

JANUARY 2022

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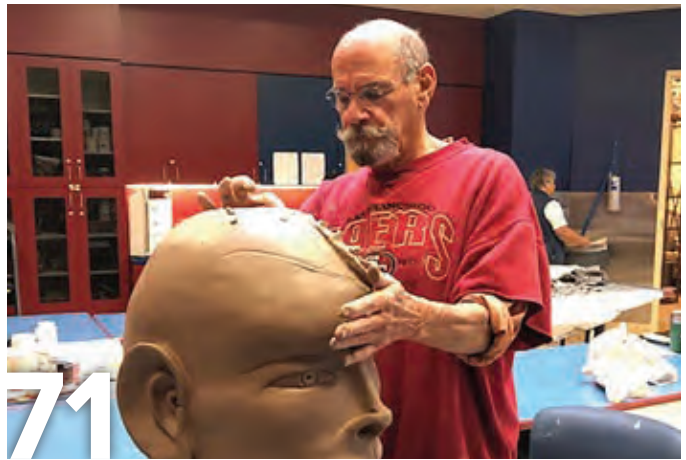
ELK GROVE

(COMING SOON!)

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On the Cover
New Beginnings –
Photo by Richard Bostdorff

Calendar of Events

January 19 - February 22

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

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Upcoming Association Meetings: January 15 – February 28	
Finance Committee	Thursday, January 20, 9:00 AM
ARC/Architectural Review Committee	Monday, January 24, 9:00 AM
Board of Directors	Thursday, January 27, 9:00 AM
Board of Directors Executive Session	Thursday, January 27, 11:30 AM
CCOC/Clubs & Community Organizations Committee	Tuesday, February 1, 9:30 AM
Compliance Committee	Wednesday, February 2, 9:00 AM
Accessibility Committee	Wednesday, February 2, 9:00 AM
Properties Committee	Thursday, February 3, 9:00 AM
Elections Committee	Friday, February 4, 9:30 AM
CCRC/Communication & Community Relations Committee	Tuesday, February 8, 10:00 AM
Board of Directors Workshop	Thursday, February 10, 10:00 AM
ARC/Architectural Review Committee	Monday, February 14, 9:00 AM
Finance Committee	Thursday, February 17, 9:00 AM
Board of Directors	Thursday, February 24, 9:00 AM
Board of Directors Executive Session	Thursday, February 24, 11:30 AM
ARC/Architectural Review Committee	Monday, February 28, 9:00 AM

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

VOLUNTEER OPPORTUNITIES

Committee Openings

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

- Architectural Review Committee
- 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>Library>Forms>Resident Forms).



Board of Directors' Report Happy New Year!

Laura Thiele, President

The year 2021 was a challenging year for the Association. This was the first full year living through a pandemic. The major task of the Association was to return to full operations, which required hiring in a very difficult labor market. As of the writing of this article, a new normal has emerged even as the pandemic continues.

The key position the Board looks to is the position of Executive Director. We started the year with Bob Richardson as the Executive Director. His contributions were many, including the hiring of our new Food and Beverage Director, Jim Trondsen. Jim continues to make strides in food quality, service, and financial results. We are noticing the community returning to our restaurant and bars. Unfortunately, after only year, Bob needed to leave the Association for personal reasons. We hired John Bowman as Interim Executive Director to allow the Board time to search for a new Executive Director. For 90 days, John led the Association while the Board conducted a national search. To our surprise, our national search led us to Kyle Bodyfelt, a resident of Roseville. We are grateful for the leadership of all three individuals, and the entire Board looks forward to many years with Kyle as our Executive Director.

Sadly, Joe Cortez resigned from the Board this past December to address health issues. We wish him well and thank him for his contributions.

I am happy to report that as we start 2022, the dues remain the same as 2021 at \$133 per month. This may seem counterintuitive, knowing that we have inflation. The reason for the dues remaining the same is

that we had a carryover from 2020 of \$6.21 per month per house. This is the money that we would have used to pay for operations in 2020 had our facilities remained open. However, with the shutdown from the pandemic, this money was not spent and has been applied to the 2022 dues calculation.

As we start this New Year, we are doing so with a rise in coyote, fox, and mountain lion sightings, probably due to new construction all around us and the ongoing drought. Please stay safe and pay particular attention to small pets. If you have not signed-up for the Association eNews and Neighborhood Watch alerts, please consider doing so. To sign-up for

eNews, log into the Resident Website and look to the top right corner of the screen for "Sign up for eNews," For the SCLH Neighborhood Watch alerts, there is an 'Add Me to Alerts' box on their website (SCLHWatch.org). If you have questions or issues, please see the back portion of the *Compass* for contact information.



*Top Left to Right - Robert Copp, Jack Harris, Laura Thiele and Craig Fraser.
Bottom - Tom Dunipace, Diana Peters and Joe Cortez.*

When you are ready, please join the re-opening of our amazing community. If you have not attended a New Resident Orientation, please watch your eNews for the dates and times. Consider looking through the club news section of the *Compass* to see what clubs might be of interest. The articles will tell you how to participate. WellFit offers free orientations on how to use gym equipment safely and provides information on all the department's offerings. Our terrific Lifestyle Department offers an array of entertainment events, lifestyle classes, and trips. Our Spa, restaurant, café, and bars are open.

We are back!



A Note from the Executive Director

Kyle Bodyfelt, Executive Director

Happy New Year Lincoln Hills residents! I am thrilled to be introducing myself as your new Executive Director and look forward to the mutual 'new beginnings' that we will share together in the coming months. Besides myself, we have some other relatively new team members that look forward to collaborating with the tremendous service our more veteran staff is providing to the Community.

The extremely warm welcome I have received from residents and staff in my first few days has been very gratifying. It certainly helps when others are rooting for your success. I know that between the wisdom of our amazing staff, the Board, Committees, and residents, we have a solid foundation for continued growth and improvement.

I arrive at Lincoln Hills with significant experience in customer service, beginning with attending to the most important aspect of a person's life, their health. My background in listening to individuals suffering from pain and injury created a solid back-drop for all facets of serving others. Through my time spent in the clinical, collegiate athletic training and academic settings, coaching, fitness club management, and most recently HOA/hospitality management, I believe in an empathetic approach to leading teams and serving members and solving problems.

Customer service and hospitality make it imperative to live by a philosophy of first, 'seeking to understand before seeking to be understood.' While the first 15 years of my professional career were in the healthcare and fitness industry, the past 16 plus years have been focused on community association management. I have been lucky enough to be mentored by excellent community management professionals and Boards of Directors who have vast backgrounds and experiences.



My community management career started with serving members in the use of clubhouse and recreational amenities along with governing document compliance. This experience and 'on the job' education has grown into assisting with strategic planning, budgeting, hospitality services, and anticipating the needs of a growing community. I have also been responsible for event management, food and beverage operations, facility management and maintenance,

landscape maintenance and improvements, capital improvement project management, and open space and park maintenance. Additionally, my experience in architectural review is expansive, reviewing plans from simple landscape installations to the construction plans for custom homes.

I believe my most important characteristic is an ability to work with diverse personalities and develop positive working relationships with owners, committee members, vendors, staff, and Board members. In summary, a combination of education, experience, and passion for developing relationships creates a formula that I hope adds to the continued success of this established community.

It is very important to point out the incredible foundation that Interim Executive Director, John Bowman has created for my commencement as your Executive Director. John's dedication in his brief time serving the Association will be integral to my role in continuing to drive Board and community priorities. I look forward to picking up where John left off with the detailed project status and insight he has been able to provide to me during the transition.

I am also excited to work with the established team, some long-time veterans, and other relatively new team members who are dedicated to serving the needs of this outstanding community.



Finance Committee A Challenging Month

Fred Raach, Chair

In November, the Association's net revenue decreased by \$271,000 to \$214,000 for the year. However, this net revenue amount is still \$278,000 better than budget, with non-dues revenue \$322,000 higher than budgeted and year-to-date expenses \$44,000 over budget.

November expenses were \$287,000 higher than budgeted. The primary over budget amounts were Administrative Expenses (\$214,000), Landscape Maintenance (\$37,000), and (MSR) Maintenance, Supplies and Repairs (\$38,000). A major portion of the Administrative overage (\$140,000) came from a provision for government fines for employee benefit qualification under the Affordable Care Act from 2018 through 2021. Many companies struggle with this issue, but staff believes that system improvements and closer monitoring will minimize this problem in the future.

The Landscape overage reflects additional work to complete projects that had been delayed. The cost of contracted custodial services is the largest part of the MSR overage.

The chart shows year-to-date expenses better (green) or worse (red) than budget by type of expense. Personnel Costs continue to have the largest favorable variance. About one-third of the savings are in salary and wages; the rest of the savings come from payroll taxes, benefit costs, and workers' compensation premiums.

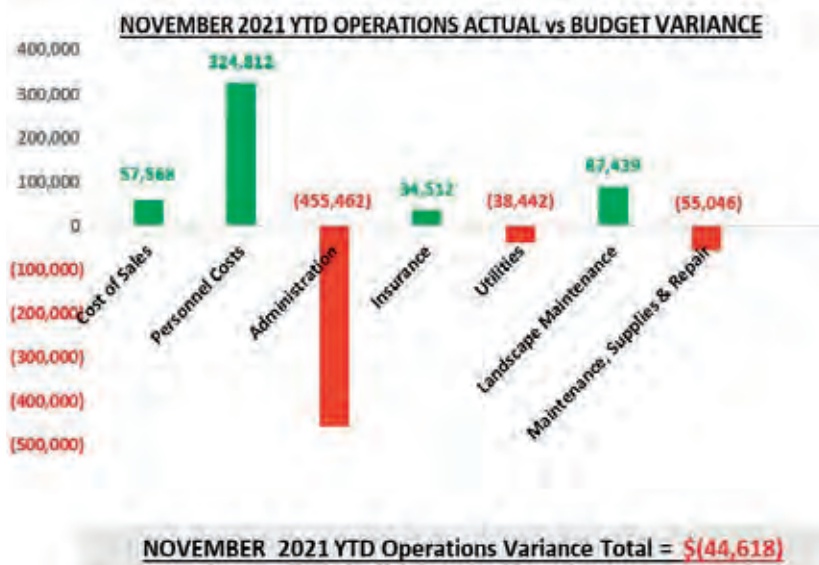
Landscape Maintenance savings are primarily from the delay of additional projects planned for this year. Year-to-date Administrative expenses include significant over-budget amounts in audit fees, legal and human resource fees, and other professional fees, as well as the fines in November. The increased cost of water obtained from the golf course continues as the major cause of the overage in Utilities.

Three of the seven departments (Communications and IT, Lifestyle and WellFit) were better than budget in November. Administration, where most administrative expenses are charged, was \$218,000 over budget. The Spa and Food and Beverage missed their budget targets by \$10,000 and \$38,000, respectively. Facilities was \$37,000 over budget as delayed projects were completed.

November Reserve Expenditures were \$170,000 negative as a result of the transfer of \$183,000 from the CEF and no significant expenditures, lowering the year-to-date amount to \$1,372,000.

There were no expenditures from the Community Enhancement Fund in November except for the transfer of the \$183,000 to reserves authorized last month to correct the misallocation of Sports Plaza expenses.

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





Architectural Review Committee Upgrades

Richard Bostdorff, Co-Chair

Welcome to a new year, and I hope the Holiday Season was filled with family and good friends. Now it is time to look forward to spring and hopefully a less challenging year than last year. It is also time to begin thinking about and planning any changes or upgrades you would like to do to your home and yard.

There have been a couple of changes to the ARC processes. In order to more smoothly process ARC applications, we have moved the deadline for applications to be submitted to 2:00 PM the Monday before an ARC meeting. You can find the meeting dates and locations in the ARC section on the Resident Website.

We have also returned to open meetings, so you and/or your contractor can attend and answer any questions we might have on an application. This is helpful for both you and the committee by answering questions in person instead of sending an application back as incomplete, thus delaying your progress. Please do observe any mask requirements in effect. When you attend an open meeting, please sign in, and we will call you to join us when your application comes up for review.

If you are planning to paint your home, it would facilitate your application if you take a look at the currently approved color palettes and select one that matches. Even if you have a record of the current

paint scheme, this is preferable.

The committee has been working on revisions to the Design Guidelines; an earlier draft has been posted on the Resident Website. We have received several helpful comments; we expect to incorporate those and finalize the revised Design Guidelines in the next few weeks. Most of the changes are either a clarification of the Guidelines or upgrades that are a result of feedback from residents.



Jessie Krost, Community Standards Coordinator

As in the past, if you have any questions, please reach out to Jessie Krost, Community Standards Coordinator, for assistance in your application or answers to your questions. Jessie can be reached at 916-625-4008 or Jessie.Krost@sclhca.com. The Committee would like to take this opportunity to thank Jessie for her dedication and professionalism. We have received many outstanding comments from resident regarding how helpful and kind she has been to them.

We do have some potential openings on the committee. You will learn a great deal about your community and meet some outstanding residents and fellow committee members. Please apply if you are interested, or inquire about the positions if you would like to know more. I have certainly learned a lot as a part of the committee, as well as meeting and assisting many residents.



Compliance Committee

Moving Forward

David Mateer, Chair

It is hard to believe we are starting a new year already. During the past five months, we have been doing some rebuilding in our operations. We have welcomed a new member to our committee. There is also one open position for a community member to join the committee and serve our fantastic community. Just send us an email to Compliance.Committee@sclhca.com, and we can provide more information on our activities and how to apply.

We also welcomed a new Community Standards Manager in November. Hopefully, by the time the January *Compass* is published, the second Community Standards Coordinator position will be filled. This will bring the department to be fully staffed again. There will be some time needed to familiarize everyone with how Community Standards and the Compliance Committee provides our services to the community. We are fortunate to have staff that are focused on assisting our members and community as a whole. The process and systems used by the Association have been invaluable to ensure we can provide the needed services.

The Compliance Committee has undertaken a review of the templates used for the letters used for compliance matters. The current revisions are on the Resident Website in the Library. As noted in last month's article, we have been seeking and reviewing feedback from the community on this. As a result, we have identified some areas of improvement. Before the end of January, the suggested changes will be finalized and provided to Community Standards. Staff will then review and adopt revisions as appropriate to improve communications with our owners.

This process has also provided an opportunity to take a look at the communications, process, and timing used by other associations. The process and timing vary from association to association based on their governing documents and state regulations. Our process and timing provide ample opportunity and time to resolve items when they come up. Most associations have an overall process similar to ours. However, several provide for shorter correction times and quicker hearings than our community. Although we will be evaluating our timelines for letters, we do

not think it is appropriate to shorten the times from what we utilize today.

During January, I would normally provide an outline of the activities for the Community Review Program for the year. The process has worked very well to ensure our community continues to look great. Due to staffing changes, the program has been paused until the Association staff are up-to-speed and able to provide the necessary service and support for this program. Hopefully, this is taken care of soon, and we can resume this important program. Typically, the first cycle would start in February and be for "house" items which typically means paint maintenance. The second cycle would begin in April and be for landscape items. The most common landscape issue needing attention is exposed dirt or irrigation lines indicating that it is time to have the bark refresh. Just as the Association has a maintenance schedule for the Association property, similar painting and landscape maintenance is required periodically for our homes.

Even though some workload slows during this time of year, you can see, we have been very busy improving our service and providing the important support the community needs moving forward.





Properties Committee

55 Plus and Proud

Lynne White, Committee Member

Delbert Eugene Webb, born in 1899 in Fresno, California, was a pioneer in active adult communities for retirees. In 1960, Del Webb founded and developed his first Sun City in Arizona, with the idea that “retirees should be able to live in a self-sustaining community with access to every amenity and necessity they could want or need.” Lincoln Hills is proud to be a member of the leading builder of active adult communities. Our resort-style amenities and scenery overlooking rolling hills, wetlands, creeks, and open space is a perfect environment for our lovely community.

There is something refreshing about beginning a new year. It is a time to refocus our goals for the upcoming year. Did you ever wonder if we have buses in Lincoln Hills? The answer is, “we have never had buses in Lincoln Hills.” Therefore, The Placer County Transit and the City of Lincoln have given approval to remove the bus stops. The benches will stay in place. Did you ever wonder if the long-awaited sewing room expansion would come to fruition? The answer is “yes, it will!” The permits are complete, the contractor ready, and the materials are scheduled to arrive soon. Groundbreaking should be within the next few months.

Do we check the lighting around our common areas? The answer is “yes!” Three Properties Committee members and our Facilities Manager surveyed the lighting after sundown at Orchard Creek Lodge and Kilaga Springs Lodge. They were able to spot some areas that were not well lit, lens covers that required cleaning, and streetlights in need of replacement. Their recommendation also included

upgrading outdated lighting with LEDs and additional lighting for walkways.

How about our swimmers at Orchard Creek? Is there an easier way to get to the pool from the fitness center? We found the answer! Our committee has approved a proposal to convert the double winging doors to the outdoor pool to an automated door system.

Did you know that a new project management firm has been selected to assist with some projects? They will manage the Sports Plaza parking lot expansion and replace skylights at Orchard Creek Lodge. As time goes on, they will assist the Facilities Department in scheduling projects and staying

within the budget. For our tennis and pickleball players, we approved the Sport’s Plaza multi-use court modifications so you will have additional space for training. The basketball hoop is staying in place, and we are considering relocating volleyball. This is still a shortlist, with more to come in the new year.

We realize there

is incredible value in being of service to others; therefore, if you would like to volunteer, we are looking for two more people to join our team. As the year begins, we want to keep Del Webb’s vision flourishing. We are always thinking about the next project to make sure our residents, guests, and employees have exceptional services. We offer the gift of our time towards the appearance, maintenance, and care of all the physical properties. If you find something about the above information you want clarified, do not hesitate to email Properties.Committee@sclhca.com. For additional information, go to our Resident Website. You can view our prior committee meeting minutes, inspection reports, and videos.





Accessibility Committee Making Inroads

Judie Panneton, Chair

If there were two words to help describe the mission of the Accessibility Committee, they would be “research” and “recommendations.” The committee is tasked with finding information that may be of benefit to our residents as they age in place, improve the quality of life and allow as many as possible to benefit from the Association events and activities. It also works to determine if that information leads to any recommendations to the Board of Directors.



In addition to receiving information about the needs of our residents, whose average age is now 76, members of the committee are also looking elsewhere to see what other homeowners associations are doing. For example, in Orange County, a 55+ community, Laguna Woods (average age – 78), has a Social Services Department whose mission is “to help Laguna Woods residents maintain independence and enhance their quality of life.” The community has social work counselors who provide a variety of services, including counseling, crisis intervention, long-term care advising, and assistance with caring for an ill or aging relative.

When the Board of Directors established the

Accessibility Committee, its official purpose was defined as: “To assist and advise the Board of Directors on matters related to improving inclusiveness within our community through adoption of technology and implementation of reasonable accommodations related to policies, programs and events as residents manage physical/functional challenges. The committee will analyze potential opportunities, working with the Properties Committee and our Executive Director, and make recommendations to the Board.”

What responsibility, if any, does an active adult homeowner’s association have for residents who age in place and need assistance as challenges arise? That is a question the community and the Board of Directors may need to answer since the Accessibility Committee makes recommendations to the Board. The question was posed at the Accessibility Committee’s meetings in December and January for discussion, when member, Marcia VanWagner, gave a presentation that focused on past and current attempts to assist people as they have gotten older and have needed more services and information about how to access them.

There also was a discussion about the possibility of gathering updated demographic data, and the potential necessity of a resident survey for feedback, so that needs and problems can be identified and quantified to determine if recommendations will be made to the Board. (A term “senior orphans” has been mentioned in reference to people who do not have relatives who can help them when their health fails and intervention is needed.)

At our December meeting, we received a demonstration by Jeff Caponera, the Association’s Communications and IT Manager, on the Audio Everywhere app and on the various listening devices that are offered. A video will be produced to demonstrate how the app works. It was suggested more printed information be available.

Our next meeting is scheduled for February 2, at 9:00 AM. Please look at eNews and the Resident Website for an agenda and location. All of our sessions are recorded and posted on the Resident Website.

Committee members include Don Nelson, Vice-Chair, Peter Beckett, Denny Valentine, Marcia VanWagner, Nancie Wiseman Attwater, and Board liaisons: Laura Thiele and Jack Harris. The email for the committee is AC@sclhca.com.



