depending on county guidelines for COVID restrictions

Thursdays, March 4-25
3:00 to 4:00 PM
location: TBD
\$70 (four sessions)

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. Instructor: *Milly Nuñez.*

Live Stream Class Passes

Tuesday and Thursday classes available, please see WellFit class Grid. You will need to use the Mindbody app on your phone or access it from your computer. You will need to set up your account, search on SCLH schedule for the class you want to take on the app and then book your class. You will receive a confirmation and your live stream link 30 minutes prior to class. You must book your class no later than 4:00 PM the day before, if we do not have sign-ups for class, we may cancel and notify you. For more information, email danielle.merrill@sclhca.com. Instructor: *varies.*

Punch Pass and Fast Class

TBD depending on county guidelines for COVID restrictions

Fast Pass Classes are \$2.50 and can only be used on our 30-minute classes. Please see the colored

grids on pages 77 for days and times. *Note: Due to Covid limitations, there are no Fast Pass Classes at this time.*

We also offer 60 minute Punch Pass classes for \$4.50 each. Purchase your Punch Passes or your Fast Class Passes at either Fitness Center front desks. There are no refunds for Punch Passes or Fast Class Passes, and all passes expire one year after purchase. For a list of class descriptions, please refer to www.sclhresidents.com under WellFit tab. **PUNCH PASS EXPIRATION UPDATE: Punch Passes purchased before Dec. 1, 2019 will NEVER expire. Passes purchased Dec. 2, 2019-Dec. 1, 2020 have a NEW expiration of December 1, 2021.**

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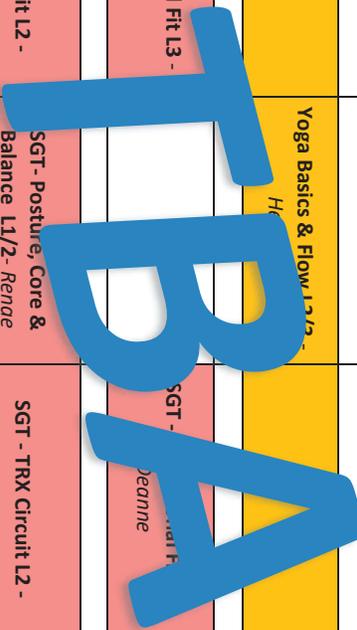
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OC OUTDOOR & VIRTUAL Class Schedule February/March 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
9:00am	Zumba Toning L2 - <i>Joanie</i>	Core & Strength L2/3- <i>Kim</i>	Cardio Strength L2 - <i>Beth</i>	Core & Strength L2/3- <i>Kim</i>	Zumba Toning L2- <i>Ruby</i>	Yin Yoga L1-3 - <i>Katie</i>	
12:30pm	Posture, Core & Balance - <i>Renee</i>	TRX Circuit - <i>Rex</i>	Posture, Core & Balance - <i>Renee</i>	TRX Circuit - <i>MaryAnn</i>			
1:45pm	Balance & Fall Prevention - <i>Renee</i>		Balance & Fall Prevention - <i>Renee</i>	Pulmonary Exercise Class - <i>MaryAnn</i>			
<div style="border: 1px solid black; padding: 10px; background-color: #e0f2f1;"> <p>VIRTUAL LIVESTREAM join through MindBody for help logging in, email Danielle.Merrill@schca.com</p> </div>							
9:00am	Zumba Gold <i>Joanie</i>			Zumba Gold <i>Joanie</i>			
11:30am			Aerobics Room reserved for Lifestyle 11:30am - 1:00pm				
Group Exercise Classes (punch pass) \$4.50				Wellness Classes (session based, sign-up ahead)			
30 min Group Exercise Classes (Fast Pass) \$2.50				Small Group Training - SGT (session based, sign-up ahead)			
Due to the COVID-19 pandemic classes are subject to change at any time. Please check your Fitness Centers for the most up to date class schedule.							

KS WellFit Class Schedule February/March 2021						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
KS	KS	KS	KS	KS	KS	KS
7:30						
8:45	Cycle & Floor Strength Stretch L2 - Gretchen	Core-N-Strength L2/3- Kim	Cycle & Floor Strength Stretch L2- Helena	Core-N-Strength L2/3- Kim	Zumba Toning L2 - Ruby	Cardio Strength L3 - Katie
10:00	Cardio Strength L3- Gretchen		Yoga Basics & Flow L2/2- Helena		Strength & Athletic Stretch L2 - Beth	Yin Yoga L1-3 - Katie
11:15		SGT - 'Functional Fit L3 - Deanne		SGT - 'Functional Fit L3 - Deanne		Traditional Shotokan Karate L1/2 - Al
12:30	SGT - Posture, Core & Balance L1/2- Renae	SGT - TRX Circuit L2 -	SGT - Posture, Core & Balance L1/2- Renae	SGT - TRX Circuit L2 -		
1:45	SGT - Balance and Fall Prevention - Renae		SGT - Balance and Fall Prevention - Renae	SGT - Rock Steady Boxing - Milly	SGT - Rock Steady Boxing - Milly	
3:00			Living with Back Pain - March 17 - Lisa Kwon	SGT - ParkinsonStrong Combo L1 - Milly		
4:15						
5:30						
Group Exercise Classes (punch pass) \$4.50				Wellness Classes (session based, sign-up ahead)		
30 min Group Exercise Class (Fast Pass) \$2.50				Small Group Training (session based, sign up ahead)		
Due to the COVID-19 pandemic classes are subject to change at any time. Please check your Fitness Centers for the most up to date class schedule.						



