

COMPASS

Navigate Your Way Through Sun City Lincoln Hills

15 It's Beginning to Look a Lot Like Compass

17 Holidays and Movie Magic



SACRAMENTO
AT FIRE MOUNTAIN

BINGO



SCAN THE QR CODE
FOR MONTHLY
SPECIALS

GAMES PAY UP TO \$1,199

MONDAY-WEDNESDAY: 1PM - 3PM - 5PM - 7PM

THURSDAY SESSION MADNESS: 1PM - 5PM

SPECIAL OFFER!

MENTION **SUN CITY BINGO** AT UNITY PLAYER'S CLUB TO RECEIVE \$10 OFF YOUR BUY-IN!

3317 FORTY MILE ROAD, WHEATLAND, CA 95692 | HARDROCKHOTELSACRAMENTO.COM



**NEW MEMBERS
GET \$20 IN FREE PLAY &
PLAY UP TO \$500 ON US**



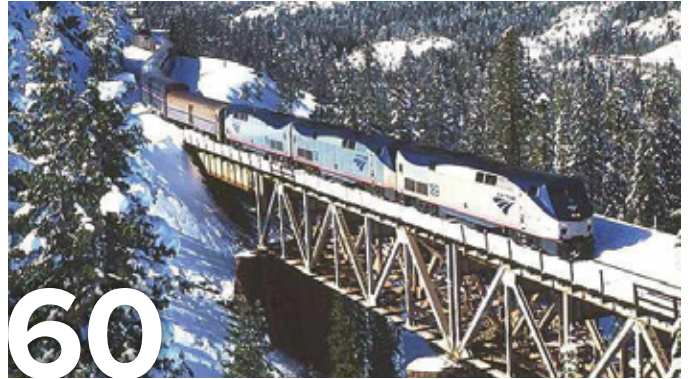
LOVE ALL. SERVE ALL. REWARD ALL.

MUST BE 21 YEARS OF AGE TO PARTICIPATE IN ANY PROMOTION. MANAGEMENT RESERVES ALL RIGHTS. MUST BE CLAIMED WITHIN 7 DAYS OF FIRST DAY OF PLAY. GUESTS. MAY ENROLL IN UNITY REWARDS AT THE CASHIER CAGE AFTER HOURS. IF YOU THINK YOU HAVE A GAMBLING PROBLEM CALL 1-800-GAMBLER (426-2537), TEXT SUPPORT TO 53342 OR CHAT VIA 800GAMBLER.CHAT

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On the Cover
Happy Holidays.
Photo by David Wright.

Calendar of Events

December 19 - January 16

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

Date Event	Page #
12/19 Tuesday Dance Night	51
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211 Your Non-Emergency Call for Help!



Connecting Point is your trusted source for information and connections in Placer and neighboring counties.

Dial 2-1-1 for referrals to local services, including food programs, non-emergency transportation, utility assistance, moving resources, health or dental referrals, questions regarding social security, Medicare, insurance benefits, legal/fiduciary, plus help connecting to tax preparation services. Additional connections are but are not limited to home repair and safety, in-home services for seniors, assistance when you need information about local services, disaster readiness, or recovery assistance, Placer 211 with disabilities, information regarding skilled nursing facilities, assisted living, care homes, and end-of-life information.

Upcoming Association Meetings: December 15 – January 11

Finance Committee Meeting	Wednesday, December 20, 9:00 AM
Board of Directors Meeting	Thursday, December 21, 9:00 AM
Board of Directors Executive Session	Thursday, December 21, 11:30 AM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, January 2, 9:30 AM
Compliance Committee Meeting	Wednesday, January 3, 9:00 AM
Properties Committee Meeting	Thursday, January 4, 9:00 AM
Elections Committee Meeting	Friday, January 5, 10:00 AM
ARC/Architectural Review Committee Meeting	Monday, January 8, 9:00 AM
CCRC/Communication & Community Relations Committee Meeting	Tuesday, January 9, 10:00 AM
Accessibility Committee Meeting	Wednesday, January 10, 9:00 AM
Board of Directors Workshop	Thursday, January 11, 10:00 AM
Board of Directors Executive Session	Thursday, January 11, 1:00 PM

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

HOLIDAY HOURS

CHRISTMAS EVE - SUNDAY, DECEMBER 24

OC/KS Lodge	9:00 AM – 12:30 PM
OC/KS Lifestyle Desk	9:00 AM – 12:30 PM
Administration & Membership	Closed
OC/KS WellFit	5:30 AM – 2:00 PM (KS) / 7:00 AM – 2:00 PM (OC)
The Spa at Kilaga Springs	9:00 AM – 2:00 PM
KS Café	Closed
Meridians Restaurant	7:00 AM – 8:00 PM

CHRISTMAS DAY - MONDAY, DECEMBER 25

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

DAY AFTER CHRISTMAS - TUESDAY, DECEMBER 26

OC/KS Lodge	9:00 AM – 5:00 PM
OC/KS Lifestyle Desk	9:00 AM – 12:30 PM
Administration & Membership	9:00 AM – 5:00 PM
OC/KS WellFit	5:30 AM – 8:30 PM
The Spa at Kilaga Springs	9:00 AM – 6:00 PM
KS Café	8:00 AM – 1:00 PM
Meridians Restaurant	7:00 AM – 5:00 PM

NEW YEAR'S EVE - SUNDAY, DECEMBER 31

OC/KS Lodge	9:00 AM – 12:30 PM + NY Event
OC/KS Lifestyle Desk	9:00 AM – 12:30 PM
Administration & Membership	Closed
OC/KS WellFit	5:30 AM – 2:00 PM (KS) / 7:00 AM – 2:00 PM (OC)
The Spa at Kilaga Springs	9:00 AM – 2:00 PM
KS Café	Closed
Meridians Restaurant	7:00 AM – 8:00 PM

NEW YEAR'S DAY - MONDAY, JANUARY 1

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



Board of Directors' Report

Denny Valentine, Secretary

It is one thing to voice an opinion, but the line has been crossed when it becomes threatening and results in personal attacks on fellow residents and staff.

A small group of members of our Association continues to sow discontent and make unfounded accusations. They intentionally make and post untrue statements to garner attention, cause dissension, and drive their personal agendas without regard for the impact on fellow residents and the Association's reputation.

This group regularly barrages the Board and committees with false accusations and threats of legal action. They have expanded their rhetoric to include individual members they disagree with or personally dislike.

In order to understand their core issues, there have been two offers made to sit down and have a discussion, but the offers were refused, affording

no opportunity for constructive conversation and a mutually agreeable course of action.

With no option for conversation and the one-sided vitriol toward those giving their time to keep this community the wonderful place it is, it has become necessary to put a public voice to these issues.

Social media is not the official distribution channel of information to residents. If residents read something that concerns them, please ask the Board or Executive Director. Do not automatically accept that what you are reading or hearing is accurate or based on fact.

On the surface, it may appear that members are simply expressing their right to a personal opinion, but social media has broad implications and significant reach. Contentious comments and inaccuracies are appearing on social media outside the community, and this has an impact on our community's reputation and potential impact on home values. That is not good for any of us.



A Note from the Executive Director

Kyle Bodyfelt, Executive Director

"Planning is bringing the future into the present, so you can do something about it now." – Alan Larkin

As an Association that is almost a quarter century old, navigation through the holidays is a perfect time to reflect on its great history and look to the future. When this active adult community was established in 1999, it would rapidly become about 50% of Lincoln's population. Since then, Lincoln has seen growth itself, and Lincoln Hills now makes up about 20% of the city's population. Lincoln Hills has seen some updates in the past twenty plus years; however, the predominant look, feel, and amenities remain much the same. Pickleball has been added, and event offerings have increased, but the roots of the 'active adult lifestyle' remain. How the community adapts to growth around it and maintains the amazing amenities it owns is important as Lincoln Hills looks to the future.

The key ingredient in anticipating future needs is an effective Strategic Plan. From analyzing current needs to looking ahead three to five years or longer, developing a strategic plan will help set the community's priorities. Important steps in developing the strategic plan are clear development of the plan, including the main objective, the scope of the plan, assumptions and dependencies, and finally, a plan development process and timeline. Perhaps the most essential element of a successful plan is buy-in and adoption from key stakeholders, the Board of Directors, and the membership. I look forward to Lincoln Hills residents and staff participating in this development process. The collaborative effort of interested constituents exchanging ideas will be integral to effective strategic planning. The successful execution of a Strategic Plan can position Lincoln Hills for years of thriving and continued owner satisfaction.



Clubs and Community Organizations Committee

Social Interaction

George Herrmann, Vice Chair

Charles Schulz, the creator of Peanuts, said that when he could not think of a comic strip for that day, he would just doodle until he got an idea. Struggling with this month’s article, I tried it. That did not work for me. I decided to talk to my wife about ideas. It was that discussion that made me realize the importance of social interaction. It has been proven that socially active people live longer and are healthier. Thinking back to the COVID shutdown, the lack of social interaction most impacted us. Zoom calls and FaceTime, while somewhat beneficial, did not provide the same benefit as meeting in person.

It reminded me that Lincoln Hills’ clubs are, in reality, places for residents to interact socially. I know that there is competition amongst members in their chosen endeavor, but it is, for the most part, friendly.

Participating in club activities provides a measure of social interaction, but it is the time spent before and after these activities that really benefits us. It is the same reason why this month’s holidays and getting together with families and friends always leave us fulfilled.

If you are in a club, now is a good time to meet socially and independently of the actual scheduled club activities. Have some get-togethers to chat and interact. Many clubs have elections coming up. These gatherings are a great time to find candidates and discuss the importance of volunteering and club leadership.

While you may be familiar with your own clubs, now might be an excellent time to interact with a different club socially. You actually do not have to join. Be a “guest”. Chat about why the members enjoy it. Have fun. Interact. Live longer.



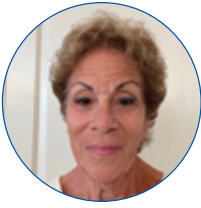
Election News

Please join us for the Board of Directors Election kickoff at the **Candidate Information Session on Wednesday, January 17**, from 1:00 to 3:00 PM at P-Hall (KS). This will be recorded for the Resident Website. For more information, contact the Elections Committee at Elections.Committee@sclhca.com.

The following will be covered at the Information Session:

- What the Board does
- What commitments are needed
- Positive contributions/rewards of being a Director
- The process of running for Director

Date	Day	Event
1/17/2024	Wednesday	Candidate Information Session
1/19/2024	Friday	Candidate Filing opens
2/20/2024	Tuesday	Candidate Filing closes at 4:00 PM
2/22/2024	Thursday	Candidate Briefing Session
3/01/2024	Friday	Candidate Statements due by 4:00 PM
3/1/2024	Friday	Candidate Forum Question Box on Display in Lodges (Remove: 3/22/2024)
3/1/2024	Friday	Campaign materials display begins in Lodges
3/15/2024	Friday	Candidate biography due
4/6/2024	Saturday	Candidate Forum
4/10-4/15/2024	Wednesday - Monday	Ballots mailed to members
5/15/2024	Wednesday	Close Ballots, 3:00 PM. End campaign, remove campaign materials from Lodges.
5/16/2024	Thursday	Election Day. Ballot Counting begins at 9:00 AM - Annual Meeting of Members. Election results announced.



Compliance Committee Safety First

Lynne White, Chair

It is important to understand and minimize common safety hazards outdoors. Celebrating the holiday season, many residents decorate with outdoor lights that often require extension cords. When using these cords it is extremely important to use them properly to avoid hazards. Use weather-resistant heavy gauge cords for outdoor use. Make sure the cords are secured to the ground to prevent trips and falls.

Clean up debris on your walkways and sidewalks, such as leaves, needles, and moss. If they become slippery, it can create a slip-and-fall hazard. If you are going to use a ladder for trimming trees, bushes, or hanging lights, a golden rule for ladder safety is to maintain three points of contact at all times. This means at least two hands and one foot, or two feet and one hand, should always be on the ladder rungs.

Outdoor lighting increases safety while enhan-

cing curb appeal. There are many lighting choices, for example, solar, hardwire, motion sensor, or dusk to dawn. Take the time to check the Design Guidelines for exterior lighting on page fifty-six. With the potential for another rainy and windy winter, check tree branches that overhang the roof. Touching, grazing, or overhanging tree limbs can cause structural damage. In addition, check tree branches that hang too low. They can be hazardous to pedestrians or bike riders.

Garage doors are one of the largest moving objects in a home. Schedule regular maintenance to inspect the tracks, springs, and photoelectric sensors. For an extra layer of security, if possible, lock your garage door when away overnight or for an extended period of time. A partially open garage door may or may not have the same security features engaged as when fully closed.

Stay safe and healthy for a happy holiday season.



Properties Committee November Meeting Report

Bill Szabo, Chair

Completed Projects: Kilaga Café work was completed, and Placer County Election Ballot Box lighting and camera were installed. **Approved in Progress Projects:** AV equipment update – is starting and the OC Ballroom control room proposal is coming to Properties soon. **Proposed/Pending Projects:** Storage – the task force has reviewed storage areas; ADA review of Sports Plaza for signage and access was completed. **Strategic Planning Group:** Meetings being held.

Unfinished Business: Facilities Maintenance Update – Ballfield/shop parking completed; concrete fencing being completed; tree removal along Stonecrest Trail; south water feature sign repair in progress; outdoor pool solar - work being scheduled, outdoor pool closing for the winter, sidewalk repair on Sun City Blvd, indoor pool deck KS and OC seal and paint, OC fire hydrant repair

(completed) window tinting scheduled for repair OC Fitness, Softball Field closed for maintenance.

Inspection Reports – Presented Community Parks Report – identified repairs and areas needing landscape reduction.

New Business – Accepted proposals for Meridians' carpet replacement and chair reupholstering, shuffleboard table number 2 at outdoor pools, replacing of older Gator, and additional security cameras for Orchard Creek parking. Referred the following proposals to staff: Year round use of outdoor lap pool to staff as reasonable accommodation request and year-round use of pool deck for evaluation.

As always, if you see any problems or maintenance issues with any facility, please report them to Erik Rosales, Willie Mayberry, and the committee chair.



Finance Committee

October Report

Fred Raach, Chair

At the end of October, the Association’s reported financial results again continued to be very favorable. The budget, the basis for this year’s dues, anticipated that over the ten months, the Association would spend \$267,000 more than the revenues it earned. Actual revenues were \$38,000 larger than what was spent, leading to a net result of \$305,000 better than budgeted. This result is a \$26,000 increase in net positive income since the end of September.

Operating revenue, which doesn’t include dues revenue, in October was \$12,000 larger than planned, increasing the year-to-date total to \$176,000 over budget. The Lifestyle Department continued to be the biggest contributor to this positive result, with revenue of \$28,000 over planned. WellFit, Communications and IT, and Administration also contributed, offsetting the below planned revenue numbers in the Kilaga Spa and Food and Beverage. Spending in October was \$14,000 less than budgeted. For the ten months, expenses are \$129,000 less than planned, largely due to reduced personnel and landscape maintenance costs offset by higher administrative and maintenance, supplies, and repair costs.

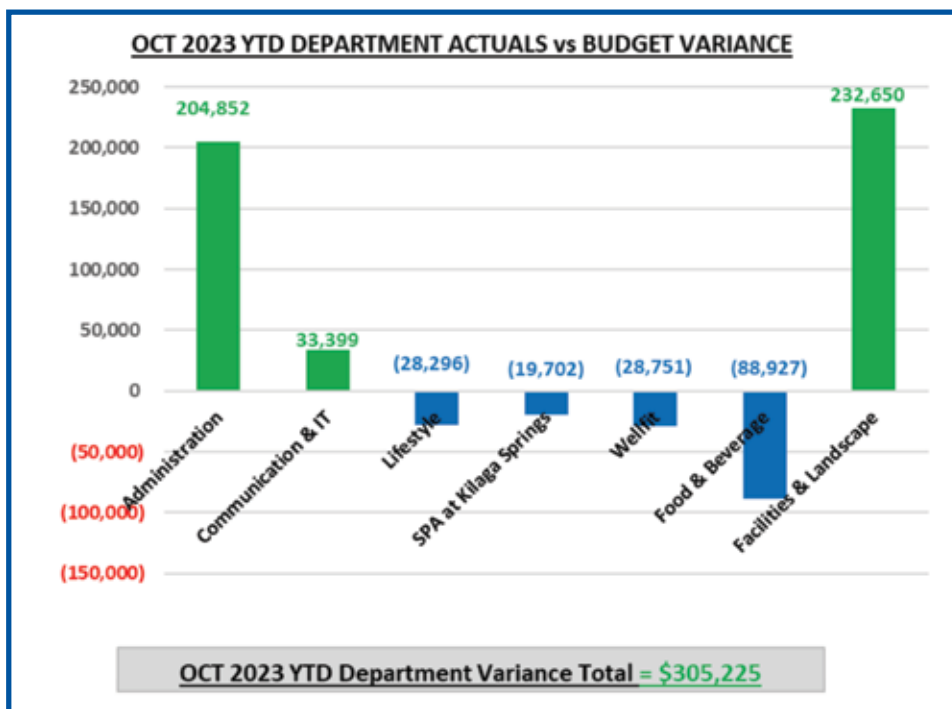
The chart below shows each department’s actual year-to-date net results compared to what was expected in the budget. Administration and Communications and IT results changed little this

month. Lifestyle reduced its deficit by \$4,000 as a result of increased revenue. The Kilaga Spa’s reduced personnel and inventory costs in October could not offset its reduced revenue, increasing its deficit by \$7,000. Despite increased revenue, WellFit’s deficit increased by \$6,000 in October, primarily from higher personnel costs. Food and Beverage net revenue in October was positive but \$10,000 less than planned, further increasing its deficit. Savings in personnel costs, landscape contract cost, landscape maintenance, and water usage enabled Facilities and Landscaping to increase its positive results by \$45,000 in October.

At the end of October, the reserve fund balance was \$12.7 million after reserve expenditures so far this year of \$1,451,032. Major expenditures this month were \$145,000 for the audio/visual equipment replacement at Orchard Creek and Kilaga, \$21,000 for additional bark replacement, and \$18,000 for the replacement of desktop computers.

