

# C MPASS

*Navigate Your Way Through Sun City Lincoln Hills*

**13** People are Talking 'bout Comfort and Joy

**17** Games with Friends Bring Comfort and Joy





**IN STOCK FLOORING - IN STOCK CABINETS**

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**ELK GROVE**

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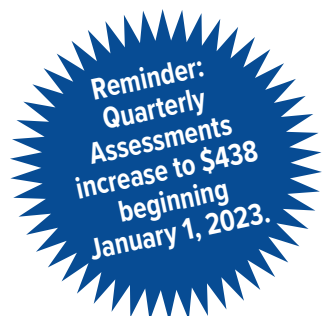
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### On the Cover

Comfort and Joy at Kilaga Springs Lodge  
Photo by David Wright. See article page 13.



# Calendar of Events

December 16 - January 17

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

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**SIGN UP FOR ENEWS**



- Open up the Camera on your phone
- Scan the QR Code
- This will take you to the resident website sign up for eNews page. (Login may be required)

## Upcoming Association Meetings: December 15 – January 13

Board of Directors	Thursday, December 15, 9:00 AM
Board of Directors Executive Session	Thursday, December 15, 11:30 AM
CCOC/Clubs & Community Organizations Committee	Tuesday, January 3, 9:30 AM
Compliance Committee	Wednesday, January 4, 9:00 AM
Properties Committee	Thursday, January 5, 9:00 AM
Elections Committee	Friday, January 6, 10:00 AM
ARC/Architectural Review Committee	Monday, January 9, 9:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, January 10, 10:00 AM
Board of Directors Workshop	Thursday, January 12, 10:00 AM
Board of Directors Executive Session	Thursday, January 12, 1:00 PM
Landscape Cost Reduction Committee	Friday, January 13, 9:00 AM

*Meetings subject to change. Visit [schresidents.com](http://schresidents.com) for the most up to date information.*

## HOLIDAY HOURS

### CHRISTMAS EVE - SATURDAY, DECEMBER 24

Lifestyle Desk OC/KS .....	9:00 AM – 1:30 PM
Administration & Membership .....	Closed
WellFit OC/KS.....	5:30 AM – 2:00 PM
The Spa at Kilaga Springs.....	Closed
Kilaga Springs Café.....	7:00 AM – 2:00 PM
Meridians Restaurant & Bar.....	11:00 AM – 5:00 PM

### CHRISTMAS DAY - SUNDAY, DECEMBER 25

Lifestyle Desk OC/KS .....	Closed
Administration & Membership .....	Closed
WellFit OC/KS.....	Closed
The Spa at Kilaga Springs.....	Closed
Kilaga Springs Café.....	Closed
Meridians Restaurant & Bar.....	Closed

### DAY AFTER CHRISTMAS - MONDAY, DECEMBER 26

Lifestyle Desk OC/KS .....	9:00 AM – 12:30 PM
Administration & Membership .....	Closed
WellFit OC/KS.....	7:00 AM – 6:30 PM
The Spa at Kilaga Springs.....	Closed
Kilaga Springs Café.....	Closed
Meridians Restaurant & Bar.....	10:00 AM – 6:00 PM

### NEW YEAR'S DAY - SUNDAY, JANUARY 1

Lifestyle Desk OC/KS .....	Closed
Administration & Membership .....	Closed
WellFit OC/KS.....	7:00 AM – 2:00 PM
The Spa at Kilaga Springs.....	Closed
Kilaga Springs Café.....	Closed
Meridians Restaurant & Bar.....	Closed

### DAY AFTER NEW YEAR'S - MONDAY, JANUARY 2

Lifestyle Desk OC/KS .....	9:00 AM – 12:30 PM
Administration & Membership .....	Closed
WellFit OC/KS.....	5:30 AM – 8:30 PM
The Spa at Kilaga Springs.....	Closed
Kilaga Springs Café.....	Closed
Meridians Restaurant & Bar.....	10:00 AM – 8:00 PM



Your Sun City Lincoln Hills Board of Directors

*Wish you a Wonderful Holiday Season*

*Chuck Cunningham*

*Marie Barnes*

*Don Bowden*

*Robert Copp*

*Laura Thiele*

*Tom Dunipace*

*Craig Fraser*

*and a New Year filled with hope and joy!*



### **A Note from the Executive Director**

*Kyle Bodyfelt, Executive Director*

The following is a summary of announcements and decisions made at the October Board of Directors meeting: There were 140 people online and in the Presentation Hall for a City of Lincoln presentation of development planning for Village 1. The ARC is reviewing an updated color palette from Sherwin-Williams and is working on some corrections. The Clubs and Community Organizations Committee (CCOC) reported that they will be reviewing four amenities requests at their next meeting. The Compliance Committee re-started the Community Review Program (CRP) in September, reporting 145 cases. The program will be on pause until resumption in February. The Properties Committee conducted inspections at the Orchard Creek and Kilaga Springs Fitness Centers. The Communications and Community Relations Committee (CCRC) reported that they are focusing on ensuring that the Association is providing communication on Association business, financials,

actions, and project reports, while also looking at editorial content to help avoid missing communications. The Elections Committee is reviewing the Board of Directors Operating Rules and will compare those with the legal counsel drafted Election Rules. The Finance Committee recommended and the Board adopted the 2022 Reserve Study prepared by the Browning Reserve Group. The Landscape Cost Reduction Committee held two meetings and has been split into four task groups, which will be working on a report to include cost information, recommendations, and future options.

In New Business, the Board approved \$89,370 for a contract with DC Roofing to complete repairs and replacements of the Orchard Creek Skylights. The Board approved the use of Presentation Hall in February 2023 by the American Association of University Women for a Speech Trek event.

On behalf of the Association, we hope you have an amazing holiday season, and we look forward to seeing you at Association events and meetings in 2023!



## Finance Committee

### October Financials

*Fred Raach, Chair*

October was another challenging month for most of the Association's operating departments' finances. Revenue in the month was slightly \$10,000 more than planned. Expenses, on the other hand, were \$77,000 higher than planned. Operating expenses, net of operating revenue, were \$809,000 for the month, \$67,000 larger than the plan. The bulk of this overage came from the added cost of the Association's liability insurance and the Bianco landscape contract, plus a \$31,000 provision for added legal expenses and settlement of several lawsuits.

The year-to-date operating revenue was \$38,000 over planned, with operating expenses \$300,000 higher than planned. Operating expense, net of operating revenue, was \$7,867,000 for the first ten months, \$262,000 more than anticipated in the budget plan. If net operating expense exceeds the budgeted amount at year-end, it will be charged to

Operations cash and not affect dues.

Looking at the financial results by operating department, compared to their budgets, for the month and year-to-date, shows Food & Beverage \$30,000 better than budget (revenue exceeding expenses by \$29,000) in October and \$3,000 better for the year so far; WellFit \$1,000 better for the month, \$36,000 better for the ten months; Administration \$8,000 worse for the month but \$54,000 better for the year; Communications & IT \$14,000 worse in the month and \$31,000 worse for the year; the Spa \$21,000 worse in October and \$36,000 worse for the year; Lifestyle \$23,000 worse in October, \$33,000 worse for the year; Facilities & Landscaping \$32,000 worse for the month and \$255,000 worse for the year.

More detailed financial information is available on the Resident Website in the Library section under Financials and in the videos of Finance Committee meetings.



## Accessibility Committee

### Thank You

*Bill Szabo, Chair*

I want to say a big "Thank You" to all the residents who have reported problems to the department managers/directors and the committee this year. These reports help the committee with our task of keeping our facilities, parks, trails, and equipment safe, properly cared for, and in good condition.

This is a large task since our community covers 2,992 acres or about 4 1/2 square miles with two lodges, two fitness centers, the Spa, the Amphitheater, the Sports Plaza, 11 community parks, 18 trails, over 87,000 feet of masonry walls, over 34,000 feet of concrete rail and post and cable fencing. While everyone on the committee and the department managers/directors and their staffs attempt to view all of these, we still need your help to keep Lincoln Hills "safe,

appearing good, and well maintained."

Problems you see should be reported by sending an email to the appropriate department manager/director and to [Properties.Committee@sclhca.com](mailto:Properties.Committee@sclhca.com). The department managers/directors email addresses are listed in the back of the *Compass*.

We follow up on these reports with the managers/directors to see that they are corrected.

Again, thanks to all of you who have reported problems this year.

If you're interested in joining us, please complete a Committee Application and submit it to the Executive Director. The application is available on the Resident Website. You can find more information about the committee on our webpage on the Resident Website.





## Architectural Review Committee

### Happy Holidays

*Richard Bostdorff, Co-Chair*

On behalf of the ARC, we want to wish you all a very Happy Holiday Season. It has been a pleasure to work with you this past year. Carole Dummet, ARC Chair, and I would also like to thank the ARC members for their dedication and willingness to help every resident improve the exterior of their residence. We look forward to assisting you more in the coming year.

When my wife, Nancy, and I moved here over two years ago, in the middle of the COVID pandemic, I chose to join the ARC for several reasons. First, we needed to know more about the requirements and expectations of the HOA, which has done an excellent job of maintaining a very desirable community. Second, I wanted to meet

residents, both members of the ARC and those applying for improvements. In these past two years, I have found my time invested in the ARC to be incredibly rewarding. We will have some openings on the ARC in the coming year, and we encourage you to apply for membership if you are interested. You can find the committee applications on the website or in the resource center. Please join us. We love to have new perspectives and your fresh view of our processes to support the community.

This is the season to start new landscaping projects. This is certainly true for planting new or replacement plants. As a reminder, use the current version of the Design Guidelines and the checklists so your application is current.



## Compliance Committee

### Notice Something?

*David Mateer, Chair*

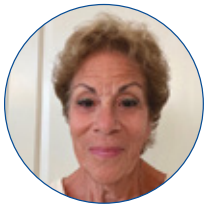
Most homeowners do a great job of maintaining their property. Sometimes you may notice something is off for a specific house. It may be deferred paint maintenance or routine landscape maintenance that has not been done. You may think, "Wonder when that will get fixed?" or "When will the Association take care of that?"

If it is something that really does need attending to, do not assume the Association already knows and is working on it. We need your help and involvement. You are walking and driving in the community regularly. The best way to let the Association know is to fill out a complaint form and provide it to Community Standards Department. The forms are available on the Resident Website (in Resources/Community Standards) and in the Resource Room adjacent to the Activities Desk.

There is a box in the Resources Room to drop off the forms after they are filled out.

Some people are uncomfortable providing their names and signing the form. No problem. Our CC&Rs do not require you to provide your name nor sign the form. Simply a written complaint is enough. This is fine as long as the matter can be independently verified from public space. All landscape and house complaints are verified by a member of the Compliance Committee. Normally, photos are then taken to document what is found. However, if it cannot be verified from a public space or it is a person or pet conduct matter, then we do need your information, which remains confidential. This is necessary to ensure we have someone who can provide additional information on the matter, if required.

Keeping our community great takes everyone doing their part and working together.



## Clubs and Community Organizations Committee

### Who We Are

*Lynne White, Committee Member*

As an introduction to our monthly articles, we are formally called the Clubs and Community Organizations Committee (CCOC). Our committee reviews applications for new club status and Club ByLaws. We then pass along our recommendations to the Board of Directors. If you are interested in starting a club, the CCOC can help you to begin that process. We are here to serve our members and to encourage our residents to have fun and enjoy our beautiful community.

The CCOC will “also promulgate and recommend the rules and regulations for member use of the recreational facilities, and the administration of proper relationships between the Association and its registered clubs and other community organizations.” The community organizations referenced in our title include Lincoln Hills Foundation, Neighborhood Watch, and Neighbors InDeed. We review these

organizations’ amenities requests before passing them on to the Board of Directors. Our CCOC support staff are Alison Sertic, Lifestyle Manager, and Elaine Allen, Room Booking and Club Coordinator. Elaine is the go-to person for the usage of sports and lodge facilities. We meet the first Tuesday of each month at 9:30 AM in Orchard Creek Lodge. If you would like to volunteer to join our committee, go to the Resident website and look at our CCOC page. If you want to start a club, you can download a Club Bylaws Template.

CCOC takes the needs of Association Clubs and Organizations very seriously. We want to offer our residents an array of activities with our registered clubs. Meeting fellow residents and sharing interests in a club is part of what makes Lincoln Hills an active 55+ premier community. We look forward to serving this community.



**Neighbors InDeed**  
**New Year's Resolution**  
*Janet Roberts*

Happy Holidays to our friends and neighbors in Lincoln Hills from Neighbors InDeed. The end of the year makes me think about our past year.

Our Mission is “to provide services that enrich the community, empowering residents to maintain independence and enhance their quality of life.”

As our volunteers integrate their Neighbors InDeed activities into their daily lives, we do not think about our Mission’s bigger picture of enriching the community. Each volunteer works with one resident, not thinking about the many other residents served that day. The thankful resident does not realize how many others were helped that day. Multiply that day by the year, and you can see that the number of services provided during the year is awesome. Neighbors InDeed volunteers give of themselves, truly enriching our community.

If you would like to be part of this, make a New Year’s resolution to join us. We are especially

seeking volunteers for the Information & Referral (I&R) and Dispatcher Programs. These volunteers work from home one weekday each month. I&R volunteers return residents’ phone messages, enter requests into our database, and provide referrals. Dispatchers assign tasks to Handy Helpers (HH) or Medical Equipment (ME) volunteers.

Neighbors InDeed is also accepting HH and ME volunteer applications. Training and support are provided to all volunteers, and volunteers select their available days each month.

To learn more, check our website at [www.neighborsindeed.org](http://www.neighborsindeed.org). Then, call our 24-hour message center at 916-223-2763, leave a message, and we will call you back during the hours below.

Now you are ready for a Happy New Year!

*Our 24/7 message center will record your call, so please leave a message, and we will return your call between 9:00 AM and 5:00 PM, Monday through Friday.*





## Lifestyle News & Happenings

### Home for the Holidays

*Suzanne Hughes, Assistant Lifestyle Manager*

The holidays are a time filled with warmth, laughter, and good cheer. It is also a time to reflect on what we already have as part of the celebration of this season. By gazing into life's mirrors, we can be reminded of all the loving people and good fortune that have come our way and continues to fill our days. By taking stock of those who care for us, make us laugh, and share their love, we can make this holiday season a much richer time.

If you still need to purchase gifts for this holiday season, look no further than your Lifestyle Department. We have entertainment, trips, and classes available that will bring much joy and fun this season.

Join the **2023 New Year's Eve Celebration** and ring in the new year! We have two great options this year. Celebrate in **Great Gatsby** style. In

preparation for New Year's, join in the **Swing Dance Workshop** and learn a dance to performers **Alpha Rhythm Kings**. The other option is the **NYE Party with DJ Tom**, located in the Sports Bar for residents only.

Get into the Holiday spirit with four classic Christmas stories presented in **Holiday Movie Series**. We are also offering holiday Craft classes, **Holiday Jewelry Making**, and **Holiday Gift Bags**.

Are you still looking for a gift for your grandchild? Our upcoming trip on January 10 is to **Frozen – The Musical**. Make this a memorable experience as a night out with your grandchildren (ages six and up).

From the Lifestyle Department, celebrate the holidays by enjoying the gifts that fill your life, including the comfort and love you share with your family and friends. We hope this holiday season will create many joyous reflections for the years to come.

Starting January 9, 2023

# TUESDAY DANCE

## Nights with DJ Tom

Ballroom (OC)  
Tuesday nights 6:00-9:00 PM  
Doors open at 6:00 PM

\$8 per person  
Discount packages will be offered!

Guests and Neighboring Community  
Residents are Welcome!  
Additional venue fees apply for outside residents.

No host bar 6:00-8:30 PM



Watch weekly eNews for Dance Night details in Thursday Lifestyle eNews

Register Online at [SCLHResidents.com](http://SCLHResidents.com) for residents or [SunCity-LincolnHills.org](http://SunCity-LincolnHills.org) for non-residents or Purchase Tickets at Lifestyle Desks



**The Spa at Kilaga Springs**  
**Happy Holidays from our Team**  
*KarriLynn Keith, Spa Manager*

This magical time of year always fills me with beautiful memories of family celebrations filled with delicious meals, cozy fires, lots of hot chocolate, and Grandma’s famous desserts. Egg Nog warmed our hearts as we sang Christmas carols and watched all our old favorite Christmas movies with my cousins. The holiday season also brings extra special blessings to reflect on the amazing adventures or the wonderful lessons the past year has brought us.

This past year has been filled with new transitions, farewells, and welcomes of dear friends and colleagues into our lives and hearts. We have been incredibly blessed with your visits and support throughout the year. For this, we are immensely appreciative. I am humbled by the continued loyalty of our longtime guests, many of you, since the

inception of The Spa, and we are honored by those who joined us more recently.

With the New Year not far away, we also ring in the New Year with new beginnings here at The Spa. We are so fortunate to add to our incredible team with the addition of Savannah Torres and Gerardo Estrada, who are both very skilled and highly regarded Massage Therapists. Please join me in wishing them a warm welcome on your next visit.

On behalf of myself and the Kilaga Spa family, we wish you and your loved ones the brightest of holiday seasons and that the coming year be filled with an abundance of happiness.

Come by and enjoy our Holiday Shopping Extravaganza during this Christmas holiday and share the Gift of Beauty and Relaxation for that special someone, or fill your holiday stocking with a little bit of Kilaga Spa Cheer.

**THE SPA AT KILAGA SPRINGS**  
**HOLIDAY SHOPPING EXTRAVAGANZA**

*Give Some Holiday Cheer!*

Having trouble finding that perfect gift or Stocking Stuffer, then stop in or give us a call. We will be happy to create a customized Gift Bag for your loved one. Don't forget our Holiday Specials, 15% off all of our Retail Kits!

This Holiday Season, Give the Gift of Relaxation and Beauty with a Kilaga Springs Spa Gift Card!

Imagine a full day of pleasure, being pampered at The Spa at Kilaga Springs. Choose a simple Gift Card and create a custom Spa Experience that your loved one will talk about all year long!

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 916.408.4290 | KILAGASPRINGSSPA.COM





## WellFit News

### Why Should You Hire a Wellness/Life Coach in the New Year?

Deborah McIlvain, Lifestyle, WellFit & Spa Director

First, what is a Wellness/Life Coach? A health coach is a certified fitness professional that helps people build positive and lasting lifestyle changes. Coaches focus on building confidence and self-awareness, managing and relieving stress, improving nutrition, learning to ditch diets and strategies to create healthy habits, and more.

**Coaches can help you set realistic goals.** A resolution is not a realistic goal; resolutions often address an underlying problem like focusing on body weight versus eating habits. **They will keep you accountable.** Set goals that are measurable, like incorporate one positive habit over the next month. **They can introduce you to healthy ways to relieve stress and anxiety.** We do not give ourselves the time to reduce the “noise” and focus on the movement. There are many ways to cope but it may take time

to find what works for you. **Help you achieve positive change.** Focus on the positives, build yourself up, and remember your self-worth. Help you see beyond the scale and improve your confidence. Most of us are obsessed with the number on the scale, but there is more to it than those pounds! Tracking your weight can drag your self-image down.

**What is the difference between Wellness/Health Coaching and Personal Training?** The two go hand in hand – Personal training is physical; you will sweat and feel your muscles working. Coaching will map out your current successes, potential, and path to future successes. Lincoln Hills will soon have three Wellness Life Coaches available. They come from different backgrounds and education to get you where you need to be! Watch for information through eNews & flyers in the New year. Happy holidays from your WellFit team.

**Stop in & Shop**

SUN CITY LINCOLN HILLS  
WellFit

**Looking for that last minute gift?**  
We have something for everyone including custom Health and Wellness gifts!  
visit Lifestyle retail located in the OC Fitness center  
Please contact [Cindy.Davis@sclhca.com](mailto:Cindy.Davis@sclhca.com) with any questions





# Traffic is Back!

KEEP PLACER  
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If you're stuck in traffic...  
**So are they.**

We invite you to learn more about South Placer County Transportation Planning Agency's efforts to relieve congestion, preserve emergency response times and plans to address our roadway, transit and bicycle pedestrian needs.



We need a local solution to protect our quality of life.  
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 Placer County  
Transportation  
Planning Agency





New residents Jeff and Lynette Whitaker with Charlie



## People are Talking 'bout Comfort and Joy

Linda Lucchetti, Roving Reporter



Donna Tantillo and the Italian Club's mascot, "Al Fredo"

The popular refrain, "tidings of comfort and joy," takes its roots from "God Rest Ye Merry Gentlemen," the legendary Christmas carol dating back to the eighteenth and early nineteenth centuries. Every individual has a unique take on capturing holiday comfort and joy. This Roving Reporter reached out to a few residents to hear about their experiences.