Election News

Elections Have Moved to May

Three Board of Director positions are up for election in May. You could fill one of them! Here's what you need to know:

- Candidate filing opened on **January 7**. Candidates have until **February 7 by 4:00 PM** to file. Names of candidates will be posted weekly as applications are received.
- The Candidate Information Packet, which includes the application, can be found on the SCLH Elections Committee webpage. You may also request a copy by contacting the Executive Assistant at Christy.Goodlove@sclhca.com.
- A video of the Candidate Information Session held on **January 6** can be found on the Resident Website, Videos>Election Videos.
- On **February 9**, there will be a Candidate Briefing Session. Candidates will be notified of the time and location.

Date	Day	Event
January 6	Thursday	Candidate Information Session
January 7	Friday	Candidate Filing Opens
February 7	Monday	Candidate Filing Closes
February 9	Wednesday	Candidate Briefing Session
February 11	Friday	Candidate Ballot Statements Due
February 11	Friday	Member Issue Statements Due
February 16	Wednesday	Articles from Candidates Due
March 18	Friday	Candidate yard signs may go up
April 2 & 5	Saturday & Tuesday	Candidate Forums
April 11-15	Monday-Friday	Election Ballots Mailed
May 18	Wednesday	All Ballots Due
May 19	Thursday	New Board Seated

For more information, contact the Elections Committee at Elections.Committee@sclhca.com or see the Elections Committee FAQ for more information on the Resident Website under the Elections Committee tab sclhresidents.com > **Committees** > **Elections Committee**.



Lifestyle News & Happenings

Hello 2022 - New Year, New Lifestyle Team Members

Lavina Samoy, Lifestyle Manager

Happy New Year, everyone. 2022 is here, and I am excited to introduce to you the latest additions to the Lifestyle team.

Elaine Allen, our new Room Booking and Club Coordinator replaces Shelvie Smith who was with us for over six years. Elaine started during our busiest time getting all the club bookings situated for 2022. Working and training with Shelvie, she has completed confirming all the bookings and immersing herself in the world of Clubs and Groups. Speaking of which, we will be holding our Annual Clubs Meeting on January 28 in the Presentation Hall. An email will be sent to all Club leaders with details.

Elaine comes from Kaiser Permanente with over 18 years' experience, including booking conference rooms on various campuses throughout the Sacramento metro area. She grew up in the Sacramento area with a few stops along the way; Los Angeles, the Bay area, as well as the state of Washington and Oregon and now calls Lincoln her home. Traveling is her passion, and proud to have visited all 50 states.

Scott Cason is excited to be our new Trip Coordinator. Katrina Ferland, who did an awesome job elevating the community's travel program, is unable to return due to health reasons. Aware that he has big shoes to fill, Scott is up to the challenge of providing a robust, diverse, and fun travel experience for all. He is a seasoned travel professional with over 20 years' experience in leisure travel, both regionally and internationally. He is a Seattle native, has lived in Los Angeles, and moved to Rocklin in

2019. Scott enjoys spending his free time with his wife and 7-year-old son, Theo, and their two dogs exploring the beautiful Northern California region.

In less than two months, Scott has already put together some fun trips for you. On **February 22**, we load the Amtrak train for our **Sierra Mountain Snow Train trip to Reno**. Enjoy the scenic drive and spend the night at El Dorado Hotel for some R and R, gaming, and a special dinner at Roxy's (**page 64**). This trip sells out fast, so register early. Another overnight is scheduled on **March 26 at the Grand Sierra Resort Hotel in Reno to see the Dancing with the Stars**

Tour. Just like in the hit ABC show, witness amazing dance routines from professional dancers that will take your breath away (**page 66**). Be part of San Francisco's **Chinese New Year Festival** as they welcome the Year of the Tiger. Enjoy a day in the city and immerse yourself in the festival and merriment on **February 19 (page 64)**.

March brings back the Zmed brothers in the ballroom on **March 3**, performing **the music of the Everly Brothers (page 63)**. **Lions of the North** brings a real Irish vibe to their show on March 15, singing classic Irish folk songs and some originals to celebrate St. Patrick's Day (**page 63**).

Capture your memories and legacy in words in our new writing class taught by seasoned instructor Janice Kelley starting March 7 (**page 79**). The new year also brings back West Coast Swing and a Hula Workshop as well as more fun Craft classes for you to try (starting page 71).

Here is to a better, healthier, and kinder 2022.



*Welcome our new Lifestyle Coordinators:
Elaine Allen and Scott Cason.*



The Spa at Kilaga Springs Magic of the New Year

KarriLynn Keith, Spa Manager

The start of each New Year holds a very special magic, with a promise of new opportunities and endless possibilities. 2021 has been an incredibly challenging year for us all. Many of us faced illness, loss, uncertainty, and isolation due to COVID-19 this past year. I am so grateful that we have made it through stronger and wiser, and now we have a moment to take a deep breath and recognize all that we have overcome. This year to me, feels especially important to express our hopes and dreams for better days ahead in 2022.

January always ushers in the chance to reflect on the past twelve months and on all we have experienced. My grandmother always taught me to look back to examine the life lessons and choose to see them as powerful lessons to grow from or amazing adventures to celebrate. Last year for me had both. 2022 opens the door to new possibilities, of starting the New Year with a chance to hit the reset button. This year join me in focusing on our own wellbeing.

The Spa at Kilaga Springs has many exciting things coming your way in 2022, and self-care will be at the top of our list. Our first priority is offering you more availability for booking your favorite services and expanding our staff to accommodate your membership. We are fortunate to have the opportunity to expand our team. We have four incredibly talented women who have joined the ranks of our coveted experts in the beauty and wellness industry. Please join me in welcoming each of these ladies to our Spa family.

Leslee Huber – Massage Therapist

She recently relocated to Lincoln, from Fort Bragg, where she honed her massage and aesthetic skills in a beautiful day spa on the Mendocino coast. She is

a skilled therapist in all modalities, dually licensed as a Massage Therapist, Aesthetician, and Lash Artist. Leslee has held the title of Spa Manager and will be welcoming a new addition to her precious family later this year.

Cheryl Lee – Massage Therapist

This seasoned massage veteran had been in the industry for 30+ years and has spent many years as a business owner of her own clinic and worked with leading Chiropractic offices in the area. Cheryl trained with Aveda and specializes in cellular regeneration, Meridian Therapy & Reflexology.

Darling Delmaro – Nail Technician

She is a Sacramento native and Master Cosmetologist who specializes in Bridal Styling, makeup, and beautiful nail services. She is an incredibly talented artist who recently worked as a studio manager for a private nail salon in the greater Sacramento area. She is the proud mom of an incredibly athletic and energetic 12-year-old son.

Angeleque Sauer – Nail Technician

Very talented and knowledgeable in her field, Angeleque has held the position of Cosmetology Instructor, trainer for the Fairmont Orchid Resort on the beautiful island of Maui and most recently returned home to work at Amiri Salon as their General Manager in Roseville before joining our team.

All of us here at The Spa at Kilaga Springs are wishing you a fresh start with renewed energy and confidence, bursting with fulfilling and exciting opportunities throughout the New Year. Life is an adventure that is full of beautiful destinations. May the coming year be full of grand adventures and many wonderful memories.

Left to Right:
Darling Delmaro,
Leslee Huber,
Angeleque Sauer,
and Cheryl Lee





New Beginnings

Jim Trondsen, Director of Food & Beverage

This is a very exciting time for us in the Food and Beverage Department as we successfully reopened all areas of the operation. Although we had a few hiccups, we are in much better shape than when I first arrived.

New beginnings mean new opportunities for the New Year, and we are all very excited to move forward and enjoy life as it was. For your enjoyment, Chef MJ is working his culinary talents to bring some new and creative menu items.

I need to recognize all the staff in the department that come to Lincoln Hills each and every day during some pretty trying times over the past year to support me in my efforts, from Chef MJ and our Sous Chef Jose Perez and all the folks that make up the kitchen staff; to Isabel Powers, David Deering and Josh Newell, your restaurant management team and all the servers, bartenders, hostess, busing staff, food runners and delivery staff. Like the kitchen crew, these folks work their tails off, and the level of service they provide is top-notch! I have worked with thousands of employees over the years, and these folks are "A" number one. A special shout out to Seema Rani and Jacob Hill, both staff supervisors and fixtures at Meridians.

I cannot forget about the catering and events staff. We had a rough start to our reopening process as we had to cancel many events due to the restrictions. We started to rebuild the department, working around all the many resident functions before opening up to the outside world. I think we have everything in place to get us where we need to be. I am confident that Don Giles, our Event and Catering Manager, and Mandy Bryer overseeing the event sales will be in solid shape sooner than later.

By the time you are reading this article, Meridians has reopened for breakfast service, Kilaga Café has reopened weekdays with extended hours. In the New Year, we plan to continue expanding our operations as allowed in our post COVID world. I am not foreseeing any major obstacles, so we are planning now for Valentine's Day and a lovely Easter as well as Mother's Day buffet brunch.



Chef's Recipe of the Month:



Crock Pot Pulled Pork

Ingredients

- 1 pc pork butt boneless (approximately 6# - cut into quarters)
- 6 oz spice, rub (see below)
- 3 can coca cola
- 2 cup orange juice
- ½ cup coffee (doesn't need to be fresh)
- 2 oz mustard, yellow
- 1 oz Worcestershire sauce

Spice Rub

- 2 oz salt
- 1 oz black pepper
- 1 oz new Mexican chili powder
- 2 oz smoked paprika
- 1 ½ oz coriander
- 1 oz cumin
- 1 oz granulated onion
- 1 oz granulated garlic

Instructions

- Rub pork butt with spice rub - enough to cover entire surface.
- Place in a cold crockpot and turn on to slow setting.
- Combine all liquid ingredients, and then pour around the pork butt.
- If not completely covered in liquid, add enough water to cover 80% of the pork.
- Place lid on top, and allow to cook a minimum of 4 hours (you can cook up to 8, if needed).
- Let cook overnight, then unwrap, and allow to cool in the cooking liquid.
- Take out of liquid, and place in a mixer with paddle attachment - on low speed, break apart pork until desired "chunkiness".
- Toss with BBQ sauce, and serve as needed.

For a great combination – add pulled pork with Chef MJ's root beer BBQ sauce recipe (in a past issue of the *Compass*), and a nice soft bun – and enjoy.



WellFit News

Benefits of Yoga and Meditation for the New Year

Deborah McIlvain, Lifestyle, WellFit & Spa Director

Now that the holidays are over, family and friends are gone, and we are back to our normal routines, it is time to take care of you again. As we age, we may worry more about physical health, but that does not mean we can let our mental health go. Mindful meditation and Yoga promote many physical and psychological benefits. Yoga and meditation can be traced back 5,000 plus years. Meditation is about cultivating presence, awareness, and non-judgment. This mental training offers a different way to of dealing with stress, by calming the mind and body. Research has shown that meditation benefits older adults, including better focus, enhanced calmness, less stress, improved sleep, and reduced pain, which is certainly a plus for everyone. Meditation stimulates the memory centers within the brain and may also improve short- and long-term memory.



The stretching, breathing, and meditation practice of Yoga is a safe way to enhance physical health and overall wellness. Yoga regularly can result in a host of benefits from greater flexibility and improved balance to lower stress and better sleep. Yoga cultivates a mind-body connection just like meditation by combing stretching and strengthening postures with deep breathing and relaxation. It is no wonder that Yoga is becoming increasingly popular among older adults.

Talking about Yoga, we are excited to announce that WellFit will be hosting a Wellness Retreat in Mexico's Southern Baja peninsula! This retreat will include Piloga in the Pool, Hiking, Yin, Healing

Sounds Baths, and much more. Please see our ad on page 80 with more details. This is a great adventure that you do not want to miss. This is an exclusive retreat so get your tickets before they sell out.

Fun Fitness facts –

1. Starting after 30, people can lose 3-5% of their muscle mass per decade.
2. Listening to music can help you move faster and improve the quality of your workout.
3. Working out in a group can improve athletic performance as to working alone.
4. Stretching before a workout does not necessarily prevent injury, it may actually cause injury as your body is not adequately warmed up. Therefore, stretching after your workout is preferred.
5. Total body workouts and workouts by muscle group can be equally effective.
6. When you stand, you burn an average of 100 calories, versus sitting, which only burns around 60 calories.
7. Too much cardio and not enough strength training will prevent fat loss because your body will burn muscle for fuel.
8. The hardest working muscle is your heart, which beats approximately 100,000 times per day.
9. The muscle that can generate the most power is your jaw muscle.
10. People who cross-train with a variety of exercises are more fit and less injury-prone.

No more excuses, the time is now to do something for yourself.

Happy New Year from the WellFit team.



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An Organ Recital

Shirley Schultz, Roving Reporter

You do not need to get dressed up for this organ recital, nor do you need hearing aids. This is not about a musical instrument but about organs of the human body that function in synchrony and are vital for survival: brain, heart, liver, at least one kidney, and at least one lung. There are several other vital organs that can be replaced by a device, medication, or possibly some type of therapy.

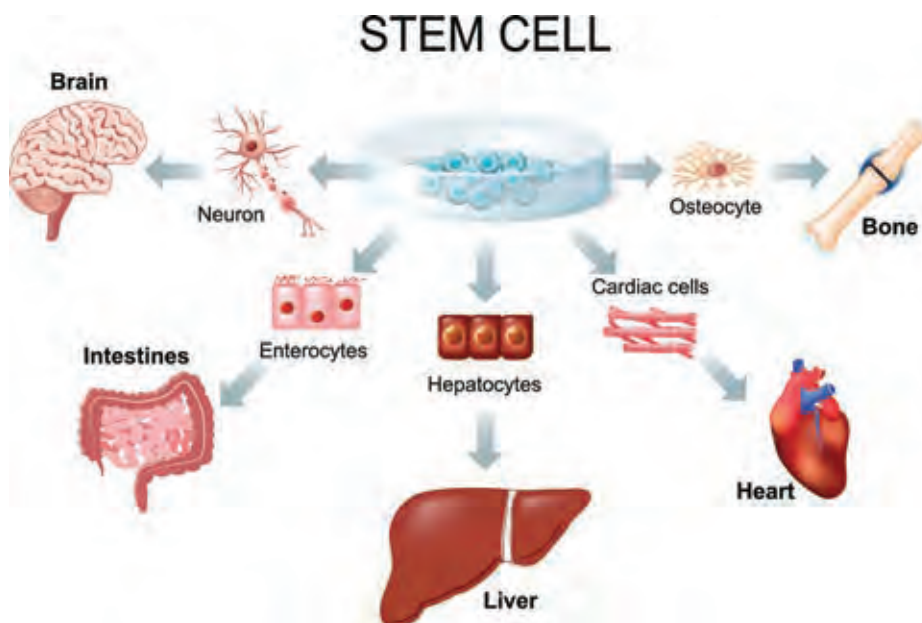
In keeping with the theme of renewal, it is timely to talk about organ regeneration and renewal. One common myth is that our entire body renews itself every seven years. If such were true, why, after 8-12 renewals, do we grow old? Because the direction of health care policy emphasizes “self-care,” it behooves each of us to take as good care of our organs as possible.

Consider the difference between renewal and regeneration. Simply put, regeneration occurs when cells proliferate to replace damaged cells and function the same as those they are replacing. On the other hand, Renewal occurs when cells rebuild damaged areas through a fibro proliferative process and scar formation, which may not function exactly like the original cells. The liver is the only organ in the human body that can actually regenerate. Regenerative medicine scientists are having a field day using stem cells to try to cause other organs of the body to regenerate. Of course, if we were like starfish, lizards, or salamanders, we would be able to regrow entire limbs without any outside stimulus. You may be interested in an article from the MIT Whitehead Institute, “The Science of Self-Repair: Regeneration Research at Whitehead Institute” by Greta Friar, June 17, 2019.



The liver is not able to regenerate infinitely. It can be damaged by what we put into it. Alcohol consumption is probably the most common cause of liver damage. The National Institute on Alcohol and Alcoholism offers the following guidance for people over age 65 who are healthy and who do not take any medicines. Take no more than one to two drinks on any day, and no more than seven drinks a week. A drink is defined as 12 oz. of beer, 5 oz. of wine, or 1.5 oz. of spirits.

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Director, Bonnie Smedberg, handing out the *Vial of Life* during the Orientation in her period uniform.

New Year! New Residents!

Teresa Tanin, Neighborhood Watch

It's a new year, and we are ready for a renewed way of life. So too are we ready to welcome new residents to the New Resident Orientation that is held several times a year. Neighborhood Watch, in collaboration with the Association looks forward to welcoming new residents. Each Orientation includes information about the Association staff, Board, and Committees along with many activities, clubs, amenities, and organizations available in this

active community. Neighborhood Watch, an active Lincoln Hills organization, presents important information during the Orientation—plus, every resident is automatically a member.

During the *Orientation*, Directors of Neighborhood Watch provides each new resident with their Mailbox Captain information. Mailbox Captains get to know their new residents and are the organization's foundation. So too are

the residents who are the eyes and ears for the local police and fire departments. Each resident contributes to the success of a safer community. An incident report can be reported online at sclhwatch.org or reported to their Mailbox Captain. An overview of volunteer opportunities is also provided during the Orientation: How to become a Mailbox Captain, a Village Coordinator, a Director, or a member of a "Support Group."

Safety and "Support Group(s)" information is also presented during the Orientation. Handouts include the *Vial of Life*, *Who To Call*, *Lost Pet Alerts Program*, *Community "Alerts" Program*, *Welcome Packet Tuesdays*, and much much more—all also available online at sclhwatch.org.

Neighborhood Watch continues to offer informative articles monthly in the *Compass* magazine. Such articles list upcoming events and the highlights of community activities. These too are available on the website. Lincoln Hills Association "eNews" provides daily activities/amenities and information (sign up at email enews@sclhca.com). *Neighbors InDeed* message center at 916-223-2763 offers assistance with every day needs/maintenance, including referral information.

Plan to attend the next New Residents Orientation if you have not already. What you learn about Lincoln Hills will contribute to a more active, happier, and safer place to live—It's a *Lifestyle!*

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New Year, New Words

Linda Lucchetti, Roving Reporter

What's a "fluffernutter"? Now you can look it up because fluffernutter is just one of the 455 new words added to the Merriam-Webster Dictionary.

Every year, language changes because of society, politics, and culture. With this evolution, our vocabulary increases. So, as we turn the page on a fresh new year, we acknowledge some new words recently added to our English vocabulary. What better place to discover these and their meanings than the mother of all compendiums, the dictionary.

With not enough space here to list all 455 new words, below are a few from a variety of categories.

Online Culture and Communication

- **Digital nomad:** Someone who performs their occupation entirely over the internet while traveling.

Coronavirus

- **Super-spreader:** An event or location where a significant number of people contract the same communicable disease.

Technology and Science

- **Oobleck:** A mixture of corn starch and water that behaves like a liquid when at rest and a solid when pressure is applied. (Derived from a story by Dr. Seuss.)

Politics

- **Vote-a-rama:** An unusually large number of governmental debates and votes that happen on one day.



Fluffernutter — official sandwich of Massachusetts, now in the dictionary

Food

- **Fluffernutter:** (mentioned above) A sandwich made with peanut butter and marshmallow crème, between two slices of white sandwich-bread, common in

New England.

Medicine

- **Halotherapy:** Use of salt as a treatment for asthma, bronchitis, and allergies.

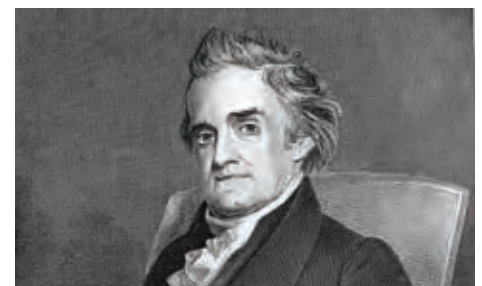
Pop Culture

- **Faux-hawk:** A hairstyle resembling a Mohawk but with sides gathered or slicked upward or back instead of shaved.

Dictionaries have been known to add more than 1,000 words a year. How does a word merit entry to its hallowed pages? First, it has to circulate in our culture. Then, it should be used and understood, as well as seen often in print or heard in conversation. Dictionary editors are tasked with reading and looking for changes in the language.

The name Webster is synonymous with the dictionary. From history, you may remember Noah Webster. An advocate of the Constitutional Convention, he believed in the cultural independence of the United States, especially a distinctive American language. He published the *Compendious Dictionary of the English Language* in 1806 and then worked on a much grander, *An American Dictionary of the English Language*, in 1828.

