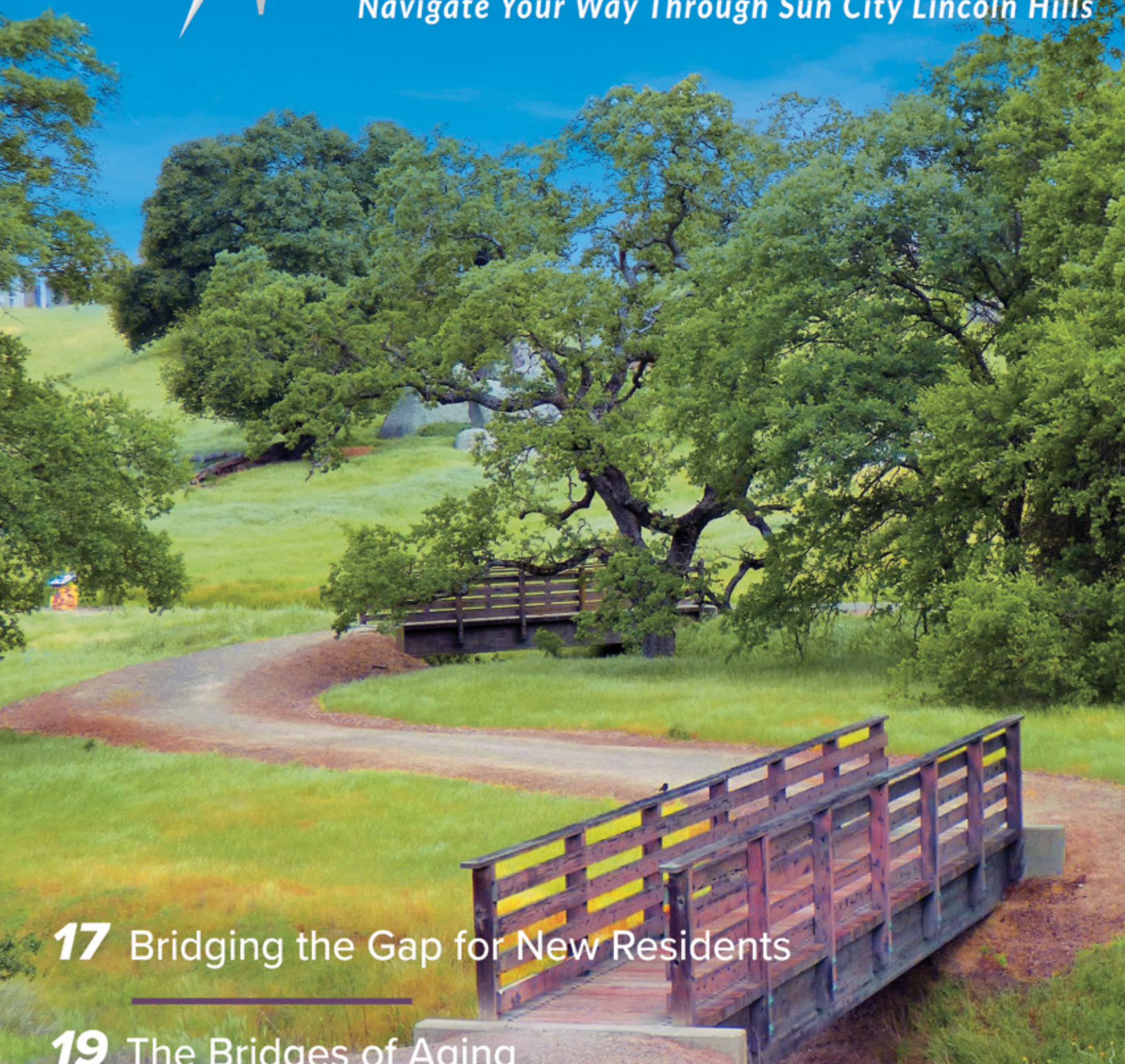


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17 Bridging the Gap for New Residents

19 The Bridges of Aging



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On the Cover
Bridging the Gap.
Photo by David Hughes.

Calendar of Events

January 16 - February 15

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

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1/19	Comedy Night.....	53
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2/8	Love Your Brain.....	76
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2/13	Have a Heart.....	76
2/14	Hard Rock Casino Shuttle.....	57
2/15	Structured Dance Night.....	53

SIGN UP FOR ENEWS



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

Upcoming Association Meetings: January 18 – February 14

Finance Committee	Thursday, January 18, 9:00 AM
ARC/Architectural Review Committee	Monday, January 22, 9:00 AM
Board of Directors	Thursday, January 25, 9:00 AM
Board of Directors Executive Session	Thursday, January 25, 11:30 AM
Properties Committee	Thursday, February 1, 9:00 AM
Elections Committee	Friday, February 2, 10:00 AM
CCOC/Clubs & Community Organizations Committee	Tuesday, February 6, 9:30 AM
Compliance Committee	Wednesday, February 7, 9:00 AM
Board of Directors Workshop	Thursday, February 8, 10:00 AM
Board of Directors Executive Session	Thursday, February 8, 1:00 PM
ARC/Architectural Review Committee	Monday, February 12, 9:00 AM
CCRC/Communications & Community Relations Committee	Tuesday, February 13, 10:00 AM
Accessibility Committee	Wednesday, February 14, 10:00 AM

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

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.

Holiday Hours | Martin Luther King, Jr. | January 15

OC/KS Lodges Lifestyle Desk.....	8:00 AM - 8:00 PM
Administration & Membership.....	Closed
OC/KS WellFit.....	5:30 AM - 8:30 PM
The Spa at Kilaga Springs.....	Closed
Kilaga Springs Café.....	Closed
Meridians Restaurant & Bar.....	7:00 AM - 8:00 PM





Board of Directors' Report

Jack Harris, Director

Happy New Year! So, you want to be a Board Member here at Lincoln Hills. There are a significant number of positives about serving on the Board of Directors. You will develop great friendships with other volunteers, including your fellow Board members. You will learn a great many things about how the Association works that you did not know previously. You will also be able to play an active part in the governance of our Association by working in concert with the Executive Director, Staff, Standing Committees, and other volunteers.

You can develop positive personal relationships with many residents as they reach out to you daily or weekly through emails or phone calls to discuss their concerns.

There may also be some frustrations. You will need to have a "thick skin" and a tremendous

amount of patience in dealing with the almost daily Association issues that will garner your interest and participation.

An example of a typical day in the life of a board member includes answering emails, attending committee and task force meetings, meeting with concerned residents, the Executive Director, and/or staff members regarding issues of importance and attending presentations from the Lincoln City Mayor, the Lincoln City Manager and/or the Executive Director and planning sessions.

Overall, serving on the board is very rewarding, but it takes a great deal of time and patience and can sometimes be challenging.

If you are interested in such a fast-paced, sometimes overwhelming, but ultimately rewarding volunteer endeavor, I would encourage you to go for it! Good luck!



A Note from the Executive Director

Kyle Bodyfelt, Executive Director and the Strategic Planning Team

What's the Plan? - Demystifying the Strategic Planning Process in 2024. Lincoln Hills will create a Strategic Plan that will define a roadmap for the community's future. The question most often asked is, "Why do we need a Strategic Plan." This is a fair question and one that we will dive into with more detail as the process moves forward. But at a high level, let us begin with "who, what, where, when, and why and how."

Who does it? Everyone! We all have a stake in the community and should be involved in planning our future. Residents, owners and renters, employees, clubs, interest groups, and committees are stakeholders. We all contribute to the process.

Where? It starts at the Board level and is driven by the Executive Director.

When? Strategic Planning is a living process. This is a journey to the future of Lincoln Hills, and we are starting now. The plan gets reviewed and

refreshed annually, and the goal is to intersect with the yearly budgeting process, so sound decisions can be made.

Why do we need one? A plan gets the community aligned to a common set of goals so we remain consistent and successful in the future. It assists in decision-making and helps manage change effectively over time. It goes beyond day-to-day operations and focuses on the bigger picture.

How is it done? It is a complex and time-consuming process, but the result is a valuable tool for planning for the future. It includes deep dives into the current situation, identification of our vision, and key initiatives just to get started. Resident input is a crucial component here.

A well-thought-out strategic plan will not immediately answer every question or solve every problem, but it will help Lincoln Hills navigate the complexities of today's changing world and position us for sustained success.



Election News

- Candidate filing **IS OPEN**. Candidates have until **February 20 by 4:00 PM** to file. Names of candidates will be posted weekly as applications are received.
- The Candidate Information Packet, which includes the application, can be found on the SCLH Elections Committee webpage. You may also request a

copy by contacting the Executive Assistant at Michelle.Griswold@sclhca.com.

- The Candidate Information Session will be held on **January 17**.
- On February 22, there will be a Candidate Briefing Session. Candidates will be notified of the time and location.

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

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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)



Clubs and Community Organizations Committee

Donating

George Herrmann, Vice Chair

Growing up, the expression I heard every new year was “out with the old and in with the new.”

As I have gotten older, it seems I keep the old and get less new. If you are the same, perhaps it is time to consider that and set up a new yearly routine. Maybe get a new piece of equipment for your favorite club activity, a new pair of dancing shoes, or perhaps a new swimsuit for that water exercise class. Most people of the generation living here in Lincoln Hills take very good care of their things. Retiring something that is still in good shape and usable may seem like a waste. It is not. You can pay it forward by donating it.

At a recent event here in Lincoln Hills, the attendees were asked to bring a new unwrapped toy for

Toys for Tots. Those attendees were very generous and filled a table full of toys. The gentleman who came to pick up the toys said that nine thousand children were registered for the program here in Placer County. I was very surprised as it seemed to be a very large number for our county.

As a community, we can best serve the county's needs by bridging the gap between the older generation here in Lincoln Hills and the younger generation that could use some help. Then is not out with the old and in with the new. It is to find something slightly used and donate it to someone in need. That is the best way to bridge the gap between old and new, think young, and improve someone's life. Have a very happy beginning to this new year.



Properties Committee

December Meeting Report

Bill Szabo, Outgoing Chair

Completed Projects: Meridians sound system and kitchen repairs

Approved in Progress Projects: A/V Project in progress and OC parking lot cameras. Proposed/Pending Projects - OC outdoor pool solar heating system and Sports Plaza solar project.

Unfinished Business - Facilities Maintenance Update – South water feature cleaning and repair, scheduled carpet cleaning for both lodges, OC indoor pool ramp repair, outdoor fun pool filter replacement, OC ballroom side parking lot, and additional pickleball walkway lighting issues. Delivery of both Cushman utility carts, concrete fencing completion continuing OC hallway carpet repair, and restroom wallpaper repair or replacement, Celebration Plaza tile repair, Carnelian Court bridge railing repairs, and working on purchase of irrigation maintenance vehicle

Inspection Reports – Presented nighttime lighting survey for KS Lodge, fitness center, spa, and

parking lots and OC Lodge, fitness center, and parking lots – identified areas needing additional lighting fixtures.

New Business - Accepted proposals for OC Ballroom control room project design and build along with the storage lease project.

How does the proposal process work? Residents, clubs/groups, and staff complete the Capital Project Proposal form and submit it to the Executive Director, who then reviews it. It is then reviewed at the Properties agenda meeting and placed on the next meeting's agenda. If it is accepted at that meeting, it is reviewed by the Finance Committee at their next meeting. If it is accepted, it is sent to the Board of Directors for approval. If approved, it will be initiated.

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



Finance Committee

November Report

Fred Raach, Chair

Throughout eleven months, the Association’s reported financial results remained very favorable. The budget, the basis for this year’s dues, anticipated that over this period, the Association would spend \$251,000 more than the revenue it earned. Actual net revenue for the eleven months was \$9,000 more than what was spent, producing a result of \$260,000 better than budgeted. This is \$45,000 less than the position at the end of October as a result of November’s expenses exceeding revenue by that amount.

Operating revenue, which does not include income from our dues, in November was \$12,000 less than planned, decreasing the year-to-date total to \$164,000 over budget. This month, the Lifestyle Department, the Spa at Kilaga Springs, and Food and Beverage failed to generate their planned revenue, which more than offset the positive to budget revenue in WellFit and the Administration Department. Spending in November was \$33,000 more than budgeted, primarily due to over-budget expenses in WellFit and Food and Beverage. For the year-to-date, expenses are \$96,000 less than planned, with reduced personnel, insurance, utilities, and landscape maintenance expenses partially offset by higher administrative and maintenance, supplies, and repair costs.