OC Aqua WellFit Class Schedule February/March 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Aqua Surge L2/3- <i>Helena</i>	OC	Aqua Surge L2/3 - <i>Jiji</i>	OC	Aqua Surge L2/3 - <i>Jiji</i>	OC	OC
8:45	Power Waves L3 - <i>Helena</i>	Aqua Intervals L2/3 - <i>Beth</i>	Power Waves L3 - <i>Jiji</i>	Aqua Intervals L2/3 - <i>Lisa</i>	Power Waves L3 - <i>Jiji</i>		
10:00	Splash L2 - <i>Beth</i>	Aqua Intervals L2/3 - <i>Beth</i>	Splash L2 - <i>Lisa</i>	Aqua Intervals L2/3 - <i>Lisa</i>	Splash L2 - <i>Lisa</i>		
11:15	Fluid Moves L1 - <i>Beth</i>		Fluid Moves L1 - <i>Lisa</i>		Therapeutic Water Exercise SGT - <i>Lisa</i>		
12:30- 1:30	Closed for cleaning	Closed for cleaning	Closed for cleaning	Closed for cleaning	Closed for cleaning	cleaning 12- 1:30	cleaning 12- 1:30
5:00	<i>Danielle</i>		<i>Jiji</i>				
Coming Soon							
Due to the COVID-19 pandemic classes are subject to change at any time. Please check your Fitness Centers for the most up to date class schedule.							
30 Minute Group Exercise Classes (fast pass) \$2.50							
Small Group Training - SGT (session based, sign up ahead)							
Group Exercise Classes (punch pass) \$4.50							

Pilates Reformer WellFit Class Schedule February/March 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
8:30							
9:30							
10:30							
11:30							
12:00							
5:30							

Coming soon to a new room!
Stay tuned for more details to come soon or contact Deborah.McIlvain@schlca.com

All classes are subject to change without notice.
 All classes are one hour unless otherwise noted.
 All classes are subject to cancellation for insufficient registration 24 hours prior to class.

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Main Phone: 916-408-4013
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Public WebsiteSunCity-LincolnHills.org
Help DeskHelp.Desk@sclhca.com

HOURS

HOURS SUBJECT TO CHANGE DUE TO COVID-19 RESTRICTIONS

Membership Desk BY APPOINTMENT ONLY Mon–Fri: 8:30 AM–12:00 PM	Meridians Restaurant OPEN SEVEN DAYS A WEEK Lunch: 11:00 AM–2:00 PM Dinner: 4:00–8:00 PM Sports Bar: 11:00 AM–8:00 PM Curbside: 11:00 AM–7:00 PM SCLH Delivery: 4:00–7:00 PM
WellFit (OC/KS) RESERVATIONS REQUIRED Mon–Fri (OC): 5:30 AM–8:30 PM Sat–Sun (OC): 7:00 AM–8:00 PM Mon–Fri (KS): 5:30 AM–4:00 PM Sat–Sun (KS): 5:30 AM–2:00 PM	CURRENTLY CLOSED: Lodges (OC/KS) Lifestyle Desks (OC/KS) Kilaga Cafe Catering Office
The Spa at Kilaga Springs Mon–Fri: 9:00 AM–6:00 PM Saturday: 9:00 AM–5:00 PM	

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Spa Concierge.....KilagaSpringsSpa.com
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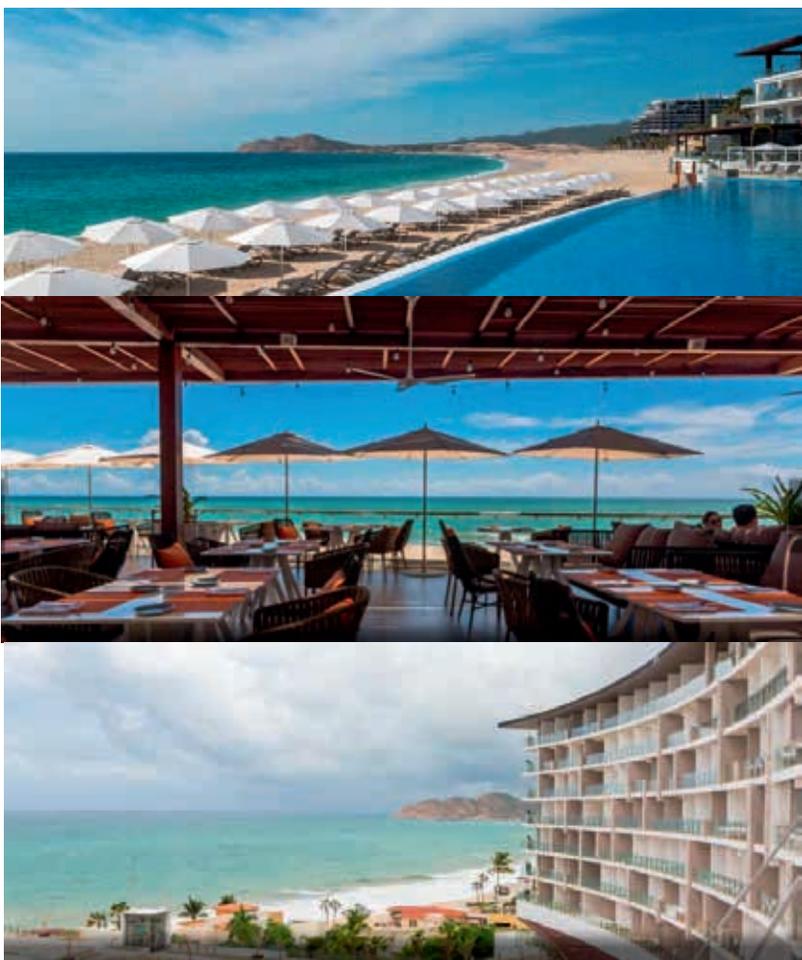
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