If you're searching for a Webster's Dictionary on your bookshelf, but find a "Merriam-Webster Dictionary" instead, that's because the company was renamed in 1982 after the Merriam brothers, printers, and booksellers who inherited the Webster legacy.



Noah Webster, father of the American dictionary



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With Valentine's Day around the corner, starry-eyed lovers everywhere are getting ready to celebrate their love and plan the perfect date for their partner. If you are looking for some unique and romantic date ideas to put a smile on your partner's face and melt their heart, then keep reading. Here are some great ideas to add a touch of romance to that special day!

1

Celebrate your loved one with the ultimate indulgence - The Gift of Relaxation with a Kilaga Springs Spa Gift Card!

2

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Hiking Group conquers the Donner Summit Trail

Walking in the New Year

David Wright, Roving Reporter



Walking Group tackling our own Canyon Oaks Trail

It is a new year with new resolutions—or maybe new beginnings for old resolutions. For those resolving to exercise more but who quickly lose their motivation in overcrowded gyms, walking may be just what the doctor ordered. Not only does Lincoln Hills have 27 miles of dedicated walking trails, but it also has its own Hiking and Walking Group.

Formed 20 years ago as two

separate clubs, the hikers and walkers later merged into a single coalition—now sporting 200 members. The hikers generally meet for twice-monthly expeditions outside Lincoln Hills, while the walkers meet weekly to stroll the trails within the community. Many members participate in both legs of the club.

Hikes range from three to 12 miles. In the winter, hike leaders plan trips nearby—such as trekking docent-led tours through the Sutter Buttes and roaming historical Underground Sacramento. As the snow season melts away, the trailblazers make great strides in exploring the higher elevations of the Sierra.

Group President Dan Cortinovis and his wife, Wilma, moved here ten years ago. Being long-time Northern California hikers, they are familiar with many of the

region's parks and trails. Once they discovered there was a hiking and walking club that fit perfectly in their footprint, they did not think twice about joining. Between presiding over the club, participating in other community activities, and working part-time as a semi-retired civil engineer, Dan still finds time to join Wilma in daily walks on our trails. They regularly pass fellow club members along the way.

Socializing with other rovers is one of the perks of the club. In addition to carpooling to the trailheads, members frequently gather for drinks or dinner between conquests. Being a part of these pedestrian pioneers is the perfect fit for those tweeners who still feel their youthful zest while needing to avoid the age-related risks that come with hoofing it alone.

“Safety is our number one priority,” Dan stresses. Every wandering adventure has a Leader in the front and a Sweep at the rear, both in communication via walkie-talkie. The hike leader has a first aid kit and a satellite beacon to communicate with authorities if needed.

For residents seeking to step up their game for the New Year, the Hiking and Walking Club is always looking for fresh foot soldiers. To join them in taking a walk on the wild side, visit their website, lincolnhillshikers.org, for details.



Exploring the Sutter Buttes

In Memoriam



Ken Dempser

Born in Stockton and raised in Mill Valley, Ken graduated from San Francisco State. While in college, he worked for the Forestry Service. Then he enlisted in the Air Force, where he served for four years. Later he worked at the Naval Weapons Station in Antioch and then at the Department of Energy in Oakland. His favorite hobby was walking, and for several years he enjoyed the Walking Group here. Ken is survived by his second wife, Freddie, a son, daughter, and granddaughter.



Henry L. Frank

Henry grew up in Nebraska, where he earned his Bachelor's Degree and Master's in Public Administration. He served as a Sergeant in the United States Army in Germany. Henry returned to farm in Scottsbluff, Nebraska, and then was a product manager with Swift & Co. in Denver, Colorado. After that, he began a career as a civilian logistician in the United States Air force in Utah, Ohio, and Georgia. After his wife, Nancy, died, he married Sheryl Porter, and besides his two children, he inherited three step-children and nine step-grandchildren. He and Sheryl enjoyed traveling throughout the United States and four other continents. He also loved wood carving and working in the yard. He is sorely missed by many.



Eugene Goselin

A native Californian, Gene grew up in Eureka and attended Humboldt State before transferring to San Jose State, where he met his wife Barbara and eventually got a teaching degree. He was drafted into the Army during the Korean War and spent time in Germany. Gene taught in Pleasant Hill for over 40 years. After an amicable divorce, Gene was remarried to Bobbie Shettler, and they spent many happy years together traveling until her death. Gene was a member of the MS Support Group here and could be seen courageously navigating his walker and handicapped golf cart around Lincoln Hills. Gene leaves four children, two step-children, many grandchildren, his former wife, and many more friends and relatives.



Jack Orlove, Sr.

A resident since 2000, Jack was active in many clubs, including the bicycle, RV, Shalom, sports car, tennis, bridge, and golf. An Army Veteran, he served during the Korean War, where he piloted the Grumman Guardian Anti-submarine aircraft. He graduated from the University of Missouri Law School. Jack worked with President Kennedy's team and represented various unions before moving to California, where he worked as legal counsel for Republic Pictures National Semiconductor and eventually ran his own practice. He and his wife raised five children, and his son Jack, Jr. lives here in Lincoln Hills. Jack will certainly be missed by his family and many friends.



Mike Schenck

A native Californian, Mike grew up in Visalia. After high school, he joined the Navy and spent 20 years in submarine service as Chief. After he retired, he worked on Mare Island for 15 years. Both widowed, Mike met Yvonne here, and they were married at our Amphitheatre. Between them, they have six children and eleven grandchildren. Mike was part of the tech crew and helped run the soundboard for various shows. He also ran the sound system for a small group who entertain at assisted living facilities nearby. Mike supported his wife, who is a line dance instructor, running music for the groups' functions. However, Mike never learned to line dance! They loved to travel on cruises and in their RV. Besides his family, Mike is missed by many friends.

If you have lost a loved one who shared your home and would like to place an In Memoriam, please contact Joan Logue at 916-434-0749.

Library News

From all the volunteers at the library, we wish each resident a very happy New Year filled with good health and wellbeing.

Once again, we are updating our donations timeframe to 2015 or later. We appreciate all donations but ask that you only donate books published after 2015. If you have any questions, please call Sandy Melnick at the number below. You can find the publishing date on the back of the title page.

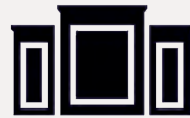
If you have ever wanted to work in the library, now is the time to volunteer. You don't have to know anything but your ABC's. We will teach you all the rest, and you will enjoy all the great people you will be working with. The minimum requirement is one hour a week or more if you want. The rewards are endless. Come join us.

My good read this month is "Bridge of Scarlet Leaves" by Kristina McMorris. Set during WWII, this story is about the Japanese internment and what one woman does for love. It is a novel.

Contacts: Sandy Melnick at 916-408-1035 for donations; Adrian Felice at 916-408-4332 for volunteers; and Kay Parisot at 209-617-4111 for the Community Living Room (OC).



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Amateur Radio

We are pleased that the Board approved our request for a new repeater. The support from the Properties and Finance Committees is greatly appreciated. Better coverage and a more reliable and modern repeater will better serve the community. As always, thanks to John, NQ6Q, and LC, N7VQC, for all their research and expertise. The equipment, owned by the Association, will be maintained by the club. Meetings are held at the South Tower every Monday 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: lharg.us



Ballroom Dance

Our club celebrated Christmas and concluded the 2021 season in the beautifully decorated Multipurpose Room (KS). The festivity was potluck and featured many delicious salads, main dishes, and desserts. Door prizes were given that included Poinsettias, gift

bags, and a beautifully arranged centerpiece. The rest of the evening was devoted to dancing and spending time with friends. Sal Algeri served as Master of Ceremony and acknowledged the many individuals that contributed to the evening's activities and also to our year-long program. Dance activity will resume in January and will feature the Cha Cha. Lessons are offered in the Multipurpose Room (KS) each Tuesday with beginners from 2:00-3:00 PM; practice from 3:00-4:00 PM; and experienced from 4:00-5:00 PM.

Contact: Ruth Algeri 916-408-4752

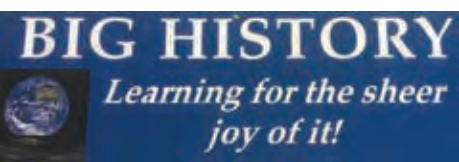


Sal and Ruth Algeri



Big History

Join us for stimulating presentations in 2022. On January 24 and 31, we will discuss the First Farmers. Sometime around 12,000 years ago, our hunter-gatherer ancestors tried their hand at farming. Farming meant that people did not need to travel to find food.



Instead, they could live in settled communities and grow crops or raise animals on nearby land. On February 7 and 14, we will repeat the popular Evolution of Human Culture. All cultures throughout time, perhaps even before "us" (homo sapiens), had the same basic components, modified by population density, environment, and the social needs of the times. We examine the seven universals of Culture we think are present, no matter if you are looking at an ancient civilization or a modern one.

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



Billiards

We are into a new year. Time for another fun year of Tournaments, our Workshop, and casual play. Tournament Leaders began collecting dues on January 1. The dues will remain at \$10 for the year. For those of you who are new residents, we are offering free lessons in our Workshop on Tuesdays at 9:00 AM for the first session, and 10:15 AM for the second session. We are offering lessons for all residents, men and women, beginners, intermediate, and advanced players. Just show up and see what we have to offer, with a chance of meeting new friends.

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530-720-2303



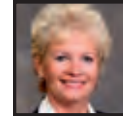
Don Gerring
#00631339
916-747-5050



Christine Hamilton
#01151335
Broker Assoc.
916-768-5525



Yvonne Holm
#01969667
916-616-6555



Donna Judah
#00780415
916-412-9190



Wendy Judah-Olsen
#01764197
916-276-4194



Tish Leo
#01217695
916-257-3410



Jean Lund-Morriseau
#01966589
916-751-0712



Jim McWilliams
#00470129
916-296.6358



Paula Nelson
#01156846
Broker Assoc.
916-240-3736



Kathy Nowak
#01327209
408-348-0641



Tara Pinder
#00898876
916-600-2836



Ann Renyer
#01746828
916-343-6044



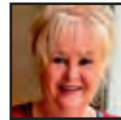
Michael Renyer
#00894446
916-343-6044



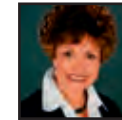
Bill & Jan Rexrode
#01700676/#01700677
916-408-3997



Loree Risi
#01203309
916-716-0854



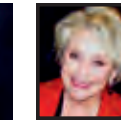
Keneta Sanchez
#00960821
916-257-1004



Doreen Traxel
#00822877
916-698-0801



Jackie Van Zant
#01114878
Broker Assoc.
530.448.9815



Tangi Walker
#00820609
916-316-1112



Tony Williams
#01390054
916-521-3400

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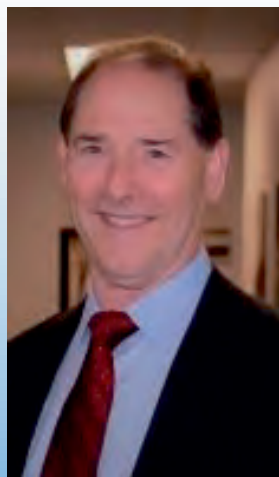
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Breakers Tournament winners

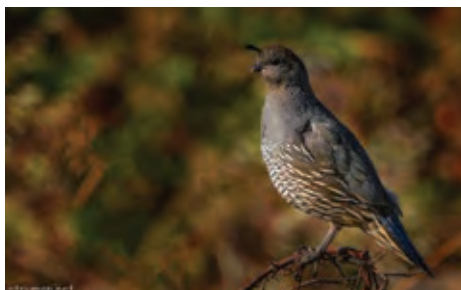
You do not need anything to play. Remember it's free! Breakers Tournament winners were left to right, Jon Kline-first, Peshu Irani, and Randy Fann-second.

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



Bird

Our programs are held in P-Hall (KS) at 1:30 PM on the second Monday of the month. February's speaker will be Susan Goodrich, who will give a presentation on her travels to the Galapagos Islands. Also, on January 21, we will go to Staten Island and Isenberg Crane



Female California Quail on Ferrari Trail by Truman Holtzclaw

Reserve in Lodi in the evening to watch the cranes return to their nesting site after a day of feeding. We plan to leave from the parking lot by the Fitness Center (OC) at Noon and return that night. In February, we plan to make our annual Raptor trip to the Linden area. There is also excellent birding right here and along nearby Catlett Road.

Contact: Sal Acosta 843-991-5188, suncitybirders@sclhbirders.org
Website: sclhbirders.org



Bocce Ball, Mad Hatters

Last month, we held our Christmas Potluck celebration. In addition to the food, an ugly Christmas sweater contest was held, with prizes. Remember, in addition to Thursdays, bocce is also played on Mondays, starting at 9:00 AM. All residents are welcome. No need to sign up. Just show up. Similarly, all residents are welcome on Thursdays. This includes new, inexperienced, and handicapped players. Lessons are available. We start at 10:00 AM.

We hope everyone has had a wonderful holiday experience.

Contact: Paul Mac Garvey 916-543-2067, lhocce@gmail.com



Book, OC

January 20 is our red-letter day. At 1:00 PM, we'll be in the Multipurpose

Room (OC) to meet in person at long last! Discussion will center around a classic – *Death Comes for the Archbishop* by Willa Cather. All are welcome. For newcomers, come and meet your fellow book lovers. Sneak peek time: on February 17, our book is *The Book of Longings* by Sue Monk Kidd, and for March 17, *The Girls in the Stilt House* by Kelly Mustia. Looking way ahead, if you've read a terrific book you want to recommend as a future title, be ready to write it down on our list for 2023 suggestions.

Contact: Maureen Deal 916-209-3878, modeal2010@gmail.com
Website: lhocbookgroup.blogspot.com



Bridge, Duplicate

With almost 150 members back at the bridge tables, we were happy to return to our usual location at KS every Wednesday and Saturday at 12:30 PM. At our December luncheon, we welcomed new Board Members Jean Cole, Elise Homer, and Bob Koedel. Pairs awards went to the top-scoring partnerships. Committee Chairs Bob Rouse, Barbara Wheeler, Elsie Bekowsky, and Sharon Duley were thanked for their hard work in getting the club back to normal this past year. We now have a separate group for

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those with less than 200 points, so they don't have to play in the open game. Proof of vaccinations and reservations are still required by email to elisehomer@gmail. We welcome new members in the new year. Please join us for fun and friendship.

Contact: Pat Lewis 916-671-4362, Phlewis399@sbcglobal.net
Website: Bridgewebs.com/lincolnhills



Bridge, Partners

Call for reservations or show up with a partner in the Sierra Room (KS) by 5:30 PM Thursday. Play begins at 5:45 PM. The hosts for January are Karen/Mark Worley 916-581-3412. Each table should finish four hands in 25 minutes as we must vacate the room by 8:30 PM. November 18 winners were: first-Carla/Mark Green; second-Sharon Shevelson/Gail Ramsden; third-Rose Phelan/Kurt Wolff; and fourth-Marggi Holtze/Larry Larsson. Jean Beyer/Chet Winton had high round 1670. November 25 to December 2 winners were: first-Kay/Ben Newton; second-Patty/Frank Kamienski; third-Harry Collings/Jay Southard; and fourth-Joanna/Alan Haselwood. Neal O'Boyle/Bob Calmes had high round 1530. December 9 winners were: first-Bev/Allan

Blaine; second-Carla/Mark Green with high round 1520; third-Gail Ramsden/Sharon Shevelson; and fourth-Dolores Marchand/George Hubbard. Contact: The hosts for February are Kay/Ben Newton 916-408-1819



Bridge, Social

Welcome back to KS. We enjoy seeing everyone there and hope to see more of you each week. The winners for November 12 were: first-Joanne Overmann, second-Jay Southard, third-Larry Larsson, and fourth-Geri Miller. The November 19 winners were: first-Viren Sitwala, second-Phil Sanderson, third-Barbra Moran, and fourth-Park Miller. The November 26 winners were: first-Carol Mayeur, second-Joanne Overmann, third-Frank Kamienski, and fourth-Judy Ganulin. December 3 winners were: first-Geri Miller, second-Usha MacGarvey, third-Park Miller, and fourth-Kurt Wolff. Congratulations to all of our players. Our Wednesday teaching is at 8:30 AM for beginners and 10:15 AM for advanced beginners. Don't forget that club dues are coming up.

Contact: John Woodbury 760-522-8758



Bunco

Happy New Year! In December, our group had



Bunco Committee

21 players. A couple were ill and unable to join in the festivities. After Bunco play, we went to Via Roma (Lincoln) for lunch and shared in a gift exchange. There was not much gift stealing this year. Everyone had a great time visiting with each other, sometimes difficult to do while playing Bunco. Bunco is a non-membership group with a \$5 'pay-to-play' fee. We play on the third Thursday of the month in the Card Room (OC). Play starts promptly at 9:00 AM. December Winners were: Bunco - Norma Camilleri, Wins - Kathy Sasabuchi, Losses - Claudette Rhoads, 50/50 - Marsha Pimentel, and Traveler - Linda Bales. Our next Bunco is Thursday, January 20.

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



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doing more art on the list? Take a class to get inspired, or just come to a workshop to get your hands dirty and see what people are working on. It's a great motivator. We have many wonderful galleries in our general area. The Blue Line Gallery on Vernon Street in Roseville, High Hand Gallery on Taylor Road in Loomis, and the Old Town Gallery on Washington Street in Old Town Auburn are just a few opportunities to see what local artists are doing. If you haven't worked with clay, but you think it might be fun, come by the ceramic room Friday through Sunday to see what's happening. Sign up for a beginner's class. Website: cagsclh.net



Chorus

What an exhilarating moment we had in concert last month, ushering in the holiday season with festive Christmas songs performed for sellout audiences! Now we're rehearsing for Spring concerts to be performed May 5, 6, and 7, which will feature popular "colorful"



"Colorful" Spring Concert, May 5-6-7

numbers to lift everyone's spirits: "Chasing Rainbows," "Colors of the Wind," "What a Wonderful World," "Aquarius," and more. We'll enthusiastically welcome those who would like to join/rejoin the Chorus. Just attend the first full rehearsal on Tuesday, January 18, 2:15 to 5:00 PM in P-Hall (KS). No auditions are required, some choral experience is desirable, proof of vaccinations is required, along with dues of \$20 for the season. For more information and any possible COVID-19 updates, please contact Membership Coordinator Mari Long.

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

Computers

Apple Users



Our group kicked off 2022 with seminars on amazing technology developments by Ken Spencer and iOS 15 iPhone essentials by Andy Petro. Later this month, Bill Smith will present ten ways to defend yourself against fraud. Seniors are prime targets for fraud, and Bill's seminar will help you improve your awareness and defenses against fraud. LHAUG offers support for Apple users through a Help



Incoming and Outgoing LHAUG Officers

Line, Open Labs, and the virtual Ask the Tech Hour. To renew or to newly join, go to the 'About Us' tab on our website for the membership form. Pictured here from left are incoming vice-president Rich Thayer, incoming president Vicki White, continuing treasurer Gerry Esker, continuing secretary Sharon Worman, outgoing vice-president Ken Silverman, and outgoing president Helen Rains.

Contact: *Vicki White 916-913-6833*
Website: lhaug.org



Country Couples

We celebrated a fun and festive Christmas Holiday Party this year! We enjoyed a delicious dinner and desserts, along with great music, and an evening filled with dancing and friends. It was wonderful being back together again after the lifting of the pandemic restrictions. We are looking forward to the new year, and we welcome new members. Country Couples encourages new dancers to take the Country Dancing lessons listed in the Compass.

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

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

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Beginner lessons are held on Mondays at 7:00 PM at KS. For more information, please go to our website or contact April.