In October, \$5,700 was spent from The Community Enhancement Fund, offset by \$2,300 of interest earned on the funds invested with UBI, reducing the balance by \$3,400 to \$561,000.

Detailed current month and year-to-date financials are attached to the Finance Committee meeting announcement in eNews and available on the Resident Website library.





Lifestyle News and Happenings

Reflection and Gratitude

Allison Sertic, Lifestyle Manager

The holiday season, for me, is a time for reflection and gratitude in my personal and professional life. 2023 has been full of challenges and many changes. Some were hard and unsought, others were necessary and pragmatic, and many were welcomed and exciting. I am sure most everyone can relate, as it would not be life without the ups and downs.

One thing that has been unchanging with me this past year is my feeling of being truly grateful to have the family and home I have in my personal life and in my professional life. Lincoln Hills feels like a second home to me, complete with coworkers and residents who feel like a very large extended family. I am so appreciative.

When I pass by rooms filled with clubs and residents socializing and maybe enjoying a holiday meal

with each other, or when joyful residents smile at me and say hello or stop for a chat, my heart is warmed. My cup is filled by observing residents watching and supporting their neighbors and friends in the Players and Chorus shows and participating in our Lifestyle activities, trips, and classes. When I see and hear from residents who truly love their lives here, my soul sings.

As we wind down to the final days of 2023, I am looking ahead to exciting challenges and opportunities in the coming year with a fantastic team that always brings enthusiasm and grace. I am anticipating more heart-warming times with residents, some of whom I already know, and many more I hope to meet. I look forward to kicking off 2024 in our beautiful Ballroom. Will you join us at the New Year's Eve after-dinner party celebration? I hope so!

Ring In
2024
AT THE
Dance Party
of the Year!



**SUNDAY,
DECEMBER 31**

9:00 PM–12:30 AM

OC BALLROOM

\$50 PER PERSON
GENERAL ADMISSION
LOUNGE STYLE





The Spa at Kilaga Springs Holiday Spa Wellness

KarriLynn Keith, Spa Manager

It is that time of year we eagerly look forward to the upcoming holiday celebrations filled with fabulous food and numerous adventures with family and friends. While these holiday adventures are undoubtedly exciting, they can also be physically taxing. Why not take a minute to recharge, reflect on all the amazing experiences gained this year, and step into wellness for 2024?

Infuse a little holiday cheer and self-care into your hectic schedule by planning a relaxing and quiet spa visit. Soothe your tired muscles, rejuvenate your body, and restore your energy levels to be the best for friends and loved ones. It's a time for introspection, gratitude, and basking in the sweet memories of 2023.

One of the most significant health benefits of a spa service lies in its ability to rejuvenate the body physically. Beyond the physical aspects, spa services are renowned for their ability to promote

mental relaxation. A good massage reduces levels of the stress hormone cortisol, promoting feelings of peace and contentment. This can be especially beneficial. Let us not forget the benefits found in the transformative effects of a spa pedicure.

Ultimately, the health benefits of spa services truly encompass the mind, body, and spirit, making it an essential component of your health and overall wellness. By incorporating a spa facial into your holidays, you not only give yourself a chance to rejuvenate physically and relax mentally but also turn back the hands of time with our advanced skincare treatments.

Come on down to The Spa at Kilaga Springs and let our incredibly talented therapists transform and rejuvenate your body, mind, and soul. Call 916-408-4209 today and reserve your spa service and ring in the New Year with us.

Happy Holidays from the Kilaga Springs Spa team.

Give the Gift of Tranquility this busy holiday season. Relax and escape holiday stress with a Holiday Spa service here at The Spa at Kilaga Springs. Indulge in one of our NEW soothing Tranquil Nights Holiday treatments or Let it Glow LED Light Therapy facials.

DDG Brighten & Firm Facial

Indulge this holiday facial featuring our DDG LED Light Therapy Mask

\$180 (reg. \$239)

Tranquil Nights Holiday Massage

Featuring our soothing and blissful Tranquility Oil treatment

60 min \$109 (reg. \$129)
90 min \$149 (reg. \$160)

Merry & Bright Pedicure

Treat your toes to our Tranquility Scrub and Holiday Hot Oil Massage

\$69 (reg. \$95)



Holiday Spa Promotion valid December 15 - January 15

1187 Sun City Blvd, Lincoln, CA 95648 | 916.408.4290 | KilagaSpringsSpa.com



WellFit News

Holiday Fitness Tips

Deborah McIlvain, Lifestyle, WellFit and Spa Director

Busy holiday schedules filled with shopping, planning, traveling, parties, and endless baked goods can easily throw us off our normal eating and workout routines. While the holidays may be the most challenging time of year to maintain your fitness goals and stick with a workout plan. There is no reason you cannot enjoy yourself armed with a few strategies to get you through the season to keep you healthy and fit.

1. Focus on maintaining instead of losing weight. Instead of eating like it is your last, aim to maintain your weight by choosing more protein and veggies while still enjoying holiday treats in moderation so you do not deprive yourself.

2. Do not skip meals or try to bank calories. Skipping meals so you can eat more pie at your next holiday party might look good on paper. But “banking” your calories often makes us hungrier and can cause us to binge later and

end up consuming even more calories.

3. Keep track of what you eat so you do not overindulge. Guesstimating the nutritional value of your holiday favorites is a recipe for failure. Ignorance is bliss until your pants don't fit. Getting a general idea of the nutritional information of your favorite meals and snacks can empower you to make better food choices and control your portions.

4. Be sure to stay hydrated. Experts recommend drinking half your body weight in ounces of water each day. A 2010 Study in the Journal of Obesity found that drinking water before eating can be an effective tool to help you maintain and even lose weight.

Now that you have made it through the holidays and maintained your goals. January is a great time to step up your program whether it be about nutrition, workouts, or wellness. The WellFit Department can help you every step of the way.

2024 TRAINING PRICE INCREASES

Personal Training

Whether you are brand new to exercising and need a little extra guidance or you want to challenge yourself with a new workout routine, a personal trainer is a great resource to help you achieve your personal fitness goals.

- Assessment / \$39
- Comprehensive Assessment / \$99
- Balance Assessment (ZIBRIO Stability Scale) / ~~\$59~~ **\$62**
- Posture Assessment / ~~\$59~~ **\$62**
- Thirty Minutes / Single ~~\$39~~ **\$42** / Pack of Three ~~\$102~~ **\$111**
- Sixty Minutes / Single ~~\$59~~ **\$62** / Pack of Three ~~\$162~~ **\$171**
- Buddy Training / ~~\$34~~ **\$42** per person / **Pack of Three \$111**

Clinical Training

Similar to Personal Training, but specializes the program for residents with physical restraints and may include pre- and post-rehab work. Clinical training also gears gym programs toward preventative care.

- Assessment / \$39
- Comprehensive Assessment / \$99
- Thirty Minutes / Single ~~\$45~~ **\$48** / Pack of Three ~~\$120~~ **\$129**
- Sixty Minutes / Single ~~\$65~~ **\$68** / Pack of Three ~~\$180~~ **\$189**

Pilates Reformer Training

Work with a trainer on the Pilates Reformer to promote length, strength, flexibility, and balance.

- Reformer Intro / \$40
- Thirty Minutes / Single ~~\$39~~ **\$42** / Pack of Three ~~\$102~~ **\$111**
- Sixty Minutes / Single ~~\$59~~ **\$62** / Pack of Three ~~\$162~~ **\$171**
- Buddy Training / ~~\$34~~ **\$42** per person / **Pack of Three \$111**

Whether this is your first time in a gym, it has been a long time since you worked out, or you want to continue to maintain flexibility and strength post-surgery, our experienced trainers will help you achieve your goals. Contact Rex Owens at rex.owens@sclhca.com or 916-408-4825.

* Coach/Training Policy: There are no refunds and all sessions expire one year after purchase.



ELEVATE YOUR HOME WITH HOMESITE SERVICES' REMODELING DIVISION!

Ready for the active adult community lifestyle in Northern California? Transform your home with HomeSite Services' Remodeling Division! Upgrade your living spaces with the latest trends in design and functionality—dream kitchens, cozy great rooms, or spa-like bathrooms. Choose from new cabinets, flooring, countertops, and window coverings to match your style. We offer painting, interior and exterior design expertise, master closet solutions, and garage transformations with epoxy flooring!



The Design Studio Lincoln Hills - Coming Soon!

985 Sun City Lane, Lincoln, CA 95448 Across from Orchard Creek Lodge

Contact Tom at **916-599-2788** to start your remodeling journey!

The Design Studio
By HomeSite Services

LIC#854523

WANTED



VOLUNTEERS



FOR

Having fun, making new friends, and making a difference in your community.

The following committees are seeking YOU to join!

Accessibility Committee

Properties Committee

Architectural Review Committee

Clubs and Community

Organizations Committee (CCOC)



Communications and Community Relations Committee (CCRC)

Compliance Committee

Elections Committee

Volunteer Applications available at the Lifestyle Desks and the Residents Website

(sclhresidents.com > Library > Forms > Resident Forms)



Happy and Safe Holidays to all Neighborhood Watch Residents

Teresa Tanin, Neighborhood Watch



Directors (officers) left to right: Dee Fuggiasco, NW Welcome Packets; Stephanie Guillory (Treasurer); Suzanne Rosevold, NNO Events Coordinator (Assistant Executive Director); Patricia Hammer (Director of Volunteer Records); Denise Hexom, Training Coordinator/LHF Grant Submissions; Teresa Tanin, Writers' Coordinator/Pet Alerts Team; Renee' Plummer, Web Master (Executive Assistant); and Linda Minor (Executive Director).

Neighborhood Watch held its annual elections meeting and breakfast potluck on November 4. A quorum of Village Coordinators and Directors voted to elect four returning Directors to complete the 2024 board of eight. The bylaws allow for fourteen directors, so more are needed. Accomplishments for 2023 were then discussed, including updates from each Director and support group member.

Volunteering for Neighborhood Watch can be in many capacities, not only for Directors but also as Mailbox Captains, Village Coordinators, support group members, and event helpers. All residents, including renters, are members of Neighborhood Watch. If your cluster mailbox is absent a Mailbox Captain, volunteer. Welcoming new residents and passing along safety and security information are vital

parts of being a Mailbox Captain. Village Coordinators manage the Mailbox Captains, and Directors oversee the Coordinators. Visit sclhwatch.org (About Us, Join Us, Recruiting Brochure) to view descriptions of volunteer opportunities. The Lincoln Hills Foundation supports the success of Neighborhood Watch. On behalf of all Neighborhood Watch volunteers: Happy—and safe—Holidays!



Rick Myers
650-279-1457
rickemyers@yahoo.com
Landscape Design

ARC APPLICATION ASSISTANCE

- FORMS • PHOTOS • MEETINGS
- COMPLIANCE RESOLUTION

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A photograph showing the interior of an ambulance. Paramedics are attending to a patient lying on a stretcher. The scene is lit with blue emergency lights. The text "Reducing traffic can save lives — every second counts!" is overlaid on the left side of the image.

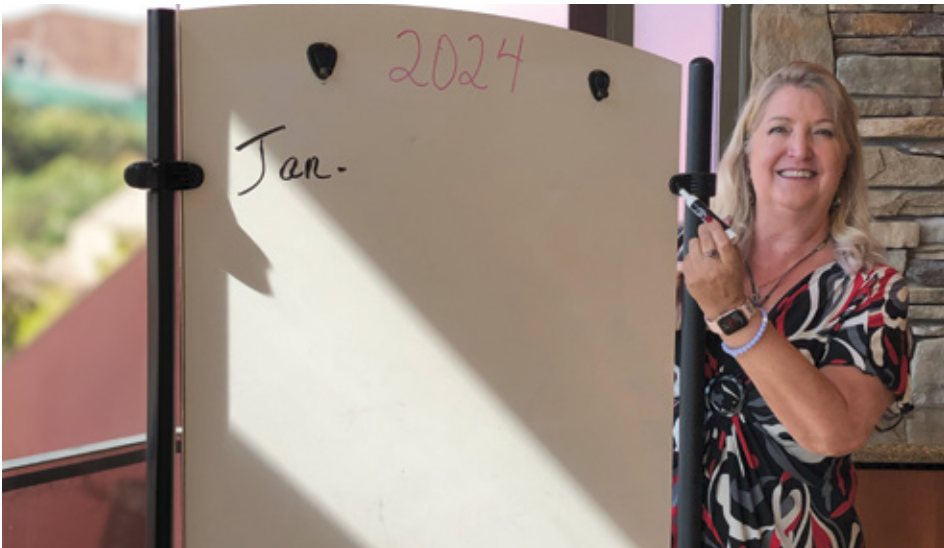
Reducing traffic can save lives — every second counts!

Residents of Roseville, Rocklin, and Lincoln know that our growing traffic problem is not only frustrating, it could be jeopardizing fast and reliable emergency response. Our growing communities require improved roads and faster emergency response times.

The amount of state funding needed to widen our major roadways is not enough. Our plan focuses on local solutions to widen our highways and enhance emergency response.

Learn more at
KeepPlacerMoving.com.

 Placer County
Transportation
Planning Agency



Theresa running the storyboard with the Writers Team



It's Beginning to Look a Lot Like *Compass*

David Wright, Roving Reporter



Like pajama-clad children ready to tear into their Santa loot, Lincoln Hills residents, some also in pajamas, anxiously line up in the Orchard Creek Portico to receive the latest *Compass*. The hot-off-the-press issue is distributed by Santa's helpers—bringing a happy holiday to our community every month of the year. Though the magazine may seem to magically appear, it does take a lot of work. Our own "Miss Kringle,"

Theresa Renken, oversees the entire operation.

Before becoming the editor-in-chief six years ago, Theresa decked the halls of the Capitol as a lobbyist for the American Cancer Society. Realizing she had to turn the page to spend more time with her three grandchildren, she retired from her 20-year career and took a part-time job with our Association, assisting with room bookings and advertising. Her attention to detail and exceptional organizational skills did not go unnoticed. She was offered and accepted the full-time position of *Compass* Editor.

Theresa begins each issue by coordinating deadlines and facilitating the monthly sessions with her Resident Writers Team—brainstorming upcoming themes, cover photos, and feature stories. "I could not do any of this without them," she adds.

Every issue contains a sleigh full of Association updates,

community tidings, and activity schedules submitted by over 175 staff and residents. "Everything gets put into one big bucket, and I take all the pieces and make them fit. I am very process-driven," she explains.

She reads everything, edits the articles, and assures the submitted photos are usable. Then, she sends it all to the graphic artist for packaging into a magazine format. Following additional edits, it goes to the printer for pre-press. Theresa receives the proof, checking it twice and wraps everything up. She authorizes the final print and awaits delivery. Then, it is immediately on to the next issue. There is no lag time.

Throughout the process, Theresa has visions of sponsors dancing in her head. She signs up advertisers, approves the ads, and handles all the billing herself. Advertising income makes the *Compass* not only self-sustaining, but revenue-generating. The publication brings in a substantial profit every month with no cost to residents.



Santa's helpers, George Herrmann and Susan Ishimaru spreading yuletide glee

Still, Theresa proudly admits, "My biggest accomplishment is getting the magazine out at 8:00 AM on the 15 of every month." So, grab yourself a merry little *Compass* and "Navigate Your Way Through Sun City Lincoln Hills."



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Count down the holidays with movies



Holidays and Movie Magic

Linda Lucchetti, Roving Reporter



Cliff Roe, founder of the Movie Lovers Club

"God bless us, every one!"

"Every time a bell rings, an angel gets his wings."

"Seeing is believing, but sometimes the most real things in the world are the things we can't see."

If you're a holiday movie enthusiast with numerous hours of viewing under your Santa belt, it's likely you recognize these iconic quotes that originate from: "A Christmas Carol";

"It's a Wonderful Life"; and, "The Polar Express," respectively.

Watching holiday movies is a relaxing, entertaining tradition and an easily available activity. Year after year, classic holiday films regain their popularity because they stir up laughter and sentiments. They offer an escape from the many tasks of the hectic season. These movies rekindle memories of holidays past, times spent with family and friends, and storylines that take us back to earlier times. Everyone seems to have their favorite holiday movie, whether it's full of humor, like "How the Grinch Stole Christmas," or rich in nostalgia, like "Miracle on 34th Street."

There are some movie lovers who take it to the next level; they enjoy sharing their feelings about films with others in a more structured setting. Members of the Lincoln Hills Movie Lovers Club fall into this category.

Organized in 2017 by Lincoln Hills resident Cliff Roe, the club each month invites its members to take a seat at the table. Prior to the meeting, members will have watched one or two films, typically those currently playing at local theaters. During the monthly meetings, they assemble for an analysis and a facilitated discussion of the movies' characters and technical aspects.

"Everybody has a different impression of a movie," Cliff says. "During a discussion, we like to learn and be exposed to other thoughts of what we've seen."

Cliff's movie curiosity piqued while he and his wife Nancy were living in Palm Desert, an area inhabited by Hollywood actors, directors, and screenwriters. There, he often participated in group discussions, viewed independent films, and frequented film festivals. After moving to Lincoln Hills, he realized that there was no group that addressed a movie lover's passion. In December 2014, he launched the Movie Lovers group, eventually bringing it to club status and gearing it to fellow community movie buffs.

Whether you watch holiday flicks or blockbuster picks, movies are powerful communication tools that can entertain, elate, and educate.

As actress Audrey Hepburn once said, "Everything I learned, I learned from the movies."



Movie Lovers Club members view a trailer



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Happy Healthy Holidays

Shirley Schultz, Roving Reporter

Happy holidays, in many ways, depend on one's state of physical and mental health. An attention-getting article was published in the December 2023 issue of the UCLA Health publication *Healthy Years*, describing the increase in strokes and other cardiovascular health problems during the holiday season. What follows is a summary of that article.



Statistics have shown an increase in strokes and other cardiovascular events during the holiday season. Cardiologists sometimes call this "holiday heart", which

refers to the increased prevalence of abnormal heart rhythm, atrial fibrillation. With atrial fibrillation, the effective pumping action of the heart may be diminished, and blood may not be circulating effectively, which allows clots to form and be carried to the brain to cause a stroke.

BEFAST is a way to recognize stroke symptoms.

