

# COMPASS



The Official Magazine of Sun City Lincoln Hills

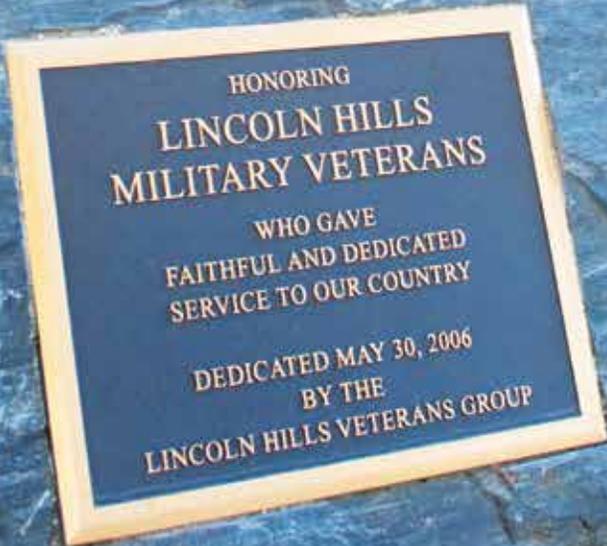
November 2016

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**Assisted Listening  
Devices... page 7**

**Living Through  
Transitions... pages 8, 18**

**Volunteers Honored for  
15 Years of Service... page 23**



HONORING  
LINCOLN HILLS  
MILITARY VETERANS

WHO GAVE  
FAITHFUL AND DEDICATED  
SERVICE TO OUR COUNTRY

DEDICATED MAY 30, 2006  
BY THE  
LINCOLN HILLS VETERANS GROUP

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### On the cover

Sun City Lincoln Hills honors and gives thanks to our U.S. military veterans. The plaque shown is visible as one enters the OC Lodge. Read about our Veterans Group on page 21

## Board of Directors Report

### What's Going On...

Michael Deal, Director, SCLH Board of Directors



I've been a member of the Board of Directors for ten months and have participated in an array of decisions that benefit our residents and community. Many residents often ask me, "What's going on or what is new?" My response is, "Good question!" I see this as an opportunity to discuss our work as a Board member and also steer folks towards the appropriate resource or contact person.

This month, let's look at places to find information on what's going on within Lincoln Hills.

Let's start with our monthly magazine, the COMPASS—an excellent resource for what's happening as well as contact information on the Board of Directors, committees, and staff. Take the next step and sign up for eNews (email bulletins) and you will receive weekly updates.

Are you unable to attend our monthly Board meeting? Visit the **community website** ([suncity-lincolnhills.org/residents](http://suncity-lincolnhills.org/residents)) and view the meeting on video. While you are at the website, peruse classes, events, and Association committees for what's going on. Association committees, including Properties and Finance, provide the Board with vital information to help us make informed decisions on the physical and financial well being of our community.

When you pay for classes, events or services at the Activities Desks, Fitness Centers, Spa, Meridians, Sports Bar, Kilaga Springs Café, or for Catering services, you are helping keep our dues low.

If you desire to **volunteer your time and talents**, there are many opportunities available and details are found in the monthly COMPASS or you can attend a meeting, meet fellow residents and talk to the volunteers about their tasks.

Four residents submitted their names as candidates to fill the four Board of Directors seats that will be vacant as of February 16, 2017 and the submission process has ended. Thus, an election will not be required for the next Board. I recommend that you attend the **Candidate Forum on January 12, 2017** to acquaint yourself with these individuals who will help lead Lincoln Hills in 2017-2019.

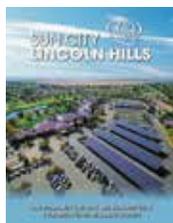
Finally, I encourage you to attend a committee and/or Board meeting each month, and read the COMPASS and eNews. We are fortunate to live in a well maintained and managed community with several ways to stay informed, so be involved and have fun!

If you see me around, please don't hesitate to ask me, "What's going on?"

