

COMPASS



Navigate Your Way Through Sun City Lincoln Hills

TURNING TO A BRIGHTER NEW YEAR



15 Looking Forward

22 All Aboard for the
Board Election

Calendar of Events

January 15 - February 16

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

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| 1/15 | Alpha Rhythm Kings..... | 52 |
| 1/18 | Document Destruction..... | 49 |
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| 2/16 | Magnolia Door Wreath..... | 60 |

| Upcoming Association Meetings: January 15 – February 25 | |
|---|--|
| Finance Committee Meeting | Thursday, January 21, 9:00 AM |
| ARC/Architectural Review Committee Meeting | Monday, January 25, 9:00 AM |
| Board of Directors Meeting | Thursday, January 28, 9:00 AM |
| Board of Directors Executive Session | Thursday, January 28, 2:00 PM |
| CCOC/Clubs & Community Organizations Committee Meeting | Tuesday, February 2, 9:30 AM |
| Compliance Committee | Wednesday, February 3, 9:00 AM |
| Properties Committee Meeting | Thursday, February 4, 9:00 AM |
| Elections Committee Meeting | Friday, February 5, 10:00 AM |
| ARC/Architectural Review Committee Meeting | Monday, February 8, 9:00 AM |
| CCRC/Communication & Community Relations Committee | Tuesday, February 9, 10:00 AM |
| 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 |

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:

- Architectural Review Committee (ARC)
- Communication & Community Relations Committee (CCRC)
- Compliance Committee
- Finance Committee
- Properties Committee

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

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Board of Directors' Report Responsibility

Tom Dunipace, Secretary

No one runs for the Board of Directors to cause harm to the Association. They all have valid ideas and are honest in their approach to problem-solving. We all have differing views of what that means, but if you peel back the layers, you will probably find that all the candidates agree on 90% of the issues. Some may show a higher aptitude in communication and perhaps exhibit a demeanor you identify with, but in the final analysis, they all want what we desire. That is the efficient operation of our community, low dues, good stewardship of our monies, honest accounting relative to expenses, and a safe environment.

What is important is the candidate's commitment to do the work. That means to prepare for Board meetings by attending or reviewing the various committee meetings to have a basic understanding of the background surrounding the issue. The committees do the Board's work. It is important to know why and how they reached their recommendations. Read their reports and seek understanding. The Board should not use their discretion to undermine the committee work,

but it is essential to remember the committees are advisory in nature. The Board reserves the right to make the final decision. However, it is crucial to respect, understand, and raise questions that expose areas that may not have been explored.

This means that you, the homeowner, has a responsibility to do your homework when evaluating the candidates. Get involved, watch the candidate videos, listen to the forums, and educate yourself on what you believe is the defining issue when making your choice.

When it comes to personal responsibility, it not only applies to voting but adherence to our rules and regulations. We can avoid a lot of anguish if we respect the rules we have in place to ensure the atmosphere in our community remains positive. Do not trespass on golf course property, keep your dog on a leash, take down holiday and political signs when required, keep your landscaping fresh and in compliance, be respectful on the trails, and remember to socially distance and wear a mask. Let's not wait for someone else to point out etiquette or rule violations. Take responsibility for ourselves.





A Note from the General Manager

Robert Richardson, General Manager

There is something I love about being in Lincoln Hills.

As a boy, I spent my summer days swimming, biking, and hiking, always with friends and acquaintances. We talked, bonded, figured out how the world worked, we lived and experienced life together – life just seemed simple and happier. But truly, growing up was a full, positive, and hands-on experience.

Yet today, I see so many people seemingly live their lives through the tiny glass screens of a phone or electronic tablet. No real human contact, very little reality, no true relationships. They have learned to view life rather than experience it. It appears that so many populating social media stand on the sidelines, bitterly complaining as they miss the essence of life right in front of them. Seems like such a loss to me.

But not so much in Lincoln Hills. Driving to work in the morning, even during this COVID-19 era, the streets are full of friends walking, couples jogging, bike riders swooshing by, dogs being exercised, and people experiencing wildlife on our trails.

At the gym you hear the clang of weights being

used and hearty folks swimming their morning laps. Not long after that, the Sports Plaza begins to come alive. Sounds of tennis, Bocce Ball, and Pickleball, along with people talking, cheering, and exerting themselves.

When we reopen, and we will, you all know how much there is to do in Lincoln Hills. There are constant activities, amenities, entertainment, and over 70 clubs to participate in. It doesn't matter your age, physical ability, or interest, it's why you moved here.

Though I applaud you for deciding to call this home, most importantly, I applaud you for how you live your lives. As I look back at some of our younger generations with concern about what I think they might be missing, you all are an inspiration. You are living your life to the fullest.

As we ring in this New Year, none of us knows what the future's really going to bring. But you know that the Board and Staff here at Lincoln Hills will continue to make this a home you're happy living in.

Happy New Year! And please keep living your lives to the fullest with us!



Finance Committee

Volunteers Needed

Marsha Watkins

The Finance Committee is always looking for members to join our ranks. To show you how our committee operates, I thought I would take this opportunity to share what process we go through monthly to review the financial statements.

After summarizing and recording all the financial transactions for the month, financial statements are prepared. Staci Erskine and her staff prepare all the reports that make up the financial packet and provide a brief written explanation of significant variances that were incurred by each department. Each Committee member reviews the packet asking questions on the large variances in expenses, any fluctuations in the balance sheet accounts, Community Enhancement Fund account, and reserves fund that need further review. As the accounting liaison, I summarize all the questions and comments, and have them available to Staci so that she can research and have answers back to us prior to the Finance Committee meeting.

Each Committee member is assigned to a department to be a liaison to, and work with the department

manager in creating the annual budget. Each member works with his department manager reviewing the monthly results to explain any large variances in excess of what was budgeted for the month. This review is done to explain the reason for the variance and if additional corrective action needs to be taken to get the department back in line with the budget.

Committee members also provide analysis of the reserves, a review of the reserve investment account performance, and insurance coverage, and cost, assist with the development of accounting processes and policies, and make recommendations on improvement in systems and procedures. Many Committee members also participate in special projects that need financial analysis. An example of that is our participation in the special committee set up to analyze the Food & Beverage operation cost.

I encourage you to join us at our monthly meetings. If you have a strong background in financial analysis and accounting, apply to be a member of the Finance Committee.



Update on Reserves

Hans Fokkema

During the last several months, a number of people have started talking about pre-funding reserves when we acquire a new capital asset through the Community Enhancement Fund. The objective is to avoid an increase in our operating expenses, and homeowner dues because we did purchase new capital assets. While that sounds reasonable, it is not as easy as it sounds. Here are some of the issues to consider.

- When we acquire a new capital asset, we have to guess what its useful life is and how much it will cost when it eventually is replaced. We know from experience that actual useful lives and replacement costs can vary substantially. The best we can do is come up with an educated guess, which we will then update as needed as part of the development of our annual Reserve Study.

- When we purchase a new capital asset, our reserves address the future replacement of that asset, but the actual maintenance of the asset will always be an operating expense.

- While the amount we need in our Reserve Fund is based on more than 1200 individual reserve components, the actual reserving process is done at an

aggregate level. That is the only way the process can work. If we wanted to reserve for each individual component, our reserve requirements would be increased by close to \$5 million. That would be not only unnecessary but also highly irresponsible.

That leaves us with the question of how to avoid increases in our reserve contributions due to the acquisition of new capital assets. A summary of our 2020 Reserve Study was provided to all homeowners. That summary shows that beginning in 2024 the increase in homeowner contributions to reserves will increase at an annual rate slightly below the projected California inflation rate because replacement costs are expected to increase at that inflation rate as well. If we find during the annual Reserve Study process that our aggregate coverage percentage starts slipping, the Finance Committee can recommend, and the Board can approve making a one-time contribution from the CEF to Reserves based on the capital assets that have been added since the last time such a contribution was made. However, it is expected that this would not be required very often.

As always, if you have questions, please do not hesitate to ask/call. I am happy to talk to anyone.



Architectural Review Committee

Happy New Year!

Carole Dummett, Chair

Needless to say, 2020 was a rough year, with the COVID-19 threat causing several shutdowns in the daily activities of Lincoln Hills. Fortunately, we have a wonderful staff who managed to track our applications and document all paperwork quickly with appropriate postings.

We, as a committee, improvised with DocuSign and would meet with a few committee members to review those applications too large and complex for DocuSign. As permitted, we continued with a full closed committee meeting with all members in attendance. The ARC is fortunate to be comprised of volunteers who are dedicated to serving this community under all circumstances.

We have many new homeowners, who moved here during the early shutdowns, and have not had an opportunity to enjoy all the wonderful amenities we have to offer. They are renovating their properties and eager to follow our Design Guidelines to enhance their property and the community. It has been a

pleasure to meet with them and welcome them to Lincoln Hills.

In closing, we need to, once again, discuss the removal of trees and the requirement to have one street tree in your front yard. You do not need approval to remove a tree, but all front yards must have one single trunk street tree, and street-side yards must have two single trunk trees.

All trees must be on Design Guideline Appendix A, which is SCLH Approved Plant and Tree list. This list defines the setback requirement for each tree species. The setback requirement for a tree is measured from the adjoining property line to the tree trunk and from the edge of the sidewalk to tree trunk.

The Design Guidelines, fillable applications/checklists, are available on SCLH Website under Library.

We are looking forward to serving the homeowners in 2021 and appreciate all questions, concerns, and suggestions. Our email is arc@sclhca.com.

Communications & Community Relations

Looking Forward to a New Year

Denise Bowden

It is traditional to look back on the year that just ended and share thoughts on what was accomplished. The CCRC took on surveys and the website, both huge tasks that often felt like trying to boil the ocean. 2020 was an unprecedented year as we socially distanced and got accustomed to a new way of communicating with each other. Zoom became a verb in addition to being a technology platform, and we all had to learn to raise our hands and unmute when we wanted to jump into a conversation.

As we move into 2021, the CCRC will continue the work in community outreach, community forums, and ongoing website refinement, but we have also identified three key areas of special focus. Through the team's groundwork on a survey process, we will be ready to initiate a yearly pulse of the community. This is no small project, but the information obtained will be very valuable.

New Resident Orientation (NRO) stopped when we shut down in March, but home sales and new neighbors moving in have continued, and there is a lot of catching up to do to welcome and help integrate new residents into our community. Our biggest activity this year will

be bringing back NRO with new components and enhanced engagement with residents, both virtually and in person, when allowed. The team will be looking at all aspects of new residency, from initial welcome and handy tools to virtual get-togethers and education about the community. We will also be reviewing the Ambassador program and looking at where we can potentially enhance what we offer. The team is energized and looking forward to delivering a world-class program targeted to our new residents but also of interest to anyone who already lives here.

Training is the third area of focus this year, and it intersects nicely with the other two areas identified. The video services team is exploring how to package informational and educational segments on a variety of new and frequently requested topics.

The year that just ended was unsettling and changed the way we interacted with each other, but it has also allowed us to critically look at how we can do things differently and perhaps better and more efficiently in 2021. The CCRC team is excited about the possibilities and looking forward to a very productive year.



Compliance Committee / Community Standards

Community Review for 2021

David Mateer, Chair

So glad to have 2020 behind us. What a strange year. It seemed like a good time to provide an update of plans for the Community Review Program for 2021.

We are preparing for our reviews, which will start in February. Great progress has been made with the Community Review Program, and things are looking better. As with last year, there are four waves of reviews scheduled. Each review covers one-third of the homes in the community and focuses on either house or landscaping items, and takes two months to complete. That means that every village will be checked for something, and some will be checked for both this year.

The first and third cycle will focus on house items. This primarily means paint condition and color. We will include reviewing maintenance and painting of fences. Now is a great time to take a look at your home and fence. If it is time to do some repairs and painting, you have time to select and obtain approvals for repainting or any desired color changes. This way, you can be ready and scheduled in the spring when the weather improves.

The second and fourth cycles will focus on landscape items. Most of these items can be attended to at any time of the year. The most common problems are insufficient bark/wood chip coverage



and insufficient plant coverage. Next would be the normal trimming of bushes and removal of any dead areas. Late winter and spring is always a fantastic time to take care of these routine maintenance needs.

If you are looking for more information on areas being reviewed, check out the Community Standards section of the SCLH resident website. There are also checklists that will outline what is being reviewed to assist with your own self-evaluation.