New residents **Jeff and Lynette Whitaker**, having spent much of

their lives in Southern California, recently relocated to Lincoln Hills to live closer to their son and his family. Still in the process of settling in, Jeff and Lynette are already feeling the comfort and joy within their new home and surroundings.

Lynette's comfortable spot is The Spa at Kilaga Springs, with its variety of services. "I love the atmosphere, it feels like home," she said.

Jeff finds joy among his neighbors who stop by whenever he's out in the garage or walking Charlie, the couple's canine companion. "Everybody has been very welcoming," Jeff said.

Establishing some new seasonal traditions is next on their list. "At our former neighborhood, the ritual was to see who'd put up their decorations first," Jeff laughed. "I'll have to see how it's done here!"

**Donna Tantillo's** comfort and joy are baked into the traditional holiday recipes passed down from her relatives. "I like baking for the holidays because it's a part of my heritage," she explained. "I sometimes make Anise Biscotti from my Italian side. My Zia (Aunt) Mary showed me how so baking them brings back the joy and memories I shared with her. She added each ingredient without measuring! We shared lots of laughs that went along with this recipe."

**Sue Dambrosio's** favorite season is Christmas. She's an active member of the Paper Arts Club and the Needle Arts Club. In Paper Arts, she creates unique greeting cards and projects and serves as the club's treasurer.



Sue Dambrosio at the Paper Arts Club

Sue finds joy in supplying warmth and comfort to others. In Needle Arts, she sews cozy, colorful quilts for the St. Vincent De Paul Society and Beale Air Force Base families. More recently, she's been involved in the launch of Roseville's GiGi's Playhouse, a non-profit organization that provides educational and therapeutic programs to Down syndrome individuals.

Sue's call to giving back rings throughout the season. "Remember those less fortunate," she says, "especially at this time of the year."

May *you* find some comfort and joy this holiday season!



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## Wrinkles Don't Hurt

*Shirley Schultz, Roving Reporter*



A smile is probably the most noticeable expression of human joy there is. The muscles involved in smiling may accentuate the inevitable skin wrinkles that come with aging, but everyone wants to find joy, so don't mind the wrinkles. Remember, wrinkles, a normal part of aging, do not hurt. There are opposing views regarding whether smiling accelerates or delays wrinkle formation, although there is agreement smiling is not the cause

of wrinkles. Enough about wrinkles. The real wrinkle of this article is about joy.

The *Merriam-Webster.com Thesaurus* lists too many synonyms and related terms for joy to mention them all here: bliss, gladness, happiness, elation, exhilaration, euphoria, delight, comfort, pleasure, and solace, to name a few. Even some slang expressions such as warm fuzzies, high, seventh heaven, gas, and kick describe joy. In addition, joy is a common religious theme, and it is often expressed in traditional Christmas melodies such as "Joy to the world" or "Oh, tidings of comfort and joy; comfort and joy."

It is important to find what brings you joy during this season to counteract the grief, loneliness, and depression that are common.

Note the comfort and joy referenced here is not that which can be found by over-imbibing in a bottle of Southern Comfort or other alcohol. So how much joy is it safe to seek in a bottle of Southern Comfort? According to the U.S. Departments of HHS and Agriculture document, "The Dietary Guidelines for Americans 2020-2025", adults who choose to drink alcohol should limit their intake to two drinks a day for men and one for women. Those with certain health problems and taking certain medications should not drink alcohol.

Finding joy is a topic much has been written about. What follows are a few suggestions:

- Stay in the present. Find something fulfilling to do each day.
- Lift your mood by awakening your senses: seeing, hearing, touching, and smelling.
- Purposely change your daily routine.
- Find positive people to connect with.
- Volunteer.
- Take quiet time each day to meditate or write.
- Spend time outdoors to enjoy nature.

A good online reference is "How to Find Joy in Life During Difficult Times" by Nancy Solari.

Activate the 17 muscles it supposedly takes to smile rather than the 43 muscles it takes to frown. Smiling is a leading cause of Joy.





# OAKMONT SENIOR LIVING

## Assisted Living & Memory Care



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The spirited sisters: (l to r) Phyllis, Jan, Pamela, and Jill



## Games with Friends Bring Comfort and Joy

*David Wright, Roving Reporter*



Making the holidays  
beary and bright

The cozy confines of the Kilaga Springs Lodge get a little cozier this time of year. With a wintry chill outside and a festive feel inside, the lodge is a draw for residents seeking to share good tidings with good friends. Against the backdrop of dancing flames giving a warm glow in the living room hearth, four ladies stake out an open table, set up their Mah

Jongg board, and settle down for a long winter's match.

Phyllis Yarvis, Jill Gossard, Pamela Geernaert, and Jan Boatwright have been meeting here for the past four years. Though only knowing each other in that short while, they feel like they have been friends forever. Living in Lincoln Hills from between four and 18 years, the gal pals first met on the tennis courts. From there, they joined the National Mah Jongg Group, taking lessons together and learning the game's strategies.

Participating in club matches, they discovered a shared chemistry. With visions of Mah Jongg tiles melding in their heads, the silver belles' interest was piqued beyond the club tournaments. They bought their own set and started playing together at each other's homes. Eventually, gathering at the centrally-located Kilaga Springs Lodge living room became easier. Not only is it just

as welcoming, but there are no host-related distractions.

Every week, they converge at the clubhouse, grab a coffee or an egg nog latte from the Kilaga Café and claim a table. Here they can solve the problems of the world, and people watch—exchanging season's greetings with passing well-wishers. “We just like the atmosphere,” Pamela explains.

Sometimes there is competition for tables in the first-come-first-seat venue, so late-arriving Rudolph may not get to join in any Mah Jongg games. But these four calling early-birds have no problem getting into the game.

They play the National rules version, where players arrange their Mah Jongg tiles into hands displayed on a standardized card. Phyllis coyly admits they do play for money—quarters. No one will ever get wealthy winning their matches, but all four have gotten richer—developing friendships that they will cherish for the rest of their lives.

In the shade of the towering Christmas tree, the merry madams kindle thoughts of siblings playing board games to pass the time while awaiting Santa's visit. Kilaga Springs Lodge feels like home, and for Phyllis, Jill, Pamela, and Jan, there is no place like home for the holidays.



Santa brings comfort and joy to  
Kilaga Springs Lodge



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Annual Meeting Potluck—Electing 2023 Directors & Celebrating Holiday Joy! Photo by: Klara Kleman



## Safety is Comfort & Joy!

*Teresa Tanin, Neighborhood Watch*



Neighborhood Watch continues to deliver safety and security information to the Lincoln Hills residents. How is this information distributed? Grab or download a *Compass* Magazine, and turn to the *Community Profile* section or the *Clubs* section under Neighborhood Watch. Sign up for eNews through the member's portal website to receive updates on Neighborhood Watch events. Attend the Annual

March Safety and Security Symposium to ask questions of our local police and fire personnel. To discover even more information, including photo slide shows and helpful community links, visit the Neighborhood Watch website [schwatch.org](http://schwatch.org) to learn how to sign up for local crime and scam "Alerts," download virtual new resident's welcome packets, discover "Who is my Mailbox Captain?" and learn more about volunteer opportunities. We welcome residents to get involved in their

safety and security. Informed residents are safer residents. Pick up or download a *Compass* on the 15 of each month—you'll be glad you did!

Enjoy Comfort and Joy as you gather to celebrate the holidays—the *Comfort* in receiving safety and security information and the *Joy* in knowing that safety and security are the priority of Neighborhood Watch.

We wish everyone a joyous and safe holiday season from the volunteers of Neighborhood Watch!

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## In Memoriam



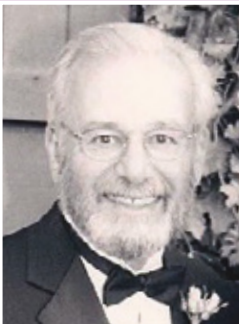
### Bonnie Dunlap

Bonnie grew up in Alameda but said she was born in a trunk because her Dad was an actor and her Mom was an Opera singer, and they were on the road a lot. After marrying Henry, they lived in Glendale for 50 years. As a certified antique appraiser, she had an antique store in Pasadena. She obtained a Master of Arts and had a passion for being creative. Bonnie was a skilled seamstress and painter and was a master of ceremonies at Fine Arts and wearable arts shows. She inspired many with her creativity and being a life-long learner. Bonnie is survived by her four children, a brother and sister, 13 grandchildren, and 21 great-grandchildren.



### Dick Hafenrichter

Dick was born in Pullman, WA, and graduated from Oregon State University. He was a jet fighter pilot during the Korean War and worked at IBM. He then started his own office equipment business and sold it to TAB Products Co. to become their National Sales Manager. He spent his last working years supervising guest services for Stanford Athletics Department. He joined Kiwanis in 1994, serving as President of the Menlo Park chapter and then as Distinguished Lt. Governor for District 34. He joined Kiwanis in Lincoln and loved organizing projects. He was a diehard 49er and an SF Giants fan who loved bass fishing and traveling the world. He is survived and will be missed by his two daughters, Karen and Lisa, and two granddaughters.



### Len Leeb

Born and raised in New York City, Len got a BA degree and worked for Hewlett-Packard for 32 years with microwave electronics components. He and Marjorie traveled throughout the United States, Asia, and Europe. They were married for 40 years. Len enjoyed the Fishing Club here. Besides his wife, he is dearly missed by his brother, daughter, son, two stepsons, and eight wonderful grandkids.



### Janine Martin

Growing up in the Northeast, Janine obtained a degree in Mathematics and Science for teachers and a Master's in Mathematics at the University of Maine. Being fluent in French, she began her career teaching French and Math in Bangor, Maine. In need of more sunshine, she came to California and taught in Sacramento in the San Juan and Grant Districts. She also taught at American River Community College. Janine loved traveling, skiing, backpacking, tennis, pickleball, and golf. A favorite thing to do was to go to her home in Bodega Bay. Everyone who knew her loved her giving spirit. She will be missed by her family and friends.

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





presents:

## BINGO IN THE BALLROOM

The Lincoln Hills Foundation offers Bingo in the Ballroom Thursday, January 26, 2023. The cost is \$25 for 12 games. Winners get \$100 per game and \$250 for the blackout. Door prizes will be awarded. Daubers and pop-ups are for sale. Bring your own water. No alcoholic beverages are allowed during the games. Doors open at 12:30, with games beginning at 1:00 PM. To reserve a table for 8, e-mail [lincolnhillsfoundation@gmail.com](mailto:lincolnhillsfoundation@gmail.com).



## Volunteer Opportunities

### Committee Openings

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

- Accessibility Committee
- Clubs & Community Organizations Committee
- Communications and Community Relations Committee
- Compliance Committee
- Finance Committee
- Properties Committee

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

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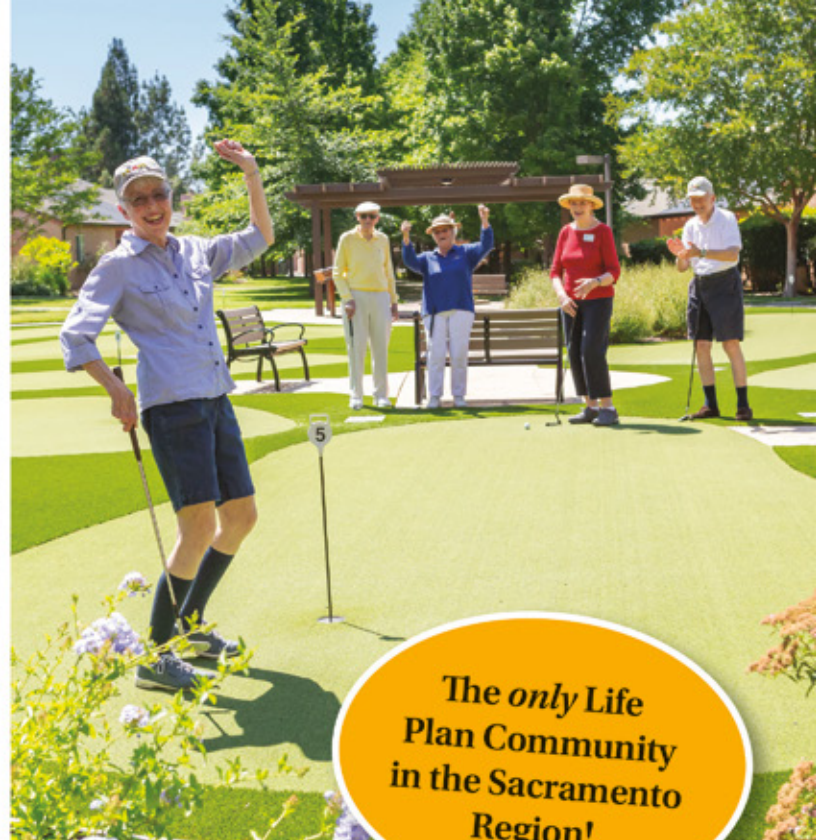
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**Amateur Radio**

We are excited to recognize a newly licensed Ham Operator and member, Claude, KN6WGH. All new members get a "Welcome Package" containing information on local Repeaters, LHARG Brochure outlining our activities, and articles of interest such as "How Propagation Works." Our Hams & Coffee get-togethers held at KS Café are fun, covering a variety of topics (including Ham radio). Consider coming on down to rag chew. Meetings are held at the South Tower every Monday night at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG.

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



**Ballroom Dance**

Our Club held its Halloween Dance on October 29, in the Multipurpose Room (KS). The decorations emphasized the seasonal orange and black colors of Halloween and were displayed with a mural that featured a haunted house, a

broom-flying witch, bats, spiders, and trick-or-treaters. The table settings included a jack-o'-lantern, seasonal flowers, and black and orange garland. The kitchen crew provided pumpkin and apple pie, cheesecake, cookies, and Halloween candy. The evening activities also included dress-up contests. John Kirkwood was selected as the best-dressed male with his Spider-Man costume. Barbara Swerdlow was selected as the best-dressed female in her pirate outfit. Gordon McKenzie and Ann Link were selected as the best couple dressed in Egyptian outfits.



Gordon McKenzie and Ann Link

Contact: Ruth Algeri 916-408-4752



**Big History**

In collaboration with the Sacramento State Renaissance Society, we wish you and yours a wonderful holiday season. We are taking a break to celebrate with family and friends and will return in 2023



with many exciting presentations. On February 6, we discuss Big History from the Big Bang to the Anthropocene Epoch, which will be a stimulating introduction and review of Big History. On February 12, we visit CE 1215: A Year of Big Changes. We meet Mondays from 10:00 to 11:30 AM. We will continue to explore meeting only on Zoom or having hybrid meetings on Zoom and in P-Hall (KS). Join us for \$15 a year, and explore peer-to-peer learning with like-minded individuals interested in history. Joyeuses Fêtes! Felices Fiestas! Buone Feste! Forhe Feiertage!

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



**Billiards**

With the weather getting cold and winter just around the corner, now is the time to start thinking about indoor activities that are fun and exciting. Billiards is the answer. We offer two mentoring sessions



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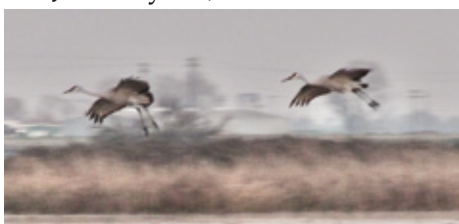
on Tuesdays at KS for beginner, intermediate, and advanced players. The first session sign-up is at 9:00 AM, and the second is at 10:15 AM. There is no charge for these sessions. There is also a variety of tournaments offered, and pictured from left to right are the winners of the last 1&15 tournament: Bob Anderson and Ron Sato – six wins, and Bobby Soriano – five wins. Open play is available at OC and KS (except tournament play) during lodge hours. Annual dues are \$10. See you at the tables.

Contact: Mike Greaney  
925-890-3034,  
michael\_greaney17@yahoo.com  
Website: www.lhbilliards.com



**Bird**

Migrations are going on, and we have a lot to see in the area. We plan to make an excursion to Sacramento and Colusa NWR on December 16, where we should find a good collection of waterfowl and other birds. Then on January 13, we're headed to



Sandhill Cranes on final approach  
by John Redmond

Staten Island and Cosumnes. This is always a good trip, and we expect to find Sandhill Cranes feeding and nesting in the area. We might even find some burrowing owls. But the big event is on December 29. We will be participating in the annual Nationwide Christmas Bird Count. It's a fun and meaningful event, so if you're not on our list, contact us, and we will get you set up to participate. Contact: Sal Acosta 843-991-5188, suncitybirders@sclhbirders.org Website: www.sclhbirders.org



**Bocce Ball, Mad Hatters**

We're wrapping up this year with a big thank you to all the Mad Hatters. Paul & Usha MacGarvey handed over the reins to Kim & Russ this past summer, and our bocce group is going strong thanks to all of you. As new players arrive each week, we look to our experienced players to welcome the newbies and offer guidance when needed. Our weekly games are on Thursday mornings at 10:00 AM, and all skill levels are welcome. Teams of four players are formed on-the-fly each week so just show up! The focus is on recreation, not competition, and we rotate players and teams with each 20-minute round. Our players usually spend about 90 minutes on the courts. New,

inexperienced, and handicapped players are always welcome.

Contact: Russ Petruzzelli  
408-439-1848,  
russ.petruzzelli@gmail.com  
Website: https://sclhresidents.com/group/pages/bocce-ball-group



**Book, OC**

We welcome this festive time of year with lots of get-togethers and parties with friends and family. This month, in lieu of a book club meeting, we are hosting a sold-out holiday luncheon. Due to Cathie Szabo's impressive efforts, we have a terrific 2023 book reading roster. We welcome the New Year with a story about home, cooking, and family-Taste: My Life Through Food by Stanley Tucci. If you have not facilitated a book discussion or presented an author bio, 2023 is your chance to try something new. Monthly meetings are held in the Multipurpose Room (OC) from 1:00 to 2:00 PM on the third Thursday of the month. To get on the monthly email distribution list, email your request to ocbookgroup@gmail.com.

Contact: Maureen Deal,  
Modeal2010@gmail.com



**Bridge, Duplicate**

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month of limited games due to the Holiday Parties happening in our community. But we will have a special Alumni Game on December 28. So, if you happen to know any Alumni, please invite them to join us at the table for this special game. Bridge lessons will begin again in January. So, please check the *Compass* for dates, times, and costs. Both Jack Uppal and Susan Hiner Haynie will be offering classes in 2023. Registration and payment will be handled through the Lincoln Hills Registration process. Remember, if you would like to play at one of our regularly scheduled games, please request reservations by email to elisehomer@gmail.com.

**Contact: Susan Brenden**  
530-320-9137,  
momrnsf@hotmail.com  
Website: [www.Bridgewebs.com](http://www.Bridgewebs.com)



**Bridge, Partners**

Call to sign up or come to the Sierra Room (KS) by 5:30 PM Thursday. December hosts are Joanna & Alan Haselwood, 916-209-3392. Winners for October 20 were: first- Carla/Mark Green with high round 2030; second- Jay Southard/Harry Collings; third- Byron Hanson/John Butler; and fourth- Patty/Tom Mack. October 27 winners were: first- Chris Jacobson/Chuck(threepeat) Dietz;

second- Bob Calmes/Jay Southard; third- Rose Phelan/Kurt Wolff; and fourth- John Butler/Byron Hansen with high round 1980. November 3 winners were: first- Rose Phelan/Kurt Wolff with high round 2010; second- Nancy Turrini/Lydia King; and third- Joanna/Alan Haselwood. November 10 winners were: first- Byron Hanson/John Butler; second- Chet Winton/Phil Sanderson with high round 1910; third- Nancy Rice/Carol Mayeur; and fourth- Carla/Mark Green.

**Contact: The hosts for January are Nancy Turrini & Lydia King**  
925-864-4292.



**Bridge, Social**

Our beginning bridge class has been discontinued, but we still provide intermediate bridge instruction, 10:00 AM to Noon, in the Card Room (OC). Instructors are Alan Haselwood and John Butler. Play starts at 12:30 PM Fridays. Please arrive by 12:15 PM. Previously unpublished winners are: July 15, first- Tom Mack, second- Jay Southard, third- Nancy Griffin, and fourth- Jyoti Sitwala; July 22, first- Chet Winton, second- Phil Sanderson, third- Mo Scarpitti, and fourth- John Butler; July 29, first- Joanna Haselwood, second- Jyoti Sitwala, third- Viren Sitwala, and fourth- Patty Mack. To sign up please call Joanna Haselwood

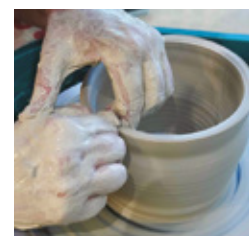
916-209-3392. Players who arrive without signing up will be asked to wait until those who have signed up are seated.