Contact: April Cederburg
916-390-3931,
cederburg@sbcglobal.net
Website: sclhcc.com



Cribbage

Tired of football yet? Turn off the TV and come play Cribbage! We start at 8:30 AM on Tuesdays in the Card Room (OC). We play four-handed, and everyone who comes catches on quickly. Play well, be the winner for the day and get your name in the Compass like the following people: Lynn Bell, Grant Lee, Rae Cook and Hayward Monroe. Congratulations to Grant Lee, who tied the highest score in the history of our club at 766 points. Hayward won the tournament on his second time coming to play with us. Show up, bring your rabbit's foot and have a lot of fun with some really nice people. See you on Tuesday, January 18 at 8:30 AM.
Contact: Rae Cook 925-251-6241,
melectrics@aol.com



Cyclists

Why flats happen when cycling. To some degree, flat tires are an inevitable part of cycling. Your tires protect your tubes, and they can get worn down overtime to make the tube more vulnerable to sharp objects in the road. The more you ride, the more the tire surface

wears down, and the quicker your bike tire protection system fades. Get in the habit of examining your tires before every ride. As you do your inspection, there are two things you want to look for: nicks (small cuts or valleys in the tire surface) and small holes (rubber peeling back or cloth from the inner tire casing exposed). Most importantly, if you're having a lot of flats, it may simply be that you're wearing your tires too thin.
Contact: Dave Sausen 916-300-5395,
dave.sausen@yahoo.com
Website: lincolnhillscyclists.com



David Wood fixing his flat while heading back home.



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 trickstercards.com/home/euchre/. Look for the option "play to 10, 9-Ace." We meet on the second and fourth Thursdays of the month from 6:00 to 8:30 PM in the Card Room (OC). We will no longer be sending Evites for each day we play. It will be drop-in play. If

you wish to get a reminder earlier in the week for Thursday, please email us to be put on the reminder list. All are welcome. Please wear your name tag.

Contact: SCLHEuchreClub@gmail.com



Fishing

Jerry Tausend had a great fishing day on the Sea of Cortez, catching his limit in two hours—two Dorado (Mahi, Mahi) and four Sierra Mackerel's (see photo). Jerry had been busy fishing last year and is scheduling other trips for the year. The Board is planning that 2022 will be back to normal so we can have our meetings, BBQs, and other angler activities we love to do. The conventional anglers meet at KS Garden on Fridays at 8:30 AM or sometimes at the Waffle Farm. Fly anglers are meeting at the Waffle Farm on Fridays at 8:30 AM. Fly tying class is held on the first and third Tuesdays at 9:00 AM, Multimedia room (OC). Contact Ralph if you are interested in joining us.
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ralphtonseth@comcast.net



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Food Adventures

We are completing our annual Membership Renewal/New Member Drive in January, so if you have not submitted your \$20 check made payable to Food Adventures Club, please do so no later than January 31. Bring your check to our Monday, January 24 Club General Meeting at 2:00 PM in P-Hall (KS).



Farmers Market Scene

We are planning a full schedule of enjoyable and interesting club food-related events for the year. Immediately following our 2:00 PM meeting, members can enjoy a tasty treat in the KS Kitchen. Come on in and enjoy yourself and meet your fellow club members.
Contact: Don R. Rickgauer
 916-847-8791,
SCLHFoodAdventuresClub@gmail.com



Garden

Membership is \$20 per household of two. Make checks out to sclhgardengroup. You can sign-up at the general meetings, mail it in, or drop off your form to Marjie, 916-408-7685. Application forms and info

are on our website. The first General Meeting of the year (January 27, 2:00 PM, KS) will feature Gillian Gray of Rose and Heather Tours. Her presentation will be "An Armchair Tour of the English Countryside." Gillian is a University of California Master Gardener and a Docent at the UC Botanical Garden in Berkeley. Glimpse the glorious gardens, and intriguing historical places only found deep in the English countryside. A new slate of officers, Brown Bag Sales, Master Gardeners-Q&A, and door prizes are included.
Contact: Lorraine Immel 916-434-2918,
lorraineimmed@gmail.com
Website: lhgardengroup.org



Gillian Gray-Guest Speaker



Genealogy

Our first live presentation in almost two years will be on January 17 at 6:30 PM in P-Hall (KS), with member Bob Ringo talking about Searching Like a Pro. We will also hold officer elections in January. Consider joining us as an officer or volunteer. The following slate will be presented: Carole Moore and Bill Kress – co-presidents; Barbara Branch – secretary; Lodge

Carlton – treasurer; and Marlene Carlton – membership chair. All other positions are appointed by the president and Board. We still need someone to set up the after-presentation snacks. Please consider volunteering to help with the setup. Memberships are due for 2022, and a separate notice to members has been sent to renew. New members are welcome. Go to our website for applications.

Contact: Barbara Branch 916-622-5490,
drbabsie@gmail.com

Website: suncitylhgc.com



Golf

Ladies XVIII

We held our annual holiday Awards Luncheon on December 9. Judy Emge, Handicap Chair, broke the suspense and announced that after all of the computations were complete, the 2021 Most Improved Golfer was Mitsuko Cameron, a reprise of last year. Her handicap fell by nine strokes each year, a testament to her countless hours of practice. In



Mitsuko Cameron, humbled by her Most Improved player award

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the spirit of Christmas, she put her prize money into the collection box for the two Lincoln high school girls' golf teams that our club sponsors. She also plays with the ladies club at Turkey Creek. We resume play this month for the start of an 11-month season. This is an ideal time to join or renew membership. Get your game on. Candice Koropp, Publicity.
Contact: Linda Chappellear, Membership

Men's

Too bad we were rained out of the final tournament of 2021, but it's a new year. First up is the Winter Slossfest, a two-man scramble. It will be held on January 18 starting at 8:30 AM. Please refer to our website to see our tournament schedule. The new Board was voted in, and the members are Jack Dillon, President; Tom Horan, Vice President; Bruce Lyau, Treasurer; Jim McGeough, Secretary; Mike Munro, Tournament Director; Bob Schoenherr, Membership Director; Mike McGuire-Back, Communications Director; Dan Guth, Social Director; Brian Fox, Rules Director; Rob Davies, Handicap Director; Rich Henrikson, Sponsors Director; Jesse Reuter and John DeWildt,

CVS Representatives; and Jeff Warner, WebMaster.
Contact: Bob Schoenherr 408-838-5340, schoenherrbob@gmail.com
Website: mgclh.club



Hiking & Walking

Gearing up for the New Year, start with a brisk walk on Wednesdays with the walking group. Then join the hikers for outings in the Sacramento Valley



Miner's Ravine

either Tuesday or Thursday. Check the website for updates. Having a hiking resolution is one of those things that will give you stamina, strength, and enjoyment. We are excited to see a New Year with new and old members and lots to explore.
Contact: lhhikers@gmail.com
Website: lincolnhillshikers.org



Investors' Study

The next meeting is Thursday, February 3, at 2:30 PM in P-Hall (KS). Russ Abbott or Matt Bopp of Morgan Stanley will present their playbook of

market information. Discussions range from where the equities markets are trending, February actions, inflation, interest rates, supply chain problems, current market news, and how some of these impact us as investors. All attendees have an opportunity to ask questions. We are open to all residents. Investors Study is information only with no individual investing advice. There is an Active Investors sub-group. If you are interested, call Norm Quanttrin at 916-645-4675. Further questions regarding Investors Study, contact Carl.
Contact: Carl Sulzer 916-462-0986, carlsulzer@gmail.com



Lavender Friends

December was a festive month for our club, with two-holiday celebrations enjoyed by members. The annual Holiday Dinner/Dance was held at Turkey Creek with 93 members and guests attending. The dance floor was full all evening as our favorite DJ, Jammin' Jo, provided the tunes. Generous attendees also donated \$1,732 for the Placer PFLAG scholarship. "Everyone had a great time and welcomed getting back to normal for a change," said Sharon Kurth, co-chair of the event. "The club's decision

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to check COVID vaccination status made everyone feel at ease being together." Another season festivity was a Holiday Brunch at Meridians. Club members enjoyed good food and company, sharing holiday plans, New Year's activities, and more.

Contact: Paula Kregel 530-320-3961, publicity@lavenderfriends.com Website: LavenderFriends.com



Mah Jongg, Chinese

Now that the stress of the holidays is over, 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. So, 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 Mondays during the setup period. We have everything needed to play so 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

If your new year's resolution includes learning a new game, stimulating and challenging your mind, or just expanding your friendship circle, this is the game for you. There is a learning curve, but once you get the hang of it, you'll be hooked. We play every Tuesday in the Card Room (OC) from 12:30 to 4:00 PM. If you know how to play just bring your card and join a table. Or, if you're thinking about giving it a try, come join a table to observe.



Our holiday luncheon

Free lessons are available. Contact Penny Grmolyes at 916-409-5883 for class availability and information. Hope to see you next Tuesday, and may the jokers be with you.

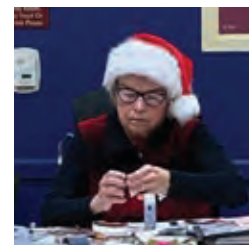
Contact: Gerry Bell 916-253-7860, Natlmahjclub.sclh@gmail.com



Mixed Media

The club meets on the third Wednesday of

the month in the Ceramics Room (OC) at 1:00 PM. Our dues are \$20 for the year. Details about our meetings are emailed to our members before each



Santa's Helpers focus on making mixed media art in December

meeting. We have a five-member Steering Committee: Chris Fetter, Jan Stevens, Jill Short, Frima Stewart, and Nan Griffin. The Steering Committee meets on the first Monday of the month to plan for the club. It's time to get ready for a monthly art challenge. For February, use a heart and incorporate it into your art. There are no other rules, and it is totally voluntary. Share your finished art at our February meeting. For more information contact Chris.

Contact: Chris Fetter 916-276-7895, Christine.fetter@yahoo.com



Motorcycle

What is a motorcycle club? This question seems to be one that is easily answered: a group of people who enjoy riding motorcycles together. But there is actually more to it. A motorcycle club is also a social group with similar

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interests. Some of those groups are specific, such as the Harley Owners' Group, which allow only Harley-Davidson riders in the club. Others, like the Roadrunners Motorcycle Club of SCLH, enjoy social events such as lunches, dinners, and meetings designed to cover not only club activities but other topics such as safety, raffles for prizes, and impromptu rides put together by anyone in the club. This group is also tailored toward senior activities, as all the members are over 55. New members are always welcome! Contact: Manny Perez 916-253-9121, manwil412@wavecable.com.



Club Patch

Contact: Sean McLaughlin 916-409-5038, perico7@gmail.com
Website: sclhresidents.com/group/pages/motorcycle-club



Music

We are looking forward to a new year of music and fun. If you play an instrument, sing or just like to listen, consider coming by on the fourth Wednesday of each month from 3:00 to 4:30 PM. We love an audience. Our January



Maccabee Wannabees Play at SSG Chanukah Party 2021

25 meeting opening Group song will be "Let the Good Times Roll." After solo and small group performances, we will close with "Rock and Roll Is Here To Stay." We hope to be meeting at P-Hall (KS) in 2022. You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information.

Contact: Dan Lehrer 916-587-3419
Website: lincolnhillsmusicgroup.org



Needle Arts

The 2022 board members were introduced at the Christmas luncheon which was attended by over 60 members. The Ballroom was decorated beautifully with the "Out of the Woods" theme. Lunch was great, and entertainment by the Lincoln High School Elite Choir added to the festive atmosphere. Our January meeting featured Rami

Kim, a nationally and internationally known fabric artist who shared her many talents. We meet again on February 8 at 1:00 PM in P-Hall (KS) for what promises to be another great afternoon featuring Zombie Yarns.



Lincoln HS Choir director received a zebra themed quilt

Contact Pat Barnhill to purchase your NA logo tote bag. They are only \$5.00, and all proceeds benefit NA activities. 2022 Membership dues of \$20 are now due. Forms are available on the NA website.

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



Neighborhood Watch

It's a new year, time to make a list of those projects we know we probably won't complete for a while, despite our good intentions. Procrastination is always easier than action. However, one project residents should take seriously is updating their Vial of Life information. Replace that old

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prescription bottle that's sitting on top of the butter and use a sandwich-sized baggie for the form available on the Neighborhood Watch website under "documents." First responders know to look for the baggie inside your refrigerator because the information provided is important in an emergency. Unless you're able to tell them, EMTs don't know which hospital you prefer or whom to contact. Although we don't like to think of such situations, we need to be prepared.

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

Painters

Bob Green and Joan Kline shared first place in our latest challenge to paint something "Remote." First place (Winner's Circle) went to Rudi Franke. Our next challenge

(deadline May 17) is to "paint something inspired by a song." Be sure and visit downtown Lincoln's popular bistro, Simple Pleasures, which will be decorated with new paintings from our artists.

The most anticipated event where we show off our creativity is the Fine Arts Show in the Ballroom (OC), where our resident painters display and sell their work. It is a must-see event, scheduled for February 25-27. New members are always welcome. Meetings are on the third Tuesday of the month at 1:30 PM in the Fine Arts Room (OC).

Contact: Linda Shields 925-788-4782, linda_c_s@yahoo.com



1st place "Remote Challenge" artist, Joan Kline

Paper Arts



Our last meeting of 2021 was productive. We recognized outgoing officers, voted for new officers for our Board of Directors and Committees and made more than 140-holiday cards for our community project. Our first meeting of the new year on January 6 was a member-only activity and a "free for all." Members brought in either



Incoming President June Paquette (left) with Outgoing President Susan Long

a bag or box of crafting materials and tools no longer wanted or needed to giveaway. Come to the Open Lab on January 20 at 9:00 AM in the Terra Cotta Room (KS). Open Lab provides a place for members to work on projects and mingle with other members. We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS).

Contact: Teri Hersko 916-412-7655, hawaiiiteri@gmail.com



Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets in the Card Room (OC) from 9:00 AM to Noon on the first and third Friday. For more information, please contact Denise or Doris



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DeRoss at 916-253-7165. We look forward to seeing you soon.

Contact: Denise Jones 916-543-3317



Photography

In early December, members gathered together for our annual holiday breakfast celebration. We enjoyed a wonderful buffet and long overdue social time. A special thanks go out to Klara Kleman for all of her hard work in organizing this event! We will kick off the New Year with a presentation by Andy Mumford, a Lisbon-based professional landscape and travel photographer. Andy is also a passionate teacher of photography and has been leading international workshops for almost a decade. His images and photography writing have even been featured in magazines and publications worldwide. This is a presentation you won't want to miss.

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



Photo by Mike Romo



Pickleball

Did you know that pickleball is a fun sport that can improve your health? According to a research study, middle-aged and older players improved their cardiorespiratory fitness, blood pressure, and cholesterol levels when they played one hour of pickleball three days a week for six weeks. New players in Lincoln Hills are signing up for the Wednesday Intro to Pickleball class. Interested? Contact welcometopickleball@gmail.com. Once they complete the class, new players can join other beginners and receive free coaching on Thursdays. Six Lincoln Hills pickleball players recently won medals in the Margaritaville USA Pickleball National Championships in Indian Wells. Winners include LeRoy Weighall, Carol Nakao, and Sharon Klotz. They were among 2400 participants.

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



Pickleball champs: Carol Nakao, Sharon Klotz, and LeRoyall Weighall.



Players

A cast of 36 actors, singers, and dancers are in full swing in rehearsals for the award-winning musical *Damn Yankees*. Director MaryEllen Vogt will knock it out of the park on April 7-10 shows in the Ballroom (OC), as she and Producer Dave Baker are getting all bases covered. Tickets start selling on January 17 (see page 61 for information). Don't strike out and miss getting excellent reserved seats! The next free Readers Theater shows are Saturday and Sunday, February 5 and 6 at 3:00 PM in P-Hall (KS). Come out for a delightful mash-up of playlets, "A Potpourri of Ten-Minute Plays," directed by Jane Patton. Curious about Players? All are welcome to attend the next meeting on February 14 at 4:00 PM in P-Hall (KS).

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



LH Players blockbuster show April 7-10





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RV

As we are all winding down from a busy holiday season, all RV'ers should remember that winter is a good time to have your rig serviced. Get your coaches ready for the winter and spring trips that the RV Group has planned. Our Holiday Party was delightful at Catta Verdera, and now we're planning our first rally of the year to Catalina Spa RV Resort in Desert Hot Springs come February 7-11. We have many rallies planned for the year so check our website for all information. Contact Sharon Skar, Membership Coordinator, at 916-434-7799 or marlowensharon@gmail.com if you are interested in joining or have any questions about our group. Meetings are every second Tuesday in the Placer Room (KS) at 4:30 PM. Everyone is welcome.

Contact: Victoria White 530-320-0498, weimarwoman@yahoo.com
Website: lhrvg.com



Jane Hall in Ms. Whitworth's classroom

prepares the project so she can spend about three hours in the classroom helping the children create something they can be proud of. Jane likes to incorporate drawing, painting, cutting, and design. She loves being with the children and doing something she, too, enjoys. Here she is helping make puzzle piece ornaments, glittered pinecones and is hanging the shaving foam/glue snowmen. Not everyone is as talented as Jane, but if you feel you would like to volunteer in a classroom, contact Cyndi and let her know you're interested.

Contact: Patti Kingston, ccolloton@yahoo.com

welcome. It's a good way to spend a winter afternoon.

Contact: Anne McMaster
916-409-5408



Singles

We hope you all had a very Happy Holiday's and January 1 brought

you joy as we welcomed in the New Year. Let's hope it will be a great year for everyone. Our Pre-Super Bowl party will be held at 6:00 PM on Friday, January 28 at KS. We will enjoy a meal of hot dogs, potato salad with all of the trimmings. Now is time to join the Singles Club. It's easy to join. Just pick up the application in the cubbies, which are located near the main entrance of OC. Mail it along with \$20.00 in yearly dues to the name and address on the form, and then you too can join in on all of the fun the Singles enjoy. Happy New Year!

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

SCHOOLS



Being crafty has led SCHOOL's volunteer, Jane Hall, to offer her creative skills in Ms. Whitworth's class at First Street School. Jane saw a need for the arts/crafts experience for the students. Once a month, she provides the materials and

Scrabble



The Scrabble group meets every Monday at 1:00 PM in the Card Room (OC). All game boards and other materials are provided. No reservation or advance notice is necessary.

Newcomers are always

Ski



As of this writing, several feet of snow have fallen in the local mountains, with more forecasted. So, skiers and boarders, let's plan on some winter fun! Each weekend, we poll club members about their plans for the coming week and share that with all members. This

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Kat's Flower Arrangements

allows us to rideshare or meet up on the slopes. Join the club and be part of this. Speaking of fun, we enjoyed our annual Holiday Party in December. A large turnout of members and guests shared camaraderie and a great meal, with some fun door prizes raffled off (see the picture of the lovely flower arrangements made by Kat Kepus, which went home with eight lucky winners).

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

Website: LHSkiClub.com



Sports Car

We finished up the year with a very lovely dinner at Catta Verdera, where we installed our new officers. Chuck Schmidt as President, Pam Berry as Vice President, Carol Asnault returned as Treasurer, and Mary Olsen as Secretary. Other members have stepped up to fill the appointed chairs, Richard Pearl as Tour Events, Linda Snyder as Social Events, Karen Allington as Liaison/Historian, and Ron



Past President Tom Breckon & New President Chuck Schmidt

Goleno as Webmaster. The membership is very grateful. Our outgoing Board led by President Tom Breckon was thanked for their hard work over the last two years of COVID-19. During the holidays, we participated in the Lincoln Fireman Turkey Run and Toys for Tots ride and luncheon at Awful Annie's. We are looking forward and planning for many road trips.

Contact: Pam Berry 916-434-7368, Berrymem2022@gmail.com

Website: lhsportscars.com



Sun City Squares

Come start your New Year off by learning to square dance. We have a square dance class every Monday in January at 1:00 PM at KS. No experience or partner is required. Benefits include great exercise, making lots of new friends, and finally, Square Dancing is fun, fun, and more fun. Please give us a call with any questions you might have. We are a Plus and Advanced Level all-position (no

partner required) square dance club. We meet at KS on Mondays from 1:15 to 3:15 PM for Class and Plus Level dancing, with some Round Dancing as well. Wanted advanced Level dancers. Skip the commute, and join us for Advanced Level dancing every Thursday from 2:00 to 4:00 PM.

