

# COMPASS

The Official Magazine of Sun City Lincoln Hills

December 2017

## Happy Holidays!



**PUT HAPPY IN YOUR HOLIDAYS ...page [13](#)**

**ELECTIONS ...pages [4-5](#)**

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## Board of Director’s Report CEF Process and a New Capital Asset Request Procedure

*Ken Silverman, President, Board of Directors*

This month I would like to provide some background on the Community Enhancement Fund (CEF) Process and how it will be used as well as review the new procedures for requested capital assets.

The CEF was established on April 28, 2016 with Resolution 2106.04. The funding source for the CEF is a Fixed Mandatory Assessment (FMA) of \$1500 received when a home is purchased. Additionally, there is an Owner Assessment of \$1.00 per month collected in your monthly dues.

### What is the purpose of the CEF?

- Improvements, enhancements, expansion
- Ongoing needs of residents
- Attract future residents
- Increase potential ROI (Return on Investment)
- Repayment of Debt

Prior to the CEF, capital projects were funded through the Building and Capital Improvement Fund. They went through a process of evaluation by the Properties and Finance Committees and final approval by the Board of Directors. This process occurred once a year and affected the budget and dues.

Now, the Finance Committee has recommended the closure of the Building and Capital Fund and we will now use the Community Enhancement Fund as the funding mechanism for future improvements and enhancements. The balance in this fund as of October 31, 2017 is \$679,352.

To streamline and prioritize expenditures, the Properties Committee will now evaluate requests for improvements twice a year, in April and October, as opposed to once a year, or more often if deemed necessary by the Board of Directors.

Finally, please know that the Properties and Finance Committees will continue to follow their required procedures for evaluation of any suggested project with input from concerned residents. Based upon their recommendations following this process, the Capital Asset Request will then be recommended to the Board of Directors for final approval or disapproval.

The Community Enhancement Fund will be a valuable asset in our continued commitment to providing a Lincoln Hills lifestyle recognized by residents and future residents as a premier location for their home.

*On the cover*  
7 degree morning at Hope Valley  
Photo by Brad Senn

### 2017 Holiday Hours

Holidays	Activities Desk	Administration	Fitness Center	The Spa at	Kilaga Springs	Meridians Restaurant & Bar
	OC/KS	& Membership	OC/KS	Kilaga Springs	Café	
Thanksgiving Day, November 23	Closed	Closed	5:30 AM - 11:00 AM	Closed	Closed	Thanksgiving Event 11:00 AM - 3:00 PM
Day After Thanksgiving, November 24	10:30 AM - 3:30 PM	Closed	7:00 AM - 2:00 PM	9:00 AM - 6:00 PM	6:00 AM - 4:30 PM	7:00 AM - 9:00 PM
Christmas Eve, December 24	8:30 AM - 1:30 PM	Closed	7:00 AM - 2:00 PM	Closed	6:00 AM - 2:00 PM	7:00 AM - 3:00 PM
Christmas Day, December 25	Closed	Closed	Closed	Closed	Closed	Closed
Day After Christmas, December 26	8:30 AM - 4:00 PM	8:30 AM-5:00 PM	7:00 AM - 8:30 PM	9:00 AM - 6:00 PM	6:00 AM - 4:30 PM	7:00 AM - 8:00 PM
New Year’s Eve, December 31	8:30 AM - 1:30 PM	Closed	7:00 AM - 2:00 PM	Closed	6:00 AM - 4:30 PM	7:00 AM - 3:00 PM (+) New Year’s Event
New Year’s Day, January 1	Closed	Closed	7:00 AM - 2:00 PM	Closed	Closed	(Brunch Event Only) 10:00 AM - 2:00 PM
Day After New Years, January 2	8:00 AM - 8:00 PM	8:30 AM-5:00 PM	5:30 AM - 8:30 PM	9:00 AM - 6:00 PM	Closed	7:00 AM - 8:00 PM



**From the Executive Director's Desk**

*Chris O'Keefe, Executive Director,  
SCLH Community Association*

Welcome to the December issue of the Compass. You may have noticed some changes in the appearance of the Compass, and I hope you are happy with them. One of the changes was to use a new font, increase its size, and standardize the font throughout the magazine. You should find the magazine easier to read and more attractive visually. The Compass team also changed the physical layout of the magazine, improving the flow of the articles and again improving the visual aspect of the Compass.

I would like to thank Theresa Renken for helping to initiate many of these changes, and I'd also like to thank her for all of her hard work in getting the Compass to the printer on time. You may not be aware, but our longtime Associate Editor Wendy Slater took ill at the beginning of October, and was unable to begin the process of putting together the Compass for the month of October. Theresa stepped in and was able to get things together so that we could go to print. The lessons learned from this exercise were applied to the November issue, and the results speak for themselves.

The Compass is more than just a magazine. It is the official communications tool for the Association, and the most important vehicle for delivering the news our residents need to know. It is a complicated process to bring the Compass to you each month, and deadlines have to be met in order to get the magazine to the printers and meet our delivery timeline.

The Compass is the standard for community association magazines. Every month I receive an email or voicemail from another community with compliments about the Compass, and asking about the "secret" to producing such a fine magazine. The "secret" begins and ends with our people. Without the inspiration and dedication of our volunteer writers and editors, we would not be nearly as successful as we are.

Without the groups and clubs, we would not be able to display the activities and lifestyle options our residents enjoy. Without the confidence in the product that our advertisers have, we would not enjoy the revenue we now receive each month. And without the efforts of our staff, the parts and pieces would never get put together.

The Compass will soon start its 19th year of publication. A warm thanks to everyone involved, and to all of our readers.

*Calendar of Events*

December 15, 2017 - January 15, 2018

<b>Date</b>	<b>Event</b>	<b>Page #</b>
12/16/17	Santa Adventure .....	<a href="#">57</a>
12/18/17	Holiday Wooden Ornaments.....	<a href="#">69</a>
12/18/17	Ski Club Holiday Party .....	<a href="#">44</a>
12/19/17	Hiking & Walking Group Walk .....	<a href="#">33</a>
12/19/17	Needle Arts Holiday Tea.....	<a href="#">37</a>
12/21/17	Book Club Holiday Luncheon .....	<a href="#">23</a>
1/2/18	Eye Contact Group General Meeting.....	<a href="#">29</a>
1/2/18	Movie – Dunkirk.....	<a href="#">50</a>
1/3/18	Astronomy General Meeting .....	<a href="#">21</a>
1/3-31/18	New – SGT Progressive Bootcamp.....	<a href="#">94</a>
1/4/18	Legion of Honor – San Francisco .....	<a href="#">62</a>
1/4/18	Investors’ Study Group .....	<a href="#">35</a>
1/5/18	Suzanne Smith .....	<a href="#">55</a>
1/5/18	Bird Group Day Trip .....	<a href="#">23</a>
1/5-26/18	New – SGT Parkinson Wise .....	<a href="#">92</a>
1/6/18	Movie – Dunkirk.....	<a href="#">50</a>
1/8/18	Figure Skating Championship .....	<a href="#">66</a>
1/8/18	Fused Glass and Stained Glass .....	<a href="#">78</a>
1/9/18	Mark and Marlo .....	<a href="#">55</a>
1/9/18	Sip and Chat.....	<a href="#">82</a>
1/9/18	Cloud Storage Made Easy.....	<a href="#">82</a>
1/10/18	Woodcarvers Club Open House.....	<a href="#">46</a>
1/10/18	iPhone Basic Workshop .....	<a href="#">83</a>
1/11/18	Sacramento Kings vs LA Clippers.....	<a href="#">64</a>
1/13/18	Fundamentals of Color Mixing.....	<a href="#">71</a>
1/16/18	Cooking with Meridian Chefs.....	<a href="#">73</a>
1/16/18	Copia .....	<a href="#">64</a>
1/19/18	Sip and Paint.....	<a href="#">71</a>

**Election News**

**Candidate Statements for Board of Directors 2018 Election**

Each of the five candidates to fill the three open seats on our Association Board of Directors have filed their Ballot Statement.

The Elections Committee will host three forum sessions for residents to get to know the candidates. In the event that you cannot attend, these sessions will be video recorded and available on the association website.

**Tuesday January 16, 10:00 AM to Noon, P-Hall (KS)**

**Thursday January 18, 2:00 to 4:00 PM, P-Hall (KS)**

**Saturday January 20, 6:00 to 8:00 PM, P-Hall (KS)**

Get to know these candidates, and support those who you believe will best represent the community. Make your votes count.



**Joe Stewart**

**My Priorities:**

- Bring new eyes, thinking and ideas to SCLHCA
- Plan for wise usage of Community Enhancement Fund (CEF)
- Preserve and increase our Fiscal strength and Integrity
- Maintain the quality of our lifestyle and facilities
- Be accessible; listen objectively to interests of the whole community



**Involvement and Activities:**

- Finance Committee member; dealt with Kilaga Solar, WellFit, Reserves
- CCOC member, Simplified Club ByLaws requirements
- Performing Arts Steering Committee
- SCLH Chorus - leadership 4 years
- Member of Ski Club, Country Couples; Lincoln Rotary Club

Friends and neighbors, many new Active Adult Communities keep arriving, with new amenities, new technologies and new programs. The problem with keeping the same Directors—4 years on, 1 off, 4 more on, 1 off—is that it just makes for more of the same! And we fall farther behind. We’re beginning to lose that competitive edge that has kept our property values at the crest of this ever-growing segment.

As I said above, I’ll bring new Eyes, Thinking, Energy & Commitment to our Board! It’s needed! I’m experienced; I’ve been on Boards: my church, non-profits, Chambers of Commerce. I was 4 years as president of a Marin HOA—I know what’s involved. Help me make a good place better! Thank you.

**I ask for your votes!**

[joesuncity@gmail.com](mailto:joesuncity@gmail.com) • 916-253-7659

**Michael Deal, Incumbent**

- Owner since 2012
- Member of Board of Directors, I have served as Secretary.
- I enjoy the support of many residents in Lincoln Hills.
- Past Liaison to CCOC and the SIT Task Force.
- I always listen openly to residents and staff and carefully consider what’s in the best interest of the entire community.
- **Volunteer** for two years on ARC and one on the Elections Committee.
- **Volunteer** for Neighbors InDeed – Handy Helper – providing help to many SCLH residents who just need a handy guy.
- Member of Softball where I serve Hot Dogs.
- Member of Players – I love “Readers Theatre” and Christmas plays.
- Member of Apple Users Group. If you have an iPhone or Mac, you should be a member too.
- I believe that **VOLUNTEERING** is the best **DEAL** for SCLH!



There are many challenges and opportunities in the future. The Board needs an open and financially stable view, plus a rational approach to problems. My experience and dedication to volunteering make me a great candidate. I ask for your support for my re-election to the Board of Directors of Sun City Lincoln Hills. I’m the best DEAL for the Board and I humbly ask for your votes.

**VOTE FOR MICHAEL DEAL**

[michaelhdeal@gmail.com](mailto:michaelhdeal@gmail.com) • 916-209-3878

## David Connor

Dear Residents,

From time to time, all governing bodies need a change to facilitate new ideas and innovation. Strong leadership for staff and committees is essential, along with complete openness and resident inclusion. WE NEED CHANGE NOW. In addition to unsolicited campaign donations, I've also had two committee chairpersons ask me to run. I have previously served on the Board of Directors for four years, from 2009-2012.

At age 54, I retired after a career in Industrial Relations and Production Management with two major manufacturing companies. I was a disciplined Production Manager, producing high profits for my employers. I know how to build people and grow money, and I do my research. I proudly served our country as a member of the United States Navy and I am a graduate of Chabot College majoring in Management.

I love the lifestyle and the Sun City attitude. I am approachable, I listen, and look forward to serving the community once again. As your director, I think you will feel you have a friend on the Board and together we can dedicate our efforts toward maintaining a senior community of quality and vitality.

I think you will appreciate my knowledge of the community, my vision, my managerial style, and my friendship, and I ask for your vote.

Thank You,  
David Conner

[greyfoxdc@yahoo.com](mailto:greyfoxdc@yahoo.com) • 916-543-0461



as CFO of a Public/Private technology company. My experience includes budgeting, financial systems, Insurance, human resources and banking.

### **My Priorities are:**

- *Work to enhance our lifestyle, activities and facilities.*
- *I will focus on maintaining and improving our financial control systems.*
- *To provide the best value for our dues.*
- *To help our residents understand how decisions are made in as transparent a manner as possible.*
- *Work to safeguard community assets.*
- *Work for what is in the best interest of our entire community.*
- *Be open and listen to residents, staff and committees.*

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## Denny Valentine

### **Priorities:**

- *Protecting our fiscal integrity*
- *Make decisions that will maintain and enhance property values*
- *Continue to improve amenities available to all of us*
- *Foster a team approach in conducting Association's business*
- *Remain accessible and attentive to residents' concerns*

### **Community Involvement:**

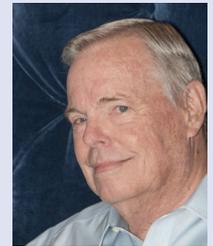
- *SCLH Board of Directors for nine years since 2005 serving as Secretary and liaison to Communications, Properties and Elections Committees*
- *Member and foreperson of Placer County Grand Jury*
- *SCLH Strategic Advisory Committee member 2014*
- *Participated in updating our governing documents*
- *Served as President of the Lincoln Hills Foundation, Neighborhood Watch, and the Lincoln Community Foundation*

### **Experience:**

- *Executive Director California Municipal Utilities Association*
- *Executive Director California State Association of Counties*
- *President of Valentine Inc. a governmental affairs consulting firm*
- *Vice President Public Relations Nebraska Public Power District*

If you view the Board of Directors as a group of fellow residents striving to enhance our lifestyle and property values, and dedicated to team building and achieving consensus through discussion and analysis then I ask for your vote.

[sdvalentine@aol.com](mailto:sdvalentine@aol.com) • 916-408-3407



## Hank Lipschitz

My wife Randy and I have lived in Lincoln Hills for over 14 years. We live in an ideal community and believe we need to be proactive in keeping SCLH the show case it is. I have been active in several community activities including:

- *Member of SCLH Board of Directors since 2016*
- *SCLH Finance Committee for 5+ years, 3 years as Chairman (May 2009 to Sept 2014)*
- *Member of SCLH Foundation Investment Committee since 2011*
- *Member of City of Lincoln Fiscal & Investments Oversight Committee since 2013*
- *Member of City of Lincoln Ad hoc Water Rate Committee in 2017*

I bring 30+ years of business and financial leadership



Point of View Statement – By Dede Barnhart

*During elections any member is entitled to advocate a point of view which is reasonably related to this election. We have received the following point of view statement from Dede Barnhart. This statement is made by the member and does not necessarily reflect views, rules, or policies of Sun City Lincoln Hills Community Association.*

We live in a beautiful community that is well maintained and has been generally well managed over the years. However, doing things the same way with the same people in charge causes our community to stagnate. I believe our community would be well served by establishing term limits for both the Board of Directors and Committee Chairpersons. Currently, BOD members can re-run for the board in perpetuity as long as there is a one-year break between two, two-year terms. Committee Chairpersons are appointed

by the BOD and can serve in perpetuity. The oft-stated excuse that “we can’t get anyone to run” is an unacceptable reason for allowing the same people to run multiple times. New candidates are more likely to offer new ideas, approaches and perspectives that will help our community progress. New candidates will have a better chance of being elected to the Board when repeat Board members are no longer allowed to run. Furthermore, spending limits for campaigning should be established. This would level the playing field and make it possible for anyone to run for the BOD without having to spend a lot of money. Lastly, cumulative voting (which allows more than one vote on a single candidate) should be discontinued. This method of voting is unfair because it skews election results and is, overall, undemocratic.

Team Member of the Month Award



Our November 2017 “Team Member of the Month” Award is Nathaniel Laspina! Nathaniel joined our Team in March of this year as a Maintenance Technician. Here are just a few quotes shared by our staff:

*“Nathaniel has been a shining star as a Dream Team Member! He comes to work with a positive fun attitude which has been infectious and has a*

*willingness to tackle any and all tasks!” “Nathaniel is a hard worker, always willing to learn and gives a helping hand when needed.” “He has taken a leadership mentality when it comes to his department making sure that tasks are completed within the allotted time frame.”*

We are delighted to have Nathaniel part of our SCLH Team who brings a positive attitude and energetic spirit to the team. We thank you Nathaniel for your service, dedication and hard work to Sun City Lincoln Hills!

Listening Post Update

The November Listening Post set another record with over 50 residents in attendance. We introduced our Communications & Marketing Manager Jeff Caponera. He gave an overview of his responsibilities along with information on how to navigate the website and update member information.

Our Food & Beverage Director Kristy Woodin stopped by to give an update on our new “Front of House” manager Issa Hasan. Issa comes to us with over 20 years of experience in the industry. We are confident that he will be a valuable addition to the team.

I provided a brief update on the City of Lincoln’s water rate refunds, and also our budget mailing. Thanks to the cooperation of so many of our residents who opted for digital delivery of Association documents, we were able to cut postage and printing costs by two thirds. We will be reaching out to those that have not opted for digital delivery and hopefully get them signed up as well.

I also gave background information regarding the change of address for mailing your quarterly assessments. Due to some late payment issues over the last couple of quarters, we have changed the address

of the lockbox from Phoenix to Roseville. This should result in a faster processing in the future. We are also going to install a drop-off box for residents who would prefer this option to mailing. The lockbox is scheduled to be installed by the third week of December. We believe this will be a nice added value for our residents. Kudo’s to our accounting team for bringing this solution to the table.

The Q&A from the audience was short, the biggest item was a request to install LED flashing stop signs at the main intersections in the community. We have been working with the City of Lincoln and we should have LED signage in place at Del Webb and Sun City by the end of the year, with other locations to follow.

All in all, it was a great Listening Post and I want to thank all who attended and invite you to the next Listening Post in January.

**Listening Post meets on the 4th Tuesday of each month. This is your opportunity to ask questions of our Executive Director and guest speaker, and their opportunity to Listen and provide answers. Please come join in the discussion.**



## Lifestyle News & Happenings

### A Toast to 2018!

Lavinia Samoy, Lifestyle Manager

If you haven't reserved your seats for New Year's Eve, purchase them now! We have top notch entertainment starting with Grammy award-nominated pianist extraordinaire John Burr setting the perfect tone in Meridians for some dancing and listening music. San Francisco's premier party band "The Fundz Band" will provide live music in the ballroom to keep you dancing all night. Add a harpist, casino gaming, spectacular fireworks plus whimsical decorations, great dinner and champagne...there's no better way to welcome the New Year! Purchase deadline: December 24.

The holidays are just around the corner. If you are stumped for gifts, surprise your special one with tickets to in-house shows or fun trips. It's easy, convenient, and offers a variety to choose from. We have Ellis Rodriguez delivering his comedy show to the Presentation Hall on February 28. This One's for You: The Songs of Barry Manilow hit the Grand Ballroom stage on February 8 with four Broadway artists led by Kyle Martin of Joel: The Band and The World of Webber star, Tielle Baker. Jack Gallagher is back on February 13 with his new show, Concussed: 4 Days in the Dark. Rhinestone: A Salute to the Songs

and Career of Glen Campbell on February 23 rounds up February entertainment.

More first-rate theater experience is in store (see page 62) off site with our trips: "Dublin Irish Dance-Stepping Out" on February 28 in Folsom; and we travel to San Francisco for "The Color Purple" on May 16; "On Your Feet - The Emilio and Gloria Estefan Musical" on September 19; and "Waitress" on November 7. We know it's a little early to be thinking of shows in September and November but we need early commitments to hold great seats in the theaters. Consider purchasing annual trip insurance so you are covered in case of health emergencies.

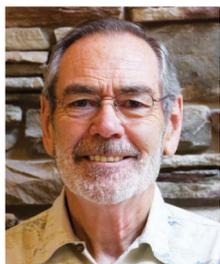
The New Year brings new and fresh classes. Check out Advance Watercolor Painting with Michael Mikolon and Beginning Alcohol Ink Art Workshop with Faye August (page 72); Learn The Basics of Quilting, a discussion class, while sipping wine on January 26 (page 82); The Art of Fred Astaire with Ray Ashton covering movie history and 4 of Fred Astaire's most popular films (page 79). Read all about Lifestyle classes beginning page 69.

From our Lifestyle team, wishing healthy, peaceful, and joyous holidays to all. Cheers!

#### Upcoming Association Meetings: December 15 - January 31

Finance Committee Meeting	Wednesday, December 20, 9:00 AM
Golf Cart Registration	Thursday, December 21, January 4 & 18, 9:00 AM
Board of Directors Meeting	Thursday, December 21, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, December 21, 10:30 AM
Board of Directors Executive Session	Thursday, December 21, 11:00 AM
CCOC/Clubs & Community Organizations	Tuesday, January 2, 9:30 AM
Compliance Committee Meeting	Wednesday, January 3, 10:30 AM
Properties Committee Meeting	Thursday, January 4, 9:00 AM
Elections Committee	Friday, January 5, 10:00 AM
ARC/Architectural Review Committee	Monday, January 8, 9:00 AM
CCRC/Communications & Comm. Rel. Meeting	Tuesday, January 9, 9:30 AM
New Resident Orientation	Thursday, January 11, 2:00 PM
BOD Election Candidate Forum Session 1	Tuesday, January 16, 10:00 AM, P-Hall (KS)
Finance Committee Meeting	Wednesday, January 18, 9:00 AM
BOD Election Candidate Forum Session 2	Thursday, January 18, 2:00 PM, P-Hall (KS)
BOD Election Candidate Forum Session 3	Saturday, January 20, 6:00 PM, P-Hall (KS)
Listening Post	Tuesday, January 23, 11:00 AM
Board of Directors Meeting	Thursday, January 25, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, January 25, 10:30 AM
Board of Directors Executive Session	Thursday, January 25, 11:00 AM

*Meetings in Orchard Creek Lodge unless noted otherwise.*



**Association Investments**

*Mike Creasy,  
Finance Committee Chair*

At the November 15, 2017 Finance Committee meeting, we heard a report from our Reserves Investment consultant, Paul Cutter, from UBS. We have about \$6 million of our reserves invested with UBS, mostly in CD's, bonds, and Munis. Paul indicated the return so far this year has been about 1.8%. While that doesn't seem like a high number, remember the primary goal of our investments is safety of principal, so we would have to assume some risk in exchange for a higher return, which we are not about to do. That said, Paul is constantly on the lookout for opportunities to invest at the highest returns possible consistent with our SCLHCA Investment Policy. (See resident website, Library.)

Last year we discussed the "investment return" we get on capital projects that generate savings or income for the association. For example, LED street lighting, OC solar, KSL solar, and Sports Bar patio shade awnings all have a "payback" in terms of earning or saving money that would have otherwise

been charged to our dues. For the OC solar project, electricity cost savings are over \$250,000 per year. We invested about \$2.5 million in the project so dividing one by the other shows it's giving us a 10% annual "return." And, from a safety standpoint, these projects are virtually risk free. We can't see earning that kind of return anywhere else, so we hope Staff and Properties send us more such projects for our consideration.

At the November 16 Board meeting, Robert Copp was approved as Chair of the Finance Committee effective December 1. I have the greatest confidence in Robert, and wish him all the best as he embarks on this important mission. I feel honored to have served seven years on the Finance Committee, the last three as chair, and I am confident I leave the Finance Committee a strong and productive force in the community.

For the month of October, we are in an excellent financial position from both an Operations and Reserves standpoint. As of October 31, we are over \$100,000 positive to Budget, although we can expect that to edge closer to flat at year's end.

On behalf of the Finance Committee, we wish all members of our wonderful Association the happiest of holidays.

**Preliminary Statement of Operations YTD October 2017**

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$6,901,073	\$6,859,258	\$41,815	\$8,221,274
Administration (Expense)	(1,632,623)	(1,583,753)	(48,869)	(1,859,690)
The Spa at Kilaga Springs	(458)	(863)	406	8,085
Fitness	(400,144)	(449,252)	49,108	(538,400)
Activities	(368,432)	(434,840)	66,408	(530,150)
Rec. Center / Maintenance	(4,409,899)	(4,478,690)	68,791	(5,304,840)
Food & Beverage	(131,843)	(59,383)	(72,460)	(87,895)
<b>Net Revenues (Expense)</b>	<b>(\$42,325)</b>	<b>(\$147,523)</b>	<b>\$105,198</b>	<b>(\$91,616)</b>
<b>CEF/FMA Rec'd YTD October 31, 2017</b>	<b>\$487,351</b>	<b>CEF/FMA Balance October 31, 2017</b>		<b>\$679,351</b>



*Let us serve you with a view*  
**Meridians**  
 Restaurant & Bar

## Welcome our New Front of House Manager Issa Hasan!

*Kristy Woodin,  
 Director of Food & Beverage*

I am proud to introduce to you our new Front of House Manager: Issa Hasan. Issa has 25 years of restaurant management experience in establishments such as Chevy's, Buca DiBeppo, Sizzler, and others. His vision for the community is to enjoy meals in a friendly atmosphere with great service and good food. I am confident that Issa will bring great ideas to the table, focus on service and standards, and continue to make this restaurant a place we are all proud of. Welcome to the team Issa!

Don't forget to make your reservations for New Year's Brunch! It is selling out fast. Only \$23 plus tax and gratuity. Enjoy complimentary champagne with your purchase!

### Front of House Manager Isabel's recipe for the month:

#### Carne De Res En Adobo

- 5 pounds diced beef chuck
- 1 white onion
- 2 bay leaves
- 2 pounds of tomatoes
- 6 ancho chiles without seeds
- 6 pieces of garlic
- ½ tsp ginger spice
- ½ tsp ground cloves
- Pinch of salt & oregano
- 5.5 Quart pot

#### Instructions for preparation:

Add the diced meat to the pressure cooker, add ½ cup of water, onion, bay leaves, 4 pcs garlic & salt. Cover and cook for approximately 45-60 minutes or until is completely cooked and meat is tender. After it is cooked, discard onion, garlic and bay leaves. Boil tomatoes and chilies. Cool down and peel tomatoes. Blend tomatoes, chilies, 2 pcs garlic, oregano, ginger, ground cloves. Sift these ingredients. Add sauce to the cooked meat, add salt and oregano. Simmer for 15-20 minutes at a medium temperature allowing all flavors to combine. Serve with Spanish rice or steamed white rice and tortillas.



## The Spa at Kilaga Springs

### Greetings from The Spa at Kilaga Springs

*Trudy Smith, Spa Manager*

Winter is upon us and this is a perfect time of year to take skin care to a deeper level. We are featuring two skin care services this month, "The Collagen Boosting Facial" or the "Four Layer Facial". These facials both use powerful ingredients to improve texture, brighten, hydrate, and diminish fine lines. Our skin is exposed to much drier air in the winter and needs hydration.

The featured body service is the "Hydropeptide Hydrating Wrap". This begins with an exfoliation and foaming cleanser followed by a hydrating mousse mask and then you are wrapped for optimum absorption and finished with a firming Hydropeptide body balm.