The timing and villages of the review cycles are outlined below.

| 2021 REVIEW CYCLES | | |
|--------------------|---|---|
| MONTHS | FOCUS | VILLAGES |
| February – March | Paint maintenance and Exterior Paint Standards. | 4, 6, 16A, 16B, 16C, 18, 19A, 19B, 20, 24C, 34A, 34B, 38A, 38B, 38C, 38D, 39, 41A, 41B, 41C |
| April – May | Landscape maintenance. Coverage, trimming. Safety Items – visibility. | 5A, 5B, 10A, 10B, 13, 14, 15, 17, 21, 22A, 22B, 23, 24A, 24B, 24D, 24E, 31A, 31B, 31C, 32A, 32B |
| June – July | Paint maintenance and Exterior Paint Standards. | 1A, 1B, 2, 3A, 3B, 7, 8, 9, 11, 12, 25A, 25B, 26A, 26B, 26C, 26D, 27, 28, 29, 30A, 30B, 30C, 35A, 35B, 36, 40A, 40B |
| August – September | Landscape maintenance. Coverage, trimming. Safety Items – visibility. | 4, 6, 16A, 16B, 16C, 18, 19A, 19B, 20, 24C, 34A, 34B, 38A, 38B, 38C, 38D, 39, 41A, 41B, 41C |

Election News

2021 Elections Are On!

Soon qualified voters (homeowners) will receive a ballot package in the mail for the Board of Directors Election. There are seven candidates running for four Board of Director positions.



Important Things to Know:

- Ballot packages will be mailed January 11-15.
- All ballots must be received at the Inspector of Elections (IOE) or in the ballot box inside WellFit at Orchard Creek, no later than 3:00 PM, February 17.
- Candidate statements, member issue statements, candidate videos, and Candidate Forum videos can be viewed at sclhresidents.com.
- Out of town during the Election? You can still vote through Proxy voting. Look for information in the eNews, or contact Christy Goodlove at christy.goodlove@sclhca.com.

Make Your Ballot Count

- All 4 votes can be cast for 1 candidate, OR votes can be divided among separate candidates.
- Total votes cast cannot exceed 4.
- 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 an error on your ballot? Contact the Membership Desk for instructions on how to receive a replacement (must return damaged ballot receive a new one).
- 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.

| Date | Day | Event |
|---------------|---------------|---|
| January 11-15 | Monday-Friday | Election Ballot Packages Mailed |
| February 17 | Wednesday | All Ballots Due by 3:00 PM |
| February 18 | Thursday | Annual meeting, counting of ballots and new Board seated via Livestream for residents |

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



Team Member of the Month Award



Our Team Member of the Month is the entire Lincoln Hills Staff!

Every year, the department managers organize a Staff Appreciation Brunch to say thank you to our staff. It is that once a year event where we get together and recognize years of service, provide a light brunch and get to celebrate our great team! This year has been challenging for all of us. We have witnessed employees struggle through furloughs, reduced hours and earnings, taking care of their children and households, being a teacher, going through sickness, or even a family or friend's death due to COVID. This year, we did not want to stop our wonderful tradition of celebrating and thanking our Association team for everything they have been through. The staff at Lincoln Hills is nothing but Top Notch! Their dedication, hard work, and care between staff members and the care they have for the residents of this wonderful community. We did not want COVID to stop us from celebrating them. So this year, we added a twist

and had a Staff Appreciation Drive by! All managers distributed to their department staff a goodie bag of appreciation with social distancing in place!

If you see a staff member of Lincoln Hills, join us in saying Thank You for their service to this wonderful community! As we say goodbye to 2020, we are all looking forward to a happy, wonderful, and more hopeful 2021! We will bring back to you the fun that this little city in Lincoln Hills normally has to offer!

– Management Team of Lincoln Hills



Let us serve you with a view

Meridians
Restaurant & Bar

Eventful Meals

*Michael Jackson, Executive Chef
Food & Beverage*

2021 has begun, and we are hoping for a much-needed change from 2020.

The new year has brought new ideas with it. Our Food & Beverage Team has come up with several ideas to boost new opportunities for our residents have fun with food while socially distancing. We had great success with our Thanksgiving, Christmas, and New Year's Eve Preorder Grab & Go Meals. Our goal is to keep it going.

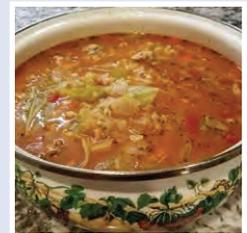
Our first Eventful Meals will be on January 20 with a Grab & Go Meridians' Crab Feed of 2021. While we cannot promise unlimited crab and courses, we can promise to package the entire meal up for you to enjoy at home. February will bring the Big Game 2021 (Superbowl) and Valentine's Day, in which we will have a prefixed menu with a paired bottle of wine. While March 13 brings one full year of COVID related spontaneous closures, we will definitely have another Corned Beef & Cabbage Grab & Go for St. Patrick's Day. Meridians, this year, has plans for two fun preorder-eventful menus monthly. Once the weather is good, be prepared to see Weekend Warrior BBQ in the parking lot. Be on the lookout for upcoming information about these events and more.

Chef's Recipe of the Month:

Homestyle Turkey & Barley Soup

Ingredients

- 1 turkey bone
- 5 quarts cold water
- 6 small Yukon potatoes, diced
- 4 large carrots, diced
- 2 stalks celery, diced
- 1 large onion, diced
- 1 1/2 cups shredded cabbage
- 1 28 ounce can whole peeled San Marzano tomatoes (hand crushed)
- 1/2 cup uncooked barley
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dried parsley
- 1 teaspoon dried basil
- 1 bay leaf
- To taste freshly cracked black pepper and kosher salt
- 1/4 teaspoon smoked paprika
- 1 pinch dried thyme



Instructions

1. Place the turkey carcass into a large soup pot or stockpot and pour in the water; bring to a boil, reduce heat to a simmer, and cook the turkey frame until the remaining meat falls off the bones, about 1 hour. Remove the turkey carcass and remove and chop any remaining turkey meat.
2. Strain the broth through a fine-mesh strainer into a clean soup pot. Add the chopped turkey meat to the strained broth; bring to a rolling boil, reduce heat, and stir in the potatoes, carrots, celery, onion, cabbage, tomatoes, barley, Worcestershire sauce, and spices. Simmer until the vegetables are tender, about 1 more hour. Remove bay leaf before serving.



Lifestyle News & Happenings You Can't Stop 2021

Lavina Samoy, Lifestyle Manager

We've been through a lot in 2020! It was a year that brought a lot of sorrow, uncertainty, chaos, fear, and loss for our nation and us. We gave up travel and gatherings. Entertainment came to a halt.

But it was also the year that gave us time, time to reflect, enjoy the outdoors, and a simpler and slower life. It provided a much-needed rest for our sometimes over-busy lives. It brought families closer and made us realize what is most important – one's health and that of our loved ones.

As I write, COVID numbers are still on the rise. Though it may be difficult to welcome the year with enthusiasm and anticipate happy times, I believe that the end of the pandemic is getting closer. 2021 is here, and it must be better!

What can we look forward to in 2021?

We have more virtual events, presentations, and classes. On page 53, read about the various presentations from Bard Professor Joseph Luzzi from The Books **That Shaped America's Presidents (January 25)** to **Why Shakespeare Matters Today (February 22)**. Yale Film Professor Marc Lapadula brings an **In-depth Analysis of the classic movie Rebel Without a Cause (February 11)**.

Similarly, master storyteller and pianist Richard Glazier returns and provides behind the scene stories

on his PBS show **From Gershwin to Garland, A Musical Journey with Richard Glazier (January 21, page 52)**. Renowned Cajun musical artist **Tom Rigney also tells his life story "How Did I Get There?" (February 18, page 53)**. You will be treated with his interesting life and his catchy violin music.

Come away laughing with **Zoom Comedy Night** when ace comedian **Steve Ausburne** shares his spoken word memoir of his embarrassing life moments right into your home (**January 29, page 52**).

Movies are back twice a month on the first Monday for new releases and the first Friday for classic films, both matinee presentations starting at 1:30 PM. See listing under Community Perks. Free for all via zoom.

Since winter weather is harsh outdoors, we are excited to bring you Line Dance right to your home via Zoom. **Starting February, please welcome new resident instructor Ellen Russell and continue the joy of line dancing.** Ellen moved from Santa Barbara, where she taught line dance for five years. Her students continue to take her classes via zoom. **A free trial of her class is offered to interested students,** see page 60 for details and class description.

Krafting with Karla & Lavina continues to entertain and engage with two monthly projects. See page 60 for details.

Join us in welcoming 2021 and get your lifestyle ready!





The Spa at Kilaga Springs Grateful for the New Year and You

Trudy Smith, Spa Manager

2020 has been a challenging year, to say the least. The worldwide pandemic and civil unrest alone have caused much change and loss in our lives and organizations. Yet, in loss, we discover there is much to learn; in grief, we find gratitude.

Science teaches us that living and leading with gratitude enhances our mental, emotional, physical, and spiritual health.

The Spa staff is grateful to all of our guests for the honor to give our services and offer our retail. All of us here lead with gratitude for you and for our team. We are grateful for the Lincoln Hills community and the support of the Spa. We try to practice gratitude every day.

In our Massage and Skincare, we are promoting exfoliation which is needed in the drying winter months. It is critical to exfoliate to allow better penetration of your products to hydrate.

The Skincare Department is offering Hydrafacial treatments and Specialty facials. The Deluxe Hydrafacial and Signature treatment are medical grade resurfacing treatments. These multistep treatments cleanse, evenly exfoliate, and extract to remove impurities and dead skin cells while simultaneously replenishing vital nutrients including Antioxidants, Peptides, and Hyaluronic Acid to the skin. These treatments offer instant, noticeable results with no downtime or discomfort.

The Massage Department is offering three lovely

hydrating body treatments. The Body Bliss treatment is a full-body exfoliation with a magnesium-rich cream that aids in relieving anxiety and tension in nerves and muscles. This is followed by a full-body aromatherapy massage. The Ocean Dew Body Wrap begins with an exfoliation using magnesium melt, followed by a rich shea butter application infused with Ocean Dew essential oil and then wrapped for deep penetration leaving your body detoxed and fortified. The Anti-Aging body treating, also known as Slimming body treatment, starts with a customized exfoliation using Hydropeptide polishing beads. Then a revitalizing serum and nourishing massage balm are applied. Lifts tightens, and tones while improving texture.

In our Retail Boutique, all our products are specifically sourced to bring health and wellness benefits to you in many forms. We carry CBD tinctures, balms, lotions, and oils, which may help relieve joint pain, muscle pain, anxiety, stress, and nausea. We carry excellent skincare products, Jane Iredale makeup, Sonoma Lavender heated spa products such as neck wraps, weighted blankets, bolsters, and more lovely products.

Please call the Spa Concierge to book your appointments and purchase retail products. You can also book appointments online at our website.

916-408-4290, spa@kilagaspringsspa.com or www.kilagaspringsspa.com.





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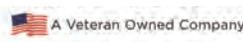
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Eat cake and celebrate

Looking Forward

Linda Lucchetti, *Roving Reporter*



Back to Broadway

Goodbye, 2020. It's nice to see you in the rearview mirror.

No wonder two major dictionary publishers chose the word "pandemic" as the Word of the Year 2020. The coronavirus has turned the world on its head. As the saying goes, "This too shall pass." Although we don't know when normalcy as we know it will return, and it's unlikely to be quick and easy, there are reasons to be positive.

Experts are confident that with science and technology, a better understanding of the virus, and a vaccine expected to be widely distributed during this year's second quarter, COVID-19 may well be on its way to a place in the Pantheon of Pandemics — buried yet not forgotten, much like the 1918 Great Influenza. Therefore, we could feel secure in looking ahead to many possibilities that may await us in the shining, spanking New Year, 2021. After all, 21 is a lucky number.

Regarding our community, we ask: Will we see a reboot of our clubs' activities? Will the lodges be open, brimming once again with sounds of friendly chatter and laughter? Will buses queue up and be ready to roll on trips

near and far — to historical sites, wineries, sporting events, shopping, and San Francisco? Will we enjoy plays, concerts, choral groups, comedy shows, ball-games, and forums? Will our aerobics rooms and swimming pools be operating, overflowing with fitness-conscience residents sweating and swimming their way to health and wellness? The answers to these questions could be, "Yes." We don't know exactly when, but we can hope that the daily activities we've been missing will resume --someday.

Beyond our neighborhood, there's a lot happening this year:

Queen Elizabeth turns 95 on April 21, and Prince Phillip will celebrate his 100th on June 10. (Let's party!)

The lights of Broadway are expected to shine again in May, after being shuttered for a year. (Break a leg.)

The Tokyo Olympics, canceled in 2020, will take place in July. (Get inspired.)

Disney World celebrates its 50th Anniversary on October 1. (Cheers to Mickey.)