- B is for **balance** problems.
- E is for **eyes** becoming blurred or losing vision.
- F is for **face** drooping on one side or the other.
- A is for **arm** or leg weakness.
- S is for **speech** difficulty.
- T means **time** to call 911.

Triggering factors that may set off a hazardous chain of events include:

- Overindulgence at holiday feasts leading to high blood pressure
- Increased alcohol consumption, which can trigger atrial fibrillation

- Decreased physical activity, which increases stroke risk
- Exposure to cold causing constriction in one's arteries and raising blood pressure
- Increased anxiety which can elevate "fight or flight" hormones causing arteries to constrict, and
- Depression which can lead people to neglect to take prescribed medications and other preventive measures to reduce stroke risk

Getting emergency treatment with clot-busting medication or other treatments for stroke symptoms can make the difference between minimal residual health issues and permanent brain damage, disability, or death. You may hear the term "time is brain," emphasizing the urgent need to diagnose and treat strokes. Research has shown that about 80% of the strokes occurring about every 40 seconds in the United States are preventable. There are other causes for strokes besides what is discussed here, but the symptoms are the same. Fix **BEFAST** in your memory so you will act quickly.

Prevention is always the best medicine: Eat a heart-healthy diet, get regular exercise, limit alcohol intake, and manage underlying conditions like high blood pressure or diabetes. Boost your mental health by seeking social connections, sharing your talents, and practicing an attitude of gratitude. Enjoy happy, healthy holidays.



In Memoriam



Jeff Anderson

A native of San Francisco, Jeff spent much of his life living in places across the world. His travel experience and time with the Security Service in the Air Force led to a degree in International Relations. Throughout his career, Jeff was an active community participant in local Rotary, PTA, and the Board of Education and in activities supporting his daughter. He and his wife, Mia of 47 years, enjoyed living here. After losing her to dementia, he helped start the Alzheimer's-Dementia group here. Jeff was the Past President of the Lincoln Hills Foundation. He spent his last few years with his partner, Christine Bluhm, and leaves a daughter, granddaughter and many friends.



Frank Castellano

Frank was born in Mount Vernon, NY and grew up in Tuckahoe, NY. He attended Iona College and spent four years in the U.S. Navy in Washington DC with the Joint Chiefs of Staff. He worked as the Vice President of Secon Metals while he and his wife Marie raised their family in Crestwood, New York. Moving to California in 1991, Frank worked as the Vice President of California Fine Wire until he retired in 2003 and moved to Lincoln Hills. During his time here, he enjoyed softball, pickleball, Italian Club, and his wonderful friends. He leaves behind his wife Marie of 60 years, his son Kevin, his daughter Jaime, and seven grandchildren whom he adored. Frank will be remembered for his quick wit, sarcasm, and his many stories.



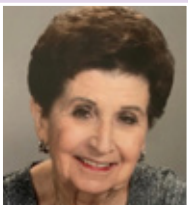
Dave Evans

A graduate of Sacramento State College, Dave grew up in Folsom. He was in law enforcement for 36 years, working for the Sacramento Sheriff's Department and American Express Security. A busy guy, Dave was a member of the Lincoln Hills Lions Club, Lincoln Community Church, the Sports Car Club, and men's golf, to name a few. His sense of humor and love of life will be missed by his wife of 61 years, Carol, his three children, seven grandchildren, and extended family and friends.



Sandra Mandolfo

A San Francisco native, Sandra built a successful real estate business with her husband. She enjoyed traveling the world, spending time with family, watching her grandson's soccer games, writing poetry, dancing, and singing in local productions with her husband, Jerry. She was preceded in death by her son, Anthony. Sandra is especially missed by Jerry, her daughter, daughter-in-law, grandson, and her brother.



Bobbi Marshall

Bobbi grew up in Indiana, graduated from UCLA, and went on to receive her Master's Degree in Spanish from Long Beach State. She was active in her sorority Alpha Phi. Bobbie taught high school Spanish and World History in Culver City. She married Ray and followed his career to Pennsylvania and then back to Sacramento. After moving here, she lost her husband but kept active traveling, attending plays, eating out, enjoying time with her bunco group, her Church, celebrations with friends, and especially attending all Kings home games. A highlight of her life was spending time with her granddaughter, Camma. She leaves her son and daughter, son-in-law, granddaughter, and many relatives and friends.

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



Neighbors InDeed
The Holidays are Coming!
Dave Short

It's time to get ready for the holidays! There is a lot to do. Neighbors InDeed can help. "How?" you may ask. We can set up your (six foot or less) artificial Christmas tree, and we will take those boxes of decorations (30 pounds or less) down off the shelf for you. We can turn or rotate mattresses so your guests will have a comfy bed to sleep in.

What else do we have to offer? We have a long list of people and companies ready to act at your request. Your house is one of the most important things to get ready for the Holidays. We can provide you with the names and numbers of house cleaners. They can provide that last-minute extra touch-up or long-term regular cleaning as you desire. Christmas lights hung up? How about getting those carpets cleaned? We know some people in the biz.

We can put you in touch with pet sitters and

groomers. Need respite care? We know folks that do that.

Do you need a handyman to fix that leaky faucet or change out that light switch that's not working? We have some names.

Do those rain gutters need cleaning? A ride to the airport? We have those people on our list. Give us a call.

The best gift of all is you. Neighbors InDeed needsvolunteers. Some to take your calls, some to assign tasks to Handy Helpers, and some to do those jobs you ask us to do. Please consider giving of yourself. Your community needs you!

Remember, we do not answer the phone. Leave a message at 916-223-2763. We will call you back between 9:00 AM and 5:00 PM, Monday through Friday.

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Amateur Radio

Claire, KI6VWG, Doug, KD6PGQ, and Dan, KN6DRN, helped at the annual Tour de Lincoln. They served as SAG drivers or rest stop attendees. Jim, KG6GYM, and Art, KI6GYY, attended the Pacificon Convention. They listened to informative presentations and met Dave Casler, KE0OG, our hobby's leading educator. While flying back after visiting his grandchildren in New York, Dan, KN6DRN, checked into our net from 35,000 feet via Echolink. 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



Jim, KG6GYM, Dave, KE0OG and Art, KI6GYY at Pacificon



Ballroom Dance

Our club extends a Merry Christmas and Happy New Year to all. A Halloween Dance Party was held on October 28. Those attending the dance found a Halloween-themed mural that portrayed a haunted house, flying bats, and full moons. The mural also served as an excellent backdrop for taking photos. In addition, the table settings and buffet counter continued the theme with carved pumpkins, witches, and caskets filled with candy. Costume judging was especially difficult, given the creativity of all participants. Patty Dixon won the best-dressed female as Gene Simmons of Kiss. Gordon McKenzie won the best-dressed male as the Mad Hatter. John and Laura Kosbau won the best-dressed couple as Bat Man and Bat Girl.



Patty Dixon

Contact: Sal Algeri 916-408-4752, sr64danz@sbcglobal.net
 Website: www.sclhbdc.com



Big History

Happy Winter Solstice. May your celebrations be filled with love,



laughter, and the company of cherished friends and family. Regardless of the traditions you observe, may the end of the year bring you moments of reflection, gratitude, and hope for the future. We resume our exploration of Cities on January 22. Cities encapsulate the complexities of human civilization, reflecting social, economic, and cultural interactions. Cities are not merely geographical entities; they are living organisms that shape and are shaped by the people who inhabit them. Understanding cities is key to addressing pressing global challenges such as urbanization, environmental sustainability, and social inequality. Studying cities allows us to appreciate the diverse cultures and innovations in these hubs. We are on Zoom every Monday at 10:00 AM.

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



Billiards

Now that the holiday season is in full swing, we hope everyone had a great Thanksgiving and are now looking forward to Christmas. A great gift to give would be to

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Winners Jim Meyer, Rita Rush, Dan Lehrer, Dante Jannicelli

bring someone to one of our mentoring sessions that are held on Tuesdays at KS. The first session is at 9:15 AM with sign-ups at 9:00 AM, and the second session is at 10:30 AM with sign-ups at 10:15 AM. The sessions are open to all levels of play, from beginner to advanced. We also have a variety of tournaments available at KS during the week. The website has the schedules and level of play. OC is available for open play. The Upstarts intermediate tournament from November 16 is featured this month.

Contact: Mike Greaney
925-890-3034,
michael_greaney17@yahoo.com
Website: www.lhbilliards.com



Bird

On our November trip to Gray Lodge, north of the Sutter Buttes, we spotted 58 species of birds, not a record, but still a pretty good day. Our December 15 trip is to the Sacramento National Wildlife



Guardians of the gate at Gray Lodge by John Redmond

Refuge, about 76 miles to our northwest. Then, on January 12, we are planning a trip to Staten Island/Cosumnes, near Lodi. This is usually good for Sandhill Cranes. We also do a lot of local birding on Lincoln Hills' excellent trails and other nearby areas. Meetings are at P-Hall (KS) at 1:30 PM on the second Monday of every month. Everyone's invited!
Contact: Sal Acosta 843-991-5188,
suncitybirders@sclhbirders.org
Website: www.sclhbirders.org



Bocce Ball, Mad Hatters

Our group is going strong thanks to all of you. Bocce is a game that gets you out of the house, allows you to meet new people, and doesn't require orthopedic surgery afterward. We had 50 players on the courts in mid-November, but they may have been looking for donuts. Our games are on Thursday mornings at 10:00 AM. Everyone is welcome. Teams are formed

on-the-fly each week so just show up! The focus is on recreation, not competition. We rotate players and teams with each 20-minute round. If Thursday mornings aren't convenient for you, or you just can't get enough bocce, there's also a fun drop-in bocce group called the Night Owls. They play on Tuesdays at 4:00 PM.

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



Book

Do you have reading goals for 2024? Participation in our club will help bring enjoyable structure and goal achievement. The exciting read, *The Diamond Eye*, by Kate Quinn, was our November discussion selection. November was also our yearly book selection voting time. At December's meeting, we will enjoy our annual holiday celebration. It will be held at KS. Unless otherwise noted, meetings are in the Multipurpose Room (OC) from 1:00 to 2:00 PM on the third Thursday of the month. To receive the monthly email distribution list, email your request to ocbookgroup@gmail.com.
Contact: Maureen Deal,
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Bridge, Duplicate

Holiday greetings! We much enjoyed our Christmas Luncheon/bridge game on Wednesday, December 13. Kudos to Pat Lewis and her social committee. Thinking of the less fortunate, we collected \$1,000 for our local Salt Mine. There is no Wednesday bridge on most or all Wednesdays in December, as the room is used for other purposes. Saturday games will be held as usual. Reservations need to be made at least two days ahead with Elise Homer. Open and limited sections are on Saturdays starting at 12:30 PM in the Sierra Room (KS). For further information, go to our website shown below. Our Partnership chairman is Sharon Duley, 916-253-3885. **Contact: Elise Homer 916-303-0751, elisehomer@gmail.com**
Website: www.bridgewebs.com/lincolnhills



Joan Rouse and Joyce Clark present gift to Salt Mine



Bridge, Partners

Call to sign up or come to the Sierra Room (KS) by 5:15 PM Thursday. Play starts at 5:30 PM. December hosts are Joanna and Alan Haselwood, 916-209-3392. When you are finished playing, remember to keep the voices on low volume, as the next table may still be focusing on making a Grand Slam bid. Winners October 19: first-Patty VanOospree/Linda McDermott with high round 1810; second-Jyoti/Viren Sitwala; third- Phil Sanderson/Chet Winton; fourth-Nancy Turrini/Lydia King. October 26: first-Reta Blanchard/Janet Pinnell; second-John Butler/Byron Hansen; third-Kay/Ben Newton with high round 2150; fourth-Patty/Ron Dawson. November 2: first-Nancy Rice/Carol Mayeur with high round 1840; second-Lydia King/Nancy Turrini; third-Jyoti/Viren Sitwala; fourth-Linda McDermott/Patty VanOospree. November 9: first-Jyoti/Viren Sitwala with high round 2090; second-Patty/Tom Mack; third-Chet Winton/Phil Sanderson; fourth-Bob Calmes/Jay Southard. **Contact: Lydia King, Nancy Turrini 925-864-4292, kbnewton@sbcglobal.net**



Bridge, Social

Beginner Bridge lessons are in the Card Room (OC) at 8:30 AM on Wednesdays. If interested, call John Woodbury at 760-522-8758. Intermediate lessons follow at 10:00 AM with teachers John Butler and Alan Haselwood. Our annual potluck was held on October 27 with lots of good food and conversations. October 20 winners: first-Mark Green; second-Tom Mack; third-Neal O'Boyle; fourth-Frank Kamienski. October 27: first-Park Miller; second-Viren Sitwala; third- Jay Southard; fourth- Bette Dow. November 3: first- May Leung; second-Anne McMaster; third-John Butler; fourth-Mark Green. November 11: first- Geri Miller; second-Jay Southard; third-Chet Winton; fourth-Viren Sitwala. Play begins at 12:30 PM Fridays (KS). Please arrive by 12:15 PM. December sign-up contact is Joanna Haselwood, 916-209-3392.

Contact: Linda McDermott 408-390-4311, gmompatty41@gmail.com



Bunco

In October, the traveling bear was all over the card room down to the last game. Everyone loves holding

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that bear! Bunco is an easy dice game to play. If you are looking for something fun to do, stop on by. New players are always welcomed and many times are winners on that day. Play is on the third Thursday of the month in the Card Room (OC). Bunco is a non-membership group with a \$5 'pay to play' fee. Play starts promptly at 9:00 AM. October Winners: Buncos - Claudette Rhoads-Kinman, Wins - Pat McGough, Losses - Ann Music, 50/50 - Sharlene Christianson, Traveler - Kathy Chandler. Future Thursday Bunco Dates are December 21 and January 18. Contact: Kathy Sasabuchi, ksasabu@icloud.com

Lincoln Hills Community Center



Chorus

Our recent Holiday concert series, "Dreamin' of the Season," was enjoyed by hundreds of Lincoln Hills residents and their families and friends. As we take a break until after the New Year, Chorus members are no doubt looking forward to starting rehearsals for our Spring concerts, scheduled for early May. We'll present a tribute to Broadway and will feature songs from *Sound of Music*, *Les Miserables*, *Oklahoma*, *Fiddler on the Roof*, and more hit shows from *The Great White Way*. If choral



group singing is of interest to you, we invite you to join the Chorus. Some choral experience is preferred, and your commitment to attending weekly rehearsals and performing in concerts is required. We hope to welcome you to the group!

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

Computers



Apple Users

Setting up follow-up medication reminders in iOS17 on your iPhone can be found in the Health app. Bill Smith will discuss the many advances in Apple Health on January 9. Ask the Tech begins at 6:30 PM and program at 7:00 PM. Andy Petro will continue his series on helpful hints, tips, and tricks on the iPhone using the iPhone camera on January 22. Ask the Tech begins at 10:15 AM, with the program at 10:30 AM. Both

meetings are in P-Hall (KS). It's time for membership renewal. Our club website is the place to find the calendar, membership, renewal information, as well as past videos of presentations.

Contact: Ken Silverman 916-913-6833, LHAUGinfo@icloud.com Website: www.lhaug.org



Country Couples

We enjoyed several fun events in October. First, the Association put on a Structured Dance Night in the Ballroom (OC) on October 11. Then, on October 18, several of our members enjoyed a dinner together at Bennett's Westside Grill. To top it off, on October 29, everyone in attendance had a great time at the annual Halloween Dance at Sun City Roseville. We are a very active and fun club on and off the dance floor. We welcome new members! Our mission is to help beginners get started, and experienced dancers get better. Stop by the Fine Arts Room (OC) to observe our dance review



Dancing at the Halloween Party

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sessions from 9:30 to 11:30 AM every Friday morning.
Contact: April Cederburg
 916-390-3931, aprilced@sbcglobal.net
 Website: www.sclhcc.com



Cribbage

I'm dreaming of a winning Cribbage, just like the ones so long ago, where the hands keep winning and my "cats" are purring. That keeps me raking in the dough. I'm dreaming of a winning Cribbage with every new hand I am dealt. May my card move always right, and may all my Cribbage hands be bright, Ho, ho, ho. We invite all players to come every Tuesday at 8:30 AM in the Card Room (OC). We have lots of laughs, and even if you haven't played in a long while, you are welcome to play with us. Our Recent winners are John Gilmore, Howard Beaumont, Mel Switzer, Ginger Nickerson, and Mary Ales. Happy Holidays to All from the Cribbage Club!
Contact: Mel Switzer 510-589-4370,
 Melectrics@aol.com



Cyclists

Our club had fifteen volunteers supporting the Tour de Lincoln on October 21. The volunteers placed the route markers and helped set up McBean Park Pavilion. We had a beautiful day and three different routes, the

metric quarter, half, and full century, with various elevations, from mild to strenuous. There were approximately 30 riders representing the club. Next year, the Tour de Lincoln will be on October 19. The club's annual meeting will be held on January 9 at P-Hall (KS). The club will have a holiday dinner in the Ballroom (OC) on January 26. There will be an Italian buffet. This is the time of year to pay your dues. Emails will be sent to members. See the website for more information.

Contact: Diane McLaughlin
 530-386-1590,
 dmclaughlin100@yahoo.com
 Website: www.lincolnhillscyclists.com



Garden

Merry Christmas, Happy Hanukkah, and a Joyful Holiday Season! Membership renewal and new enrollment began December 1. Early sign-up prior to our January General Meeting is encouraged to avoid lines at registration. Checks will not be processed until January. Dues are \$20 per household, payable by check (preferably) or cash. New members must complete and sign the registration and waiver forms and include a \$20 check (preferable) or cash. Forms are found on our website. Mail or drop off completed forms and dues to



Social Committee Members Debbie Schryver, Cherie Lyle working on Centerpieces

Marjie 916-408-7685. For renewals, the registration form will be pre-printed for all current members. Just mail name/check as above if there are no changes.

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



Genealogy

It's that time of year. Well, it's that time of year, too, but the one I'm thinking is time to renew your Club Membership. Go to the website, download the form, and send it with your \$20 check to: Janet Motta. Also, it is time to register person or online for RootsTech. Here is the website info: www.familysearch.org/rootstech/home. You may also find helpful seminars there from past years. It's time to think about gifts too, like a DNA test for one of your favorite relatives. Or maybe take a research trip to an ancestor's homeland. Genealogy Workshops



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are offered on some Mondays. If you are not a member, contact Kate McCarthy at starkayak@icloud.com for more information. Happy Holidays!