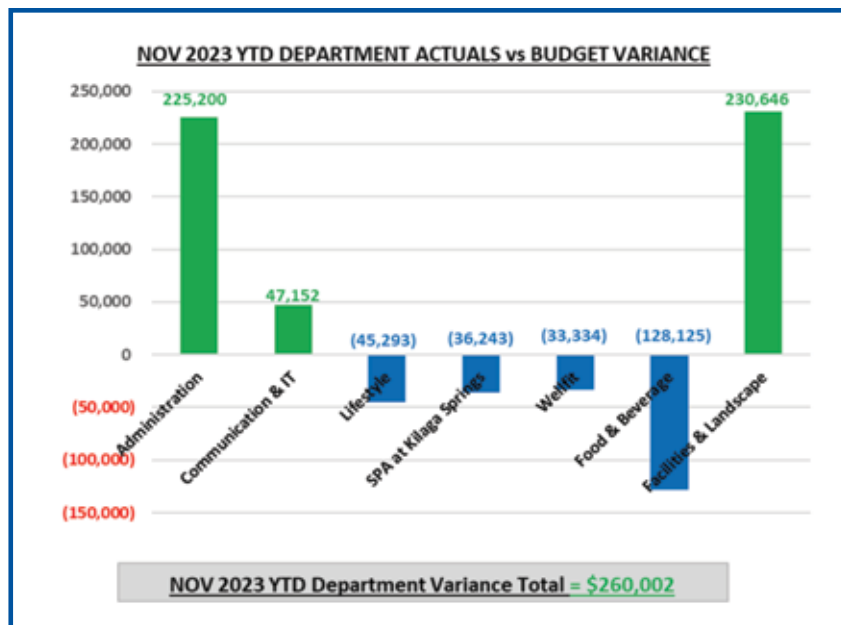
The chart below shows each department’s actual year-to-date net results compared to what was

expected in the budget. The Administration and Communications and IT Departments improved their results by \$20,000 and \$14,000, respectively this month. Lifestyle’s deficit increased by \$17,000 as a result of lower revenue. The Spa at Kilaga Springs deficit also increased by \$17,000 from the higher cost of sales and personnel expenses. Increased revenue but higher personnel expenses increased WellFit’s deficit by \$4,000 in November. Food and Beverage lost \$39,000 more than planned in November, primarily from lower revenue and higher costs for food, personnel, and repairs. Savings in water and natural gas usage and the landscape contract largely offset added expenses for landscape projects, repairs, and electricity, enabling Facilities and Landscaping to spend only \$2,000 more than planned in November.

At the end of November, the reserve fund balance was \$12.7 million after reserve expenditures so far this year of \$1,683,634. The major expenditure this month was \$147,000 to resurface the softball/maintenance parking lot.

In November, \$32,665 was spent from The Community Enhancement Fund, offset by \$2,300 of interest earned on the funds invested with UBS, reducing the balance to \$531,000.

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
New Year Brings New Chapters
Allison Sertic, Lifestyle Manager

The beginning of a new year is often a time for people to start new goals, set new intentions, and sometimes, make career and life changes to begin anew.

Jim Alvis, the ceramics art instructor who has been teaching at Lincoln Hills for years, has decided to move on to the next chapter in his life. Jim is leaving Lincoln Hills as an instructor to be a full-time working artist in his studio. It was a hard decision, as he loved teaching here and has formed friendships with many. Because Jim cares so much about his students and the program, he wanted to help find his replacement. His time and effort paid off, as a worthy replacement begins in February.

We are happy to welcome Donte Cuellar as the new ceramic arts instructor. Donte has attended a few of Jim’s classes, and many of the students

have met him and given their “stamp of approval,” along with acknowledging their appreciation and support for Jim and his future. Donte is really excited to join the Lincoln Hills team, and I am sure his friendly nature and his true love and enthusiasm for working with clay will be infectious and energizing.

Unni Stevens is also leaving consistent teaching at Lincoln Hills for a wonderful opportunity to work with her son in a new studio and business in Grass Valley. We will miss her monthly classes, but she said she would love to return annually to present one larger Sip and Paint event. I have no doubt folks will be anxiously awaiting those special events, watch for them in the Entertainment promotions.

We are sorry to see them leave. We wish them happiness and success in their new endeavors!

Lifestyle Classes Add Quality to Life



Scan the QR code to sign up for eNews to make sure you get current information on all our upcoming pop-up classes and workshops in the months to come.





The Spa at Kilaga Springs

New Year, Self-Care!

KarriLynn Keith, Spa Manager

Self-Care is In This Year

The new year is an exciting time to embrace new possibilities and opportunities. As we settle back into our normal routines, why not add a little excitement this year and introduce a little self-care into your day. Whether it is a few minutes or an hour, set aside some time every day just for yourself. Everyone deserves some pampering, so why not treat yourself?

Carve out time every day to do something you enjoy that relaxes you. It could be taking a long hot bath, reading, doing some yoga or meditation, or going out with friends. One of the best ways to promote wellness is to schedule a spa day. There is no better time to start new habits and make resolutions for self-care than right now.

Get Glowing Skin - The new year is a perfect time to implement a new habit and mindset.

Remember to take a few moments each day to work on your skincare goals. Treat yourself to our “Let’s Glow” LED Facial treatment to brighten, tighten, and deeply nourish your skin, revealing a softer and more illuminated complexion.

No More Knots - Your body goes through a lot of wear and tear. Massage can help remove these blockages, relaxing your muscles and releasing stress from physical activity. Schedule a Deep Tissue or Hot Stone Massage to relieve stubborn tension and relieve stress. Make yourself a priority by scheduling a regular monthly massage and expand your wellness routine with a Spa Membership customized to suit your every need.

Ring in the New Year in the most rejuvenating way with Spa Services at The Spa at Kilaga Springs. Call today to book an appointment: 916-408-4290. www.kilagaspringsspa.com.

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WellFit News

The Importance of Community

Deborah McIlvain, Lifestyle, WellFit and Spa Director

New year for new connections, conversations, and friendships. Whether you are forming a new friendship or building a community of new connections. Learning how to have a meaningful conversation is not always easy, but it allows us to build better connections. Communication is essential to having a high-quality life, yet it feels more difficult than ever. The rise in social media, apps, and our culture of hurrying up has desensitized us when it comes to the ability to connect.

Lincoln Hills provides you with the community. Now it is up to you to start getting involved. Lincoln Hills can take many different shapes, and they are formed based on all kinds of commonalities, including shared interests like table tennis, history, dance, fitness, pickleball, and committees, for example. Immersing yourself in a group

of individuals exposes you to adversity of ideas, viewpoints, and personalities. There is bound to be something new to learn or an unexpected thought to appreciate from your fellow members.

An empowering environment comes out of mutual kindness and respect, which speaks to the importance of community development. In a strong community where people have opportunities to build each other up and develop camaraderie, people feel greater confidence and engagement within the community and at the individual level.

Not sure where to start? The attraction of Lincoln Hills is that you can contribute just by participating. Just showing up can enrich your life and the lives of others and build more resilient societies. WellFit is starting a Free Walk and talk to help people connect. We are not meant to go it alone. For more information, see the ad below.



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 on 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 are not meant to go it alone!

New for 2024!

Last Wednesday of every month
Kick off **Wednesday, January 31**
3:30 PM, Meet at OC Indoor Track
Free! (no signup required)

Questions? Please contact Danielle.Merrill@slhca.com



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New Bridges for the New Year!

Teresa Tanin, Neighborhood Watch

We often think of bridges as those we drive over or under. Bridges for the New Year, however, are more in line with bridges of communication. Our community offers many ways to learn what is happening around us, but how do we access such?

Neighborhood Watch offers detailed safety and security information and continues to be the bridge between residents and the Lincoln police and fire. Visit sclhwatch.org for helpful links to community services, including the Lincoln Police crime-mapping system. A list of important numbers, including

Neighbors InDeed where maintenance help is only a call away, is also provided. Stay safe and informed, and add your email to "Add Me to Alerts."

Residents can also click on "Who is My Captain?" February 15 is the deadline to provide emergency contact information to your Mailbox Captain. Such confidential information can save precious time in a crisis. Not able to access the webpage? Email our Executive Director, Linda Minor, executivedirector@sclhwatch.org or call 707-235-0778 for more information.

An additional bridge of communication is our Asso-

ciation's eNews. Receive information about upcoming activities, shows, classes, and meetings, but only if residents are signed up by emailing enews@sclhca.org. If you prefer a printed version, pick up a *Compass* at the Orchard Creek or Kilaga Lodges on the 15 of every month. *Compass* has everything residents need to stay informed and entertained. Call the Orchard Creek membership help desk at 916-625-4000 with questions.

Our community is only as safe as our informed residents. Build your bridge of communication for the New Year—sign up, log in, or call today!

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Elise and Denise ready to bid hello to members



Bidding a Bridge Over Troubled Memory

David Wright, Roving Reporter



Playing positions—North and South versus East and West

At noon every Wednesday, a crowd begins to form outside the Kilaga Springs Multipurpose Room. Lining up to pay their \$3 fee, scores of residents shuffle up to the sign-in table. Everyone is greeted warmly—many exchanging hugs. This is the weekly routine for the Duplicate Bridge Club.

The 110-member group ranks high among the popular table-game clubs in Lincoln Hills—

and for good reason. Bridge is not only a fun, addictive strategy game, but it helps trick the aging process. Three ways to bridge those memory gaps plaguing our golden gate years are by staying physically active, socializing with friends, and exercising our brains. Playing Bridge does all of those.

Club President Denise Morgan has been playing for 32 years. The retired real estate loan underwriter even owned a Bridge Club in Southern California. So, it was only natural for her to follow suit when she joined our community in 2017. Denise describes her love for the game: “It’s a challenge. It keeps me engaged. These people are like my family. They have been there for me in times of need.”

Vice President Elise Homer joined the club when she moved here 12 years ago. Originally from

Minnesota, “but moving around a lot,” she spent most of her busy years raising her family, teaching school, and working at State Farm Insurance. After retiring, she was looking for something to lengthen her lifespan. “Bridge is a good way to keep your brain stimulated,” she offers.

Governed by the American Contract Bridge League, Duplicate Bridge is a formal game where players pair up with partners and use bidding maneuvers to try to score the most points. After each round, partners rotate tables to face off against a new pair of opponents. The club uses a professional Director, Marvin Arnold, who runs the clocks and officiates the games. “My job is to keep it fair,” he explains.

“We are a little more scientific than the other clubs,” adds Denise.

For those who feel the game may be too complicated, Elise has a bridge to sell you. “It’s never too late to learn. There is a level of seriousness, but we still have fun.” The basic rules are simple, though the strategies can be somewhat complex. Mastering the game requires regular bridgework, and the Lincoln Hills Duplicate Bridge Club will be happy to help you cross that bridge when you come to it.



“The Referee,” Marvin Arnold keeps it fair



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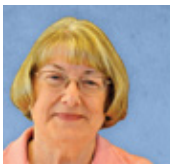
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New residents gather for orientation



Bridging the Gap for New Residents

Linda Lucchetti, Roving Reporter

Like curious college freshmen entering unfamiliar territory, new residents filed into the OC Ballroom to join other newly-minted dwellers. They came to learn more about navigating their way as they embark on the active lifestyle that awaits them.



Patricia Woolery

New residents attend the “New Resident Orientation,” a program that serves as a bridge connecting their former way of life to their future lifestyle in Lincoln Hills. The quarterly event has become

a flagship activity for most new neighbors and one that is packed with invaluable information to help them get acclimated. It’s interesting to note that some residents have moved here from as far away as Washington state and Colorado and as near as Southern California and even the City of Lincoln and its outskirts.

“The Orientation really gives our new community members a quick snapshot of what we offer, the opportunities they can pursue, and how to volunteer,” Kyle Bodyfelt, Executive Director, said.

Kyle serves as the program’s master of ceremonies, introducing staff with presentations on topics like Association news, events, and clubs. At each session’s close, participants can mingle, enjoy refreshments, and peruse tables representing various groups and organizations.

New resident Patricia Woolery didn’t travel far to settle down

in Lincoln Hills. She and her husband were livestock ranchers in Lincoln who had set their sights on moving here someday.

“I remember watching this community being built,” she shared. Her first impressions were the rolling hills and beautiful trees. She was recently touched by the friendliness of new neighbors who helped catch her dog that got away during her move. “Not many communities have what this one has to offer,” she added. Her advice to others: “Get involved.” Patricia practices what she preaches; she’s signed up for yoga classes.

Nancy and Ron Lamb recently relocated from Chino Hills in Southern California. Nancy was a Spanish teacher for 40 years, while Ron worked in the insurance business for 37 years. Ron researched several communities before the couple made their decision. Their first impressions echo Patricia’s, with the beauty of the Lincoln Hills landscape and a quiet atmosphere winning out.

Not long after moving here, Nancy and Ron contacted the Neighbors InDeed organization and were impressed with the references and services they provided.

As we begin a new year, we welcome new residents. Keep building bridges! Remember where you came from, but appreciate the bridge that carried you here.



Ron and Nancy Lamb



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The Bridges in Aging

Shirley Schultz, Roving Reporter



Bridging the old and the new is a timely theme to begin the New Year, and it is quite applicable to each of us in the process of aging. Life is a journey, and we are constantly challenged to build bridges and cross bridges (often simultaneously) before the journey ends. As long as we are alive, we are aging, so we must actively plan and work toward the goal of

transiting all the bridges. To do otherwise may leave us feeling hopeless and in despair. Let us consider a few basics for building and crossing the bridges in aging.

A bridge each of us **MUST** cross, if we live long enough, is loss, where the only way to the other side is to cross the bridge. Loss of youthful self-image, loss of work-life identity, loss of pets, and loss of loved ones are some of the losses we must expect. Another must-cross bridge is that of change, as change is inevitable. The following are some suggestions for ways to bridge loss and change.

- Do something you enjoy every day. Develop a new skill or start a new hobby if necessary.

- Work at creating and maintaining friendships. One's quality of life is enriched by social connectedness.

- Get regular exercise, eat healthy food, and get enough sleep.

- Cultivate your spiritual side, such as through meditation and prayer. Pray daily.

- Seek professional support if you need help with depression, anxiety, or other mental difficulties.

- Laugh a lot, and cry if you need to. The body's natural feel-good chemicals called endorphins are released during laughter.

- Stop multi-tasking as much as possible. Research shows it often causes undue stress, and most people don't do it very well anyway.