**Contact: Linda McDermott**  
408-390-4311,  
[lindamcdermott1@mac.com](mailto:lindamcdermott1@mac.com)



**Ceramic Arts**

Take a peek into the ceramic studio, and you'll see artists busy making gifts just like they do at a certain North Pole workshop. Stop by and let us show you what we are creating. You might even get inspired to try it yourself by signing up for a class where you will be getting into the clay from day one. December is the best time



*We get our hands dirty!*

to join or renew your membership. Pick up an application in the studio. In 2022, we donated our work to Empty Bowls to help raise funds for the Sacramento Food Bank, threw a club a picnic lunch at the Sports Plaza, became a stellar stop on the Placer Artists Studios tour, and enjoyed a great holiday party. Join us.

**Contact: Eileen Moffatt**  
925-354-7526,  
[eileen.moffatt@gmail.com](mailto:eileen.moffatt@gmail.com)  
Website: [www.cagsclh.net](http://www.cagsclh.net)

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**Chorus**

We are coming fresh off the success of our recent Holiday concerts, "Swing Into the Season," which were enjoyed by hundreds of Lincoln Hills and local area neighbors. As we take a break until after the New Year, members no doubt will look forward to rehearsals beginning for our Spring concerts, scheduled for early May. Be prepared to "groove" to the sounds of the folk-rock era, sprinkled with a smidgen of 50s and Motown vibes for your added entertainment pleasure. If singing is your "bag," we invite you to consider joining our group. Some choral experience is preferred, and your commitment to attending weekly rehearsals and performing in concerts is required. It would be "far out" to have you join us!



**Contact: Mari Long 916-409-9136, mlong24sjca@sbcglobal.net**  
**Website: www.lincolnhillschorus.org**

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tech support, open labs, informative meetings, and more. Our dues will remain \$15 in 2023. For new and renewal information, see our website. A helpful tip on MacOS - activate Spotlight for a handy search interface. Spotlight can help you locate files or answer basic questions. This month we would like to acknowledge our outgoing President, Vicki White. Vicki has worked many hours helping our club run smoothly and overseeing the many moving parts within our organization. Thank you, Vicki!

**Contact: Vicki White 916-913-6833, LHAUGinfo@icloud.org**  
**Website: www.lhaug.org**



*Outgoing President Vicki White*

**Country Couples**



We began last month with dinner at Oliver's Brewhouse in Lincoln, ended with dinner at Kathrin's Biergarten in Rocklin, and enjoyed a Halloween Party in between! The Halloween Party was very

fun and festive. The array of fantastic costumes was so fun to see, including a suffragette and a hobo, and almost anything else you can imagine! The tables were nicely decorated, and the dinner and desserts were delicious, as always. It was an enjoyable celebration filled with wonderful friends and a lot of fun dancing and music. We are a group that loves dancing, socializing and good food. We'd love to have you join us.  
**Contact: April Cederburg 916-390-3931**  
**Website: www.sclhcc.com**



*Farmer and Cow, AKA Phyllis and Ralph Svoetich*

**Cribbage**



It's beginning to look a lot like Cribbage. Everyone should know. Take a look at the mighty den. They are glistening once again, with flushes and double runs that glow. It's beginning to look a lot like Cribbage. Winnings are surely in store. But the prettiest sight to me is the green that you see, as you stroll out the door! The winners who will have extra happiness this season are Jerry Carlson- October 17 and November 1; Lynn Bell- October 25; and Rich McCullough- November 8. As an extra bonus,

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Sue Cireol came in second place on November 8 and won a “silver potato.” Happy Holidays and Merry Cribbage (Christmas). The play starts promptly on Tuesdays at 8:30 AM at the Card Room (OC). *Contact: Mel Switzer 510-589-7658, Melectrics@aol.com*



**Cyclists**

Cycling helps lower your blood pressure. It promotes cardiovascular health. It helps prevent diabetes or alleviate its symptoms. And it’s an exercise that’s easier on the body. It improves your mental health. Exercise’s ability to help fight off mental illnesses such as depression and anxiety has been well documented. Because cycling takes place outdoors, in the natural environment, it has even more pronounced effects on mental well-being.



*Dave, Brian, and others at TdL, enjoying Benefits of Cycling.*

It can help stave off dementia and mental decline. Committing to any form of regular cardiovascular exercise has been correlated

with improved brain health in the long run. As cycling coach Darryl MacKenzie puts it, “being out on a bike is far better than being at home on the couch listening to the sound of your arteries hardening.”

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



**Euchre**

If you like to play trick-taking card games, you will love Euchre. It’s simple to learn, yet there is some strategy to it! If you are new to the game or need to brush up, check out the website, <https://www.trickster-cards.com/home/euchre/>. We meet on the second and fourth Thursdays of the month from 6:00 to 8:00 PM in the Card Room (OC). Please email us to be put on the member list. A reminder email will be sent earlier in the week for Thursday’s play. All are welcome. Please wear your name tag.

*Contact: SCLHEuchreClub@gmail.com*



**Fishing**

Effective December 31, the Fishing Club will no longer be active. Thank you to those volunteers who kept the club working.

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



**Food Adventures**

Our next meeting is Monday, January 23, at 2:00 PM in P-Hall (KS). Immediately following the meeting, we will walk across the hall to the KS Kitchen to sample homemade cookies prepared in the kitchens of our members. We have a long list of food adventures in planning for 2023 that will be revealed as we make our way through the seasons. That list will include (among others) an appetizer party, a quick breads sampling, a dessert party, visits to wineries and breweries, a salad presentation, visits to local restaurants and other food venues, a soup-making event, an elegant tea and most likely a Paella party.

*Contact: Don Rickgauer 916-847-8791, SCLHFoodAdventuresClub@gmail.com*



*Our Club Mark*



**Garden**

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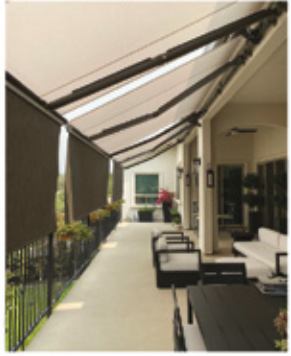
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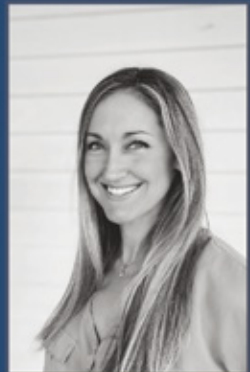
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holiday giving, our members donated nearly \$500 worth of frozen turkeys to the Lincoln Firefighters 9th annual Turkey Drive. The event supports The Salt Mine and Placer County Food Bank. Funds were raised in part from the club's spring Plant



Aggie Marsh & Penny Grmolyes Deliver Turkey Donations

Sale and monthly Brown Bag Sales. Membership Chair, Marjie Anderson, announced that residents may register for the 2023 Garden Group through March 31. The Membership application is on our website. You can sign-up at the first General Meeting on January 26. Dues are \$20 per year per household. Contact Marjie, 916-408-7685. New members must sign a "Waiver of Liability." Your check will not be cashed until 2023.

Contact: Lorraine Immel  
916-434-2918,  
lorraineimmel@gmail.com  
Website: [www.lhgardengroup.org](http://www.lhgardengroup.org)



### Genealogy

There are no activities in December for our Club, but that gives you more time to spend with your family and gather, share or record family stories. Looking up Genealogy on Google (a great place to search

for genealogy information), there was an interesting article on a site, "howstuffworks." The article is titled "How Long is the Longest Existing Family Tree?" Verified by The Guinness Book of World Records 2005, it recognized the Confucius genealogical line as the longest family tree in history, with 86 recorded generations over 2,500 years! Confucius is thought to have 3 million descendants all over the world (source zhou). We will probably never find so many, but what a goal! We still need volunteers for VP and Communications/Tutor scheduling.

Contact: Maureen Sausen  
916-543-8594, [sclhgen@gmail.com](mailto:sclhgen@gmail.com)



### Golf

#### Ladies XVIII

It was a chilly 37 degrees the morning of our Annual Net Chix tournament, and anticipation increased with an hour freeze delay. Eligible monthly winners were Linda Blackburn, Jody Watson, Linda Chappellear, Deb Dunipace, Lissi Bedford, Gwen Hare, Pat McNiff, Patti Tilton, Julie Storer, Judy Dong, Sylvia Feld-



Linda Blackburn,  
2022 Net Chix  
Champion

man, Mitsuko Cameron, and Donna Sanderson. We happily congratulated a new member to the club this year, Linda Blackburn, as the 2022 Net Chix Winner. First to fourth place winners were: Flt 1 - Tilton, Cameron, Betty Blaney, and Dunipace; Flt 2 - Karen Gabriel, Judy Emge, Edda Ashe, and Dong; and Flt 3 - Wendy Seagraves, Karen McGraw, Nancy Gadsby, and Liz Phillips. Tilton secured closest to the pin. Wishing everyone a joyous holiday season as we close out 2022!

Contact: Linda Chappellear  
408-499-1337,  
[linda\\_chappellear@sbcglobal.net](mailto:linda_chappellear@sbcglobal.net)  
Website: [www.lincolnhillsladiesgc.memberplanet.com](http://www.lincolnhillsladiesgc.memberplanet.com)

### Lincsters

Happy Holidays all! The Turkey Trot tournament kicked off the holiday season on November 16. Thanks to Darlynn Giorgi for planning this fun event. Our Christmas luncheon was held on December 7 at Catta Verdera. The White Christmas theme celebrated the Lincsters 20th anniversary. Gift donations were sent to the Lincoln Meadows Care Center. Note that there will be no play in December. Play resumes in January, continuing with the 1:00 PM shotgun start. The 2023 Lincsters Board of Directors will be sworn in next

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month. They need to fill these two positions: Secretary, who records the minutes at the three yearly meetings, and Social Chair, who plans the luncheon for the holiday party (date already reserved). Please help complete the board!

Contact: Nancy Hastings,  
Membership Chair 925-337-9391,  
nhast38@yahoo.com  
Website: www.lincsters.com

**Men's**

It was another great year of tournaments and fun. But now that it's over, 2023 should start off with a bang. Stay tuned for the 2023 tournament schedule. There are only a few more days to renew your membership and save \$10. Have a wonderful Holiday Season and see you in the new year.

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



**Hiking & Walking**

It's time to ring out the old and ring in the new! So, layer up and join us for some seasonal treats. Hikes are scheduled for the first Tuesday and third Thursday of the month, so you can plan ahead (plus look for surprises on other dates). If you only have an hour to spare, meet the Walkers at 8:00 AM every Wednesday at different trailheads right here in Lincoln Hills



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for invigorating two-and-a-half to three-mile treks. Cold weather hikes tend to be shorter and closer to home. There's sure to be something for every "taste." Come out to enjoy exploring these trails with friends, old and new. New hikers and walkers are welcome to give us a try before becoming members.

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



**Investors' Study**

The next meeting is Thursday, January 5, at 2:30 PM in Front Ballroom (OC). This is a one-time room change. Russ Abbott or Matt Bopp of Morgan Stanley will present their playbook of market information and observations. The group is open to all residents, and there are no dues. Our meeting provides an opportunity to learn about the markets and ask questions. This is information only with no individual investing advice. There is an

Active Investors sub-group. Contact Norm Quanttrin at 916-645-4675 if you are interested in the Active Investors group. Contact Carl Sulzer with questions regarding Investors' Study. Contact: Carl Sulzer 916-462-0986, CarlSulzer@gmail.com



**Lavender Friends**

Like so many other great endeavors — Apple, Amazon, and Disney Studios among them — our club's beloved annual holiday dance got its start in a garage. That was almost two decades ago. After that first year, the dance moved to an old schoolhouse, which wasn't a good fit and then to a local clubhouse, where it has been ever since. Former dance coordinator Michelle Poirier found that the venue rented a dance floor and arranged for a catered prime rib dinner. "It was such a fun event," she remembers. "Most of the people there were couples, so it was just a fun night to be with your partner." A four-person committee now oversees the dance, which was held earlier this month. Lavender Friends is a club of LGBTQ residents and allies.

Contact: Marilyn Kupcho  
408-828-2778, mkupcho@gmail.com  
Website: www.lavenderfriends.com

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*Lincoln Hills*

**Line Dance**

Our Holiday Party was a huge success. This was a "Cookie Event," and everyone brought a dozen cookies. It was really nice to see the variety, and many of us took cookies home. As usual, there was a lot of dancing. All instructors were present and led us through many new popular, and older line dances from country to Latin to waltzes, we all had a great time. We wish everyone a bright, healthy, and happy holiday season. Don't forget! In this *Compass* we are advertising our January line dance classes. It's a lot of fun and great exercise.

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



**Mah Jongg, Chinese**

At a loose end on Monday mornings? Then why not join us for Chinese Mah Jongg? For those unfamiliar with the game, it's similar to gin rummy but played with tiles. The game is easy to learn, and we are happy to teach. The ideal number of players per table is four, but a table of three also works and allows us to accommodate all attendees. If you're a resident and are interested in an informal and fun way to start the week, please drop into the Card Room (OC) a

few minutes before 9:00 AM on Monday during the setup period. We have everything needed to play. Just come on by. Official play begins at 9:00 AM and continues until Noon. See you soon!  
Contact: Randy Fong 916-295-9489, randy888@pacbell.net



**Mah Jongg, National**

Wishing season greetings and happy holidays to each and all. We started this month with our traditional holiday lunch at Meridians before we moved on to our weekly games at the OC. We play every Tuesday in the Card Room (OC) from 12:30 to 4:00 PM. Everyone is welcome. If you know how to play just bring your card and join a table. New people to the game are welcome to observe, and if they would like to learn, they can sign up for free lessons taught by Penny Grmolys in her home.



Call 509-939-3882. The game can be a challenge to learn, but once you do, you'll look forward to our Tuesday afternoons together. Happy New Year, and may the jokers be with you.

Contact: Gerry Bell 916-253-7860, Natmahjclub.sclh@gmail.com



**Mixed Media**

In November, our Board met to discuss plans for the new year. Members were given a survey to help with planning for the future. The November Club Meeting had members participating in a round-robin art project. Everyone went home with a finished project that was completed with the help of all our members as it was passed around the room. What a fun time! The Club meets on the third Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. The Club yearly membership dues are \$20. We look forward to seeing old and new members in January at our club meetings. For questions or more information, contact the club President, Chris Fetter.

Contact: Chris Fetter 916-276-7895, mixed.media.chrisf@gmail.com



**Music**

Our Holiday Party was a wonderful evening filled with music, fine potluck

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Holiday Party

food, delicious desserts, and, most importantly, the Spirit of the Season. The Guitar Ensemble treated us with two beautiful numbers. As always, the variety of genres and talent inspired all. Our meetings resume in January on the second Wednesday of the month from 2:00 to 4:00 PM in P-Hall (KS). You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. The Guitar Ensemble meets Fridays from 1:00 to 3:30 PM (OC). Open to Lincoln Hills Residents. Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets Wednesdays from 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: www.lincolnhillsmusicgroup.org**

**Needle Arts**



Happy Holidays! Have you heard the hum of

sewing machines lately? If so, it was likely CS members creating beautiful quilts to fulfill the numerous requests from several charitable organizations this holiday season. The recent NA's holiday luncheon was an entertaining and fun event. The 2023 board was introduced and included: Jeanne Helland – President; Pat Novoselac – VP of Programs; Pat Barnhill – VP of Travel; Linda Moran – Secretary; Sue Beresh – Treasurer, and several other appointed positions. Welcome to all, and we look forward to another year of inspiration. Membership renewal of \$20 is now due. You can find the membership form and instructions on the NA website. General meetings return on Tuesday, January 10, at 1:00 PM in P-Hall (KS).

**Contact: Jeanne Helland 916-409-5512, needleartspres@gmail.com**



**Neighborhood Watch**

Part of our holiday joy is giving gifts to family and friends. Unfortunately, sometimes our gifts wind up in the hands of those who do their shopping at our front doors. "Porch pirates" always are a threat, but this time of the year gives them more opportunity to snatch boxes, often left in full sight. If you order from Amazon

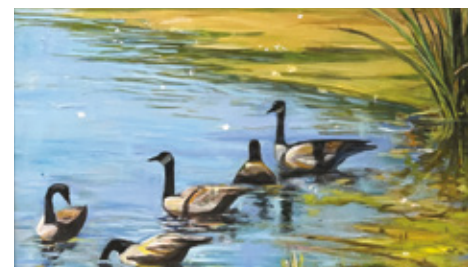
or other companies, track your orders to know when to expect them. Check regularly because thieves are known to follow delivery vans. Don't leave your mail in your box overnight because these grinsches know that envelopes may include money or gift cards. If you mail such envelopes, take them to the post office or to a postal box. Neighborhood Watch wishes you a "Happy Holiday!"

**Contact: Linda Minor 707-235-0778, lindaminorNW@gmail.com**  
**Website: www.sclhwatch.org**

**Painters**



Our Holiday Luncheon and Show & Tell will be at the Turkey Creek Grill on Tuesday, December 20, at 11:30 AM. Bring a painting to share and a tabletop easel on which to display it. Simple Pleasures Cafe in downtown Lincoln is currently featuring our work, which will be on sale through February 6. November's meeting was the "umbrella" Painters' Challenge.



Lynn Chapman's oil painting

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The first-place winners were: beginner - Ann Beede; intermediate - Linda Shields; and advanced - Tom Watson. Congratulations to all for a fantastic show! Artist Spotlight is on Lynn Chapman, who enjoys interpreting nature's beauty and complexity by creating oil paintings of landscapes, waterscapes, still life, and animals. She works both en plein air and at her home studio.

Contact: Linda Shields 916-488-7220  
Website: [www.facebook.com/groups/958148364841531](http://www.facebook.com/groups/958148364841531)



**Paper Arts**

Happy Holidays to all! Our December luncheon closes out this year's activities as we celebrate the holidays, what we've accomplished this past year, and what we hope to plan for the new year to come. Stop by our December window display (OC) for some joy and cheer. Throughout the year, we showcase beautiful cards created



May your holiday wishes be "in the cards."

by club members. Thank you to Cheryl Ramm and Susan Goodrich for coordinating this effort. Generic cards are also needed for our Sunshine greetings. Please bring your cards to the general meetings. We meet on the first and third Thursdays of the month in the Terra Cotta Room (KS) at 9:00 AM for general meetings and Open Lab. Check the monthly newsletters (email) for updates.

Contact: Teri Hersko 916-412-7655



**Pedro**

Pedro is a slightly challenging bidding card game. If you have never played Pedro, or if it has been a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets on the first and third Friday in the Card Room (OC) from 9:00 AM to Noon. We look forward to seeing you soon.

Contact: Denise Jones 916-543-3317



**Pickleball**

The Club welcomes its newest Board members for 2023-2024: President—Mike Hilton, Treasurer—Jim Kiley, Secretary—Sue Reeves, Co-Directors, Court Maintenance—Mike Rand and Mike Shanahan, Co-Directors, Social Activities—Alison Campbell and Kat Kepus,

Co-Directors, Tournaments—Karen Goeman and Rita Weighall. Exciting news—the Lincoln City Council passed a vote to add six new pickleball courts at McBean Park. The completion date for the courts is not yet set. The Club offers an Intro to Pickleball class if you want to learn about and be part of our popular, ever-growing sport. Reservations for this class are made by sending an email to [welcometopickleball@gmail.com](mailto:welcometopickleball@gmail.com). The Club provides the paddles and balls. Please wear court shoes.

Contact: Molly Morris  
408-386-9054,  
[mollymorris@gmail.com](mailto:mollymorris@gmail.com)  
Website: [www.lhpbclub.com](http://www.lhpbclub.com)



**Players**

Our thanks to all who supported our November performances of *Death by Chocolate*. Hats off to Producer Craig Stults and his crew for meticulous adherence to a multiplicity of details; to the backstage crew and to Jim Moon's tech support team; to Wendy-Jean Iannico for another dazzling set design; and to a throng of stage builders, painters, decorators, and more! Kudos to Director Julie Africa for expert leadership and encouragement; to Ken Reiss for pearls of insightful wisdom; and to the cast for mastering a peculiarly challenging playscript. Next

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*Death by Chocolate Cast*

up, Joe Nichols and Paul Gardner direct February 4 and 5 Readers Theater, featuring two radio shows. Auditions are January 6, 1:00-3:00 PM, P-Hall (KS). See our website for details. Season's greetings to all!

