

OCTOBER 2022

COMPASS

Navigate Your Way Through Sun City Lincoln Hills

13 Pathways Lead to Lincoln Hills

15 Navigating the Health Care Maze

The Official Magazine of Sun City Lincoln Hills



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Corn Maze at Cool Patch Pumpkins, Dixon
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Calendar of Events

October 18 - November 14

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

Date	Event	Page #
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Upcoming Association Meetings: October 15 – November 17

Finance Committee	Thursday, October 20, 9:00 AM
ARC/Architectural Review Committee	Monday, October 24, 9:00 AM
Board of Directors	Thursday, October 27, 9:00 AM
Board of Directors Executive Session	Thursday, October 27, 11:30 AM
CCOC/Clubs & Community Organizations Committee	Tuesday, November 1, 9:30 AM
Compliance Committee	Wednesday, November 2, 9:00 AM
Accessibility Committee	Wednesday, November 2, 9:00 AM
Properties Committee	Thursday, November 3, 9:00 AM
Elections Committee	Friday, November 4, 10:00 AM
CCRC/Communication & Community Relations Committee	Tuesday, November 8, 10:00 AM
Board of Directors Workshop	Thursday, November 10, 9:00 AM
Board of Directors Executive Session	Thursday, November 10, 1:00 PM
ARC/Architectural Review Committee	Monday, November 14, 9:00 AM
Finance Committee	Wednesday, November 16, 9:00 AM
Board of Directors	Thursday, November 17, 9:00 AM
Board of Directors Executive Session	Thursday, November 17, 11:30 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:

- Clubs & Community Organizations Committee
- Communications and Community Relations 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 Resolving Complaints

Robert Copp, Vice President

As part of the business of managing a Homeowners' Association, conflicts may arise. These conflicts may lead to complaints that might be raised due to how a house is maintained, how noisy a resident or their pet may be, or a personal conflict between two people. The Community Standards department may process a complaint, it may be reviewed by the Compliance Committee, and, ultimately, the Board may get involved. The oversight in dealing with complaints lies with the Executive Director. Regardless of the level of the complaint, the Association takes each complaint seriously and supports each individual's right to voice their opinion.

For basic house maintenance or noise issues, a first courtesy notice is provided allowing the homeowner to talk to Community Standards staff or the Compliance Committee to understand the complaint, and how to respond fully. A Second Notice is sent if the homeowner has taken no action. After this Second Notice, the complaint can then be forwarded to a Compliance Committee Hearing. This hearing is an opportunity for the homeowner to address their concerns about the complaint and for the Compliance Committee to clarify the issues. After this hearing, a Board Hearing can be called. The Board then makes a final decision on whether to address the complaint further, including fining the homeowner until compliance is achieved.

To provide due process to the homeowner, house maintenance complaints may take months to be addressed. However, the seriousness of the complaint may accelerate its review. For example, a safety complaint may be brought to a Board Hearing at the next Executive Session as long as sufficient notice

has been provided to all involved parties.

Along with complaints about home maintenance, complaints can concern disagreements between residents and complaints of harassment or unfair treatment. Federal and State laws clearly state the importance of addressing these complaints through an investigation and possibly by involving the Association's legal counsel. A complaint of this type that has been elevated to the Board may come to a Board Hearing, or the Board may form a task group of two or three Board members to more thoroughly investigate the complaint. Talking to both parties separately might lead to an understanding that resolves the issue. However, a resident is not required to discuss their complaint further. For complaints against Board Members, the Executive Director may be more heavily involved in ensuring the investigation is complete.

When a resident submits a personal conflict complaint that is a first-time offense, a reminder on how to treat each other might be made. However, if an issue is egregious or is being repeated, a person may be fined or lose their Association privileges. If the complaint is against a Board member, the Board member may be censured, removed from an appointed office, or asked to step down from the Board.

At the end of the investigation, the resolution is communicated to the complainant. This resolution would not include the legal review or the specific action taken due to each individual's right to privacy. Even if the complaint was handled effectively, communicating the results may feel incomplete. Even if specific actions are not clear to the complainant, the Association is always looking for process improvements to ensure all complaints are effectively managed.





A Note from the Executive Director

Kyle Bodyfelt, Executive Director

"Real obstacles don't take you in circles. They can be overcome. Invented ones are like a maze." – Barbara Sher

I sometimes feel like I am in a maze, struggling to find my way out. If I try to get out of my personal maze quickly, I find myself getting deeper into the maze. It reminds me of a phrase I once heard about slowing down when life seems crazy – slow is smooth, and smooth is fast. When I follow this practice, my efficiency improves, my productivity improves, and I get out of the maze. This applies both at work and home. When I slow down, life is just better.

Lincoln Hills is a perfect example of the dichotomy of leisure and a multitude of activities and events that could get you caught in the maze of life. Just take a look at the numerous activities and events listed in this Compass edition and you could get lost in a plethora of choices. It also is evident in the volunteers who give so much of their own personal time to serve their community. Lincoln Hills is made up of resident achievers who continue to bring their career expertise and passion to their community. Instead of choosing to enjoy the Lincoln Hills 'Good Life', these residents are helping fellow residents do the same. I can tell that these residents also enjoy the contribution they are making, thus gaining the reward that comes with serving.

"It's a lot easier to complete a maze if you start at the end." – Dale Watson

It took me a while to learn this, and sometimes I have to remind myself, but when I think with the end in mind, it helps me with the process of completing a task. When I am able to visualize the goal, it assists with the steps needed to get there. There may be changes and turns along the way, but if we have a vision of where we want to be, we can build a roadmap to get there. Lincoln Hills has some aging infrastructure and amenities. We look forward to helping the community plan these updates to continue the wonderful condition of your facilities inside and out.

The Association also recently formed a 12-person Landscape Cost Reduction Committee to complete a deep dive into ways the community landscape can be modified to maintain the tremendous beauty while reducing some of the labor, water, and energy costs associated with maintaining it. This Committee is holding open meetings, and we welcome resident input as ideas are discussed, and plans are proposed. Other projects in the review are the conversion of community lighting, both in lodges and at outdoor locations, to LED. This is expected to bring both energy and maintenance savings. Jim Trondsen is also working with professionals on the development of a plan to enhance the food and beverage options offered at Kilaga Springs Café. Other projects are also in discussion with cost-saving benefits in mind. Looking forward to an AMAZING year!





Architectural Review Committee Landscaping

Richard Bostdorff, Co-Chair

Welcome to Fall, and some relief from a very hot summer. I know all of our landscaping is suffering from heat and a lack of water. I encourage you to read the Compliance Committee article, where excellent recommendations on dealing with the effect of heat on lawns and plants are discussed.

If you do need to replace plants due to heat stress (or anything else), you do not need ARC approval for a like-for-like replacement, or you can use plants from our approved plant list. We have upgraded the plant list to show both drought-tolerant plants and designated street trees. Even if a plant is not designated drought tolerant, it is suitable for this climate with our swings in temperature and rain.

With a professional installation, artificial turf is an attractive alternative and reduces maintenance costs as well as water use. Some people are concerned about the use of plastics in artificial turf, but you also need to remember that fertilizers, pesticides, and other natural lawn requirements also have environmental impacts, let alone the high use of water and the potential for water waste when sprinklers are not adjusted correctly.

On September 29, the ARC requested the Board approve the proposed Design Revisions to the current document, amended on September 15, 2020, and executed on September 24, 2020. If this was approved by the Board, please use the newly updated documents available on the website and the resident

information center at Orchard Creek.

With the new guidelines, we have simplified both the application and checklists, eliminating calculations, so you do not have to calculate plant quantities, etc. The general guideline is 50% coverage by plants within three years and, of course, bark in the remaining space. Turf is limited to 50% of the area, but we do not require precise calculations of the area

covered. We do need a detailed plan so we can estimate the total coverage.

If you are considering some concrete hardscape that is colored and stamped, we have done some revisions to those guidelines. There is advice on colors, a requirement to seal the concrete, and the use of a matte or low sheen sealer for safety reasons.

If you are considering painting your house now that the weather is cooling, we are in the process of working with Sherwin Williams to update some of the palettes and trim color choices. We are also making some changes to the paint application to

make it clearer and easier to use. Watch for more information in the eNews on progress on that front.

We continue to work hard at making the process of updating the exterior of your home as easy as possible. We also continue to make adjustments as landscaping trends change and new materials are available. If you are interested in exterior improvements and helping residents with their plans, we will have some openings on the committee, and I encourage you to apply to join us.





Compliance Committee

Planning Ahead

David Mateer, Chair

Some things we can easily plan for. Such as cooler days in the fall and more rain that winter brings. It will be a welcome change for most of us compared to the hot, dry months of September. One thing that is difficult to plan for is how much rain, and available water, we will have in the coming months and years. Normally our area gets about 18 inches of rain per year. However, it can vary widely. During the past 12 years, the rainfall has varied from a low of 6.1 inches in 2013 to a high of 27.2 inches in 2017.

Many of us are wondering if we need to be making some landscape changes to reduce water usage. The Association has made many changes in past years to reduce water and eliminate some lawn areas. In fact, there are recent efforts to reduce the lawn areas in and around the community and replace them with drought-tolerant landscaping. Similarly, the lawn areas around the south entrance on Joiner Parkway will likely undergo some revision as watering for that area has been discontinued due to state requirements.

So, what should we be planning for? Be prepared for dry years that may occur from time to time and effectively utilize what water we have. Many residents have revised their landscaping to minimize the amount of water used while maintaining a very attractive appearance. Many have removed lawns over the past decade. Having a lawn is fine and a personal choice. It is normal that some lawns show some signs of stress during the hot summer months. As we move into the fall, they start to recover.

Regular fertilization for the lawn will help keep it attractive even when the hot and dry times come.

For those who turned off the water or drastically reduced the water usage, your lawn may be brown, gray, or even show patches of dirt. If it gets to this state, it is time to start planning your next steps. It is very unlikely the lawn will come back with watering or the winter rains. This is not a high percentage of the properties, but they are very noticeable. For these yards, there are three basic options to choose from. Redo the lawn with fresh sod when the timing is right. Replace the "lawn" with artificial turf, or

remove the lawn and replace it with drought-tolerant plants. The artificial turf and drought-tolerant plant options do require submitting an application to the Architectural Review Committee (ARC) and obtaining approval before the work is started. We have seen some other creative approaches, such as adding bark or rock where the dead lawn is. This is not an acceptable alternative. Please remember that ARC approval is required for any change in



turf or rock areas. Also, any existing border around the lawn area must also be removed if you remove the turf.

So, for many of us, we have some planning to do on how to keep our properties attractive. This also includes replacing those plants that have not made it through the summer months.

Please be aware that the Community Review Program has restarted. The updated schedule is on Resident Website. More information will come in a future *Compass* articles.



Accessibility Committee Community Improvements = Win/Win

Judie Panneton, Chair

A resident recently stopped me while I was at the Orchard Creek gym and asked if I was chair of the Accessibility Committee.

When I responded that I was, he said, "I just want to thank your committee for the better entrances at the lodge."

While I would like the committee to be able to take credit, it cannot. "The Association is always looking at areas to improve accessibility, and the recent entry changes at Orchard Creek Lodge are examples of this priority," according to Kyle Bodyfelt, Executive Director.

What the committee can take credit for is raising awareness. As our residents age, their needs change. More sliding doors, pool chair lifts, balance classes, telecoil capability for hearing aids, live captioning, and standardized written communications are just a few examples of adjustments the Association has made on behalf of the residents. A recent survey conducted by the Accessibility Committee and the Survey Task Force of the Communications and Community Relations Committee reinforced the need for changes to assist those residents who may have mobility, vision, and hearing impairments, etc. The thing to remember is that a fix for one person, like improved access to a building and easier-to-read communications, is a win/win for all residents.

If you have a request for a reasonable accommodation, filling out a Reasonable Accommodation form is the best way to get the process rolling. The form, which is on the Resident Website and available by request at the membership desk, goes directly to the Executive Director for consideration.

An established process for a live-in caretaker is in place at Lincoln Hills and also involves the Executive

Director. Information and necessary paperwork can be received by contacting Kyle Bodyfelt.

At its September meeting, members of the committee discussed questions posed by a member. They are: "Should the Association have the responsibility to provide a service to a resident who is unable to participate in the active adult lifestyle, is having difficulty with a life transition, or can no longer live safely and independently in their home? What options should be considered as the community's response to the residents who are clearly needing something different from information and classes?"

One committee member pointed out that the current bylaws do not reflect the Association's responsibility for residents who are having difficulty living in their homes safely and independently and are unable to participate in the lifestyle here.

Several committee members and an audience member agreed. One committee member suggested that a staff person or licensed social worker be employed to help evaluate the needs of residents so that they and

their families can make important decisions about the residents' living situation. Another committee member said that the Association should not interfere in these personal matters and that it would open up lawsuits if it did.

A Ready to Roll emergency preparedness form was shared from the United Spinal Association (unitedspinal.org) for people to complete and share with whomever they choose.

Tune into the video of the last meeting on the Resident Website to see the form and to learn more information.

The next meeting is scheduled for November 2, at 9:00 AM at P-Hall (KS) and on Zoom.





Lifestyle News & Happenings
An Invitation

Allison Sertic, Lifestyle Manager

Life is full of mazes to navigate – some are fun, and some are not. But they are all easier to learn and maneuver when we have people we can work with to help us through the twists and turns. It is probably true that many of you moved to Lincoln Hills because it is a *community*.

“It takes a village” is an idiom that means many people must cooperate to achieve a goal. Lincoln Hills residents and Association staff make up this village. We navigate this maze best by exchanging information and working together. Our Lifestyle Department counts on each other every day – some are running ahead to do recon, others are offering shoulders to stand on to look over barriers or get an

arm to crash through barriers, and others are looking behind us to make sure people are not forgotten. Many residents are already in our troupe, participating with staff, but we need more. To be specific, we need more information.

You are cordially invited to our first Lifestyle Meet and Greet on Wednesday, November 30 at 10:30 AM in the Ballroom. We will start with a short introduction and presentation, and then we will get social and mingle to have an opportunity to meet each other and chat. Expect to learn how you can give us your “votes” on what you would like to see in Lifestyle activities. We will also give away some door prizes to thank you for your time. It will be a win-win event!



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The Spa at Kilaga Springs

The Maze of Life

KarriLynn Keith, Spa Manager

Life is much like a maze—a vast unknown, exciting, humbling, enlightening, confusing, twisting maze. Sometimes we are completely overwhelmed and the sheer size and intensity, while other times, we are thrilled with new beginnings and the amazing twists and turns of our adventures. For the most part, we find ourselves in awe of the journey that has led us to where we are today.

Hopefully, we are energized and can reflect on our lives and find ourselves appreciating the challenges we have faced. Some of us wear our scars as badges of honor for the trials we have faced, and others share their wrinkles as a sign of the thousands of smiles they have shared in a life well lived. But no matter what our path has been, we all have an amazing story with incredible potential.

When I joined The Spa at Kilaga Springs, I discovered the legacy of our namesake, so I did a little research and was very intrigued by what I found. For those of you who may not be familiar with it, let me share with you our healing heritage.

Kilaga Springs had reported beginnings in the early 1900s when “magical healing mineral water” was discovered from a spring at the Whiskey Diggings Mine. According to Indian legend, the waters had magical healing properties.

The Kilaga Springs name has ties to Lincoln’s rich and colorful past. During the early 1900s, three California businessmen, E.M. Kimberlin, Judge J.B. Landis, and E.C. Gaylord, combined the first two letters of their surnames to form the name for the springs flowing from Whiskey Diggings Mine. The

three businessmen built a spa resort on a site near the mine and sold the medicinal spring water to the public. Kilaga Springs Spa soon consisted of the main building, cottages, and a bathhouse and was a popular destination in the bustling rail town of Lincoln.

Although the facility was destroyed by fire in 1924, the Kilaga Company continued bottling and distributing the water for several years. We are proud to continue the tradition of offering healing products and services that bring comfort and wellness to the residents of beautiful Lincoln.

What a powerful beginning was forged for us, and now as we continue into 2022 and beyond, we are thrilled to introduce to you a New Kilaga Springs Spa Service Menu and our New Spa Membership program that will bring us back to our roots. We have searched far and wide for some truly amazing new treatments to add to our phenomenal

lineup launching this November 1.

To continue the incredible healing traditions of our forefathers, The Spa at Kilaga Springs offers you a tranquil location tucked away from the distractions of our busy and hectic lives to relax and unwind. Our fabulous team of Spa Therapists will whisk you away to your healing spa treatment, where they will create the perfect healing service to address your specific needs and physical challenges.

Please take a moment and visit our Kilaga Springs Spa website to discover all of the exciting new Spa services that await you. Call today to begin your new journey with us into rejuvenation and wellness. Our Spa Concierge are here to assist you!