Your hands need hydration as well and we offer the ultra-moisturizing "Radiant Hand Repair" as an enhancement to any massage or facial.

Every month I put the spotlight on one of our talented service providers. This month the spotlight is on one our newest team members, Michelle Phillips. She may be new to The Spa at Kilaga Springs yet her experience spans 17 years in the spa business.

Michelle has a diverse background to include deep tissue, medical massage, sports massage, and energy work (Reiki and Craniosacral). She integrates her therapies to create a unique experience for each guest based on their treatment goals and to complement their lifestyle. Michelle views massage as an ongoing therapy to balance the body's systems. Her therapeutic approach can be calming and sedating to rejuvenating and intense. She is passionate about developing therapy programs for her guests to receive the ultimate journey in their healing process.

When Michelle talks about customizing every treatment I realize that every one of the Service Providers here at the Spa customizes each service. From manicures and pedicures to massage and facials, each body is different and needs something unique to the individual. What makes this team so special is the talent and their gifts they bring to you.

Speaking of gifts...Our Retail Boutique is brimming with unique gifts, bath and body items, robes, slippers, fabulous skin care, and more. Gift cards make a perfect gift for everyone. We can also create a customized gift box for your Holiday list!

It's all about creating the best experience for you in every way.

We look forward to seeing you at the Spa!



**WellFit News**  
**Why Mindfulness? Feeling the Stress of the Holidays?**

*Deborah McIlvain, Director of Lifestyle, WellFit and Spa*

Over the past decade, mindfulness has been growing in popularity. People are talking about it on television and social media. So what's the big deal? Well, mindfulness allows us to recognize our own thoughts, feelings, and behaviors as they give us options to our responses rather than our usual reactions. Here are some reasons WHY mindfulness is so powerful:

1. Reduces stress
2. Helps us accept things that we cannot change
3. Accessible to all of us, regardless of spiritual beliefs
4. Supported by research
5. Can be done without too much effort
6. Allows us to trust our own experiences
7. Greater flexibility in living
8. Can be done anytime, anywhere

**How Stress affects the body.** Stress is recognized as the #1 killer disease today. The American Medical Association has noted that "stress is the basic cause of more than 60% of all human illness and disease." Some of the symptoms:

1. Headaches, dizziness, ADHD/ADHS, anxiety, irritability, anger, and panic disorders
2. Grinding teeth and tension in the jaw
3. Increased heart rate, strokes, heart disease, hypertension and diabetes
4. Digestive disorders, upset stomach, abdominal pain and IBS
5. Weight gain and obesity
6. Decreased sex drive
7. Muscle tension, fibromyalgia

Stress affects the entire body and can cause many other problems such as insomnia, emotional and behavioral problems, immune system breakdown, asthma, ulcers, lack of energy, depression, nervousness, and paranoia.

Knowing all this now, there is no reason why we can't start making some healthy changes. To educate and get you on the right path, WellFit is hosting a WELLNESS OPEN HOUSE on January 31, from 4:00 to 7:00 PM. Come and learn and participate in laughing yoga, moving mindfulness, mediation, and more! For more information refer to page 84. We look forward to seeing you there.

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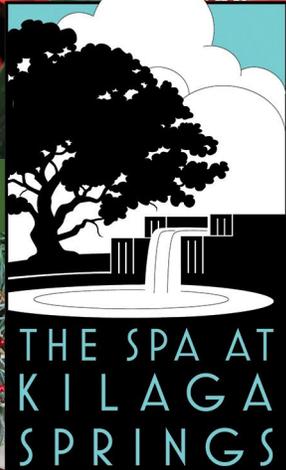
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## *Radiant Hand Repair*

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**New enhancements** – Warm Paraffin hand wrap – ask your therapist



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## Put Happy in Your Holidays!

Shirley Schultz, Health Reporter

Take a lesson from St. Nicholas whose "little round belly...shook when he laughed, like a bowl full of jelly." That's the kind of laughter that will stimulate your "feel-good" brain chemicals called endorphins. Ignore any other advice about imitating St. Nick, because he was obviously overweight, covered with ashes and soot, and his pipe smoking is totally unacceptable!

Humor is the universal antidote for almost everything. One definition by Webster for antidote is that it is "something that prevents or counteracts injurious effects." Although Webster's example, "Hard work is the best antidote to mischief," may not apply to the Lincoln Hills crowd (or then again it might apply), the concept of humor as the best antidote to counteracting the injurious effects of stress and depression is especially apropos during holiday season.

A sign on my bathroom mirror given to me by a friend says, "The person you are looking at in the mirror is the one responsible for your happiness." This in itself is humorous! It is a reminder that my own attitudes and behaviors are what will lead me to happiness. Look for humor in everything. Laughter begets laughter and leads to a feeling of

happiness. What follows is some holiday humor from anonymous and other sources to help stimulate this process.

"I was thinking about how a status symbol of today is a cell phone that everyone has. Since I can't afford one, I'm talking into my garage door opener."

"Age is an issue of mind over matter. If you don't mind, it doesn't matter." — Mark Twain

"You know you're getting old when you stoop to tie your shoe and wonder what else you could do while you're down there." — George Burns

Let your mind drift back to those Burma Shave signs along the roads in the 40's and 50's: DON'T LOSE YOUR HEAD...TO GAIN A MINUTE...YOU NEED YOUR HEAD...YOUR BRAINS ARE IN IT... Burma Shave.

"Wisdom comes with age, but sometimes age comes alone."

"Today's mighty oak is just yesterday's nut that held its ground."

The Four Stages of Life: 1. You believe in Santa Claus. 2. You don't believe in Santa Claus. 3. You are Santa Claus. 4. You look like Santa Claus.

Enjoy a humor filled holiday season!

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**We Could Be Living in Virginia or Newtown**

*Al Roten, Roving Reporter*

Lincoln, at the edge of Gold Rush territory, has a very colorful history. From 1850 to the early 1860s, several towns were established between Lincoln and Auburn, mostly gold mining camps that grew into villages, while others became the centers of commerce and ranching. Most of the building sites have long since vanished but for an occasional foundation remnant, aged tree, or commemorative monument. What great opportunities these present to the curious and persistent historian among us!

On the way to Sutter's Mill in 1848, Claude Chana and his entourage camped in Auburn Ravine and found gold dust in their experimental panning. During the succeeding years **Gold Hill, Oro City, Virginia,** and **Fox's Flat** sprang up along Auburn Ravine.

A ditch was built to bring water to **Whiskey Diggins** gold mine which thrived at the end of this man-made ditch. Over the years, the village of **Valley View** grew to support the mining of gold, silver, copper, platinum, zinc, and other metals.

An early town was **Hungry Hollow** located near Doty Ravine, which runs parallel to and about three miles north of Auburn Ravine. One can only imagine the hardships endured in a mining operation and town worthy of such a name!

**Newtown**, started in 1855, was a typical mining town with stores, boarding houses, butcher shops, saloons, and blacksmith shops near current Mount Pleasant and Garden Bar Roads. Marking this site is the remains of a very old fig tree.



*120 Year Old Fig Tree Remains*

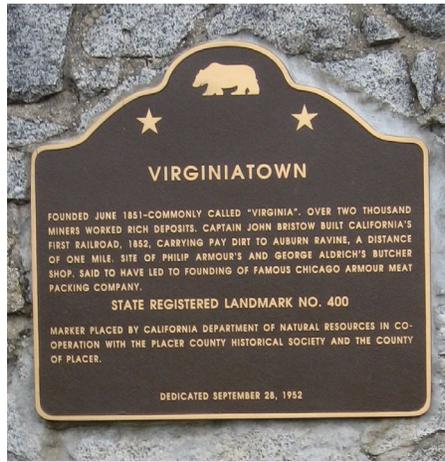
Off Old Highway 65 toward Wheatland, we cross **Coon Creek**, where the village of Coon Creek grew. When the gold that spawned the village ran out, its main functions became serving travelers along the several trails intersecting at that point.

At the intersection of McCourtney Road and Fleming is the **Dane Town** or **Daneville** monument, installed in September 2011, which tells us the town grew around a store built in 1858. The town name reflects that this trading center attracted many Danish immigrants.

Farther away, the current crossroads village of **Pleasant Grove** was known as **Gouge Eye** – one can only imagine how it got that name! These towns faded into

history when gold was depleted and the railroad, which temporarily ended at **Lincoln**, was built in 1862.

These facts are a memorial to Jerry Logan, our Lincoln native historian, whose books are found in the Lincoln Area Archives Museum. I encourage you to visit the museum and become a part of the historical preservation efforts. Call 916-645-3800.



*Marker on Virginiatown near Fowler*

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## Roamings

### Keeping the Lights on...a NorCal Lighthouse Tour

Richard Pearl, Roving Reporter

The first known lighthouse in the world was the Pharos of Alexandria, Egypt; the first lighthouse in America was located in Boston Harbor. The highest number of lighthouses in operation at once in the USA was 850; there are 49 lighthouses in California. Who knew?

This three-night/four-day car trip explores five lighthouses from Monterey Bay to Point Reyes. You could take a professionally guided tour (same itinerary) with the US Lighthouse Society for \$2,970 (single) or \$4,390 per couple that includes the guide, hotels, meals, and the bus...or do what we did using our car and staying at Airbnb homes for a total of \$675 (gas, lodging, meals).



We spent Thursday through Sunday on this trip to accommodate the times when the lighthouses were open. Our tour included Point Pinos (day 1), Pigeon Point and Montara (day 2), Point Bonita (day 3), and Point Reyes (day 4).



Truth be told, lighthouses are all quite similar: they're located in remote places, are tall, round, have a Fresnel lens/beacon, and a fog horn. What's really interesting is learning their individual histories. All the lighthouses we visited had docents or US Forest Service Park Rangers, and it's obvious that they relish being the



"keepers of the flame." They love telling stories about the various lighthouse attendants (called "keepers") and the famous – or infamous – shipwrecks and groundings.

Several of the lighthouses were converted to army or navy installations during WW II. One keeper at the Point Pinos lighthouse was a society woman who moved there after her husband died. Others were of that hardy breed that craved solitude. There were tales of ships colliding or running aground on the shoals and breaking up. Being a keeper was lonely, but their job was vital.



An unexpected pleasure was stumbling upon the (deactivated) Nike missile site on the grounds of Point Bonita National Park. This is the only place in the country to see how the nuclear-tipped missile actually worked. They took us into the underground bunker where six missiles were located, and then it was back above ground to see a missile raised to its firing position. There were four of these "pods" at Point Bonita and several bases surrounding San Francisco.



We've now used the Airbnb lodging option several times and really enjoy it. I'll be writing about the newer forms of travel planning in a subsequent column.

## Did You Know?

The rain has brought out an increase in vole and field mice. SCLH encourages residents to be responsible in the use of pesticides. Secondary poisoning can harm our pets along with the wildlife that inhabits our open space areas. Questions regarding Pest control? Reach out to Neighbors InDeed at [www.neighborsindeed.org](http://www.neighborsindeed.org) or 916-223-2763.



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## Deborah Meyer Putting Excellence into SCLH Entertainment

*Doug Brown, Resident Editor*

A few years ago, you would have found Deborah Meyer productively and happily working as an event planner and graphic designer for Video Product Distributor (VPD), a home video provider. She would have been seen planning an event, hiring speakers, communicating with studio personnel, designing advertisements, and perhaps rubbing shoulders with a number of celebrities.

Her 28 years with VPD was the perfect background experience for our next entertainment coordinator in Lincoln Hills! So, you can imagine there was no question, four years ago, about hiring Deborah – and quickly, before someone else nabbed her! Since then, we've all become beneficiaries of Deborah's talents, skills, and experience in our Lincoln Hills entertainment offerings.



*Lifestyle Entertainment Coordinator  
Deborah Meyer with a poster of  
an upcoming event*

Who would have imagined, just a few years ago, that such first-rate award-winning entertainers – singers, instrumentalists, bands, comedians – would be gracing the stages of Orchard Creek and Kilaga Springs, just a few steps from our front doors? In the last two months or

so, consider the remarkable variety of top-flight entertainers we have had the opportunity to enjoy:

- Tommy Dorsey's Orchestra (Big Band sounds)
- Kelly Brandeberg (tribute to Barbra Streisand)

- Tom Rigney and Flambeau (Cajun and Zydeco music)
- Mads Tolling (classical violinist)
- Molly Mahoney (mezzo-soprano – opera, musical theater, jazz)
- Jim Martinez (pianist, music from A Charlie Brown Christmas)

What's involved in all the "behind the scenes" work to bring us this entertainment? Deborah explained, "First, a lot of advance planning and negotiating! There's the availability of entertainers, their price tags, and the potential draw for Lincoln Hills residents. And finding a wide variety of entertainment that's also going to appeal to senior audiences."

Once performers are booked, Deborah has specifics to attend to: facilities, audio tech specs, hotel accommodations, meals, hosting, set-up, and more. Deborah added, "In all these tiny details, I'm grateful to have the help of Lily Ross, Lavina Samoy, and also the desk monitors and resident volunteers, all of whom team up to make it all happen."

Does Deborah have a life beyond her work here? Well, yes! Her golf-loving husband, for one thing! But also ask her about horses that she owns and rides. Or her past work with Saddle Pals (therapeutic riding). And maybe you could persuade her to show some of her watercolor paintings?

We're lucky to have, in the words of Deborah's officemate Lily, "a superstar entertainment coordinator." I think we all agree she puts excellence into our entertainment lineup!



*Lifestyle entertainment Coordinator  
Deborah Meyer with her 2018  
calendar of upcoming events*

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## **Neighborhood Watch** **The Gift**

*Patricia Evans*

“Give me a hint about what’s in this present.” I teased my young husband as I shook the gift wrapped in shimmering, gold foil with an elegant red bow. “It contains everything your heart desires,” he said with a grin. The package was the size of a garment box but too heavy to contain clothing. It lay under our small Christmas tree adorned with lots of tinsel and a few ornaments.

On Christmas morning the mystery was revealed. The package contained a Sears Roebuck catalog hollowed out in the center to hold a bottle of Arpege perfume. Between the catalog and the perfume, the gift held “everything my heart desired.” The catalog contained the new furniture on my wish list to replace the hand-me-downs in our tiny apartment.

My heart’s desires have now changed. Neighborhood Watch and I want you to have the gift of safety and security. Here are a few ideas.

Put packages in the trunk of your car before you drive from the parking lot, not at your next stop where burglars could see opportunity. If you see anything suspicious, return to the store and ask security to accompany you. Lock your car even for a one-minute stop.

Every time you leave your house, secure all your doors and windows, even for a short errand. Do you have a security alarm? Set it whenever you’ll be away. Pick up your mail daily.

Please turn to page [37](#) for December scams. Neighborhood Watch and I wish you the gift of a safe and merry holiday season.

Contacts: Linda Minor, [lindamminor@sbcglobal.net](mailto:lindamminor@sbcglobal.net) 707-235-0778; Pauline Watson, [frpawatson@sbcglobal.net](mailto:frpawatson@sbcglobal.net). 916-543-8436.



*Neighborhood Watch volunteers celebrate their gifts of ways to improve security and safety at our Annual Breakfast Meeting.*

## In Memoriam

### **Richard Foster**

A California native, Richard was born and raised in Hayward and went on to serve in the US Coast Guard from 1951 to 1954. He then worked for the US Postal Service in Hayward for 36 years. Richard and his wife, Pam were together for 39 years and have one daughter and five sons. Richard was an avid 49er fan and enjoyed golf, fishing, bowling and getting together with friends. He belonged to the Italian Club. Besides his wife and children, Richard will be dearly missed by stepsons, and numerous other extended family members.

### **Ernest LeRoy Maag**

Born on March 13, 1931, in Monrovia, California, Ernie passed away peacefully on October 25, 2017. Survived by his wife of 50 years, Janice Maag; Daughter Marla Maag from El Cajon, CA.; Son Jeffrey Maag & daughter-in-law Jen Inouye, from

Belmont, CA.; and granddaughters Marissa Scantlin, Carly Scantlin, and Lexie Maag. Ernie worked for Varian as a mechanical engineer for over 30 years, and he enjoyed the many activities and events here in Sun City Lincoln Hills.

### **Robert W. Popp**

Bob was born and raised in Appleton, Wisconsin. He went to St. Norbert College in Green Bay, Wisconsin, and San Jose State in California. While teaching High School in San Jose, he met his wife of 52 years, Mary. Bob’s teaching and counseling career spanned 38 years. He also served as an officer in the Army Medical Corps in Korea. Bob loved gardening and fishing and the Green Bay Packers! He also participated in the first softball team here at Del Webb field. He and Mary were part of St. Peter and Paul Parish and St. Joseph’s. Besides his dear wife, he is missed by three sons, one daughter, and 10 grandchildren.



## Library News

*Sandy Melnick, Library Volunteer*

It's that time of the year again – please protect the library books from rain. If you use a bag (fabric or plastic) it will ensure that all the books will remain dry. This means whether you are returning or taking books from the library, no mold has a chance to affect the books. In the same vein, when drinking a beverage at the library, please put a lid on the cup or bottle. If there are any accidents, a book could be compromised. Thanks for your cooperation.

Also, please check your returning books and CD's. If you took a book that has a paper jacket, please return the jacket as with the book. If you find a book jacket after you have returned the book, we would appreciate your bringing it back to the

library. When returning CD's, check and see if all the CD's are in the box. We are still missing some CD's and, of course, the whole set is worthless unless we have every disc.

My book recommendation of the month is another book about WWII, and a good one: *The Sea Garden* by Deborah Lawrenson. Set in France and the intrigue of the French resistance, the book is like three separate stories but if you persevere, at the end the whole story comes together. The book can be found in the hardback novels.

Contacts: Sandy Melnick 916-408-1035 for donations, Pam Combes 530-613-4185 for investment materials, and Bobbi Swenson 916-543-6362 for the Community Living Room (OC).

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## Club News

### Alzheimer's-Dementia Caregiver's Support

Another kind of caregiver support program offered by Del Oro Caregiver Resource Center was held here last month (National Family Caregivers Month). Sponsored by our Community Association and the Lincoln Hills Foundation, it was a full day of positive reinforcement and idea sharing. Meeting the challenges of caring for someone on such a fundamental level does take effort, so it's refreshing to separate from the demands and rejuvenate with



Care Partners Get Rejuvenated

a spa session for the psyche. Some of our group members attended this event, so we'll get some feedback on their experience the next time we meet. Our group does not meet in December, but will resume on January 24. We meet each fourth Wednesday at 1:00 PM in the MultiPurpose Room (OC). We

offer group support and resources to care partners in the form of discussions, presentations, and access to professionals who understand and can help.

Contact: *Maria Stahl 916-409-0349; Al Roten 916-408-3155; Cathy Van Velzen 916-409-9332*



### Antiques Appreciation

The Club celebrated the holidays with a wonderful lunch in the Orchard Creek Ballroom on December 4. We reminisced about the last 2 years of speakers and parties with a slide show presentation.

We always have great speakers and parties and we would love you to join us in 2018. The club meets the first Monday of every month in the Heights and Gable Rooms (OC) from 10:00 to 11:30 AM with the exception of the January meeting.

Our next meeting is January 15 due to the holidays. Mark your calendar! Members are asked to bring items over 70 years old to share with the group. The meeting will be at our usual time and place.

The next regularly scheduled meeting will be February 5. Visitors are always welcome. Don't forget dues are \$10 per household payable at the January meeting.

Contacts: *Jo Quirarte 916-408-7140 Pat LePage 916-543-9564*



### Astronomy

Wednesday, Jan 3. LHAG General meeting 6:45 PM in the P-Hall (KS). John Combes will give a presentation on "Cassini", a space probe to study the planet Saturn and its system, including its rings and natural satellites.

Monday, Jan 15 Cosmology Interest Group (CIG) Don Wilson will continue his presentation on his alternative theory to the Big Bang Cosmology. Fine Arts Room (OC) 6:45 PM. Contact Morey Lewis (eunmor@pobox.com) for more information.

Thursday, Jan 25, Telescope Interest Group (TIG) will meet in the OC Multipurpose room at 6:45 for a demonstration of Astronomy Apps and a presentation on the Messier Deep Sky Objects list, (star clusters, galaxies, and nebulae). Contact Bob Collins (bobpcoll@community.net) for more information.

Contacts: *Ron Yelton 559-289-8792; Barbara Swerdlow 916-253-3301 Website: [www.lhag.org](http://www.lhag.org)*



### Ballroom Dance

The Ballroom Dancers got into the Holiday spirit by dining and dancing at the annual Pot Luck Christmas Party on December 5. With beautiful decorations adorning the room at Kilaga, delicious

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food provided by the attendees, and lovely Holiday music filling the air, everyone felt the joy and love of the season. This was a perfect way to celebrate Ballroom and friendships.



Not members, and wanting to be part of a club where exercise is priority and friendship and fun are the perks, consider joining the Ballroom Dance Club. Membership, only \$7/



year, is open to SCLH residents, sponsored guests, couples and singles. Lessons are every Tuesday in KS: Beginners from 2:00 to 3:00 PM and Advanced from 4:00 to 5:00 PM. Open dance hour is 3:00 to 4:00 PM. No classes in December but we are accepting renewal and new memberships.



Why not treat yourself to something new in 2018 and join the Ballroom Dance Club. **Contacts: Sal Algeri 916-408-4752; Olivia Eckert 916-749-9051**



### Bereavement

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meeting will be January 10. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be at Red Robin Thursday, December 28 at 11:30 AM. For more information or to put a Memoriam in the Compass, contact Joan. **Contact: Joan Logue, [joanlogue@sbcglobal.net](mailto:joanlogue@sbcglobal.net)**



### Big History

After exploring the stars and the universe, the Big History Club gets down to Earth at its December 5 meeting, to be held 6:30 to 8:00 PM in the Fine Arts Room (OC).

"Earth: How Geology and Geography Influences Human History" will be the theme of the evening – with a presentation by Ranny Eckstrom and a discussion led by Joan Podesto.

Big History is a science-based history club that began meeting in September. It's never too late to come into the club because the

presentations are independent building blocks.

We meet the first and third Tuesdays of the month at 6:30 PM in the Fine Arts Room (OC) (doors open at 6:00 PM). There will be no meetings on December 19 and January 2 because of the holidays – but come January 16, we'll tackle the emergence of life.

Details and past presentations are on our website, <https://www.bighistorysclh.com>. Need a ride? Call Norma Milligan at 916-434-1424.

Happy holidays on behalf of learning for the sheer joy of it!

**Contacts: Ranny Eckstrom 916-708-0165 or Joan Podesto 925-408-6562; Email: [BHSCLH@Yahoo.com](mailto:BHSCLH@Yahoo.com); Website: [www.bighistorysclh.com](http://www.bighistorysclh.com)**



### Billiards

The Women's Tournament will be every Tuesday from 12:45 to 3:00 PM. The Billiards Group is offering free lessons at KS to all residents on Tuesdays, 9:00 to 10:00 AM. This is for new and returning players (men and women). You do not need anything to play. Just show up and see what we have to offer. Remember



*Cuemasters Tournament winners Bob Moze, Bob Soriano*

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**Contacts:** Rich Lujan at 408-781-5815; Tony Felice at 916-955-0501 or [atfelice3@gmail.com](mailto:atfelice3@gmail.com)



**Bird**

The Lincoln Circle Christmas Bird Count will take place on December 28. During the day volunteers will count birds along our nature trails and at backyard bird feeders. The data from this day's count will be compiled for the entire circle and sent on to research studies that track bird populations nationwide.

On January 5 we look forward to spending the morning on Staten Island where we will view Sandhill Cranes and other birds that spend the winter in this area. After a stop for lunch we will head to the Stone Lakes National Wildlife Refuge.

Our first General Meeting of 2018 will be January 8 at 1:30 PM in the P-Hall (KS). Larry and Kathi Ridley, our past co-chair and president will present a special program on Alaska. This will be a fun program featuring their beautiful

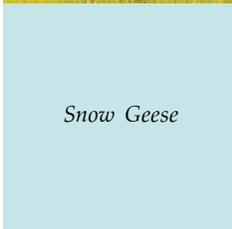
photos and insight into this scenic area.

**Contact:** John Redmond  
916-253-3511, [jcred40@gmail.com](mailto:jcred40@gmail.com)  
**Website:** [www.lhbirders.org](http://www.lhbirders.org)

*Sandhill Cranes, Snow Geese, and Tundra Swans spend the winter in Central Valley's many wetland areas and flooded rice fields.*



Sandhill Crane



Snow Geese



Tundra Swans



**Bocce Ball, Mad Hatters**

Merry Christmas and we're sorry if you missed our Holiday party at Thunder Valley Casino. Attendance at the annual party was down a little this year but that made for a more intimate arrangement. We also had the opportunity to celebrate Mike Cox's birthday.

We had occasion to talk with one of the new candidates for HOA

Board of Directors at a recent Sun City affair and he told us that the plans to modify the parking lot at the Sports Plaza for additional parking were ongoing, but couldn't elaborate on when or how it would impact the Bocce Courts. It will probably involve widening the driveway off Del Webb Blvd.

If you're new to Sun City and would like to join us our group is open to all. Just show up at the Bocce Courts at 10:00 AM on Thursday mornings and we'll fit you in.

**Contacts:** Paul Mac Garvey  
916-543-2067, [pmac1411@aol.com](mailto:pmac1411@aol.com); Bob Vincent, 916-543-0543



**Book, OC**

If you are interested in attending the annual holiday luncheon on December 21, contact Darlis Beale at 916-408-0269 with your menu choice and payment, by December 18. Guest speaker at the luncheon will be Linda Kennedy, a professional storyteller who will share two Christmas stories.

On January 18, we will discuss our first selection of the new year, Every Falling Star, by Sungju Lee. This book, which is the first to portray contemporary North Korea to a young audience, serves as an intense memoir of a North Korean boy forced at age twelve to live on the streets and fend for himself. (The complete list of books for 2018

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will be published soon.)

We meet for discussions on the third Thursday of the month at 1:00 PM in the Multipurpose Room (OC). Newcomers are welcome. **Contact: Darlis Beale 916-408-0269**  
**Website: <http://LHocbookgroup.blogspot.com/> Wiki: <http://ocbookgroup.pbwiki.com/>**



**Bosom Buddies**

“A merry time was had by all” describes our holiday luncheon! Patty McCuen hosted the event, and her brightly decorated home set the mood for our celebration with good food and friends. We started with a catered lunch from Buonaratti’s followed by entertainment from SCLH’s renowned Hills Brothers. As if that weren’t enough, each guest received a special gift handmade by member Kay Brady.

Bosom Buddies welcomes breast



*Cheryl Karleskint concentrates on the details of her painted rock, our craft for November’s meeting.*

cancer survivors, those still undergoing treatment and caretakers. While our meetings include speakers on health and medical issues, we also have time for less serious ones which may be a field trip or crafting a project.

We meet the second Thursday of the month at 1:00 PM (OC). Before meetings, members and guests are invited to meet for lunch at Meridians. This informal get-together is a good opportunity to get to know each other better. For reservations, call Val Singer at 916-645-8553.