Contact: Rita Perada 510-710-5704, ritaperada@gmail.com
Website: www.suncitylhgc.com



Golf

Ladies XVIII

Our last club tournament of the year was the annual Turkey Trot. Congratulations to the teams of Nancy McDonald, Kathie Sutter, Karen Gabriel, Marcella Christoff, Donna McDonald, Lissi Bedford, Ida Cicci, and Diana Lilienthal for taking first place in their flights. Donna St. Peter, Barbara Grant, Julie Guth, Lilienthal & Kathi McCoy found hidden turkeys on the Hills course and were each awarded a bottle of wine. Grant's tee shot at 14'3" secured closest to the pin and a free



Trotters: Lynn Lapera, Cheryl DeWildt, Edda Ashe and Carol McCann

round of golf. Club tournament play will resume the first Thursday of January with tee-off at 9:00 AM. New members are always welcome, so please come have some fun with us. Happy Holidays to all!

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

Lincsters

We applaud Cathy Carpenter for her Hole-in-One on Turkey Creek's blue-flagged Hole number 8! Atta girl! Former Lincsters captain Sharon McMillan's last-minute donation topped off our gift to the Placer County Breast Cancer Foundation at \$40,000! Lincsters, Ladies XVIII, and sponsors shared lunch to celebrate this fine effort. It really does take a Village. The main watering focus in the coming weeks will be greens and tees. Bear with us if you notice fairways losing some color. No neglect—just heeding the Placer County Water Agency and the Nevada Irrigation District restrictions designed to cope with annual water supply limits. This year's wonderful Holiday Luncheon brought much cheer to our members and initiated an

outpouring of gifts for the men and women at Lincoln Meadows.
Contact: Nancy Hastings 935-337-9391, nhast38@yahoo.com
Website: www.Lincsters.com

Men's

Our last tournament of the year is over, and the new tournament schedule is out by now. Hope to see everyone out there next year. Watch the Linksletter for more upcoming information. We wish everyone a Happy Holiday season, thank all the members for another great year, and hope to see everyone back next year.

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



Hikers & Walkers

The month of November continued to be very active for the club. Our two walking groups explored different Lincoln Hills trails each Wednesday, with two options for the length and pace of the



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walks. The hiking program offered well-attended hikes at Effie Yeaw in Sacramento and from the American River Canyon to Cool. It's always nice to get out in the fresh air to enjoy a hike! November ended with a festive holiday happy hour organized by our capable events team. This month, we're looking forward to exploring a Feather River bird sanctuary, as well as walking the trails in Roseville prior to lunch at Timbers. Happy Holidays! Our website always contains the latest activity information, including how to join the club.

Contact: Tom Denzler 530-368-2564, LHHikersandwalkers@gmail.com
Website: www.lincolnhillshikers.org



Investors' Study

The next meeting is Thursday, January 4, at 2:30 PM in P-Hall (KS). Morgan Stanley will provide the speaker and present their market information, which is shared with members. We had outside speakers in October and November. The group is open to all residents, and there is no cost to attend or join the club. By joining, you get meeting notices and copies of the presentations. Investor Study provides an opportunity to learn about the markets and ask questions. Investor Study is

information-only with no investing advice. However, there is an Active Investors sub-group. Contact Norm Quanttrin at 916-645-4675 about the Active Investors sub-group. Contact Carl Sulzer if you have questions regarding the Investor Study.

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



Lavender Friends

Did you know there are holiday movies featuring LGBTQ characters and stories? On Netflix, there's *Single All the Way*. On Hulu, you can watch *The Happiest Season* and Lifetime's *Under the Christmas Tree*. There are many others you can search for across the channels and platforms. So, get the fireplace going and invite your friends and family over for some holiday spirit, LGBTQ style. Meanwhile, our club ended the year with our 15th annual dinner and dance, and we are looking forward to more activities in the coming year. Lavender Friends is a club for LGBTQ residents and their allies. Happy holidays to all from Lavender Friends.

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



Mah Jongg, Chinese

Need a reason to get up early on Monday? Why not join us for Chinese mah jongg? The game is similar to gin rummy but played with tiles. The game is easy to learn, and we're 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

We play every Tuesday at 12:30 PM in the Card Room (OC). It's a great group, and we have a lot of fun.

Everyone is welcome. If you know how to play just bring your card and join a table. New people to the game are welcome to observe us play. If you're interested in learning how to play National Mah Jongg, Penny offers

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Mah Jongg at the Card Room (OC)

free lessons beginning in January. The first four lessons will be in Penny's home. Then, the last four lessons will be in the Card Room (OC) at your own table with Penny's assistance. Penny is a great teacher. You'll love learning from her. We look forward to seeing you on Tuesdays. May the jokers be with you!

Contact: Penny Grmolyes,
509-939-3882,
Natlmahjclub.sclh@gmail.com



Mixed Media

The club has done some fun things in the last couple of months. We decorated our club aprons in October. In November, we really had to get creative as we used Altoid tins to create small art scenes. We are taking the month of December off but will be ready to go on January 17 with our first meeting of the new year. Come and join us. We want everyone to feel comfortable playing with all kinds of art supplies and to feel successful



Smile Ladies and show us your apron art work!

not worrying about being "good enough." The Mixed Media Club meets on the third Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM.

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



Movie Lovers

We discussed *Past Lives* for about an hour and gave it an average of eight out of 10. *Killers of the Flower Moon* was also extensively discussed, and it received an average of 7.25 out of 10. Two members gave it a 10 out of 10. After watching many trailers, we selected *The Holdovers* and *NYAD* to watch and discuss at our December 14 meeting. Our meetings usually last about two hours, meeting the second Thursday of each month at 6:30 PM in the Multipurpose Room (OC). If you like movies and enjoy discussing them, we encourage you to join us.

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



Music

Our Holiday Party was a wonderful evening filled with music, fine potluck food, delicious desserts, and, most importantly, the Spirit of the Season. The Guitar Ensemble treated us with two beautiful numbers. As always, the variety of genres and talent inspired all. Our meetings resume in January on the second Wednesday of the month from 2:00 to 4:00 PM in P-Hall (KS). You can find the Lead Sheets for the group songs and more information on our website;



Happy Holidays from the Music Group

the password is musicgroup. The Guitar Ensemble meets on 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). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information. Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com Website: www.lincolnhillsmusicgroup.org

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Needle Arts

As 2023 draws to an end, we look forward to the New Year with anticipation and excitement. Our holiday luncheon was a wonderful afternoon of friendship. Thanks, Vivian Glasspiegel, for chairing this event. The new Board was introduced and included President Brenda Wright and Secretary Carolyn Broback. We'd like to express our thanks to the departing Board members and, most especially, Jeanne Helland, who has served as President the last three years. Community Service thanks the thirty-five women who consistently created the beautiful quilts donated this year. Join us on Tuesday, January 9, for the first general meeting of the new year at 1:00 PM in P-Hall (KS). It's time to renew your membership. Renewal forms are available on the NA website.
Contact: Jeanne Helland
 916-409-5512,
 needleartspres@gmail.com
 Website: www.sclhna.com



Neighborhood Watch

'Tis the season many of us look forward to exchanging gifts and cards with friends and family. Unfortunately, it's also the time of year when those who shop at our

front doors step up their activities. Porch pirates have been known to follow Amazon and UPS vans in hopes of snapping up packages before residents know they've arrived. If you expect deliveries, watch out for them. Don't let them sit there. If you will be away for part of the day, ask a neighbor to secure them for you. Don't mail cash or gift cards, even from the post office. They cross too many hands before getting to the intended recipients. 'Tis the season to be careful. Have a safe and Happy Holiday!

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



Painters

The next Painting Challenge is on February 20 with the theme of "Sparkle." It's membership renewal time! Please bring a check to our next meeting and be sure to update your contact information. December 19 is our Holiday Luncheon/Show and

Tell at Turkey Creek. Buonarroti Ristorante features 18 paintings from our club members through February 9. Artisans at the Lodge was a success, thanks to Susan Berg. Simple Pleasures show had many sales to celebrate, thanks to Joan Musillani. Our meetings are on the third Tuesday of every month at 1:30 PM in the Fine Arts Room (OC). Dues are \$15 and \$25 for couples.

Contact: Marianne Oliphant
 530-919-1750, oliphant50@gmail.com



Paper Arts

Happy Holidays! As we look forward to the new year, we realize there will be some changes to our Board. Thank you to June Paquette, our amazing president for the past two years, who ended her term. Thank you to Sarah Kevin, who after readily stepping up to serve as vice-president, now moves up to the president's position. Our club is lucky to have such excellent leadership. See you next year for more crafting and camaraderie. We meet on the first and third Thursdays



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Gingerbread house centerpiece for our holiday luncheon

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



Pedro

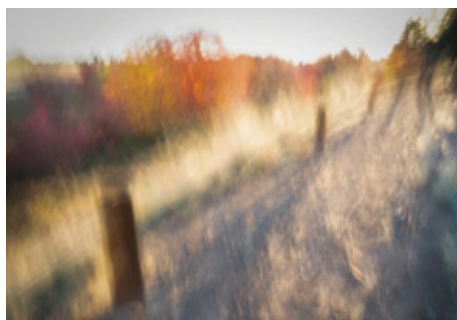
Pedro is a slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets in the Card Room (OC) from 9:00 AM to Noon on the first and third Fridays. For more information, please call Denise or Bonnie King at 916-303-3523. We look forward to seeing you soon.

Contact: Denise Jones 916-543-3317



Photography

The idea behind Intentional Camera Movement or ICM photography is to add the illusion of movement to a still image. Our November presenter was Jan Lightfoot, a wonderful photographer and frequent presenter for our club. Jan has recently enjoyed a slight departure into the world of artistic stylizing by incorporating intentional camera movement. She demonstrated and explained this technique in detail. The following morning, several members gathered at a nearby outdoor location to practice this technique. We exchanged our December General Meeting for our annual holiday breakfast! In addition to a fabulous buffet breakfast, we had extra fun packed in with a lively game of table trivia! Truman Holtzclaw took holiday member photos, and we enjoyed a rolling



Hoot by Kate McCarthy

slide show of past years' member photos.

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



Pickleball

Our club is grateful for all of our volunteers! We have men and women working hard behind the scenes to make the free intro classes, drill sessions, ladders, socials, Team Pickleball, the Academy, and drop-in play run smoothly. We can have all these activities and not interfere with the teaching and open play on our two new courts. Lincoln Hills is known in the area for its huge membership and friendly environment. Each time we hold an Intro to Pickleball class, we have people who have moved to the community just for pickleball! If you want to learn to play, the club offers a free Intro to Pickleball class. To make a reservation, send an email to welcometopickleball@gmail.com.

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



Pinochle

We welcome all Pinochle players! Many of us have not played in years - but it comes back quickly. We meet in the Card



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Room (OC) every Wednesday and Friday. We play Single Deck on Wednesdays at 5:30 PM and Double Deck on Fridays at 12:30 PM. We start playing practice hands 30 minutes before start time. On the first and third Thursdays at 4:30 PM, we play Racehorse, a version of Double Deck with passing cards. Come join the fun. We look forward to seeing you soon.

Contact: John Winning
916-408-2745,
Jwinning1865@gmail.com



Players

Our wacky *Shame of Tombstone* recently closed to the applause of delighted Ballroom audiences. The directors, cast, and production team toasted each other at festivities the next night, celebrating the finely tuned intricate network of people working together to create a successful stage show. From early planning, to set designing/building, to



Cast, Production Team, after some "Tombstone Mule Skinner" cocktails!

props, to costuming, to sound/lights/video, to marketing/publicity, to weeks of intense cast rehearsing under expert guidance, to staff support, to final touches before opening night...a team of 40 people were interacting to create the perfect chemistry needed for that "curtain up" moment! Next up: Readers Theater, with "Memories Are Made of This," February 3 and 4. Stay tuned! The next Players meeting is Monday, January 8, 4:00 PM, P-Hall (KS). All residents are welcome.

Contact: Craig Stults 916-543-6782,
craigstults@sbcglobal.net
Website: www.lhplayers.org



RV

Nominations for the new Board Members have been made, and they will be sworn in at our Holiday Party in December. Congratulations Jake Baker, President; Ron



Coleman and Vicki at Diamond Lake in July

Lunsford, Co-Vice President; and Tari Briscoe as our Membership Chairperson. We appreciate the outgoing Board Members and all their dedicated work to keeping our group moving in the right direction, and thank you to those of you that are staying. You are our glue! This has been another exciting year of RV rallies to new and exciting destinations. We welcome new members to join us at our meetings that are held the second Thursday of each month in the Placer Room (KS) at 4:30 PM. For information, contact Sharon Skar at 916-434-7799 or marlowensharon@gmail.com.

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



SCHOOLS

Thelma Ferguson has been an enthusiastic volunteer in our Lincoln Schools for over 20 years and has spent



Thelma Ferguson and Sandy Frame at Sheridan Elementary School



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time in every Elementary School in the district. She currently reads to Kindergarteners at Sheridan Elementary along with her good friend and one of the founders of the SCHOOLS program, Sandy Frame. She loves those little ones, and it's a happy time in her busy week. She has enjoyed the different classes and schools over the years. Teachers are asking for volunteers for grades K-5 and tutors of Phoenix High School. You need not have had experience, and the time commitment is up to you. Many volunteers spend three hours a week. For Phoenix High, contact Irma at jmeidm@aol.com. For K-5, contact Cyndi.

Contact: *Cyndi Colloton*
408-410-8479, ccolloton@yahoo.com



Scrabble

We welcome any interested residents to join us for a game or two of Scrabble on Monday afternoons from 1:00 to 4:00 PM in the Card Room (OC). All game materials are provided. No reservations or advance notice is necessary. All levels of experience are welcome. Join us any Monday afternoon and try it out.

Contact: *Anne McMaster*,
wiltonanne@yahoo.com



Shuffleboard

More courts for shuffleboard are on the way! On November 16, the Board of Directors voted to purchase three additional modular PolyCourts and designated the Multiuse court as a permanent location for our five courts. The Multiuse court is located next to the softball field parking lot. We are working with the Administration to lay out the courts and provide necessary seating and equipment storage on site. Play will likely begin no later than January 2. Days and times for club play and new player orientation will be posted at the courts, online, and on the OC and KS club boards. Other large social clubs are forming shuffleboard groups and will schedule regular play times. Remember, everyone can play this sport; no bending or lifting is required.

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



New player orientation prior to the shuffleboard court relocation



Softball

The 2024 Player Application will be accessible on our website soon. Come join our dynamic softball community for the perfect mix of fitness, friendship, and fun. In the recent Board election, Heidi Mazzola secured a second term, Karl Wenzler was re-elected after a hiatus, and Fred Serna is a new addition. Thanks to outgoing President Bruce Briggs and Commissioner John Moran, who will remain active managing and playing next season. Proposed rule changes must reach the Commissioner by February 1, and members interested in serving on the Rules Committee should inform the Commissioner by December 31. The application form, charter, and instructions for Hall of Fame nominations are on our website and due December 31. Warm wishes to all during this holiday season.

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



Sun City Squares

Our club is very excited for the New Year to begin with continuing to learn more square dance calls. We hope to welcome new dancers

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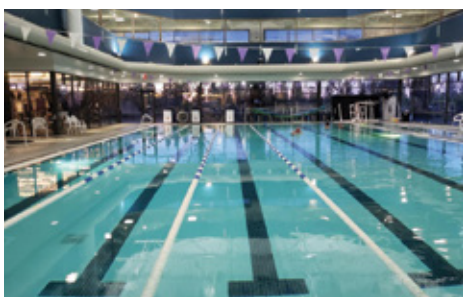
in January and will meet at KS on Mondays from 1:15 to 3:30 PM. Advanced dancing will be on Tuesday in the Sierra Room from 2:00 to 4:00 PM at KS. Please visit the website www.dancingwithtom.com/square-dance-instruction.html. Also you may call Bob Grupp at 916-408-1868.

Contact: Jean Grupp 916-408-1868, jean@grupphomes.com



Swimmers & Water Walkers

Our club was formed in 2017 when a discussion started on water temperature at the KS pool. In the end, the pool temperature was set at 80-83 degrees to accommodate the swimming community. We now have over 300 members. Under the leadership of President Jim Klein, the club has added mentoring sessions, a club 'dropbox' of information, and various challenges and events. We plan to add more events in 2024, but we



Our inviting Lincoln Hills pools are here for you

need your input. Be a part of the leadership team, and contact Klein for information on being a club officer. Exercising in the pool is one of the best things you can do for yourself! We hope to see you there.

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



Tap Company

Get ready! Another fantastic dance show is coming in April. Produced by the Tap Company, "Everybody Dance Now" will be lively and entertaining. Many members of the Performing Arts Consortium will be showcased. Chorus, Players, Tap, and Vaudeville have all collaborated to bring you a variety of dancers, singers, and entertainers. All forms of dance routines are being choreographed, and practices are already underway. Everyone involved is excited about showcasing their talents on stage. The shows are



Just a few cast members of "Everybody Dance Now"

set for April 4 and 5 at 7:00 PM and April 6 and 7 at 2:00 PM in the Ballroom (OC). Mark your calendar. Tickets go on sale January 17. For the best seat, be sure to purchase your ticket early. Happy Holidays!!

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



Tennis

Warm holiday greetings to all tennis players and fans of the game. There is nothing like a crisp, sunny afternoon to play tennis! Drop-in tennis for all levels is Wednesdays and Saturdays from 9:00 to 11:00 AM on courts one and two. We honored longtime LHTG legend Jack Williams (95 years old and still playing) at the Octoberfest tournament.

His tribute reflected an inspiration to us all. The end of the year is a time of renewal. We are electing a new slate of officers, setting dates for tournaments, planning events, and keeping your courts in shape and well-lit! Speaking of renewal, be sure to renew your membership



Octoberfest Honoree Jack Williams

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or join the club now! See you on the courts!

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



Veterans

Patriotic music by the Roseville Community Concert Band, vocal selections by the Lincoln Hills Chorus Men's Ensemble, and a keynote address by Placer County Supervisor Shanti Landon highlighted the Veterans Group's annual Veterans Day activities. Cadets from the Lincoln High School California Cadet Corps posted the colors, and Twelve Bridges High School senior class president Sophia Lane sang the national anthem. The year's social calendar concluded with the group's popular holiday luncheon on December 14 in the Ballroom (OC).