WellFit News

The Maze through Fitness

Deborah McIlvain, Lifestyle, WellFit & Spa Director

Chronological Age vs. Physical Fitness – Higher aerobic fitness levels in older adults are more predictive of longevity than age alone, according to findings published in The American Journal of cardiology. Research at Kaiser Permanente assessed the relationship between cardiorespiratory fitness, age, and death among patients ages 60 to 90 over approximately 3.5 years. Data analysis showed that those between the ages of 80 and 90 with high fitness levels had better survival rates than their younger counterparts who had low fitness levels. Chronological age should not be the only factor when assessing the risk of death from all causes.

Weight Loss and Mindset – Pay close attention to mind-set when trying to lose weight. Those who maintained their weight loss, the most successful individuals attributed their success to a mindset of perseverance and confidence, according to research in the journal of the Obesity Society. One of the most impressive findings was how weight-loss maintainers described perseverance in the face of setbacks. Weight loss maintainers saw setbacks as part of their successful journey. Setbacks were not described as failures. They were seen as a temporary interruption in their path. Many weight loss maintainers described getting back on track at the next meal or the next day and measuring overall success based on long-term goals.

Power Training vs. Strength Training for Older Adults – For maintaining functional ability and potentially even for living longer, research supports the benefits of power training, particularly as we age. Power is the ability to move the weight with speed and to generate force and velocity with coordinated movement. The study showed that people

with more muscle power tend to live longer. For optimal training results, you should go beyond typical strength training and add speed to your weight lifts. Our trainers at Lincoln Hills can provide assessments and workout plans to help you with this so you do not start out too quickly and injure yourself.

Training for Mind-Body Resilience – When was the last time you felt stressed? Maybe during an argument with your spouse, or maybe you were lying in bed, worrying about work. Whatever the cause of your stress, your body and brain were almost certainly experiencing the same thing, blood pressure, stomach in knots, tight muscles, and a racing mind. I think we all recognize this feeling of stress. It is more than a mental state, it is a full mind-body response. When stressed, the brain has chemicals that heighten our senses and focus our attention, making it impossible for us to think about



anything else. The sympathetic and cortisol make us feel even more wired. Glucose and fats feed the bloodstream, and our cardio and respiratory systems rev up to give us the energy we need to deal with stress. Finding the correct dose of exercise and mindfulness that adds good stress to the body can help. For example, if you push yourself through a challenging cycle class that is good stress, the body is learning how to adapt through stress which in the end does more than improve your fitness. It will help you to meet the next stressful situation with greater strength and resilience.

No matter what you do to navigate the maze of fitness, you need to stay active, do the things you enjoy, and eat a healthy diet (at least most of the time). Do not hesitate to reach out to the WellFit team; we got you covered in all these areas that you might need a little assistance or motivation.



Information gateway – Membership/Lifestyle desks (OC)



Pathways Lead to Lincoln Hills

Linda Lucchetti, Roving Reporter

The word “maze” is defined as “a confusing, intricate network of passages.” This description is never more evident than during the fall when a farmer’s corn field is often transformed into a maze – an exciting yet sometimes scary area to traverse.



Compass magazines help navigate the way

There’s also the maze of life. During our lifetime, we find ourselves journeying within a sequence of labyrinths, faced with a variety of paths to pick from and possibilities to ponder. This is equally as mysterious and scary as any corn maze, but perhaps more within our control.

As young adults, we decide whether or not to attend college, which school to select, and the job or career to pursue. Soon, we are choosing a mate or life partner. With every step into the maze, there are more decisions and choices to make.

Contemplating retirement, we enter into yet another maze with more puzzles about where to “round out” the golden years. Lincoln Hills offers numerous resources to help residents plow through the pathways and find their place. Here’s a reminder about some available tools.

Enter Here – Community Ambassador Program

Many people have taken advantage of this opportunity when

exploring active adult communities. Personal tours are given to interested or prospective residents to uncover the “lay of the land” and answer questions about life in Lincoln Hills.

Go Right – New Resident Orientation

Offered to incoming as well as established community residents, these briefings showcase information presented by staff along representatives from community organizations and clubs.

Navigate Your Way – Compass

Whether you’re reading this story from a colorful glossy magazine or viewing it on your computer or iPhone, you’re studying a monthly community ‘bible’ full of updates about clubs, classes, meetings, events, trips, and more!

Help is on the Way – Directory

Issued annually to resident households, and online, this book lists contact information of fellow residents along with a handy range of community information numbers.

Stay on Track – eNews

To those who sign up, weekly emails are sent at the beginning of the week or on an as-needed basis to inform residents about current events, upcoming activities, and important notifications in the community.

Don’t Panic! – Neighborhood Watch strengthens neighborhood ties and increases personal safety and security awareness.

Someone once said, “Life is like a maze in which you try to avoid the exit.” While we’re here, let’s make the journey as amazing as possible.



Connecting with clubs – “It’s the Lifestyle” event



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Navigating the Health Care Maze

Shirley Schultz, Roving Reporter

Getting your health care needs met can be complicated. It seems there is a different specialist for each body part. It is becoming more and more mandatory for individuals to understand their own conditions and know how to manage such. You yourself, or a good advocate, are often left with having to keep track of and coordinate it all.



Let us take an imaginary trip through the health care maze, each step presenting multiple alternative choices:

- Find someone to provide the services you need
- Ensure you have insurance coverage
- Schedule the appointment
- Fill in the often extensive paperwork or documents prior to the appointment
- Arrange transportation to and from the health care delivery site
- Respond appropriately to the staff person who asks you to describe why you are there
- Comprehend the communication between the provider and yourself
- Understand and agree with the treatment plan
- Obtain prescribed medications, supplies, or equipment
- Follow the daily treatment plan, including correctly managing your medications.

The maze becomes even more

complicated if it takes you outside your usual lifestyle in terms of needing outside help or support, such as post-operative or post-hospitalization rehabilitation or treatments. Which maze track do you take to get the care and support you need?

Many have come to rely on having their health-related information in digital form, such as on a smartphone or their health system's site. This is good up to a point, but recognize that your digital record may not always be accurate and up to date, and it may not always be available when needed. For that reason, it is recommended that you keep a paper log of your most important health information, especially for emergencies or if you are traveling out of the area. Carry with you an up-to-date printed list of your health problems, allergies to medications, and all medications with dosages and times taken. Type or print it, shrink it down to small print, and carry it with your ID. Such a written list saved a man's life when he collapsed on a train platform in Germany years ago.



The Agency for Healthcare Research and Quality defines health literacy as "the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions." Visit their website for more information. <https://www.ahrq.gov/health-literacy/improve/precautions/1stedition/tool17.html>.

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Sue Hanusek on the right path to finding fun



Living in a Maze of Activity

David Wright, Roving Reporter



“Squeezing everything in”

It is easy to get lost in the Lincoln Hills labyrinth. But unlike a corn maze, no matter which way you turn, there is no dead end. Around every corner, the grid is alive with silver-haired children at play. Sue Hanusek is a second-wave resident—buying a rehomed

house two years ago in order to be centrally located between her mom in Yuba City and her kids in Sacramento. On the younger side of the age curve, Sue was not quite sure what to expect from an “active-adult community.” She was amazed at all the energy as she zigzagged her way through the passages of our lively hamlet. It was overwhelming—but in a good way.

“I don’t think I was necessarily seeking out things to do. Finding everything was just a by-product of living here and talking with people,” Sue offers. Walking with a neighbor, she discovered the hiking trails. Mingling at the pool, she got tips on free training classes from the Pickleball and Mad Hatters Bocce clubs. Networking at the tennis courts, she met opponents with her same skill level. Attending the Fitness Center Orientation, she learned how to

use the exercise machines. Everyone was “welcoming and encouraging.”

Born and raised in Yuba City when Lincoln was that one-stoplight town along Highway 65, Sue graduated nursing school, served in the Air Force, and retired from a career as a Sacramento County Social Worker. In her spare time between caring for her aging mother, visiting her granddaughter at UCLA, and spoiling her three “grandpups,” she navigates the merry mayhem of our vibrant community by “just squeezing everything in” when she can.

“I want to do it all,” Sue admits. Well, maybe not all. The volleyball that smacked her in the face in high school “left an impact.” So, she is content to cheer the water volleyball matches and softball games from the sidelines. Also, her bicycle stays garaged more often than not as she “quickly discovered it’s called Lincoln Hills for a reason.” But she does hope to eventually mesh some ping pong, croquet, billiards, and maybe even shuffleboard into her sports matrix.

With most mazes, the fun is in exploring without a map. Of course, for those residents who need to be pointed in the right direction, it does not hurt to consult a *Compass*. As for Sue Hanusek, she prefers to strike up conversations with “strangers.”



At a crossroads, Sue measures her options



Our A-Mazing Residents!

Teresa Tanin, Neighborhood Watch

Our residents are not only resilient, they are A—Mazing. Given the times we face, residents have worked their way through today’s confusing maze of uncertainty. They have figured out how to really enjoy life here in Lincoln Hills. Many activities have been well attended by our residents, such as the successful National Night Out events. Coming November 5 is another great event where we again anticipate very large

participation. This upcoming event is a crucial voting meeting to elect Directors, where a quorum of participating Village Coordinators is needed. Because this meeting is also a breakfast potluck, residents will bring bite-sized breakfast foods to share. We have such great cooks here in Lincoln Hills—the food is always amazing! Attend and meet other fellow residents. Help elect our slate of Directors as a voting Village Coordinator.

Enjoy meeting other volunteers such as Mailbox Captains and support group members. Our community relies on its A-Mazing resident volunteers who continue to support the Neighborhood Watch mission statement: 1. Strengthen neighborhood ties. 2. Increase personal safety & security awareness. 3. Be the “eyes and ears” of the Lincoln Police & Fire Departments. 4. Encourage emergency preparedness.

Annual Meeting and Potluck, November 5, 9:30 - 11:30 AM, Multipurpose Room/Kitchen (KS). Bring a potluck breakfast finger food to share with ten others. Coffee, tea, and water provided. Come join us and be A—Mazing!

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It's Fall

Janet Roberts, Neighbors InDeed

Time has moved so quickly this year for me. It's already October, and the holidays and a new year will soon be here. The older we get, the more quickly time passes, and we wonder where it went.

By the time this is in print, Neighbors InDeed will have had the Annual Volunteers Picnic honoring all our volunteers who work in the organization – Handy Helpers, Medical Equipment Loans, Information & Referral, and the others who you do not talk with or see in your home. With lots of food, music, games, and raffles, the volunteers and their guests had a great time and are now ready to start the holidays and a new year.

Reminders: We are in the middle of a heat wave as I write this, and I have no idea what mid-October will bring, hopefully, some rain.

But to help prepare for the season, you may want to reprogram your thermostat and sprinkler controllers for cooler weather, helping to save water and electricity. It is also a good time to lube garage doors and change your smoke alarm and carbon monoxide batteries. With all the smoke particles that have been in the air, it is also a good time to change or clean your furnace filters. If you need help with any of these tasks, Handy Helpers can do the job for you and/or teach you how to do it.

In addition, you might need to start thinking about cleaning gutters and removing the leaves that have already dropped. We can give you referrals for individuals who have been recommended by other residents. Do not forget about the holidays. Handy Helpers can

help get boxes down from shelves in the house or garage (no attics) or assemble a 6-foot artificial tree (no decorating). We do have referrals for putting up lights, taking boxes down from the attic, etc. We do not cook meals, but we have some referrals for food delivery!

Enjoy the season: Do not let the rest of the year move too fast with all these chores. Enjoy your home and the community during this beautiful season as the weather cools down. Plan what you need to get done, and give Neighbors InDeed a call if we can help.

Please remember that we do not answer the phone. Leave us a message at 916-223-2763, and we will return your call as promptly as possible between 9:00 AM and 5:00 PM, Monday through Friday. Check out our website at neighborsindeed.org.

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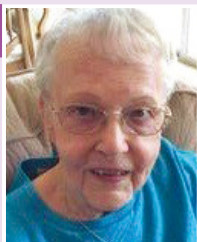
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In Memoriam



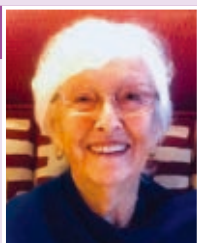
Jane Finch

Minerva Jane DeJong Finch was born in Baxter, Iowa and at age 15, moved to Anaheim, California, with her family. She met Doug there, and they were married for 57 years. They loved to travel, see new places, meet new people, and spread the word of God. She was raised a Christian and created a loving and Godly home for her family. Jane's pride and joy were her husband, three children, and two grandchildren. Her son, Dennis, lives here. She is also missed by many friends and extended family.



James Pirkle

Born in San Bernardino, California, Jim became an adventurer. He served in the US Army in Germany and was bit by the travel bug. After retiring as Vice President of Bay View Credit Union, he and his wife, Arlene, visited every state and over 40 countries. He enjoyed scuba diving and skydiving and rode an elephant and a camel. He saw the Great Wall of China and held a baby alligator. He was a man of great integrity and found time to volunteer with the Lincoln Police Department and as a Handy Helper. Jim was an inspiration to all, especially his children and grandchildren. Besides his dear wife, he leaves his four children, five grandchildren, and five great-grandchildren.



Shirley Powers

Shirley grew up in San Luis Obispo, California. She worked at Southern California Edison Company, where she met her husband, Gordon. At the age of 50, she decided to change careers and went to college, got a degree as a physical therapy assistant, and worked for ten years at the University of California, Irvine hospital. She and her husband moved to Lincoln Hills, and she continued to work at the physical therapy department in Roseville until the age of 70. She enjoyed traveling, gardening, and meeting with friends. She is dearly missed by her husband of 60 years, a son, daughter, two brothers, one sister, and many friends.



Bill Roberts

An educator and graphic artist, Bill grew up in Missouri. He was a graduate of the University of California at Berkeley and received a Masters from San Jose State University. Bill served in the US Air Force during the Korean War. He used to say, "he flew a big mahogany desk." He was a teacher and Director of AudioVisual Services for 39 years. He became a Charter member of the Macintosh User group and helped form the Newbie Class for beginners. He also designed the Logo that the group uses! He enjoyed traveling and history. His hobbies were building model airplanes and silk screening Christmas cards. He was an avid fan of the St. Louis Cardinals. Bill leaves his loving family, Vivian, wife of 72 years, three children, five grandchildren, and one great-grandson.



Mike Sisemore

Mike was raised in Mineral Wells, Texas as one of 5 brothers. He was musically talented and played in bands since he was 14. He sang and played multiple instruments such as saxophone, mandolin, piano, violin, guitar and banjo. He served in the Air Force for four years. His career was as a field engineer in Texas. Mike and wife Lynn moved here in 2000 and soon joined local country bands, including "Lincoln Highway" where he was a singer and player." Mike leaves his dear wife, Lynn, of 37 years, his daughter, 10 grandchildren and 7 great-grandchildren. He is missed by those who knew and loved him.

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



presents:

BINGO IN THE BALLROOM

The Lincoln Hills Foundation offers Bingo in the Ballroom Thursday, October 27, and Tuesday, November 29. The cost is \$25 for 12 games. Winners get \$100 per game and \$250 for blackout. Door prizes will be awarded. Daubers and pop-ups are for sale. No alcoholic beverages are allowed during the games, and bring your own water. The doors open at 12:30, and games begin at 1:00 PM. To reserve a table for 8, send an e-mail to: lincolnhillsfoundation@gmail.com.



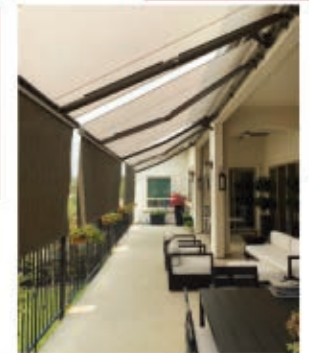
Library News

Did you know that we have Large Print books at the Kilaga Springs Library? When you enter the library, you turn right and find the aisle facing the windows. These books are very popular, and we would appreciate any large print books you can donate. (Any year is fine if they are in good condition.)



My latest read is *The Only Woman in the Room* by Marie Benedict. This is the story of Hedy Lamarr, the screen star who rose to prominence during WWII and was a secret scientist. This book may be found in the hard-bound novels section. It is extremely interesting.

Contacts: Sandy Melnick at 916-408-1035 for donations, Sarah Kevin at 408-858-0880 for volunteers, and Kay Parisot at 209-617-4111 for the Community Living Room (OC).