The BOD recognized the volunteers and work of the Communications and Community Relations Committee (CCRC) at their October meeting. From left: Dede Barnhart,



Ken Silverman, Michael Deal (BOD), Don De Santis (BOD), Klara Kleman, John Snyder (BOD), Pete Beckett, Jim Leonhard (BOD) Paul Gardner, Michele Hutchinson (CCRC Chair), Hank Lipschitz (BOD). Not shown: Denny Valentine and Molly Seamons (BOD), Ron Carelli, Judie Panneton, Debra Skolnick (CCRC members)



**If you want to be included in the 2017 Community Directory, all personal changes must be submitted to Membership by January 15, 2017.**

Please see the article on page 96 for details.

## Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications



In the coming months we will gather with family and friends to express gratitude and joy for the blessings in our lives and to recount the fun we had this year and plan events we can do together in 2017. We have just the event for you to talk about!

On Saturday, May 6, 2017, Lincoln Hills will host a 10K/5K race throughout our community, including a fun run on the 18<sup>th</sup>

hole of the Lincoln Hills Golf Course. The event is called **Lincoln PACE Race—Promoting Ageless Commitment to Exercise**. This intergenerational PACE Race is a fundraiser

for our local schools and the Alzheimer’s Association and is open to everyone. We are pleased that Lincoln’s Gladding McBean is a major sponsor of this event and will be providing ceramic commemorative participant and award medals with their

GMcB insignia “bug” on the backside. The PACE Race will begin at Orchard Creek Lodge and culminate in the Amphitheater with live music, games for children, a lamb/goat petting area, food, and beer garden. **We anticipate 1,000 participants and are actively seeking sponsors and donations** for this 501(c)(3) race and will begin to request volunteers for various jobs in January.

Please invite your family and friends to participate in the Lincoln PACE Race and mark your calendars now for **Saturday, May 6, 2017**. For more information, or to register or to become a sponsor, please go to the PACE Race website [www.lincolnpacerace.org](http://www.lincolnpacerace.org).

We are a community sharing and caring for others. On page 19, Al Roten provides information about many local organiza-  
*Please see “Connections” on page 96*



## Calendar of Events

November 15-December 31

Date	Event	Page #
11/17	Book Discussion: <i>Wish You Well</i>	27
11/17	Veterans: Speaker Woman Graduate USAF Academy	38
11/17-19	Players: “Happy Holidays: Tribute to Movie...”	35, 47
11/21	Astronomy: “Searching for Stellar-Mass Blk. Holes”	26
11/21	Astronomy: “Monster of the Milky Way”	26
11/21-25	WellFit Appreciation Week	43, 78
11/22	Concert: Joyous Brass: Christmas in Brass	47
11/25	Music: Play and Sing	33
11/29	Day Trip: San Francisco Museum of Modern Art	51
11/30	Performance: Cirque du Soleil—Toruk	63*
12/01	Concert: Jim Curry’s “A Rocky Mountain Christmas”	47
12/02	Performance: Cirque du Soleil—Toruk	63*
12/03	Tour/Leisure: Dickens Faire & Duarte’s Poinsettia Farm	63*
12/04	Performance: Cirque du Soleil—Toruk	63*
12/05	KS at the Movies: White Christmas	43
12/05-07	Overnight: Sun City Sierra Winter Holiday... Reno	63*
12/11-13	Chorus: “Holiday Joy!”	29, 47
12/12	Annual Community-wide Holiday Open House	43, 96
12/14	Performance: White Christmas, Golden Gate Theater, SF	63*
12/15	Performance: Beach Blanket Babylon	63*
12/17	Grandkids Event: Santa Adventure	48
12/18	Tours/Leisure: Victorian Christmas	56
12/19	Tours/Leisure: San Francisco Holiday Shopping	56
12/20	Concert: Classical Guitarist Matt Bacon	47
12/21	Performance: Beach Blanket Babylon	63*
01/02	KS at the Movies: The Big Short	43
01/04	Sports: Sacramento Kings vs. Miami Heat	63*
01/06	Concert: California Cowboys	48
01/11	Presentation: Five Greatest Films in American Cinema	48
01/11	Day Trip: Cache Creek Casino	51
01/12	Day Trip: Crocker Art Museum	51
01/17	KS Comedy Night: Sandy & Richard Riccardi	47
01/21	KS Classic Movies on Saturday: Same Time Next Yr.	43
01/21-25	Extended Travel: Palm Springs Polo Matches/More	58
01/23	Document Destruction	43
01/24	Concert: Music of Simon & Garfunkel	48
01/30	Day Trip: Leland Stanford Mansion & Calif. Museum	51
01/31	Performance: Kinky Boots	63*