**Contacts: Marianne Smith 916-408-1818; Val Singer 916-645-8553; Website: [www.sclhresidents.com](http://www.sclhresidents.com)**



**Bridge, Partners**

Call for early signup, or just show up with your partner in the Sierra Room (KS). You play if we have even pairs up to 28. We must be seated by 5:45 PM, with standbys seated immediately thereafter, and we must finish by 8:30 PM. Please play to finish each table in 25 to 28 minutes. **Winners: October 26 - First: Larry Mowrer/Warren Sonnenburg with the high round of 1790; second: Lorraine/Bob Minke; third: Janet Pinnell/Linda Theodore; fourth: Jyoti/Viren Sitwala.**

**November 2 – First: Linda Theodore/Janet Pinnell with the high round of 1860; second: Carol Mayeur/Dolores Marchand; third: Edith Kesting/Erica Wolf; fourth: John Butler/Byron Hansen .**

**November 9-First: Dee Cole/Ed Hartnett; second: Byron Hansen/John Butler; third: Erica Wolf/Edith Kesting; fourth: Jodi Deeley/Harry**

**Collings. Sue Cirerol/Dee Williams had the high round of 1760. November 16-First: Donna/Dennis Benedict; second: Kay/Ben Newton; third: Jyoti/Viren Sitwala with the high round of 1210 ; fourth: Johann/Paul Kiesel.**

**Contacts: First & Third Thursdays: Kay & Ben Newton 916-408-1819; Second & Fourth Thursdays: Dolores Marchand 916-408-0147; Judy Olson 916-408-1435**



**Bridge, Social**

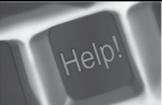
Join us on Fridays for Singles’ Rotation Bridge in the Sierra Room (KS). Arrive 12:30 PM. Reserve your space in December by contacting Joanna Haselwood at 916-209-3392, [ajhaselwood@yahoo.com](mailto:ajhaselwood@yahoo.com) or Jodi Deeley at 916-208-4086, [jodideeley2@gmail.com](mailto:jodideeley2@gmail.com) and in January/February, contact Chet Winton at 916-408-8707, [cnwinton@sbcglobal.net](mailto:cnwinton@sbcglobal.net).

October 27 and November **Winners: First Place: Jaylene Gerdes, Ralph Madsen, Eleanor Amar, & Chet Winton. Second Place: Frank Kamienski, Jim Busey, Dolores Marchand & Jean Richards (tied) & Joanna Haselwood. Third Place: Phil Sanderson, Gretchen Thomas, & Viren Sitwala. Fourth Place: John Woodbury, John Griggs, Byron Hansen, and Jim Busey.**



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- Day 2 -4 At Sea
- Day 5 Puerto Vallarta, MX
- Day 6 Manzanillo, Mexico
- Day 7 Mazatlan, Mexico
- Day 8 Cabo San Lucas, MX
- Day 9 - 10 At Sea
- Day 11 San Francisco

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 \$799 Ocean View  
 \$1,049 Balcony

Sailing dates are 11/28/17, 1/2/18, 2/6/18. Prices based on 11/28/17.

## 10 Day Alaska

- Day 1 San Francisco
- Day 2 -3 At Sea
- Day 4 Ketchikan, Alaska
- Day 5 Juneau, Alaska
- Day 6 Skagway, Alaska
- Day 7 Tracy Arm Fjord, AK
- Day 8 At Sea
- Day 9 Victoria, BC
- Day 10 At Sea
- Day 11 San Francisco

Prices starting from:  
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Free Classes: Introduction to Bridge is on Wednesdays from 8:30 to 10:00 AM and Intermediate bridge will continue on Wednesdays also from 10:00 AM to 12:00 PM in the Card Room (OC). Teachers: John Woodbury & Alan Haselwood. No sign-up necessary, just come. Please call regarding holidays.  
**Contacts: Jodi Deeley 916-208-4086, [jodideeley2@gmail.com](mailto:jodideeley2@gmail.com)**



**Bunco**

The Bunco group is looking forward to the holiday season. After Bunco play in December, we will have a gift exchange with the opportunity of the items being stolen from one another (this is always interesting and fun). By noon we are off to lunch together.

Bunco play is the third Thursday of the month in the Cards Room (OC). Bunco is a non-membership group with a \$5 'pay to play' fee. Play starts promptly at 9:00 AM. Please consider joining us for a morning of laughter, fun and friendship! There is never a dull moment as the dice fly around the table and with the new tables sometimes the room.

The Bunco group wishes you a happy and safe holiday season!

November Winners: Most Buncos – Claudette Rhoads-Kinman; Most Wins – Ann Music; Most Losses – Shirley Mohler; Traveler – Paulette Rhoads.

Next Bunco is Thursday, December 21.

**Contact: Kathy Sasabuchi 916-209-3089, [ksasabu@icloud.com](mailto:ksasabu@icloud.com)**



**Ceramic Arts**

Last month we welcomed Taylor Jackson, our new instructor, to the Thursday class. Taylor brings a lot of "hands on experience" (pun intended) to the topic of ceramic arts. He is sharing his knowledge of innovative techniques and creative approaches with the group. As always, our group also welcomes residents new to ceramic arts and we would love to have you come and visit on Friday afternoons during the community open studio.

The Tuesday student group is currently displaying seasonal pieces in the window and is working hard on an entire forest of Christmas trees, Holiday trees, Hanukah Trees and other trees for display everywhere. Stop by the studio window at OC sometime soon to see what is new on display.

CAG workshops at OC Saturdays 9:00 AM to 4:00 PM, Sundays 12:00 Noon to 4:00 PM. KS workshops Monday 1:00 PM to 4:00 PM Earthenware, Sundays 1:00 PM to 4:00 PM Spanish Oils. Open studio available to all residents: OC Fridays 12:00 Noon to 4:00 PM; KS Sundays 1:00 PM to 4:00 PM. Please check bulletin boards and studio

windows for changes or closures.  
**Contact: Mary Clark 916-502-1527; OC Pottery Gabriele Dawson 916-209-3683; Diane Mayer; KS Earthenware Marty Berntsen 916-408-2110; KS Spanish Oils Margo Bruestle 916-434-9575 Website: [www.sclhresidents.com](http://www.sclhresidents.com)**

Lincoln Hills Community Chorus



**Chorus**

Tickets for "Holiday Swing," our mostly Christmas concert on December 10-12, are going fast. See page 53 for details and don't miss out!

We've selected a splendid variety of sacred and secular music to launch the holiday season. The first category includes the spiritual "Tell It on the Mountain," the rousing "Jubilate, Alleluia," special arrangements of the old carols "Joy to the World" and "Silent Night," along with a masterpiece from Handel's "Messiah": "And the Glory of the Lord."



Director Paul Melkonian conducts a rehearsal

Among our secular selections: "Home for the Holidays"; a medley comprising "Silver Bells," "I'll Be Home for Christmas," and a Christmas take on "In the Mood"; "Swingin' Saint Nick"; "Jing Jingle Bells"; and a barbershop-style

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“Everybody’s Waitin’ for the Man with the Bag.”

We’ll invite you to sing more carols along with us during each set. With this head start, some of you may be ready to join us next season!

Contact: Suzanne Rosevold 916-587-3035; [suzannechorus@gmail.com](mailto:suzannechorus@gmail.com); Website: [lincolnhillschorus.org](http://lincolnhillschorus.org)

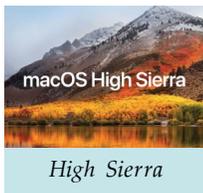


Computers

Apple Users



IMPORTANT NOTE: Apple has released a new OS for Mac and MacBook called High Sierra. Our Technical Committee strongly recommends that you refrain from installing it until they have had ample opportunity to work with it and clear it for use by our members. There appear to be some questions as to its stability and ease of use. We expect it will be okayed by early January. Until then, our Help Line techs will be unable to assist you, so please wait for the “all clear”.



But we are totally enthused by the iOS 11.0.3 upgrade for Apple Devices. It has some wonderful features that close the gap between Device and Computer, particularly

as it pertains to the iPad. If you missed the seminar, please log onto [lhaug.org](http://lhaug.org), select the Videos tab, and view Ken Silverman’s recent discussion of the capabilities of this new iOS.

Contact: Vicki White, [vickiawhite@me.com](mailto:vickiawhite@me.com) Website: [lhaug.org](http://lhaug.org)

PC



General Meeting January 10, 6:30 PM P-Hall (KS). *The Amazing Capability of 3D Printing – And How It’s Changing World.*

The long-term impact of 3D printing is anticipated to be enormous. The technology is rapidly advancing and is likely to disrupt every field it touches – consumer goods, architecture, medicine, dental, defense, aerospace, research, automotive, fine arts, and more. Some anticipate it having as profound an impact on the world as the coming of the Industrial Revolution. Rita will explore its possibilities, its manufacturing impact, and its societal implications. John Robeck (Executive Director of the Art League of Lincoln and former digital artist at DreamWorks Animation) will demo using a 3D printer to make unique works of art.

Please visit our web site for more meetings and help.

Contact: Karl Schoenstein, [sclhcc@gmail.com](mailto:sclhcc@gmail.com) Website: [www.sclhcc.org](http://www.sclhcc.org)



Country Couples

We had a howling good time at the Halloween Dance held at Sun City Roseville’s



Kathy and Rene Lopez

Ballroom on October 29. Imaginations ran wild and participants outdid themselves with costumes this year. I wish it was possible to print photos of all the costumes

as there were so many notable, clever, and beautiful entries for the best costume contest. The honor of winning best costume went to “The Dominoes.” The ballroom was decorated with black tablecloths with seasonal colored fall flower centerpieces. Dinner was turkey with all the trimmings. Our hosts and DJ for the evening were Jim and Jeannie Keener.



Rosanne and Ron Bogue

As 2017 draws to a close, the Country Couples Board would like to express our thanks to all those who joined in and those who pitched in to make

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The Dominoes

our club so wonderful. We loved sharing the good times with you and look forward to 2018. Happy Holidays and Happy New Year.  
**Contacts: Marsha Brigleb 916-434-5460, Laura Wermuth 916-253-7092**



### Cribbage

We welcome you to come join the fun at Orchard Creek on Tuesday mornings with a friendly group of Cribbage Players. We meet at 8:00 AM and have our warm-up practice games until 9:00 AM. Then the mini-tournament begins, and continues until 12:00 PM.

We play four handed partner games using a rotation system. Every game you end up with a new partner as the losing players move on to the next table, and the winning players stay. Each player keeps track of his or her own score.

The weekly winners for the month of October were Bob Frank, week one, Sandy Paviovich, week two, George Fun, week three, Larry O'Donnell, week four, Grant Lee, week five.

New players are always welcome!

**Contacts: Larry O'Donnell 406-672-6493; Ken VonDeylen 916-599-6530**



### Cyclists

Warm riding days are over. It's time to consider keeping warm during the upcoming cold weather. The first rule about cold weather riding is to layer. Cotton does not wick (draw sweat to the outside of the fabric). Wool insulates well but stays wet forever. Polypropylene has always been a good base layer but there are also some newer layering fabrics available. Over the base wear a fleece lined jersey. In windy situations don a windbreaker. Chance of rain? Think waterproof. Below 55 degrees, wear leg warmers or ski tights. For your feet, wear two pair of thinner socks to create an insulating air barrier between the socks. Shoe covers are a good idea for temperatures under 35 degrees. Wear fingered gloves with liners. Mittens make braking and shifting tough. To protect your neck, make one of the layers a turtleneck. Don't forget your ears. A wide headband or balaclava will hold heat under your helmet.

**Contact: Steve Valeriote 916-408-5506, [lhcyclist.com](http://lhcyclist.com)**  
**Website: [www.LHcyclist.com](http://www.LHcyclist.com)**



### Eye Contact

*General Meeting, Fine Arts Room (OC), Tuesday, January 2, 2:00 to 4:00 PM*

Presenters will be Neighbors InDeed discussing Handy Helper, Information & Referral and Medical Equipment Loan Program services. Neighborhood Watch will bring us up to date on how they keep our residents advised on safety and security in Sun City Lincoln Hills. Following the presenters Q&A, there will be discussion time for our members.

*Reminder to All Members – Magnifier Equipment Available for Your Use.*

There are desk top magnifiers located at each of the SCLH Lodges available for the use of all residents. These magnifiers are a great tool to use to read newspapers, magazines, books, mail or to view those pictures family sent to you. The one at Orchard Creek Lodge is located in the Living Room area; the magnifier at Kilaga Springs Lodge is next to the Library. There is a helpful instruction sheet at each location.

**Contact: Cathy McGriff 916-408-0169, [cathy.mcgriff@yahoo.com](mailto:cathy.mcgriff@yahoo.com)**



### Fishing

Have you ever thought about learning how to fish? Join a club with a group of folks who like to fish, and talk about fishing – Lincoln Hills Fishing Group!

Our club does Spin, Fly, River, Lake & Ocean fishing. Some use

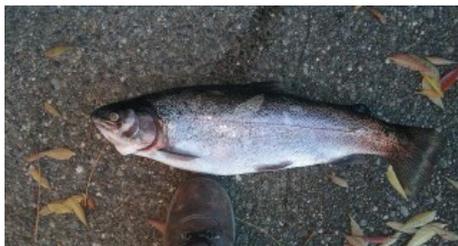
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people in our club who reach out to others.

Each year we have 2 BBQ's and 1 Christmas dinner, and coffee get togethers 2-3 times a week.

We meet monthly, the second Monday at 7:00 PM, Kilaga Springs Lodge, check our meeting out!

To join, contact Jim: [jmalcom2@aol.com](mailto:jmalcom2@aol.com) or Henry: [hsandigo@gmail.com](mailto:hsandigo@gmail.com).

Contact: **Jim Kerbey** at [jmalcom2@aol.com](mailto:jmalcom2@aol.com)



### Garden Group

Merry Christmas, Happy Hanukkah, and Happy New Year to all!

After surveying our members throughout the year and having excellent reviews/suggestions for the variety of programs we offer, the Steering Committee is setting plans for next year's activities. We have a variety of expert speakers in their fields addressing all aspects of gardening and landscaping. Flower, Rose, and Bonsai



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Shows, Field Trips, Plant Sales, Home Garden Tour, Classes, and Civic Projects will also be offered as well as Socials throughout the year! The slate of officers for

2018-19 includes President Larry Clark, VP Marian Reeder, Treasurer Lois Wagner, Recording Secretary Nancy Switzer, and Correspondence Secretary, Halina Lowe.

Reminder: There is no General Meeting in December. Membership-2018 begins in January and you may register then, or by going online to the Garden Group website: [www.lhgardengroup.org](http://www.lhgardengroup.org). All meetings are the fourth Thursday of the month (January-October) at 2:00 PM, Kilaga Springs. Contact: **Marjie Anderson** at 916-408-7685; **Lorraine Immel** 916-434-2918, [limmel@ssctv.net](mailto:limmel@ssctv.net); **Larry Clark** 916-409-5214 [lkclark@surewest.net](mailto:lkclark@surewest.net); Website: [www.lhgardengroup.org](http://www.lhgardengroup.org)



Recording Secretary Nancy Switzer

### Genealogy

There is no general meeting in December. We wish you all special holiday days whether that is time with family, friends or even time alone in which you delve into



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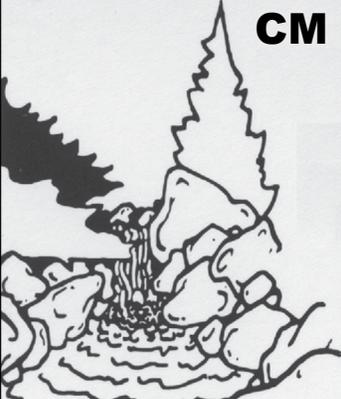
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your genealogy or a good book or whatever is special for you.

It's time to renew your membership. Download the application from the website. A new one needs to be completed even if you are renewing your membership. The next meeting will be January 15, 2018; we'll elect officers followed by short presentations by members reflecting their genealogical quests.

The 2 hour DNA-Just the Basics class for members only will be repeated on January 8 for those who missed it. A newly structured 2 session beyond the basics DNA class will be offered after January. Those completing this will have the opportunity to join a discussion group devoted to more advanced DNA topics. Membership is required to participate.

Contact: **Maureen Sausen**  
916-543-8594; **Bob Ringo**  
916-543-5310; Website:  
[lincolnhillsgenealogy.com](http://lincolnhillsgenealogy.com)



**Golf**

**Ladies XVIII**

The ladies have voted in the new officers for 2018. Outgoing captain, Donna Sanderson, announced the results of our election for the executive board, at the last general meeting, at the end of October. Peggy Carr will be our captain, accompanied by co-captains Valerie McElroy and Julie Storer, with secretary, Karen McGraw and

treasurer, Sandy Tamanti rounding out the cabinet. We anticipate more fun and surprises with the McElroy/Storer duo on board.

Our golf club is open to any resident of Lincoln Hills and applications are found on the website. There are about 135 members, including some social members who offer support and just want to party. Many stay for lunch after golf on Thursdays to turn our golf days into more of a social affair. Some women are also members of the Lincsters, our nine-hole group at LH. Interested?

Contact: **Donna Sosko**  
916-434-5527;  
Website: [lhlgviii.com](http://lhlgviii.com)

**Lincsters**

The annual breast cancer golf tournament was held October 25, and was hosted by the Lincoln Hills Lincsters. The tournament was chaired by Jan Varin and Ingela Butters. The tournament

raised over \$20651 which was presented to the Placer Breast Cancer Foundation which was established in 2005, and has raised funds to endow a chair at the UC Davis Comprehensive Cancer Center. They embrace the objectives of educational outreach and research funding, as well as educating women on both breast cancer and health issues. They are planning the 2nd annual Women's Retreat, which taps local health care providers for information on issues such as early detection, available resources, emerging technology and breakthroughs.

On the front nine of the Hills the winning team was Rose Marie Warren, Candy Koropp, Mary Thompson and Nancy Sartor. On the back nine the winning team was Rebecca Shoaf, Jan Varin, Donna Rasch and Joanne West.  
Contact: **Pat Shafer**, [gdskd70@aol.com](mailto:gdskd70@aol.com); Website: [lincsters.com](http://lincsters.com)

**Mens, golf**

The Turkey Shoot tournament produced First place winners, Jesse Reuter, Mercer Tyson, Dennis Plattner, Tom Gorley, Karl Williams, Glenn Walker, Mark Hamilton, Gene Andrews, Bob Arts, Ron Balderston. Coming in second were, George Booker, Russ Lynch, Ron Waisner, George Porzio, Dennis Cumiford, John Vass, John Griggs, Roger Corley, Doug Swanson, Rich Henrikson, Pete Saco, Russ



Left to right: Jan Varin (tournament chair), Cindy Picos (Placer Breast Cancer Board Member, Ingela Butters (financial chair) and Sharon McMillan (Lincster Captain)

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Galvin. Coming back on the Board for 2018 are Rodger Oswald and Roger Cummings. Last month, the Monster Tournament was just played, results in the January issue. The Tournament of Champions had several players with low scores. Net 1st place winners were: Mark Hamilton, Phil Steinbock, James Chan. Gross 1st place winners were John Michel, Ciro Estremo, Tom Chappellear. The Just For Fun bracket Net winners were Joe McLeod, Tom Traxel, John Salmela. Gross winners were: Bob Schoenherr, Bob Arts, Jack Smith. The Penny Carolyn Shootout prize winners were, Ron Cook, Jay Stockton, Frank Burkhead. There are no tournaments in January, but a full slate starting in February 2018. Visit our website: [lhmgc.org](http://lhmgc.org) for more information. A big thank you to outgoing Board members, Gil Lucas, Bob McCullum and John Garfein! We appreciate their contributions the last few years. Coming back on the Board for 2018 are Rodger Oswald and Roger Cummings. At this writing, we are in need of a Secretary for next year. The Mens Club Board wishes everyone a Merry Christmas and Happy New Year!

Contacts: Gene Andrews, [eandgolf@sbcglobal.net](mailto:eandgolf@sbcglobal.net); Tom Traxel, [tom.traxel@sbcglobal.net](mailto:tom.traxel@sbcglobal.net); Website: [www.lhmgc.org](http://www.lhmgc.org)



### Healthy Eating

As in previous years we don't have a December Healthy Eating Club meeting so our members can better plan their busy holiday period with family and friends. Our next meeting is Monday January 22 at our regular time of 2:00 PM at P-Hall (KS). Details of this meeting will be announced by email in early January.



In November we had two club Soup Community lunch events at members' homes that were enjoyed by all the participants. These soup lunches are always good fun plus we get to enjoy excellent new homemade soups made by our fellow club members. We plan to have other Soup Community lunches during the winter, so watch for email notices for these events.

Contact: Don R. Rickgauer  
916-253-3984, [sclh13HealthyEating@gmail.com](mailto:sclh13HealthyEating@gmail.com); Website: <https://HealthyEatingClub.wildapricot.org>



### Hiking & Walking

Recently 40 hikers enjoyed a

gorgeous day in the Sutter Buttes also known as the "smallest mountain range in the world". We started our adventure at the Community Memorial Museum of Sutter County in Yuba City. The museum is a treasure and something not to be missed. The guides from Middle Mountain Interpretive Hikes shared their knowledge about the local history, geology and ecology along the ungrooved trails. The Buttes are remnants of a volcano that has been dormant for longer than any of us remembers –over a million years.



Uphill climb through ungrooved trails

It is that time of the year to renew your membership to the Hiking and Walking Group. If you have not done so already, please send your \$5 membership to treasurer David Keeler.

Join us Tuesday, December 19, for a leisurely hike/walk on Pleasant Grove Creek, with Lunch at La Provence. Check the web site for upcoming hikes. Happy Holidays!



Group viewing one of the many Oak trees

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**Contacts:** *Hiking - Art McGrath at 916-434-5540, [atm99@sbcglobal.net](mailto:atm99@sbcglobal.net); Walking - Debbie Schryver at 916-666-1741, [dshumhaven@earthlink.net](mailto:dshumhaven@earthlink.net); Website: [www.lincolnhillshikers.org](http://www.lincolnhillshikers.org)*



### Innovations

The November Innovations meeting was devoted to general discussion due to light attendance. The December meeting is cancelled for the holidays. The January agenda is to have representatives of two support groups describe the needs of their members and determine if there is a way the Innovations Group may be of assistance. January's meeting will be held on 25 January at 4:00 PM in the Multi-purpose room (OC). Note: New day and time. New members, interested parties and visitors are welcome. Questions? **Contact: Ray Dunaway 916-794-0002**



### Investors' Study

We have speakers lined up for the first five months of 2018. If you are new to Sun City or have been curious about what the Investors' Study Club does, join us on Thursday, January 4 at 2:30 PM in P-Hall (KS). Russ Abbott, our consultant, will be our January speaker as he does each year. Russ has been working with our group for almost seven years and brings in speakers you are apt to see on

CNBC, Fox Business, Bloomberg, etc. Maybe not every speaker but certainly a goodly number. Do come and enjoy the experience! You can ask questions and get answers. The Club does not recommend specific stocks; we are an education club only. Have a great Christmas and a Happy New Year! John Noon at 916-645-5600

The Active Investors sub-group meets in the Multimedia Room (OC) on the second Monday of each month at 3:00 PM.

**Contact: Norm Quatrin at 916-645-4675**



### Lavendar Friends

The Lavender Friends Club is a social organization serving the Lesbian, Gay, Bisexual and Transgender Community and those in friendship in Sun City Lincoln Hills.

We have regular activities. We meet for Saturday dog walks, a Saturday coffee klatch, movies on the third Tuesday of the month (followed by Happy Hour), and a breakfast buffet at Thunder Valley on the first Wednesday of the month. You can call or look up our website [www.lavenderfriends.com](http://www.lavenderfriends.com) for locations, dates, and times.

Members, take note that we will have our biannual business meeting in January. Date and time will be provided soon. We need to have your input on issues, and to

have a quorum for voting on issues.

Activities: Greater Placer PFLAG meets on the second Monday of the Month from 7:00 to 9:00 PM at Sutter Auburn Faith Hospital, 11815 Education Street, Auburn, CA, Conference Room A, next to the cafeteria

**Contacts: Sheila 916-408-2802; Carol 916-295-0610 Website: [www.lavenderfriends.com](http://www.lavenderfriends.com)**



### Line Dance

The line dance holiday party was held on December 4. Fun, food and dance. Thanks to all our teachers and helpers for the teaching and review of all the dances we did. Great to have all levels of dancers on the floor at the same time. Along with good food, beautiful decorations and company



it marks the end of a good year. Be sure to sign up for January classes and start 2018 with line dancing which will help with those New Year's resolutions to get more exercise. February will bring the Lifestyle Expo. Michael Barr and Michele Burton will be hosting Boogie til the Cows Come Home on March 24 in Corning. Go to [www.michaelandmichele.com](http://www.michaelandmichele.com) for more information. Wishing you all a Merry Christmas and Happy New Year.

**Contact: JoAnn Faria 916-434-6813 [joannfaria@sbcglobal.net](mailto:joannfaria@sbcglobal.net)**



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**Mah Jongg, Chinese**

Greetings! Please join us on Monday mornings in the Card Room (OC). Play starts at 9:00 AM, with arrival time being 10 minutes before 9:00 AM. Play continues until Noon. Winter is a great time of year to join others in a friendly game of Chinese Mah Jongg.

Chinese Mah Jongg is a game of strategy and, sometimes, luck. We provide the tiles, score sheets and companionship. (No money is involved.) It is not difficult to learn especially when we teach you! You can master the basics in three hours. If you are curious about learning this game, please join us. If you already know how to play or it has been a long time since you played, we welcome your attendance. Questions?

**Contacts: Bruce Castle at 916-846-1500; Marsha Ross at 916-253-9551**



**Mah Jongg, National**

Tuesday is always a happening day in the Card Room (OC). It is a wonderful place to meet your neighbors and make new friends. Newcomers are always welcome to play with us. If you don't know how to play, please contact Fran Rivera at 916-434-7061 as she is currently taking names and phone numbers to put on her new list for the winter session, starting Jan.1st.

"Mah Jongg, an ancient game

from China that you play using tiles, gained popularity in the 1920's. This game of intelligence requires concentration. Mah Jongg is a difficult game to learn but once you do, your ability to excel is limitless." So why not try it!

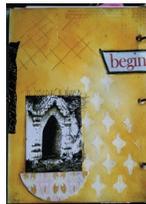
**Contacts: Patti Kingston 916-587-3056; Elsa Paszek 916-253-9709; Fran Rivera 916-434-7061**



**Mixed Media Arts**

Our club provides a friendly, fun environment for creative expression by using various methods of media, textures, papers, photos, and so much more. Occasionally we have "hands on" demonstrations and presentations on the latest techniques in the world of Mixed Media. On December 19 we will be holding our annual member's Holiday Party, from 2:00 to 4:00 PM, at the home of Nancy Griffin. At our January 17, 2018 meeting we will have a presentation by Faye August, who will speak on the topic of choosing and using paint brushes.