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Amateur Radio

We welcomed a new member, Craig, to our group. Craig successfully passed his Technicians Exam and is looking forward to checking in to our Net. Our Hams & Coffee get-together held at KS Café was fun, covering a variety of topics (including Ham radio). Consider coming on down to rag chew. Several members helped out at the Annual Hamfest sponsored by the Western Placer Amateur Radio Group. 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: www.lharg.us



Ballroom Dance

Our club hosted its annual Hot August Nights Party on August 20. The evening was filled with best theme-dress contests, games, raffle, ice cream sundaes, root beer floats, and dancing. There was a "Twist Dance" contest won by Mary Swanson. There was also a "Freeze

Dance" contest that eliminated dancers who moved after the music stopped. The "Freeze Dance" contest was won by Kathy McCuistion and Wood McCann. There was a "50s Theme Dress" contest for females, males, and couples. The winners in each category were Ann Link (female), Mark Worley (male), Tony Magdaleno, and Cheryl Taylor (couples). Music was organized by Ruth Algeri. In addition, there were Line Dancing numbers and a Stroll Dance led by Tony Magdaleno. Sal Algeri was Master of Ceremonies.



Cheryl Taylor and Tony Magdaleno – Stroll Dance

Contact: Ruth Algeri 916-408-4752



Big History

We continue our investigations into concepts ranging from the Big Bang to the physical and cultural evolution of humans, focusing on Fall on Paradigm Shifts. We meet Mondays from 10:00 to 11:30 AM on Zoom. Our stimulating lineup of presentations is: "Doggerland: What Happened There? Where Did It Go?" on October 17; "The Effect of Communication Technology on Culture: The Great Electronic



"Paradigm Shift" on October 24; "How Rapid Environmental Changes Affected Human History in the Ancient Middle World" on October 31; "Genghis Khan and the Asian Continent" on November 7; and "Textiles" on November 14. For just \$15 a year, you can join your peers in learning for the sheer joy of it! Please come see for yourself.

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



Billiards

Please check out our website for everything there is to know about our group. The annual dues are \$10. We welcome all residents. You are able to play casual pool at OC during Association open hours. Casual pool is available at KS when there are no tournaments



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or the Mentoring Workshop. We are offering free lessons at KS on Tuesdays at 9:00 AM for the first session and 10:15 AM for the second session. Lessons are available for all residents, beginners, intermediate and advanced players. Upstarts Tournament Winners were Hart Sissing—first place (pictured) and Robert Parks—second place (not pictured).

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



Bird

It looks like we have made it through the blistering heat, and now it's time to get back to birding! We have a great slate of trips scheduled - some in the neighborhood and some a few hours away. In the next few months, we will be going to the Vic Fazio Wildlife Area on the Yolo Bypass, Gray Lodge, Ferrari Pond, and the Sacramento and Colusa NWRs, with more to come. We



Me and My Shadow by Larry White

carpool, so we do require up-to-date COVID-19 vaccinations. Bring out your binoculars and scopes and start to look around for migrating birds as they come to your feeders and water sources. We have plenty of places nearby to seek out our feathered friends. We meet at 1:30 PM at P-Hall (KS). Come on by!

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



Bocce Ball, Mad Hatters

Enjoy fun play with us on Thursdays at 8:00 AM (10:00 AM beginning November 3). New players are always welcome. And just like the spaghetti westerns of the old days, we happily accept players who are good, bad, and ugly. This is recreational play, and random teams of four players are formed each week. After each game, the two winners from each court move over to play with the two losers from the next court. We switch up the partners, and a new 20-minute game begins. All



Bocce on a Fall Day

equipment is provided. We even have a spare "chicken foot" if you need help picking up a bocce ball. Now that fall and cooler weather is here, we'll begin playing at 10:00 AM on November 3.

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



Book, OC

All of us have a favorite book we want to share with someone. You have your chance in this group. At every meeting, we have the 2023 book suggestions posted on the wall for you to add your recommendations. In November, we vote for nine books to read for 2023. At December's holiday event, we begin sign-ups for an author bio and book facilitation. Everyone is welcome to attend and participate. Monthly meetings are held in the Multipurpose Room (OC) from 1:00 to 2:00 PM on the third Thursday of the month. November's book is *The Doctors Blackwell* by Janice Nimura. A holiday event is being planned for December. To get on the monthly email distribution list, email your request to ocbookgroup@gmail.com.

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Bridge, Duplicate

Want to know “How to Stop Losing at Bridge?” Susan Haynie will be giving lessons on Saturdays from 9:30 to 11:30 AM to help us all Stop Losing at Bridge! Lessons began on September 17 and take place in the Terra Cotta Room (KS). These lessons are open to all bridge players, so you do not need to be a member of our club. If you would like to attend, please sign up at either our Wednesday or Saturday games or email Pat Lewis at phlewis399@sbcglobal.net. Each lesson will be \$10 per person, payable to Susan Haynie at the beginning of the lesson. If you would like to play at one of our regularly scheduled games, please request reservations by email to elisehomer@gmail.com.

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530-320-9137,
momrnsf@hotmail.com
Website: www.Bridgewebs.com



Bridge, Partners

To sign up, call or come to the Sierra Room (KS) by 5:30 PM Thursdays. October hosts are Bev & Allan Blaine, 916-409-0260. Sign-ups for next year’s hosting are going fast. August 18 had a limited attendance of 12, so only a high round was awarded to Bob Calmes and

Phil Sanderson. August 25: first- Patty/Tom Mack; second- Kay/Ben Newton, with high round 1720; third- Ralph Madsen/Jay Southard; and fourth- DiDi Martin/Janet Pinnell. September 1: first- Janet Pinnell/DiDi Martin; second- CiCi Bulich/Sue Dumas; third- John Butler/Byron Hansen; and fourth- Joanna/Alan Haselwood. Rose Phelan/Ralph Madsen had high round 1600. September 8: first- Jay Southard/Bob Calmes; second- Joanna/Alan Haselwood; third- Patty/Frank Kamienski, with high round of 2400—a redoubled successful grand slam; and fourth- Ray Henry/Harry Collings.

Contact: The hosts for November are Carla & Mark Green 916-844-5888.



Bridge, Social

Weekly bridge lessons have resumed on Wednesdays, 8:30 to 10:00 AM, at the Card Room (OC). John Woodbury instructs. You can sign up for these lessons by contacting John at johnnymike700@gmail.com or 760-522-8758. Friday’s play starts at 12:30 PM. Players are urged to come at 12:15 PM. Previously unpublished winners are: June 3- Jay Southard- first, Tom Mack- second, Judy Ganulin- third, and George Hubbard- fourth; June 10- Frank

Kamienski- first, Alan Haselwood- second, Janet Pinell- third, and Joanna Haselwood- fourth; June 17- Joanne Quermann- first, Linda Scott- second, Kurt Wolff- third, and John Woodbury- fourth; June 24- Patty Van Oosbree- first, Phil Sanderson- second, Jay Southard- third, and Eleanor Amar- fourth. To sign up for this Friday, call Jaylene Gerdes at 916-871-8582 or jaylenebird@yahoo.com.

Contact: Judy Ganulin 916-253-9021, judyganulin@gmail.com



Chorus

We are hard at work preparing a fabulous line-up of holiday songs to perform at our December 8, 9, and 10 concert series titled “Swing Into the Season.” Be sure to set your alarm early on October 17, as tickets go on sale that morning online and at both lodges. Santa’s brought something new to the ticket purchasing process, as all seats will now be reserved seating. Choose from Standard Reserved Seating (\$18) or Premium Reserved Seating (\$21) and eliminate the need to line up extra early to grab a



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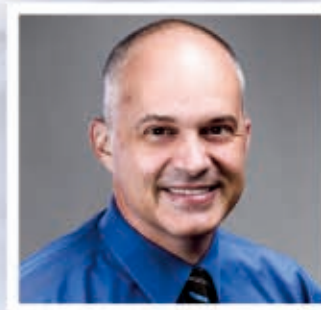


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place to sit. Get on Santa's nice list and reserve your tickets without delay. All performances are bound to sell out quickly!

Contact: Mari Long 916-409-9136, mlong24sjca@sbcglobal.net

Website: www.lincolnhillschorus.org

Computers

Apple Users



Apple recently announced new iPhones, a rebuilt AirPods Pro, and three new Apple Watch models. In addition, there is a new iOS16 for the iPhone. The general meeting is on Tuesday, November 8 at 7:00 PM in P-Hall (KS), with Ask the Tech at 6:30 PM (in person only). Ken Silverman will discuss medications on your iPhone using iOS16. A seminar on Monday, November 28 at 10:30 AM in P-Hall (KS) will host speaker Andy Petro as he discusses photos and other apps relative to iOS16 on the iPhone. This meeting is in person only. Check our club website for calendar of events, member support; Cider Press tips, tricks and fixes, and videos from past presentations.

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



Country Couples

We enjoyed learning two new dances this month in the Country Couples Western Dance class. On Saturdays, Dennis and Georgi Dawson reviewed many dances we've learned to prepare for the recent "Structured Dance." This was an enjoyable evening which included both Country Couples Western dances and Ballroom dancing. Even some line dances were sprinkled in. There was something for everyone! We also enjoyed "The End of Summer No Frills Dance." We had a fantastic time dancing the afternoon away. Our class is a fun way to enjoy learning partner dances and meeting many other couples in a fun, relaxed atmosphere. These dances are then done at our events. Dancing is a healthy, fun exercise for both body and mind. Come join us!

Contact: April Cederburg 916-390-3931

Website: www.sclhcc.com



Deb and Jim Christie



Cribbage

Ah, the turning of the colors. It's autumn. The leaves of spring are now bright red. The faces of some players are turning red too: "three double runs in a row;" a double-double, no way; Sixteen in the crib! You can turn your opponent's faces "beet red" just like Lynn Bell, Rae Cook, Dory Maske, Jack Poshepny, and Phil did. We play every Tuesday starting at 8:30 AM in the Card Room (OC) for warm-ups. Our tournament play starts at 9:00 AM. We are constantly amazed at how many "closet" cribbage players there are in Lincoln Hills. So, if you what to "relearn" the game with us, come by on Tuesday at 8:30 AM. We are a very friendly group, and we have room for you! Contact: Mel Switzer 510-589-7658, Melectrics@aol.com



Cyclists

Cyclist groups tend to be a social, supportive bunch. Every now and then, a fellow rider may need to turn back. They may be overheated, exhausted, or it may be a medical issue. Whatever the reason, you shouldn't let them ride back alone to find out what's wrong. That natural cycling camaraderie doesn't end when they turn back, even if they insist you should go on. If someone is not

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feeling well and leaving the ride, never allow them to pedal alone. Treat the situation like a good cyclist's life depends on it. Nine out of 10 times, they'd be fine on their own, but every now and then, a cyclist's lack of energy could indicate something serious. Don't leave them alone to find out.



If a cyclist needs to turn back, he's never alone.

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



Euchre

If you like to play trick-taking card games, you will love Euchre. It's simple to learn, yet there is some strategy to it! If you are new to the game or need to brush up, check out www.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 8:00 PM in the Card Room (OC). Please email us to be put on the member list. A reminder email will be sent earlier in the week for Thursday's play. All are welcome. Please wear your name tag.

Contact: SCLHEuchreClub@gmail.com

FOOD



Food Adventures

The next club meeting is Monday, October 24, at 2:00 PM in P-Hall (KS). It will be followed by a soup sampling for members across the hall in the Placer Room (KS) at approximately 3:00 PM. These soups are made by our members in their own kitchens and brought in to share with club members.



Our Club Cornucopia

On November 9, members will meet up at Colwell Thundering Herd Ranch in Penryn for a tour, lunch, and holiday shopping in their store. December 5 is our biggest event of the year – our Paella Party at the Ternero Olive Oil ranch in rural Lincoln. Watch for emails on signing up, and don't delay as we expect this event to sell out.

Contact: Don R. Rickgauer 916-847-8791, sclhFoodAdventuresClub@gmail.com



Garden

"All About Growing Mushrooms" is the topic of our General Meeting on Octo-

ber 27, 2:00 PM, KS. The guest speaker is Brendan Linnane from Foggy Dew Fungi in Newcastle—a small family mushroom farm



Guest Speaker- Brendan Linnane on Mushrooms

mainly operated by father and son. Brendan grew up in Placer County, pursued a degree in Horticulture, and began his career as a landscaper. His passion for growing mushrooms spawned while reading *Mycelium Running* by Paul Stamets—a book about mushrooms saving the world. Brendan and his siblings would run out to the fields picking mushrooms! Mushrooms not only have beneficial nutrients our bodies need, but they also are actively engaging our environment and play a key role in our ecosystems! For more information, check out their informative website: www.foggydewfungi.com/shop-mushrooms.

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



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of any kind except feverishly looking through records at the library and courthouse; frequenting strange places, such as cemeteries, ruins, and remote, desolate country areas; and the compulsion to write letters. The unusual nature of this disease is the sicker the patient gets, the more they enjoy it! Sadly, there is no cure for this illness. Our last Boot Camp, on November 7, will feature Carole covering DNA Basics and the Boot Camp wrap-up. Class time is 6:30 to 8:30 PM. Help Sessions are available on the first Monday of the month from 1:00 to 3:00 PM by appointment and 6:30 to 8:30 PM for walk-ins.

Contact: Maureen Sausen
916-543-8594, sclhgen@gmail.com



Golf

Ladies XVIII

Looking ahead to next year, the membership drive for 2023 is in full swing. Linda Chappelle, Membership Chair, can answer any questions. However, a couple of requirements: players must have an established handicap and be a resident. Further, applications can be accessed on our website, listed below. The advantage to early applicants is that they may begin play for the remainder of this year and get to meet new gals. After golf, a host of ladies regularly retire to

the Sports Bar or Meridians patio to mingle more with playing partners and other fellow players, and lots of laughter can be heard from this lively group. Additionally, our annual Holiday/Awards Luncheon will be in the Ballroom (OC) on December 1.

Contact: Linda Chappelle
916-409-0151,
linda_chappelle@sbcglobal.net
Website: www.lincolnhillsladiesgc.memberplanet.com

Men's

The men's club congratulates its new Club Champion, Bob Schoenherr. Bob shot a smooth 77/75 for a 152 gross. The Net Champion went to Rodger Oswald after rounds of 80/83 for a 69/73-142. At our general meeting, Chad Bennett, acting GM for Lincoln Hills GC, gave an update on the courses. The bunkers will be improved, removed, and re-vitalized. About \$1 Million has been budgeted to address the bunker



2022 Men's Golf Club of Lincoln Hills Club Champion Bob Schoenherr

situation. A contractor has been selected, and as soon as they are done in Las Vegas, Lincoln Hills will be next. The new golf-cart fleet is expected to start arriving in November. These carts will have geo-fencing that will prevent golfers from driving the carts too close to greens, tee boxes, and sensitive boundaries.

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



Hiking & Walking

It is finally getting cooler. Now is the time to get those walking sticks out and check on the hiking boots. It is such a gorgeous time of the year to explore the many trails in our area. Walkers meet every Wednesday at 7:30 AM from a different starting point. Hikes are on Tuesdays or Thursdays. Check the website for updates on new hikes and walks. Happy Trails!

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



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Investors' Study

The next meeting is on November 3, at 2:30 PM in P-Hall (KS). Russ Abbott or Matt Bopp of Morgan Stanley will present their playbook of market information and observations. Discussions range from where the markets are trending, Fed actions on rates, and how these may impact us as investors. The group is open to all residents. Best of all: there are no dues to attend the meeting and receive the meeting materials. Meetings provide an opportunity to learn about the markets and ask questions of the speakers. Investors Study is information-only with no individual investing advice. However, there is an Active Investors subgroup (contact Norm Quanttrin at 916-645-4675). Contact Carl Sulzer with questions regarding Investors Study.

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



Lavender Friends

As late-summer temperatures soared, our club used a familiar tradition to cool off. We made ice cream sundaes on a Saturday night. Upwards of 40 people turned out for the event at KS, where toppings ranged from hot fudge to cool fruit and frothy cream whip.

But there was more in store for Lavender Friends than frozen treats. Club president Marilyn Kupcho and longtime member Robyn Lock coordinated a diaper drive for Lighthouse Counseling and Family Services, garnering 2,028 baby diapers and 344 baby wipes. Marie Salers coordinated a service project for Lavender Friends volunteers helping with a food distribution shift at the Salt Mine charity, which has been serving Lincoln for more than 30 years. Lavender Friends is a club of LGBTQ residents and allies.

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



Jan Barnes shows off her sundae creation



Mah Jongg, Chinese

Weather, drought, and inflation got you down? Then 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

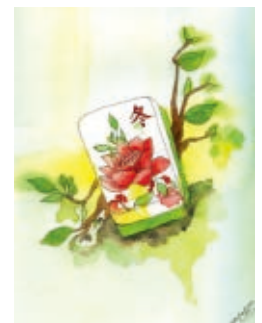
attendees. So, if you're a resident and are interested in an informal and fun way to start the week, please drop into the Card Room (OC) a few minutes before 9:00 AM on Mondays during the setup period. We have everything needed to play, so just come on by. Official play begins at 9:00 AM and continues until Noon. See you soon!