**Contact:** Craig Stults 916-543-6782, [craigstults@sbcglobal.net](mailto:craigstults@sbcglobal.net)  
**Website:** [www.lhplayers.org](http://www.lhplayers.org)



**Poker**

We play a variety of poker games Mondays from 1:00 to 4:30 PM, Tuesdays from 1:30 to 5:00 PM, and Fridays from 1:00 to 4:30 PM in the Multipurpose Room (OC). Tables are available to play a variety of five-and seven-card poker games, including Omaha, Texas Hold'em, Stud, and Draw. Players will be seated as long as they arrive by 12:45 PM on Mondays and Fridays or 1:15 PM on Tuesdays. The seating arrangement will eliminate people not being able to play because tables are full.

**Contact:** Paul Marcocelle 925-658-2404, [pmarcocelle@hotmail.com](mailto:pmarcocelle@hotmail.com)



**RV**

We had a very full and exciting year. We visited many new locations, from the California Desert to the Washington Rain Forest, then the Empress Hotel on Victoria Island for High Tea. We were on the move! The nominations for the various positions are complete, and we're looking forward to our new Board Members next year. Our Board, all women, did an amazing job this year, and a thank you just isn't enough. Ricki Montoya, thank you for your years of dedication being our webmaster. You have done a wonderful job, and we'll miss you. Thank you to everyone who contributed so much to make our group so amazing. Contact Maggie Guiliani at 310-963-2350 to join. Meetings will resume on January 12, 4:30 PM (KS).

**Contact:** Mary Romo, President 707-738-6311, [mromo50170@gmail.com](mailto:mromo50170@gmail.com)  
**Website:** [www.lhrv.org](http://www.lhrv.org)



**SCHOOLS**

Our volunteers are signing up for the 2022-2023 school year. Volunteers are needed for grades K-5 and Phoenix High School, where tutors help with English, Math, or History. Several volunteers spend time in more than one school. One such



*Nina Mazzo at Phoenix Continuing High School*

enthusiastic volunteer is Nancy Lane. She does prep work for her fourth-grade teacher at Scott Leaman by picking up the work and doing it at home. At Twelve Bridges, she helps students with math and language arts. In a third-grade classroom, she works with a little girl who is learning to read and speak English. Her duties are varied, and she is able to adjust her time to suit her schedule. For information on Phoenix High, contact Irma at [jmeidm@aol.com](mailto:jmeidm@aol.com), or for K-5, contact Cyndi.

**Contact:** Cyndi Colloton, [colloton@yahoo.com](mailto:colloton@yahoo.com)



**Scrabble**

We welcome any interested residents to join us for a game or two of Scrabble. We play every Monday afternoon at 1:00 PM in the Card Room (OC). It is a drop-in game. No reservations or advance notice is

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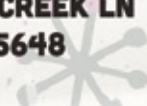
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required. All game materials are provided. If you like word games, come and try it out.

Contact: Anne McMaster



**Shanghai**

Need a break from the hustle and bustle of the holiday season? Drop into the Card Room (OC) a few minutes before 5:00 PM any Friday night to join us for a relaxing game of cards. Shanghai is an easy rummy-style card game where a combination of sets (three of a kind) and runs (four consecutive numbers in the same suit) lead to fun and victory. We hope to see you on a Friday night soon.

Contact: Mary Ales 916-434-8017, emilysbaba@hotmail.com



**Shuffleboard**

On November 17, the Board of Directors approved the purchase of two professional grade, modular shuffleboard PolyCourts to be installed on the ten-foot-wide walkways between rear bocce courts nine and ten and 11-12. Both club play and open play for all residents will be available as soon as the courts arrive and the strong plastic segments are snapped together. The Fitness Director will publish a schedule for open play in order to avoid any conflicts with the large weekly bocce groups. Shuffleboard club



November Shuffleboard Club lunch at the Waffle Shop...yum!

play times will be posted on the club's website. Equipment will be stored in the croquet locker behind the bocce courts, with access available to all residents via checkout at the OC Fitness desk. Come to the courts. Let's shuffle!

Contact: Jon Kline 650-279-0001, alsonjonny@gmail.com



**Singles**

Save the date of Thursday, December 29 for our Pre-New Year's party. It will be held at KS at 6:00 PM. It will be a very festive evening and will include a buffet dinner and dancing. Watch for further details on the Saturday e-blasts. To kick off the New Year, join Sarah and the Activities committee in the Ceramics Room (OC) on Tuesday, January 3 at 4:15 PM. We will be planning events for 2023 and appreciate your help and ideas! Our first birthday celebration will be on Sunday, January

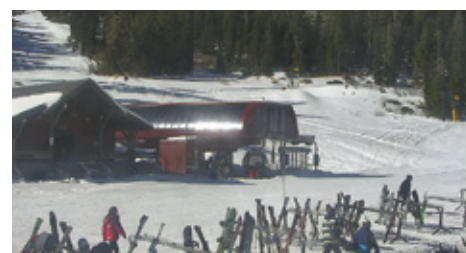
8 at 4:00 PM in the pre-function outside the Ballroom (OC). Our first Business Meeting will be on Thursday, January 12 at 6:00 PM in the Ballroom (OC). We wish you Happy Holidays!

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



**Ski**

If our offerings to the snow gods worked, we are all either skiing now or making plans to do so soon. Each Saturday and Sunday, we gather email input from any interested members as to their ski plans for the upcoming week so that we may coordinate ride-sharing and meeting up on the mountain. By Sunday evening, a list of everyone's plans will be emailed to all. This is a very flexible and informal way to get to the slopes for day trips. We are also planning our annual two-night outing to Heavenly Valley, with reasonably-priced accommodations right at the base of the gondola at Stateline. This will likely occur



Early November Snow at Northstar

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in late January or early February, and details will be provided soon to members.

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



**Softball**

As 2022 comes to a close, the Board is busy planning the 2023 season. It'll be here before we know it. Registration begins in February, and practices start shortly thereafter. The season opener is tentatively scheduled for early April. A Board election was held at our General Meeting in November. Newly elected member Virgil Dahl and retained members Steve Wallraven and Karl Hess join Bruce Briggs, Heidi Mazzola, and John Moran for the upcoming season. Nominations for the Hall of Fame class of 2023 close December 31. If you are interested in nominating a worthy individual for consideration, our website contains guidelines and an application form. Thanks to everyone for making 2022 a very successful softball season, and Happy Holidays to all.

Contact: Heidi Mazzola 916-716-5086, heidimaz72@gmail.com  
Website: www.LHSSL.net



**Sports Car**

If it's Halloween, it's time to dress up in the most outlandish outfits available, and that's just what Club members did for the now-annual Halloween Party, this year again held at Turkey Creek Golf Club. Lots of fun! Many Club members delivered turkeys to the Lincoln Fire Department on November 17 as part of the donation drive for the Salt Mine food program. While there are no official outings in November or December, the new year is right around the corner, and we're hopeful of re-starting overnight trips in the new year. The Club's annual Holiday Party was again held again at Catta Verdera County Club on December 13, so if you're reading this on December 15 or later, you were either there or not.

Contact: Richard Pearl 916-715-9666, pennyrich99@gmail.com  
Website: www.lhsportscars.org



Dressing for Success on Halloween



**Sun City Squares**

Let's start the New Year off by having fun and meeting new people! A beginning Square Dance class will start Monday, January 9. This weekly class is held at KS, 1:00 to 3:00 PM. Regular attendance is recommended as new steps are learned weekly. Advanced dancers meet at KS Thursdays 1:00 to 3:00 PM. If you are an advanced dancer, stop by and join the group. New this year is beginning Round Dancing (Rumba ballroom cued calling). This will start Thursday, January 12, 11:30 AM to 1:00 PM. A caller directs the movement of the dancers by saying the cues as the dancers move around the floor. This is similar to ballroom dancing. All classes are \$5 per person per session. No partner is required.

Contact: Jackie Carlson 925-207-9415, jackiec3po@icloud.com



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**Swimmers & Water Walkers**

Season's greetings to all. Here are reminders about using our pools. A lane can be reserved by any resident as long as it is used for swimming, walking, and exercise. One can jump into the pool but not dive, please. Remember to enter and exit your reserved lane during your reserved time. Take a shower at the pool before entering the water. Let's be courteous. When using the OC open water area, be aware of others. Walking four or five across makes it difficult for faster walkers to pass. When using the walking lanes at KS, more than two people in one lane is challenging. If both lanes have two walkers, you might consider waiting rather than entering the lane. Be kind. Sharing is caring!

Contact: Jim Klein, swimmers.walkers@gmail.com



Happy holidays from Swimmers & Water Walkers club members.



**Table Tennis**

We play indoors, where it's nice and cozy, at P-Hall (KS), on a drop-in basis. Please wear non-marking tennis shoes. Loaner paddles are available. Play times are Sundays 9:00 AM to 5:00 PM (except the first Sunday of the month when play starts at 12:30 PM), Tuesdays, 6:00 to 9:00 PM, and Fridays 8:00 to Noon. Important notice about December play sessions: Table Tennis play sessions may be cancelled anytime during the month of December by the Association. Please join the LHTTC to stay informed by email of these play time cancellations. There are no membership dues required. To join, just sign up on the new member sheet at the play sessions or email Carl.

Contact: Carl Lynch 916-316-0796, pingpongsclh2@gmail.com

Website: <https://sclhresidents.com/group/pages/table-tennis-club>



**Tap Company**

We are so excited! Auditions are over, and we have a great lineup for our spring Tap Company show, "Let's Dance Again." The performances will be held on March 30, 31, and April 1. Now it's just practice, practice, practice. You are sure to be awed by our dancers, singers, and entertainers. We are still looking for technical and backstage help. If you have any interest, please contact Kathy Fernandez at 916-434-7195, kathyfern50@gmail.com, or Mary Adamson at 916-253-7699, maryadamson719@gmail.com. There are no dance classes during December. We hope you all have a wonderful Holiday Season, and we look forward to seeing you back on the dance floor in January.

Contact: Alison Wolfe 925-487-6902, awolfe@tt-valve.com



**Tennis**

Oktoberfest was our last tennis tournament of the year and marked the beginning of our holiday events. Our women's Christmas luncheon was held at Catta Verdera on December 14, and our men's Christmas luncheon was held at Old Time Pizza Parlor on December 9. Be sure to sign up for your 2023 membership. You can sign up and pay dues



The Swaythling Cup (left) and the Corbillon Cup (Right)



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Several Oktoberfest tournament medal winners

online. Both Ball machine practice and Live Ball will resume in early Spring. Remember, membership keeps all those volunteers working behind the scenes to keep our fantastic courts available and playable. Tennis instruction contact is Steve at [stevebingman@yahoo.com](mailto:stevebingman@yahoo.com). See you on the courts!

Contact: Pam Flaherty 916-531-0142, [pamflaherty@gmail.com](mailto:pamflaherty@gmail.com)  
Website: [www.sclhtg.com](http://www.sclhtg.com)



**Vaudeville**

Not much happens this time of year with the Vaudeville Troupe, so there's very little news. However, our show in 2023 has been confirmed and will be July 20, 21, 22, and 23. We will have two evening shows and two afternoon shows. Our show audition dates, typically in March or April, will be submitted, so as time gets closer, watch your Compass for details. Flyers will also be posted. Thanks again for all your support. We would like to wish everyone a very merry holiday season.

Contact: Yvonne Krause 916-408-2040, [ykrause@yahoo.com](mailto:ykrause@yahoo.com)



**Veterans**

Members and guests enjoyed the group's annual holiday luncheon December 13 in the Ballroom (OC). Many thanks go to Shirley Schultz and Claire Luke for

their leadership and creativity in making this a memorable function for everyone. Planning for 2023 is underway, and a reprise of all the group's popular social functions will be included. Special thanks are owed to our 2022 board members and committee chairs as they complete a demanding year of service. President Bill Lewis headed a team of dedicated leaders whose collective efforts provided a path to pre-COVID levels of activity for the membership. The Veterans Group sells top-quality, all-weather American flags in the OC lobby on the 15 of every month. The cost is \$30 per flag.

Contact: Bill Lewis 916-408-3771, [bllewis1977@gmail.com](mailto:bllewis1977@gmail.com)



**Water Volleyball**

The Club wants to recognize and thank outgoing Chairpersons Cindi and Ross Underwood. In 2017, Cindi and Ross began playing water volleyball instead of watching TV and eating popcorn. The couple wanted to give back to the club and joined the club leadership. Cindi served as Chairperson and increased the club membership, and Ross served as Webmaster, expanding the digital footprint of the club. They both will continue to play water volleyball when their leadership roles come to an end in December. The love of the game is very important to them both, but more importantly, it's



The November tournament was an action filled event!

the love of the club members. If you would like to join, see our website or call Jerry Grisler at 209-648-9534. Come out and play on Free Saturday!

Contact: Diane Ferrari 916 412-9599, [dferrari\\_56@hotmail.com](mailto:dferrari_56@hotmail.com)

Website: [www.LHWaterVolleyball.com](http://www.LHWaterVolleyball.com)



**Woodcarvers**

Our club members carve caricatures, models, bark, and reliefs. We also have members who use wood burning tools to "carve" scenes or embellish parts of their projects. At this time, we don't have anyone who carves gourds, but we're happy to include that medium of carving as well! We are men, and women gathered to share the enjoyment of this great hobby. Our skill levels range from beginners to masters. Tools are available until members decide what they will need. Starter tool kits are for sale at our cost. We have magazines for ideas, and of course, many ideas come from perusing members' works and talking about projects. Join us every Wednesday, 1:00 to 4:00 PM, in the Sierra Room (KS).

Contact: Lionel Rainman 916-253-9534, [lrainman1414@yahoo.com](mailto:lrainman1414@yahoo.com)






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408-348-0641



**Tara Pinder**  
#00898876  
916-600-2836



**Ann Renyer**  
#01746828  
916-343-6044



**Michael Renyer**  
#00894446  
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**Bill & Jan Rexrode**  
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**Loree Risi**  
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**Keneta Sanchez**  
#00960821  
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**Greg Spier**  
#02120061  
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### Alzheimer's-Dementia Caregiver's Support

Our steering committee includes Mary-Jo Fratessa, Valerie Jordan, and Gail Marculescu. These programs are supported by the Lincoln Hills Foundation. The monthly general meeting is on the fourth Wednesday at 1:00 PM in the Multipurpose Room (OC). All are welcome to attend. The next general meeting will be Wednesday, January 25. Our speaker will be Mark Wolff, owner of Senior Care Authority, who will discuss residential care options. The Women's caregiver group meets on the first Wednesday of every month, next meeting January 4, 1:00 PM. Contact Mary-Jo Fratessa at 916-759-8760. The Men's caregiver group meets on the third Thursday of every month, next meeting, January 19, 10:00 AM. Contact Ernie Drake at 916-543-3482. Each group meets in the Multimedia Room (OC).

Contact: Valerie B. Jordan  
909-625-7443, [vjordan46@gmail.com](mailto:vjordan46@gmail.com)



### Bereavement

Our group offers support and friendship through sharing with others who have also lost a loved one. We meet on the second Wednesday of each

month. You are invited to join us Wednesday, January 11, at Joan Logue's home at 3:00 PM for a group session. Contact Joan for directions or to put a Memoriam in the *Compass*. The deadline to submit a Memoriam is the 15 of the month to be in the next *Compass*.

Contact: Joan Logue 916-434-0749,  
[joanlogue@sbcglobal.net](mailto:joanlogue@sbcglobal.net)



### Bosom Buddies

We celebrated this special time of the year with our popular holiday party. After dining on lasagna and penne pasta, we listened to seasonal songs by Lori Redhair and even joined in singing a few of them along with her. As a special treat, each lady received a beautiful candle crafted by Kay Brady. In keeping with the season, each member brought an unwrapped gift for the "Toys for Tots" boxes. Bosom Buddies welcomes breast



Christmas candles designed by  
Kay Brady for our ladies

cancer survivors as well as those still undergoing treatment. Our monthly meetings offer knowledgeable speakers but most important, we are here for those who need support during their "journey" through breast cancer. We meet the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC).

Contact: Judy Stewart  
Stewart 916-408-3597,  
[ladyj2170@gmail.com](mailto:ladyj2170@gmail.com)



### Gam-Anon

If your life is affected by someone else's gambling problem, Gam-Anon can help. Our meetings are held on the first and third Friday of every month from 7:00 to 8:30 PM at the First United Methodist Church in Loomis at 6414 Brace Road. Gam-Anon will not be holding any meetings during December due to the holidays. A Gambler's Anonymous meeting is held at the same time, at the same venue, and Gam-Anon members are welcome since it is an open meeting. For support between Gam-Anon meetings, you can call the Sacramento Gambler's Anonymous Hotline at 855-222-5542 for referral to a local Gam-Anon member or call the Gam-Anon Northern California Hotline at 510-407-3898. If you call the

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contact below, please leave a message. She will call back.

**Contact:** Kay F. 916-204-1624

**Website:**

[www.gam-anon-loomis.com](http://www.gam-anon-loomis.com)



### Glaucoma Support Group

Welcome to the new year of Glaucoma advancements. Each year new and innovative ways to diagnose and treat Glaucoma come into play. Do you have questions about your Glaucoma diagnosis? We will share information that will help you ask the important questions at your next appointment with your Glaucoma Specialist. Our meeting will be held on January 11 at 4:00 PM in the Multimedia Room (OC). Meetings are held the second Wednesday of each month. Please contact Bonnie for more information.

**Contact:** Bonnie Dale 916-543-2133, [Bjdale@aol.com](mailto:Bjdale@aol.com)



### Low Vision Support Group

There is no monthly meeting in December. However, we want to wish everyone much warmth and happiness through the upcoming holidays. May you and yours enjoy the season and have a rewarding 2023 from the Low Vision Support Group Steering Committee: Larry and Olivia Eckert, Dolores Minton, Judy Presnall, Stu Singer, and Joan Brant-Love. Our next meeting is Tuesday, January 3, from 2:00 to 4:00 PM, Fine Arts Room (OC). Pat Togstad, President of Neighbors InDeed, will be our speaker. Pat will review the various services of Neighbors InDeed, including Handy Helpers, Medical Equipment Loans, and Information and Referrals. She will also discuss how the NID list

of resources is constructed and maintained. Meetings are open to all residents.

**Contact:** Joan Marie Brant-Love

916-434-6095,

[joan.brant-love@sbcglobal.net](mailto:joan.brant-love@sbcglobal.net)



### Multiple Sclerosis

Members and guests are invited to our party on December 20 at 1:00 PM at KS for a light lunch and Bingo. The cost is \$10. Call Joni Deutsch by Noon, December 18 at 916-398-0349. For a creative Holiday Gift, text Mike Marchand at 916-588-0503 for his cactus table plants from Baby Groots to small centerpieces. All Profits benefit MS Group. Our next Meeting is January 17, 1:00 PM, Sierra Room (KS), featuring a speaker from MS Achievement Center on Healthy Diet and Snacks for MS. Our November Meeting guest speaker was Simone Nazzal, Director of Del Oro Resource Center for Caregivers Respite, including



in-home Care, Adult Day Care, Short-Term Care, Assisted Living, and Family Consultation. For further information, call 916-728-9333 or see [www.deloro.org](http://www.deloro.org).

**Contact:** Jeri Di Fiore 530-401-2135, [2020jeridifiore@gmail.com](mailto:2020jeridifiore@gmail.com)



### Parkinson's Caregivers Support

Our group is for those with Parkinson's disease and their care partners. We meet on the third Tuesday of each month (except December) from 10:00 AM to 11:30 AM at the Lincoln Community Church, 950 E. Joiner Parkway.

**Contact:** Christine Grmolyes 916-769-0449,

[christine@seniorcs.com](mailto:christine@seniorcs.com)



### Polymyalgia and/or GCA Support

If you have been diagnosed with PMR or GCA, you probably have a lot of questions. Our new support group has a lot of the answers for you. We will not be meeting in December, and our next meeting will be on Wednesday, January 4. If you are interested, please contact Adrian for the time and location. If you e-mail, please put "PMR/GCA" in the subject line.

**Contact:** Adrian Felice

916-408-4332,

[adrianfelice55@gmail.com](mailto:adrianfelice55@gmail.com)

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### Airport Co-op

We are open to Lincoln Hills residents to share rides to and from the Sacramento International Airport. The co-op works on a point system. Give a ride, get a ride. Membership is \$15.00 per year per household. For more information visit our website [www.lh-airport-co-op.org](http://www.lh-airport-co-op.org) click the membership tab, download the application, mail along with the required documentation to the address on the application, or phone Barb Iniguez at 916-408-7812.