We are a very creative group and most everyone at one point in time was a beginner. So don't be shy and feel free to stop in during of our regular meetings to see what we are all about. Our club starts at 1:00 PM on the third Wednesday of each



month in the Ceramics Room (OC). **Contacts: Frima Stewart 916-253-7659, [frimastewart@gmail.com](mailto:frimastewart@gmail.com); Nancy Griffin 916-209-3958, [griffinnancy70@gmail.com](mailto:griffinnancy70@gmail.com)**



**Motorcycle**

On November 11 Head Road Captain Don Heyde led the RoadRunners annual "Icicle Ride."

This years destination was the historical Columbia State Park. After a visit to the park's exhibits and shops it was on to a hearty lunch at the Columbia House restaurant.



Ready to ride in Columbia



Lady RoadRunners Holiday luncheon

Also in November, the Lady RoadRunners celebrated the start of the season with a Holiday luncheon at the China Villa restaurant in Rocklin. Special thanks to Sandy Milbauer for organizing this great event!

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and have a road worthy motorcycle or trike – check us out! The RoadRunners meet on the fourth Thursday of the month at 6:00 PM Multimedia Room (OC) There is no club meeting in December. “Ride Safe - Ride With Friends”  
**Contact: Manny Perez 916-253-9121, [manwil412@wavecable.com](mailto:manwil412@wavecable.com)**



**Music**

We had our Holiday Party in early November. There was a lot of food and music. Fun was had by all (we checked). Due to the busy holidays (both family activities and facility scheduling), we are going to lay low for December. Our next meeting is scheduled for January 24, from 6:30 to 8:30 PM, Fine Arts Room (OC). Check the January Compass and our website for Le Open Mic schedule and other information for 2018.

During this break in the action, last year’s leadsheets are still posted on our LHMUSICGROUP site. They may be an inspiration to you. A New Year’s resolution may be: to perform at a meeting and/or Le Open Mic.

The SCLH Ukulele Jam meets Wednesdays, 1:00 to 3:00 PM, (OC Lodge). Open to SCLH residents. Contact Ron Peck at 916-409-0463 for information.

**Contact: Don Smith at 916-838-4691 [Donsmith6704@frontier.com](mailto:Donsmith6704@frontier.com); Website: [LincolnHillsMusicGroup.org](http://LincolnHillsMusicGroup.org)**



**Needle Arts**

**Threads of Friendship**

The Needle Arts Retreat October 30-December 3, 2017 and the Wearable Arts Presentation on November 14, 2017 meeting were both a delightful success. See pictures below.

The Holiday Tea is December 19, 2017 in the OC-Ballroom. The theme is “COLOR me MERRY!”, \$22 members, \$25 guests. There will be a variety of food and entertainment. Go to [www.sclhna.com](http://www.sclhna.com) and download the sign-up form. Registrations must be received by December 12, 2107. Guests are welcome.



*Retreat leader  
Kris Volker*

Membership dues are now payable and remain at \$20. The form is available on the website, [www.sclhna.com](http://www.sclhna.com). Please mail dues to Jeanne Reinhardt, 1898 Grand Pheasant, Lincoln CA 95648.

Do you have sewing goods, knitting materials, or other tools



*Retreat quilt*



*Wearable Arts show*

to donate? If so, contact President Shirli Lenz at 916-645-8581 or email [lent102266@gmail.com](mailto:lent102266@gmail.com)

**Contact: Jean Storms 916-408-1515; [jeanstorms272@gmail.com](mailto:jeanstorms272@gmail.com)**



**Neighborhood Watch**

One has to wonder who would take advantage of those whose only mistake is to trust the wrong person. Unfortunately, SCLH proves to be fertile ground for dishonest individuals and groups that profit from a variety of scams including phone calls that warn of computer viruses, a grandchild in jail or an IRS arrest warrant. Some residents have fallen for the “you’ve won the sweepstakes” or “your bank needs information.”

The Neighborhood Watch Alerts have revealed many of the scams which pop up in SCLH, and most of us are amazed that these rip-offs continue. Yet, they do. When they happen, a majority of people hang up their phones or delete their computer messages. Others, however, don’t believe they’re being cheated.

As good neighbors, we should encourage others to sign up for the Alerts and to spread the word of these scams, especially to those around us who are the most vulnerable.

**Contacts: Linda Minor 707-235-0778, Pauline Watson at 916-534-8436 Website: [www.SCLHWatch.org](http://www.SCLHWatch.org)**

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**Painters**

The Holidays are the perfect season to reflect on the enjoyable times we've spent with our creative members this year. There are already many programs and presentations planned for the New Year, including two new "Challenges" to test our skills. Now's the moment to take time to renew your dues to insure you won't miss out on all the fun. Remember membership isn't limited to oil, watercolor, acrylic or pastels artists, but anyone interested in learning about art and its appreciation.

Plans are moving along for the Fine Arts Show is scheduled for February 2 - 4, 2018. This is a very popular event open to all SC residents, not just Painters Club members, offering an opportunity to display their artistic works in a variety of mediums and styles including sculpture & ceramics. Start preparing your entries, finish the not-quite-ready projects or plunge into working on a new masterpiece!

Contact: **Joan Musillani at 916-712-4393, [joanmusillani@gmail.com](mailto:joanmusillani@gmail.com)**



**Paper Arts**

In November, we collected a total of \$780, to be divided among - Koinonia, Lighthouse, and Ride to Walk-- three organizations which help local teens in need.

Thank you to those members who contributed so generously.

In January, our group will experience a change in leadership. Thank you to outgoing president, Shirley Rainman, who after two years is stepping down. Shirley brought her special expertise and creativity to our group. At the same time, we welcome Dottie Macken, also a seasoned crafter and teacher, who will begin her term as president. We are very fortunate to have so much talent and ingenuity in our midst. Thank you, Shirley and Dottie.

Happy Holidays to all! We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS). If you are interested and have some paper crafting experience, contact us..

Contacts: **Shirley Rainman 916-253-9534; Pat DeChristofaro 916-408-1360**



**Pedro**

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro before, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets



*Pam, a November table captain, shows off our Christmas ornament project.*

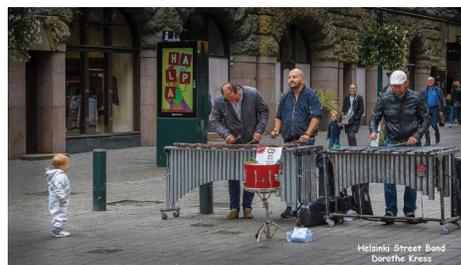
in the Card Room (OC) on the first and third Friday of the month from 9:00 AM to 12:00 PM. We hope to see you there.

Contacts: **Denise Jones at 916-543-3317, [djonesea@att.net](mailto:djonesea@att.net); Doris DeRoss at 916-253-7164, [dorisdoross@gmail.com](mailto:dorisdoross@gmail.com)**



**Photography**

At the November General Meeting, Club members learned about the art of street photography from Pete Perez, the manager of Action Camera. Pete is an accomplished photographer well-known in the Sacramento region. Although Pete enjoys all types of photography, he chose to speak to us on street photography because of its wide appeal.



*Photo by Dorothe Kress*

Also sometimes called candid photography, street photography features chance encounters in public locations. Mr. Perez provided information regarding equipment selection, preparing for the photo shoot, safety tips and how to deal with the people you encounter while shooting. He also provided some very useful 'how-to' tips on

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Ron Nabity

Photo by Ron Nabity



### Pickleball

The Pickleball Club will greet the New Year with new officers.

They are: Vice-President: Gerry Gates; Secretary: Fran Brooks; Co-Tournament Directors: Didi Martin and Lynn Fraser; Member-at-Large: Robin Haney; and Publicity Director Mike Gardner.

Many players enjoyed our 10th annual Holiday Party Dec. 6 featuring a buffet and dancing.

The Pickleball and Softball Clubs teamed up to help make it a Merry Christmas for children of troops stationed at Beale Air Force Base. The clubs collected donations, plus toys.

Players brought home a trove of medals at fall tournaments, including the Huntsman Senior Games



Photo by Jim Klein

street photography techniques.

The Photography Club's Lifestyle Group frequently engages in candid photography to document events in and around Lincoln Hills. The group also provides training for any photographers interested in volunteering to participate in Lifestyle photo shoots.

Contact: Diane Margetts 916-955-1809, [dmargett@yahoo.com](mailto:dmargett@yahoo.com); Website: [www.lhphotoclub.com](http://www.lhphotoclub.com)



Pickleball Club President Craig Fraser (right) with Softball Club President Jeff Greenberg collecting toys.

and Fall Brawl, both in St. George, Utah, and local matches in Citrus Heights and Lincoln Hills. Robin Haney and Robbin Maloney scored a bronze medal at the US National Championships in Arizona.

Want to play? Cal Meissen is on hand most Wednesdays at 1:00 PM (weather permitting). No paddle or reservations necessary.

Contact: Mike Gardner 916-834-6549, [pickleballmike1@gmail.com](mailto:pickleballmike1@gmail.com)



### Players

The Players Club last project for 2017, "A Funny Thing Happened on the Way to the Forum," was presented to the Lincoln community in the Orchard Creek Ballroom November 16, 17, and 18. Four standing ovations were



(L-R) Sally Goble, Membership Chair, Susan Stecz, Vice-President, Ron Hanson, President, Corrine Ehlers, Secretary, Jan Weaver, Treasurer

received for the funniest, wackiest stage show ever performed in Lincoln Hills. Alan Lowe will be directing the play that he wrote "Night Time Traveler" for Readers Theatre on February 10 and 11 in P-Hall (KS)-- free to the public.

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The Players Club new website, <http://www.lhplayers.org> has information about our wonderful opportunities for those who love all aspects of theater, from Readers Theatre to on-stage productions. We welcome new members! Come join us and share your love and talents for theatre!

Contact: Ron Hanson 916-434-7112, [racketron@yahoo.com](mailto:racketron@yahoo.com)

Contact: Website: [www.lincolnhillsplayers.com](http://www.lincolnhillsplayers.com)



**Poker**

The Poker Group plays a variety of poker games every Monday and Friday starting 12:45 to 4:30 PM, Tuesday, starting 4:45 to 8:30 PM in Multipurpose Room (OC). Games are played using script, and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

For Texas Hol'em players, there is a separate table available on Monday Tuesday and Friday's - same times.

Effective with the New Years all poker players will be seated as long as they arrive by 12:45 PM (Monday and Friday) or 4:45 PM (Tuesday's). The new seating arrangement will eliminate people not being able to play because tables are full. The new plan ensures play so come on down and join the fun.

Any questions, or to be added to our email distribution, please contact one of the following members.

Contacts: Lynne Barsky 916-253-3730, Arnold Baker at 916-434-5412



**RV**

Our November meeting included voting in new board members for 2018. Pictured are incoming president Dean Schumacher, vice presidents Steve Beede and Sharon Skar, secretary Linda Dern, treasurer Bill Bisson. Not shown are membership Sharlene Zielinski and email coordinator Ricki Montoya.

Rallies will resume in January since our December activity is a holiday dinner and dance.

Our rallies always include lots of shared meals, happy hours, golf, tours of the local area and anything else the group can cook up!

We meet at the Kilaga Springs Kitchen at 4:30 PM on the second Thursday of each month, where we



2018 Board Members

discuss upcoming rallies then visit with shared appetizers. Residents with an interest in RVing are always welcome to visit, meet new friends and discuss the fun of RV travel. Learn more about our club. Contact: Marlowe Skar 916-434-7799; Website: [www.lhrvg.com](http://www.lhrvg.com)



**S.C.H.O.O.L.S.**

Volunteers are still needed in our elementary schools. A Kindergarten teacher is looking for some help and a teacher at Sheridan Elementary is hoping for someone who is interested in math or art. If you have some time and an interest, please contact Crystal Elledge, whose number is below.

Visit our website at <http://schoolssuncity.org>. The website has information about the volunteer program including the district



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school calendar, photos, and quotes from teachers and volunteers. Contact a leader listed below who can answer your questions. You need not have had any teaching experience to participate.

**Contacts:** *Crystal Elledge (Elementary)* at 916-543-8617, [celedge@sbcglobal.net](mailto:celedge@sbcglobal.net); *Irma Mendez (Phoenix HS)* at [jmeidm@aol.com](mailto:jmeidm@aol.com)



### SCOOP

Our new officers will be planning activities for 2018 in January. SCOOP will have speakers on other animals in addition to dogs. We invite you to share your ideas for speakers by emailing these to us. We also are accepting your dues for 2018. Please go to the SCOOP website and download the application. Dues will be collected at our first meeting of 2018 on Tuesday, February 6, 11:00 AM, in the Fine Arts Room (OC). Take care of your wonderful animals during the holidays and we look forward to seeing you in 2018. Happy Holidays from SCOOP!

**Contact:** [scoop@sclh-scoop.com](mailto:scoop@sclh-scoop.com)  
**Website:** [www.sclh-scoop.com](http://www.sclh-scoop.com)



### Scrabble

Happy Holidays from the Scrabble Group! We are hoping to entice some new players to join us in the New Year!

We meet every Monday afternoon at 1:00 PM at the Card Room

(OC). All materials are provided. No reservations are needed.

Play one, two, or more games... we are very flexible. Come and try out the old-fashioned game of Scrabble!

**Contact:** *Anne McMaster* 916-409-5408, [wiltonanne@yahoo.com](mailto:wiltonanne@yahoo.com)



### Singles

During this festive time of the year, Singles held their Annual Holiday Luncheon Making Spirits Bright on Saturday, December 9 in the OC Ballroom. This dress-up affair proved to again have a wonderful plated lunch of prime rib or salmon while being entertained by Gary Scalora.

Singles spent Thanksgiving either with their families or friends. Kudos go to those individual singles that hosted dinner at their homes for those singles that might have spent it alone.

Look what is coming: On December 21 we will have our Dining Out Event at Rubino's. On December 28 we will have our SOCIAL Pre-New Years Party at Kilaga Springs - cost \$25 members/\$35 guests; Buffet will be provided along with music by Fun Company. On January 4 we go to Red Robin for our Cocktail Time. On January 11 we have our Business Meeting/Speaker. On January 13 is our 2nd Saturday Breakfast in the

OC Sports Bar. Sounding good? Reminder: January is month we collect \$15 for 2018 dues. Join us.

Weekly we play Bocce Ball on Wednesdays and Golf on Fridays. **Contact:** *Kathy Shaddox* 916-209-3307



### Ski

During this festive time of the year, Singles held their Annual Holiday Luncheon Making Spirits Bright on Saturday, December 9 in the OC Ballroom. This dress-up affair proved to again have a wonderful plated lunch of prime rib or salmon while being entertained by Gary Scalora.

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Weekly we play Bocce Ball on Wednesdays and Golf on Fridays. **Contacts: Bill Smith or Mike Hilton at 916-258-2150, [lhskiclub@gmail.com](mailto:lhskiclub@gmail.com)**



**Sports Car**

The rains in November did not stop the LHSCG from participating in a Turkey Drive with the Rods and Relics Club. Turkeys were delivered, for the second year in a row, to the Lincoln Fire Department. The turkeys and other food items will be distributed to local families in need.

At the November 6 meeting a new Board was elected for 2018. New officers are; President – Chuck Schmidt, VP – Tom Breckon, Secretary – Chris Beasley, Treasurer – Carol Asnault. The appointed officers will be Tours – Sam McPherson, Social – Edy Ternullo, Webmaster – Ron Goleno, & Historian – Rich Hoffman.

The LHSCG Family wishes you a Merry Christmas, Happy Holidays and a Joyous New Year.

Currently our club has 117 Households and 209 members. If you own a sports car and want

to join contact [tom.breckon@sbcglobal.net](mailto:tom.breckon@sbcglobal.net) and visit our website at [lhspportscars.com](http://lhspportscars.com).

**Contact: Tom Breckon 916-434-6989, [Tom.Breckon@sbcglobal.net](mailto:Tom.Breckon@sbcglobal.net); Website: [Lhspportscars.com](http://Lhspportscars.com)**



**Sun City Squares**

Sun City Squares celebrated the holidays with a fun party and lots of beautiful dancing.

Sun City Squares is now open to all singles and couples for all position dancing. If you haven't danced in a long time, or you have lost a partner, we are happy to help you learn again and have a great time.

Beginning January 8, 2018 our new dancing times will be as



below:

- Monday at Kilaga Springs 1:00 to 3:00 PM Plus level dancing
- Monday at Kilaga Springs 3:00 to 3:30 PM Advanced level dancing
- Thursday at Kilaga Springs 1:00 to 3:00 pm Advanced level dancing

**Contact: Jean Grupp 916-408-1868, [jean@grupphomes.com](mailto:jean@grupphomes.com)**



**Tap Company**

To all tap dancers, coaches, and teachers – Happy Holidays! December is the month for Practice, Practice, Practice for the show: Dance, Dance, Dance! Then we will be all ready for new steps in January!

**Contacts: Natalie Grossner: 916-209-3804, [natalie\\_g@msn.com](mailto:natalie_g@msn.com); Freddie Dempster 916-253-9734, [fredeedee@gmail.com](mailto:fredeedee@gmail.com)**



**Tennis**

Do you feel the season in the air? A special time of memories and family, highlighted with beautiful lights and decorated trees. May we all celebrate the reason for the season. Merry Christmas to all.

Our annual tennis dinner/dance, was held Wednesday January 8, 2017, at Orchard Lodge this year. A thank you to these special ladies who work all year planning these events.



*Pam Flaherty, President with Polly Smith and Pam Geernaert, Social Directors*

Pictured below are all the participants of the Oktoberfest this year. A fantastic lunch was prepared and served by Linda McDermott, Polly

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2018 Oktoberfest



Winners for our Oktoberfest are:  
 Women: First-Marilyn Duncan;  
 Second-Lisa Snapp; Third-Linda Mateer;  
 Fourth-Janis Braganza

Smith and Pam Geernaert. Great job ladies...and as always, Dave Mateer did his super job of making this another success.

The LHTG Annual General Meeting was at KS Auditorium on Friday, December 8 at 2:00 PM. The HOA candidates were invited to attend.

Contacts: Pam Flaherty at 916-434-6184 [pamflaherty@gmail.com](mailto:pamflaherty@gmail.com), Barbara Davis at 916-408-2604 [barb7dick@att.net](mailto:barb7dick@att.net); Website: [www.sclhtg.com](http://www.sclhtg.com)



**Veterans**

More than 350 attendees turned out for the Veterans Day ceremony on November 11. The celebration included presentation of the colors and placement of a wreath next to the veterans' memorial monument by cadets of the Whitney High School Air Force Junior



A wreath was placed by the veterans' memorial monument by the Orchard Creek Lodge main entrance by Cadet Lt. Col. Ellisia Quintana of the Whitney High School JROTC. (Photo by Jim Cormier)

ROTC. The Hills Brothers sang at the outdoor event. In the Ballroom, orchestral music was performed by the Roseville Community Concert Band. State Senator Ted Gaines delivered the keynote address. The 2018 board of directors was elected at the November 16 meeting. Directors for the New Year will be Fred Buhler, Wayne Gallant, Larry Yaggi, Mike Schultz, Wyatt Lazenby, Andy Martel and Don Jobe.

Contact: Fred Buhler 916-209-3529



**Water Volleyball**

It's the season to be jolly! Happy Holidays to all! Even though it's chilly outside, we enjoy our indoor sport at the KS pool.

Our club is currently renewing memberships through our website. There is a new form to print out, read, sign, and submit with your check in an envelope to our club mailbox attached to the storage



Jeanne, Mary, and Bob at the Fling



Fling chat group having fun



Fling chats-making friends

container on the pool deck at KS. Any questions can be directed to our Treasurer, Mike Mosca, through the club email address.

At article deadline the Steering Committee election was in process. The next article will announce the newly elected members who will serve for 2018. We appreciate the support of all of our volunteers making our club awesome!

Watch for club emails that give you valuable announcements and instructions. Questions can be directed to the Steering Committee using this email address [sclhwater-volleyball@gmail.com](mailto:sclhwater-volleyball@gmail.com).

See you in the water!  
 Contact: Rhonda George 907-242-3161 Website: [www.lhwatervolleyball.com](http://www.lhwatervolleyball.com)



**Woodcarvers**

OPEN HOUSE: Woodcarvers club will have an open house on January 10, 2018 from 1:00 to 3:00 PM. You will see woodcarvers in action as well as some finished carvings. Members can talk about their carvings or answer questions about woodcarving. Our member's range inexperience is from beginners to advanced.

Woodcarvers club is open to all residents of SCLH and experience is not required. If you have never carved or have been carving for years, you are welcome. Members choose their own designs to carve or there are several club projects available as an option.

The club has an extensive library of carving books, magazines, and videos as well as help from members. We have carving tools you can use.

Woodcarvers club meets every Wednesday, in the Sierra Room (KS), from 1:00 to 4:00 PM. Woodcarvers keep chipping away. Contact: Dick Skelton at 916-626-0895



**Writers**

Andrew Dexter, this month's Writers Club featured writer, retired from the U.S. Navy and then Exxon. Andrew and Sheri moved to Lincoln Hills in 2015. Their backyard faces the golf course, and they have collected about two hundred



golf balls. When a golf ball in full flight almost hit him, Andrew developed an idea of how to use that excuse to commit a murder. In his book, *Death By Golf Ball*, Frederica, the wife of an abusive and alcoholic man, decides to murder her husband using errant golf balls as an excuse. The book is in its first re-write, and the readings at the Writer's Club are providing excellent editing and feedback.

IN MEMORIAM — As 2017 draws to a close, the Writers Group remembers and celebrates the lives of Tom Brannon and Geoff Young, members who passed away this year. Thank you for sharing your stories with us, gentlemen.  
**Contacts: Freddie Dempster, [fredeedee@gmail.com](mailto:fredeedee@gmail.com); Susan Gust, [srg2266@gmail.com](mailto:srg2266@gmail.com)**

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## Bulletin Board

Please email your bulletin board articles to [shelvie.smith@sclhca.com](mailto:shelvie.smith@sclhca.com) by the 20th of each month. Bulletin Board topics include interest in forming new groups and information about resident-related (not Association-sponsored) Groups.

### LH's Running Group

We invite you to join a casual running group that meets every Tuesday and Thursday morning at 7:00 AM in front of the Kilaga Fitness Center entrance. We run about three miles. There will be someone running at your pace to share the experience. If we are too slow for you, there is a faster group that leaves earlier. Come and check us out.

Call Ben Horner at 916-660-2602 or email [benhorner53@gmail.com](mailto:benhorner53@gmail.com) if you have questions or just want to talk about it.

### The Caregiver Support Group

The Caregiver Support Group that meets at the Twelve Bridges Library will not be meeting in December. Join us again in January as we gather together on the third Thursday of each month from 9:00 to 11:00 AM. If you are caring for a loved one with any kind of illness

or disease, come and share. For more information contact Brenda Cathey at 916-253-7537.

### Cloggers

We wish you all the most happy and blessed Christmas and Hanukkah seasons. Stay warm, stay dry, and keep clogging! Please go to [www.ncca-inc.com](http://www.ncca-inc.com) (Northern California Cloggers Association) for information on upcoming events around the state. Coming up on January 13, the "Doug Chin Clogging Classic" in Orangevale. Looking way ahead, save April 27-28 for the big clogging convention right here in Sacramento! And for information about clogging in SCLH, please call Natalie Grossner at 916-209-3804.

### Glaucoma Support Group

With a New Year comes new advances in the diagnosis and treatment of Glaucoma. If you have Glaucoma and would like to hear about some of the new options, please attend one of our meetings. We meet the second Wednesday of each month. Our January meeting will be January 9, at 4:00 PM in the Multimedia Room (OC). For additional information, please contact Bonnie Dale at 916-543-2133.

### The Lincoln Democratic Club

The annual Holiday Celebration will be Thursday, December 21, from 6:00 to 8:00 PM in Kilaga Springs Lodge. This is a potluck event with guests asked to bring finger food, appetizer or dessert to share. There will be a no host bar. Come and share food and conversation with fellow Democrats. See our club website <http://www.democraticclublincolnca.org/> or email Al Witten c/o [lincolndems@gmail.com](mailto:lincolndems@gmail.com) for more information.

### Multiple Sclerosis

Multiple Sclerosis: Tuesday, January 2, at 1:00 PM in the Sierra Room (KS). "Here's an Opportunity to ReGift that present you just don't know what to do with. Bring it to the January 2 MS Meeting where we'll have fun exchanging the \$20 and under White Elephant presents. Do you like everything you received? Then bring a Consumable gift or plant, not over \$20. (No candy please.)

Questions: Contact Marilyn Sharp at 916-837-4464.

### Italian Club

The Italian Club sends best wishes to everyone for a Buon Natale -- Merry Christmas. On

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January 12 the club will present its first social event of 2018, the annual Crab Feed held at McBean Pavilion in Lincoln. It's always a fun feast and a 'claws' for celebration. Check the website for the flier to sign up soon and join us for a 'cracking' good time. If you are a Sun City resident of Italian heritage, consider joining our club. Go to the website at [www.lhitalianclub.org](http://www.lhitalianclub.org) to learn more. Contact Sandi Graham, membership chair, at 916-826-5711, or [smgraham101@gmail.com](mailto:smgraham101@gmail.com).

**Lincoln Parkinson's Group**

Merry Christmas to you all! Our Lincoln Parkinson's group will not be meeting this month so that you may enjoy your holidays. We will resume meeting on January 16 at Granite Springs Church on E. Joiner Parkway. We meet from 10:00 to 11:30 AM. In January, Rebecca Kang, Bowenwork practitioner will present how Bowen work may help with Parkinson's. Come join us! For more information, contact Brenda Cathey at 916-253-7537.

**Racquetball Group**

We play on Mondays and Thursdays at the California Family Fitness Center in Roseville (916-781-2323). Membership to the fitness center is required. We begin play

at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play doubles, cutthroat and/or singles. Ladies are welcome. See you on the court! Contact: Armando Mayorga at 916-408-4711 or [amoon38@sbc-global.net](mailto:amoon38@sbc-global.net).

**Shalom Social Group**

Women Together, the women's auxiliary of the Shalom Social Group, has undertaken something new for the group, the Hanukkah Mitzvah Project. ("Mitzvah" is the Yiddish word for "good deed.") This year we will be supporting a family with three children. We will buy either gifts or gift cards for each of the children and their grandmother, who is raising them. This is in addition to what individual members do through the Lincoln Hills Foundation or other charities. We also continue our parade of events: next up is our Hanukkah dinner and celebration. For membership information, contact Vida Morrison at 916-984-1043.

**Shooting Group**

With good weather we meet on Tuesdays for Trap and on Thursdays for Skeet at Coon Creek Trap and Skeet at 5393 Waltz

Road, just minutes from Lincoln. Occasionally other shotgun sports are enjoyed. We have no fees but each shooter must pay for their own clay targets. For more information about shotgun shooting sports contact John Kightlinger at 916-408-3928 or [johnnpat@sbc-global.net](mailto:johnnpat@sbc-global.net). The rifle and pistol activities occur on Tuesdays at the Lincoln Rifle Club at 150 Lincoln Boulevard. For information about rifle or pistol shooting please contact Jim Trifilo at 916-434-6341 or [trifilo@sbcglobal.net](mailto:trifilo@sbcglobal.net). Come out and have fun!