Contact: Dave Taylor 559-281-0868, dbtaylor10@comcast.net



Veterans Day Ceremony
(photo by Rick Maness)



Water Volleyball

Happy Holidays. We've had some exciting last few months: October Fall Festival, the Some Spike It Hot Volleyball Tournament, and our December Holiday gathering to celebrate the season. Wouldn't you like to join this fun group with all these activities? The water is warm, the play is fun, and you can come try it out on Free Play Saturday at KS. We offer Mentoring, Training, and just fun activities like once-per-month

Ladies Night! We provide Skills Development classes to help you elevate to new heights with your abilities. We have two levels of ball use: a softer ball and the regular type volleyball. Interested in joining? See our website or contact Jerry Grisler at 209-648-9534 for more information.

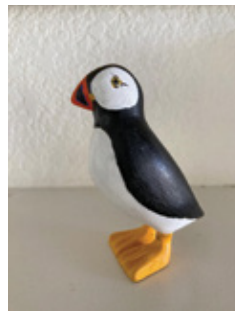
Contact: Diane Ferrari 916-412-9599, dferrari_56@hotmail.com

Website: www.LHWaterVolleyball.com



Woodcarvers

Woodcarving is a timeless craft that has captivated individuals for centuries. The art of transforming a simple block of wood into a beautiful masterpiece is a truly rewarding experience. For those who have a passion for this art form, joining a woodcarving club can enhance the pleasure and fulfillment derived from this hobby. One of the greatest pleasures of being part of a woodcarving club is the sense of community and camaraderie it offers. Surrounding



Carving by
Dick Skelton

yourself with like-minded individuals who share your love for woodcarving creates a supportive and inspiring environment. Members can exchange ideas, techniques, and tips, fostering personal growth and skill development. Come check us out. We meet every Thursday from 1:00 to 4:00 PM in the Sierra Room (KS).

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



Writers

Write, write, write! It seems all we do is write thank-you letters, notes of congratulations, get-well-soon notes, love letters, Christmas letters, work reports, and many others. Yet, why do we say we can't write? Our group encourages everyone to write poems, articles, or stories about growing up, careers, military service, vacations, favorite pets, and even history or fiction. Your descendants might appreciate it. And you'll enjoy writing about "stuff."

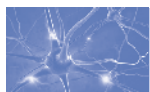


Some books by
Writers' Group
members

Come to our meetings with 12 to 14 copies of your less than 1,300-word poems or prose. As you read aloud, attendees read along and make comments. We meet from 5:00 to 7:00 PM on the second and fourth Mondays in the Computer Room (OC).

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





Alzheimer's-Dementia Caregiver's Support

Our group offers information and support to those caring for a loved one with dementia. We have three monthly group meetings. Our Women's group meets at 1:00 PM on the first Wednesday in the Multimedia Room (OC). The Men's group meets in the same room at 10:00 AM on the third Thursday. Both groups are focused on individual sharing. The General combined meeting is held on the fourth Wednesday at 1:00 PM in the Fine Arts Room (OC) and features a guest speaker. The General meeting will not be held during December, but the Women's and Men's meetings will continue. At all meetings you will find a welcoming community ready to hear your questions and concerns.
 Contact: Jo Fratessa 916-759-8760, mfratessa4@icloud.com



Bereavement

Our group offers support and friendship through sharing with others who have also lost a loved one. The meetings are on the second Wednesday of each month at Joan Logue's home at 3:00 PM for a group session. The next meeting will be January 10. 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*. This group is grateful for support from the Lincoln Hills Foundation.
 Contact: Joan Logue 916-434-0749, joanlogue@sbcglobal.net



Bosom Buddies

We closed out our year with the ever-popular holiday party. Cheryl Hansen and Dee O'Hara spearheaded another successful event. We enjoyed several pasta dishes, salads, and desserts of bundt cakes and the O'Hara's homemade brownies. Then, we were entertained by the Sunny Singers, who delighted us with a medley of holiday songs. Each guest received a special gift handcrafted by the talented Kay Brady. As this year ends, we're already planning for 2024. Our January speaker will talk on acupuncture and how it helps in the support of health and wellness.



Each guest received a handcrafted Kay Brady angel

Acupuncture can treat, among other issues, chronic pain, neurological disorders, fibromyalgia, and autoimmune disorders. Before we end the year, we again thank the Lincoln Hills Foundation for its generous grant. Happy Holidays!
 Contact: Judy Stewart 916-408-3597, ladyj2170@gmail.com



Gam Anon

If you are affected by someone else's gambling problem, we can help. Our meetings are held the first and third Fridays of every month from 7:00 to 8:30 PM at the First United Methodist Church at 6414 Brace Road, Loomis. A Gambler's Anonymous meeting is held in another room at the same time if your gambler also wishes to attend a meeting. For support between meetings, please call the Northern California Gam-Anon Hotline at 510-407-3898. If you call the club contact, please leave a message. She will call you back.
 Contact: Kay Fischer 916-204-1624, kayfischer89@gmail.com
 Website: www.gam-anon-loomis.com



Just Caregiver Support - Parkinson's

Our group is for anyone who cares for someone with Parkinson's. We meet the second Tuesday of each

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Contact: Charlotte A. James
916-316-1351,
cjames4528@sbcglobal.net



Low Vision Support

Our next meeting is Tuesday, January 2, from 2:00 to 4:00 PM, in the Fine Arts Room (OC). Jerrod Seiberg, California DMV Driver Safety Manager, will explain how to obtain a driver's license for Low Vision individuals. Jerrod is an excellent resource on the various rules and regulations governing the types of driving

licenses in California and specifically in Lincoln Hills. Our Tuesday, February 6 meeting will be from 2:00 to 4:00 PM in the Fine Arts Room (OC). Rachel Norton, Director of Clinic Services and Outreach for the Society for the Blind, will be sharing information about her organization, the specific services offered, and details on their low vision clinic. Our meetings are open to all residents. Contact: Stu Singer 703-864-8161, stuartsing3@gmail.com



Multiple Sclerosis

All MS Members and a guest are invited to an exciting Holiday Bash on December 19 at 1:00 PM in the Lincoln Room (KS). For \$10, you will receive complimentary Bingo and a sandwich from the Sourdough Bread Company. Call or text Joni Deutsch at 916-398-0349

for details and a sandwich order. Also, we'll be acknowledging the 2023 Super Donors supporting the Lincoln Trailmixers in the Folsom MS Walk: Donna Judah (Coldwell Banker), \$1,000; Alan Weber, \$1,000; and Sonja Woods, \$800. Hopefully, we will see everyone at the MS celebration on December 19.



Lincoln Trailmixers



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Airport Co-op

We are open to Lincoln Hills residents to share rides to and from 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.lhairportco-op.org, click the membership tab, download the application form, mail it to the address provided. For more information, call Barb Iniguez at 916-408-7812.

Cloggers

We hope you had a thanks-filled Thanksgiving and now - Merry Christmas! Happy Hannukah! Happy Kwanzaa! Warmest wishes

to all for a joy-filled holiday season from the Cloggers. Stay well, be warm and dry, and for added good health, do some clogging. Clogging is a combination of Irish, Scottish, English, and even Cherokee steps. These different groups were all in the American Appalachians, and the result is, yes, clogging. We're vigorous and loud (four taps each shoe), and we're burning off those Thanksgiving calories! For more information on clogging right here in Lincoln Hills, please call Natalie Grossner at 916-759-0666.

Creative Glass Club

Calling all glass artists and crafters. Proposed club forming. Please join us on January 25, from 1:00 to 3:00 PM in the Terra Cotta room (KS). Share your love for all things glass and help establish a place to share your ideas, creativity, and a workspace. We have lots of great resources. Lincoln Hills has tools and equipment. Let's make new friends, work toward open studio time, and schedule both social events and field trips/excursions that interest your glassy side. Hope to meet you soon. If you have any questions, please contact Sandra Sakaguchi at 530-277-0924.

Democratic Club

Our Club is growing! One reason may be our interesting and

informative programs. On November 16 we heard from OLLI lecturer Terry McAteer on politics. Our Holiday Banquet was on December 11. We continue volunteering at the Placer Food Bank, and a Food Bank representative is scheduled to be our January speaker. Our 2024 officers have been nominated. They will be introduced at our December meeting. For more information, please visit our website: democraticclublincolnca.org. We welcome new members. Join us!

Italian Club

Buon Natale. Felice Anno Nuovo. Happy Holidays to our members and friends. Looking ahead to 2024, here are just a few activities scheduled. Our annual Crab Feed is set for January 12 at the McBean Pavilion. On February 1, we'll host "Italians Love All Things Coffee." On March 20, we'll be back at the Blue Goose in Loomis for Western Night. Check the website for details and registration information about these and future events. To learn more about our social club and a variety of monthly activities, visit our website at www.lhitalianclub.org. For membership information, contact Sandi Graham at 916-826-5711.

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Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Center in Roseville 916-781-2323. Membership to 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

Merry Christmas! A Christmas Cocktail Party with hors d' oeuvres, bar, festive décor, seasonal music, and holiday cheer! A great way to top off a year well served! In with the "new"! Rita Piziali will start her lead as Chair at the "January Kick Off". KO held in an exciting new format; rotating discussion tables led by guest and Board facilitators. Details in January Newsletter or website. 1st Annual Lincoln Regan Trump Dinner, February 3 2024 at the Blue Goose Event Center, Loomis. Early Bird Special \$75/person, price increases January 1. Don't

forget, Annual Dues for 2024, \$15/pp-per year.
www.RepublicanClubSCLH.org

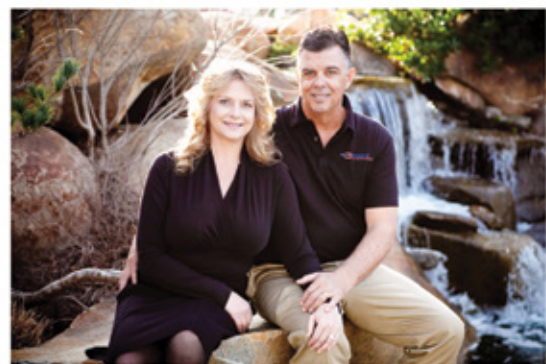
Shalom Social Group

Our members and guests had a wonderful time at our Hanukkah party, with delicious traditional food, lively music, exciting prizes and great fun! At an earlier meeting, Rabbi Alan Rabishaw of Temple Or Rishon brought us up to date on the situation in Israel. Our January meeting will feature Tevin, head of the Jewish Film Festival, who will preview some of the films to be shown there. We continue to volunteer at the Placer Food Bank. We are drafting a survey of our members' interests. For more information, please contact Margie Gulko at 916-543-5303 or Deanne Iliff at 530-518-3704.



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KS At The Movies: On Golden Pond (1981)

Friday, January 12, P-Hall (KS)

Prepare to be enchanted by "On Golden Pond," a touching drama directed by Mark Rydell. Starring Katharine Hepburn and Henry Fonda as an aging couple spending their summer at their lakeside cottage. The film beautifully navigates the complexities of relationships, especially the strained father-daughter dynamic between Fonda's character, Norman, and his daughter, Chelsea, played by Jane Fonda. Against the serene backdrop of the pond, this heartfelt narrative explores themes of aging, reconciliation, and the enduring bonds of family. Join us for a journey of love, laughter, and poignant reflection. Rated PG. 109 mins. Drama.



Have You Discovered Streaming? What's It All About - Community Forum

Tuesday, January 16, 9:30 to 11:30 AM, P-Hall (KS)

There has been a major shift in the way people watch TV. Streaming refers to media content and its delivery. Nina Mazzo (non-tech) and Ken Silverman (tech) will work to demystify streaming on your TV and devices.



Lincoln Hills Town Hall with the Mayor and Executive Director

Tuesday, January 16, 8:30 to 10:00 AM TBD (KS) Zoom

To learn more about what is happening in the City of Lincoln, join Lincoln's Mayor and Executive Director, Kyle Bodyfelt, at this informal coffee. Pick up a cup of coffee from the Kilaga Springs Café prior to the meeting. This is a great opportunity to get to know Executive Director Kyle Bodyfelt and share your comments or questions with him.



Digital Resources from Public Library – Community Forum

Tuesday, February 6, 9:30 AM P-Hall (KS)

Are you curious about digital books and digital audiobooks but don't know where to start? Or are you already a fan of eBooks but are finding your reading list is outgrowing your budget? Kathryn Hunt, Director of the Lincoln Public Library, will share how you can access these resources for free from your home through the library and why you should! Learn how digital materials can keep you reading longer, what digital items you can borrow through the library, and even how to get a library card from home.



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Spa Manager

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The Spa at Kilaga Springs

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Facial Services**DDG Brighten and Firm Facial with LED**

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**Revitalize & Renew Facial**

30-minutes \$99

60-minutes \$149

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**Massage Services****All About The Feet**

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*Prospective residents who make a deposit by November 30, 2023, and take financial possession by either December 31, 2023 (for a \$15,000 discount) or January 31, 2024 (for a \$10,000 discount) are eligible. Eligible residents also receive 100% off the first full month's fee, 50% off the second month's fee, and 25% off the third month's fee. To receive full details on this offer, including eligibility requirements and any applicable terms, please contact one of our Residential Living Advisors.

Deep Tissue, Sports Massage

60-minutes \$129
90-minutes \$169

This therapeutic full-body massage uses stretching and a trigger point method to soothe areas of tight, painful muscles and is beneficial for clients suffering from muscle tension and fibromyalgia. Stretching the muscles of the back, shoulders, forearms, hamstrings, hip flexors, and wrists, sports massage therapy can help improve a player's range of motion and golf game.



Nail Services

Classic Manicure

\$45

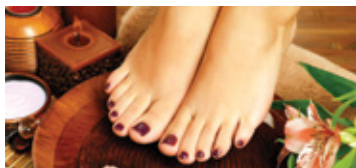
Our classic manicure will rejuvenate over-stressed nails. This service will give you a delicate cleansing, gentle exfoliation, nail shaping, cuticle care, a relaxing massage, and polish to freshen and renew your hands.



Classic Pedicure

\$49

Our classic pedicure will keep your feet looking and feeling clean and groomed. With this service, you will receive a toenail trim file and shape to your liking, callus removal, gentle exfoliation, and a wonderful massage and toenail polish to have you walking on cloud nine.



Dazzle Me Dry Nail Treatments

Manicure \$55
Pedicure \$65

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



Men's Manicure

\$45

An excellent service for men on the go. Gentlemen, you will receive a nail trim file and shape to your liking, cuticle clean-up, an excellent extended massage, and buff and polish to rejuvenate even the roughest hands. *Includes extended Massage and Buff Shine for Nails.*



Men's Pedicure

\$49

A great service for men on the go. Gentlemen, you will receive a toenail trim file and shape to your liking, callus removal, a wonderful extended massage, and buff and polish to make you feel relaxed and rejuvenated. *Includes extended Massage and Buff Shine for Nails.*



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*Indicates on sale December 17

Events

***Tuesday Dance Night**

Tuesday, December 19
 — LSE557

Tuesday, January 16
 — LSE562

6:00 to 9:00 PM
 Ballroom (OC)

General Admission, Lounge Style \$8 per person/
 per dance night



Tuesday Dance Nights are great for getting together with your friends and neighbors to socialize, whether on the dance floor or around the tables. The atmosphere is warm and welcoming, and it is the perfect opportunity for singles or those new to the community to meet new people! A DJ provides the music, and requests are taken. No partners are needed at these dance nights, as dancing of every style is welcome. A no-host bar is available, and take-out food from Meridians is allowed and encouraged. Doors open at 6:00 PM.

***Structured Dance Night**

Thursday, January 18
 — LSE563

6:00 to 9:00 PM
 Ballroom (OC)

General Admission,
 Lounge Style \$8 per person



These nights are tailored for those dancers who prefer traditional structure and dance etiquette for Ballroom and Country Couples dancing. The music and dances are pre-selected for the night. The sound technician will play a rotation of two Ballroom and then two Country Couples dances, with requested Line dances thrown into the mix. Drinks and take-out food from Meridians are allowed and encouraged. Doors open at 6:00 PM.

New Year's Eve Party
 Sunday, December 31
 9:00 PM to 12:30 AM
 Ballroom (OC)



General Admission Lounge Style \$50

Get ready to kick off the new year in style at THE after-dinner dance party! Gather your friends and neighbors to ring in the new year with DJ Tom for a high-energy celebration. Tickets include one free drink from the bar, the Champagne toast at midnight, light snacks, and a beautifully decorated Ballroom. This party is open to guests and non-residents from our neighboring communities, so buy your tickets early. If space is still available, tickets will be available at the door. (Lodges and front desks close at 12:30 PM on December 31.) Doors and no-host bars open at 8:45 PM.

Performances

***Tia Carroll and Frankie G – “Blues in the Night”**

Monday, January 8
 — LSE558

7:00 PM, Ballroom (OC)
 Lounge Style Seating \$25



The blues are certainly alive and well in 2024! Renowned Bay Area performers come together for an intimate concert not to be missed. Tia Carroll, one of the most sought-after vocalists on the West Coast, is a “Female Blues Vocalist of the Year” and ‘Delta Blues Star’ who has headlined venues and festivals all over the world and has shared the stage with legends including Ray Charles and Jimmy McCracklin, and opened for Gladys Knight, Patti LaBelle and Tower of Power. Frankie G headed up the East Bay band “Killin’ Floor” and is known for his blistering guitar and vocals.

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***KS Comedy Night: Dennis Gaxiola with Derrick Leonard**
 Friday, January 19 — LSE559
 TWO SHOWS:
 6:00 PM and
 8:00 PM, P-Hall (KS)
 Reserved Seating \$20



Dennis Gaxiola is one of America’s funniest clean comedians, with two dry bar (clean) comedy specials ranked in the top ten, including his new special at #1, and over 20 television appearances, including Comedy Central’s Laffapalooza with Jamie Foxx, Stand-up Revolution with Gabriel Iglesias, STARZ Networks First Amendment Stand Up and Show Time at the Apollo, to name a few. The Air Force veteran has toured with The Latin Kings of Comedy and has 150 million views on social media.