Contact: Randy Fong 916-295-9489, randy888@pacbell.net



Mah Jongg, National

Greetings Everyone. National Mah Jongg is a fun, mind-stimulating social game played with tiles. You combine your tiles according to an official card issued by the National Maj Jongg League. And card changes every year, so your mind must adjust to new strategies. We love it. We play every Tuesday in the Card Room (OC) from 12:30 to 4:00 PM. All are welcome. If you know how to play, just bring your card and join a table. New people interested in the game can join a table to observe. Free lessons are available. Call



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Penny Grmolys at 509-939-3882. All lessons are full this year but will start again in January 2023. Hope to see you on a Tuesday afternoon, and may the jokers be with you.

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



Mixed Media

Come join us and see how to use all kinds of art mediums. Our club is a safe place where those who want to try something new but have some fears of not being "artistic" will be successful and have fun at the same time. The club's members are supportive, encouraging, and willing to share supplies. The prompt word for this month's art challenge was "October." We meet on the third Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. As a reminder, we started collecting our annual \$20 dues in September. Members are always emailed ahead of our meeting about what we are doing and what to bring. If you have questions, contact Club President Chris Fetter.

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



Motorcycle

Fulfill your adventurous spirit, share your knowledge and enhance your

riding experience. The joining criteria are pretty simple. It would help if you were interested in motorcycles. We enjoy biking the backroads feeling the open road's freedom and welcome the motorcycle enthusiast living with an inward eye who might no longer ride but enjoys the camaraderie. Join us as we plot coordinates for a new adventure making memories with friends with similar interests. Upcoming events like Bocce Ball BBQs, impromptu ride-outs, and monthly meetings keep us in touch with old friends and welcome new ones. Our Social Meeting is on the fourth Thursday of the month at 5:30 PM, Multipurpose Room (OC). Our Group Ride is on the second Saturday at 8:00 AM, Twelve Bridges Chevron.

Contact: Manny Perez 916-253-9121, Manwil412@wavecable.com



Movie Lovers

Our club meets monthly on the second Thursday of the month in the Multipurpose Room (OC), 6:30 to 8:30 PM. The next few meetings are on November 10, December 8, and January 12. At monthly meetings, we review and discuss two movies selected by members the prior month, which are showing at local theaters or available by streaming. We focus

on quality movies rather than "special effects blockbusters." Recently we have discussed and reviewed *Summerland*, *The Duke*, and *Passing*. Movie awards season is approaching, so many quality movies will be released, watched, and discussed over the next few months. Anyone interested in joining our club, please let me know.

Contact: Cliff Roe 408-205-8765, cliffroe@ix.netcom.com





Music

What fun we have at our "Sing & Play" informal Jams! If you play an instrument, sing, or like to listen, consider coming by. Our regular meetings have an opening and closing group sing/play along, followed by individual, duos, and small group performances. Our meetings are on the second Wednesday of the month through October, 2:00 to 4:00 PM in P-Hall (KS). You can find the Lead Sheets for the group songs and more



We "Sing & Play" at the Secret Garden

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information on our website. The password is musicgroup. The Guitar Ensemble meets Fridays from 1:00 to 3:30 PM (OC). Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Contact Ron Peck at 925-788-5869 for information. Open to Lincoln Hills residents.

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



Needle Arts

Community Service is in need of long arm and home machine quilters. Donations of quilts are made to various programs within Lincoln and surrounding communities. As the weather gets colder, they're also taking donations of knitted /crocheted hats and scarves for children and adults. Finished items can be left in the basket inside the sewing room door. It's time for membership renewal. The price is unchanged at \$20 for the year. A membership form can be found on our website. Your membership provides a monthly meeting with a speaker, a monthly newsletter, break-out groups for various needle art interests, workshops, and activities. Needle Arts is an umbrella for many different

types of needlework. Our goal is to promote needle arts, creativity, and "Threads of Friendship."

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



Neighborhood Watch

Our annual meeting and breakfast potluck is set for Saturday, November 5, from 9:30 to 11:30 AM in the Multipurpose Room (KS). This will be a good opportunity to meet mailbox captains, village coordinators, and directors and to learn how you can be involved in NW. We also will be electing new directors. Because our policy requires a quorum in the election, we urge voting members (village coordinators and directors) to be there. Your vote is important! Please bring a favorite breakfast finger food (enough to serve 10). Coffee, tea, and water will be provided. Being a volunteer enables you to help strengthen our community ties. Our volunteers are the backbone of NW. Send your



Neighborhood Watch is here for our community.

reservation to Renee Plummer at executiveassistant@sclhwatch.org.

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



Painters

Simple Pleasures Cafe in Lincoln will display new works from our talented members. Art will be for sale at reasonable prices through February 6. At September's "Farm Theme" Competition, members displayed their paintings for a friendly round of voting. We have modified our rules to encourage all levels. Our next challenge is the theme of "umbrellas" for the November 15 meeting. Newcomers are welcome. Plein Air met up on October 14 at Horton Iris Farm in Loomis. We are now on Facebook! Our private group welcomes your work



Janette Olcott, first place Farm challenge Advanced level



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in progress, questions, or painting tips. General meetings are held on the third Tuesday of every month at 1:30 PM in the Fine Arts Room (OC). Dues are \$15 a year. *Contact: Linda Shields 916-488-7220, linda_c_s@yahoo.com*



Paper Arts

Demo Day, September 1, was a great success. Thanks to all who presented their demonstrations, tools, techniques, and instructions. It's wonderful to acquire new ideas and learn from others. Stop by our window display (OC) to view some creepy creations for Halloween and other colorful fall greetings. Thanks to those who showcase their cards.

Reminder – if you have generic cards you'd like to donate for Sunshine greetings to cheer our members, please bring them to a future meeting or an Open Lab. We meet on the first and third Thursdays of the month in the Terra Cotta Room (KS) at 9:00 AM for general meetings and Open Lab. Check the monthly newsletters (email) for updates.

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



Mary and Sue at Demo Day



Pedro

Pedro is a 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 Fridays. We look forward to seeing you soon.

Contact: Denise Jones 916-543-3317



Photography

We are reenergizing in a big way after a long rest through the COVID-19 period. Over 20 volunteers have stepped up to reawaken and substantially enhance some of the club's most popular activities, including field trips and the 'Challenge' and 'Show and Tell' Programs. Following an excellent September presentation on water photography by our own Ron Nabity and Truman Holtzclaw, our Octopus presenter, Dennis Morgan, will take us into the world of underwater photography. Don't miss it! Our monthly

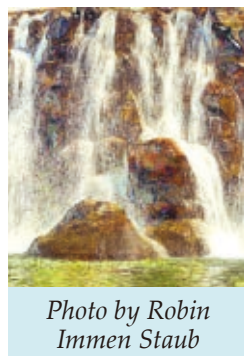


Photo by Robin Immen Staub

Photography SIG is canceled for October. Check our website for updates on future Photography SIGs. Excited to participate in our reenergized club? We always welcome new members. To join the club, visit our website or attend one of our General Meetings.

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



Pickleball

Fall is upon us, and our club is busy! The competitive ladders and drill classes have resumed for our members. If you are interested, see our website and click on the 'Members only' tab. The Lincoln Hills Pickleball Club still has a few of our limited edition pickleball paddles and four free balls available for the price of \$40 with free delivery. Call or text Mike McElroy at 916-223-1260. These sets have been very popular with families. If you want to join the 770-plus members of our club, take a lesson by emailing welcometopickleball.com. We provide an introductory class every Wednesday at 9:00 AM. We provide the paddles and balls. Please wear shoes made for tennis or pickleball.

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

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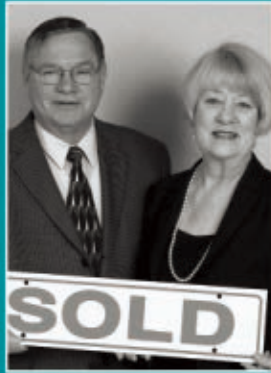
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Players

Our latest murder mystery, "Death by Chocolate," will play November 17-18-19 and 20 in the Ballroom (OC). Get ready for a madcap story full of twists and turns and hilarious characters. As the curtain opens, a mysterious death has occurred in Meadowbrook Health Resort, a converted mansion buried deep in the woods of upstate New York. The resort's pompous owner Lady Riverdale and her hapless new manager John Stone are beside themselves lest anything stand in the way of the resort's grand reopening tomorrow! Will their wacky staff and some eccentric resort guests save the day? Let the plot thicken and comedy quicken! All will be revealed next month on the OC stage. All seats in the Ballroom are reserved. See page 60 for ticket information.



Laurie Westsmith and Jimmy Walker, *Tempted by Chocolate!*

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



RV

We are now completing our Oregon/Washington rally with the Jackson Rancheria RV Resort coming up in mid-October. Joining a club or two when you live here will give you a new group of friends and another purpose in life. We will have openings this coming year for select positions on our board, and what a great way to feel like you're making a difference in your life and others. Current members are encouraged to step up to the plate too. Nothing is rocket science here. Just a lot of fun. Join us and make a difference in your life. Meetings are on the second Thursday of the month at 4:30 PM in the Placer Room (KS). Contact Sharon for details at 916-434-7799 or marlowensharon@gmail.com.

Contact: Mary Romo 707-738-6311, mromo50170@gmail.com
Website: www.lhrv.org



SCHOOLS

The SCHOOLS volunteer program is underway for the 2022-2023 school year. Volunteers are needed for grades K-5 and for Phoenix High School, where tutors help with English, Math, or History. Kerry Callahan, Superintendent of the WPUSD, was the featured speaker at the SCHOOLS annual meeting.



Scrabble

We welcome all interested residents to join us for a game or two of Scrabble. We play every Monday afternoon in the Card Room (OC) at 1:00 PM. All game boards and materials are provided. No reservations or advance notice is needed. Stay for one, two, or more games. We welcome newcomers.

Contact: Anne McMaster



Kerry Callahan, Superintendent Western Placer Unified School District

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
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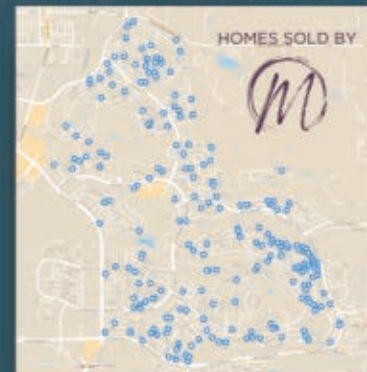


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Shanghai

Friday is the day. 5:00 PM is the time. The card room (OC) is the place. Shanghai is the game. Join us to play this easy to learn, fun Rummy-style card game. You'll find a roomful of people waiting to show you how to play their favorite card game. If you're an experienced player, you'll find good, friendly competition. Drop in this Friday evening a few minutes before 5:00 PM.

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



Shuffleboard

The Club's two weekly expanded sessions help ensure that players can enjoy regular doubles play with everyone getting to shoot all four discs down to the scoring grid. Many players have learned the basics of shuffleboard and understand that there are always one or more offensive and defensive options for each shot. The sport is easy to learn and can be played at many levels, from social recreation to tournament competition. Come join us indoors at the Fitness Center (KS) for one of our sessions: Friday: 3:00 to 4:25 PM and 4:25 to 5:50 PM; Sunday: 2:00 to 3:25 PM and 3:25 to 4:50 PM. All equipment is provided, and there is no fee

required to participate.

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



Singles

Join us for our Oktoberfest at 3:00 PM on October 21. It will be held at Dueling Dogs Brewery in Lincoln. We will be enjoying some outstanding German food items. Get your costume ready for our famous Halloween Dinner Dance! It will be held on October 27 at 6:00 PM in the Ballroom (OC). Ticket information will follow soon in our E-blast. On November 10 at 6:00 PM in the Ballroom (OC), we will have a short business meeting, which will be followed by our annual Turkey Bingo. Don't miss this one, as the winners will receive great prizes! You might be one of them! November 12 at 9:00 AM, meet us in the Meridians Sports Bar for the second Saturday breakfast. Enjoy this beautiful and cool fall.

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



Ski

Red alert: ski season is approaching! The Ski Club offers several ways to enjoy the winter. Once there is snow on the slopes, the club, each week, collects and distributes

emails from members as to their local skiing plans, including who can take passengers and who needs a driver. There will be a week-long ski adventure in Breckenridge, Colorado, in March, where members and their guests can grab some vertical and have fun together in their shared accommodations and resort town amenities. Here at home, the club hosts monthly meetings and great parties. So, visit the Club website to pay Club dues and reserve your Breckenridge spot.

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

Website: www.LHSkiClub.com



Softball

The League's annual double-elimination Championship Tournament was held in late August. All the teams were competitive, and it was a hard-fought tournament. Spectators were treated to some well-played softball. In the end, the winner's bracket champion, Mary Olsen Century 21, led by Gary Russ, edged loser's bracket champion Mike Hazelhofer's Coldwell Banker Sun Ridge team to take the League Championship. The final score was 20-14. And just like that, another successful summer softball season is in the books.

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A reminder that an election is upcoming at November's General Meeting for Board openings for 2023. Please check the website for any updates and additional information.

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



Sports Car

It was 'Here We Come,' again, to Teresa's Italian Restaurant in Jackson, Amador County. Twenty-one cars were sliding through the countryside for a delicious lunch. It was a little smoky due to the fires still burning to the north, but not unbearably so. October 6 saw the club on a short ride to the 'Dancing Tomato Café' in Yuba City. Our Trip Master says we might have one more trip this year prior to the December Holiday Party. The club also participated in the city of Lincoln's



Getting Ready for A Great Lunch After a Fun Drive.

Airport Open house on October 8. It was lots of fun.

Contact: Richard Pearl
916-715-9666,
Pennyrich99@gmail.com
Website: lhspcars.org



Sun City Squares

Did you know in 1988, the state of California adopted the Square Dance as their official state folk dance? And in 1982 and 1983, it was the National Dance. If you have previous experience, stop by the Multipurpose Room (KS) and join the beginners on Mondays from 1:00 to 3:00 PM or advanced dancers on Thursdays from 1:00 to 3:00 PM. We are pleased to announce a new beginner's class will be forming in January. The class meets weekly on Mondays at 1:00 PM at KS. Please contact us, and we will add you to the list of interested dancers. Singles are welcome to join. The only requirements are you must be willing

to have fun and enjoy meeting new people!

Contact: Jackie Carlson
925-207-9415



Swimmers & Water Walkers

The first annual Hot August Splash event was held on August 28 at the OC outdoor pools. The first hour had members giving demonstrations on power walking (Kathy C), free-style swimming and training aides (Jim Klein), and the use of a swimming snorkel (Russ Petruzzelli). Afterward, members ate pizza at the OC pool terrace, getting to know each other and sharing water exercise stories. Club membership is now at 229 members! If you are interested in knowing more about water exercise, please attend the next club meeting on October 17, at 3:00 PM, in the Fine Arts Room (OC). A limited number of club



Water walkers and swimmers having fun out of the pool.



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T-shirts will be available for sale. See you there!

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



Table Tennis

We had a momentous event against the Table Tennis Club of Sun City Roseville. There was great fun for all, and the pizza was impressive! Table Tennis is enjoyed by many residents. We are a friendly, recreational, active sports group. We play women's, men's, mixed, and singles table tennis with seven tables, beginner to advanced. We play on a drop-in basis. Reservations are not required. Please wear non-marking tennis shoes. Loaner paddles are available. Play times are Sunday, 9:00 AM to 5:00 PM (except the first Sunday of the month when play starts at 12:30 PM), Tuesdays, 6:00 to 9:00 PM, and Fridays, 8:00 AM to Noon. We occasionally set up a table tennis ball machine on Fridays to use for intensive



Lincoln Hills vs. Roseville
August 28 TT Event

training and practice.
Contact: **Carl Lynch** 916-316-0796,
pingpongsclh2@gmail.com
Website: <https://sclhresidents.com/group/pages/table-tennis-club>



Tap Company

Let's Dance Again, our first tap show in four years is scheduled for March 30, 31, and April 1. We will have a lot of different dance groups performing and a few singers as well. Auditions will be held in the Fine Arts Room (OC) on November 1 from 5:30 to 7:30 PM and November 2 from 5:30 to 7:30 PM. We are also looking for technical support and all types of backstage assistants. If you're interested in volunteering your time, talent, and skills, please contact either Kathy Fernandez, kathyfern50@gmail.com, 916-434-7195, or Mary Adamson, maryadamson719@gmail.com, 916-253-7699.

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



Tennis

Our membership extends a huge thank you to Joel Baynes and his crew of volunteer ball machine operators. Ball machine practice runs Saturdays from April through September. Thank you, Joel. The ball machine is a tennis club/



Joel Baynes (far left) and ball machine operators

facility benefit for all residents and may also be checked out individually. Kudos to Jim Farrel's 70-plus, 7.0 USTA Team first two match wins! Live Ball, an interactive tennis game set to music, returns Saturdays through November 13. Contact Steve at stevebringman@yahoo.com to reserve a space. Our popular Octoberfest tournament, sponsored by Schaack Physical Therapy, will be held on October 29. Check emails, website, and bulletin boards for more information. Safety first! Bring emergency contact information with you when playing. See you on the courts!