- Simplify your life. Most of us have a lot of stuff that serves no use to us and is just clutter. Start by cleaning out a closet!

- Keep the end of your life's journey before your eyes. It will help you appreciate every day and get the most out of it.

- Expect and plan for life changes. This includes getting your legal and financial plans updated and your health care and end-of-life wishes properly documented in the event someone else has to speak for you.

Aging is a unique but universal experience for each of us. Happy bridge crossings.





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In Memoriam



Joe Dean Jones

A die-hard Raider Football fan, Joe and his family never missed a Sunday game. He and his wife attended the first game in the Oakland Coliseum and also the last game played there. He was born in Texas, lived in California, Oregon, and Idaho, and then back to California. Joe served in the U.S. Navy aboard the USS John R. Pierce. His career was primarily in sales for Gallo wine and Coca-Cola, and before retirement, he owned Sutter Buttes Fire Extinguisher Company in Yuba City. Joe also enjoyed hunting, fishing, playing softball, golfing, cooking, and watching football. He is dearly missed by his wife of 58 years, Diane, two daughters, and three grandchildren.

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.

Library News

With New Year's resolutions still fresh in our minds, one of the perks of living in Lincoln Hills is the opportunity to get involved in our community. The Kilaga Springs Library is staffed by residents who enjoy volunteering two hours a week. See Contacts below.

The popular *Meet the Author Lecture Series* continues this year, with a slight change. They are now scheduled for the fourth Monday of the month, still in P-Hall (KS) at 2:30. Look in the Community Perks section each month for information about the guest authors. Kicking off 2024, the January 22 program will feature a panel of four local mystery writers.

Greeting and business cards, to-do lists, photographs, a wrist fracture brochure, and a walker guide. What do these assorted items have in common? They have been discovered inside books recently read and returned to the library. If any of these items sound familiar, please drop by Kilaga Springs Library and ask a volunteer to show you where they are waiting to be claimed.

Contacts: Sarah Kevin at sikevin@gmail.com for Volunteers; Sandy Melnick at 916-408-1035 for Donations; Kay Parisot at 209-617-4111 for Community Living Room (OC).



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Amateur Radio

We are excited to welcome new member, Ken, W6KDS. Our Club participated in the ARRL Sweepstakes Contest and contacted 33 States, including six on the East Coast, as well as Hawaii and Alaska. This contest required a complicated exchange. Therefore, a logging demo by Dan, KN6DRN provided useful tips and tricks. Our Hams & Coffee get-together was a blast. Art, KI6GY provided delicious home baked cookies. Meetings are held at the South Tower every Monday at 6:30 PM. Our Club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG.

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

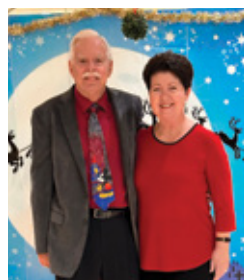


Ballroom Dance

Our Club held its Christmas Potluck Party on December 12 in the Multipurpose Room (KS). The event was well attended, and participants brought a delicious assortment of food that satiated our palates. The Multipurpose Room

(KS) was turned into a ballroom with a Christmas theme. Sal Algeri, Master of Ceremonies, acknowledged helpers, presented club history, introduced Gary Pitt, club founder, and presented a plaque to Ernie Micheli, website manager. An activity of this nature cannot happen and be successful without contributions from membership. Thanks to all who stepped up to make the final Ballroom Dance Club activity of the year memorable. A list of contributors and photos can be found on our website in the "Articles and Photos" sections.

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



Tom and Michelle Breckon



Big History

Looking for opportunities to satisfy your intellectual curiosity about everything from the history of mankind to the origins of the universe—just for the fun of it? In our Club, we delve into the grand narrative of existence—from the mysteries of the Big Bang to the



latest discoveries and challenges of the present day. We are peer-to-peer learners united by curiosity and eagerness to explore the interconnectedness of everything. Join us at 10:00 AM on January 15 in P-Hall (KS) to learn more about the Big History Club and our plans for the future. Regular weekly presentations will resume on Zoom at 10:00 AM beginning February 5 as we continue to explore the origins, evolution, and impact of cities around the world.

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



Billiards

Happy New Year! If you haven't made your resolutions for the new year yet, you may consider bringing someone new to our mentoring sessions as one of your resolutions. They are held every Tuesday at KS. The first session starts at 9:15 AM, with sign-ups at 9:00 AM. The second session begins at 10:30 AM, with sign-ups at 10:15 AM. We also have a variety of tournaments for players that are beginning, intermediate, or advanced. The tournament schedules are available on our website. OC is

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



Bird

Our next long excursion will be on Friday, February 23, to Bridgeway Island Pond near West Sacramento and adjacent to the Yolo Bypass by I-80. But there's still a lot of excellent birding to be done right here at home. On January 26, we will take a walk through Johnson Spring View Park in Rocklin.



Peregrine Falcon at Sacramento NWR
by Larry White

Then on February, the trip will be to Coyote Pond, near Twelve Bridges. To get on our email list for announcements of our trips, just come to one of our meetings and sign-up. It's free! We also do a lot of local birding on Lincoln Hills' excellent trails. 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



Book

The Big Reveal! At the Book Club's Holiday Gathering, the 2024 Book Selections were announced. If you happen to be reading this on the first day of *Compass* distribution, you still have time to read January's selection, a short story, *An Occurrence at Owl Creek Bridge*, by Ambrose Bierce. February's book selection is *Take My Hand* by Dolen Perkins-Valdez. Mary, Book Club member, said that she likes our Club because she finishes more books and reads books that she may not otherwise have read. You are welcome to book club. 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,
Modeal2010@gmail.com



Bridge, Duplicate

Happy New Year!
We welcome new board members for 2024: Denise

Morgan (President), Elise Homer (Vice-President), Jim McElfresh (Treasurer), Diane Schulte (Secretary), Steve Kain (Membership Chairman), Sandy Sullivan, and Jan MacKay. Games are on Wednesdays starting at 12:30 PM in the Multipurpose Room (KS). Reservations need to be made at least two days ahead with Elise Homer. Open and limited sections are 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/



Bridge, Partners

Call for reservations or come to the Sierra Room (KS) by 5:15 PM Thursday. Play begins at 5:30 PM. The hosts for January are Nancy Turrini/Lydia King 925-864-4292. Remember: each table should finish four hands in 25 minutes, as we vacate by 8:30 PM! Winners for November 16: first-Carolyn Garfein/Jay Southard; second-Jyoti/Viren Sitwala; third-Reta Blanchard/Diane Conforti, with high round 2050; fourth-Kay/Ben Newton. November 30: first-Bob Calmes/



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Harry Collings; second-Kay/Ben Newton; third-Patty/Tom Mack; fourth-Jay Southard/Frank Kamienski. John Butler/Byron Hansen had high round 1610. December 7: first-Lydia King/Nancy Turrini; second-Bradley Davis/Robert Baskett; third-Kay/Ben Newton with high round 1860; fourth-Frank Kamienski/Byron Hansen. December 14: first-Patty/Ron Dawson; second-Barbara/Bud Hunt with high round 1570; third-Ray Henry/Harry Collings; fourth-Nancy Turrini/Lydia King.

Contact: Kay Newton
916-408-1819,
kbnewton@sbcglobal.net



Bridge, Social

Happy New Year!

Beginner lessons continue in the Card Room (OC) on Wednesdays at 8:30 AM. All are welcome. Intermediate lessons follow at 10:00 AM. November 17 winners: first- Jyoti Sitwala; second- Viren Sitwala; third- Carolyn Garfein; fourth- Mark Green. Carolyn Garfein and Lydia King bid and made a grand slam (7 NT). December 1: first- Chet Winton; second- Byron Hansen; third- Jay Southard; fourth- Usha MacGarvey. Karen Markle and George Hubbard bid and made a grand slam (7 NT). December 8:

first- Mark Green; second- Linda Scott; third- Russ Grover; fourth- Frank Kamienski. December 15: first- Carolyn Garfein; second- Bob Calmes; third- Usha MacGarvey; fourth- Joanna Haselwood. All are welcome to play Fridays (KS) at 12:15 PM. For January sign-up call Rosanna Jensen, 916-645-9675.

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



Bunco

We welcomed two new players, Anne Finn and Lorena Durham, in November. The traveling bear was all over the room down to the last game. Everyone loves that bear! We wish everyone a Happy New Year! If you are looking for something fun and new for the new year, stop on by and give the dice a roll. Bunco play is 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. November Winners: Buncos - Barbara Lucchesi, Wins - Sharlene Christianson, Losses - Paulette Rhoads, 50/50 - Pat McGough, Traveler - Kathy Sasabuchi. Future Bunco dates are January 18 and February 15.

Contact: Kathy Sasabuchi,
ksasabu@icloud.com



Ceramic Arts

As many know, our Ceramics Instructor and friend, Jim Alvis, has decided to leave Lincoln Hills to pursue a new path in his ceramics career. Jim's farewell message is: "To all the students, friends, colleagues, and administrative staff, I want to share a deep, heartfelt thank you for your support and the opportunity to work with each of you for many years. I began teaching in 2005 and have enjoyed working with so many fine people while helping grow the ceramics program alongside the CAG members. Over the years, I have learned so much and made many wonderful friends. It is truly a difficult decision to leave the classroom in this excellent community. I wish everyone the best and will miss you all."

Contact: Jim Carnathan
916-677-9114,
jcarn77@wavecable.com



Chorus

It's a wrap! We presented three successful performances of our winter concert, "Dreamin' of the Season," on December 8-9-10 in the Ballroom (OC). Highlights of the sold-out shows were ASL interpretations of "O Holy Night" and "Silent Night" by Cat Bain, Lincoln Hills



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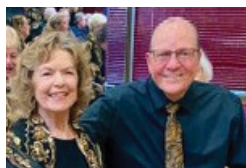


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resident, and professional ASL interpreter, and flute accompaniment provided by flautist Mona Stryker for "The First Chanukah Night" and "Ave Maria." After a short break, we begin rehearsals this month to prepare for our Spring concert series, which will be a tribute to Broadway. Joining the Chorus on stage will be the Lincoln High School Choir, who celebrated being the inaugural recipient of a charitable contribution made by the Chorus under its recent 501(c)3 designation.



Chorus members Lynn Sotir and John Baarts waiting to perform

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

Computers

Apple Users



Are you looking to broaden your tech knowledge in the new year? We have monthly meetings, seminars, ask-the-tech sessions, support line, and open labs. Yearly dues per household are \$20. Check out the club website for membership/renewal information as well as a calendar of

events. Ken Spencer will discuss Apple's new Journal App on Thursday, February 1. Ask the Tech begins at 6:30 PM, with program at 7:00 PM. Our general meeting is Tuesday, February 13, and we will take a closer look at using the Notes app. Ask the Tech begins at 6:30 PM with program at 7:00 PM. Both meetings are held in P-Hall (KS). Stay curious, keep learning, and smile when you have an "ah-ha" moment!

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



Country Couples

Our group, which also includes line dancers, had another fun year. Those who took the Country Couples Western Dance Class learned a new waltz this month—another beautiful dance to add to our repertoire. We all celebrated the season together at our Holiday Party with delicious turkey and all the fixings and dessert as well! We had a memorable evening visiting with friends and dancing both partner and line dances. We



Quite a crowd at the Holiday Party!

look forward to another fun year of learning new country partner dances, enjoying parties and activities together, and dining out with friends. We invite both couples and line dancers to join us in this very fun and social Club! We wish you all a happy New Year!

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



Cribbage

The Top Ten Cribbage Resolutions for 2024 are Number 10, show up closer to 8:30 rather than 8:55 AM. Number nine, quit asking, "Can anyone break a 20?" Number eight, stop hunting for the softest chair. Number seven quit forgetting to pay your buck. Number six, stop looking for an "easy" table. Number five, stop frowning when you're "stuck" playing with M*****T. Number four, never "double" any card while on Fourth Street. Number three, quickly figure out what card makes 31. Number two, remember a flush in the crib must be five cards of the same suit. And the Number One Cribbage Resolution is stop leading with a five! We play Tuesdays at 8:30 AM, Card Room (OC). Recent winners: Lynn Bell, Mel Switzer and Jerry Carlson!

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Cyclists

You will still see our members out on the road in the winter. "How is that possible?" a person may ask. "Are they crazy?" "Don't they know that it rains and is cold in the winter?" Yes, they do know, but do they care? No, they don't! You will see our club members riding in the cold of winter, but not in the rain, if they can help it. Thermal underwear, insulated leggings, arm covers, warm gloves, hats, scarves, and many layers are needed to ride in the cold. A backpack is useful to hold the clothes that are peeled off as the riders warm up. Riding in the cold is an acquired skill that is unique to each rider.

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



Food Adventures

Our recent general meeting was attended by over 60 members and included a presentation on various types of soup followed by a tasting of delicious homemade soups and bread shared in the KS Kitchen. Our holiday party was held at Bennett's Westside Grill in Rocklin, with 40 members enjoying a cocktail hour, a delightful dinner, and the opportunity



Food Adventures Club Christmas Party

to socialize with new and old friends. We are very enthusiastic about planned activities for 2024, including our January 22 general meeting at P-Hall (KS) featuring "Winter Wassailing," cooking classes, a large appetizer gathering at homes for 60 plus members, a mushroom presentation/appetizer sampling, and more! We welcome new members. Please contact our president, Paul Wankle for additional information.