*Find these listings with yellow highlighting on the pages shown. (\* Indicates sold out event.)*

### Upcoming Association-Related Meetings: Date, Time, Place

November 15 - December 31

Golf Cart Registration.....	Thursday, November 17, December 1 & 15, 9:00 AM, OC Lodge
Finance Committee Meeting.....	Thursday, November 16, 9:00 AM
Board of Directors Meeting.....	Thursday, November 17, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, November 17, 10:30 AM
Board of Directors Executive Session.....	Thursday, November 17, 11:00 AM
Listening Post.....	Tuesday, November 22, 11:00 AM
ARC/Architectural Review Committee.....	Monday, November 28, 9:00 AM
CCOC/Clubs & Community Organizations.....	Tuesday, December 6, 9:30 AM
Compliance Committee Meeting.....	Wednesday, December 7, 10:30 AM
ARC/Architectural Review Committee.....	Monday, December 12, 9:00 AM
Finance Committee Meeting.....	Wednesday, December 14, 9:00 AM
Board of Directors Meeting.....	Thursday, December 15, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, December 15, 10:30 AM
Board of Directors Executive Session.....	Thursday, December 15, 11:00 AM

**Meetings in OC Lodge unless noted otherwise.**

### 2016 Holiday Hours

Holidays	Activities Desk OC/KS	Administration & Membership	Fitness Center OC/KS	The Spa at Kilaga Springs	Kilaga Springs Café	Meridians Restaurant
November 24, 2016	Closed	Closed	6:00 AM - 11:30 AM	Closed	Closed	Thanksgiving Event Only 11:00 AM - 3:00 PM
November 25, 2016	10:30 AM - 3:30 PM	Closed	6:00 AM - 5:30 PM	Closed	6:00 AM - 4:30 PM	7:00 AM - 9:00 PM
December 24, 2016	8:00 AM - 1:00 PM	Closed	7:00 AM - 2:30 PM	9:00 AM - 1:00 PM	6:00 AM - 3:00 PM	7:00 AM - 3:00 PM
December 25, 2016	Closed	Closed	Closed	Closed	Closed	Closed
December 26, 2016	9:00 AM - 3:00 PM	Closed	5:30 AM - 8:30 PM	Closed	6:00 AM - 4:30 PM	7:00 AM - 8:00 PM
December 31, 2016	8:30 AM - 1:30 PM	Closed	7:00 AM - 2:30 PM	9:00 AM - 2:00 PM	6:00 AM - 4:30 PM	7:00 AM - 3:00 PM (+) New Year’s Event; Sports Bar Closed after 3:00 PM
January 1, 2017	Closed	Closed	7:00 AM - 5:30 PM	Closed	Closed	Brunch Event Only 10:00 AM - 2:00 PM



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## From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association



Welcome to November—what a great time of the year! As you may have heard, there will be no election this year for the Board of Directors, which is unfortunate, but the positive side to this is that we are retaining two terrific Board members in Molly Seamons and Don DeSantis, as well as welcoming back Ken Silverman and Marcia Van Wagner. This Association has been very fortunate to have had such great leadership over the past 17 years ... I get daily reminders that this place is first and foremost about people, both the folks who live here, as well as those who work for you, the homeowners. I