**Sons In Retirement Branch 13**

Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its monthly luncheon on Tuesday, December 19 at Catta Verdera Country Club. This holiday celebration will include wives/significant others. A three course gourmet lunch costs \$20pp. Arrive at 11:30 AM; luncheon adjourns at 1:30 PM. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending the luncheon as a guest, please contact Chet Winton at 916-408-8708.

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## Community Perks



**2 Showings!**  
**KS at the Movies: Dunkirk**  
 Tuesday, January 2 —  
 1:30 PM Screening—**Free**  
 Saturday, January 6 —  
 6:00 PM Screening—**Free**

P-Hall (KS) Rated PG-13, 106 min., Action/Drama/History. Starring Fionn Whitehead and Damien Bonnard. Allied soldiers from Belgium, the British Empire and France are surrounded by the German Army, and evacuated during a fierce battle in World War II.



**KS Classic Movies on Saturday:**  
**Seven Brides for Seven Brothers**  
 Saturday, January 20 —1:30 PM  
 Screening—**Free**

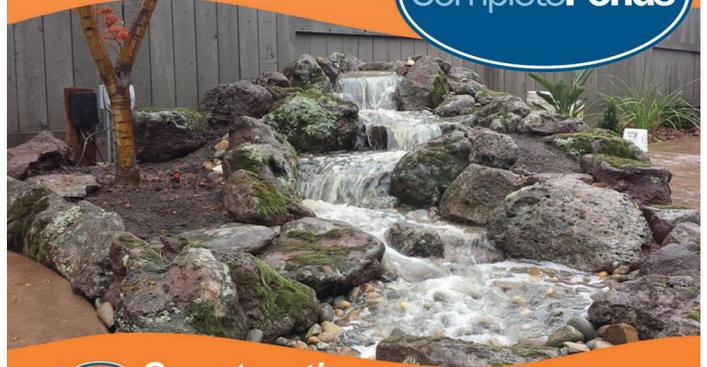
SP-Hall (KS) 1954, Not Rated, 102 min., Comedy/Drama/Musical. Starring Jane Powell and Howard Keel. In 1850 Oregon, when a backwoodsman brings a wife home to his farm, his six brothers decide that they want to get married too.



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## Lincoln Hills Community Forums

### Live Long, Live Healthy Wednesday, January 24—Free

7:30 PM, Ballroom, (OC). Dr. John Chuck is a Kaiser family practice physician specializing in health and wellness. He holds two additional prestigious positions with Kaiser: that of the Chief of Health Promotion & Information Technology and Chief of Physician Health & Wellness that supports the 9000 physicians throughout Northern California. Hear from a remarkable expert about how a wise choice of foods, exercise, movement, mindfulness and socialization can help you lead a long healthy life. He will enlighten us about how lifestyle changes can help to prevent and sometimes reverse chronic diseases like heart disease, high blood pressure and diabetes.



### How Can We Stand Up to Sexism? Friday, February 16—Free

4:00 P.M. P-Hall (KS). Just what is sexism and how can we stand up to it? Who is affected by it? Five South Placer high school students will address this timely topic in the final round of the AAUW Eleanor-Stem Allen Memorial Speech contest, sponsored by the AAUW Roseville-South Placer Branch of American Association of University Women. Students will compete for substantial cash prizes. These polished speakers will impress you! Afterward, join us for a reception with complimentary appetizers and an opportunity to chat with the contestants.



#### Community Forums, Date, Time, Location

- **Walking in France**  
Monday, February 19, 2:00 PM, P-Hall (KS)
- **Puzzles of Pain Management**  
Wednesday, February 28, 7:00 PM, Ballroom (OC)

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**"Lord, what fools these mortals  
be for missing out on the  
greatest event of the year!"**

*-Puck, Midsummer Night's Dream  
(paraphrased just a little)*



# *A Midsummer Night's Dream*

*New Year's Eve 2018*

*Sunday, December 31, 2017  
Orchard Creek Lodge*



*Don't miss out  
on the magic!  
Tickets will go fast!*

*Celebrate the New Year with your friends on a magical evening filled with moonbeams and dreams at the Lincoln Hills New Year's Eve Party! Select your party room and entrées from a delicious three-course menu specially prepared by Chef Ian.*

*Be prepared for much merrymaking with the six-piece Fundz Band featuring Chris Cole playing popular music through the decades. Try your luck at casino gaming in the Living Room and win fun prizes! Toast the New Year with free-flowing champagne and a magnificent fireworks display.*

*Tailored Dinner Package options start at \$102 per person. Purchase the Dinner Package prior to November 14 and be entered in a chance to win two 2018 Summer Amphitheater Series Packages. For those who wish to have dinner elsewhere, join the celebration from 9:00 PM-Midnight with our Entertainment Only option for \$62. Open seating in designated areas for Entertainment Only ticket patrons are available throughout the Lodge.*

*Guests must select their tables during registration on a first-come, first served basis. If purchasing a table for your group, provide all entrée selections at time of registration.*

## *Schedule of Events*



<i>7:00 PM</i>	<i>7:30-8:00</i>	<i>9:00-Midnight</i>	<i>Midnight</i>
<i>Doors Open</i>	<i>Dinner Served</i>	<i>Dancing, Gaming, &amp; Entertainment</i>	<i>Champagne Toast &amp; Fireworks Display</i>

*No refunds or exchanges. Tickets required for entry. Wristbands issued at entry.*

*Table locations and complete menus with pricing and dinner selections available at the Activities Desk (OC/KS).*



**Deborah Meyer**  
Lifestyle Entertainment Coordinator  
[deborah.meyer@sclhca.com](mailto:deborah.meyer@sclhca.com)

## Entertainment

### —Comedy—



**KS Comedy Night:**  
**The Hilarious, Observational**  
**Comedy of Cary Long**  
**Friday, January 19, 2018**  
**6:00 PM & 8:00 PM Shows**  
— **LSE34-11**

Cary Long got his start on the hit television show "Star Search." He has since been performing in Las Vegas, as well as at the

"Evening at the Improv," "VH-1 Stand-up," "Showtime Comedy Club Network," and two appearances on the "Tonight Show" with Jay Leno. Cary's comedy is observational and he gets a lot of his inspiration from people he sees that day. His act is full of everyday situations that everyone can relate too! Save \$1 off \$4 or more at KS Café on show night. Shows 6:00 PM and 8:00 PM, P-Hall (KS). **Reserved Seating, \$16.**



**KS Comedy Night:**  
**Ellis Rodriguez**  
**Wednesday, February 28, 2018**  
**6:00 PM & 8:00 PM Shows**  
— **LSE92-12**

Ellis Rodriguez is funny or at least that's what everyone says in Northern California, home

of this magnetic, charming comic. He was born in Boston, MA and they said the same thing, he's funny. Classic middle kid syndrome, he's the funniest of 9 children. He's a United States Marine, raised by immigrant parents from Panama in Stockton, CA. The diversity of his life experience has helped him establish rapport with anyone he comes in contact with, and he is able to make them laugh. He found his passion when he picked up a mic and has made a home on stage across the nation, including *The Improv*, *Laugh's Unlimited*, *Punchline*, and *The Laugh Factory* to name a few. Save \$1 off \$4 or more at KS Café on show night. Shows 6:00 PM and 8:00 PM, P-Hall (KS). **Reserved Seating, \$16.**

### —Performances—



**Mitch Polzak and the**  
**Royal Deuces**  
**A Rockabilly Concert**  
**Tuesday, December 19, 2017**  
— **LSE37-10**

Founded in Concord, California in 1999, Mitch Polzak and the Royal Deuces have been entertaining audiences worldwide with their engaging original sound and highly entertaining live stage show. The high energy three piece ensemble performs Rockabilly from the late '50s Sun Records era, blazing guitar instrumentals from influences such as Joe Maphis, Merle Travis, and Don Rich, with a wide range of Bakersfield Honky Tonk, Truck Driving Classics, and classic Country music, with some special Holiday songs to celebrate the season. Save \$1 off \$4 or more at KS Café on show night. Concert 7:00 PM, P-Hall (KS). **Reserved Seating, \$19.**



**Suzanna Smith Sings the**  
**Greatest Hits of Peggy Lee**  
**& Rosemary Clooney**  
**Friday, January 5, 2018** —  
**LSE82-11**

Suzanna Smith has emerged as one of the brightest new voices on the Bay Area Jazz and cabaret scene.

Known for her golden tone, innate sense of swing, and irresistible charm, she will bring favorite classics of Rosemary Clooney and Peggy Lee to life with hits that include, "Fever," "Is That All There Is?," songs from *Lady and the Tramp*, "Mambo Italiano," "Come On-A My House," and many more. Suzanna has developed a sound and style that is continually evolving and all her own. But she is excited to celebrate the legacy of two of the music world's most enduring female artists. Catch her and see for yourself how she's illuminating today's vibrant music and cabaret scene. Save \$1 off \$4 or more at KS Café on show night. Concert 7:00 PM, P-Hall (KS). **Reserved Seating, \$21.**



**Mark & Marlo:**  
**Comedy in High Definition**  
**A High-Energy Interactive**  
**Juggling, Comedy,**  
**Variety Program**  
**Tuesday, January 9, 2018**  
— **LSE28-11**

It's more than comedy, it's more than juggling, and its more entertainment

than you'd expect from two performers...it's comedy in High Definition®. Mark and Marlo have been featured on multiple national television shows such as "The Late Show with David Letterman," "America's Got Talent," and "Who Wants to Be a Millionaire," not to mention the fact that Mark's a Guinness World Record winner! Not only do they perform jaw-dropping, face-melting stunts, but they are great comedians. An enjoyable time for the whole family! Show 7:00 PM, Ballroom (OC) **Premium Reserved Seating, \$18**. General Admission: \$15.



**The Big Jangle**  
**A Tribute to Tom Petty**  
**and All Things Jangly**  
**Tuesday, January 23, 2018**  
**— LSE83-11**

The Big Jangle is a San Francisco Bay Area Band dedicated to playing all things Tom Petty. We capture the Tom Petty and the Heartbreakers concert experience, so not only playing the music of Tom Petty, but the songs he covered live, such as The Traveling Wilburys, The Byrds, and Stevie Nicks. Comprised of seasoned and experienced musicians from throughout the Bay Area, you will be guaranteed a great musical

experience. Concert 7:00 PM, Ballroom (OC) **Premium Reserved Seating, \$20**. General Admission: \$17.



**"This One's For You"**  
**The Songs of Barry**  
**Manilow**  
**Thursday, February 8,**  
**2018 — LSE29-12**

Barry Manilow wrote over 400 songs including "This One's for You," twelve #1's and 47 Top 40 Singles. The universal message of Manilow's music has always been to inspire, uplift, and to make it through. For so many of us it has done just that. This unique program celebrates the songs and career of this Pop Legend in cabaret style with the popular star of *Joel: The Band*, Kyle Martin, returning to Sun City Lincoln Hills along with his former co-star from *The World of Webber*, Tielle Baker. They are joined by Bay Area Musical Theater Award Winners Nikita Burshteyn and Andrea J. Love. The show will include enduring hits, such as, "I Write the Songs," "Copacabana," "Mandy," "Can't Smile Without You," and more. Concert 7:00 PM, Ballroom (OC) **Premium Reserved Seating, \$22**. General Admission: \$19.



**Jack Gallagher**  
**Concussed: 4 Days in the Dark**  
**Tuesday, February 13, 2018 —**  
**LSE81-12**

Two years ago Jack Gallagher was struck by a car while riding his bike and suffered a traumatic brain injury. While he walked away from the accident seemingly unfazed, by week's end he was in the emergency room and was directed to take "cognitive rest" by his physician. The prescription resulted in four days spent in a dark room with no visual stimulation. Left only with time to think. Working through four days resulted in *Concussed*:

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*Four Days in the the Dark.* Gallagher's one-man performance showcases his wide-ranging introspection while providing an emotional and heartfelt appeal. Lauded as "thoroughly engaging" and "hysterically funny" by the Sacramento Bee. Show 7:00 PM, Ballroom (OC) **Premium Reserved Seating, \$20.** General Admission: \$17.



**Rhinestone**  
**A Salute to the Songs & Career of**  
**Glen Campbell**  
**Performed by Andrew Kahrs**  
**Friday, February 23, 2018**  
**— LSE84-12**

The distinctive voice of rising star Andrew Kahrs celebrates The Legacy of Glen Campbell in a salute to the songs of this contemporary music legend. Including hits "Gentle on My Mind," "Galveston," "Wichita Lineman," "Rhinestone Cowboy," and more. Andrew was born and raised in Atlanta, Georgia and has since moved to San Francisco. He picked up a guitar and started writing at age 15. Now, at age 27, a seasoned blend of blues, country, and bluegrass can be heard in his recorded music. Concert 7:00 PM, Ballroom (OC) **Premium Reserved Seating, \$22.** General Admission: \$19.

—Grandkids Event—



**Santa Adventure**  
**Saturday, December 16, 2017**  
**— LSE32-10**

Santa and the Elves will be coming to Lincoln Hills for their special annual visit! Share holiday memories and magical activities with your grandchildren at "Santa Adventure." Your grandchildren will be greeted by Santa's Elves and will enjoy interactive activity stations offering treats, glitter tattoos, and lots of fun! Start the morning off by taking photos of the grandkids with Santa. We will be showing the cartoon "Frosty the Snowman (1969)" at 11:30 AM. Limited space available so buy early. Important: Each child must be accompanied by a grandparent for all activities (multiple siblings would require two grandparents or parent present), all children need to be pre-registered and wristbands will be provided during registration and are required for participation. Lunch will not be provided as part of this ticketed event. Kilaga Springs Lodge. 10:00 AM. Doors open at 9:45 AM; activities and games 10:00 AM to 12:00 PM. Toddler to 12 years old. **General admission, \$14.**

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9AM-1PM



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**Katrina Ferland**  
**Lifestyle Trips Coordinator**  
[katrina.ferland@sclhca.com](mailto:katrina.ferland@sclhca.com)

**Day Trips**

—Casino/Races—



**Colusa Casino**  
**Thursday, January 18, 2018**  
**— LST82-10**

Enjoy a nice drive in the country and view one of the world's smallest mountain ranges, the Sutter Buttes, on our way to resident favorite Colusa Casino. Receive casino credits: New members \$15; Current members \$10 plus any additional based on prior play. All attendees over 50 years of age will receive \$3 additional slot credit. Additional credits to be applied based on your prior play. There may be additional promotions in January. Casino promotions subject to change. Five-hour stay at the casino. Wheels roll from OC at 9:00 AM, return ~ 5:00 PM. \$23.



**Cache Creek Casino**  
**Wednesday, February 21, 2018**  
**— LST90-11**

We're returning by popular request to Cache Creek Casino just outside of the Woodland/Esparto area in Yolo County. Wednesday is Military Appreciation Day so make sure to bring along an accepted form of Military, guard, reserve, dependent, veteran, retired veteran or retired veteran dependent ID to obtain an additional \$20 in bonus play! Lots of slots and table games to choose from! Receive \$10 in gaming credits or \$20 match play and \$5 food credit. Spend four hours at the casino. Food credit available at all restaurants except buffet. Buffet closed on Wednesdays. Wheels roll from OC at 9:30 AM, return ~ 4:30 PM. \$26.



**Off to the Races—**  
**Golden Gate Fields**  
**Thursday, February 15, 2018**  
**— LST96-12**

Enjoy the heart-pounding intensity of live horse racing at Golden Gate Fields in Berkeley. Relax in the climate-controlled comfort and luxury of the Turf Club with an elaborate buffet while watching the races. Races go rain or shine. Dress code: Collared shirts and dress slacks are preferred for men while women may wear dresses or dress pants. No denim, sweat pants,

**Important Information: Entertainment, Trips, Classes**

• **Registration:** Required for all activities unless otherwise noted. Resident I.D. is required for registration at the Activities Desks. All sales are final. SCLHCA Rules and Regulations states "Activities expenses are generally paid in advance of the event. Therefore, the fee would not normally be refunded." Registration for Entertainment is open to residents and public except for events involving food. Events with food are exclusive to residents and their guests. For Trips, limited to two per household for the first month of sales; additional guests may be registered after. Guests must be at least 21 years old for casino trips; 18 years old for other destinations. For Classes, registration is exclusive to residents. Early registration is encouraged, classes may be canceled up to one week prior to class start due to low enrollment.

**Registration Codes:** Use the codes when registering for an event. The last two digits of the code indicate the month the event first went on sale. Events with codes showing the current month will be On Sale beginning the 17th of that month.

- **Want to Sell?** Contact the Activities Desk (OC/KS) if unable to attend an event, trip or Activities Department class.
- **Weather:** Trips and events are held regardless of inclement weather.
- **Scents:** When attending any activity, class, meeting or trip at OC or KS Lodge, please refrain from wearing perfume, cologne, and scented bath & body products. Many residents have serious allergies exacerbated by scents.
- **Activities that include a Meal:** Please advise the Coordinator/Monitor if you have any dietary restrictions upon registration.
- **Special Accommodations:** Please inform the Monitor during registration as follows. For Entertainment, special needs patrons will be seated first. For Trips, we accommodate wheelchair bound passengers to the best of our abilities.
- **Assisted Listening Device (ALD):** To align audience sound expectations for shows, Entertainment articles will include ALD symbols when show has ALD compatibility. Due to show requirements and/or performer sound set up, not all shows will have ALD compatibility. ALD is available for check out from the Activities Desk using a valid ID, first come, first served.
- **Show Time:** For Entertainment, doors open 30 minutes prior to show time unless noted.
- **Premium Reserved Section Seating:** No need to wait in line before a show. Limited premium seats available for all Ballroom shows.
- **Departures:** All bus trips leave from OC Lodge unless otherwise noted. We load the bus 15 minutes prior to departure times. As a courtesy to all, we leave on time. Buses are air conditioned, please dress accordingly.
- **Parking:** Please park beyond OC Fitness Center in lanes 11-13 unless noted otherwise. Passengers are dropped off by the Fitness Center on return.
- **Event Ticket for Trips:** Will be handed to guests upon boarding.
- **Travel Insurance:** Insurance is highly recommended as trips are non-refundable. A list of trip insurance providers from the US State Department is available at the Activities Desks.



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- \* Valid through 12/31/18
- \* Free round of golf
- \* Unlimited greens fees at Prospector Rates
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  - \* Weekend \$47 (Orchard), \$49 (Hills)
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- \* Special Sweeps day pricing
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- \* Receive 2 guest passes at time of sign up



t-shirts, wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: complimentary racing program, admission, sumptuous buffet lunch served from 11:30 AM to 3:00 PM. Wheels roll from OC at 10:00 AM, return ~ 7:00 PM. \$95.

—Museums—



**Legion of Honor – San Francisco  
Klimt & Rodin: An Artistic  
Encounter**

**Thursday, January 4, 2018**

— **LST86-10**

Marking the centenary of Rodin's death in 1917 and that of Gustav Klimt in 1918, KLIMT & RODIN:

An Artistic Encounter examines the diverse connections between these artists and their impact on the art world. While Rodin is widely regarded as “the father of modern sculpture,” Klimt was a groundbreaking painter and a founding member of the modernist Vienna Secession movement. This exhibition marks the first survey of Klimt's work in California. Sharing the galleries with the Legion of Honor's important holdings of Rodin works will be examples from Klimt's oeuvre on loan from public and private collections in the United States and Europe. You will also get to enjoy a separate special exhibit of Gods in Color: Polychromy in the Ancient World that offers an astonishing look at classical sculpture swathed in their original vibrant colors questioning the perception of an all-white “classical” ideal. Ancient sculpture and architecture from Greece and Rome will be revealed as intended—garishly colorful, richly ornamented, and full of life—along with original sculpture from the Near East, Egypt, Greece, and Rome against the backdrop of the Legion of Honor's neoclassical building. For more information on this and other currently running exhibits, please go to <http://legionofhonor.famsf.org/legion/exhibitions>.



For more information on this and other currently running exhibits, please go to <http://legionofhonor.famsf.org/legion/exhibitions>.

Lunch is on your own at the museum's café or bring your own. Wheels roll from OC at 8:30 AM, return ~ 6:30 PM. \$76.

—Performances—



**Dublin Irish Dance  
– Stepping Out  
Harris Center for  
the Arts, Folsom  
Wednesday, February 28,  
2018 — LST95-12**

Enjoy an extravaganza of sights and sounds of Irish Culture with the Dublin Irish Dance production of Stepping Out. Through favorite Irish melodies, traditional steps and Celtic instrumentals, this is a story of the Irish immigration to America after the great famine of the mid-1800s. Greeted by diverse cultures and rich traditions from around the globe, the new Irish immigrants congregate in dance gatherings where ancient Irish melodies fuse with African rhythms, creating American tap dance and early roots music. Stepping Out celebrates the incredible evolution of Irish traditional music and dance. Matinee show with Mid-Orchestra Seating at Harris Center for the Arts in Folsom. Wheels roll from OC at 12:30 PM, return ~5:30 PM. \$80.

**The Color Purple  
Orpheum Theater, San Francisco  
Wednesday, May 16, 2018**

— **LST92-12**



The Color Purple is the 2016 Tony Award winner for Best Musical Revival. With a soul-raising score of jazz, gospel, ragtime and blues, The Color Purple gives an exhilarating new spirit to this Pulitzer Prize-winning story. Don't miss this stunning re-imagining of an epic story about a young woman's journey to love and triumph in the American south. Matinee performance with Rear Orchestra seating. Dinner on your own at Union Square after the show. Bring your own lunch to eat en route to the theater. Wheels roll from OC at 10:45 AM, return ~ 9:45 PM. \$101.

**On Your Feet –The Emilio & Gloria Estefan Musical  
Golden Gate Theater, San Francisco  
Wednesday, September 19, 2018 — LST93-12**

From their humble beginnings in Cuba, Emilio and



Gloria Estefan came to America and broke through all barriers to become a crossover sensation at the very top of the pop music world. But just when they thought they had it all, they almost lost everything. From international superstardom to life-threatening tragedy, **ON YOUR FEET!** Takes you behind the music and inside the real story of this record-making and groundbreaking couple who, in the face of adversity, found a way to end up on their feet. The show features some of the most iconic songs of the past quarter-century — and one of the most inspiring stories in music history. Matinee performance with Rear Orchestra & Loge seating. Dinner on your own at Union Square after the show. Bring your own lunch to eat en route to the theater. Wheels roll from OC at 10:45 AM, return ~ 9:45 PM. \$130.



**Waitress**  
**Golden Gate Theater, San Francisco**  
**Wednesday, November 7, 2018 — LST94-12**  
 Brought to life by a groundbreaking all-female creative team, this irresistible new hit features original music and lyrics by 6-time Grammy® nominee Sara Bareilles (“Brave,” “Love Song”), a book by acclaimed screenwriter Jessie Nelson (I Am Sam) and direction by Tony Award® winner Diane Paulus (*Hair, Pippin, Finding Neverland*). Inspired by Adrienne Shelly’s beloved film, *WAITRESS* tells the story of Jenna – a waitress and expert pie maker. Jenna dreams of a way out of her small town and loveless marriage. A baking contest in a nearby county and the town’s new doctor may offer her a chance at a fresh start, while her fellow waitresses offer their own recipes for happiness. But Jenna must summon the strength and courage to rebuild her own life. Don’t miss this uplifting musical celebrating friendship, motherhood, and the magic of a well made pie. Matinee performance with Rear Orchestra & Loge seating. Dinner on your own at Union Square after the show. Bring your own lunch to eat en route to the theater. Wheels roll from OC 10:45 AM, return ~ 9:45 PM. \$135.

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—Sports—



**Sacramento Kings**

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or 116 depending on the game with handicap seating available (please request upon registration). Arrive in time to enjoy pre-game activities and purchase from various food and beverage concessions. See individual games below for pricing & bus times.

**Sacramento Kings vs. LA Clippers**  
Thursday, January 11, 2018

— **LST73-09**

Wheels roll from OC at 5:30 PM, return ~ 11:30 PM. Seating section 110. \$98.



**Sacramento Kings vs. Oklahoma City Thunder**  
Thursday, February 22, 2018

— **LST74-09**

Wheels roll from OC at 5:30 PM, return ~ 11:30 PM. Seating section 116. \$84.



**Sacramento Kings vs. Boston Celtics**

Sunday, March 25, 2018 — **LST75-09**

Wheels roll from OC at 1:30PM, return ~ 7:30 PM. Seating section 116. \$121.



**Oakland A's**

Special deal for A's and the World Champion Houston Astros! Enjoy an included an all-you-can eat private BBQ Buffet with soft beverages and discount \$4 beer in the 4th inning. Day game with field level seats with shade in Sections 101-102. (Bus drops off near gate by our seat locations)

**Oakland A's vs. Houston Astros**  
Wednesday, May 9, 2018 — **LST99-12**

Wheels Roll from OC 8:45AM for a 12:45PM game time and return ~ 8:00PM. \$104.



**Oakland A's vs. San Francisco Giants • TBA**  
January COMPASS

—Tours/Leisure—



**Date change!**

**Copia – Culinary Institute of America and Oxbow Marketplace, Napa**  
Special Cooking Class Trip  
Tuesday, February 6, 2018

— **LST87-10**

Ever wanted to take a class at a culinary institute? Join us for your chance to join an interactive demonstration class on Mardi Gras Delights at the newest Culinary Institute of America location at Copia in Napa. You'll have time for a leisurely lunch before the class and some shopping and wine tasting afterwards. Lunch will be on your own with many choices either at the Culinary Institute (reservations recommended) or at the Oxbow Marketplace next door. Wheels roll from OC at 9:15 AM, return ~ 7:15 PM. \$80.



**American Indian Art Show — Marin Civic Center, San Rafael**

Sunday, February 18, 2018 — **LST91-11**

Calling all antique enthusiasts! The American Indian Art Show – Marin, now in its 34th year, is one of the nation's most highly rated showcases of antique and contemporary American Indian art. The show brings

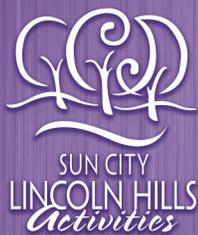
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**SAC VS. LA CLIPPERS**  
**THURSDAY, JAN. 11**  
**SECTION 110 | \$98**  
**ACTIVITY CODE: LST73**



**SAC VS. OKC THUNDER**  
**THURSDAY, FEB. 22**  
**SECTION 116 | \$84**  
**ACTIVITY CODE: LST74**



**SAC VS. BOSTON CELTICS**  
**SUNDAY, MAR. 25**  
**SECTION 116 | \$121**  
**ACTIVITY CODE: LST75**

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 SEE PAGE 64 FOR DETAILS.**

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A Rockabilly Concert

**Tuesday, December 19**  
**Concert at 7:00 PM**  
**Presentation Hall (KS)**  
**Reserved Seating: \$19**



Tickets available at the Activities Desk (OC/KS). See Page 55 for details.

together the country's top dealers and artists with both collectors and those interested in exploring the rich cultures of the Americas. Exhibited art includes jewelry, textiles, baskets, pottery, beadwork, sculpture, photography, paintings, books and more, offering quality material for seasoned collectors and first time buyers. The Marin Civic Center was designed by Frank Lloyd Wright and was his largest public project. Bring your own lunch or dine at the adjoining Embassy Suites Hotel 101 Grille or the event food truck. Wheels roll from OC at 9:00 AM, return ~ 5:00 PM. \$50.