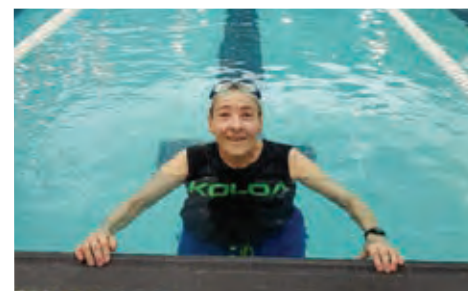
Contact: Beverly Cieslinski

916-622-8424, blm2518@icloud.com



Swimmers & Water Walkers

Water exercise is one of the best low-impact workouts one can do. Club member and Army veteran Gretchen Wallin-Sutton, started swimming as her primary exercise due to a neck injury and thyroid problem. With the neck injury, she was unable to walk an hour in comfort, but coming from a swimming family, she figured she'd be able to swim an hour. Her first try in a pool was not easy. She only managed one lap. But within two years, she was 90 pounds lighter and swimming a



Another day at the 'office' for Gretchen

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mile. Today she swims seven days a week at OC, has reduced her blood pressure and daily medication use. Come meet Wallin-Sutton and other members at our February 21 meeting, 3:00 PM, Fine Arts Room (OC).
 Contact: Bob LeRoy 916-412-0552, bobandchey@icloud.com



Table Tennis

Table Tennis provides Residents the opportunity to socialize, play, and enjoy social activities. We play in the Multipurpose Room (KS) with seven tables. Our sponsored events and activities include tournaments, luncheons, potlucks, ice cream socials, year-end luncheons, and other social activities. We play on a drop-in basis. Reservations are not required. Please wear non-marking tennis shoes. Loaner paddles are available. Doubles are played at peak times; singles at non-peak. Play times are Sundays, 9:00 AM to 5:00 PM (except the



Table Tennis

first Sunday of the month when play starts at 12:30 PM), Tuesdays, 6:00 to 9:00 PM, and Fridays 8:00 to 11:00 AM. We follow the COVID-19 guidelines. There are many ceiling fans for ventilation.
 Contact: Carl Lynch 408-203-0633, pingpongsclh2@gmail.com



Tap Company

Here's hoping everyone had a wonderful holiday season and Happy New Year. On December 4, the Tap Company celebrated the season with a Holiday Luncheon at OC. Alyson, our teacher, brought eight of her dancers from the Leighton Dance Project to entertain us after lunch.



Alyson's Littlest Dance Troupe

It was a wonderful performance watching these young dancers, from grade school to high school age, perform. Mary Adamson, our President, spoke briefly to welcome all. She introduced the newly elected officers and

announced that in February, a third tap class would be scheduled on Tuesdays at 10:00 AM, just in time to help burn off all those holiday calories! Tap, Tap, Tap.
 Contact: Alison Wolfe 925-487-6902, awolfe@tt-valve.com



Tennis

We celebrate 2022 with a robust calendar of activities for all players at all levels. Join in the fun! Explore tennis for the first time or sharpen your skills with group and team play. Drop-in Tennis continues on Saturdays from 9:00 to 11:00 AM, and we will begin offering training classes for new and returning players on Court 11. Orientation, finding players, and help getting involved is offered by Val Lautug (email request for orientation to Vlautug@gmail.com.) Watch great live tennis at home games as our two USTA teams captained by Jerry Dong (Men's 8.0) and Denise Higgins (women's 7.0) start play. Our website now has PayPal for easy dues payment and a multitude of club news, pictures, and tennis links. See you on the courts.
 Contact: Pam Flaherty 916-531-0142, pamflaherty@gmail.com
 Website: sclhtg.com

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Vaudeville

It's been a while since there has been any Vaudeville news. The good news is that no dues will be due for 2022, and there will be a show. When we thought we would have a show in 2021, several new people came forth wanting to be in the show. With a variety of new acts and our show veterans, I'm looking forward to having a really great show this year. I have submitted the audition and rehearsal dates to Lavina and am waiting for final approval. Already approved dates for tech and dress rehearsals are July 12 and 13. Our show dates are July 14, 15, and 16.

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



Veterans

From being homeless as a teenager in California to joining the Army without a high school diploma to becoming an officer with two tours in Vietnam, Kent Hann has certainly had an unorthodox life trajectory. He will discuss "Myths We Love to Believe" when he speaks at our January 20



Colonel Kent Hann

general membership meeting at 1:00 PM in the P-Hall (KS). With the New Year comes a new board of directors, including Bill Lewis, President; Jon Hodson, Vice President; Jeff Davis, Treasurer; Richard Fuller, Secretary; Shirley Schultz, Bob Ringo, and Dave Taylor. If your American flag is looking a bit shabby, you can purchase a bright, new, all-weather flag on the 15 of the month in the OC lobby. Flags are available for \$25.
Contact: Bill Lewis 916-408-3771, bllewis1977@gmail.com



Water Volleyball

Water Volleyball is looking forward to an exciting new year. Welcome to New Members, and we welcome any new players interested in joining the fun in the pool. Volleyball play for new members includes training and mentoring from current players. Don't forget the opportunity to try out playing before you join on Saturdays for free. Come join the fun, and spectators are welcome. If you are interested in joining this fun group, see our website or call Carol Critch at 925-451-1686. Congratulations to our new board members for 2022. They will be formally seated at the January Steering committee meeting. Longtime member Gene LaFaunce passed away at age 97. Gene was an active player until



The Blue Ball Tournament winners:
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age 95 and was an inspiration to all. Stay healthy in 2022. Play water volleyball!

Contact: Diane Ferrari 916-412-9599, dferrari.diane@gmail.com
Website: lhwatervolleyball.com



Woodcarvers

The Woodcarvers meets every Wednesday in the Sierra Room (KS). While our meeting times are set for 1:00 to 4:00 PM, members stay the full time or leave early, depending on their project or schedule. Our meetings have a casual feel to them as people work. We visit, often with fun bantering, but we also seek others' input about our work, inspect members' projects, or just work silently. The environment is very supportive and congenial. For beginners, all of our club members are happy to help get one started or advise on a project's next best step. So come join us and enjoy the wonderful hobby of woodcarving

Contact: Lionel Rainman 916-253-9534



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Alzheimer's-Dementia Caregiver's Support

The first 2022 general meeting will be Wednesday, January 26, 1:00 PM via Zoom, hosted by Del Oro Caregiver Resource Center. Join us and connect with ongoing and new members. Contact Jean Ebenholtz (jme-sme@att.net) for the Zoom link. Members of the LHAzCaregivers@googlegroups.com will receive the link via email. The Women's caregivers group meets on the first Wednesday of each month at 1:00 PM. The February 2 meeting will be in the Multimedia Room (OC), requiring vaccination proof and masks. Contact Jo Fratessa at 916-759-8760 for details. Our newly formed steering committee includes Jean Ebenholtz, Mary Jo Fratessa, Barbara Greenfield (916-202-6963), and Valerie Jordan. The Caregivers groups and programs are supported by the Lincoln Hills Foundation.

Contact: Valerie Jordan 909-625-7443, vjordan46@gmail.com



Bereavement

We offer support and friendship through sharing with others who have also lost a loved one. For those who are vaccinated, you are invited to join us Wednesday, February 9, 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 for Memoriams is the 15 of the month to be in the next *Compass*. Contact: Joan Logue 916-765-1745, joanlogue@sbcglobal.net



Bosom Buddies

We started the new year with a speaker from WellFit. Danielle Merrill, Program Manager, talked about exercises that are "age-appropriate" and can help cancer survivors reclaim their strength after treatments. Cancer takes a toll not only on the body but also on the mind. As much as we may want to veg on the couch, it's important to rebuild ourselves. Our meetings are held on the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC). Mae Gagnon has been busy lining up interesting speakers you won't want to miss. Before meetings,



Karen Hardage and Jeri Ferris sang at our holiday party.

members are invited to lunch at Meridians (Dutch treat, unless it's a member's birthday month – then we treat her). For reservations, call Val Singer at 916-645-8553. Contact: Judy Stewart 916-408-3597, Ladyj2170@gmail.com



Caregiver Support

We are a support group for those caring for someone with Parkinson's. We meet the second Tuesday of each month from 10:00 to 11:00 AM at the Lincoln Hills Community Church, 950 E. Joiner Parkway. Contact: Charlotte James 916-316-1351, cjames4528@sbcglobal.net



Gam-Anon

Gam-Anon can help if your life is affected by someone else's gambling problem. We are currently meeting on the first and third Fridays of each month from 7:00 to 8:30 PM at the First

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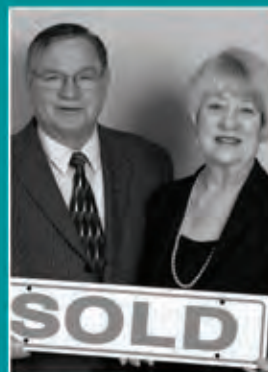


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United Methodist Church at 6414 Brace Road in Loomis. There are signs directing you to the meeting room. Gambler's Anonymous meetings also begin at 7:00 PM in another room if your gambler wishes to attend a meeting as well. If you need support at any other time, you can call the Gam-Anon Northern California Hotline at (510) 407-3898 or the Sacramento Gambler's Anonymous Hotline at (855) 222-5542 for referral to a local Gam-Anon support person. Please leave a text or voice message if you phone the club contact so she can call you back.

Contact: Kay F. 916-204-1624

Website: gam-anon-loomis.com



Glaucoma Support Group

Living a life while treating Glaucoma can be a challenge at times. It is important to have a good working knowledge of your chronic disease. Do you know what questions to ask? Are you confused about your treatment plan? We are here to help you. Please bring your questions when you join us at our next support group meeting on February 9, at 4:00 PM in the Multimedia Room (OC). For more information, contact Bonnie.

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



Hearing Impaired Support Group

Our next meeting will be on January 27 at 2:30 PM in the Multipurpose Room (OC). We will be having Marina Zangeneh-Lester of California Phones demonstrating smartphones, namely iPhone and Android. You will be shown how to send or receive text messages, how to make your smartphone

louder and easier to hear, how to connect Bluetooth devices and how to operate the basic functions of your smartphone, and much more. If you are interested in participating in this training or have any questions, please contact Donna as soon as possible. Let her know if you have an iPhone or Android. There is no charge for this session, but seating is limited.

Contact: Donna Szabados

916-543-3288, dszabados@gmail.com



Low Vision Support Group

Our next meeting is Tuesday, February 1, 2:00 to 4:00 PM, Fine Arts Room (OC). Speaker Laura Kellen, Outreach Librarian, Braille and Talking Books Library, will be talking about free services for Northern California residents who are blind, visually impaired, or have learning or physical disabilities. The library loans audiobooks, braille books, and magazines via postage-free U.S. mail. Books can also be accessed using a smartphone or tablet. We will be meeting on Tuesday, March 1, 2:00 to 4:00 PM, Fine Arts Room (OC). Dr. Liu of Sacramento Eye Consultants will speak on how we have progressed from traditional glaucoma treatment to interventional glaucoma and

highlight neuroprotection and related research.

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



Multiple Sclerosis

We are pleased to have a representative from Del Oro speak to our group on Tuesday, February 15, 1:00 PM, Sierra Room (KS). Bring a friend. Del Oro is a free resource center for finding the right help for you: Caregivers, at home Senior help, respite care, legal and financial help, short-term counseling, information referrals, some direct services, and transportation. During this regular meeting, we'll follow with check-in time from you...a concern and how you are handling it. We look forward to seeing you on February 15 with a mask. *Contact: Jeri Di Fiore 530-401-2135, 2020Jeridifiore@gmail.com*



Parkinson's Support

We meet on the third Tuesday of each month from 10:00 to 11:30 AM at the Lincoln Hills Community Church, 950 East Joiner Parkway. Please wear a mask if not vaccinated. For questions, contact facilitators Gary High 916-434-5905, gwhigh@wavecable.com or Susan Feldman 916-919-0063.

HAPPY NEW YEAR

AARP

Lincoln AARP Foundation Tax-Aide volunteers are ready to assist you with your 2021 tax returns. This free service will be available by appointment only this year at Granite Springs Church, 1170 E. Joiner Parkway. Clients can make income tax preparation appointments by calling 916-587-2822. The Intake/Interview Sheet, Form 13614-C, is required of all clients and will be available in the Orchard Creek Lodge lobby, Kilaga Springs library, Lincoln City Hall lobby, and Granite Springs Church. These returns will be filed electronically (e-file) with the IRS and California FTB.

A Course in Miracles

A Course in Miracles is a book that sets forth a psychological spiritual training which is designed to promote inner peace by shifting our thought system from one that is fear based to one that is Love based. Although Christian in statement the course deals with universal spiritual themes which are found in most religions. Since it is primarily a year-long self-study program that uses a workbook of 365 lessons, this study group meets to discuss and share the successful application of its principles in our lives. For more information call 916-409-5253.

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. Drivers earn points taking travelers to and from the airport while travelers spend points to receive rides. Membership is \$15.00 per year per household. To join visit our website lh-airportco-op.org click the membership tab, download the application, mail along with required documentation to the address on the application. Call Barb Iniguez at 916-408-7812 for more information. Happy travels in the new year.

Cloggers

Happy New Year! We wish you good health, great happiness, and a

grand time clogging in this new year. You will find cheer and enthusiasm and friendship as you dance, not to mention renewed energy as you burn those calories. We hope you've had a chance to clog with online videos, if not in person, in the past year and that one of your New Year's resolutions will be to clog even more. For more information on clogging right here in Lincoln Hills, please contact Natalie Grossner at 916-759-0666.

Democratic Club

Club members enjoyed our annual picnic, rescheduled to December. It featured great food, an interesting program, and the chance to meet in person for the first time in a long time. We look forward to the new year with our new officers and some excellent programs. Andy Fecko and Tony Firenzi of Placer County Water Agency will speak in January, Terry McAteer will discuss the midterm elections in February, and our own Richard Pearl, Lincoln City Treasurer, will speak in March. We look forward to another exciting and productive year! For more information, please see our website, democraticclubincolnca.org.

Italian Club

We kicked off the year with our annual Crab Feed at the McBean Pavilion. More events are planned. In March, we'll have a Western Night Dinner and Dance at the Blue Goose Event Center in Loomis. In April, we'll examine the Italian region of Lombardia. Check out the club website for more information. Don't forget to shop online at the Lincoln Hills Italian Club Apparel Store. You'll find men's and women's shirts, hats, and sweatshirts, all with the club's logo. For more information about the club, check out our website at lhitalianclub.org. For membership, contact Sandi Graham at 916-826-5711.

Lincoln Police Department – Volunteer Program

The Lincoln Police Department is recruiting for its LPD Volunteer Program. The program is open to

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

Racquetball Group

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

Republican Group

We invite Members, resident Republicans, Independents, and NPP to attend our Kick-Off-2022, January 22 from 1:00 to 4:00 PM at Kilaga Kitchen. It will be an "Open House" so you can drop by and visit various discussion tables. There will be speakers representing School Choice, Prop 13, 2nd Amendment, etc. Listen, learn, share while enjoying refreshments and the company of like-minded individuals. There will also be information to take home with you. Our first guest speaker will be in P-Hall (KS), February 24, doors open at 6:00 PM. Additional information on the website. Annual dues \$15/pp.

Shalom Social Group

Our members had a wonderful time at our Hanukkah party. We honored four of our members who have worked hard on this event for several years by planting a tree in Israel in each of their names. Hagai and Braha Narkis always take care of the food, and they do a great job. Anita Lehrer runs the party side of the event (decorations, raffle) with

flair and efficiency. Her husband Dan and his band, Dan Jam, always provide Hanukkah music; for this season, they call themselves the Maccabee Wannabees. For more information, please contact Joanne Levy at 508-333-8590.

Shuffleboard

There is a new sport ready to start play at Lincoln Hills with a familiar name: Shuffleboard. This modern version is played on a slick plastic 40-foot court rolled out on hardwood flooring. Here we will play at the

Fitness Center (KS). Learn how to push the eight discs onto the 10-8-7 point triangular scoring grid, but watch out for the Minus-10 point "kitchen" because no lead is safe in Shuffleboard. The first orientation and practice meetings will be on January 21 and 23 and February 20 from 3:15 to 5:15 PM. For questions, contact Jon Kline at 650-279-0001 or alsonjonny@gmail.com.

Sons In Retirement

We will hold a three-course gourmet luncheon at Catta Verdera

on Tuesday, January 18. Arrive by 11:30 AM. All attendees must have a vaccination card that shows the last vaccine at least two weeks prior to the luncheon or proof of a negative COVID test within 72 hours of the luncheon, and all attendees must sign a liability waiver upon entry. Cost is \$20. If you are interested in coming as a guest or in joining the Lincoln branch of SIR, call David Cesio at 925-899-2193.

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Coffee with the Executive Director

Wednesday, January 19, 9:30 to 11:00 AM, P-Hall (KS)

Come for a cup of coffee 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. Enjoy a free cup of coffee and join the conversation.



Date Change! KS Movie Classic: West Side Story (1961)

Saturday, January 22, 1:30 PM, P-Hall (KS)

Two Youngsters from rival New Your City gangs fall in love, but tensions between their respective friends build toward tragedy. Starring Natalie Wood, George Chakiris Rita Moreno. Rated R for sexuality. 153 minutes. Musical/Drama/Crime.



Document Destruction

Monday, January 24, 10:00 AM to Noon, Fitness Center Parking Lot (OC)

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



Readers Theatre

Saturday, February 5, and Sunday, February 6, 3:00 PM, P-Hall (KS)

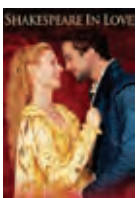
Come, sit back, and enjoy about an hour’s performance of “A Potpourri of Ten-Minute Plays,” directed by Jane Patton, a series of delightful, light-hearted plays.



KS At The Movies: James Bond: No Time To Die (2021)

Monday, February 7, 1:30 PM, P-Hall (KS)

James Bond has left active service. His peace is short-lived when Felix Leiter, an old friend from the CIA, turns up asking for help, leading Bond onto the trail of a mysterious villain armed with dangerous new technology. Starring Daniel Craig, Ana de Armas, Rami Malek. PG-13. 163 minutes.



KS Movie Classic: Shakespeare In Love (1998)

Saturday, February 12, 1:30 PM, P-Hall (KS)

The world’s greatest ever playwright, William Shakespeare, is young, out of ideas, and short on cash, but meets his ideal woman and is inspired to write one of his most famous plays. Oscar Best Picture winner, starring Gwyneth Paltrow, Joseph Fiennes, Geoffrey Rush. Rated R for sexuality. 123 minutes. Comedy, Drama, History, Romance.



Due to the fluctuating COVID-19 restrictions, upcoming Community Forums will be presented primarily as online Zoom. Some in-person presentations or hybrid offerings may occur depending on the Placer county guidance in place at the time of the scheduled forum.

For Zoom presentations, each of your home Zoom screens will show a "chat button," which will allow viewers to enter written questions during the presentation. When the Question & Answer portion of the forum begins, the Zoom moderator will have the ability to present your questions to the speakers, and all viewers will hear both the questions and answers.

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

We will add live audiences per the social distancing rules currently in effect. But online Zoom access will continue, as will video recordings a few days later at sclhresidents.com/group/pages/community-forum-videos.

To receive eNews bulletins, please go to sclhresidents.com/enews.

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

All Forums are Free

Dates are subject to change



Living Healthy, Feeling Younger

Wednesday, February 23, 7:00 PM, P-Hall (KS)

Rates of chronic disease conditions – heart disease, stroke, cancer, diabetes, and Alzheimer’s are projected to continue to rise. However, a Lifestyle Medicine approach has proven to demonstrate the best way to improve our longevity and quality of life. This presentation will teach you how to use evidence-based lifestyle methods to prevent, treat, and often reverse chronic disease, optimizing your vitality. Ruben J. Guzman, MPH, LMP is a Board-certified Lifestyle Medicine Professional, has over 40 years of experience as a health professional, and has helped so many to improve the quality of their lives.

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Give that special someone the Gift of Relaxation for Valentine's Day. We have a fantastic team of professionals ready to meet your needs! We offer an array of self-care and skincare retail offerings ranging from Hydropeptide, Image, Jane Iredale, Grande Cosmetics, and many other items perfect for holiday gift-giving!

—Best Sellers—



Hydrafacial Deluxe

\$239

Only Hydrafacial uses patented technology to cleanse, extract, and hydrate. Hydrafacial super serums are made with nourishing ingredients that create an instantly gratifying glow in just three steps. First, by starting with the Cleanse+Peel, uncovering a new layer of skin with gentle exfoliation and relaxing resurfacing. Next, moving onto the Extract+Hydrate, removing debris from pores with painless suction and nourishing with intense moisturizers that quench the skin. Last, focusing on Fuse+Protect, saturating the skin's surface with antioxidants and peptides to maximize your glow.