****“Happy Birthday, Elvis!” with Jim Anderson and The Rebels**
 Tuesday, January 30
 — LSE560
 7:00 PM, Ballroom (OC)
 Premium Reserved Seating \$26
 Standard Reserved Seating \$23



Lincoln Hills welcomes back Jim Anderson and The Rebels with a Birthday Celebration honoring the King of Rock ‘n Roll...Elvis Presley! January 8 marks the 88th Birthday of Elvis, and his legacy continues to live on in records, movies, music, and stories from one generation to another. Dubbed the “King of Rock ‘n Roll,” Elvis is regarded as one of the most significant cultural icons of the 20th century...and beyond.

Presentations

Ray Ashton presents The History of Rock and Roll “A New Generation” The Early 1960s
 Wednesdays, January 17:
 1:00 to 4:00 PM, P-Hall (KS)
 January 24: 5:00 to 7:00 PM
 Front Ballroom (OC)
 January 31 & February 7: 1:00 to 4:00 PM, P-Hall (KS)
 General Admission Seating \$40 (Includes all four presentations) — LSE564



Journey into the History of Rock and Roll following the “Day the Music Died.” Rock was left for dead but resurfaced in the most unlikely places, like Motor City, the beaches of Southern California, and the poor port city on the West Coast of England. The Second Generation of Rock will take the baton handed to them by the founders of Rock and Roll and will rewrite the musical rules to take Rock and Roll to even greater heights, discovering a turbulent time, a protest movement, a Fab Four, and a Minnesotan who changed the nature of Rock lyrics forever.

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Lifestyle Trips Coordinator
Scott.Cason@sclhca.com



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*Indicates on sale December 17

Day Trips

– Destinations –

Hard Rock Casino Shuttle

Wednesdays
December 27
January 10 & 24
\$10 per person/
per trip

LST491 (12/27 AM)

LST492 (12/27 PM)

LST500 (1/10 AM) LST501 (1/10 PM)

LST502 (1/24 AM) LST503 (1/24 PM)

In conjunction with Hard Rock Casino, we are excited to announce a twice-monthly shuttle service from Orchard Creek Lodge to the Casino. Two shuttles will run on the second and fourth Wednesday of every month. All guests will receive \$10 in free slot play and other valuable Hard Rock offers. This is a Hard Rock Casino Shuttle. The shuttle CANNOT accommodate wheelchairs or scooters. Walkers and canes are accepted. AM pick up 11:15 AM ~ Return 3:00 PM; PM pick up 3:15 PM ~ Return 6:45 PM.



Crocker Art Museum/DOCO

Thursday
January 18
\$85 — LST482

The Crocker Art Museum features the world's foremost display of California art and is renowned for its holdings of European master drawings and international ceramics. The Crocker serves as the primary regional resource for studying and appreciating fine art



and offers a diverse spectrum of exhibitions. After the Museum, we will head to the DOCO shopping area in Sacramento to give everyone time to enjoy an early dinner. Wheels roll from OC at 9:15 AM ~ return 6:00 PM.

California Automobile Museum/ Old Town Sacramento

Thursday
March 14
\$80

— LST495

With over 130 vehicles and rotating and special exhibits, our collection provides a truly unique automotive experience for our visitors. Experience the Museum through the eyes of an automobile aficionado with a guided museum tour. Docents will introduce visitors to the unique collection and give insight into specific cars. After the tour and exploring on your own, we will go to Old Town Sacramento for some free time to grab lunch, shop, and go sightseeing. Wheels roll from OC at 9:00 AM for a 10:00 AM Tour ~ Old Town Noon to 2:00 PM ~ return 8:00 PM.



– Performances –

Dr. Seuss' How the Grinch Stole Christmas! The Musical

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Arts Center

Friday December 29

Matinee – Children ages 6+ welcome

\$150 — LST470

This is the record-setting Broadway holiday sensation that features the hit songs "You're A Mean One, Mr. Grinch" and "Welcome Christmas" from the original animated special. Max, the dog, narrates as the mean and scheming Grinch, whose heart is "two sizes too small," decides to steal Christmas away from the holiday-loving Whos. Wheels roll from OC at 12:15 PM for a 1:30 PM show ~ return approximately at 5:30 PM.





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SIX The Musical

SAFE Credit Union
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Tuesday, February 6
\$150 — **LST471**

From Tudor Queens to Pop Icons, the six wives of Henry VIII take the microphone to remix five hundred years of historical heartbreak into a Euphoric Celebration of 21st-century girl power! This new original musical is a global sensation, and everyone is losing their head over it. "SIX" has won 23 awards in the 2021/2022 Broadway season, including the Tony Award® for Best Original Score (Music and Lyrics) and the Outer Critics Circle Award for Best Musical. Wheels roll from OC at 6:15 PM for a 7:30 PM show ~ return approximately 11:00 PM.

**MJ The Musical**

Orpheum Theater
– San Francisco
Wednesday
February 7
\$150 — **LST494**

Now, Michael Jackson's unique and unparalleled artistry comes to San Francisco as "MJ," the multi-Tony Award®-winning new musical centered around the making of the 1992 Dangerous World Tour, beginning a tour of its own. Created by Tony Award®-winning Director/Choreographer Christopher Wheeldon and two-time Pulitzer Prize winner Lynn Nottage, "MJ" goes beyond the singular moves and signature sound of the star, offering a rare look at the creative mind and collaborative spirit that catapulted Michael Jackson into legendary status. Wheels roll from OC at 9:30 AM for a 1:00 PM show ~ return 8:00 PM (Stop on return.)

**Annie**

SAFE Credit Union
Performing Arts Center
Tuesday, April 16
\$150 — **LST472**

Little Orphan Annie has reminded generations of theatergoers that sunshine is always right around the corner, and now the best-loved musical of all time is set to return in a new production. "Annie," directed by Jenn Thompson, features the iconic book and score written by Tony Award®-winners Thomas Meehan, Charles Strouse, and Martin Charnin. This celebration of family, optimism, and the American spirit remains the ultimate cure for all the hard knocks life throws your way. Wheels roll from OC at 6:15 PM for a 7:30 PM Show ~ return approximately 11:00 PM.

**The Cher Show**

Harris Center
– Folsom
Thursday, May 9
\$150 — **LST493**

Superstars come and go. Cher is forever. For six straight decades, only one unstoppable force has flat-out dominated popular culture – breaking down barriers, pushing boundaries, and letting nothing and no one stand in her way. "The Cher Show" is the Tony Award®-winning musical of her story, and it's packed with so much Cher that it takes three women to play her: the kid starting out, the glam pop star, and the icon. Seats are in the parterre center section. Wheels roll from OC at 6:00 PM for a 7:30 PM Show ~ return approximately 11:00 PM.

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N.Y. Yankees
Sunday, June 2



L.A. Dodgers
Sunday, June 30

Kings vs. Atlanta Hawks

Monday, January 22

\$139 — LST485

Wheels from OC at 9:00 AM for a 1:05 PM First Pitch - Return approximately 7:00 PM.



Detroit Tigers
Sunday, August 11



San Diego Padres
Sunday, September 15

Kings vs. Detroit Pistons

Wednesday, February 7

\$139 — LST486

Wheels from OC at 5:15 PM for a 7:00 PM Tip-Off - Return approximately 11:00 PM.

**Kings vs. New York Knicks**

Saturday, March 16

\$199 — LST487

Wheels from OC at 5:15 PM for a 7:00 PM Tip-Off - Return approximately 11:00 PM.

**Kings vs. Utah Jazz**

Sunday, March 31

\$159 — LST488

Wheels from OC at 4:15 PM for a 6:00 PM Tip-Off - Return approximately 10:00 PM.

***San Francisco Giants 4-Pack**

\$570 — LST498

Help cheer on the Giants as they try to make it back to the playoffs. This limited-time offer will save you over 15% off the single-game price. This offer will expire on March 16. Single-game tickets will go on sale on March 17. Trip includes round trip motorcoach transportation, Club Level seating (Same seat for all games), and driver gratuity. Wheels roll from OC for all games at 9:00 AM for a 1:05 PM First Pitch - Return approximately 7:00 PM.



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Saturday, February 17 -
Thursday, February 22 — **WAITLIST**

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Balcony room: \$1210 | Mini-Suite: \$1450
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Cruise Itinerary:

Date: Saturday, February 17

Port: San Francisco

Depart: 4:00 PM

Date: Sunday, February 18

Port: At Sea

Date: Monday, February 19

Port: San Diego

Arrive: 8:00 AM

Depart: 10:00 PM

Date: Tuesday, February 20

Port: Ensenada, MX

Arrive: 8:00 AM

Depart: 5:00 PM

Date: Wednesday, February 21

Port: At Sea

Date: Thursday, February 22

Port: San Francisco

Arrive: 7:00 AM

Wheels room from OC at 8:30 AM ~ Return
Thursday, February 22 approximately 2:00 PM.

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***Sierra Mountain Snow Train – Overnight Trip**
Monday, March 11 to Tuesday March 12

\$354 per person double occupancy
\$399 single occupancy — **LST497**



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 motorcoach 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. Registration available in person only at Lifestyle Desks. Wheels roll from OC at 10:30 AM ~ return 2:30 PM.



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***Ashland, Oregon Theater Excursion**
Tuesday, June 18 - Saturday, June 22 — **LST499**
\$1259 per person double occupancy; \$1759, single.

Join Scott, your Trip Coordinator, on a visit to one of the most famous Shakespeare Festivals in the world!

Trip Includes:

- Reserved seating at Angus Bowmer Theater for matinees of Shakespeare's "Macbeth"
- Reserved seating at Allen Elizabeth Theater for evening shows of Shakespeare's "Much Ado About Nothing" and Charlotte Brontë's "Jane Eyre"
- Four nights at Ashland Hills Hotel with daily breakfast
- Two dinners at Ashland Hills Hotel
- Visit Central Point's Artisan Corridor of Rogue Creamery, Lillie Belle Farms Chocolates and Ledger David Winery

- Dinner and wine tasting at Belle Fiore Winery
- Stop at McConnell Arboretum and Gardens/Sundial Bridge- Redding with included box lunch
- Lunch at Italian Cottage- Chico on the return trip
- Gratuity for driver and included meals

Detailed trip itinerary with menus will be available at the front desks. A signed liability waiver is required for each participant. Registration available in person only at Lifestyle Desks. Wheels roll at 8:00 AM, June 18, return June 22 ~ 6:00 PM.

SOLD OUT:

49ers vs. Rams

Sunday, January 7 — **LST483**

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Donna Hartigan
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As of January 1, 2024, Lifestyle Class Instructors will be employees of Lincoln Hills. You will see changes in the class fees, which were decided by the Association based on the necessity to cover the costs of the classes. (The costs are salaries/wages and employee benefits for part-time workers and all supplies.) Thank you for your understanding and continued support for the instructors. We are grateful to add each and every instructor to our Lifestyle team and look forward to partnering together!

*Indicates on sale December 17

Dance

*Belly Dance Class – L1

Fridays
January 5-26
1:00 to 2:00 PM
(KS)
\$40 (four sessions)
— **LSC4516**



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

*Clogging – Step Workshop

Tuesday, January 23
10:00 to 11:00 AM (KS)
\$10 — **LSC4523**

Review of steps learned. Instructor: *Janice Hanzel*.



*Clogging – Introduction/ Foundations - L1

Thursdays, January 11-25
9:30 to 10:00 AM (KS)
\$30 (three sessions)
— **LSC4526**

Come sit and clog if needed, but join in the fun.

We work at a relaxed pace, developing skills in the foundations of clogging. Special attention to balancing skills. Instructor: *Janice Hanzel*.



*Clogging – Beginners/Easy - L2

Thursdays, January 11-25
10:00 to 11:00 AM (KS)
\$30 (three sessions) — **LSC4529**

Review of all foundation and beginner steps. We will continue to work on easy steps. Still working at a relaxed pace. Continue learning new steps and dances. Dust off those clogging shoes and come back to class. If you’ve been away for a while, this class is for you. Instructor: *Janice Hanzel*.

*Clogging – Intermediate/Intermediate Plus - L3/L4

Tuesdays, January 9-30
9:00 to 10:00 AM (KS)
\$40 (four sessions) — **LSC4774**

We will be working on some solid intermediate-level dances. Lots of new routines to learn and choose from. I have new routines from various workshops around the area. We will continue with low intermediate dances to start with and progress rapidly to some more challenging dances. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Instructor: *Janice Hanzel*.

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***Clogging –Technique and Advanced – L4/L5**

Tuesdays, January 9-30
11:00 AM to 12:30 PM (KS)
\$40 (four sessions) — **LSC4803**

The focus will be reviewing dances that have been learned. Plus, loads of review of steps before we get into the dances. **Prerequisite:** Instructor approval. Instructor: *Janice Hanzel*.

***Country Couples Western Dance – L3/L4**

Mondays, January 8-29
6:00 to 7:00 PM (KS)
\$40 (four sessions)
— **LSC4531**



Join us for a fun-filled hour of Country Couples pattern dancing. Similar to Line Dancing but with a partner. Featuring a variety of “old” popular dances as well as fun new dances. Many of the dances are done in a circle, and some are done in lines. This class is intended for those who have had previous Line Dance experience. Instructors: *Dennis and Georgi Dawson*.

***Hula - L1-L3**

Thursdays, January 4-25
1:00 to 2:00 PM (KS)
\$52 (four sessions)
— **LSC4534**



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

***Jazz Performance – L2-L4**

Tuesdays, January 9-30
1:00 to 2:00 PM (KS)
\$40 (four sessions) — **LSC4537**

This intermediate class is geared to performing in various shows throughout the year. Must be a strong technical dancer with good coordination and the ability to memorize new dance steps. Currently, the class is not accepting new dancers. Instructor: *dancer/choreographer Becky Nicholson*.



***Line Dance, Classics, and Favorites**

Tuesdays, January 2-30
8:00 to 9:00 AM (KS)
\$50 (five sessions) — **LSC4543**

Start your day with this easy “dance jam” style class, with less instruction and more dancing. Learn line dance favorites that are popular and fun to dance, such as: “I Love a Rainy Night,” “Mamma Maria,” “Tush Push,” “K is for Kicks,” and many more. The music will vary from rock, salsa beat, waltz, country. Your requests are welcomed in class. *About the Instructor: Ellen Hirvela* has been “hooked on” line dancing since 2002, and she has taught line dance in senior communities since 2012.

***Line Dance, Country – L3-L4**

Fridays, January 5-26
3:00 to 4:00 PM (KS)
\$40 (four sessions) — **LSC4569**

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



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***Line Dance For Fun**

Thursdays, January 4-25
4:30 to 5:30 PM (KS)
\$40 (four sessions) — **LSC4560**

This class offers line dancing to many different genres of music. Levels of dance range from high beginner to very easy intermediate. *About the instructor: Cathy Paris* is a lively and enthusiastic dancer and instructor. One of her greatest passions and joy in life is teaching dance. Her dance background began in the early 80s when she was introduced to clogging. She incorporated line and partner dancing into her repertoire about 15 years ago and has since been sharing her passion and expertise with her students.

***Line Dance, Absolute Beginner- L1**

Thursdays, January 4-25
9:00 to 10:00 AM (KS)
\$40 (four sessions)
— **LSC4549**

Instructor: *Yvonne Krause-Schenck*

OR

Mondays, January 8-29
4:00 to 5:00 PM (KS)

\$40 (four sessions) — **LSC4546**

Instructor: *Cathy Paris*



This class is an introduction to line dance. Basic steps will be taught to a variety of fun music. The focus is on having fun while learning to dance. *About instructor Yvonne Krause-Schenck:* A Lincoln Hills resident and coming from a musical family, she started dancing at an early age and has been line dancing since the 90s. She loves teaching and finds joy in seeing her student's progress. She knows the importance of movement and staying healthy as we age and knows that line dancing provides that opportunity in a fun and stimulating way.

***Line Dance, Beginner - L2**

Thursdays, January 4-25
10:00 to 11:00 AM (KS)
\$40 (four sessions) — **LSC4554**

Instructor: *Yvonne Krause-Schenck*

OR

Thursdays, January 4-25
3:30 to 4:30 PM (KS)

\$40 (four sessions) — **LSC4557**

Instructor: *Cathy Paris*

OR

Fridays, January 5-26
2:00 to 3:00 PM (KS)

\$40 (four sessions) — **LSC4552**

Instructor: *Sandy Gardetto*

Level 2 is for those who have some line dance skills or are moving up from Level 1 and wish to learn more steps and rhythms like cha cha, waltz, and rumba. *About the instructor: Sandy Gardetto* is an excellent line dance instructor with over 18 years of experience. She has been trained in all dance disciplines since she was eight. To encourage people to sign up for her classes, she has simplified her Beginner Class (L2) as well as her High Beginner/Improver (L3) class.

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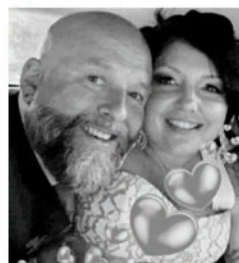
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***Line Dance, Beginner-Intermediate - L2-L4**

Mondays
January 8-29
4:30 to 5:30 PM
(KS)



\$40 (four sessions) — **LSC4546**

Learn it! Love it! Dance it! Steps, styles, and music make each class come alive based on R&B, Funk, Latin, Oldies, and Country genres. Dance steps include Jazz, Salsa, Belly Groove, and Country. *About the instructor: Anna Woods* love for dance goes back to her childhood tap, jazz, & ballet. This led to a professional dance career of 15 years as an instructor and performer spanning the country from LA to DC. Check out her YouTube Channel: “Anna Woods Just Dance,” and/or email annawoodsjustdance@gmail.com.

***Line Dance, Improver - L3**

Wednesdays, January 3-31
9:00 to 10:00 AM (KS)
\$50 (five sessions) — **LSC4566**
Instructor: *Sandy Gardetto*

OR

Mondays, January 8-29
9:00 to 10:00 AM (KS)
\$40 (four sessions) — **LSC4563**
Instructor: *Yvonne Krause-Schenck*

Level 3 ranges from high beginner to easy intermediate. The dancer will be offered additional exciting steps, combinations, and rhythms.