When movie theaters reopen, new films previously delayed — some for a year — will be released: *West Side Story* revival; James Bond thriller, *No Time to Die*; and *Black Widow*, among others. (Pass the popcorn.)

Probably the most important event taking place this year, and back by popular demand, is — YOUR birthday! That's *really* something to look forward to.



Movie Time

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

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Neighborhood Watch—New Insights For 2021

Teresa Tanin, Neighborhood Watch

They say hindsight is 2020, but what we really need now is foresight or, rather, new insights for 2021.

The Neighborhood Watch organization understands this need and has continued to expand its methods of communication to Lincoln Hills' residents. Working with the SCLH Association, the Lincoln Hills Foundation, and the Lincoln Police Department, communication will continue to improve. The challenges of 2020 brought us the necessity of Zoom meetings and "virtual" new residents welcome packets with many more improvements slated for 2021.

Providing a more user-friendly website, additional "virtual" videos for training volunteer recruits, and developing an improved platform for resident information gathering, are just a few goals in the works. Building on the condensed on-line Handbook of 2020, completion of the 2021 Operations Manual will provide an on-line reference for all

volunteers, periodically updated to reduce hard copy printing costs.

Safety communications continue to be updated as well. Until we are able to all gather together again, Neighborhood Watch is developing an on-line Safety Symposium, usually held in the Ballroom (OC) in March. This on-line Symposium will provide the same great information from the Lincoln Police and Fire Departments, Neighborhood Watch "Vial of Life" and *Lost Pet Alerts*, and the Association's services and amenities highlighting the benefits of living in this wonderful community.

Camera surveillance is also coming to Lincoln Hills. Information on this developing cooperative improvement will be available soon.

Be sure to visit our website sclhwatch.org to view more developing improvements, including "Alerts" and several helpful "links." Remember, communication is only

as good as the willingness to participate. Please note: the new Director, Dennis Wagner, highlighted in the December *Compass* article, has resigned from his participation in Neighborhood Watch. We welcomed his expertise into our group, however, due to personal reasons, he chose not to continue.

Choose to participate in your community. Bring your talents to our organization and volunteer at sclhwatch.org—we need you!

We all benefit when we improve our communications. Enjoy Neighborhood Watch monthly updates in the Sun Senior News. Email "eNews@sclhca.com" to sign up for ongoing Association news. Continue to pick up or download your monthly *Compass* magazine to view the monthly Neighborhood Watch articles; see "Community Profile" and "Clubs" sections. Hard copy or on-line—new Insights for 2021 are available to everyone—get yours today!



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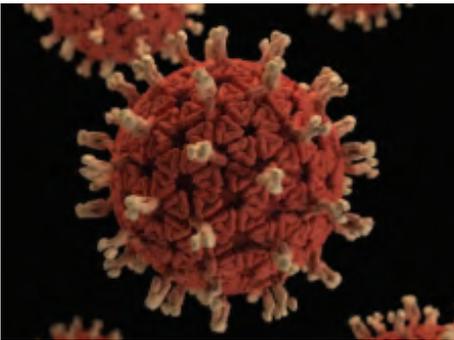
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Vaccines: Building New Defenses

Shirley Schultz, Roving Reporter



Vaccines are designed to stimulate one's own immune system to block harmful agents that may enter the body. Currently, there are over 24 vaccines available in the U.S., a far cry from the first vaccine developed for smallpox by physician, Edward Jenner in 1796. To understand how vaccines work, we must first have a basic understanding of how the immune system works.

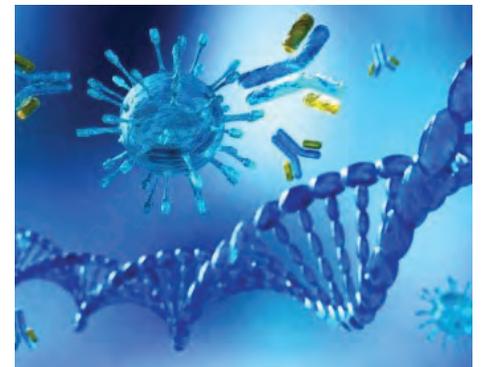
Title this "How the Immune

System Works for Dummies" because this writer makes no claim to having a comprehensive grasp of this complex system. The immune system does not reside in one single body part but instead is made up of a network of cells, molecules, tissues, and organs working together to protect the body. The adaptive part of the immune system can block specific threats presented by microbes such as viruses and bacteria. For purposes of this article, the focus will be on two protein molecules called antibodies and cytokines. Antibodies bind and mark harmful agents called antigens, such as microbes, for attack and destruction. This activity gives rise to memory cells that retain the ability to recognize the invading microbes. Cytokines are the

memory molecules that help the immune system block the offending antigen if it enters the body again. Thus, one gets immunity without having the disease.

Scientists generally create vaccines using weakened or killed microbes, or microbe fragments or toxins, to trick the immune system into producing memory cells that protect against future infection. Vaccines often take 10 to 15 years to develop and bring to market, but the development of the COVID-19 vaccine got a head start because it is a disease caused by two similar coronaviruses: SARS (severe acute respiratory syndrome) and MERS (Middle East respiratory syndrome), which scientists have been studying for several years. They are testing new technologies that can be developed faster by using virus DNA or RNA.

There are several COVID-19 vaccine clinical trials in varying stages going on now involving, by one estimate, a half million people. A much more in-depth explanation can be found at National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases. Getting vaccinated, unless you have a condition that prohibits it, is one of many steps you can take to protect yourself from COVID-19. In addition, support your immune system with a healthy diet and moderate exercise. Be good to yourself in 2021.



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Dutch Flat Hotel, circa 1852 and still operating

Towns That Time Forgot

Richard Pearl, Roving Reporter

If you've traveled anywhere outside the West, history can be many hundreds, or thousands, of years in the past. Here, 150 years is ancient. One of the marvelous things about living where we do is that history (Western-defined) is only a short drive away. For the New Year, let's visit some local *Towns That Time Forgot*.



One Room Schoolhouse -
Washington, CA

Washington, California, is 1.4 hours northeast of Lincoln and twenty miles east of Nevada.

Founded in 1849 during the Gold Rush, today it's home to 185 full-time residents, the Washington Hotel (a 14-room hotel/bar/restaurant), a general store, volunteer fire station, two campgrounds on the Yuba River, and the oldest, continuing one-room schoolhouse in California. This school teaches six youngsters in a combined fourth, fifth, and sixth-grade class. At 3,600 feet in elevation, you can bring a picnic basket and soak your feet in the cool river for a great summer afternoon.

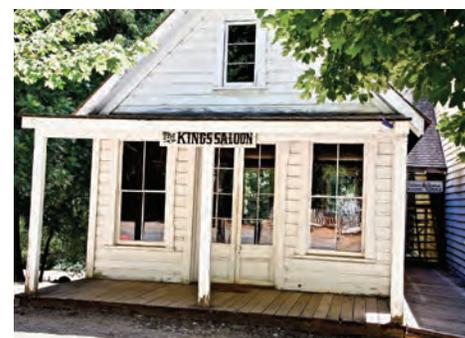
North Bloomfield, California, is only twelve miles from Washington, but you need a high-centered, four-wheel car to traverse the logging road between it and Washington. It is, however, easily accessible from Highway 49 north of Nevada City. North Bloomfield was previously known as Humbug City (that's what you called the creek where you didn't

find any gold). Eventually, they did find gold in the hills surrounding the creek and used hydraulic mining techniques to extract it; the landscape scarring is still highly visible. Today, the town is contained within Malakoff Diggings State Park, and, incredibly, one family remains in this "ghost town." There are a lot of buildings still standing, and the California Parks Service conducts guided tours once each day (or you can tour on your own).

Dutch Flat, California, is on Old Highway 40 and is about 30 miles from Roseville up Highway 80. Settled in 1851, it went through periods of boom and bust with gold mining and lumber production as its key drivers. Population in the 1850s was 6,000, including 3,500 Chinese primarily working in railroad construction. Today, the town is home to about 300 residents.

Ghost Towns: you gotta love ghost towns with names like Last Chance and Deadwood (home for a time to gunmaker Sam Colt). Then there are places long in the tooth but still with inhabitants such as Iowa Hill, Forest Hill, and Michigan Bluff.

One of the best things about visiting these towns in 'COVID Times' is that you are out of doors, and there's virtually no one (ghosts notwithstanding) around. Enjoy the past!



North Bloomfield's Kings Saloon;
built 1860 & remodeled 1873



Gambling in the New Year onboard our “cruise ship on land”

All Aboard for the Board Election

David Wright, Roving Reporter



Residents submit questions for the Candidate Forums

Often referred to as a “cruise ship on land,” Lincoln Hills attracted us with its activities, scenery, and social buzz. After retiring from careers fraught with daily headaches and office politics, the last thing many of us want is to get involved in community politics. But since each member owns a share of this

community, it is up to us to shape this place into what we want it to be.

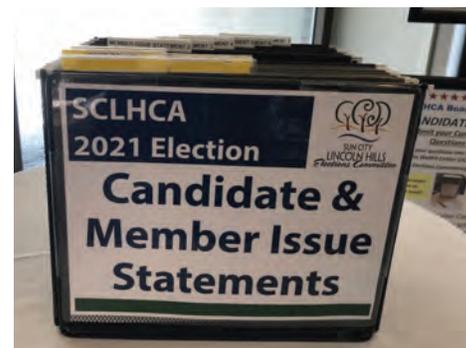
Our Association is governed by an elected Board of Directors. As a fiduciary ethically bound to act in the best interest of all members, the Board sets the policy and administers the business and affairs of our community. It approves the budget, major projects, and committee appointments. The seven volunteers who make up the Board are, in essence, the captains of our ship—navigating decisions affecting our amenities, dues, and property values. A simple four-to-three Board majority can determine the difference between smooth sailing or stormy seas.

In the wake of our everyday lives, no election is more important than the Board of Directors campaign. Yet, in the last two elections, just 60 percent of homeowners returned valid ballots. Every currently-seated director secured only 13 to 26 percent of the total tabulated votes.

The current election outcome will likely be close. It is incumbent upon us to ensure we elect representatives who reflect our needs and desires. Rather than voting merely from a neighbor’s recommendation or a snappy slogan on a yard sign, we have the duty to vote informed.

Like a lighthouse beacon guiding us away from the shallows, Dede Barnhart and her Elections Committee provide the opportunity to educate people about the candidates and their platforms. The Committee submits impartial, information for *Compass* and *eNews*, disseminates candidate statements, and moderates the candidate question-and-answer forums.

The resident website hosts video recordings of the forums and each candidate’s campaign statement—complete with contact information for directing questions to specific candidates. For those wishing to see the Board in action, the website also offers videos of recent Board meetings. From the comfort of our own homes, we can log-in while nursing a cup of coffee or favorite active-adult beverage and get to know the people manning the helm of our community.



Candidate Statements available at both fitness centers

In this new year filled with new hopes, make a resolution to sail full-speed-ahead for the Board election. Don’t miss the vote. Our lifestyle depends on it.

In Memoriam



Darlene W. Dyar

Born in Britton, South Dakota, Darlene passed away from complications with COVID-19 at age 98. She grew up on a farm and then moved to Pennsylvania after the dust bowl in 1937. After graduating from high school with honors, she joined the United States Naval Reserve (WAVES). Then she moved to California, where she worked for Lockheed and then changed careers to working for a travel company. She loved traveling the world. Her other passions were ballroom dancing and golf, where she won awards for both. She enjoyed the friends she made in the Veterans Group.

Darlene was a pioneer here in Lincoln Hills and was a very generous person who enjoyed life to the fullest. She leaves her brother Dwight Haag who lives here also.



Robert Leon Madler

A first-generation Madler, Bob's parents, immigrated from Hungary just before 1900. Born on a farm in Baker, Montana, he attended school by horseback in the one-room schoolhouse. He served in the U.S. Army and was stationed in England, where he met his wife, Doreen Powton. He worked as a U.S. Postal Clerk in Baker for 30 years. Bob had many passions, including music, electronics, genealogy, and airplanes. He owned several private planes. He enjoyed taking trips with his family, and he loved technology. He is remembered as a generous, kind, and loving man by his companion,

Joyce Beeman, five children, four grandchildren, and one great-grandchild.



Edwin "Skip" Morton

Skip was born in Colorado but grew up in Palo Alto, California. He served in the U.S. Air Force during the Cold War. He earned a degree in Engineering from Cal Poly San Luis Obispo and became a pioneer in Silicon Valley. Skip worked on many start-up companies and ended his career at Hewlett Packard in Roseville. He built an aircraft in his garage, was an avid reader, loved to sing, and donated gallons of blood in his lifetime. His wit and charm will be missed by his wife Carolyn, children, grandchildren, and many other relatives and friends.