### Cloggers

We wish you a happy, healthy, and joy-filled holiday season. Stay well, stay warm, and for added goodness, do some clogging! Clogging is a combination of Irish, Scottish, English, and possibly even Cherokee steps. These different dancers all met in the American Appalachians, and the result is - yes - clogging. Appalachian cloggers danced to banjos, fiddles, or whatever a settler could bang or twang. We dance to everything with a great beat, and we are vigorously loud about it. For more information on clogging right here

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in Lincoln Hills, please call Natalie Grossner at 916-759-0666.

### Democratic Club

We worked hard for our candidates and, at this writing, still await the final results. We learned a lot about transportation needs and future plans at our November meeting, where Placer County Transportation Planning Agency Deputy Director Rick Carter spoke. Future speakers include representatives from Planned Parenthood, Western Placer Unified School District, and Nevada Irrigation District, as well as Alex Yarmolyk about the situation in Ukraine and Marcus Breton and Jack Ohman from the Sacramento Bee. We ushered in the festive holiday season with our recent dinner. For more information about our activities, please see our website, <https://democraticclublincolnca.org>.

### Italian Club

Buon Natale and Felice Anno Nuovo to all our club members and friends. The new year will start off with one of our signature events, the annual Crab Feed, set for January 13 from 5:00 to 8:00 PM at the McBean Pavilion. So, get crackin' and sign up soon! This is the perfect time of year to check out the online Apparel Store for shirts, hats, and sweatshirts with the club's logo. To learn more about the club and upcoming events, check out our website at [www.lhitalianclub.org](http://www.lhitalianclub.org). For membership information, contact Sandi Graham at 916-826-5711.

### Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Center in Roseville (916-781-2323.) Membership in the 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. Contact Armando Mayorga at 916-408-4711 or at [bigline38@icloud.com](mailto:bigline38@icloud.com).

### Republican Club

Merry Christmas, Happy Holidays, & Happy New Year! Placer County received an early Christmas present with our own red wave in 2022 Mid-Terms! Securing the vote for Kevin Kiley, Joe Patterson, Shanti Landon, Ted Gaines, and Roger Niello. Plus, an additional 15 Republican/Conservative school board positions and city and county officials' candidacies. The vote across Placer was red. Well done to all organizations, volunteers, and voters who faced the rainstorm to vote in person on November 8! We are looking forward to 2023 and will be hosting our "3rd Annual January Kick-Off" on Saturday, mid-January. Let freedom ring! See our website for details. [www.RepublicanClubSCLH.org](http://www.RepublicanClubSCLH.org).

### Shalom Social Group

November included a hike to Roseville's Miners Ravine and our always popular Game Night. We look forward to our Hanukkah party on December 19. Our new officers, effective January 1, 2023, are co-presidents Joni Deutsch and Hinda Weber; activities vice presidents Harriett Kroot, Lorraine Katz, and Mike Scriven; membership vice presidents Margie Gulko and Deanne Iliff; treasurer Alan Gulko; recording secretary Pat Macht; corresponding secretaries Judy Zolotar and Suzy Wilcoxon; and members at large Judie Panneton and Vida Morrison. For more information about our group, please call Margie Gulko at 916-543-5303, or Deanne Iliff at 530-518-3704.

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### Golf Cart Registration

First and third Thursday, 9:00 to 10:00 AM, (OC)

The City of Lincoln prides itself on being NEV and golf cart friendly. The City of Lincoln Police Department inspects golf carts to make certain safety requirements are met. For more information and NEV/golf cart route maps, visit the City of Lincoln's website [lincolnca.gov](http://lincolnca.gov).



### KS At The Movies: National Lampoon's Christmas Vacation (1989)

Friday, December 16, 1:30 PM, P-Hall (KS)

It's Christmas time, and the Griswolds are preparing for a seasonal family celebration, but things never run smoothly for Clark, his wife Ellen, and their two kids. His obnoxious family guests worsen Clark's continual bad luck, but he manages to keep going knowing that his Christmas bonus is due soon. Rated PG-13. 97 minutes. Comedy.



### Santa and Elves at Lincoln Hills

Sunday, December 18, 3:00 to 5:00 PM, (OC)

Stop by to snap photos of the grandkids whispering their wishes into Santa's ear. His Elves will be here to join in the photos, too! Enjoy the memories in the beautifully decorated Orchard Creek Lodge, sip on a nice coffee or hot cocoa, and feel the warmth and cheer of the season with your family and neighbors.



### Listening Post

Tuesday, January 3, 9:30 AM, P-Hall (KS)

Zoom is available for those unable to attend

Come and have a conversation with Kyle Bodyfelt, Executive Director. This is a great opportunity to get to know Mr. Bodyfelt and to share with him your comments or questions.



### Coffee with the Mayor

Tuesday, January 10, 8:30 to 9:30 AM P-Hall (KS)

To find out more about what is happening in the City of Lincoln, Join Mayor Andreatta at this informal coffee. Feel free to purchase a cup of coffee from the Kilaga Springs Café prior to the meeting. She would love to meet you.



### KS At The Movies: Elvis (2022)

*Encore Show!*

Monday, January 16, 1:30 PM, P-Hall (KS)

Elvis is a 2022 biographical musical drama film Directed by Baz Luhrmann, who co-wrote the screenplay with Sam Bromell, Craig Pearce, and Jeremy Doner. The film follows the life of rock and roll icon, singer, and actor Elvis Presley from the perspective of his manager, Colonel Tim Parker. Rated PG-13. 159 minutes. Biography. Drama. Music.

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**Moving On – Lincoln Hills to Senior Independent Living**

Tuesday, January 24, 9:30 to 11:30 AM P-Hall (KS)

Andy and Doris Petro, residents for 15 years, have transitioned to a new residence and lifestyle, an independent senior living facility. Hear about and benefit from their thinking, decisions, and feelings that arose as they selected their new lifestyle and accomplished the move. How did they manage the downsizing and move? How are they coping with their new lifestyle? Do they have any regrets? Come to the Community Forum to find out.



**Living Through Transitions Revisited – You’re Gonna Need a Plan B**

Thursday, February 9, 2:00 to 4:00 PM, P-Hall (KS)

Join Marcia VanWagner to learn how a bit of planning now will help with the “what if’s” later. Many of us consider Lincoln Hills to be our last home. We live an active lifestyle, have great friends, and love our homes. But what happens if you have a major medical setback? You suffer dementia? You have a loss of strength or mobility? Your social life is your television? Or you run out of money? She will explore how to set up your own Plan B with a framework of people and options to help you when a transition happens.



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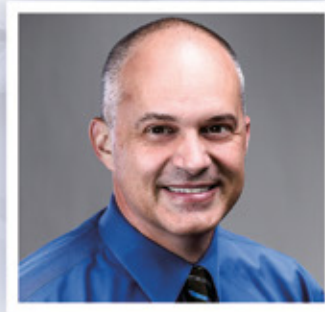


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## KarriLyn Keith

Spa Manager

KarriLynn.Keith@sclhca.com



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### The Spa at Kilaga Springs

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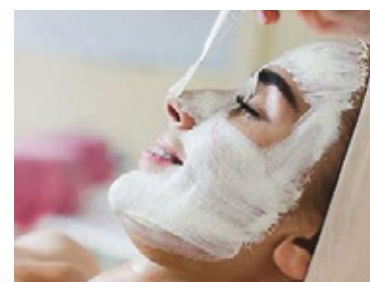
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30-minutes \$55

(Can only be added to facial service)

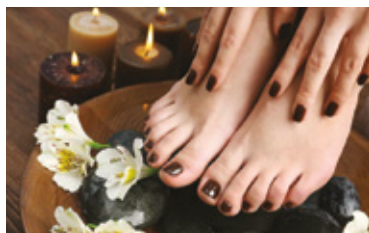
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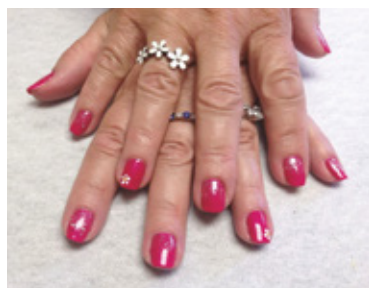


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**Saturday, December 31**

**8:00 PM-12:30 AM**

**OC Ballroom**

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\*Indicates on sale December 17

**Events**

**Swing Dance Workshop –  
 Dance to New Year’s  
 Eve Performers**

**Alpha Rhythm Kings**  
 Tuesday, December 20  
 — **LSE456**

1:30 to 3:00 PM  
 Ballroom (OC)  
 \$7 per person

Have you ever wanted to learn the Charleston? Here is your chance. Join Ruth and Sal Algeri, along with Danielle Merrill, to learn basic swing dancing moves for our New Year’s Eve event. This 90-minute workshop will help get you ready to hop out on that dance floor and even learn a simple routine to one of the band’s songs that they will be performing: “Choo Choo Cha Boogie.” This class is perfect for beginners. No dance training, or partner, is required. You can take this workshop even if you cannot attend the NYE event. Let’s start swinging.



**2023 New Year’s Eve  
 Celebration –  
 Roaring 20s Style!**

Saturday  
 December 31  
 — **LSE458**  
 8:00 PM to 12:30 AM  
 Ballroom (OC)  
 \$75 per person



Ring in 2023 at your Lincoln Hills community’s party of the year. Alpha Rhythm Kings, a five-piece band from Los Angeles, will provide a full night of stellar swing dance music. Dress the part or come in your 2023 best duds – just come dressed to enjoy the glitz and glamour of this late-night soiree. Savory and sweet hors d’oeuvres, and the midnight

Champagne toast, are included in the ticket price. No-host bars will be serving your favorite libations in the swanky lounge area just outside the Ballroom. (Entrance from Meridians to Ballroom Lobby for pre-event diners.)

**\*NYE Party with  
 DJ Tom**  
 Saturday, December 31  
 — **LSE459**  
 9:00 PM to 12:30 AM  
 Sports Bar (OC)  
 \$45 per person

Celebrate the new year with drinks and dancing in the Sports Bar. DJ Tom will bring the party with lights and song favorites! Midnight Champagne toast, décor and celebration bags included. No-host bar through 11:45 PM. Doors open 9:00 PM. No guests allowed.



**Dance Night,  
 Structured Style**  
 Thursday, January 9  
 — **LSE461**  
 6:00 to 9:00 PM  
 Ballroom (OC)  
 \$8 per person/per  
 dance night

Dance Nights, Structured Style are tailored for those dancers that prefer traditional structure and dance etiquette for Ballroom and Country Couples dancing. The music and dances are pre-selected for the night. DJ Tom will play a rotation of two Ballroom and then two Country Couples dances, with requested Line dances thrown into the mix. A no host bar through 8:30 PM. Doors open at 6:00 PM.



**\*Tuesday Dance  
 Night**  
 Tuesday, January 10  
 — **LSE462**  
 Tuesday, January 17  
 — **LSE463**  
 Tuesday, January 24  
 — **LSE464**

Tuesday, January 31 — **LSE465**  
 6:00 to 9:00 PM, Ballroom (OC)  
 \$8 per person/per dance night

Tuesday Dance Nights are geared toward those dancers that prefer an unstructured, more nightclub





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dance atmosphere. Dance alone, dance in a group, dance any style. Line, Disco, Cha-Cha, Rumba, Swing, Waltz, Salsa, or Chicken Dance — it's all welcome. DJ Tom will provide music. A no host bar through 8:30 PM. Doors open at 6:00 PM.

## Performances

### Jared Freiburg & The Vagabonds:

#### Back to The 50s

Saturday  
December 17  
— LSE424

7:00 PM

Ballroom (OC)

Premium Reserved  
Seating \$24

Standard Reserved Seating \$21

Celebrating the early years of Rock & Roll, featuring songs from Elvis to Sinatra to Jerry Lee Lewis and much more! Jared was exposed to artists and songs of the 50s and 60s, setting him up for a musical dance pallet at a young age while spending hours daily devoting much of his passion to paying tribute to "The Killer."



### Jared Freiburg & The Vagabonds: Rockin' Holiday Revue

Sunday  
December 18

— LSE425

2:00 PM, Ballroom (OC)

Premium Reserved Seating \$24

Standard Reserved Seating \$21

Bring your whole family, including the grandchildren, to a wonderful holiday presentation. From the Broadway show "Million Dollar Quartet" and The Original Cast of "Million Dollar Quartet Christmas" featuring holiday-themed classics such as: "Blue Christmas," "Run Run Rudolph," "Boogie Woogie Santa Claus," "White Christmas," "Rockin' Around The Christmas Tree" and many more. After the show, join the Lincoln Hills Santa Claus and Elves outside the Ballroom for light refreshments and photos, as well as goodie bags for the grandchildren. What a wonderful Sunday to fill your hearts with seasonal warmth and cheer, as well as ever-lasting memories. (No tickets or reservations needed for the reception with Santa and Elves.)



### \*KS Comedy Night:

#### Randy Riggle

Friday, January 13

— LSE460

7:00 PM, P-Hall (KS)

Reserved Seating \$16

Randy Riggle is a nationally touring stand-up comedian and has opened for such acts as Bob Dylan, Jerry Seinfeld, Ellen DeGeneres, Red Skelton, and Jerry Lewis. His combination of innovative style, quick wit, and brilliant impressions has made Randy popular with all types of audiences for many years. This talented comedian has appeared nationally on all three major networks, including NBC, ABC, and CBS. He was also a contributing writer for "Tonight Show" host Jay Leno.



### Rhinestone:

#### A Salute to the Songs & Career of Glen Campbell

Friday, January 27

— LSE457

7:00 PM

Ballroom (OC)

Premium Reserved Seating \$24

Standard Reserved Seating \$21

The distinctive voice of Nashville Singer/Songwriter Rising Star Andy Kahrs celebrates The Legacy of Glen Campbell in a Salute to the Songs of this contemporary Music Legend with Hits including "Gentle On My Mind," "Galveston," "By The Time I Get To Phoenix," "Wichita Lineman," "Rhinestone Cowboy" and many more favorite classics. A show not to be missed.





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## Day Trips



### Frozen – The Musical / Grandparents and Grandkids Night Out

SAFE Performing Arts Center/Broadway on Tour  
Tuesday, January 10  
\$135 — LST412

From the producer of The Lion King, and Aladdin, Frozen, the Tony®-nominated Best Musical, is now on tour across North America, and the critics' rave, "It's simply magical!" (*LA Daily News*). Frozen features the songs you love from the original Oscar®-winning film, plus an expanded score with a dozen new numbers. An unforgettable theatrical experience filled with sensational special effects, stunning sets and costumes, and powerhouse performances. **\*\*Member can bring up to 2 children over the age of 6\*\*** Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return 11:00 PM.

**Sacramento Kings  
vs. Houston Rockets**  
Wednesday  
January 11  
\$145 — LST425



Watch the Kings from your lower bowl seats as they match up against a tough Houston Rockets team. The trip includes a roundtrip motor coach, lower bowl ticket, and driver gratuity. Wheels roll from OC at 5:30 PM for a 7:00 PM game ~ return 10:30 PM.

**PBR: Long Live  
Cowboys Classic**  
Golden 1 Center  
Sunday  
February 5  
\$140 — LST429



Home of "The Toughest Sport on Dirt," where the Top 35 bull riders in the world compete on the televised PBR Unleash The Beast- Wrangler Long Live Cowboys Classic. The toughest animal athletes on the planet are matched with the world's best bull-riding athletes in an 8-second man versus-beast duel. Wheels roll from OC at 12:15 PM for a 1:45 PM show ~ return 6:00 PM.

**Jesus Christ Superstar**  
SAFE Performing Arts  
Center/Broadway  
on Tour  
Tuesday, February 7  
\$135 — LST413



Celebrating its 50th Anniversary, a new mesmerizing production of the iconic musical phenomenon returns to the stage. Originally staged by London's Regent's Park Open Air Theatre and helmed by the acclaimed director Timothy Sheader (*Crazy For You*, *Into The Woods*) and cutting-edge choreographer Drew McOnie (*King Kong*, *Strictly Ballroom*), this production won the 2017 Olivier Award for Best Musical Revival garnering unprecedented reviews and accolades. This production pays tribute to the historic 1971 Billboard Album of the Year. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return 11:00 PM.

**Comedy of Brian  
Regan at  
Hardrock Fire  
Mountain**  
Saturday, March 4  
\$120 — LST428



Critics, fans, and fellow comedians agree Brian Regan is one of the most respected comedians in the country, with *Vanity Fair* calling Brian "The funniest stand-up alive" and *Entertainment Weekly* calling him "Your favorite comedian's favorite comedian." Having built his 30-plus year career

on the strength of his material alone, Brian's non-stop theater tour continuously fills the most beautiful venues across North America, visiting close to 100 cities each year. Wheels roll from OC at 5:00 PM to give everyone a couple of hours to enjoy the buffet, restaurants, and gaming. Show starts at 8:00 PM ~ return approx. 11:00 PM.

### Hairspray

SAFE Performing Arts Center/  
Broadway on Tour  
Sunday, March 19  
\$135 — **LST414**



You Can't Stop the Beat! Hairspray, Broadway's Tony Award-winning musical comedy phenomenon, is back on tour. Join 16-year-old Tracy Turnblad in 1960s Baltimore as she sets out to dance her way onto TV's most popular show. Can a girl with big dreams (and even bigger hair) change the world? This all-new touring production reunites Broadway's award-winning creative team led by Director Jack O'Brien and Choreographer Jerry Mitchell to bring Hairspray to a new generation of theater audiences. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return 11:00 PM.



### \*Legion of Honor Art Museum / Exhibit - Sargent and Spain

San Francisco  
Thursday, March 23  
\$95 — **LST431**

The museum opened to the public on Armistice Day, November 11, 1924, in dedication to the memory of the 3,600 Californians who perished in World War I. The Legion of Honor has provided access to priceless art for nearly 100 years. It houses European painting, sculpture, decorative, ancient, and contemporary art and one of the country's largest collections of prints and drawings. For the first time, *Sargent and Spain* present approximately

120 dazzling oils, watercolors, and drawings, many of which are rarely exhibited. Enjoy lunch at the Café (Self Pay). Docent led tour included. Wheels roll at 8:30 AM ~ return 7:00 PM.



### \*Springtime at Filoli Gardens

Wednesday, April 12  
\$95 — **LST432**

Watch the Garden transform as the weather warms up and a new season begins. Walk thru the 54,000-square-foot historic Georgian country house, noted for its elegant interiors. Bring a packed lunch, which you can enjoy outdoors at the designated picnic area, or relish the various fresh offerings at The Quail's Nest café during your free time. Rest stop both ways. Rest stop on the way home will have some fast food areas to grab food for the bus ride. Wheels roll from OC at 8:00 AM return ~ 6:30 PM. Lots of walking with some uneven pathways.

### Pretty Woman

SAFE Performing Arts Center/  
Broadway on Tour  
Tuesday, May 2  
\$135 — **LST415**



The Musical, based on one of Hollywood's most beloved romantic stories of all time, springs to life with a powerhouse creative team led by two-time Tony Award®-winning director and choreographer Jerry Mitchell (Hairspray, Kinky Boots, Legally Blonde). Brought to the stage by lead producer Paula Wagner, features an original score by Grammy® winner Bryan Adams and Jim Vallance ("Summer of '69", "Heaven") and a book by the movie's legendary director Garry Marshall and screenwriter J.F. Lawton. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return 11:00 PM.



**\*Andrea Bocelli**  
Golden 1 Center -  
Sacramento  
Friday, May 12  
\$250 — **LST433**



The 2023 concerts will feature songs from Bocelli's wide-ranging repertoire, ranging from early fan favorites to his latest full-length studio album Believe, as well as a selection of arias, his beloved crossover hits and famed love songs. Price includes roundtrip motorcoach transportation, lower bowl seating and driver gratuity. Wheels roll from OC at 6:15 PM for a 8:00 PM show ~ return 11:30 PM.

**Riverdance 25th Anniversary**  
Gallo Center for the Arts, Modesto  
Tuesday, May 16  
\$135 — **LST427**



Riverdance as you've never seen or heard it before—a powerful and stirring re-invention of this beloved favorite, celebrated the world over for its Grammy award-winning score and the excitement, energy, and dynamism of its Irish and International Dance. Twenty-five years on, renowned composer Bill Whelan brings this mesmerizing soundtrack back to life, completely revitalized for the first time since those original orchestral recordings. Price includes coach transportation and tickets in the Parterre section (ground floor). Wheels roll from the OC at 4:00 PM for a 7:00 PM show – return approximately 11:30 PM.