***Line Dance, Intermediate - L4**

Wednesdays, January 3-31
10:00 to 11:00 AM (KS)
\$50 (five sessions) — **LSC4575**
Instructor: *Sandy Gardetto*

OR

Mondays, January 8-29
5:00 to 6:00 PM (KS)
\$40 (four sessions) — **LSC4572**
Instructor: *Cathy Paris*

Level 4 focuses on challenging step combinations, teaching at a faster pace, and keeping current with what is popular and danced around the world. **Prerequisite:** L3.

***Line Dance, Advanced - L5**

Thursdays, January 4-25
5:30 to 6:30 PM (KS)
\$40 (four sessions) — **LSC4578**

Level 5, with more difficult dances featured, is suitable for the experienced dancer. More turns, combinations, rhythms, and challenges will be mastered. Come join this enthusiastic group and see how much fun you can have. **Prerequisite:** L3 or L4. Instructor: *Cathy Paris*.

***Tap - Technique**

Mondays, January 8-29
10:00 to 11:00 AM (KS)
\$40 (four sessions) — **LSC4584**

OR

Tuesdays, January 9-30
\$40 (four sessions) — **LSC4581**

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

***Tap - L1**

Mondays, January 8-29
11:00 AM to Noon (KS)
\$40 (four sessions)
— **LSC4586**

Grab a friend and come join us in this beginner class. We are starting from scratch, learning all the basics of tap dance. We will work at a pace comfortable for everyone. Bonus effects, new friends, improved balance, and repeating, reversing, and counting patterns are excellent for brain health. Instructor: *Alyson Meador*.



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Music

*Folk Guitar for Fun Folks – Beginning

Tuesdays, January 2 and 16-30
1:00 to 2:00 PM (KS)
\$60 (four sessions) — **LSC4737**

Have fun learning the guitar. No prior music knowledge is necessary. Emphasis is on playing chords to familiar songs while singing and having fun with fellow guitarists. Folk songs from the '50s-'70s will be taught. Basic music theory will be shown, plus how to choose and purchase a guitar and guitar aides will be discussed. *About the instructor: Darrell Effinger* is a long-time teacher, songwriter, and performer. He was a member of the New Christy Minstrels, appeared on a PBS special, toured with Glenn Yarbrough, and performed alongside the Kingston Trio and Peter, Paul & Mary. Questions? Call Darrell at 916-989-8532.



*Folk Guitar – Intermediate

Tuesdays, January 2 and 16-30
2:00 to 3:00 PM (KS)
\$60 (four sessions) — **LSC4877**

This is an intermediate class emphasizing harder chord fingerings, more transitions of chords in songs, different strumming patterns, and various finger-picking styles used by folk artists. The class can be taken in conjunction with the beginning class as long as the student feels comfortable and they have met the prerequisites. **Prerequisite:** Knowledge of guitar playing using basic chords while doing a simple strum. Instructor: *Darrell Effinger*. *About the instructor:* See Folk Guitar for Fun Folks. Questions? Call Darrell at 916-989-8532.

*Guitar – Beginner

Thursdays, January 4-25
1:30 to 3:00 PM (KS)
\$80 (four sessions) — **LSC4596**

If you've never touched a guitar but wished you had, or you played guitar years ago and want to reacquaint yourself with it, or you have never learned to read music notation and would like to, then take this class. You'll be introduced to elements of all genres while gaining knowledge and technique through a self-paced curriculum emphasizing learning to play songs you enjoy. Lessons from Absolute Beginner to Intermediate level include a combination of individual and/or group instruction. Email Instructor *Rodger Mohme* at rmohme@gmail.com, with any questions.

Visual Arts & Crafts

*Card Making – Beginning, Introduction

Fridays, January 12 and 26
9:00 AM to Noon (KS)
\$44 (two sessions, supplies included)
— **LSC4588**



Have you ever wanted to make a greeting card but weren't sure how to get started? Then this class is for you. This class will teach you all the "ins and outs" of making greeting cards and more. You will create and take at least two cards home at each session. This is a three-hour class. Card-making kits, supplies, and tools will be provided. Class size is limited, so sign up early to reserve your space. Instructor: *Dottie Macken*. Registration deadline: December 22.

*Card Making – Intermediate/ Advanced

Mondays, January 8 and 22
9:00 AM to Noon (KS)
\$44 (two sessions, supplies included) — **LSC4976**
OR



Wednesday, January 10 and 24
9:00 AM to Noon (KS)
\$44 (two sessions, supplies included) — **LSC4971**

This class offers more complex and challenging projects and papercraft techniques. It is not designed for beginner or intermediate card-making crafters. Class size is limited, sign up early to reserve your space. Card making kits, supplies, and tools will be provided, but you will need to bring your card-making kits. Instructor: *Dottie Macken*. Registration deadline: December 22.

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***Ceramics – L1-L3**

Tuesdays, January 2-30

1:00 to 4:00 PM (OC)

\$115 (five sessions) — **LSC4905****OR**

Thursdays, January 4-25

9:00 AM to Noon (OC)

\$92 (four sessions) — **LSC4589**

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 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 Carnathan*.

***Ceramics – L4/L5**

Tuesdays, January 2-30

9:00 AM to Noon (OC)

\$115 (five sessions) — **LSC4592****OR**

Thursdays, January 4-25

1:00 to 4:00 PM (OC)

\$92 (four sessions) — **LSC4917**

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 Carnathan*.

***Fused Glass**

Mondays, January 8-29

1:00 to 4:00 PM (KS)

\$160 (four sessions, includes supplies)

— **LSC4601**

Create gorgeous, fused glass jewelry and decorations to keep or give as gifts. Students will learn glass cutting, compatibility, safety, kiln forming, finishing techniques, and the proper methods for applying various findings to complete your designs. Class size is limited. *About the instructor: Kate Uppal* has been working and exploring different forms of fused glass for the past 18 years. She has created a jewelry and glass artwork portfolio expressing her joy and love of working with glass.

***Mixed Media Magic**

Tuesdays, January 9 and 23

9:00 AM to Noon (OC)

\$56 (two sessions, supplies included) — **LSC4938**

It is a new year, which is the perfect time to try new things. Let's play and explore the magic of mixed media. Join us as we experiment with a variety of media to express ourselves with color, texture, and imagery. This class includes all supplies and is great for students who already work with mixed media or newbies who want to start. Instructor: *Kerry Dahlin*.

Needle Felting, Beginner:**Painting with Wool,****"My Little****Chickadee"**

Monday, January 8

Noon to 3:00 PM (OC)

\$50 – (supplies included)

—**LS4749**

We will create a wool "painting" of this sweet Chickadee using wool fiber and special needles. All supplies are provided, including the frame. We may not need all of the allotted time. Most people find the repetitive motion of poking the fiber to be relaxing, but it can aggravate conditions such as arthritis, and occasional finger pokes are possible. Instructor: *Donna Miller*, Donnamillerfelt2410@gmail.com.

Needle Felting,**Beginner: Soft****Sculpture, Owl**

Monday, January 22

Noon to 3:00 PM (OC)

\$50 – (supplies included) — **LSC4949**

Using wool fiber and special needles, we'll create fluffy owls over the course of two classes. All supplies will be provided. We may not need all of the allotted time. Most people find the repetitive motion of poking the fiber to be relaxing, but it can aggravate conditions such as arthritis, and finger pokes are possible. Instructor: *Donna Miller*, Donnamillerfelt2410@gmail.com.

***Oil and Acrylic Painting – L4/L5**
 Wednesdays
 January 3-31
 9:00 to 11:30 AM (OC)
 \$130 (five classes)
 — LSC5003



This ongoing painting class will help you become a better painter while having fun, whether you work in oils, acrylic, or pastels. Art demonstrations are created based on students' needs. The beginning stages of "how to" to finish are shown regularly. Lots of individual instruction. Class critiques are done toward the end of the class. Sporadic projects are offered and optional. If you do not know what to bring, please go to www.sandylindblads.com. You can also email Sandy with your questions at sandski2@yahoo.com. Instructor: *Sandy Lindblad*.

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Fitness Floor (OC)

Tuesday, January 9
1:00 to 2:00 PM

Thursday, January 11
3:00 to 4:00 PM

Fitness Floor (KS)

Thursday, January 11
3:00 to 4:00 PM

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

Events go on sale on the 17 of each month at 8:00 AM. Register at the fitness center desks or enroll online on the Resident Website. Classes fill up quickly. Please sign up at least seven days prior to the start of class. 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.

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Mindful Movement

Monday Meditation

Mondays, January 8-29
4:10 to 5:10 PM
Aerobics Room (OC)
\$72 (four sessions)



In week one, we will discuss why we meditate, its benefits, and what happens to the body as we develop this practice. For week two, we will tackle how to let go of stress. Week three will be about how to create a positive mindset and why it is important to cultivate gratitude. Lastly, week four will focus on mindfulness toward being present to 'one thing at a time' and discussing how 'multi-tasking' can create stress. Instructor: *Jennifer Zehnder*.

Healthy Back

Tuesdays, January 9-30
12:55 to 1:55 PM
Aerobics Room (OC)
\$15 each, Wellness Pass,
drop-in



This class will take you through physical therapy style exercises and stretches to develop a healthier and happier back. Last ten minutes may have students use a mat on the floor. Class is limited to 12 people, first come, first served. Instructor: *Danielle Merrill, Physical Therapy Assistant*.

*All Tai Chi classes are available for dropping in and paying for one at a time. Tai Chi drop-ins, also known as Wellness Pass: \$15. *All passes and sessions are non-refundable and expire one year after the purchase date. Tai Chi drop-ins are allowed in all Tai Chi classes. Purchase at fitness center desks or through online enrollment under class passes on the Resident Website.



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Tai Chi / Qigong L1

Tuesday, January 9-30

2:00 to 3:00 PM

Aerobics Room (OC)

\$52 (four sessions)

OR

Friday, January 12-26

2:00 to 3:30 PM

Aerobics Room (OC)

\$39 (three sessions)

*See above

Tai Chi is a centuries-old practice focusing 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 2/3**

Tuesday, January 9-30

3:10 to 4:40 PM, Aerobics Room (KS)

\$52 (four sessions)

Instructor: *Shifu Anney Siegel-Wamsat***Tai Chi Without Boundaries! L1-L3**

Friday, January 12-26

3:30 to 4:30 PM, Aerobics Room (OC)

\$39 (three sessions)

*See above

Come try a new format of Yang Style Tai Chi. Tai Chi can help boost memory, improve sleep quality, relieve fatigue, prevent falls, and lower blood pressure. Each week we will learn new movements of the Yang Style Tai Chi. We will incorporate stretching for better flexibility, techniques for memory improvement, and Qigong. Instructor: *Shifu Anney Siegel-Wamsat*.

Tai Chi 24 Form Outdoor/Indoor L1-L3

Thursday, January 11-25

2:00 to 3:00 PM

Amphitheater/Aerobics Room (OC)

\$39 (three sessions)

*See above

Open to all levels, enjoy learning the Tai Chi 24 form in a beautiful outdoor setting when weather

permits. The class will warm up with Qigong to help build your mind-body connection, then learn the 24 moves in this Yang-style Tai Chi, which 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. Instructor: *Shifu Anney Siegel-Wamsat*.

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Cost?

\$84 for 60-minute session

\$45 for subsequent 30-minute sessions

(Additional sessions are up to the resident and are not required.)

Policy: There are no refunds, and all training expires one year after purchase. Please observe our 24-hour cancellation policy and contact the Coach directly to reschedule, or you may be charged in full for the session.

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Personal and Clinical Training

NEW - Pricing for personal, clinical, and buddy training has increased by three dollars per session. All sessions expire one year from the date of purchase, and no refunds.

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

- **Buddy Training:** Two clients and one trainer. It is more fun to work out with a friend. One-hour session \$37 per person. Each billed for shared session.
- **Clinical Training:** One client and one trainer. One-hour session \$72, three session package \$195 (\$65 each). Half-hour session \$48, three session package \$129 (\$43 each).
- **Comprehensive Assessment:** Meet and greet trainer, medical history, talk about and establish goals, measurable strength, health, mobility, and balance scores. Includes ZIBRIO Stability Scale (one month while with trainer) and Posture Assessment. One-hour session \$99.
- **Goal Assessment:** Meet and greet the trainer, discuss medical history, and talk about and establish goals. Posture Assessment. Trainer assesses general ability level. Half-hour session \$42.
- **One-on-One Training:** One client and one trainer. One-hour session \$62, half-hour session \$42.

Packages: One client and one trainer. Package of three one-hour sessions \$57 each. \$171 total. Three half-hour sessions \$37 each. \$111 total.

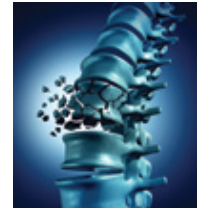
ONLINE: SCLHRESIDENTS.COM

- **Posture Analysis:** We use a special grid background to assess you. Three photos are taken. Learn what muscles you need to stretch. Balance is significantly affected by posture. One-hour session \$62.
- **ZIBRIO Balance Scale:** Get your balance score. Created by NASA/MIT. Learn what to do for better balance. Free ZIBRIO app included. One-hour session \$62.

Personal Improvement

All About OSTEO

Wednesday, January 10
11:00 AM to Noon, Multimedia (OC)
\$20



Focusing on bone health early on is ideal in terms of prevention. However, it's never too late to start making positive changes. Come learn what the current science suggests regarding prevention, treatment, and remedies for Osteoporosis and Osteopenia. Lecture, demo, Q&A, and handout. Instructor: **Rex Owens MSc. Fitness Supervisor.**

Athletic Conditioning and Agility L2/L3

Thursdays, January 4-25
12:55 to 1:55 PM
Aerobics Room (OC)
\$56 (four sessions) or
\$15 each with Wellness Pass drop-in



Start with movement prep and dynamic stretching warm-up to increase your range of motion and flexibility, then move through exercise stations that focus on strength and power for your sport, core rotation and stability, speed and agility, balance and coordination, and rotator cuff conditioning. Finish with static stretches to reduce your risk of tendonitis-style injuries. Prepare your body for some fun sports activities! Instructor: **Lisa Fisher.**

Hypnosis for a Good Night's Sleep

Thursday, January 4
9:30 to 11:30 AM
Computer Room (OC)
\$20



Are you frustrated with your sleep? Are you having trouble falling, staying, or returning to sleep? Join this restful and helpful class to find out how Hypnosis can help. This class is designed to take multiple times to increase your prior results exponentially. Instructor: **Kelley Moreno CPH.**

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Living with Back Pain and Prevention

Wednesdays, January 17-24

Noon to 1:15 PM

Computer Room (OC)

\$45 (two sessions)

Learn how to modify your lifestyle to prevent pain, live smart, and reduce discomfort through the use of hot and cold modalities. Class is interactive; pain patching samples will be available while supplies last. Learn the correct stretches and exercises to maintain this better quality of lifestyle. Keep your body strong and happy to support longevity. Instructors: *Lisa Kwon*, Occupational Therapist, and *Danielle Merrill*, Physical Therapy Assistant. *Lisa will teach the first class, and Danielle will teach the second.

Nosh and Neurons: Tea Party and Brain Health - New!

Friday, January 12

2:00 to 4:00 PM

Solarium (OC)

\$45

Join us to welcome the new year at a special New Year's tea! The party includes tea sampling and traditional English tea sweets and savories as we explore the essential components of brain health and the current scientific evidence to minimize the risk of developing dementia. Handouts and a raffle prize drawing are included. Instructor: *Alice Jacobs, ED.D, MBA, MS, MA, MCHES. Director Brain Gain www.braingain.info*



Spotlight on Spin!

Friday

January 26

2:00 to 3:00 PM

Aerobics Room (KS)

Free, No sign-up required

This is a free, drop-in informational hour to learn about the spin bikes, our cycle classes, and how they could help you. Maybe you can even incorporate it into your New Year's resolution! Watch a demonstration, learn more about what to expect in a class, discover various health benefits, and get informed about this dynamic WellFit Program. Instructor: *Erin O'Rourke and SCLH Cycle Instructors*.



Yoga Nidra

Tuesdays, December 5-

January 30

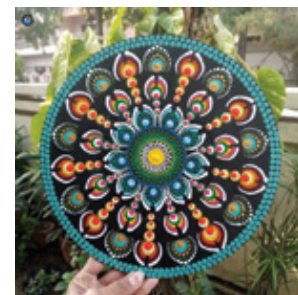
4:10 to 5:10 PM

Aerobics Room (OC)

\$15 each, Wellness Pass,

Drop-in

Yoga Nidra activates delta brainwaves, allowing your mind and body to rest while you are awake. Yoga Nidra also activates the pineal gland - this is basically your computer chip! Don't you think your computer is due for a little upgrade? Come join Nina as she guides you through this restorative, relaxing, and self-healing process. Wear comfortable clothing, and bring a blanket, cushion, or pillow. Different healing topics rotate. Instructor: *Nina Baldi*.



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: If you have not taken Reformer before, all Pilates Reformer classes require completion of the Introductory Reformer Session (purchased at fitness centers) or completion of a session-based wellness class, Introduction to Movement on the Pilates Reformer – offered every other month.

Membership packages require an agreement for auto-pay upon enrollment. Members and drop-ins select their monthly classes via the online scheduling system MindBody by logging in to their account once it has been created. Class schedules can be found on the Resident Website or at the fitness centers. Online class scheduling is from 7:00 AM to 10:00 PM every day. New month's scheduling always opens on the 15 of the month at 7:00 AM.

Our Reformer packages are as follows:

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

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

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

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

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Introductory Reformer Session L1

Continuous dates scheduled with Reformer Specialists Reformer Studio (OC)

\$40 (one hour)



This session is a prerequisite for Pilates Reformer classes. You will work with a trainer to teach you proper breathing techniques, go over any goals/limitations you may have, go over basic exercises, set up your proper spring loads, and answer any questions. Once you have completed this introductory class, you can sign up for the Pilates Reformer classes through MindBody after getting an account. 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. Please contact Danielle Merrill for more information regarding Private Reformer Training and scheduling with one of the reformer instructors.

One-on-One Training and Buddy Training: Prices are the same as Personal Training Rates. Rates will increase in January 2024.