Peter John Nelesen

A career Airman for 22 years serving in the Vietnam War at Korat, in the hostilities in Thailand, Pete retired as Master Sergeant at McClellan AFB in Sacramento. He was born on Christmas Day in 1943 and raised in Wisconsin. He received his basic training at Lackland AFB in San Antonio, Texas, and Lowry AFB in Colorado. Pete worked for the State of California for many years. Here in Lincoln Hills, Pete volunteered for the ARC and served as Vice-Chair prior to being diagnosed with Lou Gehrig's disease. Pete is survived by his wife, Isabelle, children, grandchildren, and many friends.

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

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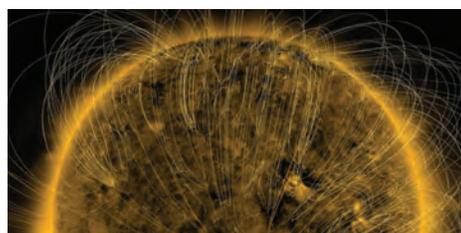
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Amateur Radio

Atmospheric and solar conditions are improving for radio communications. Our Group noted that on November 30, the Solar Flux Index was 116, and the Sunspot number was 84. Higher numbers on both of these indices means greater ability for communications over long distances. The club offers support to folks who want to get started in Amateur Radio with incredibly knowledgeable members. We continue to Zoom our pre-Net meetings every Monday at 6:30 PM. Tips and tricks are shared. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG. The LHARG conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 443.2250 MHz, 167.9 PL.

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



Solar Flux



Astronomy

During the COVID-19 restrictions on meetings, we will continue to conduct online video meetings and programs during our regularly scheduled meeting date and time on the first Wednesday of each month at 6:45 PM. The next online meeting will be on February 3 and will include a video on current events in astronomy. All LHAG 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: Bill Weaver 916-408-1252, hamweaver@wavecable.com
Website: www.lhag.org



Lincoln Hills Astronomy



Ballroom Dance

Our club hosts six social events during a normal year. There is a person who sets the tone

for each social event with her flair for decorations and table settings. That person is Barbara Swerdlow. The moment participants walk in the door they are awed by the transformation of the Multipurpose Room.



Barbara Swerdlow

Barbara comes from a dancing family. Her grandfather was from Argentina and taught her the Argentine Tango. Every weekend her family played music, sang, and danced together.

While visiting Argentina, Barbara's cousins took her to a club to see a professional Tango show. After the show, one of the dancers picked Barbara to dance the Tango with him on stage. It definitely was an exciting and memorable experience.

Contact: Ruth Algeri 916-408-4752



Big History

We have planned a great schedule for 2021. On January 25, Dave Lewis will jog our collective memories with



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BIG HISTORY
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 Club website: bighistorysclh.com

a review of previous presentations. On February 1, we have a special treat. Highly-regarded author Tamim Ansary will speak to us about his engaging book, *The Invention of Yesterday*. He shows how the stories different groups construct about their origins and purpose have sometimes led to conflict but have also blended and led to the flowering of culture and technology. On February 8, a four-person panel will speak on how geology shaped early civilizations. On February 15, Marty Keale will discuss how and why Bronze Age civilizations suddenly collapsed—leading to a Dark Age. Mark your calendars!
 Contact: *Ranny Eckstrom*, bhsclh@yahoo.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 the needs to be replaced or reshaped. If the cue tip needs replacing, I suggest Magic Darts and Billiards. They have a great supply of accessories, including



Orchard tables

cue tips 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 cue tips. Mention you are a Lincoln Hills Billiards player, and they will give you a 10% discount. In the meantime, stay safe! Stay Healthy!

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



Bird

Happy 2021 everyone!

Looking forward, we know that our activities will be on hold a while longer. However, you might enjoy getting out on your own to view the migratory birds that stay in our area through January and February.



The Sandhill Crane by John Garfein

One of the most stunning of these is the Sandhill Crane. Each fall, the Lesser Sandhills fly to Central Valley from northern Canada and Alaska. Then in the spring, they return north to breed—quite a journey! The Greater Sandhill also winters here but will fly to eastern Oregon or British Columbia to breed. You may see Sandhill Cranes in the agricultural fields around Lincoln, but larger numbers can be seen at Cosumnes River Preserve and along Staten Island Road near Lodi. Stay safe all.

Contact: *Sal Acosta* 843-991-5188, quailrun@wavecable.com
 Website: www.lhbirders.org



Bocce Ball, Mad Hatters

Ordinarily this time of year, we'd be writing about our annual Christmas Party, the change to our winter hours, and the cold, rainy weather—but this year, not so much. We didn't have a Christmas party, and we are still not playing as a group. As you already know, the state asked for people to be extra vigilant, so we don't anticipate any changes in the near future. We hope you had a Merry Christmas and wish you a Happy New Year. With any luck, this current COVID-19 wave will have waned by the time you read this, and vaccines will be on

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the way. Please enjoy the Bocce Courts on your own in small groups. Stay safe.
 Contact: John Gradwohl
 650-576-2979,
 jcgradwohl@hotmail.com
 Website: <https://sclhresidents.com/group/pages/bocce-ball-group>

Book, OC



Happy New Year, I guess, with fingers crossed. May 2021 see us returning to normal.

Zoom has become our mode of meeting. For non-Zoomers, we urge you to download the program from your device's app store. Follow the app's tutorial and search for "how to use Zoom" on the internet if you need more info.

We'll be zooming on the third Thursday of each month at 1:00 PM. Details go out via email before the meeting. To be added to our list, email Dale Nater at ocbookgroup@gmail.com.

Here are the choices for the first three months: January 21 – *The Cheerleader* by Ruth Doan McDougall; February 18 – *Lincoln on the Verge* by Ted Widmer; and March 18 – *The Island of Sea Women* by Lisa See.
 Contact: Cathie Szabo 916-434-6667, catsickle@gmail.com
 Website: <https://lhocbookgroup.blogspot.com>



Bridge, Partners

We are still inactive. Consequently, KS will remain closed with bridge still suspended since meeting rooms cannot be used with the current color alert level. Our eNews system is the best source of current information on when facilities might open.

Computers

Apple Users



Happy new year! The user group is kicking off 2021 with several Zoom seminars on Apple product essentials. Andy Petro covered iPhone essentials, and Ken Silverman discussed iPad essentials. Later this month, Bill Smith will cover things you need to know to use the Apple Watch effectively, and Ken Spencer will discuss macOS Big Sur. The LHAUG website is the place to go for the latest information about club activities. It provides videos of past seminars, schedule information for future seminars, resources for donating older Apple equipment and buying or selling used equipment, and information about our helpline. If interested in joining or renewing, 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



Our facilities remain closed. The good news is COVID-19 vaccines are here and being given first to health care providers. Our "Ask the Tech" presentation was on January 13, via Zoom. Membership dues remain \$15 per family per year. Please submit by check to Ben Richardson. See our website, www.sclhcc.org, for information. Consider doing your taxes online and save money. Several programs are available, including Turbotax—the most popular. Problems with your desktops, laptops, pads, or phones may be answered by our "Experts" as able throughout the year. Send questions to the club website. Various articles about hardware and/or software information will at times, be sent to members or available on the website. Hope you had safe and healthy Holidays. 2021 will be better.
 Contact: Norman Seidenverg
 916-209-3894,
gozimas1937@gmail.com

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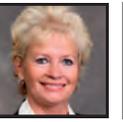
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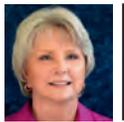
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Country Couples

Happy New Year! 2021, we welcome you! I think we can wholeheartedly say "Bah Humbug!" to 2020. This year has a lot of promise, and we're looking forward to the vaccine, activities, and businesses opening up and at least getting back to some form of normalcy. Until we see how things transpire, we won't know if we will ever get back to the way things were. But we still have a lot to be grateful for and much to celebrate, if only virtually, with family and friends during this time. 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



Fun Times!



Cyclists

E-bikes – chapter 4: The heart and soul of an e-Bike is the battery. If taken



Dave riding a Class 3 Trek Domane+ e-bike

care of properly, it can last a long time. The following suggestions should prolong the life of your battery. When charging after a ride, allow at least 30 minutes for the battery chemistry to go from discharge to charge. In freezing weather, bring the battery inside and charge at room temperature. When transporting your bike, remove the battery and secure it inside the car. To avoid overheating, don't leave the battery hooked up to the charger for an extended time. When cleaning the battery, use a damp cloth—not the hose. When reattaching the battery to the bike, make sure it is secure. It's very costly to replace!

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

There is nothing much going on in our club. I imagine our anglers are making plans for next year. We don't know where or when yet, but we have hopeful thoughts. We're still here, just waiting it out and sneaking off to fish a remote lake or river adventure once in a while. Happy Holidays and Happy New Year to all. If you would like to join the fishing club, contact Ralph at ralphtonseth@comcast.net or Henry.



Shhh, don't tell Ed I got one!

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

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Food Adventures

We provide our members' sources of information on locally grown foods regularly featured at our two local year-round Farmers' Markets. The Saturday morning Auburn Farmers' Market and the Tuesday morning Roseville Whole Foods Farmers Market are open even during the winter months. We are fortunate to live in Placer County with local harvests of one kind or another in all twelve months of the year. This is something very few regions can brag about. Many of these farms and ranches can accommodate visitors on a limited basis. Placer County has a long history of important harvests of fruits and vegetables and, more recently, a growing list of brewing and wine products.

Contact: Don R. Rickgauer

916-253-3984,

SCLHFoodAdventuresClub@gmail.com



Garden

There is still no clearance for a January General Meeting. "Plant a Colorful Late Winter/Early Spring Garden... and Eat Healthy Too!" is an article in The Curious Gardener by Jan Birdsall, UC Master Gardener of Placer County. This is a quarterly publication, and online subscriptions are free. To sign

up for your electronic delivery, go to http://pcmg.ucanr.org/curious_gardener_newsletter/.



Winter Gardens are a Plus!

The advantages of planting a winter vegetable garden are fewer insects to contend with, rainfall to help with watering, and exploring unique varieties of kohlrabi, cabbage, cauliflower, lettuce, onions, turnips, Swiss chard, beets, shallots, and radishes. Many of these unique seeds and transplants may be available through your local nursery. Keep in mind, you can plant your winter garden in containers!

Contact: Lorraine Immel 916-434-2918,

lorraineimmel@gmail.com

Website: lhgardengroup.org



Genealogy

Carole Moore, Bill Kress, and Barbara Branch will be our speakers on January 18, at 6:30 PM, on Zoom. Members will receive a Zoom link in a separate email from the Genealogy Club. Topics will be 30-minute presentations of Familysearch.com,

Legacy Software, and Ancestry.com. We will send a Zoom link to all members and any handouts one week before the meeting. Notifications for renewal of membership were sent to members in December with an application. Applications are also available on our website under 'Home.' We will be offering a membership discount of \$15 per household for 2021 (one year only) for new and renewing members due to coronavirus constraints. Consider joining or renewing to maintain our services.

Contact: Barbara Branch 916-543-8219,

drbabsie@gmail.com

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



Golf

Ladies XVIII

The Most Improved Player of the Year was Mitsuko Cameron, a new club member for 2020. In January, Mitsuko started with a handicap of 39.9 and brought it down to 31.2 by December. It is no wonder, as she can often be seen honing her skills on the range and chipping area. She took up the game



Most Improved Player for 2020, Mitsuko Cameron

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only 28 months ago and has been a regular flight winner, which is quite inspirational. Our club has also welcomed new members, Carol Lopez and Catherine McWilliams. Carol is a recent resident from Paradise, and Catherine is from the Reno area. The membership door is always open. Our new Captain, Deb Dunipace, has the support of her executive and extended board. New positive changes are on the way.

Contact: Rosie Warren 530-613-2327,
Website: lhlgxviii.com

Lincsters

Energetic, experienced members have stepped up to serve on the 2021 Executive Board. Co-Captains Kim Schutz and Judy Josse, Secretary Jane Hall, Treasurer Brenda Cook, Tournament Co-Chairs Kathy Lindner and Susan Mox are hoping for a quick return to “normal club play” — weekly sweeps, tournaments, and general meetings. This Board, with two exceptions, were active 2020 board members. Kim served as Social Chair. Judy, Brenda, and Kathy continue in their positions. Jane and Susan, who both moved to Lincoln Hills from San Jose in 2019, are the newbies. Susan holds the title of “Becoming an

Executive Board member immediately after joining Lincsters.” She was acknowledged as an official club member this month! Lincsters extends a “thank you” to the 2020 Board, who managed a challenging year.