Contact: **Pam Flaherty** 916-531-0142,
pamflaherty@gmail.com
Website: www.sclhtg.com



Veterans

Attendees enjoyed the annual Oktoberfest luncheon on October 13. We will once again present the community Veterans Day program on Friday, November 11. At 9:00

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AM, a wreath will be laid next to the Veterans Memorial Plaque next to the OC main entrance, accompanied by vocal selections by the Lincoln Hills Chorus Men's Quartet. At 9:30 AM, music by the Roseville Community Concert Band will begin in the Ballroom (OC), followed by the Veterans Day ceremony at 10:00 AM. William Pickard, director of the Sacramento Valley National Cemetery in Dixon, will be the featured speaker at the November 17 Veterans Group meeting at 1:00 PM in the P-Hall (KS). All Lincoln Hills residents with a military connection are invited to attend. **Contact: Bill Lewis 916-408-3771, bllewis1977@gmail.com**



Street Party with music, food and dancing!

food, dancing, and music, was a fun party for all. Don't forget our monthly fun-filled Ladies Night with lots of laughs. Interested in trying out water volleyball? Join us on Free Play Saturdays. Every Saturday at the Indoor Pool (KS) starting at 9:00 AM. It's easy to learn and a great way to meet new people. Don't know how to play? We provide Training and Mentorship. We welcome all levels of interested players. See our website or call Jerry Grisler at 209-648-9534 for more info. Come on in, the water is fine! **Contact: Diane Ferrari 916-412-9599, dferrari_56@hotmail.com Website: LHWaterVolleyball.com**



Woodcarvers

Recently, we had a large window display at OC. What great work! The members have completed a variety of projects—at different levels of skill. There were caricatures of all sorts, themes, and often with a sense of humor. Many members are doing bark carving, often of houses or cottages, and the creativity behind each piece is quite good. An exquisite pyrography piece was also on display. This is the process of creating an image by burning the wood. We have several new members, and the camaraderie in the room, while we work is always pleasant and congenial. Join us every Wednesday from 1:00 to 4:00 PM in the Sierra Room (KS). **Contact: Lionel Rainman 916-253-9534, lrainman1414@yahoo.com**



Water Volleyball

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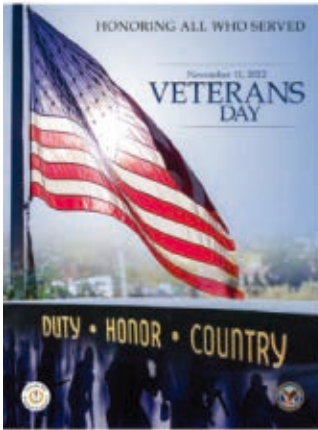
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Everyone Welcome

Community Veterans Day Celebration

Friday, November 11



9:00 a.m. – Wreath laying at the Veterans Memorial Plaque at the main entrance to Orchard Creek Lodge. Musical selections by the Lincoln Hills Chorus Men's Quartet.

9:30 a.m. – Concert of patriotic music by the Roseville Community Concert Band begins in the Orchard Creek Ballroom

10:00 a.m. – Veterans Day ceremony begins in the Orchard Creek Ballroom, to include:

- Posting of the Colors by the Lincoln High School Army Cadets
- Patriotic Music by the Roseville Community Concert Band
- Keynote Address by Supervisor Robert Weygandt
- Two-bell Ceremony Honoring Fallen Lincoln Hills Veterans

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Interested in more information about the Veterans Group? Contact Jon Hodson at 916-300-5394

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Our motto: "Together we are strong; Together we will make a difference; Together we will survive."

We have great speakers, Birthday lunches, and fun at all meetings!. Call Judy Stewart for more information. (916)408-3597 (leave message!)

The Bosom Buddies want to thank the SCLH Foundation for their ongoing support and encouragement.



warriors help support fantastic caring celebrations

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Alzheimer's-Dementia Caregiver's Support

Our steering committee includes Mary-Jo Fratessa, Valerie Jordan, and Gail Marculescu. These programs are supported by the Lincoln Hills Foundation. The general meeting is on the fourth Wednesday at 1:00 PM. The Wednesday, October 26 meeting will host Mark Wolff, owner of Senior Care Authority, who will speak about how to navigate local senior living options in Placer County. The Women's caregiver group meets on the first Wednesday of every month in the Multimedia Room (OC). The next meeting is on November 2 at 1:00 PM. Contact Mary-Jo Fratessa at 916-759-8760. The Men's caregiver group meets on the third Thursday of every month in the Multimedia Room (OC). The next meeting is on October 20, 10:00 AM to Noon. Contact Ernie Drake at 916-543-3482.

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



Bereavement

Our group offers support and friendship through sharing with others who have also lost a loved one. You are invited to join us Wednesday, November 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 to submit a Memoriam is the 15 of the month to be in the next *Compass*.

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



Bosom Buddies

The annual cancer research fundraiser, "Relay for Life," held on August 27, was again successful. Bosom Buddies, under the leadership of Peggy Ryan, raised over \$7,000. Our ladies led the march in their pink shirts. September's



Our relay ladies sit in the big purple chair.

meeting was the "Officers' luncheon," where we welcomed in Patty McCuen, President; Peggy Ryan, Vice-president; and Verity Gould, Treasurer. Thank you to our outgoing officers, Kathy Woodward, Kay Brady, and Corinne Ehlers, for their dedication to Bosom Buddies. We appreciate all they've done for us. October's speaker was Nurse Dina, "The Lymphatic Whisperer," who talked about lymphatic massage, management, lifestyle coaching, and

classes. As cancer patients and survivors know, the lymphatic system is crucial to the immune system. Our next meeting is on November 10 in the Multipurpose Room (OC).

Contact: Judy Stewart 916-408-3597,
ladyj2170@gmail.com



Gam-Anon

Gam-Anon can help if your life is affected by someone else's gambling. Our meetings are held on the first and third Fridays of every month from 7:00 to 8:30 PM at the First United Methodist Church in Loomis at 6414 Brace Road. There will be signs directing you to the proper room. A Gambler's Anonymous meeting also starts at 7:00 PM in another room if your gambler wishes to attend a meeting. For support between meetings, you can call the Sacramento Gambler's Anonymous Hotline at 855-222-5542 for a referral to a local Gam-Anon support person or call the Gam-Anon Northern California Hotline at 510-407-3898. Please leave a message if you contact the person from this article since she screens her calls. She will call back.

Contact: Kay F. 916-543-3079

Website:

www.gam-anon-loomis.com

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Glaucoma Support Group

Our November meeting will be held on Saturday, November 19, from 1:00 to 3:00 PM in the Multipurpose Room (OC). We are pleased to welcome Dr. James Brandt, Chief of Glaucoma Services at the Tschannen Eye Institute at UC Davis, for his annual visit. He has been a Guest Speaker for many years. Dr. Brandt plans to bring a special guest to attend our meeting. His presentations are always informative about what the future holds for Glaucoma Patients. There are new treatments coming up as well as innovative diagnostic innovations. Dr. Brandt will also remind us of the importance of being an empowered patient. Questions are encouraged but must be submitted to Bonnie by November 7. Reservations are requested. Please contact Bonnie.

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



Hearing Support Group

Our last two meetings have been social gatherings, and we have managed to find much to discuss about a number of concerns. For our October meeting, we are pleased to have Ann Thomas meet with us via Zoom to discuss the rights of those with hearing loss. Ann is president of the Diablo chapter of the Hearing Loss Association of America, and she will be speaking about advocacy for those with hearing loss.

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



Low Vision Support Group

October is White Cane Month. The introduction of the white cane is attributed to the

Lions Club. In 1930, a Lions Club member watched as a man who was blind attempted to cross the street with a black cane that was barely visible to motorists against the dark pavement. The Lions decided to paint the cane white to make it more visible. In 1931, Lions Clubs International began a program promoting the use of white canes for people who are blind. Our next meeting is on November 1, 2:00 to 4:00 PM, Fine Arts Room (OC). Seniors First is tentatively scheduled for this meeting. Their representative will describe the various services they provide to seniors in Placer County. Our Group meetings are open to all residents.

Contact: Joan Marie Brant-Love 916-434-6095, joan.brant-love@sbcglobal.net



Multiple Sclerosis

New to Lincoln Hills and have Multiple Sclerosis? Please visit our friendly, relaxed, informative group of 18 years! All family members, friends, and potential Volunteers are welcome also. We love our Volunteers! Our MS Group learns from each other by sharing success (failures too) with Equipment, Transportation, Medication, Exercise, Referrals, Diet, Coping, etc. We have occasional speakers and parties! The next meeting is Tuesday, October 18, in



Sierra Room (KS), 1:00 PM. You are welcome to Join some members before the meeting, around 11:30 AM, in the Kilaga Cafe for Chat and Chew! For questions, call 916 408 7565 and leave a message. We look forward to seeing you.

Contact: Jeri Di Fiore 530-401-2135, 2020jeridifiore@gmail.com



Parkinson's Support

Our group is for those with Parkinson's Disease and their care partners. We meet on the third Tuesday of each month (except December) from 10:00 to 11:30 AM at the Lincoln Community Church, 950 E. Joiner Pkwy. For questions, call facilitators Gary High at 916-434-5905 or Christine Grmolys at 916-769-0449.

Contact: Gary High cfhigh23@icloud.com



Polymyalgia and/or GCA Support

Have you been diagnosed with Polymyalgia Rheumatica or GCA? A new support group is now forming. If you are interested, please contact Adrian for the date, time, and location of the next meeting. If you e-mail, please put "PMR/GCA" in the subject line.

Contact: Adrian Felice 916-408-4332, adrianfelice55@gmail.com





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AARP Foundation Tax-Aide

We are looking for volunteers as counselors, greeters, and schedulers to help taxpayers complete their 2022 income tax returns in Lincoln during the 2023 tax-filing season. Some knowledge of computers is required to assist in providing our free e-file service. Volunteers need to commit four hours in one day per week from February 6 through April 15, 2023. To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2023 tax season, please email yorke1946@gmail.com with your name, address, phone number, and position(s) you are interested in.

Airport Co-op

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

A Course in Miracles

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

ONLINE: SCLHRESIDENTS.COM

Cloggers

Welcome Autumn! Welcome cool weather! And welcome to the Appalachian-Irish dance called "clogging." Clogging is a combination of Irish jig, Scottish, English, and even possibly a bit of Russian gypsy and Cherokee Indian steps. These different dances and dancers met in the American Appalachians back in the mid-1700s when that area was being settled by English, Dutch, Irish, Scotch, and German immigrants (Russians came later). You can see clogging online at ncca-inc.com. Or join us! For more information about clogging right here in Lincoln Hills, please contact Natalie Grossner at 916-759-0666.

Democratic Club

Members have been very busy lately with both community service and political activities. We recently did one of our regular stints at the Placer Food Bank. We are putting up yard signs, addressing postcards, and supporting our candidates. Our October 20 meeting will feature our candidates in the November election – Dr. Kermit Jones (Congress), Scott Alvord (Placer County Supervisor), Rebecca Chenoweth (State Senate). On November 23, we'll hear Mike Luken, Placer County Transportation Planning Agency Director. For more information, please see our website <https://democrticclublincolnca.org>.

Italian Club

The ever-popular Turkey Bingo is set for November 6 at Roseville Sun City. Members and guests will be trotting over to gobble up a delicious buffet dinner and enjoy bingo games and raffles.

If Thanksgiving is nigh, then Christmas can't be far behind. The annual Christmas dinner and dance is scheduled for December 4 at Catta Verdera. Grab your dancin' shoes and your best garb, and come on out. Let's celebrate together! To learn more about the club and upcoming events, check out our website at www.lhitalianclub.org. For membership information, contact Sandi Graham at 916-826-5711.

Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Center in Roseville (916-781-2323.) Membership in the Center is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play doubles, cutthroat and/or singles. Ladies are welcome. Contact Armando Mayorga at 916-408-4711 or at bigline38@icloud.com.

Republican Club

Club activities host a crowd of over 100, with Grand Isle Fire Brigade Band providing a command performance at our Oktoberfest 2022! We also had multiple events including CPAC, Gold Country Fair, Hot Chili Cool Cars, and a co-op walk for candidates with Republican Club Roseville. Our goal is to dispense information on candidates and issues. Also, to get Republicans to vote (in person) in November. Our next meeting will be Wednesday, October 26, P-Hall (KS); doors open at 6:00 PM meeting starts at 6:30 PM. See the newsletter or website for information and additional details. www.RepublicanClubSCLH.org.

Shalom Social Group

It was two years late, but it was
OCTOBER 2022 COMPASS | 51

worth waiting for! Our 20th-anniversary gala was super – dancing, good music, great food, and camaraderie! Thank you, Debra Skolnick and Hagai Narkis, for making this event happen! Our annual picnic was on October 9. Our annual Bocce Ball tournament against the Italian Club will be on October 23. Our October 24 meeting will feature League of Women Voters members

discussing November election ballot issues, and we'll vote on our new slate of officers. For more information please contact Margie Gulko at 916-543-5303 or margie.gulko@gmail.com.

Sons in Retirement

We will hold a three-course gourmet luncheon at Catta Verdera Country Club on Tuesday, October 18 at 11:30 AM. This cost

of this luncheon is \$25 per person. All attendees must have a vaccination card that shows the last vaccine occurring at least two weeks prior to the lunch or proof of a negative Covid test within 72 hours of the luncheon. All attending must sign a liability waiver upon entry. If you are interested in coming as a guest or in joining the branch please call David Cesio at 925-899-2193.

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Farmers Market

Wednesdays, 8:00 AM to Noon, Fitness Parking Lot (OC)

Weather permitting, the Farmers Market will be open every Wednesday until November. Vendors may contact Elaine Allen at 916-625-4021 or Elaine.Allen@sclhca.com to reserve a space.



Golf Cart Registration

First and third Thursday, 9:00 to 10:00 AM, Orchard Creek Lodge

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



Listening Post

Wednesday, October 19, 9:30 AM, P-Hall (KS)

Zoom available for those unable to attend

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.



Document Destruction

Monday, October 24, 8:30 to 10:30 AM, Fitness 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. Please place your items on your trunk for easy access. \$10 cash or check per average file box payable to SCLHCA. Place your payment in an envelope with your name, amount, and number of boxes. Just look for the big Shred-It truck in the parking lot.



KS At The Movies – Mrs. Harris Goes To Paris (2022)

Friday, October 28, 1:30 PM, P-Hall (KS)

The story of a window cleaner in 1950s London who falls madly in love with a couture Dior dress and decides that she must have one of her own. After she works, starves, and gambles to raise the funds to pursue her dream, she embarks on an adventure to Paris which will change not only her own outlook but the very future of the House of Dior. Rated PG. 115 minutes. Comedy, Drama.



Holiday Shopping Expo

Sunday, October 30, 10:00 AM to 3:00 PM, Ballroom (OC)

Get a head start on your Holiday Shopping. We will turn the Orchard Creek Lodge Ballroom into a winter wonderland for avid shoppers! Check everyone off your gift list with over 50 vendors offering unique crafts, commercial and handmade jewelry, books, art, decors, treats, and more! Enjoy a number of chances to win prizes too. Don't miss out on the fun.



From Tablet To Tablet – The Story of the Book

Tuesday, November 1, 9:30 AM, P-Hall (KS)

Join book collector Nina Mazzo on a journey exploring the timeline, terminology, and book miscellany. Have you ever been intrigued by the book as an object? The book has evolved from tablet form in Mesopotamia to the current e-reader. She will discuss antiquarian books, miniature books, books about books, and books that went to soldiers in WWII, along with several uncommon and obscure books. Nina will also bring an assortment from her personal collection for the audience to enjoy.



Coffee with the Mayor

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

To find out more about what is happening in the City of Lincoln, Join Mayor Andreatta at this informal coffee. Pick up a free cup of coffee from the Kilaga Springs Café prior to the meeting. She would love to meet you. Coffee with the Mayor is held every second Tuesday of the month at Kilaga Springs Lodge in the Terra Cotta Room and promises to be a positive networking experience for those attending.



Spotlight ON: Train with a Purpose – Posture, Pain and Balance

Wednesday, November 9, 12:30 to 1:30 PM, Ballroom

Posture and balance are verbs - action verbs. Posture and balance are dynamic qualities. In this Spotlight session, participants will learn the root causes that may be causing aches and pains and identify the likely restrictions (mobility or stability) that can lead to discomfort. We will consider the various postures causing this discomfort and how to know if feeling unstable is likely due to actual balance issues or strength deficits. Attend this informative event hosted by Rex Owens, WellFit Fitness Supervisor, and take away self-assessments and recommendations for improving mobility, stability, posture, and balance.