Contact: Paul Wankle 925-989-9547,
pwankle@gmail.com

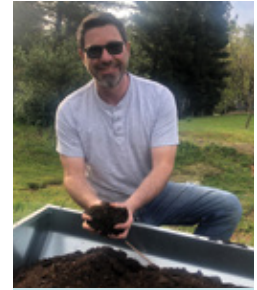


Garden

"Kicking Off" our group's first General Meeting on January 25, 2:00 PM, KS, will be Kevin Marini. His topic is "Best Practices of Great Gardeners." It brings together all the key gardening practices he has learned about from great gardeners over 20 years! Come at 1:00 PM for renewal or registering for 2024 Membership with cash or check for \$20 made out to Lincoln Hills Garden Group. See our website for registration

forms. Early arrivals can also purchase garden items from the "Brown Bag Table" donated by gardeners for Lincoln projects, attend the Master Gardeners' Q's & A's session at 1:30 PM before the meeting starts, and get a good seat. Pre-registration guarantees the "Fast Line" check-in.

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



Kevin Marini, Placer County Master Gardener Project Manager



Genealogy

"If you want to go fast, go alone. If you want to go far, go together." This quote is a reminder of why we join clubs. In the Genealogy Club, there is always someone who can help you go further in your research. Our January 19 speaker is Jim Baker. Meeting time is 10:00 AM at KS. Afterwards, we will have a Social in the Placer Room (KS). Jim's topic for this month is on DNA, the major DNA companies' most essential tools, and how they apply to different DNA users. Workshops are offered on

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



Golf

Ladies XVIII

Ladies, it's cold outside! Many of our players refrain from winter play, but Ileen Marshall is excited about her Amazon cart cover order, which she can easily install on the Club's E-Z-Go golf carts. There are no excuses, thanks to this solution. Come play each Thursday at 9:00 AM. As we begin the new year, Wendy Seagraves, our new captain, will be leading us with the assistance of Co-Captain-Maureen Senn, Treasurer-Nancy Sartor, Secretary-Eileen Boore, and Past Captain-Barbara Grant as our Executive Board. Extended Board members consist of 15 committee chairs and many others who assist them. Our "Villages"



2024 Board: Seagraves, Senn, Boore, Grant, Linda Chappellelear and Sartor

are many, and we thank our members for their participation and commitment to the Club. Happy New Year to Everyone!
Contact: Linda Chappellelear 916-409-0151, linda_chappellelear@sbcglobal.net
Website: www.lincolnhillsladiesgc.memberplanet.com

Lincsters

Our golf play days came to a close with a fun Turkey Trot tournament. Only three clubs plus a putter were allowed. It was amazing how many good rounds were played. We ended our year with a fabulous "Tees the Season" holiday luncheon chaired by Alyce Stanwood, complete with fun Santa décor. Over thirty cash awards were handed out. Congratulations to our Club Champion (low gross), Brenda Cook, and Marie Bossert (low net). There were awards for Most-Improved, Georgia Shipley; Most-Dedicated, Carmen Farrington and Gay Gladden; and Golden Putter, Margie Jewett. We're looking forward to our Grandmother's Tournament on January 17, which is open to any member who is, wants to be, or has a grandmother.

Contact: Nancy Hastings 935-337-9391, nhast38@yahoo.com
Website: www.lincsters.com

Men's

Happy New Year, and welcome to a new and exciting year of golf tournaments. First up is the Winter Slosfest on January 23 on both the Hills and Orchard Courses, starting at 9:00 AM. It is a four-man scramble format, so grab your team. The Board approved the following committee head responsibilities: Keith Bergevin, Tournament Director; Dan Guth, Social Director; Douglas Krochak, Sponsorship Director; Bill Hall, Handicap Chairman; Wayne Sutton, CVS Director; Brian Fox, Rules Chairman; Mike McGuire-Back, Communications Director; Bob Schoenherr, Membership Director; and Fred Jaicks, Webmaster.

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



Hikers & Walkers

The past year was very good to us. Our walking activities expanded to a "Walk for Wellness" group, which was welcomed by numerous club members. The hiker group was also active, with multiple hikes per month from the Sacramento Valley to the Sierras during the year. There were also multiple well-attended social events and

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Bobelaine Audubon Nature Preserve on the Feather River

a fun outing to Cannon Beach, Oregon. This year we are starting with a meeting on January 17 to schedule new hikes and develop new leaders. A club sub-team is also working on plans for a new outing in the spring. Check our website for the latest details on weekly walks, hikes, events, and membership. Enjoy the new year with a hike or walk!

Contact: Tom Denzler 530-368-2564, tdenzler@sbcglobal.net

Website: www.lincolnhillshikers.org



Investors' Study

The next meeting is Thursday, February 1, at 2:30 PM in P-Hall (KS). Morgan Stanley will provide the speaker and present their market information which is shared with members. 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 financial 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 Investor Study.

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



Lavender Friends

Did you know that one of our Lavender Friends members has donated a large collection of LGBTQ-related books to the Lincoln Public Library? Kathy Snelson donated the collection in honor of her mother, who passed away last May. Kathy worked closely with the Director of Library Services, Kathryn Hunt. Club members will get a chance to tour the collection later this month, but anyone can find the books by going to the



Some of the books in the new library collection

library website and searching the catalog for "Carol J. Kiouss Memorial Collection." Also, this month, mark your calendar for our biannual business meeting and first ever Idea Fest on January 27. Lavender Friends is a club for LGBTQ residents and their supporters.

Contact: Sandi Dolbee 916-409-2156,

sandidolbee@yahoo.com

Website: www.lavenderfriends.com



Mah Jongg, Chinese

Tired of sticking to New Year's resolutions? Then join us for Chinese Mah Jongg. For those unfamiliar with the game, it's similar to gin rummy but played with tiles. The game is easy to learn, and we'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 by the Card Room (OC) a few minutes before 9:00 AM on Monday 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 916-295-9849, randy888@pacbell.net



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Mah Jongg, National

The Club enjoyed a wonderful holiday luncheon in December at Meridians. Penny Grmolyses will continue as our President. Gay Gibson has kindly stepped up to write the *Compass* articles for 2024. Many thanks to Penny and Gay and to all the club members who make this such an enjoyable club. All are welcome to join us in the Card Room (OC) every Tuesday from 12:30 to 4:00 PM. Penny will resume free lessons in January. Please contact Penny directly to get scheduled. We look forward to seeing you on Tuesday afternoons. May the jokers be with you!



Our Christmas photo after a great lunch at Meridians

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



Mixed Media

It is a good year to try our Club. Everyone is welcome to join us, from the novice artist to the experienced.

We meet on the third Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. Learn to use various art mediums such as acrylic paints, markers, watercolors, and more. During the Club, members are guided through an art project. There is lots of room for individual creativity. The Mixed Media Club provides a monthly art challenge for those who want to do something extra. "Snow Day" is the February art challenge prompt. Use the prompt to inspire your art and share it at the February meeting. For more information or questions, contact the Club President, Chris Fetter. Contact: Chris Fetter 916-276-7895, mixed.media.chrisf@gmail.com



Music

We had our first meeting of the new year on January 10. In the future, whether you sing or play an instrument or just want to listen to other performers, join us in P-Hall (KS) from 2:00 to 4:00 PM. If you want to perform, sign-ups are available at 1:30 PM. We meet on the second Wednesday of the month, January through October. Additional information can be found on our website. 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 from 1:00 to 3:00 PM (OC). Contact Ron Peck at 925-788-5869 for information. All groups are open to Lincoln Hills residents. Contact: Julie Rigali 925-787-1875, rigalijulie@gmail.com Website: www.lincolnhillsmusicgroup.org



Needle Arts

Our members started the new year off with a bang at our first general meeting of the year on January 9. The First Vice President (Programs) position is still open. Please contact Brenda Wright, President, to learn more. Workshops continue, as do the Breakout groups. You'll find the listings detailing information for each of these on the NA website. As a reminder, you must be a NA member to participate in a breakout group or the workshops. Dues remain unchanged at \$20 for the year. If you haven't already signed up for membership or



Jeanne Helland with her Thank You Quilt

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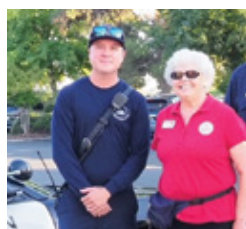
need to renew your membership, you will find the membership form on the NA website.

Contact: Brenda Wright
925-786-3702,
sclhneedleartspres@gmail.com
Website: www.sclhna.com



Neighborhood Watch

Traditionally, New Year's is a time to consider resolutions to make the coming months more productive. One way to make a difference in our community is to volunteer with Neighborhood Watch. NW works with the Lincoln Police and Fire Departments to help keep our residents safe and secure with alerts about scams and crimes in our area.



Louis Robertson of the Lincoln Fire Department and Linda Minor

It also provides links to community services such as "Placer Protects 211." We need Mailbox Captains, Village Coordinators, and Directors. No experience is necessary, just a willingness to strengthen our community ties. For more information, contact Executive Director Linda Minor. In addition to Linda, our Board

of Directors for 2024 includes Dee Fuggiasco, Stephanie Guillory, Denise Hexom, Patricia Hammer, Renee Plummer, Suzanne Rosevold, and Teresa Tanin.

Contact: Linda Minor 707-235-0778,
executivedirector@sclhwatch.org
Website: www.sclhwatch.org



Painters

Congratulations to all the painters who entered our "Flight" Paint Challenge and made it difficult to choose the winners. The next challenge is "Sparkle" on February 20. Hurray for the Holiday fun we had at the Turkey Creek Bar & Grill, where we enjoyed lunch, lively conversation, and colorful paintings. Buonarroti Ristorante continues to feature our Club's paintings until February 9. We have updated our Resident Website page, where club information and applications can be found: <https://sclhresidents.com>. It's time to renew your membership! Please be sure and fill in a new application as we are updating



Oil painting by Marianne Oliphant

our records. Meetings are on the third Tuesday of every month at 1:30 PM in the Fine Arts Room (OC). Dues are \$15 a year and \$25 for couples.

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



Paper Arts

During our first meeting of the new year on January 4, our new project coordinator, Mina Bahan, presented three cards, each with a different fold. Thanks, Mina, for taking on the project coordinator position for the new term. We look forward to many more of your creations. We meet on the first and third Thursdays of the month for general meetings and open Lab in the Terra Cotta Room (KS) at 9:00 AM. Members can check the monthly newsletters (email) for updates.

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



June Paquette, outgoing president, at the Holiday Luncheon

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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

In December, members gathered for our annual Holiday Breakfast Social at OC. We enjoyed a delicious buffet and enjoyed social time together. Our January meeting will be a hands-on workshop on single flash photography as a follow-up to the presentation made by Arik Gorban in November. Bring your cameras or cell phones, and get ready to practice! Field trip planning is already underway for the new year, with a trip to Monterey, Carmel, Pacific Grove, Asilomar, 17 Mile Drive, and Big Sur areas scheduled for late April. Many more trips will be added, including local adventures. Thinking about joining the Photography Club? We always welcome new

members. For information on meeting times, schedules, and how to join, please check out our website.

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



Pinochle

We welcome all players! Many of us have not played in years, but it comes back quickly. We meet in the Card 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 Readers Theater, free to the public, will present "Memories Are Made of This," written and directed by Alan Lowe, on Saturday and Sunday, February 3 and 4, at 3:00 PM in P-Hall (KS). This delightfully amusing one-hour show features stories about residents of the fictitious senior community

of Sun Ridge. In five separate short plays, each with a different cast of actors, you'll enjoy the humor of what we all experience in our own Lincoln Hills: from confusion over the expiration date on a bag of salad greens to questions in life and love that go unanswered, and more! The next Players meeting is Monday, February 12, at 4:00 PM, in P-Hall (KS). Curious about the Players club? All residents are welcome to attend.

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



Poker

We play a variety of poker games Mondays from 1:00-4:30 PM, Tuesdays from 1:30-5:00 PM, and Fridays from 1:00-4:30 PM in Multipurpose Room (OC). Tables are available to play a variety of five-and seven-card poker games, including Omaha, Texas Hold'em, Stud, and Draw. Players will be seated provided they arrive by 12:45 PM (Mondays and Fridays) or 1:15 PM



February 3 and 4
 Readers Theater

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on Tuesdays. The seating arrangement will eliminate people not being able to play because tables are full. If you have questions, please contact Paul.

Contact: Paul Marcorelle
925-658-2404,
pmarcorelle@hotmail.com



RV

RV there yet? Our 2023 season was a great success, full of fun with lots of friendships and adventures along the way. We kicked up our heels at the Holiday Party and rang in the New Year with a trip to the Rose Parade. Our membership is growing! We welcome RV owners of all types/sizes who realize the value of RV camaraderie on the road and around the campfire.



Campfire shenanigans at Newport Beach in December

We plan short trips around NorCal or longer trips here in the West. If you would like to learn more about our group, join us at our monthly meeting held the second Thursday of each month, 4:30 PM in the Placer Room (KS). For more information, contact

Tari Briscoe at 530-210-3302 or taribriscoe@gmail.com.

Contact: Jake Baker 916-838-5255,
jbaker525311@gmail.com
Website: www.lhrvg.com



SCHOOLS

Happy New Year! If your New Year's resolutions include volunteering in the community, we have a spot for you. Teachers in Lincoln schools, grades K-5, and Phoenix High are asking for volunteers in the classroom. Teachers guide the volunteer involvement. No prior experience is necessary, and the hours and days are up to you. Volunteers report that the benefits of helping children and teenagers outweigh the commitment in time. Look for the date and time for our annual meeting in September. It will be a round table conversation among volunteers to share ideas and experiences. For Phoenix High, contact Irma at jmeidm@aol.com. For K-5, contact Cyndi.