Contact: Joyce Kirk 626-429-2284,
nhast38@yahoo.com
Website: Lincsters.com



2021 Board, Schutz, Josse, Hall, Lindner, Mox (Cook not pictured.)

Golf Men's

The first tournament of 2021 will be the Winter Sloshfest held on January 19. If the last tournament is an example, we'll have another big turnout. The new calendar for the 2021 tournaments will be out soon. The Holiday Challenge, Two Man Pinehurst, was held on December 8 with another big turnout and lots of winners. Due to all the winners, please see the December Linksletter on the Men's Club website for the list.

Time ran out to get the

discounted price of \$86 for your membership in the Men's Club. Starting January 1, the price increased to \$96. The money pays for your club membership, tournaments, and your NCGA membership.

Contact: Bob Schoenherr 408-838-5340,
schoenherrbob@gmail.com
Website: mgclh.club



Hiking & Walking

Onward to a prosperous, healthy New Year! We look forward to hiking as a group to see the wealth of beauty around us. What a great time to enjoy the crisp, cool air, and work on those New Year's resolutions for walking and hiking. Stay safe and strong.

Contact: LHhikers@gmail.com
Website: www.lincolnhillshikers.org



Pond at Anglers Cove



Investors' Study

We hope you will join us Thursday, February 4, at 2:30 PM, via Zoom or phone

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call-in. Our speaker will be Ana Marie Guijaro of BlackRock. 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 for additional information on the Investors Study.

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



Lavender Friends

Here are the nominees to be our leaders for the next two years: Darlene Barbieri for president, Marilyn Kupcho for vice president, and Pat Murphy for secretary. The election and biannual meeting are set for 10:00 AM, January 23, on Zoom. Watch your email for the link. The three will join Nancy Sartor, who continues as treasurer.

As president, Darlene says she wants to help ensure the club continues to provide a nurturing, supportive and fun community for LGBT residents. Marilyn has been an active member for seven years, most recently stepping up to be the coordinator of our activities committee. Pat, who moved here over the summer,

sees being secretary as a way to get to know the club while also being of service.

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



Line Dance

Happy New Year! Who could have predicted that when we said these words last year, that we would be experiencing a pandemic and stay-at-home order most of the year? Line Dance classes had to be canceled or relegated to the parking lot. We are looking forward to a brighter 2021 and hope to get back to dancing on a regular schedule and hosting dance socials. When things open up again, The Steering Committee will need help planning these events. We normally have a dance social in spring and one in late summer as well as our holiday party. We all have ideas, and we would love to hear yours. Please consider assisting in making this year the best one ever.

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



Mixed Media

At this time, we will not be collecting dues until we start meeting together in person. Anyone who wants to join the club

can still do so but not pay dues until the club starts collecting them again. Membership requests go to Nan Griffin. Check contact information at the end of the article.

How about a new art challenge for January 2021? Choose one of these two prompts and get creative: "Silver Lining" or "Fresh Start." For those who are overachievers, go ahead and do both—the more art, the more fun. Remember doing a challenge is voluntary, and there are no rules. We hope to see you at our next Zoom. For more information about Mixed Media Club and membership, contact Nan.

Contact: Nan Griffin, griffinnancy70@gmail.com



Motorcycle

In December, the club's annual Christmas dinner was canceled. There was no club ride or meeting. 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. There will be no meeting in January. "Ride Safe - Ride with Friends".

Contact: Manny Perez 916-253-9121, manwil412@wavecable.com



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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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Music

The Group Zoomed our performances in December. The spirit and joy of the Holiday Season were apparent. One could almost taste the eggnog and smell the potato latkes as we performed our songs. For our Group Opening and Closing songs, we played and sang "Deck the Halls" and "Let it Snow! Let it Snow! Let it Snow!" 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 2021 dues will be \$10 if paid or postmarked by January 30. If not received or postmarked by January 30, the membership dues will revert to the normal Needle Arts dues of \$20. To pay your dues, print out the 2021 Membership Form and send it to membership chair,



Community Service Trunk Show

Linda Moran, by mail. Check the Needle Arts website to get the form and the mailing address. Members will be kept up to date with what is going on in Needle Arts. We need a communication person to write articles. Please email our President, Jeanne Helland. During our normal life, Needle Arts meets the second Tuesday on the month at 1:00 PM in P-Hall (KS). Otherwise, we will see you on Zoom. Contact: Jeanne Helland, tjhelland@att.net Website: sclhna.com



Neighborhood Watch

The rules in Lincoln Hills are clear—cats are to remain inside. They're not to roam free. Our lost/found program receives calls on cats that show up in yards, wander streets and/or appear lost. Sadly, some owners allow their cats outside (to the delight of predators). We've had residents move and leave their cats behind. We've



One of several cats abandoned in SCLH.

had adult children/grandchildren move in with elderly relatives, bringing their cats without knowing the rules apply to them, too. If you see a loose cat and can contain it, we're happy to scan for a chip and post a message in surrounding villages to find the owner. If the cat is a nuisance and you know the owner, contact compliance. The alternative is Placer Animal Control dispatch at 530-886-5540. Contact: Dr. Barbara Branch 916-543-8219, drbabsie@gmail.com Website: SCLHWatch.org



Painters

2021 is the year to leap forward to new painting skills and improvement! 2021 is also free for new members through the end of February! We are ready and enthusiastic to have our meetings online. Stay at home and paint. Do art. Give yourself free lessons and new goals.



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Choose from suggestions found in our brand-new newsletter. This newsletter will arrive before the membership general meetings, every third Tuesday at the new time, 2:00 PM. We will accomplish all of this online using the Zoom application. We are asking new and present members to download the Zoom Cloud Meetings app. It is free. Need more help? You will be sent Zoom instructions by email. Call Jerrie Crass to join 916-302-6178.

Contact: Marilyn Brodersen
916-305-0345, cobeach@att.net



Paper Arts

Happy New Year 2021!

We hope we'll be getting together soon for paper crafting and camaraderie.

I read the book, *Glitter, and Glue*, by Kelly Corrigan. The title made me think about the photos our members send into our monthly newsletters of their card creations. These have become the (virtual) glitter and glue that have helped us keep in touch during this time of separation. Thanks! Thank you



Elly Goleno's tropical Santa card

again to those who donated their handmade cards to "Cards for Kindness:" Roberta Pearson, Jan Arney, Shirley Rainman, Reg Fabian, Elly Goleno, June Paquette, Maureen Morton, and Pam Haines. We collected 235 cards. 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, scejlong@sbcglobal.net



Photography

Let's give a thumbs-up to four of our passionate photographers! The Four Amigos decided an outdoor expedition was in order, and their adventure turned into a socially-distanced 11-day, six-state, 2800-mile exploration of the Southwest. To the delight of members, the four shared their photographs at our December General Meeting. Their stories were almost as entertaining as their magnificent photography!



Photo by Robin Immed

We always 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. Go to our website for information on how to join.

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



Pickleball

Happy 2021!

December was busy for the Pickleball Club. The Softball and Pickleball clubs collected almost \$7,400 in donations and gave 97 Lincoln families a \$75 grocery gift card. Thanks go to Jeff Greenberg for his ongoing leadership.

COVID-19 is surging, and the latest state guidelines allow the pickleball courts to stay open to singles only. The players are grateful that we continue to get to play. All drop-in play, ladders, round robins, and lessons have been canceled. The club continues to use our reservation system (Hold My Court) to maintain safety and allow for contact tracing. The year ended with a rousing Zoom dance party,

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allowing us to safely enjoy the joy and laughter of friends.

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



Players

Welcome, 2021 and the new vaccine! I hope everyone had a safe and meaningful holiday season despite the lockdown. This pandemic is not over yet, so don't give in to pandemic fatigue. Time will tell if the vaccine is in time to present our *Murder on the Orient Express* this spring.

Dr. Fauci says if 80 percent of the population is vaccinated, by the fall, we can start to feel almost normal again. That is a very tall order in this political climate, but we need that to be able to present *Damn Yankees* next fall. Stay well and get vaccinated, as we will need you when the Lodges reopen. Our monthly meetings will then be held on the second Monday of the month at 4:00 PM, P-Hall (KS).
Contact: David Africa, President 916 708-0009, djafrica@sbcglobal.net
Website: www.lhplayers.org



Poker

We play a variety of poker games every Monday and Friday starting 12:45 to 4:30 PM, Tuesday; new Omaha Night, starting 4:45 to 8:30 PM in

Multipurpose Room (OC); and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

All poker players will be seated as long as they arrive by 12:45 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 the reopening of the lodges.) Any questions, contact Lynne.

Contact: Lynne Barsky 916-253-3730



RV

Happy New Year. Our monthly meetings remain canceled due to COVID-19, but our Members are gearing up for RV'ing all over California and the USA, including Palm Desert in February, Campland San Diego in March, and more on the way. Plus, some Members are heading cross-country to Yellowstone and even Alaska. Our Rallies typically include golf, pickleball, and much more.

Thank you to our incoming 2021 Officers: Vickie White, Sharon Skar, Janet Motta, Maureen Williams, Lynda Fagan, and Ricki Montoya. You are all the fuel that keeps our RV Group alive, active, and fun. We normally meet at 4:30 PM on the second Tuesday of each month in Placer Room (KS).

If you're an RVer, you don't have to wait for the Lodges to re-open. Join us now to participate in the fun.

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



SCHOOLS

Every day at 8:15 AM, Ms. Whitworth welcomes her third-grade class of 13 to the classroom. She loves the kids and teaching, so she is willing to don a mask and maintain distance from the children. In order to comply with the roughly 230 minutes per day of instruction mandated by the District, she has her students commit to two more hours of online study at home. The five at-home students also must spend time with her when the in-class students go home at noon and then do more alone-time on the computer. She is using many platforms for online study, Kami, Seesaw, Nearpod, and Epic.



Ms. Whitworth's 3rd Grade Class

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Contact: Cyndi Colloton,
ccolloton@yahoo.com

Website: schoolssuncity.org



Singles

Happy New Year to all! 2020 is finally in the past, and we now have a brand-new year to welcome in and enjoy. Hopefully, our Lodges will reopen soon, and we will be able to return to our wonderful Lincoln Hills Lifestyle! Your Board and activities committee are looking forward to making plans for our monthly events. One of the first items we will have to do is hold an election for your new 2021 Board of Directors. Many of you have asked about our dues. No worries at this time. Further information will follow at a later date. Happy life! Happy everything! Happy always! Happy New Year!

Enjoy this festive season!
Contact: Susan Platt 916-397-0850,
foster.p.susan@outlook.com



Ski

Neither a nasty pandemic nor dry weather could stop the beginning of the ski season in early December. The resorts are taking COVID-19 protocols very



Helping Mother Nature at Northstar

seriously, and weekday skiing and boarding has been a safe delight. Cold enough temperatures allowed for significant snowmaking, and many of us got to be on the snow for the first time since last winter. By now, we hope that our overtures to the snow gods have appeased them sufficiently to add several feet of the real thing! Our next general membership meeting is scheduled for 4:00 PM on January 21. With any luck, we can share some pictures of a recent outing to Heavenly Valley. Other meeting details will be provided to members.

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



Softball

We instituted a “Fun Ball” series of two games Monday and Wednesday mornings beginning this past November. We hope to continue, weather permitting, until late February. It has been an amazing success. Please check our website



Are You Ready?

for information. The annual Del Webb Field renovation is complete. We’re hopeful that, come our anticipated start date of April 14, we can enjoy a traditional season of play on Mondays and Wednesdays. In the spring, we play five games per day. In early summer, we play four games per day. In late summer, we play only three games per day beginning mid-morning to avoid the heat. We’re planning several events this year, including several weekend tournaments and “Hot Dog Days” (COVID-19 permitting). Come watch at Del Webb Field later this year.

Contact: Bruce Briggs 916-543-3401,
bbriggssrsoftball@sbcglobal.net
Website: lhssl.net



Sports Car

In 1960, Don Songey got his first sports car—a sky blue Austin Healy Sprite with a stock engine. In 1970, his next sports car was a metallic brown 240 Z. But in 2006, the love of his

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Don & Rosie Songey

life was the Porsche. He jumped at the chance to buy the neighbor's beautiful metallic green 1996 Porsche 911 Carrera 2—one of the last of the air-cooled engines. Rosie Songey named it "My Mistress."

Rosie came from a car family. The first "old" car was a Model A Pickup that she drove around the ranch. The second classic car was a 1936 Packard Coupe with a fun rumble seat!

The Songey's especially like taking car tours, but their second favorite activity is socials. Currently, they own a hardtop 2006 Mercedes SLK 350.