**Chinese New Year –  
San Francisco for the Day  
Sunday, February 25, 2018  
— LST89-11**

Celebrate Chinese New Year and the Year of the Dog in San Francisco at the 29th Annual Chinese Community Street Fair. Immerse yourself in the sights and sounds of San Francisco's exhilarating Chinatown during one of the community's most exciting times of the year. You will find over 120 booths and concessions making this a shopper's paradise. The SF Chinese Chamber of Commerce has planned activities and entertainment for all ages. Enjoy Chinese folk dancing, opera, drumming and much more at the entertainment stage on Washington Street below Grant Avenue. Be aware to reach parts of Chinatown you will have to go up a small hill. Lunch on your own. Drop off on Kearny and Washington. Wheels roll from OC at 8:30 AM, return ~ 7:00 PM. \$44.

**—Overnight/Extended Travel—**



**Three nights!  
United States  
Figure Skating  
Championships  
Friday, January 5 to  
Monday, January 8,  
2018 — LST76-09.**

Last minute sign-ups subject to ticket availability. Wheels roll from OC at 8:00 AM on the 5th and return to LH at ~ 1:00 PM on the 8th. A



signed liability waiver is required for each participant. \$898 per person double occupancy. \$1097 single.



**Added by popular demand!  
Sun City Sierra Winter  
Holiday Train Roundtrip  
Reno  
Wednesday, March 7 to  
Friday, March 9, 2018  
— LST98-12**

Enjoy the breathtaking mountain scenery from our reserved rail car via Amtrak on a relaxing winter train trip to Reno escorted by Katrina, your Lifestyle Trip Coordinator. We go round-trip on the train and spend two-nights in Reno. Last year trip participants had a great time on the second day visiting the UNR Planetarium, Reno Auto Museum, Nevada Museum of Art, movie theaters and National Bowling Stadium, reached easily by a short walk or shuttle making a loop around downtown. Trip package includes per person:

- Motor coach transportation to and from Roseville train station
- Casino shuttle to and from Reno train station
- Baggage portage from Reno train station arrival platform to hotel and back
- Reserved rail car for our group on train
- Non-smoking room at Eldorado Hotel & Casino
- \$15 food credit per person to the restaurant of your choice in the Eldorado or Silver Legacy
- Reserved seat ticket to the newly renovated Eldorado's Showroom Cirque Show presentation
- One breakfast/brunch buffet per person
- \$10 additional food credit per person for breakfast on day of departure at Millie's Coffee Shop
- Gratuities for bell service and bus driver

Wheels roll from OC at 10:30 AM, return to LH, ~ 1:30 PM. *On Wednesday, bring a bag lunch to eat on the way to Reno or purchase lunch on board train. A signed liability waiver is required for each participant.* \$290 per person double occupancy. \$349 single.

**Laguna Beach Pageant of the Masters  
& Richard Nixon Library  
Saturday, July 28 to Tuesday, July 31, 2018  
— LST97-12**

Highly requested trip is back! Join your trip coordinator, Katrina, on an amazing trip to the world-famous Festival of the Arts in Laguna Beach.





The Pageant of the Masters is where "Art comes to life!" This year's theme is "Under the Sun." In the early years of the 20th century, a new generation

of impressionists and plein air painters set up their easels outdoors and reveled in the natural beauty to be found as far as the eye could see. In the 2018 show, "Under the Sun", theatrical magic, live music and light-hearted storytelling will honor Laguna's own and other artistic pioneers from around the world who left their studios in search of new inspiration. See famous paintings recreated in full detail right before your eyes with premium reserved left side loge seating. We will also enjoy a docent led tour and lunch at the newly renovated Richard M. Nixon Library in Yorba Linda. This excellent trip includes:

- Two-night stay at the Ayres Hotel Laguna Woods (A resident favorite)
- Hot buffet breakfast with cook-to-order egg station at Ayres Hotel and Embassy Suites
- Lunch at Harris Ranch
- Time to enjoy the beach/shopping/lunch on Balboa Island in Newport Beach
- Reserved lower level Ticket to Pageant of the Masters Show
- Admission to Art-A- Fair at the Festival of the Arts
- \*Dinner at Tivoli Terrace on the Festival of the Arts grounds
- Stay at Embassy Suites – Arcadia-Pasadena on return trip
- Evening reception at Embassy Suites

Total meals included: three breakfasts, two lunches and one dinner. Gratuities included for bus driver and included meals.

\*Please advise at registration your preferred food choice for Tivoli Terrace. Choose from Chicken Florentine, Fresh Salmon with Papaya Mango Salsa, or Eggplant Parmesan. Detailed trip itinerary, menus and trip insurance providers list available at the Activities Desk. A signed liability waiver is required for each participant.

**Wheels roll from OC at 8:00 AM, July 28, return July 31 ~ 6:30 PM. \$777 double/\$1095 single.**

Vendor deadline to purchase the lower rows in lower level seating is December 31. Seats after deadline purchase will be in higher rows in the lower level seating.



### —Sold Out Trips—

Trip • Date • Departure Time

- San Francisco Saturday Holiday Shopping  
Saturday, December 16, 2017 • 8:30 AM
- The Nutcracker  
Sunday, December 17, 2017 • 3:45 PM
- San Francisco Holiday Shopping  
Monday, December 18, 2017 • 8:30 AM
- Something Rotten  
Tuesday, January 2, 2018 • 6:45 PM
- Jersey Boys  
Tuesday, January 30, 2018 • 6:45 PM
- Comedy Winter Train  
Wednesday, January 31, 2018 • 10:30 AM
- Book of Mormon  
Tuesday, March 13, 2018 • 6:45 PM  
Wednesday, March 14, 2018 • 6:45 PM
- An American in Paris  
Tuesday, May 22, 2018 • 6:45 PM

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**Betty Maxie**  
Lifestyle Class Coordinator  
[betty.maxie@sclhca.com](mailto:betty.maxie@sclhca.com)

## Classes

### Special Holiday Class



#### Holiday Wooden Ornaments Monday, December 18

— **LSC373-11**

9:00 AM to 12:00 PM (KS). \$48. Instructor: Dana Regules. This set of six Personalized Wooden Ornaments is lovely to display year after year on a holiday tree, wreath or mantle garland! Personalize this stunning ornament collection

with your families' names (be sure to include the grandkids, great grandkids and the pets) then embellish with your choice of black, gold, red or green ribbon and sparkling jewels! Class lasts two hours and includes all of the supplies you will need to complete your set. Be sure to email your personalization details in advance to [DanaRegules@gmail.com](mailto:DanaRegules@gmail.com) or call 916 716-9449.

#### Vacation Drop-In

We currently offer drop-in sessions to accommodate your vacation plans! Drop-in sessions allow current students able to work independently on their projects but unable to attend class full-time, to register on per session basis. Sessions are held in conjunction with ongoing regular classes. Drop-in space is on a first-come, first-served basis. Students must check with the instructor prior to registration to ensure space is available and that they meet the **prerequisite**. Registration for drop-in sessions is only available within one hour prior to the start of class at the Activities Desk. Classes that offer drop-in sessions will be noted in the class description. Cost varies by class. **Prerequisite:** Must have completed at least a full month of class instruction. Some classes may require longer class experience. Drop-in sessions are not for first-time students/beginners and offer limited guidance from moderator/instructor.

## Art

### —Announcement—



#### Fine Arts Class Gallery Featuring the Art of Marilyn Rose and LH Students

Fine Arts Room (OC). The Activities Department, in cooperation with art instructors and students, welcome

all residents to stop by the Fine Arts Room to view the work of Marilyn Rose and community art students beginning Saturday, January 20. Drawing & watercolor pieces will remain on display until March 15, 2018 and can be viewed anytime an art class is in session.

### —Drawing—



#### Beginner Drawing

Thursdays, January 4-25 — **LSC377-12**

9:30 AM to 12:00 PM (OC). \$52 (four sessions,). Instructor: Michael Mikolon. The artistic journey starts with basics of drawing. Drawing is about observing.

We will focus on materials, techniques and developing your sense of design. Learn to look at the shapes, lines, and shadows that make up your subject and develop good daily drawing habits. Live demos will be performed weekly showing how to use materials with one-on-one instruction.



#### Special Workshop!

#### Mixed Media Art Journaling

Tuesdays, January 9 & 23 — **LSC378-12**

9:00 AM to 12:00 PM, (OC). \$45. Supply fee paid to the instructor, \$5. Instructor: Kerry Dahlin. To accommodate the holidays,

Mixed Media class will be held one full day in Fine Arts Room. Bring your brown bag or enjoy lunch on your own at Meridians during this special session. A variety of media will be used as we "play" on the pages of our art journals. You will learn how to visually and artistically record your days and express yourself while exploring color theory, composition, balance, and texture. You will love creating interesting, interactive mixed media pages in a journal that is uniquely you. Supplies to bring to class: Mixed Media spiral-bound artist paper pad (available at Michaels, Hobby Lobby and Aaron Brothers), glue stick, scissors, small paint brush, Sharpie pen, white gesso, plus any favorite mixed media supplies you have.

—Oils, Pastels & Acrylics—



**Oil and Acrylic Painting:  
Intermediate/Advanced  
Wednesdays, January 3-31  
— LSC379-12**

9:00 to 11:30 AM. (OC). \$65 (five sessions). Instructor: Marilyn Rose. Have you painted in the past and want to get back into it? Or do you paint now and want some congenial company and tips to improve? These are great reasons to stop by the Fine Arts Room (OC) any Wednesday morning and see what this fun and informative class is all about! Students with some background in painting receive expert guidance in creating original paintings of their choice, whether landscape, still life, portrait or a clothed figure. Students are encouraged to develop their own artistic style. Demonstrations, masterwork examples, and individual instructions are used to advance student understanding and implementation of techniques. About the Instructor: Marilyn has over 25 years experience in landscape, portrait, figure, and still life painting. See her website at <https://artistmarilynrose.com>. Questions? Call Marilyn at 916-409-0397. Please request supply list for the Intermediate-Advanced Class at the Activities Desks.

Vacation drop-in: PAINT — \$17 per session.



**Oil and Acrylic Painting:  
Beginner/Refresher  
Wednesdays, January 3-31  
— LSC380-12**

1:30 to 4:00 PM (OC). \$65 (five sessions). Instructor: Marilyn Rose. Have you always wanted to try painting in oil or acrylic

but have never picked up a brush? Or have you painted in the past and want a refresher? Peek into the Fine Arts Room (OC) any Wednesday afternoon and see how much fun we are having! We will start with exercises in basic color mixing and handling of the brushes and paint. We will then move on to creating simple forms that will become the basis for just about any subject you'll ever want to paint. Plenty of discussion, demonstrations, paint-along exercises to help you get comfortable and have fun. Minimal investment in materials. Note: intermediate and advanced students are more than welcome to take this class and work mostly on their own with minimal guidance if it suits their schedule. They are a supportive inspiration to the beginners, and we all have a common goal, to make

art! About the Instructor: Marilyn has over 25 years experience in landscape, portrait, figure, and still life painting. See her website at <https://artistmarilynrose.com>. Questions? Call Marilyn at 916-409-0397. Please request supply list for the Beginning Class at the Activities Desks.

Vacation drop-in: PAINT — \$17 per session.



**Pastels for all Levels with  
Michael Mikolon  
Mondays, January 8-29 - LSC381-12**

9:30 AM to 12:00 PM (OC). \$52 (four sessions). Instructor: Michael Mikolon. Learn to paint with pastel. Open to all levels, beginner through advanced.

Each class will begin with a demonstration showing different pastel techniques. Each student will be given individual instructor attention at their level. The course will focus on all subject matters: landscape, still life, people, and animals. Bring a good attitude and a creative spirit! About The Instructor: Artist Michael Mikolon is an accomplished artist and art instructor in the Downtown Sacramento area. He currently lives and works out of the Warehouse Artist Lofts (WAL).

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### Sip and Paint "Desert View" Friday, January 19

— LSC382-12

5:00 to 8:00 PM (OC). \$55.  
Instructor: Unni Stevens. Relax and enjoy cheese and wine while painting. This style of casual learning is a popular past time for first-timers and seasoned artists alike. Paint a finished acrylic

painting in one day, with step-by-step instruction from a professional artist. The instructor will teach you how to mix colors, use media, brush stroke techniques, use of pallet knife, and offer help and advice. All supplies are included, and will be set up and ready to go when you arrive. Canvases will be under-painted and ready to hang. Class fee includes a glass of wine, and a selection of cheese, crackers, and fruits. Extra wine available on a pay-as-you-order basis. About the Instructor: Artist Unni Stevens studied art in Norway, Japan and at the Laguna College of Art. She has been painting, teaching and selling her art for 30+ years and has been a member of the High Hand Gallery for four years. More information at [www.unniart.com](http://www.unniart.com)

—Watercolor—

### Watercolor Painting

Thursdays, January 4-25 — LSC383-12

1:00 to 4:00 PM (OC). \$60 (four sessions) Instructor: Michael Mikolon. Learn and improve watercolor painting techniques. This class is for all levels; beginners through advanced. Each class will begin with a live demonstration showing different watercolor painting techniques. The demo will be followed by one-on-one instruction. This course will focus on materials and painting technique, developing your sense of color, color theory and mixing fresh/vibrant color with the use of a well-organized palette. Learn to create your own voice in art. About The Instructor: Artist Michael Mikolon is an accomplished artist and art instructor in the Downtown Sacramento area. He currently lives and works out of the Warehouse Artist Lofts (WAL).

### New Watercolor Painting

Wednesdays, January 3-31 — LSC384-12

5:30 to 8:30 PM (OC) \$60 (four sessions - No class January 24). Instructor: Michael Mikolon. Open to all levels, beginner through advanced. Each class will begin with a demonstration showing different watercolor approaches and techniques. Each student will be given individual instructor attention at their level. The course will focus on all subject matters: landscape, still life, people, and animals. Bring a good attitude and a creative spirit! About The Instructor: Artist Michael Mikolon is an accomplished artist and art instructor in the Downtown Sacramento area. He currently lives and works out of the Warehouse Artist Lofts (WAL).

### Fundamentals of Color Mixing

Saturday, January 13 — LSC386-12

9:30 AM to 12:00 PM (OC) \$40. Instructor: Faye August. Ever wonder why the colors you chose for your project didn't have the vibrancy you anticipated? Have you ever purchased a new paint color only to find out that you already had something similar? Come learn techniques for choosing colors that will make your projects WOW the viewer. Learn the art of color mixing that goes beyond the basic color wheel. Understand the impact warm and cool colors have on mixing colors. Develop confidence in selecting alternate color palettes to achieve dazzling results. Receive valuable tools and techniques for effectively using your preferred color palette and tips for adding new colors. The instructor will be demonstrating in watercolor but the techniques apply to all mediums. Ask for material list at the time of registration.

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**Beginning Alcohol Ink Workshop**

**Saturday, January 20**

— **LSC385-12**

9:30 AM to 12:00 PM (OC) \$40.

Plus \$25 supply fee. Instructor:

Faye August. Alcohol Inks

have traditionally been used in the craft and jewelry industry for creating permanent color on non-porous surfaces. Explore alcohol ink as a medium for creating wild, vibrant, beautiful paintings on YUPO paper. Through live demonstrations and discussions, create abstracts that are rich in color and texture using alcohol ink. Because class uses alcohol as its base component, odors can be strong at times. People with breathing difficulties should be cautious about participating. Contact Faye August at 916-209-3643 with any questions. Supply kit will include all materials necessary for the class. Class size limited.

**Ceramics**

—Pottery—



**Ceramics for All Levels**

**Thursdays, January 4-25**

— **LSC389-12**

1:00 to 4:00 PM (OC) \$54. (four

sessions.) Instructor: Taylor

Jackson. This class provides a

personalized approach to the

enriching experience of the ceramic arts. From hand

building to wheel thrown ceramics to slip casting, we

encourage student to explore all types of ceramics. The

class is tailored around each person's own interests

and how they wish to express that. This class will also

cover the various elements of art and how they can

be used and applied in ceramics. In addition to this,

assignments will be given periodically to help the

student become more comfortable with ceramics and

allow them to develop their own creative expression.



**Beginning/Intermediate Ceramics**

**Tuesdays, January 2-30— LSC387-12**

1:00 to 4:00 PM (OC). \$67.50 (five

sessions). Instructor: Jim Alvis. An

introductory class for residents who

have never worked with clay, and

continuing students who want to

further develop their skills. This course covers basic

hand building and wheel throwing techniques, with

demonstrations of both craft and sculpture projects.

First-time students will be provided clay and may use

instructor's tools to create their first art piece. Supply

list provided at first class.

Vacation drop-in: CERD1 — \$17 per session.



**Advanced Ceramics**

**Tuesdays, January 2-30**

— **LSC388-12**

9:00AM to 12:30 PM (OC).

\$67.50 (five sessions).

Instructor: Jim Alvis.

This class is for self-motivated students/artists

with established ceramic skills. Students explore

their individual craft and sculpture projects with

guidance from the instructor. The course includes

demonstrations, assignments, group discussion, and

constructive critique.

Vacation drop-in: CERD3 — \$17 per session.

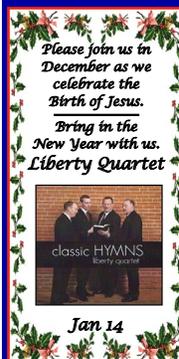
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## —Cooking—



**Cooking with our Meridians Chefs—  
Hearty Soups and Sauces  
Tuesday, January 16  
— LSC390-12**

9:00 AM to 12:00PM (KS). \$20

Instructors: Learn to prepare delicious soups and sauces perfect for cold winter days. Chef Ian will demonstrate how to cook soups using available fresh produce that will keep your tummy warm. He will also introduce you to new sauces that can turn any entrée into a mouth-watering dish. Food samples and recipes will be provided during the class. Register early as classes fill up fast.

## —Clogging—

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

**Beginning Clogging**

**Tuesdays, January 9-30 — LSC391-12**

10:00 to 11:00 AM (KS). \$21 (three sessions; No class January 16). Instructor: Janice Hanzel. For new beginners, a revamped foundation and fundamentals class low impact, not as hard as you think. Bring your friends, bring your enthusiasm. The class will move through the eight basic traditional clogging movements while developing skills of the foundations of clogging at a relaxed pace. Learn fun clogging dances with basic and easy level steps. Special attention to balance skills is part of the lessons. Join us for this fun class and move to the music. No special shoes required; flat-soled shoes recommended.

**Easy-to-Intermediate Clogging**

**Tuesdays, January 9-30 — LSC392-12**

11:00 AM to 12:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We will also learn new dances, easy to Intermediate, from recent workshops and conventions. Come join the fun. All levels encouraged to participate. Check with the instructor before signing up for this class. Vacation drop-in: CLOG1 — \$10 per session.

**Intermediate Plus Clogging**

**Tuesdays, January 9-30 — LSC393-12**

12:00 to 1:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval. Students are strongly encouraged to take the 11:00 AM class. Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events. This class will move a bit faster this year and will get into more Intermediate level dances.

Vacation drop-in: CLOG2 — \$10 per session.

## —Country Western Dancing—



**Country Couples Western Dance  
Beginner Level One & Two**

**Mondays, January 8-29 — LSC394-12**

7:00 to 8:00 PM (KS). \$24 (four sessions). Instructors: Jim & Jeanie Keener. Western dancing is done to to many types of music, country being the most popular. Many of the dances are done in circles,

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including some of the dances at mixers. Instruction will be at a slower pace for beginners.

**Country Couples Western Dance  
Beginner/Intermediate Level Three & Four  
Mondays, January 8-29 — LSC395-12**

6:00 to 7:00 PM (KS). \$24 (four sessions). Instructors: Jim & Jeanie Keener. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed your Country Couples Beginner Class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You've learned some of the basics, now it's time to add a few more steps and turns. Dances that will be taught this month will be: "Cruisin' a Partner Version and a new dance to be announced."

**Country Line Dancing  
Fridays, January 5-26 — LSC396-12**

3:00 to 4:00 PM (KS). \$24 (four sessions). Instructor: Jim & Jeanine Keener. This class is a mixture of beginner, high beginner, and intermediate dances and features the popular "old" line dances that are done at country dances around the area.

—Dancing with Dolly—



**Dance for Life!  
Instructor: Dolly Schumacher**

"Dance for Life" is a class designed for seniors who love music and what it does to them emotionally and physically. Using the Ballet barre, class begins with exercises to warm the muscles. Gentle stretching awakens the body as we move on to balance exercises and co-ordination patterns to stimulate the mind to body connection. Students will gain flexibility and strength while using dance moves; utilizing all parts of the body. Then we move to center floor for stretching, balancing and timing through basic dance steps and patterns, as we learn the terminology of movement. The last half hour of class is devoted to a simple dance choreographed to incorporate the steps students have learned. Each week a different style of dance is introduced. Cha-Cha, Character, Rock n Roll, Disco, Pop, Soft Shoe and Lyrical. Students should wear comfortable clothes with either Ballet or Jazz shoes. No need to memorize for each week is something new! The class is designed for all levels of experience, whether you are currently taking dance classes or haven't danced since you were a child. A friendly

non-competitive atmosphere, where dance is fun, energizing, fulfilling, exciting and empowering.

**Beginning Dance for Life  
Thursdays, January 4-25 — LSW6**

5:00 to 6:30 PM, (OC). \$50 (four sessions). Instructor: Dolly Schumacher.

**Dance for Life Intermediate  
Fridays, January 5-26 — LSW8**

2:15 to 3:45 PM, (OC). \$50 (four sessions). Instructor: Dolly Schumacher.

—Hula—



**Hula Basics  
Thursdays, January 11-25  
— LSC397-12**

12:00 to 1:00 PM (KS). \$24 (three sessions). Instructor: Pam Akina. Learn and practice basic hand and foot motions which are foundational to hula.

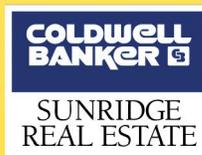
Mandatory for new students of hula and beneficial for experienced dancers. Essential hula terms, cultural and historical information are also taught. This class may be taken alone or in conjunction with regular

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Hula class. Please contact Pam prior to first class, [pamahoa@hulapono.com](mailto:pamahoa@hulapono.com) or 916-521-0474.

### Hula Intermediate

Thursdays, January 11-25 — **LSC398-12**

1:00 to 2:00 PM (KS). \$24 (three sessions). Instructor: Pam Akina. Continue your study of Hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for mind, body, and spirit! Performance techniques are also shared and occasional performance opportunities are available for students.

Vacation drop-in: HULA — \$14 per session.

—Jazz—

### Jazz Class for the Beginner

Thursdays, January 4-25 — **LSC399-12**

11:00 AM to 12:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. This class will leave your mind, body, and spirit feeling empowered, energized, and more flexible. Melanie will demonstrate different styles of Jazz to ensure proper execution in

a fun and positive way. Come join her! You'll leave with a smile on your face and a love of jazz dancing in your heart. About the Instructor: Melanie started teaching at 16 years old and turned professional at 18. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, Reno, Nashville, Branson, Tokyo Disneyland, as well as on TV and video. Vacation drop-in: JAZZ1 — \$13 per session.

### Jazz Performance

Tuesdays, January 2-30 — **LSC400-12**

1:00 to 2:00 PM (KS). \$40 (five sessions). Instructor: Melanie Greenwood. Not open to new students. At this time this class is a closed performance class. Must have instructor approval. Class is geared toward stage performances throughout the year.

Vacation drop-in: JAZZ2 — \$13 per session.

—Line Dance—

*We offer various levels of Line Dance classes taught by three different instructors. Choose the skill level, schedule and instructor that will best fit your needs. Listed below are the instructors and classes listed in order of difficulty.*



### Intro to Line Dance

The first step to learning line dancing! This class is for real beginners, introducing basic line dance steps, dances and terminology at a very slow and easy pace. Join Yvonne and Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future.

- **Mondays, January 8- February 26 — LSC401-12**  
4:00 to 5:00 PM (KS). \$42 (seven sessions; No class February 12). Instructor: Audrey Fish
- **Thursdays, January 4-February 22 — LSC402-12**  
9:00 to 10:00 AM (KS). \$48 (eight sessions). Instructor: Yvonne Krause-Schenck

### Easy Beginner

If you have taken an Introduction to Line Dance Class and want to move up to the beginner level, this is the class for you. This class is an Easy Beginner and is a transition between the introduction level and the regular beginner level. The dances are easy and fun. You will continue to perfect your basic steps and learn some new ones in the process. Please join Yvonne for this new class.

- **Thursdays, January 4-25 — LSC403-12**  
10:00 to 11:00 AM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck

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### Line Dance I—Beginner

**Prerequisite:** Not for newbies, students that have completed the Intro level and have mastered basic line dance steps, movements and dances. Beginner dances may have more turns and combinations of steps connected together, sometimes to faster music. Beginner dances will be taught, at the teacher's discretion.

- **Mondays, January 8-29 — LSC404-12**  
9:00 to 10:00 AM (KS). \$24 (four sessions).  
Instructor: Yvonne Krause-Schenck
- **Tuesdays, January 2-30 — LSC407-12**  
9:00 to 10:00 AM (KS). \$30 (five sessions).  
Instructor: Sandy Gardetto
- **Thursdays, January 4-25 — LSC406-12**  
2:30 to 3:30 PM (KS). \$24 (four sessions).  
Instructor: Audrey Fish.  
Substitute: January 25 – Ginger Fullerton

### Line Dance II—High Beginner/Improver Class

This level is a great way to help experienced beginners improve on their skills and to learn slightly more complex dances. Dances will range from High Beginner to Improver dances, with students developing movements and steps that are beyond the basic beginner level. Various rhythms and tempos will also be taught reflecting different timing and styling. High beginner/Improver dances will be taught, at the teacher's discretion.

- **Mondays, January 8-29 — LSC408-12**  
5:00 to 6:00 PM (KS). \$24 (four sessions).  
Instructor: Audrey Fish
- **Wednesdays, January 3-31 — LSC409-12**  
9:00 to 10:00 AM (KS). \$30 (five sessions).  
Instructor: Sandy Gardetto  
Substitute: January 17. Dennis Dawson

### Easy Intermediate Class

**Prerequisite:** The dances taught in this class will be more involved than High Beginner/Improver and a lot easier than Intermediate/Advanced. Great music with less challenging dances. Easy Intermediate will have steps from the previous class descriptions and more, with easy tags and restarts. Easy Intermediate dances will be taught, at the teacher's discretion.