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



Mary Ales teaching word recognition



Scrabble

We welcome any interested residents to join us in a game or two of Scrabble. Players meet every Monday afternoon at 1:00 PM in the Card Room (OC). All game materials are provided. No reservation or advance notice is necessary. If you like word games, come and try it out.

Contact: Anne McMaster,
wiltonanne@yahoo.com



Shuffleboard

Our three additional PolyCourts arrived in December, and all five courts should now be located in the Sports Plaza. They are either on the Multi-use Court or on Tennis Court #10 as voted by the Board of Directors in their December 21 meeting. Both locations are next to the softball field parking lot. We have worked with the Administration to lay out the courts and provide necessary seating and equipment storage on site. The actual location, days, and times for club play and new player orientation will be posted at the courts via Wellfit eNews and on the OC/KS club boards. Other large social clubs are forming shuffleboard groups and will schedule regular play



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times. An online Resident Website court reservation system will be active soon.

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



Singles

We just enjoyed our Welcome to 2024-New York Style event, fun for all! Now that the busy holiday season is over, what are we to do? Relax and get back to our usual Singles activities. Our big event for January is our Pre-Super Bowl Party to be held on January 26 at 5:00 PM at KS. Wear your favorite team sportswear! On February 4 at 4:00 PM, we have our monthly Birthday Celebration. Second Saturday Breakfast is in the Sports Bar on February 10 at 9:00 AM. Our Business Meeting will be on February 15 at 6:00 PM in the Ballroom (OC). We have started playing Shuffleboard on Thursdays and Saturday afternoons. We continue Bocce Ball on Wednesdays at 2:00 PM and Golf on Fridays.

Contact: Sarah Lambrose 916-296-6906, kathyshaddox@gmail.com



Softball

This year marks our League's 25th anniversary. As the New Year kicks off, Board Members are planning the

Summer Recreation league and some special events to commemorate our anniversary milestone. The Player Application is now available on our website. The deadline for submission is mid-February. League play starts in April. Weather permitting, a player conditioning clinic will take place at the field in early spring so participants can start getting into shape before practices begin and the season kicks off. The deadline for submitting rule change suggestions is January 31. If there's something you want changed, put it in writing and send to the Commissioner. Check our website for the latest news. We hope to see you out on the field soon.

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



Sun City Squares

We dance on Mondays from 1:15 to 3:30 PM at KS. If you are interested in joining us and learning to dance, please visit the website, dancingwithtom.com/square-dance-instruction.html. You may also call Bob Grupp at 916-408-1868 for more information. We dance at the Advanced level on Tuesdays from 2:00 to

4:00 PM at KS. Join us, and you will find a group of happy, fun people.

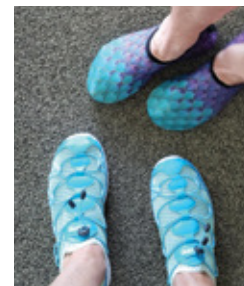
Contact: Jean Grupp 916-408-1868, jean@grupphomes.com



Swimmers & Water Walkers

Our first meeting of the year will be held on Monday, February 12, at 3:00 PM in the Fine Arts Room (OC). The future of our Club will be determined. This is an important meeting, so please come with your input, suggestions, and comments. See you there.

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



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in the Multipurpose Room (KS), on Sundays, 8:00 AM to 5:00 PM; Tuesdays, 6:00 to 9:00 PM; and Fridays, 8:00 AM to Noon. All skill levels are welcome. Wear non-marking court shoes. There are no dues, and loaner paddles are available. You can stay informed on club activities by signing up on our email list located on the new member sheet on the table at play sessions. You may withdraw any time.

Contact: Carl Lynch 408-203-0633, pingpongsclh2@gmail.com
Website: <https://sclhresidents.com/group/pages/table-tennis-club>



Tap Company

The spring production by the Tap Company, "Everybody Dance Now," is shaping up to be a fantastic performance. The Planning Committee (Sharon Lefkov, Kathy Fernandes, Mary Adamson, Jennifer Carroll, and Alison Wolfe) has been hard at work putting together practice schedules, organizing the



Learning the Steps

multitude of acts to be performed, developing set design, taking care of all technical aspects required for the show; and publicizing the spring performance. The curtain goes up in the Ballroom (OC) on April 4 and 5 at 7:00 PM and April 6 and 7 at 2:00 PM. Tickets go on sale January 17. They are available online at the Resident Website or the Lifestyle Desks. Come out and enjoy a wonderful show while supporting your fellow residents on stage.

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



Tennis

Bringing in the new year with our new board of directors and ending 2023 with exciting competitions (LITT; Intramural Team Tennis) reflects the vibrancy of our group. We invite you to think about joining us for great physical and social action. We offer beginner and refresher free lessons with Steve at stevebringman@yahoo.com. Our



LITT Team Captains: Kitty, Trish, Denise and Paula

group works year-long to bring you four major tournaments, monthly activities, website, and social events. But the real work is the fact that we advocate on behalf of players to the association and outside groups to keep our courts and keep them maintained. If you don't participate in one event, supporting the tennis group supports your play. Happy New Year! See you on the courts.

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

Website: www.sclhtg.com



Veterans

Steve Reed, a service officer for the VFW and an ambassador for the Honor Flight Bay Area, will be the featured speaker at the January 18 meeting at 1:00 PM in the P-Hall (KS). Honor Flight Network is a national nonprofit organization dedicated to showing our nation's veterans the appreciation and honor they deserve by bringing them to Washington, D.C. to visit the memorials that commemorate their service and sacrifice. While initially focused on America's World War II veterans, Honor Flight Network has expanded its mission to include those who served during the Korean War and the Vietnam War and veterans of any era who are critically ill. Honor

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Contact: Jeff Davis 408-483-2860, jdavis879@me.com



Water Volleyball

It's a New Year and a new opportunity to join in the fun in the pool. We closed the old year with our semi-annual "Some Spike it Hot" tournament. Team "Block Party" swept the championship and received the gold medal! Water Volleyball is a fun way to interact with others: laugh, splash, and make some new friends. Don't know how to play? We offer Mentoring, Drills, and Skills classes. There are monthly Ladies Nights, Tournaments, and parties outside of the pool. Come to KS on Saturdays for a Free Play Saturday. Saturday is the time to get in the water, try it out, and



Some Spike it Hot Tournament

decide for yourself how much fun it is! See our website or Call Jerry Grisler at 209-648-9534 for more info.

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

Website: www.LHWaterVolleyball.com



Woodcarvers

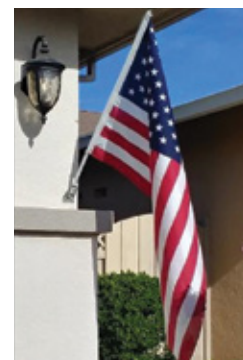
With the name "Woodcarvers Club," the expectation is that everything is carved. Well to a point it is. However, there are some members who use pyrography in conjunction with woodcarving. Pyrography is the art of wood burning and is used to design and enhance woodcarving with a heated pen. Historically it was used to decorate and brand various tools and ultimately became an art form and was done on blank "canvases" of wood. Like pen and ink on paper. Our Club members have a large library of carving books, magazines, and DVD's for plans and ideas. We have carving tools that you can use. Woodcarvers Club meets every Wednesday from 1:00-4:00 PM in the Sierra Room at (KS).

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



Writers

November and December brought us written information about America's military observances: November 10 - US Marine Corps' 248th Birthday (1775); November 11 - Veterans Day; December 7 - Pearl Harbor Remembrance Day (1941); and December 13 - US National Guard Birthday (1636). Some people wrote poems or stories to honor our deceased service members, our current Veterans, and our Active-Duty personnel stationed worldwide where they're needed to protect our Allies and us. Bring your writings to the Writers' Group, which meets from 5:00 to 7:00 PM on the second and fourth Mondays in the Computer Room (OC). Until our next meeting, be safe, be nice, and remember our military service personnel.



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

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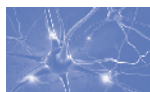
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Alzheimer's-Dementia Caregiver's Support

Our Support 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. January's speaker is Christa Kinsman with Advocate Fiduciary Services. Her subject is "How Can a Fiduciary Help Me?" 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. We meet the second Wednesday of each month at Joan Logue's home at 3:00 PM for a group session. The next meeting will be February

14. 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

Our January speaker, RaeAnn Salvador from Lincoln Acupuncture and Integrative Health, talked about acupuncture and its many benefits in treating, among other things, chronic pain, neurological disorders, fibromyalgia, nausea, and autoimmune disorders. Acupuncture is widely used in the medical field, often for issues that don't respond to traditional treatments. If you would like to learn more about Bosom Buddies, please feel free to come to one of our meetings on the second Thursday of the month at 1:00 PM in the Multipurpose



Cheryl Hansen and Dee O'Hara spearheaded our successful holiday party

Room (OC). We have interesting speakers, not only on medical topics but also on other subjects. Our ladies have experienced a variety of treatments and medicines. We're a good source of information and welcome questions. But what's most important is we support each other.

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 F. 916-204-1624, kayfischer89@gmail.com
Website: www.gam-anon-loomis.com



Low Vision Support

Our next meeting is Tuesday, February 6, 2:00 to 4:00 PM, Fine Arts Room (OC). Rachel Norton, Director of

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2425 Swainson Lane, Lincoln, CA 95648

Clinic Services and Outreach for the Society for the Blind, will be sharing information about her organization, the specific services offered, as well as details regarding their low vision clinic. On Tuesday, March 5, 2:00 to 4:00 PM, Fine Arts Room (OC), "Let's Look at Devices" will be the topic. Our speaker, Cory Hanosh of Northstate Assistive Technology and Society for the Blind, will bring the latest items for those with Low Vision. Cory will also review OrCam, Portable Magnifier/Readers, and the audio programs Jaws, Magic, and ZoomText. Meetings are open to all residents.

Contact: *Stu Singer 703-864-8161, stuausinger3@gmail.com*

Multiple Sclerosis

Our next meeting is Tuesday, January 16, at 1:00 PM in the Multimedia Room (OC). It promises to be informative with a favorite speaker, Rex Owens, WellFit Supervisor, who will be sharing the benefits of the Mediterranean Diet. Rex is Greek and has a passion for the good, healthy food of the Region!



All are prompted to share their healthy food ideas and successes during the share portion of the meeting. Members, their guests, and potential new Members are invited to attend. Our Holiday party was a blast, hosted by Joni Deutsch, featuring free bingo and raffle prizes thanks to sponsors, The Lincoln Hills Foundation, Tupperware, and Kindhearted businesses! Also celebrated were \$1,000 donors to MS Walk: Alan Weber Family and Donna Judah, Coldwell Banker, Real Estate!
 Contact: *Jeri Di Fiore 530-401-2135, 2020jeridifiore@gmail.com*

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Volunteers are ready to assist you with your 2023 tax returns. This free service will be available by appointment only this year at Granite Springs Church, 1170 E. Joiner Parkway. Clients can make income tax preparation appointments by calling 916-258-5065 beginning January 15, 2024. The Intake/Interview Sheet, Form 13614-C, is required of all clients and will be available in the Orchard Creek Lodge lobby, Kilaga Springs library, Lincoln City Hall lobby, and Granite Springs Church. These returns will be filed electronically (e-file) with the IRS and California FTB.

A Course in Miracles

This is a study group for the book, "A Course in Miracles," which teaches how to shift our perception from fear and judgment to love and forgiveness and, as a result, to experience more joy and peace in our lives. It is essentially a self-study of 365 lessons that teach how to see things differently using psychological processes based on spiritual truths. In our ongoing study group, we discuss and share how the successful application of these principles changes our lives. For more information call 916-409-5253.

Airport Co-op

We are open to Lincoln Hills residents to share rides to and from 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, and mail it to the address provided.

For more information, call Barb Iniguez at 916-408-7812.

Cloggers

Happy New Year! How did it get to be 2024 so quickly? We hope you had a joy-filled holiday season and are safe and well. Now it's time to get into one of the most joy-filled, energetic, noisy dances imaginable – clogging! Clogging is fast-paced, with "buck" steps, double-toe and heel taps, leaps (well, not all of us leap), hops, and huge sounds. Clogging shoes have four taps each, making lots of noise. Clogging will definitely burn off those holiday 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

Everyone had a wonderful time at our December holiday party. We especially enjoyed meeting and chatting with Jessica Morse and Neva Parker, our endorsed candidates for Congress and the State Assembly, respectively. We continue our volunteer service at the Placer Food Bank with three shifts scheduled for 2024. We have

reserved rooms for our 2024 meetings and are preparing for the March 5 primary. Our Thursday, January 18, 7:00 PM meeting will feature Lisa Heinrich, Placer Food Bank Director of Development and Communications. For more information, please see our website <https://democraticclublincolnca.org>.

Italian Club

In Italy they say, "Life begins after coffee." Don't miss "Italians Love All Things Coffee," an event that will perk you up, set for February 24 (KS). On March 20, we'll return to the Blue Goose in Loomis for another Western Night, a club favorite. Then, on April 20, we'll learn more about an area of Italy during a Regional Event. 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.