Contact: Vic Kremesec 916-434-7368, vjk1245@yahoo.com
Website: lhsportscars.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. Wishing all a prosperous and joyous 2021. Let's say goodbye to 2020 and all the challenges. Here's to square dancing and seeing all our friends and family.

Contact: Beverly Cieslinski
916-622-8424, blm2518@icloud.com



Swimmers & Water Walkers

As we enter 2021, with the vaccine becoming available, hopefully, it will help us reopen our pools so we can enjoy our lives again by swimming and water walking for our physical and mental health. Our club currently has 114 members. We welcome more to join as we get to know each other.

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



Table Tennis

Table Tennis returned for play at a modified venue on the terrace behind KS. We had a few months of fun while this time lasted. Unfortunately, play is again suspended until further notice. A few avid players

have set up tables in their homes and garages. Maximum levels of play can be viewed by watching a snippet of ending matches at the Word Class Table Tennis Tournament in Macau, China, November 25-29. Go to www.tif.com/tournament15265/wtt-macau to see table tennis at its best.

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



Tap Company

Anyone can tap dance. When you learn to tap dance, you become both a musician and a dancer. Tap dance is a community. It's noisy. It's fun fitness. It even makes you smarter and improves balance.

We look forward to the future when our Tap Classes can resume. If you're anxious to find a new way to exercise, keep your mind sharp and meet great friends, join our Tap Classes. You will enjoy our teacher, Alyson. She specializes in teaching the basics to beginners. If you have never tapped before or if you want to refresh your tapping skills, please join us. After the quarantine, we all will probably be starting over (laughing out loud).

Happy New Year



Tennis

Happy New Year! We are all looking forward to 2021 being a much better year

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than the last one. We were only able to have one event for our members in 2021 before everything closed down for the year. However, two important tasks have been completed: we became a 501-C social tennis group with the IRS, and our membership approved the new by-laws and operating procedures.

Please continue to be mindful of social distancing and wearing masks, as well as not having any non-residents on our courts. Thanks to each of you for doing your part in keeping us safe and healthy.

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



Veterans

The Veterans Group has elected its board of directors for 2021 and selected its officers for the year. Joan MacAdams will serve a second year as president, assisted by Don Jobe as vice president, Alan Hearl as secretary, and Sandy Wolfe as treasurer. Larry Yaggi, Kerby Landis, and Shirley Schultz complete the board.

The board has authorized a two-for-one dues offer for new and continuing annual members. For \$20, new applicants and those renewing their annual memberships will be considered

paid up through December of 2022. Checks, payable to Lincoln Hills Veterans Group, should be sent to membership chairman Jon Hodson at: Membership, 100 Turtledove Court, Lincoln, CA 95648. Call 916-300-5394 for further information.

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



Vintage Treasures

Vintage Treasures paused in December due to the still closed facility where we meet. But, one of our talented members generously continued the e-presentations in November and into early December of Christmas treasures—both ornaments and decorations. And it has kept us connected when we most need to reach out to others and find a way to share our interest in collecting treasures from the past.

Our club focus is on vintage and antique items, pre-1970. When our facilities reopen, we will meet in the Heights and Gables Room (OC) on the first Monday of each month, from 10:00 to 11:30 AM. The program will be followed by an optional lunch at Meridians.

Contact: Sandi Janisch 916-253-9085



Water Volleyball

The 2020 Holiday Season will be remem-

bered for the sacrifices made by all for family and loved ones. We were not able to hug those we love. We were able to pledge our love by keeping each other safe and healthy. With the December restrictions, Water Volleyball or any indoor physical activity was not possible. However, the milder weather encouraged Club members to access the available Outdoor Weight and Cardio at Orchard Creek, the beautiful walking trails, and the fantastic sports venues. The Holidays did offer the opportunity for Club members to share with our local community by contributing to Toys for Tots, the Placer County Food Bank, and the Salvation Army. Thank you to all for your generosity!

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



Woodcarvers

New members to our club are very supportive. To start, we first recommend a knife-set of three knives. This set can be acquired through our club, as we have new sets on hand to sell. They also may be purchased at Rockler in Rocklin or online. Next, we suggest the new member try carving a comfort bird, which is a small,

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pre-cut rough-out of a bird that one may keep, or add to those we give to various clubs to provide comfort to people in need. The comfort bird is a great starter project because it involves many of the basic cuts that a person will use on future projects he or she chooses. When meetings resume, times, and location will be posted here.

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



Writers

I recently asked our group members to write a paragraph about their favorite train memory, attach a photo,



Durango, CO to Silverton Railroad

and send it to me. Why don't you spend some downtime this month writing a 150-word (or less) paragraph about your favorite train memory and email it and a picture to me by Valentine's Day? I'll put your stories into one

document and send it to eNews for "The Storytellers' Corner" (check out the poetry and stories from Lincoln Hills writers). In anticipation of January 8, National Bubble Bath Day, I wrote this from my bubble bath. Thankfully, I had my rubber duckie because January 13 was National Rubber Duckie Day. Get your train story to me as soon as possible!

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



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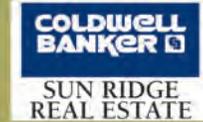


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Alzheimer's-Dementia Caregiver's Support

Wherefore art thou caregivers? We are looking for you. Our meetings continue, but with a sharply reduced attendance. Lack of familiarity with the Zoom app (you don't really need any) may be one reason, but your inability to participate without your loved one may be the issue. If so, please consider using the time slot you previously set aside for a meeting at the lodge to connect via your smartphone or tablet. Find a sunny spot to park your vehicle so you can join us. Give it a try.



Alzheimer's Brain

We have now gotten space allocated to us for the MultiPurpose and MultiMedia room meetings, so when Placer County gives the go-ahead, our meetings will resume in 2021. Hopefully soon. 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 connect you with others who will be happy to talk with you also. If you would like to put a Memoriam in the *Compass*, please contact me. My deadline to turn in Memoriams is the 19 of each month for the following month's *Compass*. Stay safe. Contact: Joan Logue 916-434-0749, joanlogue@sbcglobal.net



Bosom Buddies

The end of the year holiday party is our most popular event, but like other groups, we had to cancel and hope that next year we'll be able to get together to enjoy good food, some wine and most of all, each other's company. One of the highlights of the party is a handcrafted gift for each of us. Although the Grinch (COVID) stole our party, he didn't deter our creative ladies from designing something special for



Bosom Buddies gifted its members with decorated wine bottles.

our members. Kay Brady and Kathy Woodward painted and decorated wine bottles with lights flickering inside them, and Patty McCuen and Peggy Ryan made the deliveries to our front doors. Bosom Buddies wishes everyone a "Happy New Year!" For more information about us, please call Patty 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. The Gam-Anon Northern California Hotline number is: 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 or you can call the Gambler's Anonymous Sacramento Hotline at 855-222-5542. They will have someone from our local Gam-anon call you back. If you call our club contact, please leave a message. Kay will call you back.

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

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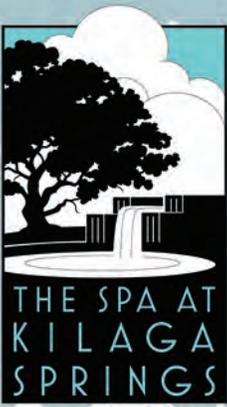
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Glaucoma Support Group

Happy Valentine's Day! The Glaucoma Support Group will meet on February 10 at 4:00 PM. Our meeting will continue to be a Zoom meeting unless circumstances have changed. With our change of lifestyle, it is important that we continue to be diligent in caring for our eyes. Drops? Use as directed. Appointments? Try to keep them. Exercise? This could be a bit challenging.

Let's discuss ways to stay in tune with our eye health. Bring your questions and stories to share. And any great hints that you have too! Hope to see you on Zoom.

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



Low Vision Support Group

We look forward to resuming meetings in 2021. Keep well. Low Vision Classifications: American Optometric Association <https://www.aoa.org>. Few people are totally without sight. Most people classified as "blind" actually have remaining sight. The World Health Organization uses the following classifications of visual impairment. When the vision in the better eye with best possible glasses correction is: 20/30 to 20/60 – near-normal vision. 20/70

to 20/160 – moderate low vision. 20/200 to 20/400 – severe low vision. 20/500 to 20/1,000 – profound low vision. no light perception – total blindness. In the United States, any person with vision that cannot be corrected to better than 20/200 in the best eye or who has 20 degrees or less of visual field remaining is considered legally blind.

Contact: Cathy McGriff 916-408-0169, cathymcgriff1010@gmail.com



Multiple Sclerosis

To combat Zoom fatigue, our last two Zoom meetings have included charming musical entertainment by members from singing to flute/piano to Classical Guitarist. Of course, we had our regular check-in.

We are attempting to put together a Valentine Program for the next MS Zoom Meeting, Tuesday, February 9, at 1:00 PM. An email with Zoom link will be sent to Members the prior Sunday, February 7. If you are not a Member and are newly diagnosed or have a family member with MS and would like to see what we are all about, email Jeri Di Fiore below. Also, if you would like to share your talent at the February Zoom, contact Jeri. See you February 9.

Contact: Jeri Di Fiore 530-401-2135, 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. Meetings are on the first Monday every month at 1:00 PM via Zoom. For more information or to be added to our mailing list, contact Marsha Van Wagner at mmvanwagner@gmail.com.

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A Course in Miracles

This is a Spiritual study group that focuses on the book "A Course in Miracles," which teaches how to shift our perception from fear and judgment to love and forgiveness. We begin to see the hidden and unconscious mental patterns that cause us to project our beliefs onto others, and the world in general, which then produce all of our experiences. It is essentially a self-study in the application of the 365 daily workbook lessons, which allows us to move from unhappiness and fear to love and peace of mind. Call 916-409-5253 for information.

Cloggers

Happy New Year! It can only get better, right? We Cloggers (Irish-Appalachian dance) hope you and yours survived 2020 in good health and with your dancing mojo intact. We look forward to dancing together again in 2021. In the meantime, please stay safe and keep practicing with online classes. You can google "NCAA Clogging" for all levels of clogging dance activities, which will keep you fit and ready to resume classes soon - we fervently hope "soon." For more information on clogging (when it happens) right here in Lincoln Hills, contact Natalie Grossner at 916-209-3804.

Democratic Club

We will hear Sierra College OLLI instructor Terry McAteer discuss "The Inaugurations of American Presidents" at its Thursday, January 21 meeting, starting at 6:45 PM, by Zoom. McAteer has addressed our group on different topics several times. Our club contributed this year to the Placer Food Bank, The Salt Mine, The Gathering Inn, and Stand Up Placer. Some of our members will participate in the Placer County Democratic Central Committee's first Bingo fundraiser of 2021 on Friday, January 15 at 7:00 PM. For more information about membership and

our activities, please visit our website, <https://democraticclublincoln.ca.org/>.

Italian Club

Club activities have been canceled in early 2021. We hope to resume events when it is safe to attend. Please continue checking the website for updates. In the meantime, shop at the online Apparel Store for hats, shirts, and sweatshirts with the club's colorful logo. Go to the website's homepage to access the store. If you are a Lincoln Hills resident of Italian heritage, check out our website at www.lhitalianclub.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 amoon38@sbcglobal.net.

Republican Club

Happy New Year, Lincoln Hills Republicans! Wishing everyone a safe, healthy, happy year; where COVID-19 is controlled, and we resume the unparalleled prosperity and economic growth of the Trump Presidency. We will continue to gather recall Newsom petition signatures in January through our extension to March 11, 2021. LHRC continues to grow and maintain an active role in our community and the Republican Party. The Club looks forward to a productive and fun 2021 as our lives get back to normal, including resuming our meetings at Kilaga Springs when allowed. For Club information, please see our website! www.RepublicanClubSCLH.org.

Shalom Social Group

Happy new year to all! We marked Hanukkah with a festive Zoom celebration. We lit our menorahs on screen; we had live Hanukkah music, and we had drawings for gift card prizes. We thanked our retiring Board members Bruce Herold, Lorraine Katz, and Harriet Kroot and welcomed new Board members Barbara Kornfeld, Barbara Swerdlow, and Bob Aron. We're considering forming an informal Zoom discussion group. We play bocce ball every Sunday, weather permitting. Our website, <https://sites.google.com/site/sclhssg> is informative for new and old members alike. For more information, please contact Joanne Levy at 508-333-8590.

Shooting Group

The shooting group is a friendly group of SCLH 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, contact Jim Trifilo at 916-434-6341 or trifilom@gmail.com.

Sons In Retirement Branch 13

Sons In Retirement Branch 13 (Lincoln/Roseville) is canceling its 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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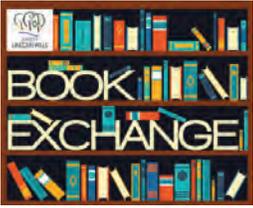
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SCLH Book Exchange

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**.