- **Wednesdays, January 3-31 — LSC448-12**  
10:00 to 11:00 AM (KS). \$30 (five sessions).  
Instructor: Sandy Gardetto

### Intermediate/Advanced Class

Dances will be taught at a faster pace to a smaller group of dancers who are eager to push the boundaries and challenge themselves, learning newly choreographed

dances that are voted popular on the world line dance surveys. If you have a good foundation and are comfortable with easy intermediate dances, you will be able to master these dances. Come and join this enthusiastic group and see how much fun you can have! Dances in this class will be taught at the teacher's discretion.

- **Thursdays, January 4-25 — LSC410-12**  
3:30 to 4:30 PM (KS). \$24 (four sessions).  
Instructor: Audrey Fish  
Substitute: January 25, Barry Mackintosh

### Line Dance Instructors

- **Audrey Fish**  
Audrey has been teaching at SCLH since November, 2000. She loves teaching line dance, because it's such great physical and mental exercise. "It makes me happy to see the joy this class brings to my students as well as watching them progress and feeling proud of their accomplishments."



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**Sandy Gardetto**

Sandy is an excellent line dance instructor, with over 15 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 (LD I) as well as her High Beginner/Improver Class (LDII). She also is offering an Easy Intermediate Class for those who want easier dances with great music. Come join Sandy for a lot of dancing, laughter and most of all fun.



**Yvonne Krause-Schenck**

A Lincoln Hills resident, Yvonne started dancing at an early age and has been line dancing since the 90's. She loves to teach and finds joy in seeing her students' progress. She thinks it is so important to keep moving and stay healthy as we age and line dancing provides that opportunity in a fun way.



—Tap—

**Tap Classes with Alyson**

Enjoy tap classes, make new friends, and challenge your mind and body. Alyson Meador is a highly accomplished educator in the art of tap dance whose successes as a choreographer and mentor have brought her a great deal of prestige and recognition. As the daughter of a Radio City Rockette and an Arthur Murray ballroom instructor, her exposure to the dance world was inevitable. She has been instructing for over 30 years. She is currently Artistic Director of the Leighton Dance Project Tap Company and has served the SCLH community since 2000.

**Beginning Tap**

**Mondays, January 8-29 — LSC412-12**

12:00 to 1:00 PM (KS). \$36 (four sessions) If you have never taken a tap class, or have less than six months experience this is a class for you. Anyone who is either brand new or hasn't tap danced since they were young. I will teach the basic tap skills to build a solid basic level of technique (shuffles, flaps, cramp rolls Irish, shuffle ball change, etc.) and basic fundamental music skills are introduced as well. Student learn unique combinations using these tap fundamentals, and learn parts of the "Soft Shoe" the "Waltz Clog and the "Shim Sham".

**Choreography for Fun 1 & 2**

**Mondays, January 8-29 — LSC414-12**

11:00 AM to 12:00 PM (KS). \$36 (four sessions). Instructor: Alyson Meador

**Performance**

**Thursdays, January 4-25 — LSC413-12**

11:00 AM to 12:00 PM (KS). \$36 (four sessions). Instructor: Alyson Meador

**Technique**

**Tuesdays, January 2-30 — LSC415-12**

10:00 to 11:00 AM (KS). \$45 (five sessions)

**Thursdays, January 4-25 — LSC416-12**

10:00 to 11:00 AM (KS). \$36 (four sessions)

**Mondays, January 8-29 — LSC417-12**

10:00 to 11:00 AM (KS). \$36 (four sessions)

**Glass Art**

**Fused Glass and Stained Glass Workshop**

**Monday, January 8 — LSC418-12**

4:30 to 6:30 PM (KS). \$17. Moderator: Jordan Gorell.

**Prerequisite:** For experienced students only. A moderator is present only to supervise safe use of equipment. Fusing and stained glass enthusiasts

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share workshop time. Fusing enthusiasts: fee includes firing of items limited to a six-inch square kiln space. Pay extra if projects require more kiln space. Pay at Activities Desk on the day of the workshop.

### Fused Glass Jewelry

**Monday, January 22 — LSC420-12**

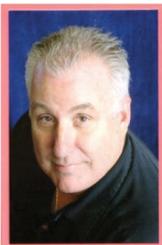
9:30 AM to 12:00 PM (KS). \$25. Supply fee: \$10 payable to instructor. Instructors: Jim Fernandez and Danielle Echeverria. Learn how to make fused glass jewelry with the focus on Dichroic glass or one of the many other fused glass projects like plates, vases or wall art. We will have a new project every month to choose from. Beginners & experienced artists are welcome. The fused glass class is designed to teach the fundamentals of Dichroic glass jewelry designing and glass finishing in general. We will go over designs, finishing schedules and cold working techniques. The \$10 supply fee provides enough compatible glass and dichroic glass to create about four pieces of jewelry or one plate or other similar sized project. Additional projects or larger projects are available for an additional supply fee.

### Stained Glass

**Mondays, January 8-29 — LSC421-12**

1:00 to 4:00 PM (KS). \$58 (four sessions). Supply fee: \$10 payable to instructor. Instructor: Jim Fernandez. Requirements: No open toe shoes short pants o.k. Come learn the art of stained glass. We will be learning the technique of cutting glass, foiling and soldering along with safety and the proper use of equipment. Create a beautiful butterfly sun catcher, candle holders and other projects. Class is also open to more experienced students. Instructor will evaluate students' skill level on the first day of class for proper project to be done by student. Lead glass technique now available. About the Instructor: Jim Fernandez has 27 years of stained glass experience.

### Movies



**The Art of Fred Astaire**  
**Wednesday, January 24- February 14**  
**— LSC422-12**

1:00 to 4:00 PM (KS). \$30 (four sessions). Instructor: Ray Ashton. "The history of dance on film begins with Fred Astaire." This tribute was spoken by none other than Gene Kelly. In his 76-year career,

Fred Astaire starred in 31 film musicals. We will be taking a look at his great career, scenes from many of his movies, as well as four complete films. "Swing

Time" (1936), "Royal Wedding" (1951), "Easter Parade" (1948), and "Holiday Inn" (1942). So get your dancin' shoes on because, as my Mom once told me, "When you watch Fred, you've seen the best that ever was." Register now!

### Music

—Guitar—

*Guitar classes offered below are not accepting new students without instructor approval or as stated in the description. The instructor moves the students to the next level based on skills evaluation.*



**Guitar 1A—Beginner Level**  
**Wednesdays, January 3-31**

— LSC423-12

8:00 to 10:00 AM (KS). \$60 (five sessions). Instructor: Bill Sveglini. Advisory: The class is currently closed to new students.

This class is designed for the person who has not played before or hasn't played for many years. The class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory. Recommendations: Nylon string guitars are

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easier to press down, and allow more room for your fingers and easier access to learn and play chords. The teacher can advise students on the purchase of a guitar if needed. Questions? Call Bill at 916-899-8383.



**Guitar 1B— Continuing  
Beginner Level**  
Mondays, January 8-29  
— **LSC424-12**

8:00 to 10:00 AM (OC). \$48 (four sessions). Instructor: Bill Sveglini. Advisory: The class is currently closed to new students. **Prerequisite:** Completion of Guitar 1A or Instructor's approval. Class will cover more advanced note reading, open and moveable chords, strumming, basic finger picking. Singing and strumming to basic folk and popular songs will be continued. Theory relative to all course of study will be taught. Questions? Call Bill at 916-899-8383.

**Guitar 2B—Entry to Intermediate Level**  
Wednesdays, January 3-31 — **LSC425-12**

10:15 AM to 12:15 PM (KS). \$60 (five sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. **Prerequisite:** Completion of Guitar 1B or instructor approval: This class will cover more advanced note reading, chords written in notation, more advanced rhythms and more advanced ensemble music in duets, trios, and quartets. The new positional study will be started in second, fifth, and seventh positions. We will also study how to play solo literature and basic chord melody. Music theory, pertinent to all course work, will be taught. Questions? Call Bill at 916-899-8383.

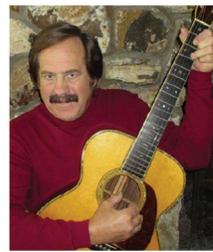
**Guitar 3—Intermediate**  
Thursdays, January 4-25 — **LSC426-12**

8:00 to 10:00 AM (OC). \$48 (four sessions). Instructor: Bill Sveglini. **Prerequisite:** Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. This class will continue to study more advanced styles of guitar, plus more advanced versions of ensemble playing, duets, trios, and quartets. Questions? Call Bill at 916-899-8383.

**Guitar 4—Advanced**  
Thursdays, January 4-25 — **LSC449-12**

10:00 AM to 12:00 PM (OC). \$48 (four sessions). Instructor: Bill Sveglini. **Prerequisite:** Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. This

class will continue to study more advanced styles of guitar plus more advanced versions of ensemble playing, duets, trios, and quartets. Questions? Call Bill at 916-899-8383.



**Folk Guitar for Fun Folks 101**  
Beginner Class  
Tuesdays, January 2-30  
— **LSC427-12**

1:00 to 2:00 PM (KS). \$45 (five sessions). Instructor: Darrell Effinger. No prior music knowledge is necessary for this classes; a good

singing voice is not a **prerequisite!** Emphasis is on playing chords to familiar songs while singing and having fun with fellow guitarists. Folk songs of the 50's, 60's and 70's will be taught, including songs by artists such as the Kingston Trio, Peter, Paul and Mary, Simon and Garfunkel, John Denver, and others. Various strumming styles will be taught at the intermediate level along with finger picking. Basic music theory (notes) will be shown, not emphasized. Information on how to choose and purchase a guitar for personal use, beginner through advanced, will be available. Guitar aides such as capos and tuners will be discussed at the first class. Learn, sing, enjoy, have fun and join the Hootenanny! About the Instructor: Darrell is a long-time teacher, musician, story teller and folk singer. He was a member of the New Christy Minstrels; appeared on the PBS Folk Music Special, "This Land Is Your Land,;" toured with Glenn Yarbrough; opened for the Kingston Trio; played with Peter, of Peter, Paul and Mary, and has appeared solo, and with various groups. Questions: Call Darrell at 916-989-8532.

**Folk Guitar for Fun Folks 102**  
Intermediate Class  
Tuesdays, January 2-30 — **LSC428-12**

2:00 to 3:00 PM (KS). \$45 (five sessions). Instructor: Darrell Effinger. **Prerequisite:** Knowledge of playing guitar using basic chords while doing a simple strum and singing (no vocal training required). This class is an intermediate class with emphasis on harder chord fingerings; more transitions of chords in songs; different strumming patterns; and various finger picking styles used by folk artists. The class can be taken in conjunction with the 1:00 PM Beginning class, as long as the student feels comfortable they have met this prerequisite and their fingers can withstand the pain! The more, the merrier! Questions: Call Darrell at 916-989-8532.

## —Voice—



### Singer Vocal Boot Camp Continuation

**Fridays, January 5-26 — LSC429-12**

10:30 AM-12:30 PM (KS). \$55 (five sessions). Instructor: Bill Sveglini. This class will continue to sing special SAT and SATB arrangements

that have been written by the teacher. You will also be working on vocal exercises to increase range and tone quality, as well as warm-up exercises and sight singing exercises specifically written for this class by the instructor.

### Personal Improvement

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#### AARP Driver Safety Training

**Wednesdays, January 17 & 18 — LSC430-12**

9:00 AM to 1:00 PM (OC). Fee \$25 (AARP member) or \$30 (non-member). Fee includes a \$10 Association administrative fee. Instructor: Tom McMahon. AARP Driver Safety Training is geared to the “over 50” driver and covers how to adjust driving to age-related changes in our bodies, as well as common sense ways to drive more safely. Course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. There are no tests to pass. You must present your AARP membership card at registration and bring it to class in order to receive the discounted rate. Bring a valid driver’s license to class in order to receive a Certificate of Completion (required by many insurance companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver’s test. Class space is limited.

#### Creative Writing & Storytelling

**Wednesdays, January 3-24 — LSC431-12**

1:00 to 3:00 PM (KS). \$58 (four sessions). Instructor: Robert Chang. Do you have stories you want to share with the world? Whether you want to write short stories, novels, screenplays, or nonfiction, the fundamentals of storytelling are essential for crafting compelling narrative experiences that captivate your readers from beginning to end. In this class, you’ll learn storytelling techniques that will help you write stories that are not only entertaining but also have emotional and intellectual resonance. You’ll learn various writing techniques that make your prose more vivid and expressive, creating an immersive experience for your readers.

## Sewing

## —Certification—

#### Bernina Serger Certification

**Monday, January 8 — LSC432-12**

1:00 to 2:00 PM (OC). \$15. Instructor: Sylvia Feldman. All supplies provided except scissors and tweezers. Class size limited to three.



#### Bernina Sewing Machine Certification

**Monday, January 8**

— LSC433-12

2:00 to 3:00 PM (OC). \$15.

Instructor: Sylvia Feldman. Class

fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors.

#### Janome Sewing Machine Certification

**Monday, January 8 — LSC434-12**

3:00 to 4:00 PM (OC). \$15. Instructor: Sylvia Feldman.

Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors.

## Know how the tax rules change for Senior Taxpayers



The tax law has certain requirements and tax breaks that apply just to senior taxpayers. Being familiar with these rules could cut your taxes or prevent tax penalties. These rules include:

- A higher standard deduction at age 65
- A requirement to take out a certain portion of your retirement holdings every year once you reach age 70½, or face a 50% penalty
- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

For details and other tax-cutting assistance, contact:

**Carolyn J. Riolo**

Certified Public Accountant

**(916) 771-4134**

1227 Pleasant Grove Blvd., Suite 100, Roseville CA 95678



## —Quilting—



### Mystery Quilt IV

Fridays, February 2 & 9  
— LSC437-12

1:00 to 4:00 PM (OC) \$40 (two sessions) plus \$10 pattern fee payable to instructor. Instructor: Betty Kisbey. **Prerequisite:** Must be able to sew an accurate ¼" seam allowance and know how to safely use a rotary cutter. Join in on the fun of making a quilt while solving a mystery! Come to class prepared to sew. You will be sewing and working on solving the puzzle to end up with a completed quilt top. You will be given only fabric and cutting requirements at registration as some sewing will be done in class and some at home. Pieces of the design will be given to you in steps throughout the class but the final quilt design will not be revealed until the end of the class. This is a great way to meet other quilters and have fun working together to solve the quilt mystery! Please select your fabric before the class because fabric pre-cutting is required. **NOTE: Please see pattern requirements and the supply sheet. You are required to have the fabric cut before class. Be sure you get a supply sheet AND pre-cutting instructions when you register.**

### Sip and Chat About the Basics of Quilting —

Friday, January 26 — LSC438-12

6:30 to 8:30 PM (OC) \$40. Instructor: Betty Kisbey. Join Betty in a 2 hour discussion/demonstration of the tools and techniques of quilting while enjoying a glass of wine and snacks. If you think you might be interested in or if you have tried quilting and have questions, listen to her discussion on the basics of piecing and quilting and how quilting can be easy and creative. If you are an experienced quilter, this discussion will give you resources information on tools used and to make quilting easier. The discussion will cover various types of tools, where to purchase them, and how they are used. This informal discussion is provided to encourage quilters to use tools that make quilting easy and fun.

### Technology

#### -PC-

### Cloud Storage Made Easy

Tuesday, January 9 — LSC441-12

1:00 to 3:30 PM (OC). \$20. Instructor Bob Ringo. Computer users spend their lives accumulating stuff. Then they find a way to back up their stuff. Most use external hard drives, flash drives, or DVEs. After the

recent California fires the smarter users rely on cloud storage for their backups. Cloud storage is saving your data to an off-site storage system. If you store your data in the cloud, you will be able to access your data from any location that has Internet access. In this class you will learn how easy it is to store stuff in free fire-safe cloud storage sites.

### Tips and Tricks for Windows 10

Monday, January 22 — LSC446-12

1:00 to 3:30 PM (OC). \$20. Instructor: Bob Ringo This class is designed for users that have already begun using Windows 10 but want to take a step forward. You will learn Tips that will let you access advanced features of Windows 10. You will learn Tricks to supercharge your Windows 10 computer by tweaking settings to your liking. Lastly, you will discover the very best content available from the Windows Store to enhance your Windows 10 experience.

### Windows 10 Basics

Tuesday & Wednesday, January 30 & 31  
— LSC442-12

1:00 to 3:30 PM (OC). \$45 (two sessions). \$7 class material fee. Instructor: Rita Wronkiewicz. If you are new to Windows 10 or you just don't feel you've

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mastered it, this class will give you the confidence to use it more effectively and appreciate its new format and features. Rita will show you the basics and also how to set up your Windows 10 so it is the most optimum for you. If you have a portable PC, bring it to class and learn with your own device. Handout reinforces class work. Questions? Call Rita at 916-543-6962.

—Smart Phones and Tablets—

### iPhone Basics Workshop

Wednesday, January 10 — LSC439-12

9:00 AM to 12:00 PM (OC). \$30 + \$5 paid to instructor for class material. Instructor: Andy Petro. **Prerequisite:** You must have an **iPhone 6, 6 Plus, 6S, 6S Plus, 7, 7 Plus, 8, 8 Plus, or iPhone X**; and you must be on **iOS 11.1.2 or higher**. Bring your (fully charged) iPhone to the workshop. Do you want to learn how to use the Settings App to personalize your iPhone? Do you want to learn how to get the most out of your iPhone? Then this class is for you. If you have any other specific questions about the class call Andy Petro at 916-474-1544.

### iPhone Advanced Workshop

Wednesday, January 31— LSC440-12

9:00 AM to 12:00 PM(OC). \$30 + \$5 paid to instructor for class material. Instructor: Andy Petro. **Prerequisite:** You must know the basics of your iPhone, have an **iPhone 6, 6 Plus, 6S, 6S Plus, 7, 7 Plus, 8, 8 Plus, or iPhone X**; and you must be on **iOS 11.1.2 or higher**. Bring your (fully charged) iPhone to the workshop. You will go beyond the basics. You will discover how to use apps on location-finders, weather, photography, communications and more. You will also learn many tips and tricks that makes your iPhone fun and easy to use. If you have any other specific questions about the class call Andy Petro at 916-474-1544.

### Digital Photography 101

Thursdays, January 8-29 — LSC444-12

1:00 to 3:00 PM (OC). \$58 (four sessions) Instructor: Robert Chang. Have you ever wanted to take better photos but never learned photography or how to use all those controls on your digital camera? In this class, you'll learn how to operate the essential features of modern digital cameras, regardless if it's a small compact, professional DSLR, or a smartphone camera app. You'll also learn important photography principles that will help you take better photos by utilizing good composition, effective camera angles and focal lengths, interesting lighting and color

theory photos that are aesthetically more pleasing and artistically more interesting. In addition, you'll learn how to use simple digital photo editing techniques that will significantly improve the quality of your photos. Please bring the cameras you want to learn to use and take photos with including mobile devices with decent built-in cameras such as smart phone and tablets.



### Digital Drawing and Painting

Mondays, January 8-29

— LSC443-12

3:15 to 5:15 PM (OC). \$58 (four sessions). Instructor: Robert Chang.

**Prerequisite:** Basic computer skills. Learn how to draw and paint with your mobile devices and computer! Today's technology allows us to create beautiful artwork using digital equivalents of charcoals, pastels, watercolor, acrylics, oils, airbrush, pen & ink, etc., while also having the convenience of undos, layers, and many other powerful digital tools. In addition to digital art techniques, you'll also learn important drawing and painting fundamentals such as composition, shapes and proportions, lighting and form, color theory, brushwork, and more. Class will run for two and a half hours. Supply list available at Activities Desk.

### Facebook 101

Saturdays, January 13 & 27 — LSC445-12

9:00 to 11:00 AM (OC). \$40 (two sessions). Instructor: Janet Dixon-Dickens. **Prerequisite:** Must have personal working email. Get more out of your social networking. In addition to face-to-face, telephone and email communications, learn all about Facebook. This course will get you up to speed on how to create, use, and maintain a Facebook page of your own, including understanding the complex Facebook privacy policies and settings. The course format will use short videos and hands-on instruction. Class size is limited so sign up early.



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## WellFit

Classes fill up quickly, please register at least seven days prior to class start date.

Register for these classes online or at the Fitness Centers. Events go on sale on the 17th of this month at 8:00 AM.

### WellFit Orientations

#### Free Orientation: WellFit Staff

Don't know where to start in the Fitness Centers? Sign up to take our free Orientation and learn how the Fitness Centers work, and how to use a select number of pieces of equipment safely and properly! Orientations are designed to educate you on all the WellFit Department has to offer and to get you started on your fitness journey. Register: Fitness Desks or online.

- Tuesday, January 9  
2:00 to 3:00 PM, Fitness Floor (OC)
- Tuesday, January 16  
4:00 to 5:00 PM, Fitness Floor (KS)
- Wednesday, January 24  
11:00 AM to 12:00 PM, Fitness Floor (KS)

### Wellness Open House

**Wednesday, January 31**  
4:00 to 7:00PM, Fitness Center (OC)

Come see and do what WellFit has to offer! Experience Laughing Yoga, Moving Mindfulness, Mat Pilates & Meditation. Your \$5.00 ticket includes Kombucha and Smoothie tastings! Sign up at either Fitness Center front desk. See ad on page 95.

### Punch Pass Class

Please see the colored grids on pages 98-101 for days and times. Classes are designated with a level. Level 1 is designed for the beginner or returning exerciser. Level 2 is designed for an intermediate exerciser with established exercise ability and Level 3 is a class designed for the advanced exerciser. For a list of class descriptions please refer to [www.sclhresidents.com](http://www.sclhresidents.com) under WellFit tab.

Each class is \$4.50 effective January 1. Purchase your Punch passes at either Fitness Center front desk.

### Disease Prevention & Management Session-Based Classes

Opportunities that provide education and management of diseases in order to achieve and maintain optimal health.



#### Arthritis

Tuesdays, January 9-30  
Wednesdays, January 10-31  
Thursdays, January 4-25  
Fridays, January 5-26

Wednesdays & Fridays, 12:00 to 1:00 PM, Aerobics Room (OC). Tuesdays & Thursdays, 11:00 AM to 12:00 PM, Aerobics Room (OC). \$35 (four sessions), Instructor: Linda Hunter. This class is designed for those with Arthritis and other conditions that cause muscle and joint pain. The goal of the class is to increase range of motion, increase flexibility, endurance and mobility, improve balance, and strengthen muscles using weights, bars, balls and bands. The class includes some standing but sitting in the chair is always an option. According to instructor Linda Hunter, "By training with movements that work mentally to accomplish a physical move we are less likely to have an injury and are more able to handle daily tasks. This class is fun; we laugh, move to music, explore and share companionship." Linda Hunter, LVN, is a certified Arthritis Foundation instructor with many years of experience.

### Dream a Little Dream—Managing your Sleep Apnea and Other Sleep Issues

Tuesday, January 23  
10:00 AM to 12:00 PM, Multipurpose Room (OC)  
\$20. Instructor Victoria Florentine, RRT, Respiratory Care Practitioner. This class is open to anyone who has experienced sleep apnea or other sleep disorders. Learn the best strategies for managing your sleep with respiratory equipment. Learn the facts from an expert in cardiopulmonary care! There will be a question and answer session at the end of the 75-minute presentation.

### Lessons

Programs that provide learning the emotional, mental and physical aspects of outdoor activities



#### Nordic Pole Walking

Monday & Tuesday,  
January 8 & 9  
9:00 to 10:30 AM, meet in the OC Fitness Center. \$45 (two outdoor sessions or indoor track; weather dependent). Instructor: Dr. Richard Del Balso. Are you willing to add a new form of walking to your activities? Walking 30 minutes at least three times a week gives you a "Full Body Aerobic Exercise" by simply adding poles to your walking routine.



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**Martial Arts & Mindful Movement**

Experience with mindful movement of the body that help create a link between the mind and body that quiet our thoughts, unwanted feelings and prepare us for creating positive behaviors.

**Mindfulness Weekend Retreat – Discovering the Presence of Peace**  
**Saturday, January 20**

9:00 AM to 12:00 PM, Multipurpose Room (OC) \$45 (three hour event). Instructor: Michelle Jamieson. Renew your energy, take time for yourself, and explore ways to calm your mind and body during this weekend retreat. This three-hour event will focus on mindfulness practices that will allow you to let go of

your “to-do list” so you can relax and focus on the present moment.



**Mindfulness – The Pillars of Health**  
**Book study**  
**Wednesdays, February 7-28**

4:00 to 5:00 PM, Aerobics Room (OC). Instructor: Michelle Jamieson. It is no secret that emotional, mental, social and spiritual factors can directly affect health.

In fact, up to 80% of illnesses are related to chronic stress. Fortunately there are techniques that can help manage and minimize the effects of stress. The Mindfulness-Based Stress Reduction (MBSR) program is designed to help participants by inviting them to enter into a new relationship with the present moment. This session is an experiential and intensive four-week training program offering powerful, integrative approach for tapping into and mobilizing innate inner resources for healing and well-being. Participants can develop a life affirming approach to living with stress influenced conditions such as chronic pain, anxiety, depression, headaches, high blood pressure, sleep disturbances, immune health gastrointestinal issues and weight management.

**New! Mindful Movement**  
**Mondays, February 5-26**

4:00 to 5:00 PM. Aerobics Room (OC). \$44 (four sessions). Instructor Michelle Jamison. Body movement has long been understood to cultivate mental skills such as self-awareness, focus and attention, and self-regulation. Engaging with the sensations, emotions, and thoughts of the present moment is known as mindfulness, and mindful movement practices such as yoga and tai chi support the development of these skills. Additional benefits of mindful movement include reduced stress, physical benefits like increased strength, balance and flexibility, and psychological benefits such as relaxation and improved mood and concentration. Research studies support these findings and show that regular practice of mindful movement can have a positive impact on one’s life.

**New! Establishing a Meditation Practice**  
**Mondays, February 5-26**

5:00 to 6:00 PM. Aerobics Room (OC). \$60 (four sessions). The path of Meditation involves a slow and steady cultivation of the mind. The benefits of mindfulness and contemplative practice are real, tangible, and can be experienced by anyone who practices with proper guidance. Yet to experience these benefits directly, we need to take time in

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our life to practice. We must give our minds the right conditions for the powers of wisdom and concentration to grow, which includes refining our understanding of the teachings and ensuring that we are using the techniques properly. In this four week session we will nourish our capacities for clear seeing and inner steadiness and deepen the foundations of mindfulness practice by giving careful attention to the body, the breath, feelings and the mind.