Lincoln Police Department Volunteer Program

The program is open to Lincoln Residents who are 21 years old or older. This ongoing recruiting effort is for those individuals who would like to volunteer for our Patrol Division (vehicle patrol, "eyes and ears" in the community). Qualified individuals will receive training on all aspects of Police Volunteer work. For more information, contact Roy Osborne at 916-645-4081.

Racquetball Group

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

Happy New Year! We look forward to an event-full year for your Republican Club. It will be a time of giving talents, time, energy, and possibly money for your favorite candidate(s). Saturday, January 20, the club kick-off will be from 1:00 to 4:00 PM in the Placer Room (KS). We will have new format to discuss issues facing us today, and how to address them. You will not want to miss this meeting! Lincoln Reagan Trump dinner, Saturday, February 3, 5:00 to

10:00 PM - Blue Goose event center, 3550 Taylor Road, Loomis. tickets; placergop.org/events dues \$15/per person/per year. www.RepublicanClubSCLH.org

Shalom Social Group

Members thoroughly enjoyed our annual Hanukkah dinner. Delicious food, an exciting raffle, and friendship made for a wonderful evening! Our January speaker will be Tevin, head of the Jewish Film Festival, with a preview of the Festival's films. At our Women's Group luncheon, we heard representatives of the National Council of Jewish Women. We still volunteer at Placer Food Bank. Our club focuses on Jewish history, culture, and food, but membership is open to everyone, and our membership is growing. For more

information, please contact Margie Gulko at 916-543-5303 or Deanne Iliff at 530-518-3704.

SIR: Social Activities for Men

The mission of SIR is to improve the lives of our members through fun activities, lunches, and events while making friends for life. The Lincoln Hills Branch of SIR meets on the third Tuesday of the month at Catta Verdera Country Club. Contact Phil Sanderson, Membership Chairman, at 916-408-4764 or Jay James, Big Sir, at 408-533-3132. SIR, Inc. is a non-profit organization that provides social activities for men. SIR is strictly social, it does not do fundraising, has no religious affiliation, and is non-political. To learn more, visit www.wearesir.com or www.sirbranch13. Come, join us for a free lunch.



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Golf Cart Registration

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

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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

TBD, 8:30 to 10:00 AM, (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.



KS At The Movies: The King's Speech (2010)

Friday, January 26, 1:00 PM, P-Hall (KS)

Embark on a compelling journey into history with "The King's Speech," a captivating period drama directed by Tom Hooper. Colin Firth delivers an exceptional portrayal as King George VI, a reluctant monarch plagued by a debilitating speech impediment. With the help of an unorthodox speech therapist, played by Geoffrey Rush, the king embarks on a journey to conquer his stammer and find his voice amidst the looming threat of World War II. This inspirational tale illuminates the personal struggles of a royal figure and resonates with the enduring power of perseverance. Rated R. 118 mins. Drama. Historical.



Document Destruction

Monday, January 29, 8:30 to 11:30 AM, Fitness Center Parking Lot (OC)

Red Dog Shredz offers state-of-the-art shredding trucks onsite to provide this service to Lincoln Hills residents. Paper clips and staples on files are okay, but no plastics or cardboard. Please place your items in your trunk for easy access. \$10 cash or check per average file box payable to SCLHCA. Place your payment in an envelope with your name, amount, and number of boxes. Just look for the big Red Dog Shredz truck in the parking lot.



Meet the Author Lecture Series: Claire Booth, Pat Canterbury, Jessica Arden, and James L'Etoile

Monday, January 29, 2:30 PM, P-Hall (KS)

Kicking off 2024 with a four-author panel, Sacramento area mystery writers will discuss their journey as writers and why mystery stories are such a popular and enduring genre. Claire Booth, our speaker last May (the Hank Worth Series), will lead the panel discussion with Pat Canterbury (adult and young adult mysteries), Jessica Arden (paranormal cozy mysteries), and James L'Etoile (crime fiction) about their books and experiences. There will be a question-and-answer session following the panel discussion. *The Meet the Author Lecture Series program is presented by the Lincoln Hills Library Volunteers and benefits and supports the libraries.*

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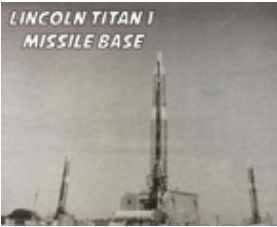
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USACE Community Meeting - Titan 1-A Project Update

Wednesday, January 31, 4:00 to 6:00 PM, Ballroom (OC)

The US Army Corp of Engineers will provide updates on the Lincoln Title Missile Site.



The Lincoln Hills Players Club presents "Memories Are Made of This"

Saturday, February 3, and Sunday, February 4, 3:00 PM, P-Hall (KS)

The Lincoln Hills Players Club is pleased to present its next Readers Theater show, which is free to the public. "Memories Are Made of This," by Alan Lowe, is a warm and funny one-hour presentation featuring five short mini-plays about life in Sunset Ridge, a fictitious senior community. Fun for all!



KS At The Movies: Darkest Hour (2017)

Monday, February 5, 1:00 PM, P-Hall (KS)

This film is directed by Joe Wright, is a historical drama focusing on Winston Churchill's early days as Prime Minister during World War II. Gary Oldman's portrayal offers a glimpse into Churchill's challenges and leadership against the looming Nazi threat. The film provides an insightful look at a critical historical moment, depicting the courage and decision-making of a leader facing enormous pressure. Rated PG-13. 125 mins. Drama. Historical.



Digital Resources from Public Library – Community Forum

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

Are you curious about digital books and audiobooks but don't know where to start? Or are you already an eBook fan but 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.



Systems Grazing, Strategic Planning – Sheep and Goats in Lincoln Hills – Community Forum

Thursday, February 16, 2:00 to 4:00 PM, P-Hall (KS)

Come learn everything you were ever curious about with regard to service grazing of landscapes from Lee Hazeltine and Laura Gunderson. Yes, that's the goats and sheep you see yearly in our open space. From the history of their own grazing program to the ecology, biology, and economics of systems grazing, Lee and Laura of Integrazers will share their story, give insight into land stewardship, and answer questions at this presentation.

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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

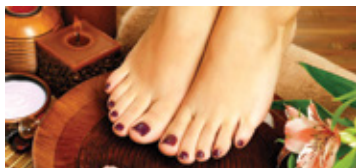
Our classic manicure will rejuvenate over-stressed nails. This service will give you a delicate cleansing, gentle exfoliation, nail shaping, cuticle care, a relaxing massage, and polish to freshen and renew your hands.



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.



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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 January 17

Events

*Tuesday Dance Night

Tuesday, January 16 —
LSE562

Tuesday, February 13
 — **LSE564**

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

Thursday, February 15
 — **LSE565**

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

General Admission, Lounge Style

\$8 per person/per dance night

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.



Performances

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.



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***Lacy J. Dalton with Andy Kahrs**

Thursday, February 8
— LSE568

7:00 PM, Ballroom (OC)
Premium Reserved Seating \$26
Standard Reserved Seating \$23



Lacy J. Dalton, a Country Music Legend, earned induction into the North American Country Music Association International Hall of Fame. She received a Lifetime Career Achievement Award from the Josie Music Awards. Notably, in 1979, she claimed the Academy of Country Music’s Top New Female Vocalist title. Her hit song “16th Avenue” became the anthem for Nashville songwriters. With chart-topping records like “Crazy Blue Eyes” and “Black Coffee,” she garnered numerous Grammy nominations. Andy Kahrs, acclaimed for his Rhinestone show honoring Glen Campbell, returned multiple times to Lincoln Hills, delivering original tracks recognized by Spotify’s ‘Best Blues Songs of 2022’ playlist.

***Neon Playboys Dance Concert**

Thursday, February 29
— LSE570

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



The Neon Playboys are a group of well-seasoned veterans of the music industry. Blending a combination of dance, funk, R&B, and disco favorites, these four musicians are guaranteed to bring the dance floor to life. Throughout their power-packed performance, you will hear hits from Prince, Kool and the Gang, Stevie Wonder, Michael Jackson, The Commodores, Rick James, KC and the Sunshine Band, Hall and Oates, David Bowie, Earth Wind and Fire, James Brown and many more. Be prepared to dance the night away to the sound of the ‘70s and ‘80s with the Neon Playboys. No-host bar, and doors open at 6:30 PM.

***ABBAFab - The #1 ABBA Tribute**

Tuesday, March 5 — LSE569
7:00 PM, Ballroom (OC)
Premium Reserved Seating \$26
Standard Reserved Seating \$23



ABBAFab is a stunning tribute to some of the greatest music produced in the 70s and 80s, including monster hits such as Waterloo, Fernando,

Honey Honey, Dancing Queen, and countless others. From Abba’s earliest hits to Mamma Mia, ABBAFab will take you on a technicolor journey that is unmatched. ABBA’s record-breaking string of hits has stood the test of time and continues to thrill audiences of all ages. With vocals and musicianship that are second to none, the ABBAFab vibe is infectious. ABBA fans love it, and new ABBA fans are created at every show.

***The Lincoln Hills Tap Company presents “Everybody Dance Now”**

Thursday, April 4
— LSE571
7:00 PM, Ballroom (OC)
Friday, April 5
— LSE572

7:00 PM, Ballroom (OC)
Saturday, April 6 — LSE573
2:00 PM, Ballroom (OC)
Sunday, April 7 — LSE574
2:00 PM, Ballroom (OC)
Premium Reserved Seating \$25
Standard Reserved Seating \$22



“Everybody Dance Now” is a lively and entertaining production showcasing a wonderful variety of dancers, singers, and entertainers. The acts span a variety of dance genres. There will be tap, jazz, clogging, hula, just to mention a few. Singers will be crooning to chart-topping songs and Broadway tunes. The other entertainers will have a few surprises that will amaze and amuse. Presented by the Lincoln Hills Tap Company, we are fortunate to have the coordination and collaboration of the many performing arts members: Chorus, Players, Tap, and Vaudeville. Come out and enjoy a lively, entertaining evening or matinee.

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Presentations

Ray Ashton presents
The History of Rock and
Roll, "A New Generation"
The Early 1960s (Part 2)

Wednesday, January 17
1:00 to 4:00 PM, P-Hall (KS)
Wednesday, January 24
5:00 to 7:00 PM

Front Ballroom (OC)

Wednesdays, January 31 &

February 7, 1:00 to 4:00 PM, P-Hall (KS)

General Admission Seating \$40 (Includes all four
presentations) — LSE567

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.

Ray Ashton presents
The History of Rock and
Roll, Folk, Rock, Soul, and
Motown (Part 3)

Wednesdays, February 21, 28
March 6, 20

1:00 to 3:00 PM, P-Hall (KS)

General Admission

Seating \$40 (Includes all four
presentations) — LSE575

We continue our journey through the history of the most popular music of our times: Rock and Roll. In this session, we will meet Mr. Zimmerman from Minnesota, whose influence will change everything in the rock and roll world. We will discover the evolution of Folk into folk rock and the impact on lyrics that gave voice to the Protest Movement of the 1960s. We then experience some of the great Soul artists who ever graced us with their performances. Next, we will travel to the Motor City and find the power of America's most popular music – Motown!



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*Indicates on sale January 17

Day Trips

– Destinations –

Hard Rock Casino Shuttle

Wednesdays

\$10 per person/per trip

LST502 (1/24 AM)

LST503 (1/24 PM)

LST504 (2/14 AM)

LST505 (2/14 PM)

LST506 (2/28 AM)

LST507 (2/28 PM)



In conjunction with Hard Rock Casino, we are excited to partner in providing 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 special exhibits, our collection provides visitors with a truly unique automotive experience. 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 3:00 PM.

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***San Francisco Bay Flower and Garden Show**
Alameda County Fairgrounds - Pleasanton, CA
Thursday, April 4
\$96 — LST508



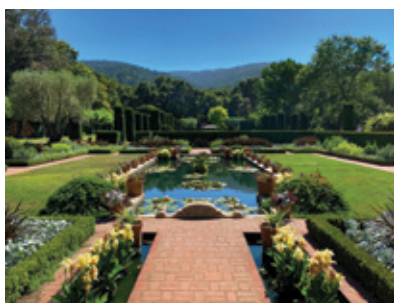
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***Ironstone Vineyards w/Lunch and Murphys Tasting Rooms**
Friday, April 12
\$159 — LST509



Explore the wine production area, a wine-aging cavern that maintains a year-round temperature of 60 degrees, and 14 acres of spectacular flower-filled, manicured gardens on a natural lake. Our day will start with wine tasting, tour, and canapés in the culinary center, followed by a buffet lunch, tour, and free time. We will then head to downtown Murphys to check out local wine-tasting rooms on your own. See Lifestyle Desk for the lunch menu. Wheels roll from OC at 9:00 AM ~ return 6:30 PM.

***Springtime at Filoli Gardens - 2 Dates**
Thursday, April 18
Saturday, April 27
\$99 — LST510
Thursday
\$99 — LST511
Saturday



Watch the Garden transform as the weather warms up and a new season begins. Walk through the 54,000-square-foot historic Georgian country house, noted

for its elegant interiors. Bring a packed lunch, which you can enjoy outdoors at the designated picnic area, or relish the various fresh offerings at The Quail's Nest café during your free time. Rest stop both ways. (The stop on the way home will have some fast food areas where you can grab food for the bus ride.) Wheels roll from OC at 8:00 AM return ~ 6:30 PM. Lots of walking with some uneven pathways.