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Kilaga Springs Custom Facial

\$130

We offer seasonal treatments designed to address specific needs of our skin as the weather changes. We offer LED Light therapy enhancements for additional anti-aging benefits. We have a series of Designer Image Skincare Peel treatments offered in the fall and winter for advanced

exfoliating benefits. The Hydropeptide facial offers clinical results and a luxurious experience. This facial provides a custom-tailored experience that allows for the choice of Hydropeptide products best suited for your skin. Hydropeptide uses the power

of peptides that work on a cellular level to increase hydration, visibly reduce fine lines and wrinkles and enhance skin's natural luminosity.



Hot Stone Tension Relief Massage

90-minutes \$135

The healing power of touch combines with the earth's energy in this relaxing, muscle-melting massage. Smooth, warm stones glide across your body in long, flowing strokes while the heat helps to relax and soothe tired, sore muscles.



CBD Massage

60-minutes \$110

90-minutes \$140

CBD massage is the gold standard of deep relaxation. It is a holistic way to heal and treat your body and mind by combining nature's remedy with skilled massage techniques. CBD stands for Cannabidiol which is cannabinoid in cannabis. It does not have the THC that cannabis has, which means you will not experience the 'high' effect.



Signature Holiday Pedicure

\$49

Immerse yourself in total relaxation and soak your cares away with the healing benefits of our specially blended foot scrub. Treat yourself to a lavish experience designed to relax, soothe, soften and hydrate. Your feet will be ready to dance the night away.

All About the Feet

30-minutes \$48

A refreshing peppermint balm is applied using a combination of reflexology, Swedish, and pressure points. It helps stimulate the muscles around your feet, lessens stiffness, and reduces pain in the ankles, heels, and lower legs.

Best Seller Service Add-Ons

Enhance your next massage or facial by incorporating a hand or foot treatment.

• **Fabulous Foot Repair** – \$18

Polish, rejuvenate, hydrate, and renew with magnesium and plant-based exfoliants and shea butter.

• **Radiant Hand Repair** – \$18

Smooth, brighten, hydrate, and help inflammation with magnesium and plant-based exfoliants and shea butter.

• **Anti-Aging Neck & Décolleté** – \$18

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—**Holiday Favorites**—

Dazzle Dry is the only vegan nail care system to dry in just five minutes and lasts up to three weeks. It is non-toxic, hypoallergenic, and ideal for even the most sensitive skin. This treatment will enhance and strengthen your natural nails while giving them an amazing holiday sparkle.

Dazzle Me Dry Manicure – \$44

Dazzle Me Pedicure – \$48

Pucker up for Valentine’s Day with kissable lips with our “PERK Me Up” specials to our amazing Hydra-Facial services. These super serums are made with nourishing ingredients that create an instantly gratifying glow. Treat yourself today and enjoy a complimentary Home Care treatment gift!

PERK Lip Treatment – \$55

PERK Eye Treatment – \$55

We also offer Bowen therapy, hair removal, body treatments, make-up application, and nail services. Check out our website for a complete list of services.

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*Indicates new performances on sale January 17

—Comedy—

Jack Gallagher - Stand-up Comedy

Friday, January 21

7:00 PM, Ballroom (OC) — **LSE362**

Premium Reserved Seating \$16

General Admission \$12

For most of his life, Jack has been entertaining, first as a kid for his family and then for his friends and teachers at school. Jack started his professional comedy career in Boston during the early '80s. As part of that explosive comedy scene, Jack helped establish such clubs as The Comedy Connection, Stitches, and the legendary Ding-Ho Comedy. Jack has appeared in films, TV movies, including his own ABC sitcom *Bringing Up Jack*, as well as a recurring role on the HBO Original Series, *Curb Your Enthusiasm*. Jack can currently be seen as the co-host of the popular nationally syndicated Public television show *MoneyTrack*.



The Comedy of Dave Nihill

Tuesday, February 22

P-Hall (KS)

Reserved Seating - \$16

6:00 PM Show — **LSE366**

8:00 PM Show — **LSE367**

Leaving Dublin, Ireland, where he was born and raised until the age of 22, Dave has lived and worked in twelve countries and visited over seventy. His shows draw on his wide travels, cultural observations, attempts at language study, and being a mildly confused immigrant in the US. Dave is the winner of the prestigious annual San Francisco Comedy Competition and runner-up in the Moth's largest US Grand Slam storytelling competition. He has been featured on TED.com, NPR, and The Huffington Post, among others. A Comedy Festival favorite, Dave's videos have gone viral many times, exceeding 60 million views.



—Community Performing Arts—

The Lincoln
Hills Players
Club presents
Damn Yankees

Ballroom (OC)

Thursday

April 7

7:00 PM show

— **LSE372**

Friday, April 8

7:00 PM show — **LSE373**

Saturday, April 9

2:00 PM show — **LSE374**

Sunday, April 10

2:00 PM show — **LSE375**

Premium Reserved Seating \$21

General Admission \$17

The award-winning Broadway musical *Damn Yankees* is coming to Lincoln Hills, just in time for the 2022 baseball season opening! Joe Boyd, an avid Washington Senators baseball fan demoralized by a string of losses to the New York Yankees, swears he'd do anything to see his team beat those loathsome Yankees. But will he surrender his moral integrity—even his own soul—to make that happen? Will he sacrifice family and love to become a young, famous baseball star? Just to make those damn Yankees lose? Let the antics begin!



—Concert—

**Robert Dehlinger's
Alpha Rhythm
Kings**

Friday, January 28

7:00 PM, Ballroom

(OC) — **LSE361**

Premium Reserved
Seating \$23

General Admission \$19

Swing. Jump Blues. Vintage Lounge. Boogie Woogie. Established in 2017, the Alpha Rhythm Kings have created quite a stir with music fans with an exciting, King Size California sound, with what *Roots Music Magazine* *No Depression* calls "the badge of authenticity." The band's top-quality musicians, with Robert Dehlinger's "exhilarating" trumpet and "magnetic" singing (*Jazz Corner*) leading the way, are a favorite with swing dancers, as well as with audiences in nightclubs, festivals, and concert halls. Be prepared to enjoy a high-energy and exciting concert.



2022 CHINESE NEW YEAR FESTIVAL SAN FRANCISCO SATURDAY, FEBRUARY 19 \$55 - LST376



Celebrate the Year of the Tiger at the annual San Francisco Chinese New Year Festival with the sights and sounds of San Francisco's exhilarating Chinatown during one of the community's most exciting times of the year. Over 120 booths and concessions making this a shopper's paradise plus activities and entertainment. Enjoy Chinese folk dancing, opera, drumming and much more at the entertainment stage on Washington Street.

Wheels roll from OC at 9:00AM, Return – 7:00PM.



Registration starts January 17 at the Lifestyle Desk and Online (www.SCLHResidents.com)

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"Everlong"**A Valentine Songbook**

Thursday, February 10

7:00 PM, P-Hall (KS)

Reserved Seating \$23

— **LSE369**

Join husband and wife team Megan and David Albertson, present the perfect pre-Valentine concert that will cover endearing love songs from through the years. With Megan's stellar vocal power and David's innate ability to craft a special full band sound with all his instruments (acoustic guitar, violin, mandolin, ukulele, and harmonica), they have natural charisma and showmanship that will create an evening to remember.

**Celebrating Tom Jones****Starring Broadway's David Burnham**

Friday, February 18

7:00 PM, Ballroom (OC)

— **LSE368**

Premium Reserved

Seating \$24

General Admission \$20

Join award-winning Broadway star and acclaimed recording artist David Burnham as he celebrates through stories and songs one of the most electrifying performers and iconic voices, the legendary Tom Jones. This exciting show shares the stories and songs that have made Sir Tom Jones one of the most iconic performers for the past five decades, including the chart-topping hits such as "It's Not Unusual," "What's New Pussycat," "Delilah" and more. Starring Broadway's David Burnham ("Wicked," "The Light in the Piazza) featuring a four-piece band led by Musical Director Todd Schroeder.

***The Everly Brothers****Experience Featuring****The Zmed Brothers**

Thursday, March 3

7:00 PM, Ballroom (OC)

— **LSE364**

Premium Reserved

Seating \$24

General Admission \$20

The Everlys bridged country and rock with countless classics like "Wake



Up Little Susie," "All I Have To Do Is Dream," "Bye Bye Love," and more. They inspired groundbreaking groups like The Beatles, The Kinks, Buddy Holly, to name a few. The Zmed brothers skillfully cover the Everly Brothers with a bit of their own trademark style mixed in. The duo always delivers a memorable concert not to be missed.

***A Pre-St. Patrick's Day Celebration with Lions of the North**

Tuesday, March 15

7:00 PM, P-Hall (KS)

— **LSE370**

Reserved Seating \$23

Join us for a pre-St. Patrick's Day celebration with a concert from the

Lions of the North. An Irish band, hailing from the beautiful city of Sacramento, this group of three fun loving musicians will play classic Irish songs and some originals. This trio delivers a fun program for all, complete with a guitar, accordion, bodhran (Irish drum), occasional fiddle, and a keyboard. While not actually being from Ireland, the band still acts like it!





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or online at SCLHResidents.com.

*Indicates new trips on sale January 17

Featured Trip!



***Sierra Mountain Snow Train Overnight:
El Dorado Hotel with Dinner**
Tuesday, February 22 to Wednesday, February 23
— **LST378**
\$337 per person double occupancy
\$378 single occupancy

Enjoy the breathtaking mountain views from your reserved upper coach class seat via Amtrak on a relaxing winter train trip to Reno, escorted by Scott, your Lifestyle Trip Coordinator. We go one way to Reno on Amtrak to spend the night and return from Reno on a motorcoach. Savor a delicious dinner from Reno's acclaimed Roxy restaurant with a plated three-course meal with your choice of Cedar Plank Salmon, Preserved Lemon Chicken, or Roxy's Filet Mignon. Complete menu available at the Lifestyle Desks. Be prepared with your meal choice at registration. Trip includes overnight stay accommodation, dinner, all transfers to and from the train station, driver gratuity, and luggage handling. This trip is only available in person at Lifestyle Desks. Not available online, Wheels roll from OC at 10:30 AM return ~ 2:30 PM.

Day Trips

—Casino—



Cache Creek Casino
Thursday, January 20
\$42 — **LST371**

Visit Cache Creek Casino just outside the Woodland/Esparto area in Yolo County and see if

Lady Luck is on your side in 2022. Lots of slots and table games to choose from. Spend four hours at the casino. Receive \$20 in bonus play. Wheels roll from OC at 9:30 AM ~ return 4:30 PM.



***Hard Rock Casino at Fire Mountain**
Wednesday, February 16
\$35 — **LST379**

Visit the new Hard Rock Casino in Wheatland for a four-hour visit. All players (new and those with existing Hard Rock Casino Sacramento player cards) will receive a \$25 game credit. You must bring your current player card and your California state-issued identification with you to play. New players will be issued a player's card upon arrival. Wheels roll from OC at 9:30 AM return ~ 3:30 PM.

—Tours/Leisure—



***Chinese New Year Festival, San Francisco**
Saturday, February 19
\$55 — **LST376**

Celebrate the Year of the Tiger at the annual San Francisco 2022 Chinese New Year festival. Immerse yourself in the sights and sounds of San Francisco's exhilarating Chinatown during one of the community's most exciting times of the year. You will find over 120 booths and concessions, making this a shopper's Paradise. The SF Chinese Chamber of Commerce has activities and entertainment for all ages. Enjoy Chinese folk dancing, opera, drumming, and much more at the entertainment stage on Washington Street. Wheels roll from OC at 9:00 AM return ~ 7:00 PM.

— Performances —

Riverdance 25th Anniversary At Gallo Center for the Arts, Modesto

Wednesday,
January 26

\$117 — **LST374**



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. Fee includes coach transportation and tickets with seats located on Ground Level (Parterre section). Wheels roll from OC at 4:00 PM for a 7:00 PM show ~ return approximately 11:00 PM. Bus loads 15 minutes prior to bus departure.

Broadway On Tour

The 2022 Broadway on Tour (formerly Broadway Sacramento) Three-Shows will be held in the newly renovated Community Center Theater now named SAFE Credit Union Performing Arts Center. The Center now boasts additional aisles interwoven through the Orchestra seating area, state-of-the-art acoustics, a greatly expanded lobby, and more patron restrooms to create an enhanced patron experience.

Anastasia

Tuesday
February 1

\$125—**LST362**

From the Tony Award®-winning creators of the Broadway classic Ragtime, this dazzling new musical transports us from the twilight of the Russian Empire to the euphoria of Paris in the 1920s, as a brave young woman sets out to discover the mystery of her past. Pursued by a ruthless Soviet officer determined to silence her, Anya enlists the aid of a dashing conman and a lovable ex-aristocrat. Together, they embark on an epic adventure to help her find home, love, and family. Wheels roll from OC at 6:15 PM for a 7:30 PM Show ~ return 11:00 PM.



Wicked

Thursday

April 14

\$142 — **LST373**

This Broadway sensation

looks at what happened in the Land of Oz, but from a different angle. Long before Dorothy arrives, there is another young woman, born with emerald-green skin—smart, fiery, misunderstood, and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikeliest of friendships until the world decides to call one “good” and the other one “wicked.” Wicked—the untold true story of the Witches of Oz—transfixes audiences with its wildly inventive story. Wheels roll from OC at 12:15 PM for a 1:30 PM Matinee Show~ return 5:00 PM.



Tootsie

Tuesday

May 17

\$125 — **LST364**

Call it “musical comedy heaven” (*Rolling Stone*). Call it

“the most uproarious new musical in years!” (*The Hollywood Reporter*). Call it Tootsie! This laugh-out-loud love letter to the theatre tells the story of a talented but difficult actor who struggles to find work until one show-stopping act of desperation lands him the role of a lifetime. “In these turbulent times, when the world seems out of balance, we need a place to let the good times roll,” raves *Rolling Stone*. “Tootsie is it!” Wheels roll from OC at 6:15 PM for a 7:30 PM Show ~ return 11:00 PM.





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— Sports —

**Sacramento Kings**

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Sacramento Kings vs. Brooklyn Nets

Wednesday, February 2 — **LST366**
\$158

Wheels roll from OC at 5:30 PM, for a 7:00 PM game, return ~ 10:30 PM.

**Sacramento Kings vs. Denver Nuggets**

Wednesday, March 9 — **LST367**
\$110

Wheels roll from OC at 5:30 PM, for a 7:00 PM game, return ~ 10:30 PM.

**Overnight/Extended Travel**

***Grand Sierra Resort Reno Overnight: Dancing with the Stars**
Saturday, March 26 to Sunday, March 27
— **LST377**

\$324 per person double occupancy
\$459 single occupancy

Witness the excitement of Dancing with the Stars live. The show features fan-favorite professional and troupe dancers in a brand-new production showcasing every type of dance style as seen on the hit ABC show. With luxurious and spacious seating, state-of-the-art lighting, and sound, the Grand Theatre is the perfect venue to enjoy this spectacular night of show-stopping dance performances. After check-in, enjoy free time for gaming and dinner at the many restaurants in the hotel prior to the 8:00 PM show. Fee includes overnight accommodation, show tickets, coach transportation, and driver gratuity. This trip is only available in person at Lifestyle Desks. Not available online. Enjoy breakfast on your own or more gaming before we load the bus at Noon the next day. Wheels roll from OC at Noon ~ return 2:30 PM.

SOLD OUT TRIPS

Wicked — **LST363** • Tuesday, April 5, 6:15 PM

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*Indicates new class on sale January 17

Classes

—Art —



*Mixed Media Art Journaling

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\$45 plus \$5 supply fee paid
to instructor — **LSC3213**

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*.



*Sip and Paint: “Koi and Dragonfly”

Friday, February 18
5:00 to 8:00 PM (OC)

\$55 — **LSC3237**

This class is great for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day, with step-by-step instruction. Learn how to mix colors, brushstroke, and pallet knife techniques. All supplies are included. Canvases are under-painted and ready to hang. 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.

—Oils, Pastels & Acrylics—



*Oil and Acrylic Painting: Intermediate/Advanced

Wednesdays, February 2-23
9:00 to 11:30 AM (OC)

\$76 (four sessions)

— **LSC3225**

Learn new ways to paint and polish your skills in this new class. More emphasis will be on acrylics. Art demos will be done on a regular basis with group critiques and individual instruction. The goal is to help you become a better painter while having a good time. Instructor: **Sandy Lindblad**. Sandy has 2 BFA's in art from the Art Academy University in San Francisco and is a colorist and a prolific painter specializing in animals and other subjects. Check out her website at sandyindblad.com. Questions about class supplies? Email Sandy Lindblad at sandski2@yahoo.com prior to class.

—Watercolor —

Introduction to Watercolor

Thursday
February 3
9:00 to 11:30 AM
(OC)

\$7.50 — **LSC3754**

Interested in
taking up water-

color? Looking forward to attending a beginning watercolor class? Come to this class to learn about the materials and tools you will need. This class will teach you how to spend your money wisely and not waste money because you bought inferior supplies. You will learn the basics of choosing watercolor paint, brushes, and paper, increasing your odds of producing a successful painting. The class will provide guidelines on here to shop for your supplies and identify and choose the appropriate tools needed to pursue watercolor painting. Instructor: **Faye August**, 916-209-3643, watercolorist55@gmail.com.



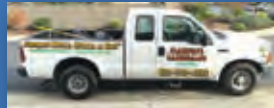
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Abstract Watercolor

Thursdays, February 10 & 17

9:00 to 11:30 AM (OC)

\$75 (two sessions) — **LSC3706**

Participants will create a unique abstract from concept to finished painting in these two workshops. We will discuss ways to add texture and life to an abstract piece. Each participant will compose and create a unique design, and with your individually selected color palette, craft an abstract piece that is rich in color, has interesting texture and value contrast, and balances positive and negative space. Participants are responsible for bringing their own supplies. Some painting experience will be helpful. Limited space is available. For questions or recommendations on materials, please contact the instructor, *Faye August* at 916-209-3643 or watercolorist55@gmail.com.

Watercolor 1

Thursdays, March 3-April 7

9:00 to 11:00 AM (OC)

\$142 (six sessions) — **LSC3755**

Skills covered include essential brush strokes using both round and flat brushes, color mixing, and the use of the color wheel. Over the six weeks, participants will learn and understand the four most important design elements in creating art – shape, color, value, and texture. Practice drills and assignments between weekly session will be given to improve skills and build confidence. Participants will have different vignettes to work on to create a painting or two that can be framed. Instructor will use demonstrations and personal one-on-one instruction to help guide participants. For more information, contact instructor: *Faye August*, at 916-209-3643 or watercolorist55@gmail.com.

Ceramics

—Pottery—

***Beginning/
Intermediate
Ceramics**

Tuesdays

February 1-22

1:00 to 4:00 PM

(OC)

\$64 (four sessions)

— **LSC3261**

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, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use the instructor's tools to create their first art piece. Supply list provided at first class. Instructor: *Jim Alvis*.

***Advanced Ceramics**

Tuesdays, February 1-22

9:00 AM to Noon (OC)

\$64 (four sessions)

— **LSC3249****OR**

Thursdays, February 3-24

1:00 to 4:00 PM (OC)

\$64 (four sessions)

— **LSC3286**

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*.

**Crafts****Beaded Wind Chimes**

Monday, January 24

10:00 AM to Noon (KS)

— **LSC3692**

\$45 Plus \$10 supply fee paid to instructor

Colorful beads and rustic wood create a beautiful combo to bring color to your window or garden. Add bells to the bottom of each strand and add sounds of impending Spring to your porch. Instructor: *Judy Ragland-Craftopolis*. Sign-up deadline is January 17.

**Wood Pedestal Photo
or Note Holder**

Monday, January 31

10:00 AM to Noon (KS)

— **LSC3699**

\$45 plus option to create additional pedestal photo holders in class - \$25 paid to instructor

Learn how to decoupage patterned paper napkins onto wood to create vintage, shabby-chic pedestal style



photos or noteholders. In class, select from different block sizes and orientations as well as pedestal heights. Instructor: *Judy Ragland-Craftopolis*. Sign-up deadline is January 24.

Altered Bottles

Monday, January 31
1:00 to 3:00 PM (KS) — **LSC3700**
\$45 plus option to create additional bottles in class - \$15 each paid to instructor

More decoupage is used to create 2-beautiful upcycled altered bottles using patterned paper napkins, paper cutouts and labels, lace, and other embellishments. Bottles look great on a kitchen or bathroom counter or bedroom vanity! Lots of patterns and themes to choose from during class. Instructor: *Judy Ragland-Craftopolis*. Sign-up deadline is January 24.