### Tai Chi—Qigong Introductory Class Tuesdays, January 9-30

1:00 to 2:00 PM, Aerobics Room (KS). \$44 (four sessions). Instructor Peli Fong. Tai Chi is a centuries-old health system that uses smooth and rhythmic movements that are coordinated with the breath in order to improve one's health and vitality. This clinically proven system is the fastest-growing form of exercise throughout the world as it is greatly recommended by healthcare professionals such as the Mayo Clinic, to improve posture, balance, and tranquility. The series of mindful movements that are synched with the breath are confirmed to alleviate arthritis, hypertension, asthma, digestive disorders, high blood pressure, vertigo, and more. This class is designed for people who wish to experience the multitude of health benefits of Tai Chi and Qigong by learning the classic 12 postures, basic Qigong warm-ups, and exercises that prepare them for the next level.

### Tai Chi Qigong L1 Tuesdays, January 9-30

2:00 to 3:00 PM, Aerobics Room (KS). \$44 (four sessions) Instructor: Peli Fong. Tai Chi and Qigong are century old practices that focus on soft and gentle movements known as the 24 postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi and Qigong offers harmony of the mind and body as it relieves stress and induces relaxation. Through the cultivation and flowing of the body's life force known as "Chi," this form of exercise has been scientifically proven to improve a variety of ailments such as arthritis, osteoporosis, cardiovascular disease, asthma, Parkinson's disease, digestive disorders, and more. People of all fitness levels will benefit from this complementary health system that improves health and longevity.

### Tai Chi Qigong L2 Tuesdays, January 9-30

3:00 to 4:00 PM, Aerobics Room (KS). \$44 (four sessions). Instructor: Peli Fong. This class is for Tai

Chi and Qigong students who wish to bring a higher awareness and understanding to their lifelong practice of complimentary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short forms. Practicing the 48 short forms will enhance and complement all of the Tai Chi classical movements. In addition, practitioners will learn Qigong sets of movements such as the White Crane Qigong, eight Treasures, 18 movements, and I-Xuan Qigong. These Qigong sets paired with stillness and moving meditation will improve body mechanics, muscle memory, muscle tone, and will heighten the understanding of these century old art forms of health, mindfulness, and wellbeing.

### Money Matters

Classes that encourage a healthy state of well-being while preparing financially for the future.

### Preparing for the Next Economic Cycle with Russ Abbott Tuesday, January 23

10:30 AM to 12:00 PM, P-Hall (KS) \$5. (Single session). Instructor Russ Abbott. In what is arguably one of the

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most important topics, “how to invest for and during retirement,” the subject has become very complicated and difficult to understand. However, there are some very basic and timeless rules every investor should know and follow regardless of their investment acumen or level of involvement. Come to this class to learn or get refreshed on the basics of investing. All topics will be covered and attendees can go home with the basics to build or evaluate their investment plan.

### Introduction to Investing with Russ Abbott Tuesday, February 27

10:30 AM to 12:00 PM, P-Hall (KS) \$5. (Single session). Instructor Russ Abbott. Since the financial crisis of 2008, the economy has grown very slowly with low interest and inflation rates as well as weak GDP growth. That might all be changing very soon with a potentially more spending by corporate America given low unemployment and aging equipment. Come to his timely class to learn how to prosper in your portfolio to this important new trend and see what might be ahead for interest rates and inflation.

## Nutrition

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



### Re-Start—Your Health in Just Five Weeks – Tuesdays, January 9-February 6

1:00 to 2:30 PM, Multipurpose Room (OC) \$129 (5 sessions) Instructor: Audrey Gould, Registered Dietitian and Nutrition Therapy Practitioner. Restart is a five-week program with a three-week sugar detox built right in, the program focuses on how to use real food to boost your energy and cut cravings. Enjoy the side effects of weight loss, better sleep, increased energy and boosted immune system. Discover how good you can feel when you give your body a vacation from processed foods and sugar.



### Restorative Wellness – Private Nutritional Consulting, Audrey Gould, RD/RDN, NTP

“Restorative Wellness with Audrey” will focus on educating and empowering residents to take control of their own health by teaching them how to reverse the effects of the modern diet and live in “Health Nirvana!” Restorative Wellness is sold in three month packages to help residents resolve specific health issues that can’t be solved in one session. The three Month Nutrition package includes:

A personalized assessment of any nutritional deficiencies and dysfunctions in your body.

**Six hours of personalized nutrition consulting including a two-hour initial assessment.**

Interpretation of laboratory values and/or food sensitivity panels (additional labs are optional and not part of the package price).

A personalized program that will identify the areas and strategies for both the short term and long term goals.

An understanding of your specific symptoms  
Personalized food and/or supplement recommendations that are specific to your individual needs.

Total Cost: \$549. Additional consultations at \$75/session after the completion of the three-month program. Audrey Gould is a clinically trained Registered Dietitian/Nutritionist, Nutrition Therapy Practitioner and a Restorative Wellness Specialist.

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Audrey teaches the popular Re-Start Nutrition classes at SCLH and is committed to helping her clients find their best self.

### Personal Improvement

The following Personal Improvement classes are offered through the WellFit Department; registration is available at the Activities/WellFit Departments or online.

#### Let's Talk About Advance Health Care Directives Wednesday, January 17

9:00 AM to 12:00 PM, Oaks and Gables Rooms (OC). \$30. Instructor Marcia Van Wagner. Every adult needs an Advance Health Care Directive. Regardless of age or health, none of us knows when a future event may leave us unable to speak for ourselves. What should I consider before completing an Advance Directive? What scenarios might I encounter that having an Advance Directive would help? How do I choose an agent? What is a POLST? Do I need one? How do I talk to my family about my wishes? This interactive class will explore all these questions with handouts and resource materials.



#### Beginning Sudoku Tuesday, January 23 Tuesday, February 27

9:00 to 10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. Come learn the basics of Sudoku, one of

the most popular puzzles in America today. Puzzle layout, logic, and playing methods will be discussed and reviewed. The instructor's own Box Rule of Two strategy will be taught, making you feel much more comfortable with Sudoku. Come enjoy something the American Medical Association has cited as a worthwhile activity to do every day.

### Pilates Reformers and Towers

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

Move better, feel better, and live better. Your body can be more free, energetic, and powerful with less pain and fewer injuries using Pilates to transform the way you move. We teach Pilates to improve your strength and balance so you can do things you love! We specialize in high quality individual and small group training classes that allow our instructors to tailor the workout to focus on your needs and goals. We work hard to ensure that everyone leaves the studio feeling better than when they came in. Our sessions

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and classes are taught by certified, professional teachers who all practice Pilates regularly. They will demonstrate as needed, but spend the majority of the session and class time offering verbal and tactile cues to help you work out smarter and more safely.

### Pilates Reformer Membership Packages

Members receive priority enrollment in Reformer classes. Members select monthly classes based on their schedule and are not tied to a session format. Members select classes for the following month using our online scheduling system. Additional classes may be added as a member. Non-members select classes (after members) on a drop-in as available basis. Our Reformer packages are as follows:

- Four-class membership package—\$80 per month
- Eight-class membership package—\$135 per month
- Add-on classes for member—\$17 per class
- Drop in classes for non-member—\$25 per class
- Introductory session—\$30 required for both member and non-member

Membership packages require agreement for auto-pay upon enrollment. We require a 10-day written notice of cancelation of membership prior to the next billing cycle. Reformer classes must be used within 45 days of issue. To enroll in Reformer Membership, contact Carol Zortman at 916-625-4032 or [Carol.Zortman@sclhca.com](mailto:Carol.Zortman@sclhca.com). These packages are not available online. A temporary month-long suspension of membership is available.

### Pilates Reformer Class Descriptions Introductory Reformer Session L1 Continuous Dates

WellFit Studio (OC). \$30 (one session, one-hour long). This session is a prerequisite for Pilates Reformer classes. You will work one-on-one 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 Membership package or drop-in class. You can register for this introduction online or at the Fitness Centers. The trainer will call you to set up appointment.

### SGT—Reformer Basics L1

This class allows you to precisely develop good alignment, core strength, muscular strength, and flexibility. By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The reformer's springs provide support and resistance allowing you to enhance your workout

in a way that is difficult to do on a mat alone.

### SGT—Reformer Basics + L1-L2

This class is a mixed level opportunity. It will work on Reformer basics but add difficulty in level appropriate to the individual. This is a great class to work on form and alignment as well as strength. Appropriate for all levels.

### SGT—Cardio Jump and Core Reformer L2

Step up the intensity of your work out with 30 minutes of jump and 30 minutes of reformer. The Cardio Jump class creatively integrates core Reformer and cardio exercises. Thirty minutes of jump will raise your heart rate while strengthening glutes, abdominals, legs and arms but won't put the stress on your body. Then activate and strengthen your core, increase your coordination and flexibility via traditional reformer exercises for 30 minutes.

### SGT—Mixed Equipment Class L1-L2

An apparatus class using a variety of equipment to maximize the fun, energy, and results! This class mixes different types of equipment for 30 minutes and then moves on to another piece of equipment. Class types include Reformer, Tower, Jump Board, Mat or TRX. Appropriate for all levels.

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## Private Reformer Training

- **One-on-One Training:**  
One client and one trainer. One hour session cost is \$50.
- **Duet Training:**  
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person.

Private training is convenient and efficient. All private training is done by appointment. When working one-on-one, our trainers will customize a reformer program to meet your specific goals. Pilates is an excellent pre/post rehab, back injury or nerve impingement therapy since it focuses on "Core Strength." Most injuries are caused by hidden muscular weaknesses or skeletal imbalances. Pilates works to balance the body to bring proper alignment and function to the body. For more information regarding Private Reformer Training, please contact Carol Zortman at 916-625-4032.

## Training Services

- **One-on-One Training:**  
One client and one trainer. One hour session

cost is \$50, half hour session \$30.

- **Clinical Training:**  
One client and one trainer. One hour session cost is \$60, half hour session \$40.
- **Buddy Training:**  
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person.

For more information regarding personal trainers and/or qualifications, please contact Jeannette Mortensen at 916-408-4825.

## Small Group Training (SGT)

*Small group training classes are designed for specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting and with no more than six people.*

*Classes fill quickly, please register at least seven days prior to class start date. Participants must register prior to class start date.*

*Events go on sale on the 17th of this month at 8:00 AM. Register at either Fitness Center.*

Are you a current SGT participant, but need some extra workouts; or does your schedule require a little flexibility with your SGT classes? Try our new SGT Drop-in Pass. \$25 per drop-in and you can take as many days as you would like of the eligible SGT classes. SGT Drop-in passes can be purchased at any time and saved for a later date. Please note not all classes are eligible for drop-ins. Please see descriptions for each class.

## SGT—Parkinson's Indoor Cycling Wednesdays, January 3-31

12:30 to 1:30 PM, Aerobics Room (KS). \$85 (five sessions). Instructor: Milly Nuñez. Have you or a loved one been diagnosed with Parkinson's disease? Join this class and make friends facing some of the

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same challenges as you while a trainer guides you through class using the premise of “forced exercise.” Studies have shown many individuals that have been diagnosed with PD have experienced symptomatic relief when they undergo a regular exercise program that includes “forced exercise” (exercise that is beyond a voluntary level). The first class will include an assessment and bike setup day. Participants must be able to sit unassisted on a spin bike and heart rate monitors are required. Feel free to contact Jeannette Mortensen with questions at 916-408-4825 or [jeannette.mortensen@sclhca.com](mailto:jeannette.mortensen@sclhca.com).



**New! SGT—ParkinsonWise**  
**Fridays, January 5-26**

12:30 to 1:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: Milly Nuñez. Interested in the Parkinson’s Cycle class, but don’t think you could do an entire hour of cycling? Try this class

to change it up. Trainer and instructor Milly Nuñez will combine content from Parkinson’s Indoor Cycling and ParkinsonWise classes to create a class that helps improve the quality of life through meaningful exercise.

**SGT—ParkinsonWise**  
**Thursdays, January 4-25**

1:30 to 2:30 PM, Aerobics Room (KS). \$70. (four sessions) Instructor: Milly Nuñez. Improve your quality of life through meaningful exercise. Exercise and movement are effective in delaying the progression of symptoms, in reducing the impact of symptoms, and increasing general well-being. The class will emphasize focused movement, maintaining and increasing range of motion, movement in all planes, low versus high intensity movements, balance and coordination, multi-tasking, and more. Enjoy a group setting with a certified trainer who will lead and motivate the class. All levels are welcome as the class will address

modifications and progressions to keep participants motivated and engaged.



**SGT—TRX Strength and Stretch**  
**Combo L2**  
**Mondays & Wednesdays,**  
**January 3-31**

2:30 to 3:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class on January 15). Instructor: Kathryn

Shambre. Warm up with functional moves to the sounds of the 70’s. Learn to use the TRX to strengthen and balance the body safely. Extra care and attention will be given for the knees and the shoulders. Other pieces of equipment will be used to isolate the abs along with low impact moves throughout the class. Class is completed with a relaxing stretch using the TRX and stability ball to rebalance the body. *This class is available for the SGT Drop-in Pass.*



**SGT—Fit 101 at Kilaga Springs L1**  
**Mondays & Wednesdays,**  
**January 3-31**

10:30 to 11:30 AM, Fitness floor (KS). \$135 (eight sessions; no class on January 15). Instructor: Danielle Lawlor. Are the new machines at

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Kilaga Springs Fitness Center a little overwhelming? Take this class and not only will you finish class with a complete understanding of the new equipment at KS, but you will also work on the TRX, weights, exercise bands, walking, stretching, and more. By the end of the session you will have a customized workout routine that includes the correct settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.



**SGT—Fit 101 at Orchard Creek L1**  
**Tuesdays & Thursdays, January 4-30**  
 12:00 to 1:00 PM, Fitness floor (OC) \$135 (eight sessions). Instructor: Marilyn Harder. Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. This class will incorporate a little of everything at our Orchard Creek Fitness Center. By the end of the session you will have a customized workout routine that includes the correct settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.



**SGT—"Fun"ctional Fitness L3**  
**Tuesdays & Thursdays,**  
**January 4-30**  
 12:00 to 1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Deanne Griffin. Join us for a fun-filled class which incorporates strength training and high intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on "Functional Fitness" using a variety of equipment including TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. In this SGT you will safely perform exercises that effectively build strength and cardiovascular health. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual, intermediate to advanced fitness levels encouraged. *This class is available for the SGT Drop-in Pass.*



**New! SGT—Progressive Bootcamp L2/3**  
**Mondays & Wednesdays,**  
**January 3-31**  
 4:00 to 5:00 PM, Aerobics Room (KS). \$135. (eight sessions; no class January 15) Instructor: Danielle Lawlor. Looking to change things up? Try this Bootcamp class that gives you progressive exercises to accommodate each participant's fitness level. 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 available for the SGT Drop-in Pass.*

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**SGT— Morning Burst Group Training L2**  
**Mondays & Wednesdays,**  
**January 3-31**  
 7:15 to 8:15 AM, Aerobics Room (KS). \$135. (eight sessions; no class on January 15) Instructor: Milly Nuñez. Rise and shine to enjoy a fun and energizing workout in a small group setting. Discover ways to challenge yourself at your own level or pace while getting a full body workout. A full body workout will help you to develop and build balance, coordination, and strength in your entire body. Learn to use your own body weight and various pieces of equipment available to you, including dumbbells, steps, TRX, and so much more! *This class is available for the SGT Drop-in Pass.*



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- 5:30-6:15 LAUGHING YOGA (floor)
- 5:30-6:15 YOGA (Aerobics Room)
- 6:15-7:00 MEDITATION (Aerobics Room)
- 5:00-7:00 PILATES REFORMER DEMOS



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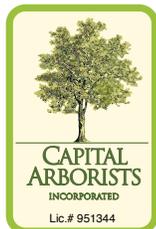


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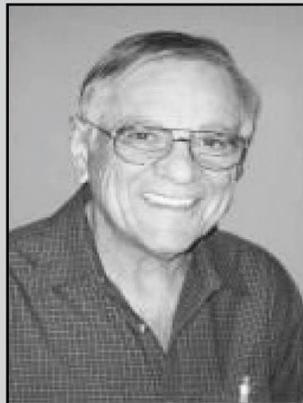
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### SGT—TRX L2

**Tuesdays & Thursdays, January 2-25**

5:30 to 6:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Danielle Lawlor. This TRX class covers strength, balance, cardio, core and stretch all while using TRX

suspension training straps. You will work on posture and keep your joints safe while building lean muscle mass and flexibility. *This class is available for the SGT Drop-in Pass.*

### SGT—TGIF TRX & More L2

**Fridays, January 5-26**

7:15 to 8:15 AM, Aerobics Room (KS). \$70 (four sessions). Instructor: Danielle Lawlor. Let's kick off the weekend right with a great total body workout. Use this class to enhance your current workout routine or to learn the basics of the TRX. Other pieces of equipment may also be used. *This class is available for the SGT Drop-in Pass.*



### SGT—Healthy Back L1

**Mondays & Wednesdays, January 3-31**

11:30 AM to 12:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class January 15). Instructor: Marilyn Harder. This class is designed to teach core strengthening with minimal strain and

pressure to the lumbar spine and discs. Class will include flexibility (stretching correctly), lifting and squatting correctly, and education regarding the spine and mechanics. Participants must be able to stand for one hour and possess the ability to get up and down from the floor.

### SGT—Balance & Fall Prevention L1/L2

**Mondays & Wednesdays, January 3-31**

2:00 to 3:00 PM, Aerobics Room (OC). \$135 (eight sessions; no class 1/15). Instructor: Danielle Lawlor. Learn simple stretches and exercises that will help improve balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

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OC WellFit Class Schedule January 1-31, 2017						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 Athletic Stretch L1/3 - 7:15 8:00am Jen <b>New Time!!</b>	OC	OC Athletic Stretch L1/3 - 7:15 8:00am Jen <b>New Time!!</b>	OC	OC	OC	OC
8:00 Strictly Strength L3 - Jen	Step for All L2 - Kim	Strictly Strength L3 - Jen	Step for All L2 - Kim	Yoga Sculpt L3 - Jeannette		
9:00 Zumba L3 - Summer	Core & Strength L2 - Kim	Zumba L3 - Summer	Core & Strength L2 - Kim	20/20/20 L3 - Gretchen	Yoga Basics L1 - Amy/Sara	Cardio Strength L3 - Kim
10:00 Slow Flow Yoga L2/3 - Jennifer	Yoga Flow L2 - Ashley	Everybody Can L2 - Linda	Yoga Flow L2 - Jennifer	Strictly Strength L2 - Valerie		Zumba L3 - Carrie
11:00 Piloga L2 - Cynthia	Arthritis L2 - Linda	Piloga L2 - Lola	Arthritis L2 - Linda	Piloga L2 - Lola		
12:00 Yoga Stretch L1 - Julie	12:15-1:15pm Rest Meditation and Yoga L1 - Irom		Yoga Stretch L1 - Julie	Arthritis L1/2 - Linda		
1:00 Chair with Flair L1 - Julie	1:30-2:30pm Chair Yoga L1 - Ashley	Chair with Flair L1 - Julie		Basic Chair L1 - Kathryn		
2:00 SGT - Balance & Fall Prevention L1 - Danielle		SGT - Balance & Fall Prevention L1 - Danielle				Yoga Flow L2 - Ashley
3:00 Healthy Living Exercise L2 - Milly (completion of Healthy Living Session required)	Healthy Living Exercise L2 - Milly (completion of Healthy Living Session required)		Healthy Living Exercise L2 - Julie (completion of Healthy Living Session required)	Activities	SCLH Booking	
4:00 Mindful Movement - Michel <del>(coming in Feb)</del>	Activities	Mindfulness - Michelle (back in Feb)				
5:00 Meditation Techniques - Michelle <del>(coming in Feb)</del>						
6:00		Mixed Levels Yoga L1-3 - Jennifer	Activities			
Group Exercise Classes (punch pass) \$3.50				Wellness Classes (session based) Small Group Training (session based)		
All classes are subject to change without notice.						
All classes are 55 minutes, unless otherwise noted.						

KS WellFit Class Schedule January 1-31, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	KS	KS	KS	KS	KS	KS	KS
7:15							
7:15-8:15am	SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2 - Deanne	SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT - TGIF TRX L2 - Danielle		
7:30							
8:30	Low Impact/Sculpt Interval L2 - Jeannette	Zumba Gold L2 - Joanie	Power Vinyasa L3 - Deanne	Low Impact/Sculpt Interval L2 - Jeri/Jeanette	Zumba Gold L2 - Joanie	Low Impact L2 - Jeri	
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3 - Jennifer	Strictly Strength L2 - Linda	Cardio Strength L3 - Jeri/Jeanette	Strictly Strength L2 - Jeri	
10:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2 - Gretchen	Piloga Flow L2 - Cynthia	Everybody Can L2 - Linda	Yoga Stretch L2 - Jeri	
11:30	SGT - Healthy Back L1 - Marilyn		SGT - Healthy Back L1 - Marilyn		WaiDan Gong L1 - Joan		
12:30		12:00pm SGT - Functional Fit L2 - Deanne		12:00pm SGT - Functional Fit L2 - Deanne			
1:00		1:00pm Tai Chi Intro - Peil	SGT - Indoor Cycling for Parkinson's L1 - Milly		1:30-2:30pm SGT - ParkinsonWise - Milly		
1:30	Yoga Basics L1 - Amy	2:00pm Tai Chi L1 - Peil					
2:30	<b>New!</b> SGT - TRX Strength and Stretch Combo L2 - Kathryn	3:00pm Tai Chi L2 - Peil	<b>New!</b> SGT - TRX Strength and Stretch Combo L2 - Kathryn				
4:00	<b>New!</b> SGT - Progressive Bootcamp L2/3 - Danielle	Yoga for Osteo L1 - Julie	<b>New!</b> SGT - Progressive Bootcamp L2/3 - Danielle	Yoga for Osteo L1 - Julie	SCLH Booking		
5:30		SGT - TRX L2 - Danielle		SGT - TRX L2 - Danielle			
6:30							
Group Exercise Classes (punch pass) \$3.50							
Wellness Classes (session based) Small Group Training (session based)							
All classes are subject to change without notice. All classes are 55 minutes unless otherwise noted.							

## OC Aqua WellFit Class Schedule January 1-31, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC Water Works L2/3- <i>Jeannette</i>	OC	OC Water Works L2/3- <i>Marla</i>	OC	OC Water Works L2/3- <i>Jennifer</i>	OC	OC
8:30	Aqua Fitness L2- <i>Lori</i>		Aqua Fitness L2- <i>Lori</i>		Aqua Fitness L3 - <i>Jennifer</i>		
9:30	Core n More L3- <i>Danielle</i>	Water Works L2/3 - <i>Deanne</i>	Core n More L3- <i>Annette</i>	Water Works L2/3 - <i>Deanne</i>	Core n More L3- <i>Marilyn</i>		
10:30	H20 Bootcamp L3- <i>Jennifer</i>	Water Works L2/3 - <i>Deanne</i>	Splash Dance L2- <i>Annette</i>	Water Works L2/3 - <i>Deanne</i>	H20 Bootcamp L3- <i>Jennifer</i>		
11:30	(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		
12:30	(12:35pm-1:30pm) Aqua Pilates L1- <i>Marilyn</i>		(12:35pm-1:30pm) Aqua Pilates L1- <i>Marilyn</i>		(12:35pm-1:30pm) Aqua Pilates L1- <i>Marilyn</i>		
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	H20 Bootcamp L3 <i>Jeannette</i>		H20 Bootcamp L3- <i>Marla</i>				
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

**WellFit Pilates Reformer Class Schedule January 1-31, 2017**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Mixed Equipment L1- L2 - Cynthia	OC	OC	OC	Mixed Equipment L1- L2 - Gretchen	OC	OC
8:30	Ref Basics + L1-L2 - Sarah	Mixed Equipment L1- L2 Marilyn	Ref Basics L1 - Marilyn	Mixed Equipment L1-L2 - Marilyn	Ref Basics + L1-L2 - Sarah		
9:30	Mixed Equipment L1- L2 - Sarah	Ref Basics + L1- L2 - Marilyn	Ref Basic L1 - Marilyn	Ref Basics L1 - Julie	Mixed Equipment L1-L2 - Sarah	Mixed Equipment L1-L2 - Julie	
10:30	Ref Basics L1 - Valerie	Mixed Equipment L1- L2 Marilyn	Mixed Equipment L1-L2- Julie	Mixed Equipment L1-L2 Julie	Ref Basics + L1-L2 - Sarah	Cardio Jump & Core L2 - Julie	
11:30	Mixed Equipment L1-L2- Valerie	Ref Basics + L1- L2 - Julie	Cardio Jump & Core L2 - Gretchen	Cardio Jump & Core L2 - Gretchen	Mixed Equipment L1-L2- Valerie	Ref Basics + L1-L2 - Julie	
12:00	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625-4034			
5:30		Reformer Basic+ L1-L2- Lori					

All classes are subject to change without notice.

All classes are 55 minutes unless otherwise noted.

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OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.  
KS Main Phone: (916) 408-4013

Website for residents:

[www.sclhresidents.com](http://www.sclhresidents.com)

Need help?

email: [help.desk@sclhca.com](mailto:help.desk@sclhca.com)

Public Website:

[www.suncity-lincolnhills.org](http://www.suncity-lincolnhills.org)

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Spa Manager

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## Hours

### Orchard Creek & Kilaga Springs Lodges

Monday-Friday	8:00 AM-9:00 PM
Saturday	8:00 AM-9:00 PM
Sunday	8:00 AM-5:00 PM

### Activities Registration: OC & KS

Monday-Friday	8:00 AM-8:00 PM
Saturday	8:00 AM-8:00 PM
Sunday	8:00 AM-4:00 PM

### Administration Offices & Membership

Monday-Friday	8:30 AM-5:00 PM
Saturday (first only)	8:00 AM-12:00 PM

### Fitness Center Hours: OC & KS

Monday-Friday	5:30 AM-8:30 PM
Saturday/Sunday—OC	7:00 AM-8:00 PM
Saturday/Sunday—KS	6:30 AM-6:00 PM

### Kilaga Springs Café

Monday-Saturday	6:00 AM-4:30 PM
Sunday	7:30 AM-3:30 PM

### Meridians Restaurant

Breakfast	7:00-10:30 AM
Lunch	11:30 AM-3:00 PM
Dinner	5:00-8:00 PM
Dinner Friday & Saturday	5:00-9:00 PM
Sunday Brunch	7:00 AM-2:00 PM

### The Spa at Kilaga Springs

Monday-Friday	9:00 AM-6:00 PM
Saturday	9:00 AM-5:00 PM

See Holiday Hours on page 2

## General Numbers

Broken Water Line on Association  
Community Property

(916) 645-4501 Landscape Office

Curator Security, Inc.

(916) 771-7185

Golf Shop

Website: [lincolnhillsgolfclub.com](http://lincolnhillsgolfclub.com)

General Manager, LH Golf Club

Tony Marino (916) 543-9200, ext. 4

Lincoln Police & Fire (916) 645-4040

Neighborhood Watch

Linda Minor (707) 235-0778

Pauline Watson (916) 543-8436

Neighbors InDeed (916) 223-2763

Pulte Homes Customer Care

[Norcal@delwebb.com](mailto:Norcal@delwebb.com)

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