### Overnight/Extended Travel

**San Francisco Bay Sweetheart Dinner Cruise and Overnight at Hyatt Regency**



Friday, February 10  
to Saturday, February 11  
\$425 double occupancy  
\$575 single occupancy — **LST430**

Enjoy a night on a Hornblower premier dinner cruise on the bay. Relax and enjoy the view and a three-course dinner on the 2½-3-hour cruise. Dance, stargaze, and see amazing views of the city skyline

and the magnificent Golden Gate Bridge. After dinner, relax in your deluxe accommodations at the Hyatt Regency San Francisco. Free time in the morning for breakfast on your own. The trip includes motorcoach, dinner, accommodations, and all gratuities. Trip itinerary and Dinner Cruise menu are available at the Lifestyle Desk. In-person registration only. (Not available online.) Wheels roll from OC at 11:00 AM ~ return 2:30 PM.

**\*Bill Maher/Overnight Bally's S. Lake Tahoe**  
Saturday, March 11 to  
Sunday, March 12  
\$349 double occupancy  
\$499 single occupancy  
— **LST434**



Don't miss this chance to see Bill Maher, the comedian, writer, producer, political commentator, actor, and television host. He is known for the HBO political talk show Real Time with Bill Maher and the similar late-night show called Politically Incorrect, originally on Comedy Central and later on ABC. In 2022, Maher started the podcast Club Random. Enjoy reserved show seating, overnight accommodations in a classic room, motor coach transportation, and driver gratuity. Wheels roll at 10:00 AM ~ return 2:00 PM.

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**Sierra Mountain Snow Train Overnight**  
Tuesday, January 24 to  
Wednesday, January 25

**Christmas with Johnny Mathis**  
Wednesday, December 21

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**Lois Cunningham**  
Lifestyle Class Coordinator  
Lois.Cunningham@sclhca.com



Register at the Lifestyle Desk (OC/KS)  
or online on the Resident Website

\*Indicates on sale December 17

## Dance

### \*Line Dance - Level I – Absolute Beginner (Intro)

Mondays, January 2-30

4:00 to 5:00 PM (KS)

\$35 (five sessions) — LSC3949

Instructor: *Cathy Paris*

#### OR

Thursdays, January 5-26

9:00 to 10:00 AM (KS)

\$28 (four sessions) — LSC4213

Instructor: *Yvonne Krause-Schenck*

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

### \*Line Dance - Level 2 – Beginner

Thursdays, January 5-26

10:00 to 11:00 AM (KS)

\$28 (four sessions) — LSC4088

Instructor: *Yvonne Krause-Schenck*

#### OR

Thursdays, January 5-26

3:30 to 4:30 PM (KS)

\$28 (four sessions) — LSC4018

Instructor: *Cathy Paris*

#### OR

Fridays, January 6-27

2:00 to 3:00 PM (KS)

\$28 (four sessions) — LSC4043

Instructor: *Sandy Gardetto*

Beginner-level dances are built upon the skills learned at the Absolute Beginner level. Dances are suitable for those who have some previous dance experience. Many rhythms will be explored. The dances will be longer and contain new steps to add to what was learned in the introductory class.

\*Line Dance  
- Beginner/  
Intermediate  
Mondays  
January 9-30  
5:00 to 6:00 PM  
(KS)



\$40 (four sessions) — LSC4273

Learn it! Love it! Dance it! Anna's love for dance goes back to childhood, including tap, jazz, and ballet. This led to a professional dance career of 15 years as an instructor/performer spanning the country from L.A. to Washington D.C., including Harrah's Tahoe & Reno. Anna's style of instructing is filled with enthusiasm and energy, engaging all dancers. Music is most important to make each class come alive; genres include Motown, Latin, Belly dance, Oldies, and Country. Drop-ins are always welcome. Email: [annawoodsjustdance@gmail.com](mailto:annawoodsjustdance@gmail.com). Visit YouTube channel: "Anna Woods Just Dance." Instructor: *Anna Tonkin-Woods*.

### \*Line Dance - Level 3 – High Beginner/Improver

Mondays, January 2-30

9:00 to 10:00 AM (KS)

\$35 (five sessions) — LSC4076

Instructor: *Yvonne Krause-Schenck*

#### OR

Wednesdays, January 4-25

9:00 to 10:00 AM (KS)

\$28 (four sessions) — LSC4054

Instructor: *Sandy Gardetto*

The high beginner class is for those with previous dance experience and who have learned basic skills. Additional patterns will be taught, and the steps will be more challenging. Dances will have turns and some tags, and restarts.

### \*Line Dance - Level 4 – Easy Intermediate

Mondays, January 2-30

5:00 to 6:00 PM (KS)

\$35 (five sessions) — LSC4007

Instructor: *Cathy Paris*

#### OR

Wednesdays, January 4-25

10:00 to 11:00 AM (KS)

\$28 (four sessions) — LSC4065

Instructor: *Sandy Gardetto*

Easy Intermediate class will feature dances that are suitable for more experienced dancers. They have mastered a comprehensive range of step patterns and

movements. Dance patterns may be longer and faster than the previous levels. The dances will offer new challenges and a variety of step combinations and rhythms. Achieving this level of dance is not only fun but rewarding as well.

**\*Line Dance - Level 5 – Advanced**

Thursdays, January 5-26

5:30 to 6:30 PM (KS)

\$35 (four sessions) — **LSC3961**

More difficult dances will be featured in this class, suitable for the more experienced dancer. Dances will be taught at a faster pace to a smaller group of dancers. If you have a good foundation and are comfortable with easy, intermediate dances, you will be able to master these dances. Come and join this enthusiastic group and see how much fun you can have. Instructor: *Cathy Paris*.

**\*Tap - Beginning**

Mondays, January 2-30

11:00 AM to Noon (KS)

\$50 (five sessions) — **LSC4110**

Grab a friend and come join us! We are starting from fresh, learning all the basics of tap dance. We will work at a pace comfortable for everyone. Bonus effect, new friends, improve balance, and the act of repeating, reversing, and counting patterns is excellent for brain health. Instructor: *Alyson Meador*.



**\*Tap - Technique**

Mondays, January 2-30

10:00 to 11:00 AM (KS)

\$50 (five sessions) — **LSC4099**

**OR**

Tuesdays, January 3-31

10:00 to 11:00 AM (KS)

\$50 (five sessions) — **LSC4127**

Learn and hone your tap techniques through fun musical exercises and routines. Instructor: *Alyson Meador*.

**\*Jazz Performance**

Tuesdays, January 3-31

1:00 to 2:00 PM (KS)

\$45 (five sessions) — **LSC3937**

Not open to new students. Must have instructor approval to register. The current class is in the midst of preparing for a performance. The class is geared

toward stage performances throughout the year. Instructor: *Melanie Greenwood*.

**\*Hula**

Thursdays, January 5-26

1:00 to 2:00 PM (KS)

\$52 (four sessions)

— **LSC3915**

This is an ongoing class for hula dancers of all experience and skill levels. Come learn the beautiful dance of the Hawaiian islands. You will exercise the mind, body, and spirit while learning choreographed routines. Historical and cultural information surrounding each of the dances will be shared. **Prerequisite:** New dancers contact the Instructor: *Pam Akina* at 916-521-0474 to learn about Hula Basics instruction.



**\*Jazz for Beginners**

Thursdays, January 5-26

11:00 AM to Noon (KS)

\$36 (four sessions) — **LSC3926**

This class will leave your mind, body, and spirit feeling empowered and energized. Different styles of Jazz will be demonstrated. You will leave with a smile on your face and a love of jazz dancing in your heart. About the Instructor: *Melanie Greenwood* started teaching at the age of 16. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, and Disneyland, to name a few, as well as TV and video.

**\*Line Dancing 4 Fun**

Thursdays, January 5-26

4:30 to 5:30 PM (KS)

\$28 (four sessions) — **LSC3996**

Today's line dancing is also known as modern or contemporary line dancing. We will keep current with what is popular and danced around the world, written by many well-known international choreographers. The class offers line dancing to many different genres of music, and the skill levels include "Beginner Plus" to "Improver" and slightly above. The teaching pace will be quicker for those coming from Beginner classes, yet fast enough for "Improver/Improver Plus" dancers. Instructor: *Cathy Paris*.



**\*Belly Dance Class -  
Beginners/Review**

Fridays, January 6-27  
(no class January 20)  
1:00 to 2:00 PM (KS)  
\$21 (three sessions)  
— **LSC4241**

Designed for new students and returning students who want to learn and review the basics of Middle Eastern dance, "Belly Dance." Wear something comfortable; each class will begin with gentle warm-up stretches. Soft-sole shoes (such as ballet slippers or sandals) are recommended. Learn and practice the movements as we dance to Middle Eastern rhythms. Increase your flexibility, tone your muscles, and just have fun. Limited space. Instructor: *Ellen Russell*.



**\*Country Line Dancing**

Fridays, January 6-27  
3:00 to 4:00 PM (KS)  
\$28 (four sessions)  
— **LSC4031**

This class is a mixture of beginner, high beginner, and intermediate dances. It features the popular "old" line dances and some new popular dances that are done at country dances around the area. Instructors: *Jim & Jeanie Keener*.



**\*Clogging - Beginning**

Tuesdays, January 10-31  
10:00 to 11:00 AM (KS)  
\$40 (four sessions)  
— **LSC3871**

We will continue to work on the foundation steps of beginning clogging and get to learn more of the beginning steps. We will be learning new and reviewing steps as well as some fun new dances. We will work at a relaxed pace developing skills in the foundations of clogging. Special attention will be paid to balancing skills. Instructor: *Janice Hanzel*.



**\*Clogging - Combined Class**

Tuesdays, January 10-31  
11:00 AM to 12:30 PM (KS)  
\$40 (four sessions) — **LSC3882**

Starting with easy and progressing into intermediate dances, we will continue working on some new material and go over some old favorites. The class will feature lots of reviews of steps from previously learned dances. We will also learn new dances, easy to intermediate, from recent past and online workshops and conventions. We will focus on some new show routines. All levels are encouraged to participate. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Instructor: *Janice Hanzel*.

**Educational**

**\*Beginning  
Bridge Class**

Wednesdays & Fridays,  
January 25 -  
February 17  
1:00 to 3:00 PM (KS)  
\$80 (eight sessions) — **LSC4242**



Have you always wanted to learn bridge? Then this class is for you. The class is designed for people who have never played bridge before or have only played socially long ago. Using mini-bridge as an introduction, you will be playing on the first day, and you will spend nearly half the time in each class playing. The other half will be discussions to share ideas on techniques that work and those that do not. By the end of the class, you will be familiar with all aspects of the game. Instructor: *Jack Uppal*.

**\*The History of Jazz  
(1939-1942)**

Wednesdays, January 25 -  
February 22  
(no class February 8)  
1:00 to 4:00 PM (KS)  
\$40 (four sessions) — **LSC4250**



In the next leg of our Jazz journey, we will continue with the great Swing Era and then travel to Kansas City and discover new and exciting Jazz. We will remember WWII and hear how Swing Music became America's Soundtrack in fighting and winning the war. So, come along with us as we continue our American Musical journey through the history of America's Art form – Jazz. Instructor: *Ray Ashton*.

**\*The History of Jazz (1942 -1970s)**

Wednesdays, March 1-29 (no class March 8)

1:00 to 4:00 PM (KS)

\$40 (four sessions) — **LSC4255**

We will conclude our journey through the history of that truly American art form, Jazz. Picking up where Part 3 ended, we will explore the many different forms that emerged in the middle of the 20th century and show how great Jazz artists became ambassadors for their music in the fields of education, movies, dance, and Broadway. We will hear those great musicians who experimented with and expanded Jazz to have a great influence on every type of music we listen to today. Join us as we take our final wild ride through the History of Jazz. Instructor: *Ray Ashton*.

**Music****\*Intermediate Folk Guitar Class**

Tuesdays

January 3-24

2:00 to 3:00 PM (KS)

\$40 (four sessions)

— **LSC4271**

This class is an intermediate class with an emphasis on harder chord fingerings, more transitions of chords in songs, different strumming patterns, and various fingerpicking styles used by folk artists. The class can be taken in conjunction with the beginning class, as long as the student feels comfortable, they have met this prerequisite, and their fingers can withstand the pain! **Prerequisite:** Knowledge of guitar playing using basic chords while doing a simple strum and singing (no vocal training required). Instructor: *Darrell Effinger*.

**\*Beginner Folk Guitar Class for Fun Folks**

Tuesdays, January 3-24

1:00 to 2:00 PM (KS)

\$40 (four sessions) — **LSC4270**

Have fun learning the guitar. No prior music knowledge or good singing voice is necessary. Emphasis is on playing chords to familiar songs while singing and having fun with fellow guitarists. Folk songs from the '50s, '60s, and '70s will be taught. Basic music theory will be shown, plus how to choose and purchase a guitar and guitar aides will be discussed. *Darrell Effinger* is a long-time teacher, musician, storyteller, and folk singer. He was a member of the New Christy

Minstrels and toured with Glenn Yarbrough and other artists and enjoys teaching and sharing his musical expertise with his students.

**Visual Arts & Crafts****\*Ceramics - Beginning/Intermediate**

Tuesdays, January 3-31

1:00 to 4:00 PM (OC)

\$80 (five sessions) — **LSC3847**

This is an introductory class for residents who have never worked with clay and continuing students who want to continue to develop their skills. This course covers basic hand-building and wheel-throwing techniques, demonstrating both craft and sculpture projects. First-time students will be provided clay and may use the instructor's tools to create their first art piece. Supply list provided at first class. Instructor: *Jim Alvis*.

**\*Ceramics - Advanced Ceramics**

Tuesdays, January 3-31

9:00 AM to Noon (OC)

\$80 (five sessions) — **LSC3835****OR**

Thursdays, January 5-26

1:00 to 4:00 PM (OC)

\$64 (four sessions) — **LSC3859**

This class is for self-motivated students/artists with established ceramic skills. Students explore their craft and sculpture projects with guidance from the instructor. Includes demonstrations, assignments, group discussion, and constructive critique. Instructor: *Jim Alvis*.

**\*Oil and Acrylic Painting: Intermediate/Advanced**

Wednesdays, January 4-25

9:00 to 11:30 AM (OC)

\$80 (four sessions) — **LSC3811**

Learn new ways to paint and polish your skills. Emphasis will be on acrylics, but pastel techniques will also be covered. Art demos will be done on a regular basis with group critiques and individual instruction. Optional projects





may be offered once or twice per month. Instructor: **Sandy Lindblad**. Visit [www.sandyindblad.com](http://www.sandyindblad.com). Email Sandy at [sandski2@yahoo.com](mailto:sandski2@yahoo.com) prior to class regarding supplies.

#### \*Watercolors – Continuing Watercolors

Thursdays, January 5-26 (no class January 19)

9:00 to 11:30 AM

\$60 (three sessions) — **LSC4178**

Want to expand your knowledge and skills in watercolor? Through a combination of demonstrations, discussions, and self-critiques, this continuing watercolor class will provide an opportunity for participants to expand their knowledge and understanding of watercolor while creating their own art pieces. This class is tailored for the instructor to work one-on-one with each participant addressing their specific needs. Previous experience with watercolor is required. This class will be limited in size to allow for individual one-on-one work. Skill level: Experience with watercolor required. Contact the instructor, **Faye August** at 916-209-3643, [watercolorist55@gmail.com](mailto:watercolorist55@gmail.com).

#### \*Watercolors - Beginning Part 1 Basics

Thursdays, January 5-26

1:00 to 3:30 PM

\$100 (four sessions) — **LSC4190**

Participants learn fundamental skills using watercolor. The four basic critical skills covered are Color, Shape, Value, and Texture. Learn essential brush strokes, control water, and pigment mixtures, and use shapes and edges. Learn basic color mixing and understand primary, secondary, and tertiary colors. Practice combining and painting simple shapes using different color mixes & brush types. Participants will receive a weekly email containing reference material. Instructor: **Faye August** at 916-209-3643, [watercolorist55@gmail.com](mailto:watercolorist55@gmail.com).

#### \*Card Making – Intermediate/Advanced

Mondays

January 9 & 23

9:00 AM to Noon (KS)

\$30 (two sessions)

— **LSC4251**

This class is the Intermediate/Advanced level of card making and offers more complex and challenging projects and papercraft techniques. This class is



not designed for Beginner or Intermediate card-making crafters. Class size is limited, sign-up early to reserve your space. Most supplies will be provided, but you will need to bring your Card Making Kits. Instructor: **Dottie Macken**. Registration deadline December 30.

#### \*Card Making –Intermediate/Advanced

Wednesdays, January 11 & 25

Noon to 3:00 PM (KS)

\$30 (two sessions) — **LSC4266**

This class is the Intermediate/Advanced level of card making and offers more complex and challenging projects and papercraft techniques. This class is not designed for Beginner or Intermediate card-making crafters. Class size is limited, sign-up early to reserve your space. Most supplies will be provided, but you will need to bring your Card Making Kits. Instructor: **Dottie Macken**. Registration deadline December 30.

#### \*Card Making – Beginner

Fridays, January 13 & 27

9:00 AM to Noon (KS)

\$30 (two sessions)

— **LSC4268**

Have you ever wanted to make a greeting card, but you weren't sure how to get started? Then this class is for you. This class will teach you all of the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards at each session. This is a fun three-hour class. All supplies and tools will be provided. Class size is limited, so sign-up early to reserve your space. Instructor: **Dottie Macken**. Registration deadline December 30.



#### \*Needle Felting – Beginning

Mondays

January 9-30

Noon to 2:00 PM

(OC)

\$80 (four sessions)

— **LSC4272**

\$30 supply fee paid to Instructor

Create two projects while learning to needle felt. Needle felting involves sculpting wool fibers using



special barbed needles. The process of repeatedly poking the fibers with the needle causes the fibers to felt. You may be surprised to find that the stabbing action can actually be relaxing, although an occasional finger-stabbing may occur. Instructor: *Donna Miller* at [donnamillerfelt2410@gmail.com](mailto:donnamillerfelt2410@gmail.com) with any questions.

### \*Mixed Media Art Journaling

Tuesday, January 10 & 24

9:00 AM to Noon (OC)

\$45 (two sessions)

— LSC3799

\$5 supply fee paid to Instructor

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



### \*Quilting - Intermediate

Mondays

January 16-30

10:00 AM to

3:00 PM (OC)

\$60 (three sessions)

— LSC4125

This class will cover the fundamentals of quilting and advanced techniques for making a quilt top. Over a period of three weeks, you will review how to select fabrics for a quilt, how to cut using a rotary cutter, how to accurately sew 1/4” seam allowance, and practice correct pressing techniques. You will learn time-saving tips for the construction of the quilt blocks. Various tools will be demonstrated that make sewing more accurate. Newer techniques will be included in each block construction. Students will make 6 - 9 blocks. One block will be done in class each week, and some blocks will be done as homework. This class is for the intermediate quilter or a great review for the newer quilter. Instructor: *Betty Kisbey*.



### \*Sip and Paint: “Sunset at the Lake”

Friday, January 20

5:00 to 8:00 PM (OC)

\$65 — LSC3823

This class is great for first-timers and seasoned artists

alike. Paint a finished acrylic painting in one day with step-by-step instructions. Learn how to mix colors, brushstroke, and pallet knife techniques. All supplies are included. Canvases are underpainted and ready to hang. The fee includes a glass of wine, a selection of cheese, crackers, and fruits. *About the Instructor:* Artist *Unni Stevens* studied art in Norway, Japan, and at the Laguna College of Art with 30+ years of painting experience. More information at [unniart.com](http://unniart.com).



### \*Wool Embellishments - Introduction

Friday, January 20

1:00 to 5:00 PM (OC)

\$35 — LSC4285

\$15 - supply fee paid to Instructor

You will be working with wool and learning basic embellishments for wool. You will be using a kit prepared by the instructor that includes wool, assorted threads, and needles. Using Sue Spargo’s book, *Creative Stitching, 2nd Edition*, you will learn basic stitches for embellishing wool. After you are finished embellishing, you may sew your wool piece into a needle holder or pincushion. This is a beginner class. Limit 6 per class. Instructor: *Betty Kisbey*.

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WellFit Program Manager  
Danielle.Merrill@schca.com



Register at the WellFit Desk (OC/KS)  
or online on the Resident Website



## WellFit Orientations

### Free Orientations: WellFit Staff

Unsure where to start in the Fitness Centers? Sign up to take our free orientation and learn how the Fitness Centers work and how to use a select number of pieces of equipment safely and correctly. Orientations are designed to educate you on all the WellFit Department offers and get you started on your fitness journey. Register at Fitness Desks or online enrollment on the Resident Website.