***Water Marbling Silk Scarf, Fan and Coaster Set**

Monday, February 14
Individual Sessions
10:00 to 11:30 AM (KS) — **LSC3756**
Noon to 1:30 PM (KS) — **LSC3757**
2:00 to 3:30 PM (KS) — **LSC3758**

Fee \$45; Materials \$40

Learn the ancient technique of water marbling using paints, basic tools and easy-to-follow instructions. During the session, you will create a gorgeous marbled 100% silk scarf, silk-like fabric fan, and set of six pulpboard coasters. Additional items can be made if time allows; pricing varies. Note: Fee covers one session. Choose the time that works best for you. Maximum four students per session. Instructor: *Judy Ragland-Craftopolis*. Registration deadline: February 5.



***Mini Tin Dioramas**

Monday, February 28
10:00 AM to 1:00 PM (KS) — **LSC3759**
Fee \$45; Materials \$20

Create a beautiful mini diorama within a tin box using flowers, papers,



mini props, and more. Instructor: *Judy Ragland-Craftopolis*. Registration deadline: February 21

***Mini Tin Journal**

Monday, February 28
2:00 to 4:00 PM (KS)
— **LSC3760**

Fee \$45; Materials \$15

Create a mini journal that can be used as an art journal, memory journal, or the perfect gift. Select from paper theme options and embellishments ready to assemble.

Instructor: *Judy Ragland-Craftopolis*. Registration deadline: February 21



***Water Marbling Silk Scarf, Fan and Terracotta Pot**

Monday
March 14
10:00 to 11:30 AM (KS) — **LSC3761**

Learn the ancient tech-

nique of water marbling using paints, basic tools, and easy-to-follow instructions. In this session, you will create a gorgeous marbled 100% silk scarf, silk-like fabric fan, and set of cute terra cotta pots. Additional items can be made if time allows; pricing varies. Maximum four students. Instructor: *Judy Ragland-Craftopolis*. Registration deadline: March 5.



***Garden Hose Wreath**

Monday
March 28
9:00 to 11:00 AM (KS)
— **LSC3764**

Fee \$45; Materials \$20

Create this unique wreath using a garden hose, silk flowers, and other garden-inspired props. Finish with a



colorful ribbon, and your wreath is ready for display on your door or in your garden. Instructor: *Judy Ragland-Craftopolis*. Registration deadline: March 21.

—Card Making—

Card Making

– Advanced

Mondays

February 7 & 21

9:00 AM to Noon (KS)

\$30 (two sessions)

— **LSC3298**



Prerequisite: This class will build on your Card Making skills from the Beginner to Intermediate classes and offers more complex and challenging projects and papercraft techniques. This class is not designed for the 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 with you your Card Making Kits. Instructor: *Dottie Macken*. Registration deadline: January 24.

Card Making

– Beginner/ Intermediate

Wednesdays

February 9 & 23

9:00 AM to Noon (KS)

\$30 (two sessions)

— **LSC3309**



Prerequisite: Completion of at least four to eight sessions of previously offered Intro to Card Making - Beginners and/or have instructor's approval to participate. This class will build on your card-making skills while introducing you to some new and different card-making and papercraft techniques. Class size is limited, sign-up early to reserve your space. All supplies will be provided. Instructor: *Dottie Macken*. Registration deadline: January 24.

*Card Making – Intro to Basic Card Making - Beginners

Friday, February 11 & 25

9:00 AM to Noon (KS)

\$30 (two sessions) — **LSC3320**

Have you ever wanted to make a greeting card, but you just weren't sure how to get started? Then this class is for



you! This class will teach all of the “ins and outs” of making greeting cards and more. You will be making and taking home with you at least two cards at each session. This is a fun three-hour class. Class size is limited, sign-up early to reserve your space. All supplies will be provided. Instructor: *Dottie Macken*. Registration deadline: January 24.

Dance

—Clogging—

Dance your way to better balance, unclogged arteries, better muscle memory, and that all-important mental memory. Not only is clogging a rhythmic, energetic dance form, but it is also a whole lot of fun that helps improve quality of life. Join us in any of the clogging classes below that fit your skill.



*Beginning Clogging

Tuesdays, February 1-22

10:00 to 11:00 AM (KS)

\$40 (four sessions)

— **LSC3331**

New students welcome. Start a new passion. Join this new beginners class, a low impact, revamped foundation, and funda-

mental class. After such a long break, let's get our bodies back into working order. The class will move through the eight basic traditional clogging movements at a relaxed pace while developing skills in the foundations of clogging. Special attention will be paid to balance skills. No special shoes are required; flat-soled shoes are recommended. Instructor: *Janice Hanzel*.

*Combine Clogging Class

Tuesdays, February 1-22

11:00 AM to 12:30 PM (KS)

\$60 (four sessions) — **LSC3359**

We are combining two classes. We will start with Easy and progress. A new theme each month will be introduced. The class will feature lots of reviews of steps from previously learned dances. We'll keep it a bit more simple to get our clogging legs back into shape. We will also learn new dances, easy to intermediate, from recent workshops and conventions. Come join in the fun. All levels are encouraged to participate. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Instructor: *Janice Hanzel*. **Vacation drop-in: \$15 per session.**



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—Country Western Dancing—



***Country Couples Western Dance Beginner Level 1 & 2**
Mondays, February 7-28
7:00 to 8:00 PM (KS)
\$28 (four sessions) — **LSC3354**

Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles, including some of the dances at mixers. Instruction will be at a slower pace for beginners. Instructors: *Jim & Jeanie Keener*.

***Country Couples Western Dance Level 3 & 4**

Mondays, February 7-28
6:00 to 7:00 PM (KS)
\$28 (four sessions) — **LSC3342**

After you have completed the Beginner Class and are ready for more challenging dances, join us for a fun-filled hour of higher beginner and easy, intermediate dances. You have learned some of the basics; now it's time to add a few more steps and turns. Dances taught this month will be: "A New Cha Cha and a review of old dances." **Prerequisite:** Completion of Beginner level Country Couples for at least six months. Instructors: *Jim & Jeanie Keener*.

—Hula—



***Beginners Hula Workshop**
Thursday, February 10
2:00 to 3:30 PM (KS)
Free — **LSC3766**

Would you like to learn to dance hula, the beautiful dance of the Hawaiian islands? In this 90-minute workshop, you will learn the basic hand and foot motions. Following the workshop, you

will have an opportunity to sign-up for a 5-week beginners class. This is a limited opportunity. Instructor *Pam Akina* has 40 years of experience as a dancer and 12 years as an instructor. Feel free to contact her in advance if you have any questions at 916-521-0474 or akinapamahoa@gmail.com. Participants should dress comfortably. We normally dance in bare feet, but you may wear shoes if you are more comfortable.

***Hula**

Thursdays, February 3-24
1:00 to 2:00 PM (KS)
\$52 (four sessions)
— **LSC3397**

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 instructor at 916-521-0474 to learn about Hula Basics instruction. Instructor: *Pam Akina*.

—Jazz—

***Jazz for Beginners**

Thursdays, February 3-24
11:00 AM to Noon (KS)
\$36 (four sessions) — **LSC3415**

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.

***Jazz Performance**

Tuesdays, February 1-22
1:00 to 2:00 PM (KS)
\$36 (four sessions) — **LSC3445**

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*.

—Line Dance—

***Country Line Dancing**

Fridays, February 4-25
3:00 to 4:00 PM (KS)
\$28 (four sessions)
— **LSC3487**



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*.

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Level I – Absolute Beginner (Intro)

Mondays, February 7-28

4:00 to 5:00 PM (KS)

\$28 (four sessions) — **LSC3401**Instructor: *Cathy Paris***OR**

Thursdays, February 3-24

9:00 to 10:00 AM (KS)

\$28 (four sessions) — **LSC3521**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 to learn the skills required to move on to the next level of class.

***Level 2 – Beginner**

Fridays, February 4-25

2:00 to 3:00 PM (KS)

\$28 (four sessions) — **LSC3497**Instructor: *Sandy Gardetto***OR**

Thursdays, February 3-24

10:00 to 11:00 AM (KS)

\$28 (four sessions) — **LSC3542**Instructor: *Yvonne Krause-Schenck***OR**

Thursdays, February 3-24

3:30 to 4:30 PM (KS)

\$28 (four sessions) — **LSC3486**Instructor: *Cathy Paris*

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.

***Level 3 – High Beginner/Improver**

Mondays, February 7-28

9:00 to 10:00 AM (KS)

\$28 (four sessions) — **LSC3531**Instructor: *Yvonne Krause-Schenck***OR**

Wednesdays, February 2-23

9:00 to 10:00 AM (KS)

\$28 (four sessions) — **LSC3507**Instructor: *Sandy Gardetto*

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

***Level 4 – Easy Intermediate**

Mondays, February 7-28

5:00 to 6:00 PM (KS)

\$28 (four sessions) — **LSC3404**Instructor: *Cathy Paris***OR**

Wednesdays, February 2-23

10:00 to 11:00 AM (KS)

\$28 (four sessions) — **LSC3517**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.

***Level 5 – Advanced**

Thursdays, February 3-24

5:30 to 6:30 PM (KS)

\$28 (four sessions) — **LSC3710**

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*.

***Line Dancing 4 Fun**

Thursdays, February 3-24

4:30 to 5:30 PM (KS)

\$28 (four sessions) — **LSC3464**

Line Dancing 4 Fun is just that. 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: *Cathy Paris*.

—Tap—

Tap Classes with Alyson

Enjoy tap classes, make new friends, and challenge your mind and body. Alyson Meador is a highly accomplished educator in the art of tap dance whose successes as a choreographer and mentor have brought her a great deal of prestige and recognition. As the daughter of a Radio City Rockette and an

Arthur Murray ballroom instructor, her exposure to the dance world was inevitable. She has been instructing for over 30 years. She is currently the Artistic Director of the Leighton Dance Project Tap Company and has served the Lincoln Hills community since 2000.



*Beginning Tap

Mondays, February 7-28
11:00 AM to Noon (KS)
\$40 (four sessions)
— **LSC3570**

This class works on the basics of tap dance at a slower pace. It is a continuation class, however, new students are welcome.

*Tap Technique

Mondays, February 7-28
10:00 to 11:00 AM (KS)
\$40 (four sessions) — **LSC3541**

OR

Tuesday, February 1-22
10:00 to 11:00 AM (KS)
\$40 (four sessions) — **LSC3730**

Learn and hone your tap techniques through fun musical exercises and routines.

—West Coast Swing—

*Intermediate/Advanced West Coast Swing

Wednesdays, February 2 & 16
6:00 to 7:45 PM (KS)
\$30 (two sessions) — **LSC3720**

Prerequisite: Must know the basics of West Coast Swing Dancing and be at an intermediate to advanced level, or have instructor's approval. Partners necessary. The first hour and 15 minutes of the class will focus on dance instruction, and the last 30 minutes will provide dance practice to music. Instructor: *Dottie Lovato Macken*. Registration deadline: January 23.

Glass Art

Notice: Stained Glass class will return in March.

Music

—Guitar—

*Beginning Guitar

Mondays, February 7-28
9:00 to 10:30 AM (OC)
\$60 (four sessions)
— **LSC3591**

Reading music notation for guitar made easy.



About the Instructor: Jon Gowin has a degree in Education and has been playing guitar and other string instruments for over 50 years. He has performed with Bob Wren and his Sacramento World Music Ensemble for over ten years.

*Beginner Folk Guitar Class for Fun Folks

Tuesdays, February 1-22
1:00 to 2:00 PM (KS)
\$40 (four sessions)
— **LSC3675**

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 of the '50s, '60s and '70s will be taught. Basic music theory will be shown. How to choose and purchase a guitar and guitar aides will be discussed. *About the Instructor: Darrell 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.



*Intermediate Folk Guitar Class for Fun Folks

Tuesdays, February 1-22
2:00 to 3:00 PM (KS)
\$40 (four sessions)
— **LSC3615**

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



*Intermediate Guitar

Wednesdays, February 2-23
9:00 to 10:30 AM (KS)
\$60 (four sessions) — **LSC3648**

Come play guitar chord progressions as a backup for our soloists. These cords are easier than you think and a lot of fun. We will guide you into one of the most exciting guitar playing in the world, how simple it can be once you know the tricks. We will play acoustic guitars only: either steel strings or nylon and need to play with a pick. Instructor: *Jon Gowin*.

—Ukulele—

***Beginning Ukulele**

Mondays, February 7-28

10:30 AM to Noon (OC)

\$60 (four sessions) — **LSC3638**

This class will introduce the beginning musician to the joys of playing the ukulele, a simple instrument with simple chords that can accompany virtually any song in the world. Open to new beginner students. Instructor: *Jon Gowin*.

***Intermediate Ukulele**

Wednesdays, February 2-23

10:30 AM to Noon (KS)

\$60 (four sessions) — **LSC3663**

This class is an intermediate Ukulele class and will be playing songs that progressively use a few more chords than beginners' class. We will continue to build on our chordal knowledge and gradually bring in a greater variety of songs. We will bring in more songs in tablature and will incorporate some fingerpicking. Instructor: *Jon Gowin*.

Writing**New Class!*****Writing from Life: Stories and Anecdotes**

Mondays, March 7-28

2:00 to 4:00 PM (KS)

\$75 (four sessions) — **LSC3751**

Write your life stories – short or long – as a way to record memories to share. Learn and practice writing from life experiences using questions prompts and meaningful objects. Stories can be about you, your children or family, travel or food stories. We brainstorm how to get ideas, use mind maps to build our stories, and then begin writing. It is easy and fun. You will leave the class with two or more finished stories. Sharing with class is optional. Participants often enjoy hearing other people's stories as much as writing theirs. Instructor: *Janice Kelley*.

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YANDARA 55+ WELLNESS RETREAT



May 14-21, 2022

WHERE IS YANDARA?

Yandara Yoga School home base is an almost 4-acre nature preserve type property located on the Pacific ocean of Mexico's Southern Baja Peninsula. Only 15 minutes south of the village of Todos Santos and 40 minutes north of Cabo San Lucas.

WHAT IS INCLUDED IN YOUR STAY?

All transportation from Airport to Resort, all meals and all activities (Piloga in the Pool, Hiking, Yoga, Stretching, Yin, Healing Sound Baths, Meditation with Instructors Nina and Danielle).

\$2600 pp - Single private glamping tent | \$2450 pp - Double occupancy
(+ Roundtrip Airfare to and from Cabo San Lucas not included)

THIS MAGICAL RETREAT IS EXCLUSIVE FOR 22 GUESTS ONLY

Registration (with 50% deposit) begins January 17 with remaining payment due February 17.



"What a transformative, rich experience this has been for me. I feel so renewed. This land, this community and all the teachings have inspired me in a way I never realized was possible. I will carry this experience with me forever."
- Retreat Guest



FOR MORE DETAILS STOP IN AND SEE DANIELLE AND PICK UP OUR RETREAT INFORMATION SHEET

Danielle Merrill
 WellFit Program Manager
 Danielle.Merrill@schca.com



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



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WellFit Orientations

Free Orientation: WellFit Staff
 Do not know where to start in the Fitness Centers? Sign up to take our free orientation and learn how the Fitness Centers work and how to use a select number of pieces of equipment safely and correctly. Orientations are designed to educate you on all the WellFit Department offers and get you started on your fitness journey. Register: Fitness Desks.

- Fitness Floor (OC)**
- **Thursday, January 20**
3:00 to 4:00 PM
 - **Tuesday, February 15**
3:00 to 4:00 PM
 - **Tuesday, February 22**
3:00 to 4:00 PM
- Fitness Floor (KS)**
- **Thursday, January 27**
3:00 to 4:00 PM
 - **Wednesday, February 2**
3:00 to 4:00 PM
 - **Wednesday, February 16**
3:00 to 4:00 PM

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

Lessons

Programs that provide learning the emotional, mental and physical aspects of outdoor activities. *Classes fill up quickly, please sign up at least seven days prior to class start. No refunds.*



Intro to Pickleball
 Wednesdays
 4:00 to 5:30 PM
 Pickleball Courts
 Free

This class is for any Lincoln Hills resident interested in learning about Pickleball. No equipment is necessary; just wear clothing appropriate for Pickleball and court shoes. Bring your own water also. 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: welcometopickleball@gmail.com or go to lhpclub.com and look for Calendar on the left. Click on Intro to Pickleball class.



Intro to Tennis
 Thursdays
 11:00 AM to Noon
 Multicourt #11
 Free

This class is a terrific introduction for any Lincoln Hills residents who are 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 to register. Class size is limited to three each session.

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Mindful Movement

Experience with mindful movement of the body that helps create a link between the mind and body that quiet our thoughts, unwanted feelings and prepare us for creating positive behaviors. *Classes fill up quickly, please sign up at least seven days prior to class start. No refunds. Events go on sale the 17 of each month. Register at Orchard Creek, Kilaga Springs Fitness Desks, or online through online enrollment on the Resident Website. There is a four person minimum required to run the class, so please sign up ahead.*

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

Tai Chi / Qigong L1

Tuesdays

February 1-22

2:00 to 3:00 PM

Aerobics Room (OC)

\$48 (four sessions)

OR

New! Wednesdays

February 2-23

11:50 AM to 12:50 PM

Aerobics Room (KS)

\$48 (four sessions)

OR

Fridays

February 4-25

2:00 to 3:00 PM

Aerobics Room (OC)

\$48 (four sessions)

OR

Saturdays, February 5-26

2:00 to 3:00 PM

Aerobics Room (OC)

\$48 (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 Wamsat.*



Tai Chi / Qigong L2

Thursdays, February 3-24

2:00 to 3:00 PM, Aerobics Room (OC)

\$48 (four sessions)

Having some familiarity with the basics of the Yang long form, Level 2 introduces beginners to additional sections of the form with an emphasis on 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 to move blood and oxygen around the body, nourishing the organs and tissues, Qigong helps improve balance, proprioception, flexibility, and strength. Instructor: *Shifu Anney Wamsat.*

Tai Chi / Qigong L3

Tuesdays, February 1-22

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

\$48 (four sessions)

OR

Fridays, February 4-25

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

\$48 (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 wellbeing. Instructor: *Shifu Anney Wamsat.*

New Time!

Tai Chi Ball L1

Wednesdays

February 2-23

2:00 to 3:00 PM

Aerobics Room (OC)

\$48 (four sessions)

Tai Chi Ball is a fusion of mind body exercise, traditional Tai Chi Ball, Qigong, and dance with modern core strengthening exercises and balance postures. This class begins using light-weight exercise balls that progress in weight as we strengthen muscles, improve posture and help develop core strength through ball practice. Instructor: *Shifu Anney Wamsat.*





Mind, Body & Spirit

Wednesdays
February 2-23
3:05 to 4:05 PM
Aerobics Room (OC)
\$68 (four sessions)

Come join Nina as we explore the many benefits of Mind-Body-Spirit Awareness. Mind: mindful intentions & positive affirmations to improve the brain's neurology. Body: healthy posture & movement of your body to support the biology of your physical being. Spirit: breathwork – breathe to change the chemistry within. When your mind is at peace and your body is more relaxed, you are more likely to be happier, kinder, and more grateful. You will be ready to take on whatever life throws your way. Instructor: *Nina Baldi*.

Personal Improvement

The following Personal Improvement classes are offered through the WellFit Department.



CARE for the Caretaker

Thursdays
February 3-24
2:00 to 3:00 PM
Zoom, Instructor will email Zoom link the afternoon before the class.
\$60 (four sessions)

It's easy to get run-down when doing all you can for others. Give yourself one hour a week, from the comfort of home, to recharge your batteries. After each class, you should feel energized, balanced and calm. Your "flight or fight" buttons will be reset and rested, restored, and renewed. Instructor: *Kelly Moreno*.



The Next Chapter

Mondays, February 7-28
1:30 to 3:00 PM
Aerobics Room (OC)
\$85 (four sessions)

With a spectacular marriage comes spectacular grief. Join a small intimate group where together we'll explore new ways to help you move forward with confidence. Come prepared for heart-opening, restorative techniques that will rejuvenate your mind, body, and spirit. You will

be inspired and challenged with this uplifting format that will help carry you through your journey. Instructor: *Nina Baldi*.