Document Destruction

Monday, January 18

10:00 AM to Noon, Fitness Center Parking Lot (OC)

Shred-It offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files are okay, but no plastics or cardboard. Staff and volunteers will be there to assist. Please place your items on your trunk for easy access. \$10 cash or check per average file box payable to SCLHCA. Place your payment in an envelope with your name, amount, and number of boxes. Just look for the big Shred-It truck in the parking lot!

Conversations

Wednesday, January 20

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.

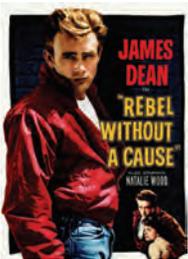


Zoom Movie: Yesterday

Monday, February 1, 1:30 PM Screening — **LSE299**

A struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate timeline where they never existed. Starring: Himesh Patel, Lily James, Sophia Di Martino. Directed by Danny Boyle. Rated PG-13, 1 hour 56 minutes, Comedy/Fantasy/Music/Love Story. Online registration encouraged but not required.

ZOOM Meeting ID: 893 5923 5902 • Passcode: 678117



Zoom Movie: Rebel Without A Cause (1955)

Friday, February 5, 1:30 PM Screening — **LSE300**

A rebellious young man with a troubled past comes to a new town, finding friends and enemies. Starring: James Dean, Natalie Wood, Sal Mineo. Rated PG-13, 1 hour 51 minutes, Drama. Online registration encouraged but not required.

Meeting ID: 870 9235 7426 • Passcode: 966595

NOTE: To appreciate the movie more, join the In-depth analysis presentation of the film Yale Film Professor Marc Lapadula on February 11. See page 55 for details.



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*.



STEVE AUSBURNE



WELCOME 2021 LAUGHING!

Zoom Comedy presents
Steve Ausburne

Friday • January 29 • 6:00 PM

Steve Ausburne's edgy comedy presents embarrassing life moments that only stand up or therapy sessions can reveal. A regular at Punch Line and Cobb's Comedy Club, Steve has opened for comics like Craig Robinson, Michael Costa, and others. Don't miss it!



\$10 - per Zoom device
6:00 PM Show — LSE292

Register Online: www.sclhresdients.com
Zoom information automatically sent upon registration.





Window to Wellness

The Health Education Team has been unable to sponsor live Community Forums on health topics due to COVID-19. Instead, we have searched local outside resources to provide health education in written form. This month, one of our members has focused on research being done at UC Davis and other health centers.

STEM CELLS: THE POTENTIAL FOR CURE

By Shirley Windle, Chair of the Health Education Team

Proposition 14 on the California November 2020 Ballot was passed by a slim majority. Perhaps one of the reasons it passed by a small margin is that many people associate stem cell research with the use of fetal tissue or embryos. The current practice in stem cell research is moving away from these sources for cells.

Dr. Shinya Yamanaka, MD, Ph.D., won the Nobel Prize for Physiology in Medicine in 2012 for his discovery of a way to induce adult cells from skin or blood and change them into stem cells. All stem cells, regardless of where they originate, have two defining characteristics: they can divide and expand in number indefinitely. They can differentiate or can be coaxed to specialize into ones that are needed to replace damaged cells. Stem cells can be used as replacement cells for dead or missing cells. This scientific discovery of the decade provides science a source of stem cells which no longer has to exclusively rely on embryos as the source.

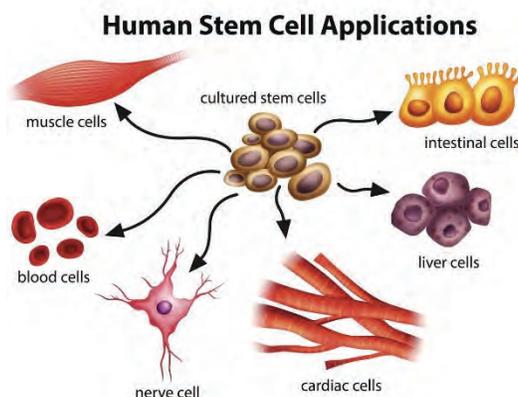
Stem cell research is moving at an amazing speed. One of the areas of growing interest is in regenerative medicine. Stem cells are used to promote the repair response of the body to

diseased or dysfunctional tissue. Instead of replacing a whole organ via transplant, stem cells can be injected to promote the body's own repair of the tissue. For example, current research has already shown that adult bone marrow cells that have been

differentiated into heart-like cells, when injected into the heart, can repair the damaged tissue. Many scientific fields are collaborating to produce breakthrough therapies for patients. Just a few of the areas of interest are type 1 diabetes, Parkinson's, Alzheimer's, ALS, and heart attack. One of the largest centers for stem cell research is in Sacramento at the UC Davis California Institute for Regenerative Medicine.

Now that funding will continue, it is possible we will see new therapies not targeted at treating symptoms but understanding what causes disease and, in time, finding a cure for many chronic age-related diseases. Yet, this remains a very complex and challenging area of medical research,

DNA research, and bioengineering. There is still much to learn. If you would like to know more about this exciting research, here are some links to additional information. <https://youtu.be/QyoZuxHhvvE>, <https://youtu.be/11leMkhjyrU>.



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 Comedy—

Zoom Comedy presents
Steve Ausburne

Friday, January 29
 \$10 per Zoom device
 6:00 PM Show — **LSE292**

It's time to laugh! Steve has embraced the stage as a place to present a spoken word memoir of all the embarrassing life moments that only stand up or therapy sessions can reveal. Steve performs throughout Sonoma County and the Bay Area. His edgy comedic style is a regular at Punch Line and Cobb's Comedy Club and has opened for comics like Craig Robinson, Michael Costa, and others. Don't miss it!



—Livestream Concert—

Robert Dehlinger's
Alpha Rhythm
Kings

Friday, January 15
 6:00 PM - Zoom
 \$12 per Zoom device — **LSE289**

Have a taste of the cool music of the Alpha Rhythm Kings (ARK)! Their music selection includes swing, jump blues, vintage lounge, and boogie-woogie. Established in 2017, ARK has created quite a stir with music fans, having crafted an exciting King Size California sound what Roots Music Magazine No Depression class' the badge of authenticity."

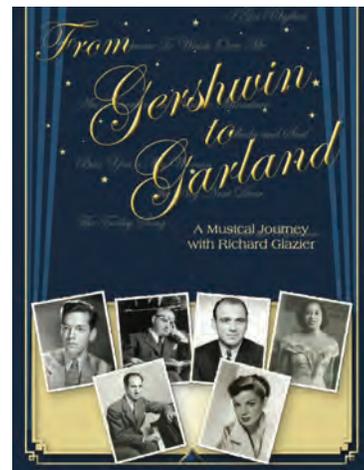


For our Livestream concert, frontman Robert Dehlinger will entertain you with his blazing trumpet and "magnetic" singing accompanied by his topnotch piano player Richard Nelson Hall. You will be surprised how a two-person act can capture such a big sound. Clear out your living room and get ready to clap, dance, and swing in your own home!

Richard Glazier
presents From
Gershwin to Garland

Thursday, January 21
 6:00 PM - Zoom
 \$12 per Zoom device — **LSE290**

Phenomenal pianist Richard Glazier is back to present his PBS presentation of "From Gershwin to Garland" with personal behind the scene commentaries on the production. The show begins with the opening bars of George Gershwin's Rhapsody in Blue. He will take us through the Golden Age of American Popular Song plus personal stories of his musical heroes from George & Ira Gershwin, composers Johnny Green, Hugh Martin, and star Judy Garland. He will also be sharing his personal collection of music memorabilia on screen. The show's climax is the complete solo piano version of "Rhapsody in Blue."



A Valentine Weekend Concert
with The Rhythm Method 4

Friday, February 12
 7:00 PM - Zoom
 \$12 per Zoom device — **LSE301**

Create that special evening with your loved one. Listen to wonderful love songs from The Rhythm

Method 4. The band is composed of four distinctively talented musicians who perform regularly throughout the Bay Area and beyond, catering to fans of every genre and taste of music. Listen to a full band of keyboards, bass, drums, percussion, and exceptional vocals to get your Valentine's weekend to a good start!

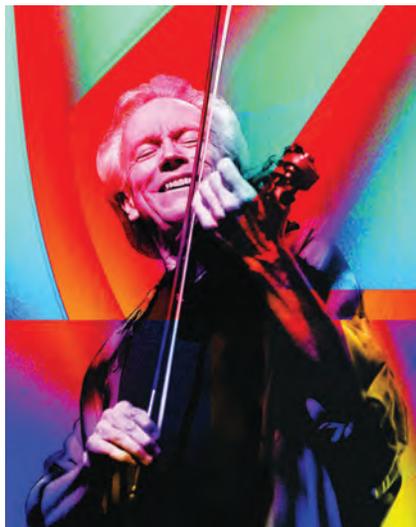
**“What A Difference A Day Makes”
An Evening of Classic Songs with Justin Diaz**
Wednesday,
February 24
7:00 PM – Zoom
\$12 per Zoom device — **LSE302**



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!

—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**

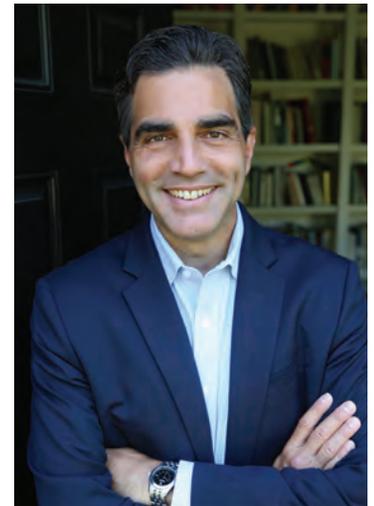


Calling all Tom Rigney fans! Learn about Tom's exciting life story in his new solo performance piece in which he attempts to explain himself by telling strange tales from his remarkable life and career. In the course of this

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.

—Livestream Presentation—

**The Books That Shaped America's Presidents
A Presentation by Professor Joseph Luzzi**
Monday, January 25
1:00 PM - Zoom
\$14 per Zoom device — **LSE291**



What books shaped some of the most powerful men ever to sit in the Oval Office? In this presentation, Professor Joseph Luzzi will discuss why George Washington was obsessed with a play about a Roman freedom fighter who opposed Julius Caesar; how Thomas Jefferson came to have the largest personal library in the country; what drew Abraham Lincoln to Shakespeare so obsessively (and which Shakespeare play he loved most); which British poet Franklin Delano Roosevelt memorized as a child and read throughout his life; why John F. Kennedy was devoted to a spy novelist whose books would create one of the greatest film franchises in history; and how Barack Obama came to understand his American identity and spirit through two favorite authors. Together, we will see how presidential action and presidential reading are intimately linked, as we explore the momentous events in these presidents' lives in light of the books that inspired their thoughts and guided their actions. Professor Luzzi will also summarize his "ALL" (American Library List) detailing the sometimes surprising books and literature, which influenced many other U.S. leaders.

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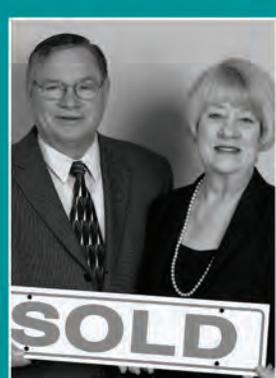
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If you are unable to join us, Pastor Tom is posting a video of his sermons every week on our website & on YouTube. Be sure to watch. We are COVID COMPLIANT!



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Deep Analysis of Rebel Without A Cause with Marc Lapadula/ Yale University

Thursday, February 11
1:00 PM – Zoom
\$14 per Zoom device
— **LSE297**



Rebel Without A Cause (1955), starring James Dean and Natalie Wood, is a classic 1950s film that delves into the timeless issues of teenage angst and rebellion in reaction to parental dysfunction and inaction. We will screen multiple clips from the movie that reveals director Nicholas Ray’s brilliant, multi-faceted portrayal of the social stresses put upon the nuclear family in upper-middle-class suburban America during the decade immediately following World War II.

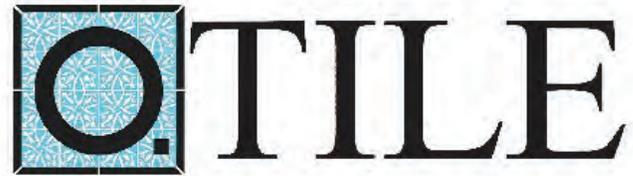
Watch the *lm* in its entirety during our Zoom Movie presentation on Friday, February 5, at 1:30 PM. See Zoom Movie under Community Perks on page 49.