KS At The Movies: Message in a Bottle (1999)

Friday, November 11, 1:30 PM, P-Hall (KS)

A woman finds a romantic letter in a bottle washed ashore and tracks down the author, a widowed shipbuilder whose wife died tragically early. As a deep and mutual attraction blossoms, the man struggles to make peace with his past so that he can move on and find happiness. Rated PG-13. 126 minutes. Drama. Romance.



Via Francigena – Walk from Luca to Rome

Thursday, December 8, 2:00 PM, P-Hall (KS)

Bruce Quick, a resident, has finished another 325-mile walk in Europe. This time on the Via Francigena in Italy from Lucca to Rome. The Via Francigena is a 1,056-mile road/pilgrimage route running from the cathedral city of Canterbury in England, through France and Switzerland, to Rome, and then to Apulia, Italy, where there are ports of embarkation for the Holy Land. Bruce has been a prior Forum presenter talking about his Camino de Santiago walks across Europe from Hungary to Portugal. He always enjoys sharing his colorful photos of landscapes, buildings, and food while adding his unique dialogue.

KarriLyn Keith

Spa Manager

KarriLynn.Keith@sclhca.com

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New Massage Services

Aromatherapy Massage

60-minutes \$149

90-minutes \$169

Relax and renew with our beautiful aromatic essence of luxurious botanicals that have a profound healing effect on mind, body, and emotions. Your adventure begins with our unique blends – Morning Calm, Energy, or Sleep to transport you into a blissful state of relaxation.



CBD Herbal Massage

60-minutes \$149

90-minutes \$169

An herbal massage formulated with a blend of pain and inflammatory herbs that work synergistically with high-potency CBD to bring relief exactly where you need it. The cooling menthol also works to calm the over-active pain signals so that your body can be restored to a place of ease.



Back and Shoulder Rescue

30-minutes \$69

This deeply relaxing neck and shoulder massage targets the prime area of stress and provides



profound relief with warmed massage oils and our muscle-relief cream.

New Body Treatments

Detox & Sculpting Treatment

60-minutes \$129

Sculpting and remineralizing treatment that releases toxins improves muscle tone and restores essential vitamins and minerals.

Deep Renewal Treatment

30-minutes \$99

60-minutes \$149

A soothing and regenerating treatment that restores tone elasticity and hydration to your skin. This treatment is ideal for moisture restoration and revitalizing stretchmarks, leaving your skin feeling soft, silky, and toned.

Tranquility Ritual

60-minutes \$169

Inspired by the Indonesian Sea Malay Massage, this exceptional ritual acts in synergy with our Tranquility Essential Oil Blend to induce a state of deep rest and relaxation. Perfect for weary travelers or restless sleepers.

New Facials

Soothing Recovery Facial

45-minutes \$129

Nurture and heal your skin from sun damage, environmental stressors, and the effects of aging. This replenishing facial combines an incredible antioxidant combination of organic Goji Berry and Macadamia Nut Oil to revive and refresh your skin.



Ultimate Hydration Facial

60-minutes \$129

The ultimate treatment for deep hydration and nourishment for stressed, dehydrated, and sun-damaged skin. This luxurious treatment of Moringa Oil and Hyaluronic Acid revives and restores moisture, leaving your skin hydrated and revived.





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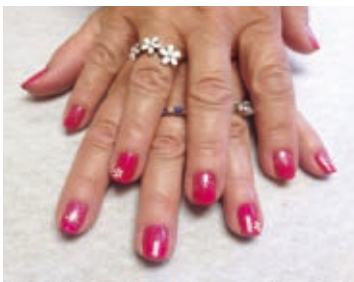


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30-minutes \$55

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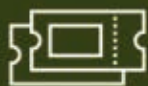
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Events

Dance Night, Free Style

Tuesday, October 25

— LSE442

Wednesday, November 30

— LSE447

6:00 to 9:00 PM, Ballroom

\$8 per person/per dance night

Dance Nights, Free Style, is geared for those dancers that prefer an unstructured, more carefree dance atmosphere. Dance alone, dance in a group, dance any style. Line, Disco, Cha-Cha, Rumba, Swing, Waltz, Salsa, or Chicken Dance — it's all welcome! DJ Tom will provide music, and a no-host bar will be available from 5:30 to 8:30 PM.



Dance Night, Structured Style

Wednesday, November 2

— LSE446

6:00 to 9:00 PM, Ballroom

\$8 per person/per dance night

Dance Nights, Structured Style are tailored for those dancers that prefer traditional structure and dance etiquette for Ballroom and Country Couples dancing. The music and dances are pre-selected for the night. DJ Tom will play a rotation of two Ballroom and then two Country Couples dances, with requested Line dances thrown into the mix. A no-host bar will be available from 5:30 to 8:30 PM.



2023 New Year's Eve Celebration – Roaring 20s Style!

Saturday

December 31, (OC)

Mark your calendars to “roar” in 2023 in the glitzy Great Gatsby-themed Ballroom in the



beautiful Orchard Creek Lodge. Details for the Speakeasy will be unveiled on November 15. In the meantime, gather your group.

Performances

Jackie Gage: Unforgettable

Monday, October 24

— LSE448

7:00 PM, Ballroom (OC)

Premium Reserved

Seating \$24

General Admission \$20



With Jackie's velvety voice featured alongside her electrifying band, this group brings the same joy and excitement as witnessing Natalie Cole live on tour. Featuring popular songs like “This Will Be,” “The Very Thought of You,” “Smile,” and the anthemic “Unforgettable,” Jackie takes listeners on a magical, musical ride through the different decades of each artist's career, sharing tales of love, like, heartache and happiness along the way.

KS Comedy Night – Dan St. Paul

Encore Performance... *By Popular Demand!*

Tuesday, November 1 — LSE433

7:00 PM, P-Hall (KS)

Reserved Seating \$16

Dan St. Paul has been a national headlining comedian at some of the top comedy clubs in the country. He has appeared in various TV shows and has opened for such entertainers as Ringo Starr, Natalie Cole, Hall & Oates, Chicago, and even the San Francisco Symphony (“I knew them when they were just a garage band.”). Get ready to laugh...again.



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**LH Players Club Presents
“Death by Chocolate”**

Thursday, November 17

— LSE449

7:00 PM, Ballroom

Friday, November 18

— LSE450

7:00 PM, Ballroom

Saturday, November 19

— LSE451

2:00 PM, Ballroom

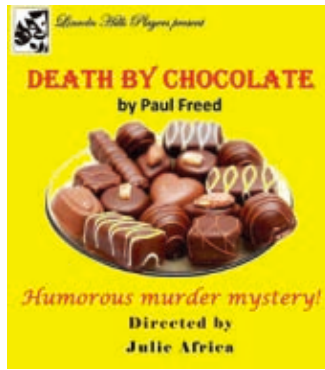
Sunday, November 20 — LSE452

2:00 PM, Ballroom

Premium Reserved Seating \$21

Standard Reserved Seating \$18

The Players are delighted to be back on the Orchard Creek stage with an ingenious little murder mystery that’s full of comedic twists and turns. Members of the newly renovated Meadowbrook Health Resort are dropping like flies, threatening to dampen spirits at the resort’s imminent grand re-opening. A plethora of bizarre clues – most of which point to a seemingly innocent box of chocolates – implicates virtually all the outlandish characters working for the resort. Come on out and applaud your very own resident theater group as you enjoy hilarity and suspense!



**Mads Tolling &
The Mads Men
Celebrating
his Hit Album,
*Playing the 60s***

Monday

November 21

— LSE437

7:00 PM, Ballroom

Premium Reserved Seating \$24

General Admission \$20



Mads Tolling is an internationally renowned violinist, violist, and composer originally from Copenhagen, Denmark. He won two Grammy Awards for Best Classical Crossover albums, was nominated for a third Grammy, and was named Winner of the DownBeat Critics Poll Rising Star Award. Mads returns to Lincoln Hills with his Mads Men (for a quartet) to perform his hit album, *Playing The 60s*, which is a fun and exciting show featuring popular TV & Movie Themes and Top 10 recordings from The ‘60s MAD MEN Era, including classics ranging from “Mission Impossible,” “Meet The Flintstones” and “What A Wonderful World.”



***Ian Scarfe: The Presidio Trio**

Monday December 5 — LSE439

7:00 PM, P-Hall (KS)

Reserved Seating \$24

The Presidio Trio brings together pianist Ian Scarfe of the Trinity Alps Chamber Music Festival, violinist Kevin Rogers of Friction Quartet, and cellist James Jaffe of the Sierra Quartet. Their concert will feature classical and romantic masterpieces for violin, cello, and piano, including works by Antonin Dvorak, Robert Schumann, and Joseph Haydn. They will also present a new work by American composer Mary Kouyoumdjian. This charismatic trio performs with infectious joy and enthusiasm and a collaborative spirit that makes these complex masterpieces seem to unfold with effortless teamwork.

***LH Chorus Club Presents
“Swing into the Season”**

Thursday, December 8

— LSE453

2:00 PM, Ballroom

Friday, December 9

— LSE454

7:00 PM, Ballroom

Saturday, December 10

— LSE455

2:00 PM, Ballroom

Premium Reserved Seating \$21

Standard Reserved Seating \$18



The Chorus will “swing into the season” with sprightly Holiday melodies that will lift the spirits of all! Bring your family and tap your toes to songs like “Mozart Fa-La-La,” “Pat-a-Pan Fantasia,” and “Candle in the Night.” We will roast Dr. Seuss’s mean one, Mr. Grinch; we’ll tell you what happened on the twelve days after Christmas; and you will find out how to “Text Me Merry Christmas.” And, shhhh, maybe Santa Claus will come to town? Something for everyone.



Jared Freiburg & The Vagabonds: Back to The 50s

Saturday, December 17 — LSE424

7:00 PM, Ballroom

Premium Reserved Seating \$24

Standard Reserved Seating \$21

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



Jared Freiburg: Rockin' Holiday Revue

Sunday, December 18 — LSE425

2:00 PM, Ballroom

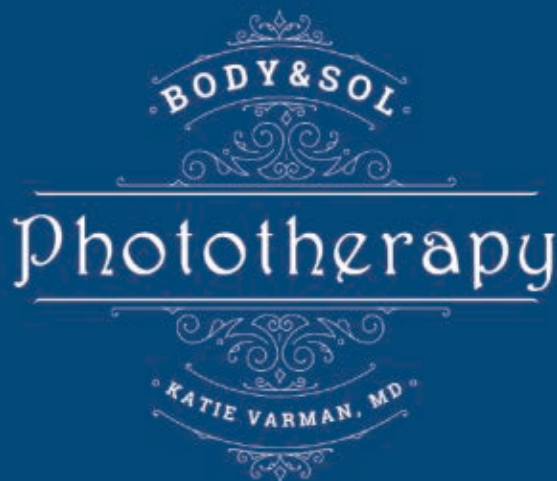
Premium Reserved Seating \$24

Standard Reserved Seating \$21

Bring your family for a wonderful holiday presentation. From the Broadway show "Million Dollar Quartet" and The Original Cast of "Million Dollar Quartet Christmas" featuring holiday-themed classics such as: "Blue Christmas," "Run Run Rudolph," "Boogie Woogie Santa Claus," "White Christmas," "Rockin' Around The Christmas Tree" and many more.



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*Indicates on sale October 17

Day Trips

**Apple Hill -
High Hill Ranch**
Saturday
November 5
\$85 — LST418

Explore the best of Apple Hill in the crisp autumn air.

The Apple Hill Farm, High Hill Ranch, features the top-selling apple donuts, the largest apple pies, flavorful crisp apple ciders, and the greatest selection of hand-made arts and crafts. Visit one of California's most highly anticipated events happening every year at Apple Hill in Placerville. *Due to staffing and material shortages, there will be no BBQ chicken lunch and loop tour. Lunch will be available for purchase. Pies will still be delivered to the bus.* Wheels roll from OC at 9:30 AM ~ return 5:00 PM.



The Book Of Mormon
SAFE Performing
Arts Center/
Broadway on Tour
Tuesday, November 8
\$155 — LST411

This outrageous musical comedy follows the adventures of a mismatched pair of missionaries sent halfway across the world to spread the Good Word. With standing-room-only productions in London, on Broadway, and across North America, The Book Of Mormon has truly become an international sensation. Contains explicit language. The New York Times calls it "the best musical of this century." *The Washington Post* says, "It is the kind of evening that restores your faith in musicals." Wheels roll for from OC at 6:30 PM for a 7:30 PM show ~ return at 8:30 PM.



Shrek The Musical
Auburn State Theater
Sunday, November 13
\$115 — LST417



Join us for the greatest fairy tale never told comes to life in the irreverently funny Shrek The Musical, presented by the acclaimed State Theatre Acting Company (STAC). A reclusive ogre finds himself on a life-changing journey alongside a wisecracking donkey and a feisty princess. Throw in a short-tempered wannabe king, a cookie with an attitude, and over a dozen other classic fairy tale misfits, and you've got the makings of a riotously dysfunctional road trip. Featuring all-new songs and outrageous humor. Wheels roll from OC at 12:30 PM for a 2:00 PM show ~ return 5:30 PM.

**San Francisco
Shopping**
Saturday
December 3
\$60 — LST420
New Date



Added -
Saturday, December 10
\$60 — LST422

Enjoy a lovely holiday trip to the City by the Bay with no worries about the traffic, the bridge, parking, or driving. Relax and let our comfortable coach take you to the heart of San Francisco (Union Square-Post & Powell) for a day of shopping, lunching, and people-watching. Lunch on your own. Departure from San Francisco will be 6:00 PM to allow you more dining and shopping time and less traffic on the way home. Wheels roll from OC at 8:30 AM ~ return 8:30 PM.

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***Sacramento Kings vs. Chicago Bulls**

Sunday, December 4
\$145 — LST423

Cheer on the Kings from your lower bowl seat as they defend their home court against the Chicago Bulls. Trip includes: Roundtrip motor coach, lower bowl ticket, and driver gratuity. Wheels roll from OC at 1:15 PM for a 3:00 PM game ~ return 7:00 PM.



Frozen – The Musical
SAFE Performing Arts Center/
Broadway on Tour
Tuesday
January 10
\$135 — LST412



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

Nevada City Victorian Christmas

Wednesday, December 7
\$50 — LST419

The aroma of roasted chestnuts fills the air, street vendors selling their wares, and lamp-lit streets filled with Christmas treasures. It's a magical setting of hilly streets with authentic gas lamps, wandering carolers dressed in Victorian attire, and patrons sharing holiday cheer and good tidings. This annual family tradition takes place on two Wednesday evenings and three Sunday afternoons in December. Join your Lincoln Hills friends and neighbors on the bus, so you can enjoy it together. There are holiday activities, including live entertainment, yuletide treats, and libations. Wheels roll from OC at 4:30 PM ~ return 10:00 PM.



***Sacramento Kings vs. Houston Rockets**

Wednesday
January 11, 2023
\$145 — LST425



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

Christmas with Johnny Mathis

Gallo Center for the Arts
Modesto
Wednesday
December 21
\$175 — LST407



Celebrating his 65th year in the music industry, legendary singer Johnny Mathis' sublime vocal approach to music eclipses passing fads and trends. He has performed songs in an incredible variety of styles and categories – from music composed for stage and film to golden era jazz standards, contemporary pop hits, and holiday music. Johnny has recorded close to 80 albums, including six Christmas albums that have made him the undisputed and iconic "Voice of Christmas." Wheels roll from OC at 4:30 PM for a 7:30 PM show ~ return 11:30 PM.

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



Celebrating its 50th Anniversary, a new mesmerizing production of the iconic musical phenomenon returns to the stage. Originally staged by London's Regent's Park Open Air Theatre and helmed by the acclaimed director Timothy Sheader (*Crazy For You*, *Into The Woods*) and cutting-edge choreographer Drew McOnie (*King Kong*, *Strictly Ballroom*), this production won the 2017 Olivier Award for Best Musical Revival garnering unprecedented reviews and accolades. Appealing to both theater audiences and concert

music fans, this production pays tribute to the historic 1971 Billboard Album of the Year while creating a modern, theatrical world that is uniquely fresh and inspiring. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return 11:00 PM.

Hairspray

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



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

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



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

Overnight/Extended Travel



***Sierra Mountain Snow Train Overnight**
Tuesday, January 24 to Wednesday, January 25
\$345 per person double occupancy
\$395 single occupancy — **LST426**

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, spend the night and return to Lincoln Hills on a motor-coach bus. Complete restaurant list available at the Lifestyle Desks. Trip includes overnight stay accommodation at the Peppermill Hotel and a \$50 dining credit, 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.