Pilates Reformer - Introduction to Movement

Saturdays, January 6-27

11:30 AM to 12:30 PM

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. We start with the basics of safely introducing your body to the fundamentals of Reformer. It slowly builds up to teach proper body alignment, core strength, posture, gentle strength training, balance, and injury prevention. Learn what it feels like to engage your core muscles correctly and move

your body in a healthy way. This class fulfills the prerequisite requirement of Introductory Reformer session L1 before taking other Reformer classes. Instructor: *Sarah Jenan, Reformer Specialist.*

Spotlight On - Pilates Reformer - New

Wednesday, January 10

3:00 to 4:00 PM

Aerobics Room (OC)

Free, no sign-up required

This is a free, drop-in informational hour to learn about the Pilates Reformer and how it could help you. Maybe you can even incorporate it into your New Year's resolution! Watch a demonstration, hear about the membership options, discover the various classes offered, and get informed about this dynamic WellFit Program. Instructors: *SCLH Reformer Specialist.*

Pop Up Classes

Pop Up - Fitness Festivities

Wednesday

December 20

4:00 to 5:15 PM

Ballroom (OC)

\$14



We'll jingle our way through a holiday workout, then mingle at the hot cocoa bar that includes spiked options. Enjoy different instructors as we start the hour with a cardio dance-inspired warm-up, followed by strength, and finish up with a stretch. Please help us by signing up in advance. Instructors: *TBA.* Registration Deadline: December 17.

Pop Up - Sound Bath Experience

Thursday, January 25

4:30 to 5:30 PM

Aerobics Room (KS)

\$15



A Sound Bath is a full-body listening experience that intentionally uses sound to invite gentle yet powerful therapeutic and restorative processes to nurture your soul and body. Sounds include tuning forks, gongs, crystal singing bowls, chimes, drums, and voice. Unplug, let go, and invite deep rest and relaxation! Instructor: *Nina Baldi.*



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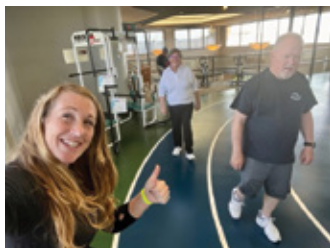
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Pop Up - Walk and Talk!
New for 2024!

Last Wednesday of every month, kick off January 31 3:30 PM, Meet at OC Indoor Track Free!



What is our goal? By coming together and meeting with others we are building conversations, connections, and community. We'll meet at (OC) Indoor Track to walk and talk for 30 minutes, then meander over to Meridian's to relax and continue good conversation. Even the U.S. Surgeon General touts the "Healing Effects of Social Connection and Community". We're not meant to go it alone! Facilitator: *Danielle Merrill*.

Small Group Training (SGT)

Small group training classes run for 55 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.*

Balance and Fall Prevention L1

Mondays and Wednesdays January 3-31 2:00 to 3:00 PM Aerobics Room (KS) \$153 (nine sessions)



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

Bootcamp – Progressive L2/L3

Mondays and Wednesdays January 3-31 3:05 to 4:05 PM Aerobics Room (KS) \$153 (nine sessions)



OR

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

Are you looking to change things up? Try this class that gives 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: *Gilmer LaTorre*.

Boxing – Rock Steady

Tuesdays, January 2-30 2:00 to 3:00 PM Aerobics Room (KS) \$85 (five sessions) Instructor: *Gilmer LaTorre*



OR

Fridays, January 5-26 12:55 to 1:55 PM, Aerobics Room (KS) \$68 (four sessions) Instructor: *Gina Turner*

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



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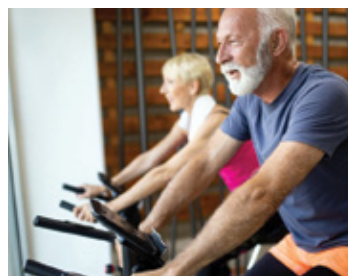
“Fun”ctional Fitness L3
 Tuesdays and Thursdays
 January 2-30
 11:50 AM to 12:50 PM
 Aerobics Room (KS)
 \$153 (nine sessions)



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 keeps the body from getting bored. The intensity is up to each individual. Intermediate to advanced fitness levels are encouraged. *This class is eligible for the SGT drop-in if space is available.
 Instructor: *Deanne Griffin*.

Parkinson Strong Combo

Thursdays, January 4-25
 3:05 to 4:05 PM
 Aerobics Room (KS)
 \$68 (four sessions)



OR
 Mondays, January 8-29
 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*.

Posture, Core, and Balance L1/L2
 Tuesdays and Thursdays
 January 2-30
 10:45 to 11:45 AM
 Aerobics Room (KS)
 \$153 (nine sessions)



Instructor: *MaryAnn DePietro*
OR
 Mondays and Wednesdays
 January 3-31
 12:55 to 1:55 PM
 Aerobics Room (KS)
 \$153 (nine sessions)

Instructor: *Renae 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 proper 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.

TRX Circuit L2
 Tuesdays and Thursdays
 January 2-30
 12:55 to 1:55 PM
 Aerobics Room (KS)
 \$153 (nine sessions)



Instructor: *MaryAnn DePietro*
OR
 Wednesdays, January 3-31
 4:10 to 5:10 PM
 Aerobics Room (KS)
 \$85 (five sessions)
 Instructor: *John Ramos*
OR
 Fridays, January 5-26 *New!*
 11:50 AM to 12:50 PM
 Aerobics Room (KS)
 \$68 (four sessions)
 Instructor: *TBD*

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.

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TRX, Strength, and Stretch

Mondays and Wednesdays

January 3-31

11:50 AM to 12:50 PM, Aerobics Room (KS)

\$153 (nine sessions)

It is the perfect blend of intensity and restoration. This innovative take on strengthening and lengthening fuses strength movements and stretching with the amazing recovery ability of breathwork, alignment, and balance. Instructor: *Gina Turner*.

**Water Exercise –
Therapeutic L1/L2**

Wednesdays

January 3-31

10:45 to 11:45 AM and

11:50 AM to 12:50 PM

Indoor Pool (OC)

\$85 (five sessions)

Instructor: *Nina Baldi***OR**

Fridays, January 5-26

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

\$68 (four sessions)

Instructor: *Lisa Fisher***OR**

Mondays, January 8-29

9:40 to 10:40 AM, Indoor Pool (OC)

\$68 (four sessions)

Instructor: *Lisa Fisher*

Therapeutic-style exercise program in the pool. The warm water helps increase circulation, respiratory rate, muscle metabolism, strength, flexibility, and ease of movement. Water exercise helps 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. Do not forget your towel.



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Sports Plaza - Lessons

To make a reservation for Bocce Ball, Croquet, Multi-Court, Pickleball, or Shuffleboard or more information and guidelines, go to the Resident Website, WellFit, and choose from the drop-down list. The softball field is available for open play on Mondays, Wednesdays, and Sundays from 2:00 to 5:00 PM. Please visit the Resident Website, WellFit, and click on Sports Pavilion for more information and guidelines. For tennis, courts are available on a first-come, first-served basis. Sign up at Sports Pavilion for drop-in play.

Pickleball – Introduction

Bi-monthly, Wednesdays

9:00 to 10:30 AM, Multi-Court

(Courts 14 and 15)

Free

This bi-monthly class is for any resident interested in learning about Pickleball.

All equipment is provided. Please wear clothing and tennis shoes appropriate for Pickleball. Please bring water. Meet on the Multi-Court by the softball parking lot. You must pre-register for this class. Eight spots are available. To register email Carol Judd at welcometopickleball@gmail.com.

**Pickleball - Intermediate Clinic**

Thursday, January 18

9:00 to 10:30 AM, Multi-Court 12 and 13

Skill level 3.0-3.75, Min/Max: eight students

\$45

Come improve your "Groundstrokes" (forehand and backhand), which requires early preparation and footwork. The proper technique and court position for a successful "Overhead Smash" will be demonstrated. Personalized feedback during game time play portion of the clinic will also be provided. Instructor: *Ian Dickson, Pickleball Pro*.

Pickleball Training Services – Purchase at fitness centers or through Online Enrollment on the Resident Website.

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

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

How to Set Up One-On-One or Buddy Training Services with the Pickleball Professional

1. Purchase a training service at the fitness center desks or through online enrollment on the Resident Website.

2. Email or text Ian Dickson, Pickleball Pro, to schedule a session at 916-712-4337 or Ian.Dickson@sclhca.com.

3. Show up at the multi-court in the Sports Plaza for your training session.

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

Small Group Training: 3-4 students and one pro/trainer. Once you have your group together, reach out to Ian directly to schedule. He will give you a code to take to the fitness center desks to purchase. For clinics or camps, please see online enrollment – WellFit or inquire with Ian.

For questions, email Danielle.Merrill@sclhca.com.

Tennis - Introduction

Saturdays

11:00 AM to Noon

Tennis Courts

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.



Tennis Small Group Training

Once you have your group together, reach out to Eva directly to schedule. She will give you a code to take to the Fitness Center front desks to

purchase. **Instructor: Eva De Mars, Tennis Coach.** Minimum of three students, maximum of four. Eva.DeMars@sclhca.com

Wellness Life Coaching

Why A Wellness Coach?

A Lincoln Hills Wellness Life Coach is a professional who assists people in making progress toward attaining greater fulfillment in relationships, careers, day-to-day life, or extracurricular activities. Schedule with one of our Coaches to better navigate your path, clarify your goals, identify obstacles holding you back, and learn new strategies to move forward. Our coaches will provide the support you need to achieve long-lasting change!

What Can I Expect?

Discerning “the why” is paramount to the coaching - because the subsequent checkpoints and milestones are built upon the why of what the client wishes to work toward - and developing a reasonable plan to achieve it. Each 60-minute session includes a personally tailored, written, 30-day goal summary to include measurable, time-bound behaviors and tasks to be completed by the client. This helps each client maintain progress, overcome challenges, and achieve their desired outcomes.

What Does It Cost?

Each one-on-one session runs sixty minutes \$84.00. Your Wellness Life Coach will recommend the frequency of sessions as you go.

Invest in Yourself.

We have four dynamic Wellness Coaches ready to book appointments at Orchard Creek WellFit fitness center. Their Bio's can be found at the fitness centers or on the Resident Website under the WellFit dropdown menu. Contact Danielle Merrill for more information about this exciting new program.

Policy: There are no refunds, and all training expires one year after purchase. Please observe our 24-hour cancellation policy and contact the Coach directly to reschedule, or you may be charged in full for the session.

Reach out to a Coach to schedule:

Alice.Vestergaard@sclhca.com

Grace.Smith@sclhca.com

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Wellness Pass, Group Ex Pass, and Fast Pass classes are drop-in, group exercise classes on a first-come, first-served basis in our Aerobics Rooms (KS and OC) as well as the Sports Plaza and OC pools. You may arrive and sign in up to one hour before the start time of the class. Good for one session each.

*Group Ex Passes are \$5.50 for 55 minutes.

*Wellness Passes are \$15 for 60 minutes.

*Fast Pass Classes are \$3.50 and can only be used in our 30-minute classes.

Group Ex Passes and Fast Passes are not interchangeable. Purchase these passes through online enrollment on the Resident Website or at the fitness center front desks. There are no refunds for class passes; all passes expire one year after the purchase date. For a list of class descriptions, please refer to the Resident Website under WellFit. Guests must pay \$7 per Group Ex Pass and \$4.50 per Fast Pass and check in no more than ten minutes before the start of the class. Classes are subject to availability.

*All passes and sessions are non-refundable.

*Group Ex, Fast, and Wellness Passes expire one year after the purchase date.

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

Premium Group Ex Pass Deal. Buy a package of 50 Group Ex Passes and receive a 10% discount. Normally, it costs \$275, but with the discount, you will pay only \$247.50. Purchase at the fitness center front desks or online enrollment at the Resident Website. Reminder: these passes expire after one year.

**For all class schedules, please refer to the WellFit section of sclhresidents.com/WellFit/ Group Ex Pass Classes, pick up a class schedule at our front desks, or scan our QR code with your smartphone camera.



SCAN QR CODE
TO DOWNLOAD
AND HAVE
SCHEDULE ON
YOUR PHONE

2023-2024 RESIDENT DIRECTORY



A small amount of Community Directory and Resource Guides are still in stock, pick up your copy today before supply runs out! The next directory will be released in August 2024.

Help us keep your information up to date by verifying your listing.

- Any changes to your name or telephone listing must be received by the Membership Desk (OC) in writing.
- Changes made on the Resident's Website under your profile will not reflect in the printed directory.
- You may hand deliver the information to the Membership Desk at Orchard Creek Lodge or submit it by email to Membership@sclhca.com. (*Library>Forms>Resident Forms>Resident Change of Information Form*). Paper copies are available for pickup at the front desks.

Homeowners may annually authorize a tenant's listing in the Directory by submitting the Renter Directory Assignment form. Download from the Resident Website (*Library>Forms>Resident Forms>Renter Directory Assignment*). Paper copies are available for pickup at the front desks.

Pickup at either Kilaga Springs or Orchard Creek front desks

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

HOURS SUBJECT TO CHANGE

Orchard Creek Lodge & Kilaga Springs Lodge MON–SAT: 8:00 AM–9:00 PM SUNDAY: 8:00 AM–5:00 PM	Membership Desk MON–FRI: 9:00 AM–5:00 PM
Lifestyle Desks (OC/KS) MON–SAT: 8:00 AM–8:00 PM SUNDAY: 8:00–4:00 PM	Meridians Restaurant SUN–THU: 7:00 AM–8:00 PM FRI–SAT: 7:00 AM–9:00 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	SPORTS BAR: SUN–TUE: 7:00 AM–8:00 PM WED–THU: 7:00 AM–9:00 PM FRI–SAT: 7:00 AM–10:00 PM
The Spa at Kilaga Springs MON–FRI: 9:00 AM–6:00 PM SATURDAY: 9:00 AM–5:00 PM	Curbside: 11:00 AM–7:00 PM Delivery: 4:00 PM–7:00 PM
	Kilaga Cafe MON–FRI: 8:00 AM–3:00 PM

ADMINISTRATION

Executive Director
Kyle Bodyfelt.....916-625-4060 Kyle.Bodyfelt@sclhca.com
Executive Assistant/Office Manager
Michelle Griswold ...916-625-4062 . Michelle.Griswold@sclhca.com
Communications & IT Manager
Jeff Caponera.....916-625-4057 Jeff.Caponera@sclhca.com
Compass Editor
Theresa Renken.....916-625-4014 Theresa.Renken@sclhca.com
Community Standards Manager
Open
Director of Finance
Jared Avis916-625-4045 Jared.Avis@sclhca.com
Director of Human Resources
Christina McClung ..916-460-9896.. Christina.McClung@sclhca.com
Membership
Lisa Hammons916-625-4068 Membership@sclhca.com

FOOD & BEVERAGE

Meridians Restaurant..... MeridiansRestaurant.com
Reservations & Info: 916-625-4040..... To-Go: 916-625-4044
Kilaga Cafe To-Go Orders & Info: 916-408-1682
Director of Food & Beverage
Jim Trondsen916-625-4049 Jim.Trondsen@sclhca.com
Catering Sales..... OrchardCreekLodge.com
Don Giles916-625-4043 Don.Giles@sclhca.com

BOARD OF DIRECTORS

Tom Dunipace.....President..... Tom.Dunipace@sclhca.com
Marie BarnesVice President Marie.Barnes@sclhca.com
Denny ValentineSecretary Denny.Valentine@sclhca.com
Don Bowden.....Treasurer Don.Bowden@sclhca.com
Robert CoppDirector..... Robert.Copp@sclhca.com
Chuck CunninghamDirector..... Chuck.Cunningham@sclhca.com
Jack Harris.....Director..... Jack.Harris@sclhca.com

LIFESTYLE

Lifestyle Desks
Orchard Creek: 916-625-4022Kilaga Springs: 916-408-4013
Lifestyle Manager
Allison Sertic.....916-625-4073 Allison.Sertic@sclhca.com
Lifestyle Assistant Manager
Suzanne Hughes916-408-4609 .. Suzanne.Hughes@sclhca.com
Lifestyle Class Coordinator
Donna Hartigan916-408-7859 Donna.Hartigan@sclhca.com
Lifestyle Entertainment Coordinator
Cody Meikle.....916-408-4310 Cody.Meikle@sclhca.com
Lifestyle Trip Coordinator
Scott Cason916-625-4002 Scott.Cason@sclhca.com
Room Booking & Club Coordinator
Elaine Allen.....916-625-4021 Elaine.Allen@sclhca.com

WELLFIT

WellFit Desks
Orchard Creek: 916-625-4030Kilaga Springs: 916-408-4683
Director of Lifestyle, WellFit & Spa
Deborah McIlvain ...916-625-4031 . Deborah.Mcilvain@sclhca.com
Assistant Director of Lifestyle, WellFit & Spa
Jonathan Leung.....916-258-8289 Jonathan.Leung@sclhca.com
WellFit Program Manager
Danielle Merrill916-625-4032 Danielle.Merrill@sclhca.com
WellFit Fitness Supervisor
Rex Owens.....916-408-4825 Rex.Owens@sclhca.com

THE SPA AT KILAGA SPRINGS

Spa Concierge..... KilagaSpringsSpa.com
Appointments & Info: 916-408-4290
Spa Manager
KarriLynn Keith916-408-4071 KarriLynn.Keith@sclhca.com

FACILITIES

Facilities & Maintenance Manager
Erik Rosales916-645-4500 Erik.Rosales@sclhca.com
Landscape Supervisor
Willie Mayberry.....916-645-4501 Willie.Mayberry@sclhca.com

GENERAL NUMBERS

Curator Security916-771-7185
LH Golf Club916-543-9200 lincolnhillsgolfclub.com
Lincoln Police & Fire916-645-4040
Neighborhood Watch SCLHWatch.org
Linda Minor: 707-235-0778
Neighbors InDeed916-223-2763 neighborsindeed.org
Lincoln Hills Foundation....916-434-0749 . lincolnhillsfoundation.org
Lodge Library Contact..... Sarah Kevin: 408-858-0880

COMMITTEES

Accessibility AC@sclhca.com
Architectural Review..... ARC@sclhca.com
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Communications & Community Relations CCRC@sclhca.com
Compliance..... Compliance.Committee@sclhca.com
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