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 astonish and enchant.

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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.

Notice:

We continue to monitor and follow prescribed guidance from the State, County and Health officials regarding safe conduct for group leisure travel.

Currently, group leisure travel is not allowed with no future date when it can safely be offered.

We will announce and offer trips and extended travel as soon as things can safely be resumed.

Watch out for it on eNews!



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

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



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.

Questions? Call 916-625-4073 or 916-408-4609.

—Krafting with Karla and Lavina—



Wine Cork Live Succulent Magnet

Tuesday, January 26
10:00 AM – Zoom
\$12 – includes supplies
— **LSC3109**

Add life to your kitchen by creating a wine cork succulent magnet. This is the perfect gift for wine lovers, gardeners, and plant lovers! Each registrant will receive supplies to make

three wine cork magnets, including cork, succulents, moss, decor, and magnet. Students must provide a glue gun, craft paint, and brush. Pick up craft supplies Monday, January 25, 2:00 PM at Orchard Creek Lodge front roundabout.



Magnolia Door Wreath

Tuesday, February 16
10:00 AM – Zoom
\$25 – includes supplies
— **LSC3110**

Create a Live Magnolia Leaf Wreath for the front door, wall, or above the mantle in your home! This classic statement piece can be

used year-round. Each registrant will be provided a foam wreath, magnolia leaves, white flower sticks, and a ribbon. Students must provide their own scissors/wire cutter and a hot glue gun. Pick up craft supplies Monday, February 8, 2:00 PM at Orchard Creek Lodge front roundabout.



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.

—Dance—



NEW!

Zoom Line Dance: Level 3 — High Beginner/ Improver

Wednesdays,
February 3 – 24
11:45 AM – Zoom
\$24 (four sessions)

— **LSC3112**

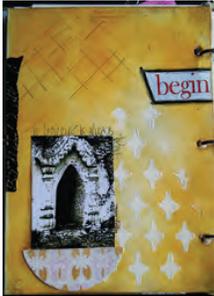
For dancers with line dance experience.

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.

For a **FREE trial class**, check out and participate in the Zoom class that Ellen teaches for her Santa Barbara students. Log into Zoom January 18, 10:15 AM (Meeting ID: 81995345857, Passcode: 165761) or January 25, 10:15 AM (Meeting ID: 81844472679, Passcode: 335181)

—Art—



NEW!

Zoom Mixed Media

Thursday, February 11
10:00 AM - Zoom

\$30 — LSC3113

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

Notice:

The following indoor classes will resume once lodges are allowed to open. Keep an eye out for Enews announcements once registration is 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
- Ceramics – All Levels from Taylor Jackson
- 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
- Movies - Ray Ashton

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Thursdays, February 5-26
1:00-2:00pm | \$97.00

Register after January 17
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- (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)**

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Kelley is a Coach and Certified Conversational Hypnotherapist specializing in trauma recovery and anxiety relief, which she has personally experienced firsthand. She is certified in a variety of methods including, Hypnosis, Conversational Hypnosis, Advanced Ericksonian Hypnotherapy, and Reiki.

For more information contact Deborah.Mcilvain@sclhca.com.



Danielle Merrill
Wellfit Program Manager
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New to SCLH Fitness Centers? Our free Orientation teaches you how the Fitness Centers work and how to use a select number of pieces of equipment safely and properly! Orientations are designed to educate you on all the WellFit Department has to offer and to get you started on your fitness journey. Group Orientations are temporarily unavailable at this time due to COVID-19. If you are new to the gym and have questions regarding the Fitness Centers or equipment, please email rex.owens@sclhca.com, and he can assist with scheduling you a walk-through of either location.

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Bowenwork Services

Have aches and pains? Talk with Rebecca and learn how Bowenwork can relieve those aches and pains. The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. Bowenwork addresses core issues, not just symptoms. It can help with chronic conditions

from asthma to bunions, as well as acute injuries like sciatica, knee problems, and more. It is safe and gentle enough for those with compromised health. Rebecca Kang is a Certified Bowen Practitioner. For

your free Bowenwork Assessment, please contact **Rebecca Kang** at rebecca.kang@sclhca.com or 916-625-4034.

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,



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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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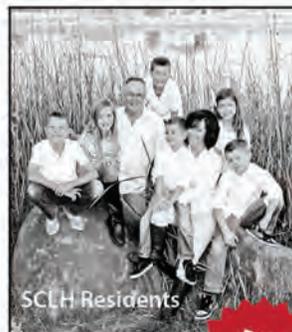
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Tai Chi Qigong L2

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, February 5-26

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.

Coming Soon! Living with Neck and Shoulder Pain

Check your next *Compass* for dates!

Aerobics Room (KS)

\$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. The 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

February 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.*

Taxes and Active Management

Tuesday, February 9

11:00 AM to Noon

5:30 to 7:00 PM

The negative effects of high expense ratios on long-term investment performance have increasingly come into focus, while relatively less attention is paid to the potentially greater impact of taxes. Tax drag represents a less transparent but material cost for taxable investors and should be factored into the investment process. The Global Investment Committee (GIC) has designed two new tools to address the issue: After-Tax Returns Estimator and Tax Score. This deck explores those

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"My experience with Carolán Properties was incredibly positive. When I first met with Penny she was focused and professional and she laid out all of the steps that needed to happen next. There was never any pressure to do something, all of the decisions were up to me but her experience and knowledge helped me make my way. Every item that needed to happen on the house was itemized, figured out and fixed as needed. All of this work was done in a quick and professional way. I didn't have time to oversee the work or fret over the details so I left this to Penny because I knew she would get it done right. I would (and will) recommend working with Penny and Carolán Properties to anyone in Lincoln who is in the market. When I initially thought about selling my parents house it seemed like a daunting and difficult task. This was not the case, Penny was a pleasure to work with. Thanks so much Penny!" - Jeff Mazzeo, Homewood Lane

"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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tools and discusses the GIC's recommendation of separating active-passive and manager selection decisions in portfolio implementation to help reach client goals. Instructor: *The Abbott Group*.

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.



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SGT—"Fun"ctional Fitness L3

TBD depending on county guidelines for COVID restrictions

Tuesdays & Thursdays,
February 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,
February 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
February 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*.



SGT—Posture, Core and Balance L1/2

TBD depending on county guidelines for COVID restrictions

Mondays & Wednesdays,
February 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, February 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,
February 5-26

\$70 (four sessions)

10:00 to 11:00 AM,

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*.

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SGT—Rock Steady Boxing

**TBD depending on
county guidelines for
COVID restrictions**

Thursdays, February 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.*



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.*

SGT—Rock Steady Boxing

**TBD depending on county guidelines for COVID
restrictions**

Fridays, February 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.*

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 74-77 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. *We will be extending current Punch Pass expiration dates; more details are coming soon.*



SGT—ParkinsonStrong Combo

**TBD depending on county
guidelines for COVID
restrictions**

Thursdays, February 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.*

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| OC WellFit Class Schedule January/February 2021 | | | | | | |
|--|----------------------------------|-----------|----------------------------------|---|----------|--------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| OC | OC | OC | OC | OC | OC | OC |
| Livestream Classes - Join through MindBody | | | | | | |
| 9:00am | | | | | | |
| | Zumba Gold L2 - <i>Joanie</i> | | Zumba Gold L2 - <i>Joanie</i> | | | |
| 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 (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 January/February 2021

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|---|---------------------------------------|---------------------------------------|--------|
| 7:30 | KS | KS | KS | KS | KS | KS | KS |
| 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 | Strictly Strength L2 - Helena | |
| 10:00 | Cardio Strength L3- Gretchen | SGT - Progressive Bootcamp L2/3 - Torin | Yoga Basics & Flow L2/3 - Helena | SGT - Progressive Bootcamp L2/3 - Torin | Strength & Athletic Stretch L2 - Beth | Yoga Basics L1/2 - Helena | |
| 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 - Torin | SGT - Posture, Core & Balance L1/2 - Renae | SGT - TRX Circuit L2 - Torin | | | |
| 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 | | | | SGT - ParkinsonStrong Combo L1 - Milly | | | |
| 4:15 | | | | | | | |
| 5:30 | | | | | | | |
| <p>Group Exercise Classes (punch pass) \$4.50</p> <p>30 min Group Exercise Class (Fast Pass) \$2.50</p> <p>Wellness Classes (session based, sign-up ahead)</p> <p>Small Group Training (session based, sign up ahead)</p> | | | | | | | |
| <p>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.</p> | | | | | | | |

TRIP

| OC Aqua WellFit Class Schedule January/February 2021 | | | | | | | |
|---|------------------------------|----------------------------|----------------------------|----------------------------|--|------------------|------------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 7:30 | Aqua Surge L2 - Helena OC | Coming Soon! OC | Aqua Surge L2 - Jiji OC | Coming Soon! OC | Aqua Surge L2 - Jiji OC | OC | OC |
| 8:45 | Power Waves L3 - Helena | Aqua Intervals L2/3 - Jiji | Power Waves L3 - Lisa | Aqua Intervals L2/3 - Jiji | Power Waves L3 - Lisa | | |
| 10:00 | Fluid Moves L1 - TBA | Aqua Intervals L2/3 - TBA | Fluid Moves L1 - Lisa | Aqua Intervals L2/3 - TBA | Therapeutic Water Exercise SGT L1 - Lisa (starting February) | | |
| 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 | Coming Soon! | | Coming Soon! | | | | |
| 5:30 | Coming Soon! | | 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 January/February 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@schnc.a.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.

Orchard Creek Lodge965 Orchard Creek Lane
Main Phone: 916-625-4000
Kilaga Springs Lodge 1167 Sun City Boulevard
Main Phone: 916-408-4013
Resident WebsiteSCLHResidents.com
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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Lincoln Hills Foundation....916-434-0749 ..lincolnhillsfoundation.org
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CLUB CRUISE & LINCOLN TRAVEL



Go To Mexico !

Dear Sun City Travelers and Friends,

My husband and I just returned from 3 weeks in Los Cabos where we stayed at LeBlanc Spa Resort which is a 5 Star, All Inclusive resort. It was spectacular! The cleanliness was better than anywhere we have seen in the USA, the service was amazing and the food was incredible at their 10 different themed restaurants in addition to room service and poolside dining in our swimsuits. We absolutely loved it and would highly recommend it to you. There is nightly live music, every room category has a butler, and you never have to leave the resort if you don't want to go explore Cabo, Los Cabos or San Jose del Cabo, however if you do, LeBlanc makes all of the arrangements effortless and safe. LeBlanc Spa Resort is just one of the many Palace all inclusive properties, so if you want to be at an adults only or a family friendly property, Club Cruise & Lincoln travel along with Palace Resorts is ready to make your vacation magical.

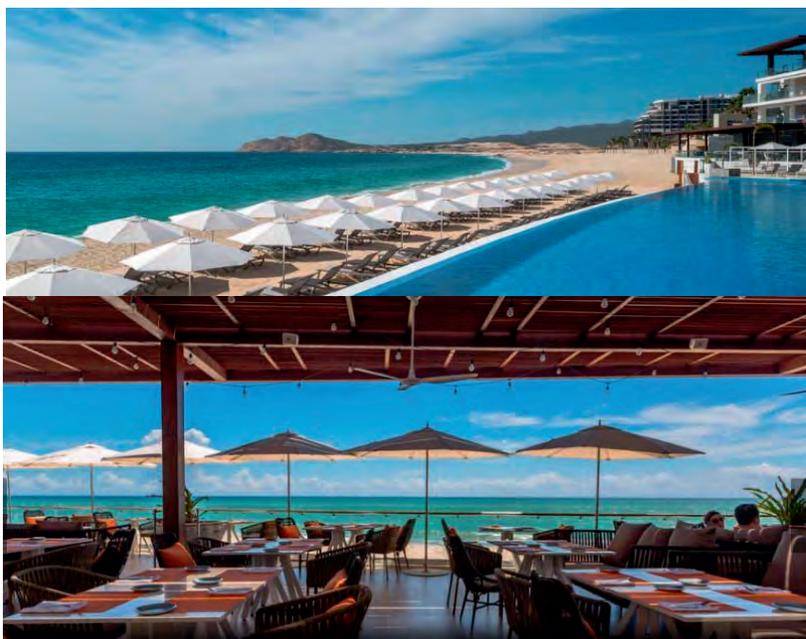
Right now is a great time to travel! Prices have never been lower and the resorts have never been cleaner or safer. Please call our office or send an email to book@clubcruise.com and let us know when you would like to go.

Sincerely,

Amanda Huber

Owner, Club Cruise &

Lincoln Travel



Call us M-F 9am—5:00pm 916-789-4100

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