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*Indicates on sale October 17

Dance

*Clogging - Beginning

Tuesdays, November 1-29
(no class November 22)
10:00 to 11:00 AM (KS)
\$40 (four sessions)
— LSC3340



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

*Clogging - Combined Class

Tuesdays, November 1-29 (no class November 22)
11:00 AM to 12:30 PM (KS)
\$60 (four sessions) — LSC3368

Starting with easy and progressing into intermediate dances, we will continue working on some new material and go over some old favorites. The class will feature lots of reviews of steps from previously learned dances. We will also learn new dances, easy to intermediate, from recent past and online workshops and conventions. We will focus on some new show routines. All levels are encouraged to participate. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Instructor: *Janice Hanzel*. **Vacation drop-in: \$18 per session.**

*Hula

Thursdays, November 3-17
1:00 to 2:00 PM (KS)
\$39 (three sessions) — LSC3414

This is an ongoing class for hula dancers of all experience and skill levels. Come learn the beautiful



dance of the Hawaiian islands. You will exercise the mind, body, and spirit while learning choreographed routines. Historical and cultural information surrounding each of the dances will be shared. **Prerequisite:** New dancers contact the instructor *Pam Akina* at 916-521-0474 to learn about Hula Basics instruction.

*Belly Dance Class Beginners/Review

Fridays, November 4 & 18
1:00 to 2:00 PM (KS)
\$14 (two sessions) — LSC4174

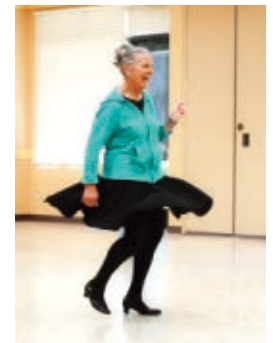
Designed for new students and returning students who want to learn and review the basics of Middle Eastern dance, "Belly Dance." Both standing and sitting ("chair") participants are welcome to participate. Wear something comfortable; each class will begin with gentle warm-up stretches. Soft sole shoes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



*Country Line Dancing

Fridays, November 4-25
3:00 to 4:00 PM (KS)
\$28 (four sessions) — LSC3496

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*.



*Country Couples Western Dance Beginner Level 1 & 2

Mondays, November 7-28
7:00 to 8:00 PM (KS)
\$28 (four sessions) — LSC3630

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, November 7-28

6:00 to 7:00 PM (KS)

\$28 (four sessions) — **LSC3352**

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 review of the 2022 schedule. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. Instructors: *Jim & Jeanie Keener*.

***Line Dancing 4 Fun**

Thursdays, November 3 & 17

4:30 to 5:30 PM (KS)

\$14 (two sessions) — **LSC3473**

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

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

Thursdays, November 3-17

9:00 to 10:00 AM (KS)

\$21 (three sessions) — **LSC3530**Instructor: *Yvonne Krause-Schenck***OR**

Mondays, November 14-28

4:00 to 5:00 PM (KS)

\$21 (three sessions) — **LSC3463**Instructor: *Cathy Paris*

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

***Line Dance - Level 2 – Beginner**

Thursdays, November 3-17

10:00 to 11:00 AM (KS)

\$21 (three sessions) — **LSC3560**Instructor: *Yvonne Krause-Schenck***OR**

Thursdays, November 3 & 17

3:30 to 4:30 PM (KS)

\$14 (two sessions) — **LSC3551**Instructor: *Cathy Paris***OR**

Fridays, November 4-25

2:00 to 3:00 PM (KS)

\$28 (four sessions) — **LSC3506**Instructor: *Sandy Gardetto*

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

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

Wednesdays, November 2-23

9:00 to 10:00 AM (KS)

\$28 (four sessions) — **LSC3516**Instructor: *Sandy Gardetto***OR**

Mondays, November 7-28

9:00 to 10:00 AM (KS)

\$28 (four sessions) — **LSC3540**Instructor: *Yvonne Krause-Schenck*

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.

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

Wednesdays, November 2-23

10:00 to 11:00 AM (KS)

\$28 (four sessions) — **LSC3613**Instructor: *Sandy Gardetto***OR**

Mondays, November 14-28

5:00 to 6:00 PM (KS)

\$21 (three sessions) — **LSC3482**Instructor: *Cathy Paris*

Easy Intermediate class will feature dances that are suitable for more experienced dancers. They have mastered a comprehensive range of step patterns and movements. Dance patterns may be longer and faster than the previous levels. The dances will offer new challenges and a variety of step combinations and rhythms. Achieving this level of dance is not only fun but rewarding as well.

***Line Dance - Level 5 – Advanced**

Thursdays, November 3 & 17

5:30 to 6:30 PM (KS)

\$14 (two sessions) — **LSC3719**

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

***Tap - Beginning**

Mondays

November 7 & 14

11:00 AM to Noon

(KS)

\$20 (two sessions)

— **LSC3579**

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

***Tap - Technique**

Tuesdays, November 1-15

10:00 to 11:00 AM (KS)

\$30 (three sessions) — **LSC3739****OR**

Mondays, November 7 & 14

10:00 to 11:00 AM (KS)

\$20 (two sessions) — **LSC3569**

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

Education***Holiday Movie Series**

Fridays, November 18,

December 2-16

9:00 AM to Noon (KS)

\$40 (four sessions)

— **LSC4204**

Let's get into the holiday spirit with four of our most beloved classic Christmas



stories. (Class 1) The modern American family in the 1989 movie *Christmas Vacation*. (Class 2) *A Christmas Carol*—we look at Dickens' own book and watch scenes from five different movies to tell this great story. (Class 3) *A Christmas Story*—look at the back story of Ralphie and his desire for the Red Ryder BB rifle. (Class 4) *It's a Wonderful Life*—learn the story behind the making of Frank Capra's Classic Instructor: *Ray Ashton*.

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

Tuesdays

November 1-29

(no class November 8)

1:00 to 2:00 PM (KS)

\$40 (four sessions)

— **LSC3784**

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

***Intermediate Folk Guitar Class**

Tuesdays, November 1-29

(no class November 8)

2:00 to 3:00 PM (KS)

\$40 (four sessions) — **LSC3785**

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*.

Visual Arts & Crafts

Rope Baskets and Bowls

Wednesdays, October 19 & 26

1:00 to 3:00 PM (OC)

\$25 (two sessions)

— **LSC4150**

\$25 supply fee paid to Instructor



Sewing rope baskets is easy and fun. In a few hours, you can make beautiful and useful bowls and baskets to organize your favorite spaces or for giving as wonderfully appreciated gifts. Your sewing machine with a zig-zag stitch will transform plain clothesline rope and thread into a lovely and sturdy basket. Add fabric strips, embroidery, beads, or other decorative additions to turn your creation into something truly unique. Please bring scissors, pins, denim or leather needle for the sewing machine. Instructor: *Sallee Peterson*.

*Ceramics - Beginning/ Intermediate

Tuesdays, November 1-29

1:00 to 4:00 PM (OC)

\$80 (five sessions) — **LSC3271**

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



*Ceramics - Advanced Ceramics

Tuesdays, November 1-29

9:00 AM to Noon (OC)

\$80 (five sessions) — **LSC3258**

OR

Thursdays, November 3-17

1:00 to 4:00 PM (OC)

\$48 (three sessions) — **LSC3295**

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



*Oil and Acrylic Painting: Intermediate/Advanced

Wednesdays, November 2-30

9:00 to 11:30 AM (OC)

\$100 (five sessions) — **LSC3234**

Learn new ways to paint and polish your skills. Emphasis will be on acrylics, but pastel techniques will also be covered. Art demos will be done on a regular basis with group critiques and individual instruction. Optional projects may be offered once or twice per month. Instructor: *Sandy Lindblad*. Visit www.sandyindblad.com. Email Sandy at sandski2@yahoo.com prior to class regarding supplies.



Needle Felting - Beginning - Santa Gnome

Monday, November 7

Noon to 3:00 PM (OC)

Fee \$35; \$15 supply fee paid to Instructor — **LSC4206**

Create this adorable Santa Gnome ornament while learning to needle felt. Hang him on your tree, add him to a wreath or package or gift him to a loved one. Needle felting involves sculpting wool fibers using special barbed needles. The process of repeatedly poking the fibers with the needle causes the fibers to felt. You may be surprised to find that the stabbing action can actually be relaxing, although an occasional finger stabbing may occur. Instructor: *Donna Miller* at donnamillerfelt2410@gmail.com with any questions. Registration deadline October 17.



Holiday Gift Bags

Monday, November 7

1:00 to 3:30 PM (OC)

\$25 — **LSC4151**

Do you have a stray quilt block? Did you try a pattern, make a block, and decided it would be the only block of that pattern that you would make? Let's use that block to decorate a shopping bag. Then you will have a very useable bag or one that will make a delightful gift. Instructor: *Betty Kisbey*.



***Mixed Media Art Journaling**

Tuesdays, November 8 & 22

9:00 AM to Noon (OC)

\$45 (two sessions) — LSC3222

\$5 supply fee paid to Instructor

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



unique, gorgeous ornaments to give as gifts or hang as decorations. Choose from a selection of ribbons to add to each ornament. Instructor: *Judy Ragland-Craftopolis*. Registration deadline November 7.

***Sip and Paint: Flamingo**

Friday, November 18

5:00 to 8:00 PM (OC)

\$55 — LSC3246

This class is great for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day, with step-by-step instructions. Learn how to mix colors, brushstrokes, pallet knife techniques, and oils. All supplies are included. Canvases are underpainted and ready to hang. The fee includes a glass of wine, a selection of cheese, crackers, and fruits. To learn more about artist/instructor *Unni Stevens*, visit www.unniart.com.

***Crystal Drops Beading**

Thursdays

November 10 & 17

9:00 AM to Noon (OC)

\$35 (two sessions)

— LSC4163

\$20 supply fee paid to Instructor

Time to think about the holidays? For a different look, try this necklace – it’s three strands that feature crystal drops of various lengths. It’s sure to catch compliments when you wear it. Kit selections offer a choice of different crystals and seed beads plus all that’s needed to make and finish your unique necklace. Time permitting, the second class will also include making matching drop earrings. This class is good for a beginner – mostly simple stringing is required. So fast and easy – perfect for you for the holidays or for gifting friends and family. Instructor: *Cathie Szabo*.

**Needle Felting – Beginning – Snow Cherub**

Monday, November 28

Noon to 3:00 PM (OC)

Fee \$35; \$15 supply fee paid to Instructor

— LSC4205

Learn the art of sculpting with wool fibers. We’ll use special barbed needles (watch out for finger pokes) to turn loose fibers into a felted Snow Cherub. This little guy may be small, but he’ll bring big smiles to all who admire him. Please specify your choice of blue or red when you register. Instructor: *Donna Miller* at donnamillerfelt2410@gmail.com with any questions. Registration deadline November 13.

**Water Marbled Ornaments (Set of 6)**

Monday, November 14

10:00 to 11:30 AM (KS)

\$40 — LSC4167

Noon to 1:30 PM (KS)

\$40 — LSC4168

\$10 supply fee paid to Instructor

Water marble a set of 6- 3” shatterproof holiday ornaments. Students will work with their own individual marbling tray and set of paints. With instruction and easy-to-use tools, students will create

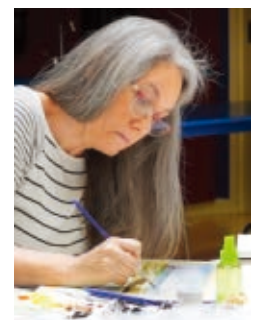
***Watercolors - Continuing**

Thursdays, December 1-15

9:00 to 11:30 AM

\$60 (three sessions) — LSC4176

Want to expand your knowledge and skills in watercolor? Through a combination of demonstrations, discussions, and self-critiques, this continuing watercolor class will provide an opportunity for participants to expand their knowledge and understanding of watercolor while creating their own art



pieces. This class is tailored for the instructor to work one-on-one with each participant addressing their specific needs. Previous experience with watercolor is required. This class will be limited in size to allow for individual one-on-one work. Skill level: Experience with watercolor required. Contact the instructor, *Faye August*, at 916-209-3643, watercolorist55@gmail.com.

***Watercolors - Introduction to Materials**

Thursday, December 1

1:00 to 3:30 PM (OC)

Free — LSC4177

\$5 supply fee paid to Instructor

Interested in taking up watercolor? You will learn basics about choosing watercolor paint, brushes, paper that will increase your odds of producing a successful painting. The class will provide a handout and guidelines on where to shop for your supplies and how to identify and choose the appropriate tools needed to pursue watercolor painting. Skill Level: None. This is a class to learn about materials used in watercolor. Class registration is required. For more information contact the instructor, *Faye August*, at 916-209-3643, watercolorist55@gmail.com.

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WellFit Program Manager
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or online on the Resident Website



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NOTICE: In an effort to combat rising publishing costs, WellFit Class Grids will be removed from future *Compass* magazines. This is the last issue (October) that they will be in the *Compass*. For all Punch Pass classes, Small Group Trainings, Pilates Reformer, and water walking schedules, please refer to the WellFit section of [sclhresidents.com/WellFit/Punch Pass Classes](http://sclhresidents.com/WellFit/PunchPassClasses) or pick up grid copies at the Fitness Desks. We apologize for this inconvenience.

WellFit Orientations

Free Orientations: WellFit Staff

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

- | | |
|---------------------------|---|
| Fitness Floor (OC) | <ul style="list-style-type: none"> • Wednesday, October 19
3:00 to 4:00 PM • Tuesday, November 1
3:00 to 4:00 PM • Tuesday, November 15
2:00 to 3:00 PM |
| Fitness Floor (KS) | <ul style="list-style-type: none"> • Wednesday, November 16
1:00 to 2:00 PM |

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

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

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

Lessons at the Sports Plaza

Intro to Tennis

Thursdays
11:00 AM to Noon
Multicourt #11
Free

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



Intro to Pickleball

Wednesdays
9:00 to 10:30 AM
Pickleball Courts
Free

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



WellFit's Walk to Breakfast for Breast Cancer

TUESDAY, OCTOBER 25 | 9 AM
\$30.00 (\$7.00 DONATED TO CHARITY)

Show Your Support!
Cancer Research Institute

JOIN US AS WE WALK FROM THE WETLANDS TRAIL TO THE GRAND BALLROOM FOR A MERIDIAN'S MIMOSA AND BRUNCH BUFFET!

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Mindful Movement

New! Tai Chi drop-in passes: \$15. *All passes and sessions are non-refundable and expire one year after the purchase date.

Tai Chi / Qigong L1

Tuesdays, November 1-22

2:00 to 3:00 PM

Aerobics Room (OC)

\$52 (four sessions)

OR

Fridays, November 4-18

2:00 to 3:00 PM

Aerobics Room (OC)

\$39 (three sessions)



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

Tai Chi / Qigong L3

This class is eligible for Tai Chi drop-in pending class availability. Please call ahead to check the status.

Tuesdays, November 1-22

3:10 to 4:10 PM

Aerobics Room (KS)

\$52 (four sessions)

OR

Fridays, November 4-18

3:05 to 4:05 PM

Aerobics Room (OC)

\$39 (three sessions)

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

Introduction to Movement on the Pilates Reformer

Tuesdays

November 1-29

(no class November 22)

4:00 to 5:00 PM

Fitness Center -

Reformer Studio (OC)

\$72 (four sessions)



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

Form 24 Tai Chi / Qigong L2

This class is eligible for Tai Chi drop-in pending class availability. Please call ahead to check the status.

Thursdays, November 3-17

2:00 to 3:00 PM

Aerobics Room (OC)

\$39 (three sessions)

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

Why Meditate?

Mondays, November 7-28

4:10 to 5:10 PM

Aerobics Room (OC)

\$72 (four sessions)

Leave your stress at the door and start your week off



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

Personal Improvement

CPR AHA Heart Saver Adult First Aid/CPR/AED

Tuesday, October 18

1:00 to 4:00 PM, Multimedia Room (OC)

\$40

Friday, November 11

10:00 to 1:00 PM, Multimedia Room (OC)

\$15 (New pricing: Lincoln Hills Foundation is partnering with WellFit to help reduce costs. This is a great education to have for your loved ones)

The course teaches the basic techniques of adult CPR, the use of an AED, and how to administer First Aid to choking victims and for basic injuries such as bleeding. You do not have to be strong to do it because you use your body weight to give the compressions instead of pushing down with your muscles. You do not have to be medically trained to save a life, you just need to know how and when to give CPR. Designed for anyone with limited or no medical training who needs a course completion card in CPR-AED-First Aid. Instructor: *Rex Owens*.