Kitchen Magic – Body Moisturizer That is Also Pet Friendly

Friday, February 11
12:30 to 1:30 PM
Placer Room (KS)
\$15 + \$20 material fee paid to the instructor.

Create homemade, personalized, organic, natural, magical healing products. They can be for yourself or family, friends, gifts, or even for pets. Each month features a new topic and product. Instructor: *Nina Baldi*. Contact Nina for specific questions at Nina.Baldi@sclhca.com.



Harmonica for Health

Coming in March
3:00 to 3:45 PM
Solarium/Heights (OC)
\$60 (four sessions)
\$11 paid to instructor for harmonica.

Strengthen your breathing muscles and improve breath control by playing the harmonica. This class will help strengthen the diaphragm, improve breath control, and reinforce breathing exercises all while playing a few tunes. Don't read music? No problem. We use a number system to learn how to play a new song or two each week. We must use a 10-hole diatonic harmonica in the key of C. Instructor: *MaryAnn DePietro, Respiratory Therapist*.

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Happiness is a Choice... for Couples

Tuesdays, February 1-22
1:00 to 2:30 PM
Multipurpose Room (OC)
\$75 per couple (four sessions) Couples must attend together.

The pandemic, retirement, and normal aging have added to the stress that some marriages experience in later life. Now that the pandemic seems to be decreasing and more normal activities are beginning again, how can we regain or increase our marital happiness? This class will utilize educational content, participatory groups, and exercises to understand how to be happier in your marriage and daily living. Instructor: *Amel Whitaker, MA, LMFT*. Amel has over 31 years of counseling, teaching, and workshop development experience. One of his professional concentrations is the mental health of aging adults.



Mindful Eating for Healthy Living

Tuesdays, February 1-22
11:00 AM to 12:30 PM
Multipurpose Room (OC)
\$68 (four sessions)

Are you an emotional eater? Are you tired of being on the diet roller coaster? Have you tried every diet only to return to your same old eating habits? If so, this class is for you. Mindful eating dives into the issues that drive us to overeat and encourages change from within. Mindful eating is not a diet, it is an attitude towards food that encourages awareness of what you eat and why. Instructor: *Sheri Mandell*. *This class pairs well with the Healthy Living Exercise Punch Pass class at OC aerobics room on Tuesdays & Thursdays at 3:05 PM.

Living with Neck and Shoulder Pain

Wednesdays, February 16 & 23
1:00 to 2:30 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*. *Lisa will teach the first class, and Danielle will teach the second.



Traditional Shotokan Karate

Saturdays, February 5-26
10:50 AM to 12:50 PM
Aerobics Room (KS)
\$20 (four sessions)

The instructor is a member of the International San Ten Karate Association and has over 45 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. Instructor: *Al Trimarchi*.

Nutrition

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



Something About Sweets

Monday, February 7
11:30 AM to 1:30 PM
Placer (KS)
\$45

February's Valentine's Day sweets are so hard to resist, as were last season's sugary temptations. It's a hard pattern to break even when we know it's essential for our health to cut back. But healthy sweets don't have to be joyless and flavorless. Vibrant, fresh foods can satisfy our cravings, energize and nourish us. We will discuss and demonstrate how to cook with non-white-sugar sweeteners in recipes that add to our wellness. Join farmer-author Kerin Gould for an informal discussion and a cooking demo. Instructor: *Kerin Gould, Ph.D.* producewithapurpose.net.



Re-Start—Your Health in Just Five Weeks

Coming in March
\$149 (five sessions)

Re-start is a five-week program with a three-week sugar detox built right in; the program focuses on how to use real

food to boost your energy and cut cravings. Enjoy the side effects of weight loss, better sleep, increased energy, and boosted immune system. Discover how good you can feel when you give your body a vacation from processed foods and sugar. Instructor: **Audrey Gould**, Registered Dietitian and Nutrition Therapy Practitioner.

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 Danielle.Merrill@schca.com.

Prerequisite: All Pilates Reformer classes require completion of the Introductory Reformer Session L1.

Membership packages require an agreement for auto-pay upon enrollment. Members select their monthly classes via the online scheduling system MindBody. See the class grid on page 93 for a complete listing of Pilates Reformer classes.

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.

Please contact Danielle Merrill for more information and to sign up if you do not already have a MindBody account or if it is inactive.

Introductory Reformer Session L1

Continuous Dates

Aerobics Room (OC) \$30 (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. 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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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.

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.
New Packages: One client and one trainer. Half-hour session Package of 3, \$34 each. \$102 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.
- **Assessment:** Meet and greet trainer, talk about and establish goals. Trainer assesses ability level. One hour session \$30.

All training is non refundable and has a 1-year expiration date from time of purchase.

Small Group Training (SGT)

Small group training classes are designed for specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting. *Classes fill up quickly; please sign up at least seven days prior to the class start. No refunds. Events go on sale the 17 of each month. Register at Orchard Creek, Kilaga Springs Fitness Desks or online. SGT classes run 55 to 60 minutes.*



Urban Poling (Parkinson's & Balance)

Mondays & Fridays
February 4-28
11:50 AM to 12:50 PM
Aerobics Room (KS)
\$136 (eight sessions)

This class continues our programs for Parkinson's and those that have difficulty with balance. Participants must be able to walk on their own. Walking 30 minutes at least

three times a week gives you a Full Body Aerobic Exercise by simply 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 (OC). Limited availability of loaner Activator® Poles. Instructor: *Renae Schmidt*.

Urban Poling (Indoor Nordic Walking)

Tuesdays & Thursdays, February 1-24
12:55 AM to 1:55 PM
Aerobics Room & Indoor Track (OC)
\$136 (eight sessions)

This is a fitness class designed to challenge the body in varied and unique ways. Designed to enhance the workout for those walking for fitness and are not significantly balance challenged. Walking 30 minutes at least three times a week gives you a 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. Limited loaner poles are available. Instructor: *Rex Owens*.

SGT—Pulmonary Exercise Class

Returning Soon

TBA
\$68 (four sessions)

This class will incorporate a combination of exercise and education to enhance the ability of people with lung disease to manage their condition. Topics covered include breathing techniques, strategies to manage shortness of breath, and other techniques to improve exercise tolerance. Exercise includes strength, cardio, and balance. Anyone is welcome, but people with diseases such as COPD, asthma, pulmonary fibrosis may benefit the most. Please bring your oxygen if needed. Instructor: *MaryAnn DePietro*, Respiratory Therapist.

SGT—Walk on the Wild Side L1 (Seasonal) Returning Soon

Experience the beautiful trails of Lincoln Hills with a trainer teaching exercises along the way. Incorporate warm-up, strength training and conditioning, balance and coordination, and stretching while walking the trails. Walking groups are a wonderful way to decrease blood pressure, elevate moods and increase motivation. Let's enjoy the great outdoors and do a little 'walk on the wild side' Suggested ability to walk 1 mile in 30 minutes. Instructor: *Lisa Fisher*.

SGT—Fit 101

Tuesdays & Thursdays, February 1-24
4:10 to 5:10 PM, Aerobics Room Class alternates
(OC Tuesday – KS Thursday)
\$136 (eight sessions)

Starting a new experience may seem a little overwhelming. That's why Fit 101 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 tools and techniques to add to your workout routine, including the correct settings and weights appropriate for you. Instructors: *John Ramos & MaryAnn DePietro*.

SGT—"Fun"ctional Fitness L3

Tuesdays & Thursdays,
February 1-24
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, 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. Instructor: *Deanne Griffin*.



SGT—Progressive Bootcamp L2/3

Mondays & Wednesdays
February 2-28
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. Instructor: *John Ramos*.

SGT—TRX Circuit L2

Tuesdays &
Thursdays
February 1-24
12:55 to 1:55 PM
Aerobics Room
(KS)
\$136 (eight sessions)



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

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SGT—Posture, Core and Balance L1/2

Mondays & Wednesdays
February 2-28
12:55 to 1:55 PM
Aerobics Room (KS)
\$136 (eight sessions)
Instructor:

Renae Schmidt
OR

Tuesdays & Thursdays
February 1-24
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
February 2-28
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: *Renae Schmidt*.



SGT—Therapeutic Water Exercise L1-L2

Wednesdays
February 2-23
11:50 AM to 12:50 PM
Indoor Pool (OC)
\$68 (four sessions)
Instructor: *Nina Baldi*

OR
Fridays, February 4-25
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—Rock Steady Boxing

Tuesdays
February 1-22
2:00 to 3:00 PM
Aerobics Room (KS)
\$68 (four sessions)

OR
Thursdays
February 3-24
2:00 to 3:00 PM
Aerobics Room (KS)
\$68 (four sessions)



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.* Instructor: *Craig Wasley*.

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**SGT—
ParkinsonStrong
Combo**

Thursdays
February 3-24
3:05 to 4:05 PM
Aerobics Room
(KS)

\$68 (four sessions)



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

Live Stream Class Passes

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 \$4.50 each and 55 minutes. Fast Pass Classes are \$2.50 and can only be used on our 30-minute classes. Punch Passes and Fast Passes are not interchangeable. Please see the colored grids on pages 90-93 for days and times. Purchase these passes through online enrollment on the Resident Website or either Fitness Center front desks. There are no refunds for Punch Passes or Fast Class Passes, and all passes expire one year after purchase. For a list of class descriptions, please refer to the Resident Website under WellFit. Guests must pay \$6 per Punch Pass and \$3.50 per Fast Pass and check in no more than 10 minutes before the start of the class. Classes are subject to availability.

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

All passes and sessions are non-refundable.

WellFit Class Cancellation Policy: 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 canceled last minute without notice. We will not be offering free class passes at this time when we have a cancellation. Thank you for understanding.

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OC WellFit Class Schedule January/February 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
8:35	Zumba Toning L2 Joanie	Step L2/L3 Kim	Stretch It Out L1/L2 - Nina	Step L2/L3 Kim	Basic Step & Strength L1/L2 - Shirley		
9:40	20/20/20 L2/L3 Gretchen	Core-N-Strength L2/3 Kim	Strictly Strength L2/3 Katie	Core-N-Strength L2/3 Kim	Yoga Basics & Flow Amy		
10:45	Piloga L2/L3 Gretchen	Yoga Flow L2 Amy	Slow Flow Yoga L2/3 Katie	Restore, Balance & Flow Yoga L1/L2 Jennifer	Barre L2/L3 Gretchen	Restore, Balance & Flow Yoga L1/L2 Nina	Low Impact Cardio Aerobics L1-L3 - Shirley
11:50	Zumba Gold Seated L1 - Joanie	Sit & Be Fit L1 Joanie	Staying Active with Arthritis L1 Linda	Sit & Be Fit L1 Lisa	Staying Active with Arthritis L1 - Linda		
12:55		SGT - Urban Poling (Nordic Pole Walking) L1 Rex		SGT - Urban Poling (Nordic Pole Walking) L1 Rex	Seated Tai Chi / Qigong L1 Anney		SCLH Booking Rehearsals - 1:00 to 3:00 PM - October to March
2:00	1:30-3:00 January The Next Chapter Nina	Tai Chi / Qigong L1 Anney	New time! Tai Chi Ball L1 - Anney	Tai Chi / Qigong L2 Anney	Tai Chi / Qigong L1 Anney	Tai Chi / Qigong L1 Anney	
3:05	Chair Yoga L1 Amy	Healthy Living Exercise L1 - John	Mind, Body & Spirit Nina	Healthy Living Exercise L1 - John	Tai Chi / Qigong L3 Anney		
4:10	New In January! Monday Meditation Sheri	SGT - Fit101 L1 MaryAnn/John		Zumba Gold L2 Joanie			
5:15	Yin Yoga L1-L3 Nina	5:30pm Coming Soon! Check with WellFit	5:00pm Quiet the Mind L1 - Sheri	5:30pm Coming Soon! Check with WellFit		SCLH Booking 4:10 to 7:00 pm	
			5:45pm Stretch It Out! L1/L2 - Nina				
Punch Pass - Group Exercise Classes 55 minute \$4.50							
Fast Pass - 30 min Group Exercise Class \$2.50							
L1 - beginner L2 - intermediate L3 - advanced *More explanation of class levels and information about class descriptions in WellFit section of website: sclhresidents.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.							
Wellness Classes (session based, sign-up ahead each month)							
SGT - Small Group Training (55-60 minute) session based, sign-up ahead							

Class schedules in the Compass may not reflect recent changes.

For the most up-to-date class schedules visit the WellFit page on sclhresidents.com

KS WellFit Class Schedule January/February 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Intro to Cycle L1 <i>Helena</i>		All Cycle L1-L3 <i>Erin</i>			All Cycle L1-L3 <i>Helena</i>	
8:35	Strictly Strength L2/L3 <i>Helena</i>	Bike to the Beat of the Decades! L1/L2 <i>Helena</i>	Yoga Flow L1/L2 <i>Erin</i>	Zumba L2/L3 <i>Sharon</i>	Zumba Toning L2 <i>Ruby</i>	Strictly Strength L2/L3 <i>Helena</i>	
9:40	Strength Barre Fusion L2/L3 - <i>Katie</i>	Zumba Gold L2 <i>Jeanie</i>	Pilates L1/L2 <i>Erin</i>	Piloga & Props L1 <i>Cynthia</i>	Strength & Athletic Stretch L2 - <i>Katie</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>Jeanie</i>	SGT - Posture, Core & Balance L1/L2 - <i>MaryAnn</i>	Intro to Yoga L1 very beginner - <i>Nina</i>	Traditional Shotokan Karate L1/2 - <i>Al</i>	
11:50	Urban Poling (Nordic Walking) L1 - <i>Renee</i>	SGT - 'Fun'ctional Fit L3 - <i>Deanne</i>	New February! Tai Chi / Qigong L1 <i>Anney</i>	SGT - 'Fun'ctional Fit L3 - <i>Deanne</i>	Urban Poling (Nordic Walking) L1 - <i>Renee</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>Jean</i>		SCLH Booking 11:00 to 3:00 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>	3:40pm Tai Chi / Qigong L3 - <i>Anney</i>	SGT - Progressive Bootcamp L2/L3 - <i>John</i>	SGT - ParkinsonStrong Combo L1 - <i>Valerie</i>	Shuffleboard 3:05 to 5:00pm		Shuffleboard 3:05 to 5:00pm
4:10				SGT - Fit 101 L1 <i>MaryAnn/John</i>			
5:30				5:30 - 6:00pm 30-Minute Cycle L1/L2 <i>Anney</i>			
				6:05 - 6:35pm 30-Minute Roll & Release L1/L2 - <i>Anney</i>	SCLH Booking 6:00 to 8:00pm		
Punch Pass - Group Exercise Classes 55 minute \$4.50				Wellness Classes (session based, sign-up ahead each month)			
Fast Pass - 30 min Group Exercise Class \$2.50				SGT - Small Group Training (session based, sign up ahead) 55-60 minute			
L1 - beginner L2 - intermediate L3 - advanced *More explanation of class levels and 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.							

Class schedules in the Compass may not reflect recent changes.
For the most up-to-date class schedules visit the WellFit page on schresidents.com

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	OC	OC	OC	OC	OC	OC	OC
7:30	Water Walking drop-in	Water Walking drop-in	Water Walking drop-in	Water Walking drop-in	Water Walking drop-in		
	Aqua Surge L2/L3 <i>Renea</i>		Aqua Surge L2/L3 <i>Jiji</i>	Aqua Surge L2/L3 <i>Nina</i>	Aqua Surge L2/L3 <i>Nina</i>		
8:35	Power Waves L3 <i>Jen</i>	8:45am Aqua Intervals L2/L3 <i>Jen</i>	Power Waves L3 <i>Jiji</i>	8:45am Aqua Intervals L2/L3 <i>Lisa</i>	Power Waves L3 <i>Nina</i>		
9:40	Splash L2 <i>Jiji</i>	9:50am Aqua Intervals L2/L3 + Deep Water - <i>Jen</i>	Splash L2 <i>Jen</i>	9:50am Aqua Intervals L2/L3 + Deep Water - <i>Lisa</i>	Splash L2 <i>Lisa</i>	Water Walking drop-in	Water Walking drop-in
10:45	Fluid Moves L1 <i>Jiji</i>		Fluid Moves & Water Piloga L1 - <i>Nina</i>		SGT - Therapeutic Water Exercise - <i>Lisa</i>		
11:50	Water Walking drop-in	Water Walking drop-in	SGT - Therapeutic Water Exercise - <i>Nina</i>	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
4:30	Power Waves L2/L3 <i>Danielle</i>	Water Walking drop-in until 8:30pm	Power Waves L2/L3 <i>Nina/Jiji</i>	Water Walking drop-in	Water Walking drop-in until 8:30pm	Water Walking drop-in until 8pm	Water Walking drop-in until 8pm
5:30	Water Volleyball 5:45 to 8:15pm		Water Walking drop-in until 8:30pm	Water Volleyball 5:20 to 8:15pm			
8:30							
<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>							
<p>L1 - beginner L2 - intermediate L3 - advanced *More explanation of class levels and information about class descriptions in WellFit section of website: schresidents.com</p>							
<p>Small Group Training - SGT - 60 minutes (session based, sign up ahead)</p>							
<p>Group Exercise Classes - 55 minutes (punch pass) \$4.50</p>							

Class schedules in the Compass may not reflect recent changes.

For the most up-to-date class schedules visit the WellFit page on schresidents.com

Pilates Reformer WellFit Class Schedule January/February 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1-L2 <i>Gretchen</i>	OC	OC	Reformer L1-L2 <i>Cynthia</i>	OC	OC	OC
8:30	Reformer + Mixed Equipment L1-L2 <i>Gretchen</i>	Reformer Therapeutic Stretch L1-L2 - <i>Nina</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>	Reformer Therapeutic Stretch L1-L2 - <i>Nina</i>	Reformer Basics + L1-L2 - <i>Valerie</i>		
9:30		Reformer Basics + L1-L2 - <i>Cynthia</i>	Reformer Basics + L1-L2 - <i>Cynthia</i>	Reformer Basics + L1-L2 - <i>Andee</i>	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 - <i>Cynthia</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Reformer Basics + L1-L2 - <i>Andee</i>	Reformer Basics + L1-L2 - <i>Valerie</i>		
11:30	Therapeutic Reformer - L1 <i>Nina</i>	Reformer L1-L2 <i>Andee</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Reformer L1-L2 <i>Cynthia</i>	11:45 Cardio Jump & Core L2 - <i>Gretchen</i>		
12:30		Cardio Jump Basics L1/L2 - <i>Andee</i>			12:45 Cardio Jump & Core L2 - <i>Gretchen</i>		
4:15	4:15pm - New Format Reformer Basics L1 <i>Andee</i>			4:15pm Reformer L1-L2 <i>Valerie</i>			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							
Basic - beginner L1 - intermediate L2 - more advanced *More class descriptions on MindBody when signing up for your classes							
All classes are subject to last minute cancellation for insufficient registration or instructor illness.							

Class schedules in the Compass may not reflect recent changes.

For the most up-to-date class schedules visit the WellFit page on schresidents.com

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 Main Phone: 916-625-4000
 Kilaga Springs Lodge 1167 Sun City Boulevard
 Main Phone: 916-408-4013
 Resident WebsiteSCLHResidents.com
 Public WebsiteSunCity-LincolnHills.org
 Help DeskHelp.Desk@sclhca.com

HOURS SUBJECT TO CHANGE

Orchard Creek Lodge & Kilaga Springs Lodge Mon–Sat: 8:00 am–9:00 pm Sunday: 8:00 am–5:00 pm	The Spa at Kilaga Springs Mon–Fri: 9:00 am–6:00 pm Saturday: 9:00 am–5:00 pm
Membership Desk Mon–Fri: 9:00 am–5:00 pm	Meridians Restaurant Meridians / Sports Bar Mon–Fri: 11:00 am–8:00 pm Sat–Sun: 10:00 am–8:00 pm
Lifestyle Desks (oc/ks) Mon–Sat: 8:00 am–8:00 pm Sunday: 8:00–4:00 pm	Curbside Pickup: Daily: 11:00 am–7:00 pm SCLH Delivery: Daily: 4:00 pm–7:00 pm
WellFit (oc/ks) 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	Kilaga Cafe Wed–Fri: 7:00 am–3:00 pm

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 Linda Minor: 707-235-0778
 Neighbors InDeed916-223-2763 neighborsindeed.org
 Lincoln Hills Foundation...916-434-0749 .. lincolnhillsfoundation.org
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