– Performances –

SIX The Musical
SAFE Credit Union
Performing Arts Center
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; 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.

***Chris Perondi's Stunt Dog Experience**

The Center for The
Arts - Grass Valley
Saturday, May 18
\$99 — **LST512**



This cast of performers and dogs will delight audiences of all ages with high-energy excitement from beginning to end. During the Stunt Dog Experience, you will witness some of the most incredible stunts and behaviors ever performed by dogs. With amazing tricks, big air stunts, comedy antics, dancing dogs, and athletic feats, it is the most entertaining show

of its kind! After the show, enjoy some free time in Grass Valley for dinner. Wheels roll from OC at 1:15 PM for a 3:00 PM Show ~ return approximately 8:00 PM.

– Sports –**Sacramento Kings**

Golden 1 Center Sacramento

Help cheer on the Kings as they try to reach the playoffs for a second straight season. Seats for all games are located in the lower bowl with easy access. All rates include round-trip motorcoach transportation, lower bowl seating, and driver gratuity. Book early to guarantee your seats before they sell out!

**Kings vs. Atlanta Hawks**

Monday, January 22
\$139 — **LST485**

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

**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**

Dates TBD
\$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.

Overnight/Extended Travel

*Sierra Mountain Snow Train – Overnight Trip

Monday, March 11 to Tuesday

March 12

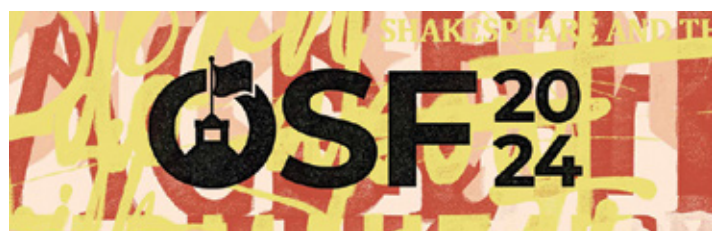
\$354 per person

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. The complete restaurant list is available at the Lifestyle Desks. Trip includes overnight 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.



Five days, four nights!

*Ashland, Oregon Theater Excursion

Tuesday, June 18 - Saturday, June 22 — **LST499**

\$1259 per person double occupancy; \$1759, single.

Join Scott, your Trip Coordinator, to the Oregon Shakespeare Festival 2024, named one of the best Shakespeare festivals in the world!

Trip Includes:

- Reserved seating at Angus Bowmer Theater for matinees of Shakespeare's "Macbeth"
- Reserved seating at Allen Elizabethan Theater for evening shows of Shakespeare's "Much Ado About Nothing" and Charlotte Brontë's "Jane Eyre"

- Four nights at Ashland Hills Hotel and Suites, which include daily breakfast

- Two dinners at Ashland Hills Hotel

- Visit Central Point's Artisan Corridor of Rogue Creamery, Lillie Belle Farms Artisan Chocolates and Ledger David Winery

- Dinner and wine tasting at Belle Fiore Winery

- Stop at McConnell Arboretum and Botanical Gardens/Sundial Bridge in Redding (with included box lunch)

- Lunch at Italian Cottage in 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.

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

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Register at the Lifestyle Desk (OC/KS)
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As of January 1, 2024, Lifestyle Class Instructors are now 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, as well as 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 January 17*

Dance

*Belly Dance Class – L1

Fridays, February 2-23
1:00 to 2:00 PM (KS)
\$40 (four sessions)
— LSC4517



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, February 20
10:00 to 11:00 AM (KS)
\$10 — LSC4524

Review of steps learned. We will pick some new steps to learn. Instructor: *Janice Hanzel*.



*Clogging – Introduction/ Foundations - L1

Thursdays, February 1-29
9:30 to 10:00 AM (KS)
\$50 (five sessions) — LSC4527

Introduction to clogging. This is the class if you’ve never clogged before. Come with your walker, cane, or wheelchair – this is good for your brain. Come sit and clog if you need to, but come 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, February 1-29
10:00 to 11:00 AM (KS)
\$50 (five sessions) — LSC4530

Review of all foundation and beginner steps. We’ll 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, February 6-27
9:00 to 10:00 AM (KS)
\$40 (four sessions) — LSC4775

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’ll 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 - Performance**

Tuesdays, February 13 and 27
10:00 to 11:00 AM
\$20 (2 sessions) — LSC5028

Finalizing performance numbers. Instructor: *Janice Hanzel*.

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

Tuesdays, February 6-27
11:00 AM to 12:30 PM (KS)
\$40 (four sessions)
— LSC4804



Focus will be reviewing dances that have been learned. Plus, there are loads of step reviews before we get into the dances. **Prerequisite:** Instructor approval. Instructor: *Janice Hanzel*.

***Country Couples Western Dance – L2/L3/L4**

Mondays, February 5-26
6:00 to 7:00 PM (KS)
\$40 (four sessions)
— LSC4532



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
February 1-15
1:00 to 2:00 PM (KS)
\$39 (three sessions)
— LSC4535



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 also be taught. **Prerequisite:** New dancers contact the instructor at 916-521-0474 to learn about Hula basics instruction. Instructor: *Pam Akina*.

***Jazz Performance – L2-L4**

Tuesdays, February 6-27
1:00 to 2:00 PM (KS)
\$40 (four sessions) — LSC4538

This is an intermediate class 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: *Becky Nicholson*.

***Line Dance, Classics, and Favorites – L2**

Tuesdays, February 6-27
8:00 to 9:00 AM (KS)
\$40 (four sessions) — LSC4544

Start your day with this “dance jam” style Line Dance class, with less instruction and more dancing. Each week, we dance a mix of classics and popular line dances (L2-L4) that are danced at major line dance events and internationally, such as “I Love a Rainy Night,” “Gin and Tonic,” “K is for Kicks,” “Tush Push,” and more. **Prerequisite:** L-1. *About the instructor: Ellen Hirvela* is an experienced teacher and loves to dance. Ellen studied Belly Dance and enjoyed performing with a troupe. In 2002, she became “hooked on” line dance. Ellen has taught all levels in senior communities since 2012.

***Line Dance, Country – L3-L4**

Fridays, February 2-23
3:00 to 4:00 PM (KS)
\$40 (four sessions — LSC4570



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, February 1-29

4:30 to 5:30 PM (KS)

\$50 (five sessions) — **LSC4541**

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, February 1-29

9:00 to 10:00 AM (KS)

\$50 (five sessions)

— **LSC4550**Instructor: *Yvonne Krause-Schenck***OR**

Mondays, February 5-26

4:00 to 5:00 PM (KS)

\$40 (four sessions) — **LSC4547**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 the 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, February 1-29

10:00 to 11:00 AM (KS)

\$50 (five sessions) — **LSC4555**Instructor: *Yvonne Krause-Schenck***OR**

Thursdays, February 1-29

3:30 to 4:30 PM (KS)

\$50 (five sessions) — **LSC4558**Instructor: *Cathy Paris***OR**

Fridays, February 2-23

2:00 to 3:00 PM (KS)

\$40 (four sessions) — **LSC4843**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 disciplines of dance since she was eight years old. 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.

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

Mondays

February 5-26

4:30 to 5:30 PM (KS)

\$40 (four sessions)

— **LSC4561**

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.



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***Line Dance, Improver - L3**

Mondays, February 5-26

9:00 to 10:00 AM (KS)

\$40 (four sessions) — LSC4564

Instructor: *Yvonne Krause-Schenck***OR**

Wednesdays, February 7-28

9:00 to 10:00 AM (KS)

\$40 (four sessions) — LSC4567

Instructor: *Sandy Gardetto*

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

***Line Dance, Intermediate - L4**

Mondays, February 5-26

5:00 to 6:00 PM (KS)

\$40 (four sessions) — LSC4573

Instructor: *Cathy Paris***OR**

Wednesdays, February 7-28

10:00 to 11:00 AM (KS)

\$40 (four sessions) — LSC4576

Instructor: *Sandy Gardetto*

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, February 1-29

5:30 to 6:30 PM (KS)

\$50 (five sessions) — LSC4579

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, February 5-26

10:00 to 11:00 AM (KS)

\$40 (four sessions) — LSC4585

OR

Tuesdays, February 6-27

10:00 to 11:00 AM (KS)

\$40 (four sessions) — LSC4582

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

***Tap – L1**

Mondays, February 5-26

11:00 AM to Noon (KS)

\$40 (four sessions)

— LSC4587

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

**Music*****Folk Guitar for Fun Folks – Beginning**

Tuesdays, February 6-27

1:00 to 2:00 PM (KS)

\$60 (four sessions)

— LSC4738

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.

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***Folk Guitar – Intermediate**

Tuesdays, February 6-27

2:00 to 3:00 PM (KS)

\$60 (four sessions) — **LSC4878**

This class emphasizes harder chord fingerings, more transitions of chords in songs, different strumming patterns, and various fingerpicking styles used by folk artists. The class can be taken in conjunction with the beginning class as long as the student feels comfortable 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

February 1-29

1:30 to 3:00 PM (KS)

\$100 (five sessions)

— **LSC4597**

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 musical genres while gaining knowledge and technique through a self-paced curriculum with a strong emphasis on learning to play songs that you enjoy. Lessons from Absolute Beginner to Intermediate Level include a combination of individual and/or group instruction. Questions? Please email Rodger. Instructor: *Rodger Mohme*, rmohme@gmail.com.

**Visual Arts & Crafts*****Card Making – Beginning, Introduction**

Fridays, February 9 and 23

9:00 AM to Noon (KS)

\$44 (two sessions) — **LSC4975**

Have you ever wanted to make a greeting card, but you weren't sure how to get started? Then this class is for you. This class will teach you all the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards at each session. This is a fun three-hour class. All supplies and tools will be provided. Class size is limited, so sign up early to reserve your space. Instructor: *Dottie Macken*. Registration deadline: January 24.

***Card Making – Intermediate/Advanced**

Mondays, February 5 and 19

9:00 AM to Noon (KS)

\$44 (two sessions) — **LSC4972****OR**

Wednesdays, February 7 and 21

9:00 AM to Noon (KS)

\$44 (two sessions) — **LSC4974**

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. Most supplies will be provided, but you will need to bring your card-making kits. Instructor: *Dottie Macken*. Registration deadline: January 24.

***Ceramics – L1-L3**

Thursdays, February 1-29

9:00 AM to Noon (OC)

\$115 (five sessions) — **LSC4590****OR**

Tuesdays, February 6-27

1:00 to 4:00 PM (OC)

\$92 (four sessions) — **LSC4906**

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: *Donte Cuellar*.





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***Ceramics – L4/L5**

Thursdays, February 1-29

1:00 to 4:00 PM (OC)

\$115 (five sessions) — **LSC4918****OR**

Tuesdays, February 6-27

9:00 AM to Noon (OC)

\$92 (four sessions) — **LSC4599**

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: *Donte Cuellar*.

***Fused Class Adv./Beg.**

Mondays, February 5-26

1:00 to 4:00 PM (KS)

\$120 Beginner

or \$75 Advanced - (three sessions) — **LSC4602**

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. All supplies included. Class size is limited. *About the instructor: Kate Uppal* has been working and exploring different forms of fused glass for the past 18 years, including glass fusing, dichroic jewelry, and glass frit artwork. She has created a portfolio of jewelry and glass artwork that expresses her joy and love of working with glass.

***Mixed Media Art Journaling**

Tuesdays, February 13 and 27

9:00 AM to Noon (OC)

\$56 (two sessions) — **LSC4939**

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

***Needle Felting, Beginner: Soft Sculpture Valentine Gnome**

Monday, February 5

Noon to 4:00 PM (OC)

\$50 — **LSC4750**

Using wool fiber and special needles, we’ll create one Valentine Gnome. All supplies will be provided (except the shoes, but I’ll tell you where to get them). We may or may not need all of the allotted time, but plan for at least three hours. An assortment of colors will be available on a first-come basis. 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.

***Needle Felting, Beginner: Painting with Wool, Mountain Lake**

Monday, February 26

Noon to 3:30 PM (OC)

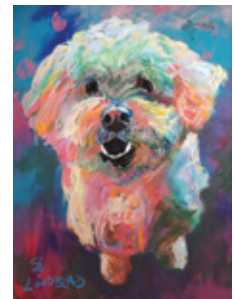
\$50 — **LSC4952**

Using wool fiber and special needles, we’ll create this mountain lake landscape. All supplies are provided, including a frame (not necessarily the one pictured). 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.

***Oil and Acrylic Painting – L4/L5**

Wednesdays, February 7-28

9:00 to 11:30 AM (OC)

\$104 (four sessions) — **LSC5014**

This ongoing painting class will help you become a better painter (while having fun), whether you work in oil, acrylic, or pastel. Art demonstrations are created based on class needs. The beginning stages of “how to” to the finish are shown regularly. Lots of individual instruction! Class critiques are done toward the end of the class. Sporadic projects are offered and, of course, optional! If you don’t 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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variety of seasonal items and
exclusive SCLH merchandise

WellFit Orientations

Free Orientations: WellFit Staff

Unsure where to start in the fitness centers? Sign up for our free orientation and learn how fitness centers work and how to use equipment safely and correctly. Orientations are designed to educate you on all the WellFit Department offers and get you started on your fitness journey. Register at fitness desks or enroll online on the Resident Website.

Fitness Floor (OC)

Tuesday, January 30
4:00 to 5:00 PM

Wednesday, February 7
2:00 to 3:00 PM

Fitness Floor (KS)

Wednesday, January 31
2:00 to 3:00 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.