WellFit's Walk To Breakfast For Breast Cancer

Tuesday, October 25

9:00 AM

Orchard Creek Lodge
entrance

\$30

Join us on a beautiful forty-minute morning walk from the Wetlands Trail to the Grand Ballroom for a Mimosa and Brunch Buffet hosted by Meridians. Stop in at OC WellFit between now and October 25 and see the display featuring a lovely quilt donated by Needle Arts and other prizes. Enter to win with your raffle ticket purchase. Proceeds from the raffle plus \$7.00 per



event registration will be donated to the Cancer Research Institute, a US non-profit organization. Register online or at our WellFit Front Desks. Instructors: *WellFit Team*.

Living with Foot and Ankle Pain

Wednesday, October 26

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

\$25

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. During this class, students will follow a PowerPoint presentation and be able to ask questions throughout, with Q & A at the end as well. Keep your body strong and happy to support longevity. Instructor: *Lisa Kwon*, Occupational Therapist.

Traditional Shotokan Karate

Saturdays, November 5-26

10:50 AM to 12:50 PM

Aerobics Room (KS)

\$20 (four sessions)

The instructor *Al Trimarchi* is a member of the International San Ten Karate Association and has over 48 years of experience teaching the JKA Shotokan style of traditional karate, one of the most widely practiced martial arts. This training has its feet firmly rooted in the traditions and skills of Japan's ancient martial arts while embracing the technical refinement made possible by the awareness of modern scientific knowledge. For more information about the International San Ten Karate Association, please visit santenkarate.com.



Why Your Breath Matters

Mondays, November 7-28

2:00 to 3:00 PM

Aerobics Room (OC)

\$72 (four sessions)

When you engage in breathing exercises or simply breathe effectively, you can: reduces stress/anxiety, improve your cognitive skills, lower your heart rate, reduce your blood pressure, boost your immune system, improve your circulation, and improve your core muscles.



Students have the option to be seated in a chair, on the floor, or standing throughout the class. Take this class to promote your overall physical well-being. It will transform the way you think and feel about your breath. Instructor: *Nina Baldi*.

Static in the Attic

Wednesday, November 9
9:30 AM to Noon
Multipurpose Room (OC)
\$35



Are you experiencing more word-grope syndrome and “senior moments?” Are you frustrated because you can not remember peoples names, but recognize faces? Come find out why these occur and what you can do about it. We will cover current scientific information about the components of memory and how memory changes with age, plus tips and techniques for improving memory. Extensive materials and handouts are included. Instructor: *Alice Jacobs Ed.D, MA, MS, MCHES Director*, braingain.info.

Nutrition

Healthy Cooking for Mindful Eating – Spice it Up!

Wednesday, October 19
9:30 to 11:00 AM
Placer (KS)
\$20 + \$7 supply fee paid to instructor at the beginning of class.



Your kitchen is a storehouse of spices that can be used to improve your health and well-being. Do you have cinnamon, ground ginger, Tumeric, or pepper in your cabinets? Join us to discover the health benefits these and other spices hold, how they can be used to boost your health and simple, delicious ways to use them. We will be making Chai spice packets to take home and enjoy a Chai Tea Latte, which helps regulate digestion, Aztec Coco, to increase metabolism, and Golden milk to reduce inflammation. Instructor: *Sheri Mandell, HHC*. Registration deadline: October 16.

Eating Healthy thru the Holidays

Monday, November 14
11:30 AM to 1:30 PM
Placer (KS)
\$48



With seasonal celebrations on their way, come and learn strategies for healthy holiday treats and meals tasty enough to make everybody merry. No guilt, no backsliding, no deprivation! Registration deadline: November 10. Instructor: *Kerin Gould, Ph.D.*, author of *Produce with a Purpose: So Your Doctor Told You to Eat More Fruits and Vegetables...Now what?* producewithapurpose.net.

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Pilates Reformers and Towers

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

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

Membership packages require an agreement for auto-pay upon enrollment. Members and drop-ins select their monthly classes via the online scheduling system MindBody. See the class grid on page 92 for a complete listing of Pilates Reformer classes. Online class scheduling is from 7:00 AM to 10:00 PM.

Our Reformer packages are as follows:

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

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

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

Drop-in for guests (non-residents; guests of residents only) \$25 per class

Introductory Reformer Session L1

Continuous Dates
Aerobics Room (OC)
\$40 (one session, one hour long)

This session is a prerequisite for Pilates Reformer classes. You will work with a trainer to teach you proper breathing techniques, go over any goals/limitations you may have, go over basic exercises, set up your proper spring loads, and answer any questions. Once you have completed this introductory class, you can sign up for the Pilates Reformer classes through MindBody. 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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Rex Owens
WellFit Fitness Supervisor
Rex.Owens@sclhca.com



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

Personal and Clinical Training

Personal training is convenient, efficient, and individualized for your specific goals. Whether your goals are strength, endurance, or rehab-related, we have a trainer for you. All of our trainers are highly qualified and have different specialties and strengths. To learn more about personal training and/or clinical training or about our trainers and their qualifications, contact Rex Owens. You can also visit the Resident Website under WellFit/Personal Training/ meet the trainers. Please respect a 24-hour cancellation policy.

Training Services

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

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

Small Group Training (SGT)

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

SGT—Urban Poling (Nordic Walking-Indoor)

Tuesdays and Thursdays

November 1-29 (no class November 24)

12:55 to 1:55 PM

Aerobics Room and Track (OC)

\$136 (eight sessions)

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

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

Fridays, November 4-18
11:50 to 12:50 PM
Aerobics Room (KS)
\$51 (three sessions)

This class continues our programs for those that have difficulty with balance. Learn simple exercises that will help improve balance, core strength, and reflexes to prevent falls. Walking 30 minutes at least three times a week gives you full-body aerobic exercise by 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). Class is indoors and outdoors, weather permitting. Instructor: *Rex Owens*.

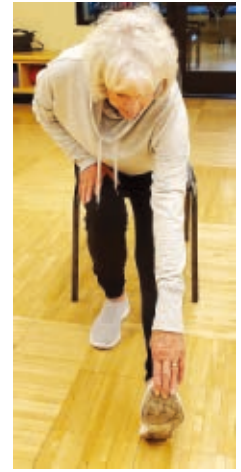


**SGT—Posture, Core, and
Balance L1/2**

Tuesdays & Thursdays
November 1-29
(no class November 24)
10:45 to 11:45 AM
Aerobics Room (KS)
\$136 (eight sessions)
Instructors: *Craig Wasley & MaryAnn DePietro*
OR

Mondays & Wednesdays
November 7-30
12:55 to 1:55 PM
Aerobics Room (KS)
\$136 (eight sessions)
Instructor: *Rena Schmidt*

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



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**SGT—Walk on the Wild
Side L1 (Seasonal)**

Tuesdays, November 1-22
8:30 to 9:30 AM
First class meets at
OC Fitness Center
\$68 (four sessions)

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*.



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SGT—Rock Steady Boxing

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



Thursdays, November 3-17

2:00 to 3:00 PM

Aerobics Room (KS)

\$51 (three 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**.

SGT—"Fun"ctional Fitness L3

Tuesdays & Thursdays

November 1-29

(no class November 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, and mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored. The intensity is up to each individual. Intermediate to advanced fitness levels is encouraged. *This class is eligible for the SGT drop-in if space is available. Instructor: **Deanne Griffin**.



SGT—TRX Circuit L2

Tuesdays & Thursdays

November 1-29

(no class November 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 make gravity your resistance, so adjusting the level of difficulty is as easy as moving your hands or feet, and progression is limitless. *This class is eligible for the SGT drop-in if space is available. Instructors: **Craig Wasley/MaryAnn DePietro**.



SGT—Therapeutic Water Exercise L1-L2

Wednesdays, November 2-30

10:45 to 11:45 AM and also 11:50 AM to 12:50 PM

Indoor Pool (OC)

\$85 (five sessions)

Instructor: **Nina Baldi**

OR

Fridays, November 4-18

10:45 to 11:45 AM, Indoor Pool (OC)

\$51 (three 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—

ParkinsonStrong Combo

Thursdays

November 3-17

3:05 to 4:05 PM

Aerobics Room (KS)

\$51 (three sessions)

OR

Mondays, November 7-28

4:10 to 5:10 PM, Aerobics Room (KS)

\$68 (four sessions)

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



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SGT—Fit 101

Mondays & Wednesdays

November 7-30

11:50 AM to 12:50 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 appropriate settings and weights. Instructor: *John Ramos*.

SGT—Progressive Bootcamp L2/3

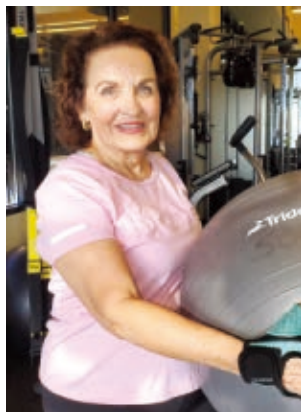
Mondays & Wednesdays

November 7-30

3:05 to 4:05 PM

Aerobics Room (KS)

\$136 (eight sessions)



Are you looking to change things up? Try this Bootcamp class that gives you progressive exercises to accommodate each participant's fitness level. The class will enjoy workouts in the Aerobics Room and the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. *This class is eligible for the SGT drop-in if space is available. Instructor: *John Ramos*.

SGT—Balance & Fall Prevention L1

Mondays & Wednesdays

November 7-30

2:00 to 3:00 PM

Aerobics Room (KS)

\$136 (eight sessions)



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

Punch Pass & Fast Pass Classes

Punch Pass and Fast Pass classes are drop-in, group exercise classes on a first-come, first-served basis in our KS and OC Aerobics Rooms as well as the OC pool. You may arrive and sign in up to one hour before the start time of the class. Punch Pass Classes are \$5.50 each and 55 minutes. Fast Pass Classes are \$3.50 and can only be used in our 30-minute classes. Punch Passes and Fast Passes are not interchangeable. Please see the colored grids on pages 89-92 for days and times. Purchase these passes through online enrollment on the Resident Website or Fitness Center front desks. There are no refunds for Punch Passes or Fast Class Passes, and all passes expire one year after purchase. For a list of class descriptions, please refer to the Resident Website under WellFit. Guests must pay \$7 per Punch Pass and \$4.50 per Fast Pass and check in no more than 10 minutes before the start of the class. Classes are subject to availability.

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

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

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

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

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KS WellFit Class Schedule October/November 2022						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
KS	KS	KS	KS	KS	KS	KS
Intro to Cycle L1 <i>Helena</i>		All Cycle L1-L3 <i>Erin</i>			All Cycle L1-L3 <i>Helena</i>	
8:35 Cardio Strength L2/L3 <i>Helena</i>	Strength & Athletic Stretch L2 - <i>Helena</i>	Yoga Flow L1/L2 <i>Erin</i>	New! Zumba & Toning L2 - <i>Ruby</i>	New! Low Impact Cardio Aerobics L2 - <i>Beth</i>	Cardio Strength L2/L3 <i>Helena</i>	
9:40 Strength Barre Fusion L2/L3 - <i>Katie</i>	Zumba Gold L2 <i>Juanie</i>	Pilates L1/L2 <i>Erin</i>	Piloga & Props L1 <i>Cynthia</i>	Strength & Athletic Stretch L2 - <i>Beth</i>	Yin Yoga L1-3 <i>Helena</i>	
10:45 Yin Yoga L1-L3 <i>Katie</i>	SGT - Posture, Core & Balance L1/L2 - <i>Craig</i>	Zumba Gold L1/L2 <i>Juanie</i>	SGT - Posture, Core & Balance L1/L2 - <i>MaryAnn</i>	Intro to Yoga L1 - <i>Nina</i>		
11:50 November Fit 101 - <i>John</i>	SGT - 'Fun'ctional Fit L3 - <i>Deanne</i>	November Fit 101 - <i>John</i>	SGT - 'Fun'ctional Fit L3 - <i>Deanne</i>	November Urban Poling (Balance & Fall Prevention) - <i>Rex</i>	Traditional Shotokan Karate L1/2 - <i>A/</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>Juan</i>		SCLH Booking 12:00 to 2:00 PM
2:00 SGT - Balance and Fall Prevention - <i>Renee</i>	SGT - Rock Steady Boxing - <i>Craig</i>	SGT - Balance and Fall Prevention - <i>Renee</i>	SGT - Rock Steady Boxing - <i>Craig</i>	SGT - TBA		
3:05 SGT - Progressive Bootcamp L2/L3 - <i>John</i>	3:10pm Tai Chi / Qigong L3 - <i>Anney</i>	SGT - Progressive Bootcamp L2/L3 - <i>John</i>	SGT - ParkinsonStrong Combo L1 - <i>Valerie</i>			Shuffleboard 2:00 to 5:00 PM
4:10 SGT - ParkinsonStrong Combo L1 - <i>Valerie</i>		New! November TRX Circuit - <i>John</i>	SGT - Fit 101 - <i>John</i>			
4:45	Karate 4:45 to 6:00 PM					
6:00	Water Volleyball 6:00 to 6:30 PM			SCLH Booking 6:00 to 8:00 PM		
	Punch Pass - Group Exercise Classes 55 minute \$5.50		Wellness Classes session based, sign-up ahead each month			
	Fast Pass - 30 min Group Exercise Class \$3.50		SGT - Small Group Training (55-60 minutes) session based, sign-up ahead			
	L1 - beginner L2 - intermediate L3 - advanced *More information about class descriptions in WellFit section of website: sclhresidents.com					
<p>CLASS CANCELLATIONS: For your safety and the safety of others, our instructors are encouraged to stay home if they exhibit any cold/flu related symptoms. This may cause classes to be cancelled last minute without notice. Additionally, class may be cancelled due to insufficient registration. We will not be offering free class passes at that time. Thank you for understanding.</p>						
SCAN QR CODE TO DOWNLOAD SCHEDULE ONTO YOUR PHONE						

OC Aqua WellFit Water Walking/Volleyball/Class Schedule October/November 2022								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30	Water Walking drop-in OC	OC	Water Walking drop-in OC	Water Walking drop-in OC	Water Walking drop-in OC	Water Walking drop-in OC	Water Walking drop-in OC	
7:30	Aqua Surge L2/L3 <i>Renae</i>	Water Walking drop-in	Aqua Surge L2/L3 <i>Jennifer/sub</i>	Water Walking drop-in	Aqua Surge L2/L3 <i>Nina</i>			
8:35	Power Waves L3 <i>Jennifer</i>	8:45am Aqua Intervals L2/L3 <i>Jennifer/sub</i>	Power Waves L3 <i>Jennifer/sub</i>	8:45am Aqua Intervals L2/L3 <i>Lisa</i>	Power Waves L3 <i>Nina</i>			
9:40	Splash L2 <i>Joanle</i>	9:50am Aqua Intervals L2/L3 + Deep Water - <i>Jennifer/sub</i>	Fluid Moves/Splash L1/L2 - <i>Nina</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>Lisa</i>	Water Walking drop-in	SGT - Therapeutic Water Exercise - <i>Nina</i>	Water Walking drop-in	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	
4:00	Power Waves L2/L3 <i>Danielle</i>	Water Walking drop-in until 8:30pm	New! Aqua Pilates L2 <i>Andee</i>	Water Walking drop-in	Water Walking drop-in until 8:30pm	Water Walking drop-in until 8pm	Water Walking drop-in until 8pm	
8:30	Water Volleyball 5:45 to 8:15pm	Water Walking drop-in until 8:30pm	Water Walking drop-in 6:00 to 8:30pm	Water Volleyball 5:45 to 8:15pm				
Group Exercise Classes - 55 minutes (punch pass) \$5.50			Small Group Training - SGT - 60 minutes (session based, sign up ahead)					
L1 - beginner L2 - intermediate L3 - advanced *More information about class descriptions in WellFit section of website: schresidents.com							SCAN QR CODE TO DOWNLOAD SCHEDULE ONTO YOUR PHONE	
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.								

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

Pilates Reformer WellFit Class Schedule October/November 2022

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

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

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Kilaga Springs Lodge 1167 Sun City Boulevard
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Public Website SunCity-LincolnHills.org
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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 DAILY: 7:00 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
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	SCLH Delivery: DAILY: 4:00 PM–7:00 PM
	Kilaga Cafe MON–SAT: 8:00 AM–3:00 PM

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Reservations & Info: 916-625-4040..... To-Go: 916-625-4044

Kilaga Cafe
To-Go Orders & Info: 916-408-1682

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THE SPA AT KILAGA SPRINGS

Spa Concierge..... KilagaSpa.com
Appointments & Info: 916-408-4290

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Linda Minor: 707-235-0778
Neighbors InDeed916-223-2763 neighborsindeed.org
Lincoln Hills Foundation....916-434-0749 . lincolnhillsfoundation.org
Lodge Library Contact..... Adrian Felice: 916-408-4332

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Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California. *ROUND TRIP LINCOLN SHUTTLE TO SHIP!				
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Ruby Princess ~ 3080 Passengers		INCLUDES FLIGHT TO TEXAS & SHUTTLE FROM SHIP TO LINCOLN!		
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