#### Fitness Floor (OC)

- **Tuesday, January 10**  
3:00 to 4:00 PM
- **Wednesday, January 25**  
3:00 to 4:00 PM

#### Fitness Floor (KS)

- **Wednesday, January 11**  
1:00 to 2:00 PM
- **Wednesday, January 18**  
1:00 to 2:00 PM

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

*Events go on sale on the 17 of each month. Register at Orchard Creek and Kilaga Springs Fitness Desks, or online enrollment on the Resident Website. Classes fill up quickly, please sign up at least seven days prior to class start. No refunds, no make-ups.*

**ONLINE:** SCLHRESIDENTS.COM

*All classes, times, and locations are subject to change. See up-to-date information and schedules on the Resident Website in the WellFit section or online enrollment.*

## Lessons at the Sports Plaza

### Intro to Tennis

Thursdays  
11:00 AM to Noon  
Multicourt #11  
Free



This class is a terrific introduction for residents interested in learning the basics of tennis. This class will go over the fundamentals of tennis, focusing on basic stroke development, including forehands, backhands, volleys, and serves. No prior experience is necessary, and racquets will be provided; however, we encourage participants to bring their own. Make sure to bring water and appropriate tennis court shoes. No running shoes, please. Email [stevebringman@yahoo.com](mailto:stevebringman@yahoo.com) to register. Class size is limited to three each session.

### Intro to Pickleball

Wednesdays  
9:30 to 11:00 AM  
Pickleball Courts  
Free



This class is for any resident interested in learning about pickleball. No equipment is necessary; just wear clothing appropriate for pickleball and court shoes. Bring your own water also. Meet at the upper pickleball courts by court #4. You must pre-register each week for the class. Eight spots are available. We are using two courts to allow for social distancing. Email Carol Judd to register at [welcometopickleball@gmail.com](mailto:welcometopickleball@gmail.com) or go to [www.lhpbclub.com](http://www.lhpbclub.com) and look for Calendar on the left. Click on Intro to Pickleball class.

### Pickleball-Intermediate Clinic

Wednesday, January 11  
11:00 AM to 12:30 PM  
Multi-Court  
\$45 (one session)  
Skill Level 3.0-3.75



Minimum/Maximum: eight students

The Topic for this clinic is "How to get out of trouble." When you are compromised, better to reset than hit a low percentage shot. Students will participate

in competitive drills, learning to level the playing field and stay in the point. Personalized feedback during game time play portion of the clinic will also be provided. Instructor: *Ian Dickson*, Pickleball Pro.

**Pickleball Training Services – Purchase at Fitness Centers**

- **One-on-One Training:** One client and one trainer/pro. One hour session cost is \$98.
- **Buddy Training:** Two clients and one trainer/pro. It is more fun to train with a friend. One-hour session is \$59 per person. Each billed for shared session.

*\*Pickleball Training Policy: There are no refunds, and all training expire one year after purchase. Please observe a 24-hour cancellation policy and contact the Pro directly to reschedule. If you do not give 24-hour cancelation notice, you may be charged in full for the training, and no make-up will be provided.*

*\*For small group training, clinics or camps, please see online enrollment – WellFit or inquire with Ian. For questions, email: [Danielle.Merrill@sclhca.com](mailto:Danielle.Merrill@sclhca.com).*

**How to Set Up Training Services with the Pickleball Professional**

1. Purchase a training service at the Fitness Center front desks or through online enrollment at [sclhresidents.com](http://sclhresidents.com).
2. Email or text Ian Dickson, Pickleball Pro, to schedule a session at 916-712-4337 or [Ian.Dickson@sclhca.com](mailto:Ian.Dickson@sclhca.com).
3. Show up at the multi-court in the Sports Plaza for your training session.

*\*Please note: Once you have purchased a training service, it is your responsibility to reach out to Ian for scheduling. Ian is not able to book your session until it has been purchased.*

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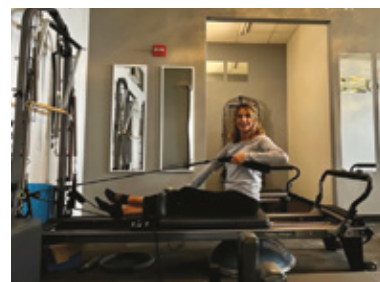
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**Mindful Movement**

**Introduction to Movement on the Pilates Reformer**

Tuesdays  
January 3-24  
4:00 to 5:00 PM  
Fitness Center - Reformer Studio (OC)  
\$72 (four sessions)



Sign up for this class if you have not yet tried Pilates Reformer and are interested in learning more about your body and mindful movement on the Reformer. This progressive class starts with the basics of safely introducing your body to the fundamentals of Reformer and slowly builds up to teach you proper body alignment, core strength, posture, gentle strength training, balance, and injury prevention. Learn what it feels like to engage your core muscles properly. Start moving your body in a healthy way. Instructor: *Andee Lund, Reformer Specialist.*

**Mind-Body Balance**

Wednesday, January 4  
4:10 to 5:10 PM  
Aerobics Room (OC)  
\$20



We could use a little more self-care in our lives, so why not indulge yourself in this peaceful hour of rejuvenation? We will start with a gentle, mindful, total body stretch and flow right into a guided meditation. Give yourself this much-needed gift of relaxation. This class will be offered on the first Wednesday of every month. Instructor: *Sheri Mandell, HHC.*

**Mindfulness & Meditation**

Thursdays, January 5-26  
4:30 to 5:30 PM  
Aerobics Room (OC)  
\$72 (four sessions)



Come and experience the unexpected power of “Clear Mind,” “Open Heart,” and “Mindfulness Meditation.” Mindfulness and meditation are mirror-like reflections of each other; mindfulness supports and enriches meditation, while meditation



nurtures and expands mindfulness. Known to release “happy” chemicals (Endorphins, Serotonin, Oxytocin & Dopamine) in the brain, which lowers blood pressure, improves digestion, and relaxes tension around pain. Simple to practice and wonderful in effect. Instructor: *Jennifer Zehnder*.

### Why Your Breath Matters

Mondays, January 9-30  
2:00 to 2:30 PM  
Aerobics Room (OC)  
\$60 (four sessions)

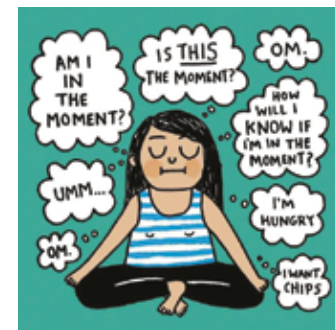
When you engage in breathing exercises or simply breathe effectively, you can: reduces stress/anxiety, improve your cognitive skills, lower your heart rate, reduce your blood pressure, boost your immune system, improve your circulation, and improve your core muscles. Students have the option to be seated in a chair, on the floor, or standing throughout the class. Take this class to promote your overall physical well-being. It will transform the way you think and feel about your breath. Instructor: *Nina Baldi*.



### Why Meditate?

Mondays, January 9-30  
4:10 to 5:10 PM  
Aerobics Room (OC)  
\$72 (four sessions)

Leave your stress at the door and start your week off right. The first half of the class will be education, and the second half will be a guided meditation. In week one, we will discuss why we meditate, its benefits, and what happens to the body as we develop this practice. In week two, we will tackle how to let go of stress. In week three, we will learn how to create a positive mindset. In week four, we will learn why it is important to cultivate gratitude, and finally, we will learn how to manifest our best life. Instructor: *Sheri Mandell*.



**New! Tai Chi drop-in passes: \$15. \*All passes and sessions are non-refundable and expire one year after the purchase date. Tai Chi drop-ins are allowed in all Tai Chi classes, pending class availability. Please call ahead to check the status.**

### Tai Chi / Qigong L1

Fridays, January 6-27  
2:00 to 3:00 PM  
Aerobics Room (OC)  
\$52 (four sessions)

### OR

Tuesdays, January 10-31  
2:00 to 3:00 PM  
Aerobics Room (OC)  
\$52 (four sessions)



Tai Chi is a centuries-old practice that focuses on soft, gentle movements known as postures. Stringing together these postures creates a form. The Yang long form enhances balance, coordination, posture, flexibility, and body tone. Tai Chi offers a harmony of the mind and body as it relieves stress and induces relaxation. Through cultivation and flow of the body's life force known as “Chi,” this form of exercise has been known to improve a variety of ailments. People of all fitness levels will benefit from this complimentary health system. Instructor: *Shifu Anney Siegel-Wamsat*.

### Form 24 Tai Chi / Qigong L2

Thursdays, January 5-26  
2:00 to 3:00 PM, Aerobics Room (OC)  
\$52 (four sessions)

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This is not a beginner class. Having some familiarity with the foundation of the Yang 24 form, Level 2 expands the foundations and breaks down the intricacies of the moves. We will take a deeper look at the moves emphasizing posture, breathing techniques, and releasing. The class begins with a warm-up, including Qigong moves, then moves on to form practice. Qigong's mindful movements help move blood and oxygen around the body, nourishing the organs and tissues. Qigong helps improve balance, proprioception, flexibility, and strength. Instructor: *Shifu Anney Siegel-Wamsat*.

### Tai Chi / Qigong L3

Fridays, January 6-27

3:05 to 4:05 PM, Aerobics Room (OC)

\$52 (four sessions)

#### OR

Tuesdays, January 10-31

3:10 to 4:10 PM, Aerobics Room (KS)

\$52 (four sessions)

This class is for Tai Chi and Qigong students who wish to bring higher awareness and understanding of their lifelong complementary health and wellness practice. In addition, you will learn Qigong sets of movements. Qigong, paired with stillness and moving meditation, will improve body mechanics, balance, and tone while increasing the understanding of these century-old art forms of health, mindfulness, and well-being. Instructor: *Shifu Anney Siegel-Wamsat*.

## Personal Improvement

### Traditional Shotokan Karate

Saturdays, January 7-28

10:50 AM to 12:50 PM

Aerobics Room (KS)

\$20 (four sessions)

The instructor *Al Trimarchi* is a member of the International San Ten Karate Association and has over 48 years of 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 [santenkarate.com](http://santenkarate.com).

### New! Happiness is a Choice

Tuesdays

January 10-31

9:30 to 10:30 AM

Multipurpose

(OC)

\$68 (four sessions)



Most of us want to live a long, happy, healthy life with our remaining years, not one without disease. Happiness and well-being are important as we age and can affect our physical, mental, and emotional well-being. This is an introductory series of four educational and experiential sessions that are designed to help improve the well-being and optimize the everyday life of aging adults. It utilizes educational content, participatory groups, and exercises to provide understanding and choice for life and daily living. Take control of your future and learn how to create a Happiness Plan. Instructor: *Amel Whitaker, MA, LMFT*.



### Living with Back Pain

Wednesdays, January 18 & 25

1:00 to 2:00 PM, Multimedia Room (OC)

\$45 (two sessions)

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. Then, learn the correct stretches and exercises to maintain this better quality of lifestyle. Keep your body strong and happy to support longevity. Instructors: *Lisa Kwon*, Occupational Therapist, and *Danielle Merrill*, Physical Therapy Assistant. \*Lisa will teach the first class, and Danielle will teach the second.



## Getting Your Stuff Together

Monday & Tuesday  
February 13 & 14  
9:00 AM to Noon  
Oaks Room (OC)  
\$45 (two sessions) +  
\$30 supply fee paid to  
instructor on the first day of class.



As we continue to emerge from our pandemic lockdown, we are thinking differently about our future. What am I going to do about all my “stuff”? Who will help me? Am I protected? We feel overwhelmed by the enormity of getting older and end up doing nothing. “Getting Your Stuff Together” helps create order out of the chaos, helps you figure it all out, helps your chosen advocates, and alerts you to the issues around the complexity of dying. Take a small first step. Instructor: *Marcia VanWagner*.

## End of Life Options: Preparing for Death

Monday, February 27  
9:00 AM to Noon  
Multipurpose Room  
(OC)  
\$28



How do you imagine your death? How do you communicate your wishes? You will learn about options at the end of life, how to plan and how to communicate your plans. You will learn about your Advance Health Care Directive and if you need a POLST. You will learn about naming a personal representative, who will speak for you if you cannot, and what you want them to say. Instructor: *Marcia VanWagner*.

## Pop Up Classes

### 2nd Annual Fitness Festivities

Tuesday  
December 20  
4:00 to 5:15 PM  
Ballroom (OC)  
\$10



We'll jingle our way through a holiday workout, then mingle at the hot cocoa bar. Feel free to wear your reindeer ears or those candy cane leggings to add to the spirit of the season. Enjoy three different instructors as we start the class with a Zumba-

inspired warm-up, followed by cardio strength, and finish up with a Yoga stretch. Help us by signing up in advance so we can plan accordingly. Instructors: *TBA*.

## Nutrition

### Mindful Eating for Healthy Living - Why Plant-Based?

Tuesday  
January 17  
11:00 AM to Noon  
Multipurpose Room (OC)  
\$20 (one session)



Most adults can benefit from eating a plant-based diet. Research shows that moving to a more plant-based diet may prevent and treat chronic diseases such as Type 2 diabetes, high cholesterol, chronic inflammation and help with weight control. At its core, eating plant-based is simply eating more plants than animals. You can dive in 100% or start one meal at a time. It's up to you. Join us to discover how eating more plants can help improve your health, improve your mental clarity, and help create a lighter footprint on this earth. This class pairs well with “Mindful Cooking-Delicious Plants.” Instructor: *Sheri Mandell, HHC*.

### Healthy Cooking for Mindful Eating - Delicious Plants

Tuesday, January 24  
11:00 AM to Noon  
Multipurpose Room  
(OC)  
\$20 (one session) +  
\$10 supply fee paid to  
instructor on first day of class



Eating plant-based is all the rage today but emphasizing plants, nuts, beans, etc., can be difficult. Join us as we dive into some delicious plant-based meals. In class, we will make our own Hummus to use on the most delightful Sweet Potato and Veggie Roll ups and taste an amazing Chocolate Zucchini Bread. You will also take home the recipe for the NY Times Veggie Burgers and some of the best Tahini Noodles ever. This class pairs well with “Why Plant-Based?” Instructor: *Sheri Mandell, HHC*. Deadline to sign up: January 20.

**Healthy Cooking for Mindful Eating - Healthy Game Day Options**  
 Monday, January 30  
 11:00 AM to Noon Placer (KS)  
 \$20 + \$10 supply fee paid to the instructor at the start of class.



Are you ready to be the MVP of Super Bowl Sunday? Not only will your gathering be tasty, but it will also be healthy. Join us as we make in class petite Egglet Sandwiches and taste fudgy Black Bean Brownies. You will also be taking home recipes for Sour Patch Grapes and Sweet Chili Chicken Lettuce wraps. Instructor: *Sheri Mandell, HHC*. Deadline to sign up: January 27.

### Pilates Reformers and Towers

Please check the Resident Website for the most current schedule and information regarding the Pilates Reformer Program, including sign-up forms, or contact [Danielle.Merrill@sclhca.com](mailto:Danielle.Merrill@sclhca.com).

*Prerequisite: If you have not taken Reformer before, all Pilates Reformer classes require completion of the Introductory Reformer Session (purchase at Fitness Centers) or completion of session-based wellness class: Introduction to Movement on the Pilates Reformer – offered monthly. Refer to Mindful Movement section.*

Membership packages require an agreement for auto-pay upon enrollment. Members and drop-ins select their monthly classes via the online scheduling system MindBody by logging in to their account once Danielle creates it. Class schedules can be found online at [sclhresidents.com](http://sclhresidents.com) or at the Fitness Centers. Online class scheduling is from 7:00 AM to 10:00 PM every day. New month’s scheduling always opens on the 15 of the month at 7:00 AM.

Our Reformer packages are as follows:

**Four-class membership package \$72 per month, Add-on classes for member \$18 per class.**

**Eight-class membership package \$136 per month, Add-on classes for member \$17 per class.**

**Drop-in classes for non-member, \$20 per class.**

**Drop-in non-reformer member, \$20 per class.**

**Drop-in for guests accompanied with resident, \$25 per class.**

### Introductory Reformer Session L1

Continuous dates scheduled with Reformer Specialists Reformer Studio (OC)



\$40 (one session, one hour long)

This session is a prerequisite for Pilates Reformer classes. You will work 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 classes through MindBody after getting an account. Contact [Danielle.Merrill@sclhca.com](mailto:Danielle.Merrill@sclhca.com). You can purchase this introduction at the Fitness Centers. Contact Danielle Merrill to coordinate your introduction with an instructor.

### 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. Hidden muscular weaknesses or skeletal imbalances cause most injuries. Pilates works to balance the body to bring proper alignment and function. For more information regarding Private Reformer Training and scheduling with one of the reformer instructors, please contact Danielle Merrill.

One-on-One Training and Buddy Training: Prices same as Personal Training Rates.



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or online on the Resident Website

## 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 the Resident Website under WellFit/Personal Training/meet the trainers. Please respect a 24-hour cancellation policy.

### Training Services

- **One-on-One Training:** One client and one trainer. One hour session cost is \$59, half-hour session \$39.  
**New Packages:** One client and one trainer. One hour session. Package of 3, \$54 each. \$162 total.
- **Clinical Training:** One client and one trainer. One hour session cost is \$69, 3 session package is \$180 (\$60 each). Half-hour session \$45, 3 session package is \$120 (\$40 each).
- **Buddy Training:** Two clients and one trainer. It is more fun to work out with a friend. One hour session \$34 per person. Each billed for shared session.
- **Comprehensive Assessment:** Meet and greet trainer, medical history, talk about and establish goals, measurable strength, health, mobility, and balance scores. Includes ZIBRIO Stability Scale (one month while with trainer) and Posture Assessment. One hour session \$99.
- **Goal Assessment:** Meet and greet trainer, medical history, talk about and establish goals. Posture Assessment. Trainer assesses general ability level. Half-hour session \$39.

*All training is non-refundable and has a 1-year expiration date from time of purchase. 24-hour cancellation policy.*

## Small Group Training (SGT)

Small group training classes run for 55 to 60 minutes and are designed with specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting. *Maximum of eight students per class.*

### SGT— ParkinsonStrong Combo

Mondays  
January 2-23  
4:10 to 5:10 PM  
Aerobics Room (KS)  
\$68 (four sessions)

### OR

Thursdays, January 5-26  
3:05 to 4:05 PM, Aerobics Room (KS)  
\$68 (four sessions)

Interested in the Parkinson's Cycle class, but don't you think you could do an entire hour of cycling? Try this class to change it up. Valerie will combine content from Parkinson's Indoor Cycling and Parkinson-Strong classes to create a class that helps improve the quality of life through meaningful exercise. Instructor: *Valerie Cota*.

### SGT — Fitness Variety L1/2

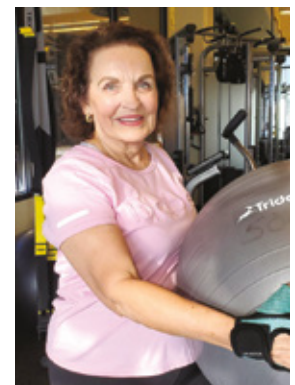
Mondays & Wednesdays, January 2-25  
11:50 AM to 12:50 PM, Aerobics Room (KS)  
(instructor may alternate locations between KS-OC)  
\$136 (eight sessions)

Starting a new fitness experience may seem a little overwhelming. That's why this Fitness Variety class is a perfect place to start. Come try a great class that incorporates new tools, techniques, and exercises. By the end of these sessions, you will have learned new ways to enhance your workout routine, including the appropriate settings and weights. Instructor: *Gina Turner*.

### SGT—Progressive Bootcamp L2/3

Mondays & Wednesdays  
January 2-25  
3:05 to 4:05 PM  
Aerobics Room (KS)  
\$136 (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. \*This class is eligible for the SGT drop-in if space is available. Instructor: *John Ramos*.

**SGT—Rock Steady Boxing**

Tuesdays, January 3-24  
2:00 to 3:00 PM  
Aerobics Room (KS)

\$68 (four sessions)  
Instructor: *Craig Wasley*  
**OR**

Thursdays, January 5-26  
2:00 to 3:00 PM  
Aerobics Room (KS)  
\$68 (four sessions)

Instructor: *Gina Turner*

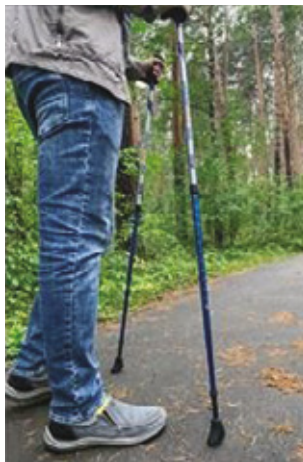


This is a non-contact fitness program designed specifically for people with Parkinson's. Boxers' condition to defend against and overcome opponents. At RSB, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to empower people with PD to fight back. All levels are welcome. *Gloves and wraps are sold at Fitness Centers.*

**SGT—Urban Poling (Nordic Walking-Indoor)**

Tuesdays and Thursdays  
January 3-26  
12:55 to 1:55 PM  
Aerobics Room and Track (OC)  
\$136 (eight sessions)

This fitness class is designed to challenge the body in varied and unique ways. Formatted to enhance the workout for those walking for fitness and who are not significantly balance-challenged. Walking 30 minutes at least three times a week gives you full-body aerobic exercise by simply adding poles to your walking routine. Walking poles are available for purchase at Wellfit (OC). Participants must bring their own Activator® Poles. Instructor: *Gina Turner*.