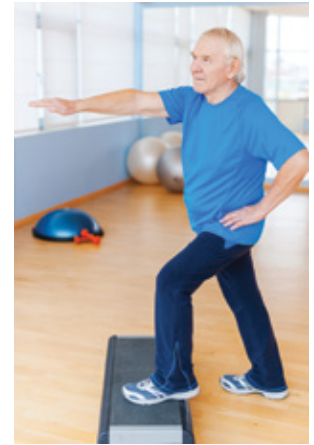
ONLINE: SCLHRESIDENTS.COM

Mindful Movement

Balance and Gait Training

Tuesdays, February 6-27
11:30 to 12:30 PM
Indoor Track (OC)
\$64 (four sessions)

Sign up for this one-of-a-kind wellness class to learn simple stretches, exercises, and techniques that will help improve walking, balance, core strength, and reflexes to prevent falls. We will use the indoor track, chairs, bars, and the wall for support. Some exercises will challenge not only your mind but your coordination as well. This class is limited to 10 students. Instructor: *Lisa Fisher*.



Healthy Back

Tuesdays
February 6-27
12:55 to 1:55 PM
Aerobics Room (OC)
\$15 each, Wellness Pass, drop-in

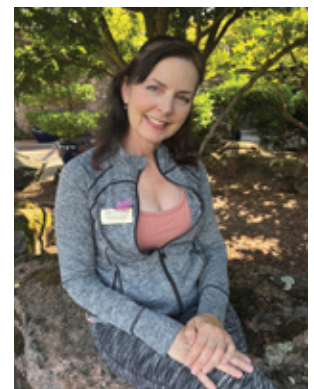
This class will take you through physical therapy-style exercises and stretches to develop a healthier and happier back. Last ten minutes may have students use a mat on the floor. Class is limited to 12 people, first come, first served. Instructor: *Danielle Merrill, Physical Therapy Assistant*.



Monday Meditation

Mondays, February 5-26
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*.



*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.

Tai Chi / Qigong L1
 Fridays, February 2-23
 2:00 to 3:30 PM
 Aerobics Room (OC)
 \$52 (four sessions)

OR
 Tuesday, February 6-27
 2:00 to 3:00 PM
 Aerobics Room (OC)
 \$52 (four 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
 Tuesdays, February 6-27
 3:10 to 4:40 PM, Aerobics Room (KS)
 \$52 (four sessions)
 Instructor: *Shifu Anney Siegel-Wamsat*

Tai Chi Without Boundaries! L1-L3
 Fridays, February 2-23
 3:30 to 4:30 PM, Aerobics Room (OC)
 \$52 (four 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, lower blood pressure, reduce pain, and improve quality of life. Each week, we will learn new movements of Yang Style Tai Chi without having to memorize a form. We will incorporate stretching for better flexibility, techniques for memory improvement, and Qigong. Come join the fun! Instructor: *Shifu Anney Siegel-Wamsat.*



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30 ANNIVERSARY




Tai Chi 24 Form Outdoor/Indoor L1-L3

Thursdays

February 1-29

2:00 to 3:00 PM

Amphitheater/
Aerobics Room (OC)

\$65 (five 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*.



Rex Owens
WellFit Fitness Supervisor
Rex.Owens@sclhca.com



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

Personal and Clinical Training

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.

Nutrition

Nutrition Coaching One-on-One

Do you ever wonder what to eat for weight loss, muscle building, or general health? Sign up today for a personalized nutrition plan.

What do I get?

A personalized plan to meet your needs with foods you love. A plan of what to eat for breakfast, lunch, and dinner (including snacks). The time to eat each food and how much to consume. You will be given options for each meal and learn to replace certain foods with a similar food profile when on the go.

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.

Reach out to a Coach to schedule:

Eva.DeMars@sclhca.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

Athletic Conditioning and Agility L2/L3

Thursdays, February 1-29
12:55 to 1:55 PM
Aerobics Room (OC)
\$70 (five 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.**

Have a Heart

Wednesday, February 13
Noon to 1:00 PM
Multimedia (OC)
\$20



Focusing on Heart health. It's never too late to start making positive changes. Come learn what the current science suggests regarding prevention, treatment, and remedies for heart health. Lecture, demo, Q&A, and handout. Instructor: **Rex Owens MSc. Fitness Supervisor.**

Hypnosis for a Good Night's Sleep

Thursday, February 1
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.**

Living with Total Joint Replacements

Wednesday, February 28
1:00 to 3:00 PM
Computer Room (OC)
\$35



Learn how to keep your joints safe, stable, strong, flexible, and happy before or after a total joint replacement (shoulder, hip, knee). Through education and physical therapy-style exercises/stretches, you will learn how to modify your lifestyle to prevent pain, live smart, and reduce discomfort. Class is interactive; pain patching samples will be available while supplies last. Instructors: **Lisa Kwon**, Occupational Therapist, and **Danielle Merrill**, Physical Therapy Assistant. *Lisa will teach the first half, and Danielle will teach the second half.

Love Your Brain Extravaganza

Thursday, February 8
9:30 AM to Noon
Computer Room (OC)
\$45



February is the love month and a perfect opportunity to give your brain some love by joining in some heart month-themed fun designed to get you using your brain in new, engaging, and interactive ways. This workshop is designed with the latest brain research at the foundation, giving your brain new challenges to grow brain cells. Meet people in a non-threatening brain party atmosphere - while giving your brain a neurobic workout without breaking a sweat. The fee includes materials, handouts, and a participant raffle. Instructor: **Alice Jacobs, ED.D, MBA, MS, MA, MCHES. Director Brain Gain** www.braingain.info.

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Self-Defense Workshop

Friday, March 22
Noon to 2:00 PM
Grand Ballroom (OC)
\$30



This class will concentrate on situational awareness, which include trusting your instincts and what to do if there is an active shooter. We will learn how to defend ourselves against being choked and numerous other “physical what if’s.” We will discuss how not to be scammed. Non-lethal defense tools will be demonstrated and discussed. This class will be mostly lecture and provide demonstrations, however, those students who would like to participate physically will have the opportunity and should wear loose-fitting clothing and tennis shoes. \$5 of your registration fee will be donated to Lincoln Hills Foundation. Instructor: *Al Trimarchi*.

Spotlight on Tai Chi!

Friday, February 23
1:00 to 1:45 PM
Aerobics Room (OC)
Free, No sign-up required

This is a free, drop-in informational hour to learn about our Tai Chi Program and how these wellness classes 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: *Shifu Anney Siegel-Wamsat*.



Sound Bath Experience

Thursday
February 1
4:30 to 5:30 PM
Aerobics Room
(KS)
\$15 each, Wellness
Pass, Drop-in



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! This class is offered on the first Thursday of every month, drop-in. Instructor: *Nina Baldi*.

You’re Gonna Need Plan B Class #1. Plan B How Health Impacts Decisions

Wednesday
February 7
9:00 AM to Noon
Computer Room (OC)
\$30

OR

Class #2. Plan B Legal Protections

Wednesday, February 14
9:00 AM to Noon
Multimedia (OC)
\$30

OR

Class #3. Plan B Financial Foundations

Wednesday, February 28
9:00 AM to Noon
Computer Room (OC)
\$30

OR

Class #4. Plan B End of Life Choices

Wednesday
March 6
9:00 AM to Noon
Computer Room
(OC)
\$30



This is a series of four interactive sessions where we will discuss and learn how our aging brain works and how our chronic diseases impact our decisions, the legal documents we need to protect ourselves and our assets, how to use our financial assets, and choosing our end-of-life options. While the series is designed to comprehensively review what we need as we age into our final phase of life, each class can be taken independently. The classes are interactive, with handouts and plenty of time for class discussion. Instructor: *Marcia VanWagner*.

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.

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 increased effective January 2024.

Pilates Reformer - Introduction to Movement

Saturdays, February 3-24

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. This class fulfills the prerequisite requirement of Introductory Reformer session L1 before taking other Reformer classes. Instructor: *Sarah Jenan, Reformer Specialist.*

Pop Up Classes

Pop Up - Sound Bath Experience

Thursday, January 25

4:30 to 5:30 PM

Ballroom (OC)

\$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.*

Pop Up - Walk and Talk! New for 2024!

The last Wednesday of every month
February 28
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
February 5-28 (no class on February 19)
2:00 to 3:00 PM
Aerobics Room (KS)
\$119 (seven 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

Fridays, February 2-23
3:05 to 4:05 PM
Aerobics Room (KS)
\$68 (four sessions)

OR

Mondays and Wednesdays
February 5-28

(no class on February 19)
3:05 to 4:05 PM, Aerobics Room (KS)
\$119 (seven 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

Fridays, February 2-23
12:55 to 1:55 PM
Aerobics Room (KS)
\$68 (four sessions)
Instructor: *Gina Turner*

OR

Tuesdays, February 6-27
2:00 to 3:00 PM, Aerobics Room (KS)
\$68 (four sessions)

Instructor: *Gilmer LaTorre*

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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*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.

“Fun”ctional Fitness L3
Tuesdays and Thursdays
February 1-29
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*.



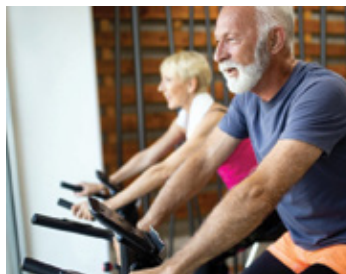
Parkinson Strong Combo

Thursdays
February 1-29
3:05 to 4:05 PM
Aerobics Room (KS)
\$85 (five sessions)

OR

Mondays, February 5-26 (no class on February 19)
4:10 to 5:10 PM, Aerobics Room (KS)
\$51 (three 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
February 1-29
10:45 to 11:45 AM
Aerobics Room (KS)
\$153 (nine sessions)

Instructor: *MaryAnn DePietro*

OR

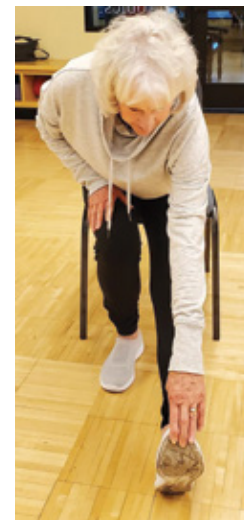
Mondays and Wednesdays
February 5-28

(no class on February 19)

12:55 to 1:55 PM
Aerobics Room (KS)
\$119 (seven 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
February 1-29
12:55 to 1:55 PM
Aerobics Room (KS)
\$153 (nine sessions)

Instructor:

MaryAnn DePietro

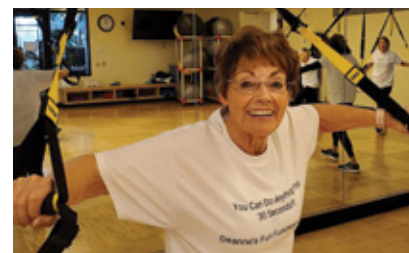
OR

Wednesdays, February 7-28

4:10 to 5:10 PM
Aerobics Room (KS)
\$68 (four sessions)

Instructor: *John Ramos*

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



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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.

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

TRX, Strength, and Stretch

Mondays and Wednesdays

February 5-28 (no class on February 19)

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

\$119 (seven 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*.

TRX-treme L2-3 New!

Fridays, February 2-23

11:50 AM to 12:50 PM

Aerobics Room (KS)

\$68 (four sessions)

Not just toning and tightening, get strong! Burn more calories! 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 available for SGT drop-in if space is available. Maximum capacity is eight students. Instructor: *Gina Turner*.

**Water Exercise –
Therapeutic L1/L2**

Fridays, February 2-23

10:45 to 11:45 AM

Indoor Pool (OC)

\$68 (four sessions)

Instructor: *Lisa Fisher***OR**

Mondays, February 5-26 (no class on February 19)

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

\$51 (three sessions)

Instructor: *Lisa Fisher***OR**

Wednesdays, February 7-28

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

Indoor Pool (OC)

\$85 (five sessions)

Instructor: *Nina Baldi*

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.

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, February 22

9:00 to 10:30 AM, Multi-Court 14 and 15

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

\$45

The focus of this clinic will be “Court Awareness”, decision making on the correct shot to hit according to where you, your partner, and opponents are positioned. Special guest Kim Dickson (5.0 National Champion and Senior Pro) will be assisting. Personalized feedback during game time play portion of the clinic, will 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

Nina.Baldi@sclhca.com





WELLNESS PASS - FAST PASS - GROUP EX PASS

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](https://sclhresidents.com/WellFit/Group%20Ex%20Pass%20Classes), 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**

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	The Spa at Kilaga Springs MON–FRI: 9:00 AM–6:00 PM SATURDAY: 9:00 AM–5:00 PM
Membership Desk MON–FRI: 9:00 AM–5:00 PM	Meridians Restaurant DAILY: 7:00 AM–8:00 PM SPORTS BAR: SUN–THU: 7:00 AM–8:00 PM FRI–SAT: 7:00 AM–9:00 PM
Lifestyle Desks (oc/ks) MON–SAT: 8:00 AM–8:00 PM SUNDAY: 8:00–4:00 PM	Kilaga Cafe MON–FRI: 8:00 AM–3:00 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	Curbside: 11:00 AM–7:00 PM Delivery: 4:00 PM–7:00 PM

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Kilaga Cafe To-Go Orders & Info: 916-408-1682
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THE SPA AT KILAGA SPRINGS

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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

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