**SGT—"Fun"ctional Fitness L3**

Tuesdays & Thursdays  
January 3-26  
11:50 AM to 12:50 PM  
Aerobics Room (KS)  
\$136 (eight sessions)

Incorporate strength training and high-intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on "FUN"ctional Fitness using a variety of equipment, including TRX suspension training. You will challenge and strengthen the core, promote balance, flexibility, and 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 is encouraged. \*This class is eligible for the SGT drop-in if space is available. Instructor: *Deanne Griffin*.



**SGT—TRX Circuit L2**

Tuesdays & Thursdays  
January 3-26  
12:55 to 1:55 PM Aerobics Room (KS)  
\$136 (eight sessions)

Instructors: *Craig Wasley/MaryAnn DePietro*  
**OR**

Wednesdays, January 4-25  
4:10 to 5:10 PM, Aerobics Room (KS)  
\$68 (four sessions)  
Instructor: *John Ramos*

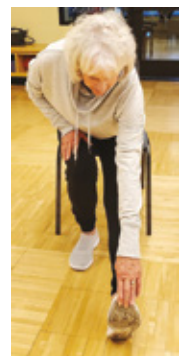
TRX Circuit is a great way to shed a few of those quarantine pounds while gaining strength, flexibility, balance, and a stronger core. TRX suspension training straps make gravity your resistance, so adjusting the level of difficulty is as easy as moving your hands or feet, and progression is limitless. \*This class is eligible for the SGT drop-in if space is available.



**SGT—Posture, Core, and Balance L1/2**

Mondays & Wednesdays  
January 4-30  
12:55 to 1:55 PM  
Aerobics Room (KS)  
\$136 (eight sessions)

Instructor: *Renae Schmidt*  
**OR**





Tuesdays & Thursdays, January 3-26  
10:45 to 11:45 AM, Aerobics Room (KS)  
\$136 (eight sessions)

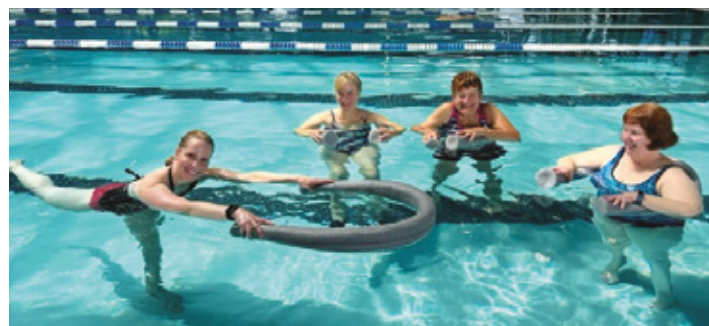
Instructors: *Craig Wasley & MaryAnn DePietro*

Balance your body with exercises for proper postural alignment and a strong core. This class is formatted to accommodate a wide range of fitness levels and also includes the right stretches to allow for improved posture, which can take the pressure off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility.

### SGT—Balance & Fall Prevention L1

Mondays & Wednesdays  
January 4-30  
2:00 to 3:00 PM  
Aerobics Room (KS)  
\$136 (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: *Rena Schmidt*.



SGT—Therapeutic Water Exercise L1/2  
Wednesdays, January 4-25  
10:45 to 11:45 AM and also 11:50 AM to 12:50 PM  
Indoor Pool (OC)  
\$68 (four sessions)  
Instructor: *Nina Baldi*

### OR

Fridays, January 6-27  
10:45 to 11:45 AM  
Indoor Pool (OC)  
\$68 (four sessions)  
Instructor: *Lisa Fisher*

Therapeutic-style exercise program in the pool. The warm water helps 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.

### SGT—Urban Poling (Balance and Fall Prevention)

Fridays, January 6-27  
11:50 AM to 12:50 PM  
Aerobics Room (KS)  
\$68 (four sessions)

Learn simple exercises that help improve balance, core strength, and reflexes to prevent falls. Walking 30 minutes at least three times a week gives you full-body aerobic exercise by adding poles to your walking routine. You will be able to incorporate 90% of all body muscles in one exercise; burn up to 46% more calories than exercise walking without poles; help to reduce the impact on hips, knees, and feet by an average of 25%. Walking poles are available for purchase at Wellfit (KS). Class is indoors and outdoors, weather permitting. Instructor: *Rex Owens*.

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## Punch Pass & Fast Pass Classes

Punch Pass and Fast Pass classes are drop-in, group exercise classes on a first-come, first-served basis in our KS and OC Aerobics Rooms as well as the OC pool. You may arrive and sign in up to one hour before the start time of the class. Punch Pass Classes are \$5.50 each and 55 minutes. Fast Pass Classes are \$3.50 and can only be used in our 30-minute classes. Punch Passes and Fast Passes are not interchangeable. Purchase these passes through online enrollment on the Resident Website or 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 the Resident Website under WellFit. Guests must pay \$7 per Punch Pass and \$4.50 per Fast Pass and check in no more than 10 minutes before the start of the class. Classes are subject to availability.

**\*All passes and sessions are non-refundable.**

**\*Punch Passes & Fast Passes expire one year after the purchase date.**

**NOTE:** Punch Passes purchased before December 1, 2019, will never expire.

**Premium Punch Pass Deal.** Buy a package of 50 Punch Passes and receive a 10% discount. Normally \$275, with the discount only pay \$247.50. Purchase at the Fitness Center front desks or online enrollment at the Resident Website. *Reminder, these passes expire after one year.*

**\* For all class schedules, please refer to the WellFit section of [sclhresidents.com/WellFit/Punch Pass Classes](http://sclhresidents.com/WellFit/Punch Pass Classes) or scan QR code below with your smartphone camera.**



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OC WellFit Class Schedule December/January 2022


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
8:35	Zumba Toning L2 <i>Joanie</i>	Step L2/L3 <i>Kim</i>	Core-N-Strength L2/L3 <i>Shirley</i>	Step L2/L3 <i>Kim</i>	<b>New!</b> Starts Dec 9th Strength & Athletic Stretch L2 - <i>Helena</i>		
9:40	20/20/20 L2/L3 <i>Gretchen</i>	Core-N-Strength L2/3 <i>Kim</i>	Strictly Strength L2/3 <i>Katie</i>	Core-N-Strength L2/3 <i>Kim</i>	Yoga Basics & Flow L2 <i>Amy</i>		
10:45	Roll, Relieve, Restore L1/L2 - <i>Gretchen</i>	Yoga Flow L2 <i>Amy</i>	Slow Flow Yoga L2/3 <i>Katie</i>	Restore, Balance & Flow Yoga L1/L2 <i>Jennifer</i>	Roll, Relieve, Restore L1/L2 - <i>Gretchen</i>		10:20 - 11:15am Low Impact Cardio Aerobics & Stretch L1- L3 - <i>Shirley</i>
11:50	Zumba Gold Seated L1 <i>Joanie</i>	Sit & Be Fit L1 <i>Joanie</i>	Staying Active with Arthritis L1 - <i>Joanie</i>	Sit & Be Fit L1 <i>Lisa</i>	Staying Active with Arthritis L1 - <i>Joanie</i>		
12:55	<b>New!</b> Stretch 101 L1/L2 <i>Lisa</i>	SGT - Urban Poling (Nordic Pole Walking) L1 - TBD	TBA	SGT - Urban Poling (Nordic Pole Walking) L1 - TBD			SCLH Booking 1:00 to 3:00 PM
2:00	2:00 - 2:30pm January Why Your Breath Matters <i>Nina</i>	Tai Chi / Qigong L1 <i>Anney</i>	TBA	Tai Chi / Qigong L2 <i>Anney</i>	Tai Chi / Qigong L1 <i>Anney</i>		
3:05	Chair Yoga L1 <i>Amy</i>	Healthy Living Exercise L1 - <i>John</i>		Healthy Living Exercise L1 - <i>John</i>	Tai Chi / Qigong L3 <i>Anney</i>		
4:10	Why Meditate? <i>Sheri</i>		1st Wednesday each month Starts in December Mind, Body, Balance - <i>Sheri</i>	4:30 - 5:30pm Mindfulness & Meditation - <i>Jennifer</i>			
5:30	5:30pm Yin Yoga L1-L3 <i>Nina</i>					SCLH Boooking 4:10 to 7:00 pm	
	Punch Pass - Group Exercise Classes \$5 minute \$5.50		Wellness Classes session based, sign-up ahead each month				
	Fast Pass - 30 min Group Exercise Class \$3.50		SGT - Small Group Training (55-60 minutes) session based, sign-up ahead				
	L1 - beginner L2 - intermediate L3 - advanced * More information about class descriptions in WellFit section of website: sclhresidents.com						
<p><b>SCAN QR CODE TO DOWNLOAD SCHEDULE ONTO YOUR PHONE</b></p> 							
<p><b>CLASS CANCELLATIONS:</b> For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time. Thank you for understanding.</p>							

KS WellFit Class Schedule December/January 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	All Cycle L1-L3 <i>Helena</i>	<b>New!</b> 8 - 8:30am - Starts Jan 3 30-Minute Cycle L1 <i>Helena</i>	All Cycle L1-L3 <i>Erin</i>			All Cycle L1-L3 <i>Helena</i>	
8:35	Cardio Strength L2/L3 <i>Helena</i>	Strength & Athletic Stretch L2 - <i>Helena</i>	Yoga Flow L1/L2 <i>Erin</i>	Zumba & Toning L2 <i>Ruby</i>	Low Impact Cardio Aerobics & Stretch L2 <i>Beth</i>	Cardio Strength L2/L3 <i>Helena</i>	
9:40	Strength Barre Fusion L2/L3 - <i>Katie</i>	Zumba Gold L2 <i>Joanie</i>	Pilates L1/L2 <i>Erin</i>	Piloga & Props L1 <i>Cynthia</i>	Strength & Athletic Stretch L2 - <i>Beth</i>	Yin Yoga L1-3 <i>Helena</i>	
10:45	Yin Yoga L1-L3 <i>Katie</i>	SGT - Posture, Core & Balance L1/L2 - <i>Craig</i>	Zumba Gold L1/L2 <i>Joanie</i>	SGT - Posture, Core & Balance L1/L2 - <i>MaryAnn</i>	<b>New!</b> Restorative Yoga L1-3 (all levels) - <i>Nina</i>		
11:50	TRX Variety - <i>Gina</i>	SGT - 'Functional Fit L3 - <i>Deanne</i>	TRX Variety - <i>Gina</i>	SGT - 'Functional Fit L3 - <i>Deanne</i>	Urban Poling (Balance & Fall Prevention) - <i>Rex</i>	Traditional Shotokan Karate L1/2 - <i>Al</i>	
12:55	SGT - Posture, Core & Balance L1/L2 - <i>Renee</i>	SGT - TRX Circuit L2 - <i>Craig</i>	SGT - Posture, Core & Balance L1/L2 - <i>Renee</i>	SGT - TRX Circuit L2 - <i>MaryAnn</i>	Wai Dan Gong L1 <i>Joan</i>		SCLH Booking 12:00 to 2:00 PM
2:00	SGT - Balance and Fall Prevention - <i>Renee</i>	SGT - Rock Steady Boxing - <i>Craig</i>	SGT - Balance and Fall Prevention - <i>Renee</i>	SGT - Rock Steady Boxing - <i>Craig</i>	SGT - TBA		
3:05	SGT - Progressive Bootcamp L2/L3 - <i>John</i>	<b>3:10pm</b> Tai Chi / Qigong L3 - <i>Anney</i>	SGT - Progressive Bootcamp L2/L3 - <i>John</i>	SGT - ParkinsonStrong Combo L1 - <i>Valerie</i>			Shuffleboard 2:00 to 5:00 PM
4:10	SGT - ParkinsonStrong Combo L1 - <i>Valerie</i>		TRX Circuit - <i>John</i>				
4:45		Karate 4:45 to 6:00 PM					
6:00		Water Volleyball 6:00 to 6:30 PM			SCLH Booking 6:00 to 8:00 PM		
	Punch Pass - Group Exercise Classes 55 minute \$5.50		Wellness Classes session based, sign-up ahead each month				
	Fast Pass - 30 min Group Exercise Class \$3.50		SGT - Small Group Training (55-60 minutes) session based, sign-up ahead				
	L1 - beginner L2 - intermediate L3 - advanced *More information about class descriptions in WellFit section of website: schresidents.com						
<p>CLASS CANCELLATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time. Thank you for understanding.</p>							
SCAN QR CODE TO DOWNLOAD SCHEDULE ONTO YOUR PHONE							




OC Aqua WellFit Water Walking/Volleyball/Class Schedule December/January 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	Water Walking drop-in OC	OC	Water Walking drop-in	Water Walking drop-in	Water Walking drop-in	OC	OC
7:30	Aqua Surge L2/L3 sub	Water Walking drop-in	Aqua Surge L2/L3 Jennifer/sub	Water Walking drop-in	Aqua Surge L2/L3 sub		
8:35	Power Waves L3 Jennifer	8:45am Aqua Intervals L2/L3 sub	Power Waves L3 Jennifer/sub	8:45am Aqua Intervals L2/L3 Lisa	Power Waves L3 sub		
9:40	Splash L2 Joanle	9:50am Aqua Intervals L2/L3 + Deep Water - Helena	Fluid Moves/Splash L1/L2 - Nina	9:50am Aqua Intervals L2/L3 + Deep Water - Lisa	Splash L2 Lisa	Water Walking drop-in	Water Walking drop-in
10:45	Fluid Moves L1 Lisa	Water Walking drop-in	SGT - Therapeutic Water Exercise - Nina Shared with Water Walking Drop-in	Water Walking drop-in	SGT - Therapeutic Water Exercise - Lisa Shared with Water Walking Drop-in		
11:50	Water Walking drop-in	Water Walking drop-in	SGT - Therapeutic Water Exercise - Nina Shared with Water Walking Drop-in	Water Walking drop-in	Water Walking drop-in		
2:00	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm	Kids Swim 2-4pm
4:00	Power Waves L2/L3 Danielle	Water Walking drop-in until 8:30pm	Aqua Pilates L2 Andee	Water Walking drop-in	Water Walking drop-in until 8:30pm	Water Walking drop-in until 8pm	Water Walking drop-in until 8pm
8:30	Water Volleyball 5:45 to 8:15pm	Water Walking drop-in until 8:30pm	Water Walking drop-in 6:00 to 8:30pm	Water Volleyball 5:20 to 8:15pm			
Group Exercise Classes - 55 minutes (punch pass) \$5.50		Small Group Training - SGT - 60 minutes (session based, sign up ahead)					
L1 - beginner L2 - intermediate L3 - advanced *More information about class descriptions in WellFit section of website: schresidents.com							
CLASS CANCELLATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time. Thank you for understanding.		SCAN QR CODE TO DOWNLOAD SCHEDULE ONTO YOUR PHONE					

Water Volleyball schedule for the Kilaiga Springs pool available on WellFit's online reservation page.

Pilates Reformer WellFit Class Schedule December/January 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1-L2 <i>Gretchen</i>	Reformer Therapeutic Stretch L1-L2 - Nina		Reformer L1-L2 <i>Cynthia</i>			
8:30	Reformer + Mixed Equipment L1-L2 <i>Gretchen</i>	Reformer Therapeutic Stretch L1-L2 - Nina	Reformer Basics + L1-L2 - Cynthia	Reformer Therapeutic Stretch L1-L2 - Nina	Reformer Basics + L1-L2 - Valerie		
9:30		Reformer Basics + L1-L2 - Cynthia	Reformer Basics + L1-L2 - Cynthia	Reformer Basics + L1-L2 - Andee	Reformer + Mixed Equipment L1-L2 <i>Valerie</i>	Reformer Basics L1 <i>Sandra</i>	
10:30	Restorative Reformer L1 <i>Nina</i>	Reformer Basics + L1-L2 - Cynthia	Cardio Jump & Core L2 - Gretchen	Reformer Basics + L1-L2 - Andee	Reformer Basics + L1-L2 - Valerie		
11:30	Therapeutic Reformer L1 <i>Nina</i>	Reformer L1-L2 <i>Andee</i>	Cardio Jump & Core L2 - Gretchen	Reformer L1-L2 <i>Cynthia</i>			
12:30					11:45 Cardio Jump & Core L2 - Gretchen		
2:00					12:45 Cardio Jump & Core L2 - Gretchen		
4:15	4:15pm Reformer Basics L1 <i>Andee</i>	4pm Introduction to Movement on the Pilates Reformer <i>Andee</i>		4:15pm Reformer L1-L2 <i>Valerie</i>			
All classes are subject to last minute cancellation for insufficient registration or instructor illness. All classes are 55 minutes unless otherwise noted and are subject to change without notice.							
Basic-Beginner L1 -Intermediate L2-Advanced *Class descriptions on MindBody when signing up class Wellness Classes - session-based classes, please purchase ahead at Fitness Front Desk or online enrollment: sclhresidents.com							
						SCAN QR CODE TO DOWNLOAD SCHEDULE ONTO YOUR PHONE	
							



Orchard Creek Lodge ..... 965 Orchard Creek Lane  
Main Phone: 916-625-4000  
Kilaga Springs Lodge ..... 1167 Sun City Boulevard  
Main Phone: 916-408-4013  
Resident Website ..... SCLHResidents.com  
Public Website ..... SunCity-LincolnHills.org  
Help Desk ..... Help.Desk@sclhca.com

**HOURS** SUBJECT TO CHANGE

<b>Orchard Creek Lodge &amp; Kilaga Springs Lodge</b> MON–SAT: 8:00 AM–9:00 PM SUNDAY: 8:00 AM–5:00 PM	<b>The Spa at Kilaga Springs</b> MON–FRI: 9:00 AM–6:00 PM SATURDAY: 9:00 AM–5:00 PM
<b>Membership Desk</b> MON–FRI: 9:00 AM–5:00 PM	<b>Meridians Restaurant</b> Meridians / Sports Bar DAILY: 7:00 AM–8:00 PM
<b>Lifestyle Desks (OC/KS)</b> MON–SAT: 8:00 AM–8:00 PM SUNDAY: 8:00–4:00 PM	Curbside Pickup: DAILY: 11:00 AM–7:00 PM
<b>WellFit (OC/KS)</b> MON–FRI: 5:30 AM–8:30 PM SAT–SUN (OC): 7:00 AM–8:00 PM SAT–SUN (KS): 5:30 AM–6:00 PM	SCLH Delivery: DAILY: 4:00 PM–7:00 PM
	<b>Kilaga Cafe</b> MON–SAT: 8:00 AM–3:00 PM

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Reservations & Info: 916-625-4040..... To-Go: 916-625-4044  
**Kilaga Cafe**  
To-Go Orders & Info: 916-408-1682  
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**THE SPA AT KILAGA SPRINGS**

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Appointments & Info: 916-408-4290  
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**Landscape Supervisor**  
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Curator Security .....916-771-7185  
LH Golf Club .....916-543-9200 .... lincolnhillsgolfclub.com  
Lincoln Police & Fire .....916-645-4040  
Neighborhood Watch ..... SCLHWatch.org  
Linda Minor: 707-235-0778  
Neighbors InDeed .....916-223-2763 ..... neighborsindeed.org  
Lincoln Hills Foundation...916-434-0749 . lincolnhillsfoundation.org  
Lodge Library Contact..... Sarah Kevin: 408-858-0880

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**COMPASS** — A monthly magazine established August 1999

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**Layout/Design and Printing:** Fruitridge Printing

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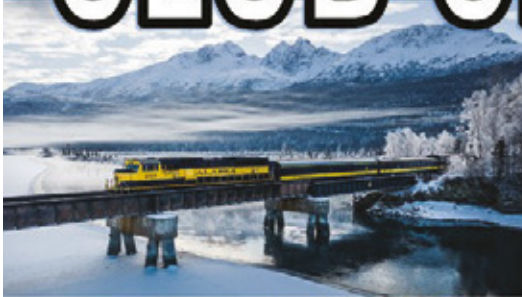
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