recently received a wonderful email from one of our Fitness managers, Jeannette Mortensen, in which one of our residents spoke to the positive impact the trainers had had on her life. What a great thing to have such a beneficial effect on someone's life, and it is a reminder that each of us has the ability to have a constructive influence on others on a daily basis. Speaking positive interactions, I have had the privilege of knowing Ross Pelton for over 14 years. During that time he has been involved in softball, the performing groups, as well as volunteering for the city of Lincoln. He always has a smile on his face, and a Tootsie Pop to hand to our custodians and set-up staff. Ross—we love you ... The end of the year does not mean that things slow down

around here; we have new fitness equipment to install at Kilaga Springs Lodge, plenty of holiday events to support, and thanks to the State of California, lots of shiny new legislation to get familiar with for 2017 ... I had a great conversation with one of our residents who let me know how impressed his friends were on a recent visit to our community. He said they were blown away by the beauty and all of the things that were available for our residents. He said it made him proud to live here. On behalf of our staff, I'd like to reiterate that sense of pride, and as Thanksgiving approaches, I am thankful that this is such a wonderful place in which to work, and I am thankful for the marvelous residents that we get to serve, and the excellent staff that we have here in Lincoln Hills ... Happy Thanksgiving!



## Candidates Have Come Forward

Elections Committee

At the closing of the application window for candidates to become a Board Director, just four candidates filed to fill the four positions to be vacated. In accordance with our Association Bylaws, we will not have a formal election. Each candidate will provide their statements to be displayed at both Orchard Creek and Kilaga Springs and printed in the December COMPASS. The candidates have agreed there will be no signs nor campaigning.

Candidate statements and any position statement submitted by residents will be displayed at both lodges from December 12, 2016 to January 12, 2017. There will also be boxes and cards on display tables so that residents may submit questions to be asked at the Candidate Forum.

Residents will be able to hear candidates at the **Candidate Information Forum on January 12, 2017 at 2:00 PM in the Presentation Hall (KS)**. This Forum will be videotaped and available for viewing on the community website.

The four candidates in the order in which they filed are:

## Employee of the Month Award

Our October "Employee of the Month" Award is Amalia Padilla de la Fuente who joined our Kitchen staff 16 years ago in August 2004. Here are just a few quotes shared by our staff:

*"The extra TLC she shows in her cooking and culinary presentation is appreciated not only by the guests but by all of us who have the privilege working with her." "Amalia always has a smile on her face even when she's under pressure!" "She's simply the best!"*

We are delighted to have Amalia part of our SCLH Team who provides outstanding cus-

tommer service to our residents and clientele. Thank you Amalia, for your dedication and your culinary expertise at Sun City Lincoln Hills!



Amalia Padilla del la Fuente, Kitchen staff, right, with Nancy Gabriele, HR/Payroll Manager

## ARC & Compliance Appeal Hearing Process

At the October 27 Board of Directors meeting, a step-by-step process for Architectural Review Committee and Compliance appeals was introduced. Review the ARC & Compliance Appeal Hearing Process on the home page of the resident website under

Latest Association News Blog. Printed copies are available at the Membership/Activities Desk (OC). Please deliver any feedback by Wednesday, November 30, to Executive Director, Chris O'Keefe, at the OC Lodge or by email to: Chris.OKeefe@sclhca.com.

Ken Silverman, Past Director  
Marcia Van Wagner, Past Director

Molly Seamons, Incumbent  
Donald De Santis, Incumbent

# MUSICAL LEGENDS

ROAD TRIP TO

# VEGAS

**5 DAYS**

★ DEPART FEB 21  
8:45AM

**4 NIGHTS**

★ RETURN FEB 25  
4:30 PM



**HARRAH'S LAS VEGAS**  
TWO-NIGHT STAY - CENTER OF  
THE LAS VEGAS STRIP



**COUNTRY SUPERSTARS!**  
REBA MCENTIRE, KIX BROOKS &  
RONNIE DUNN AT CAESAR'S



**WAYNE NEWTON'S**  
CASA DE SHENANDOAH ESTATE  
PLATINUM TOUR



**SCLH BUS TRIP**



**EVENT CODE: 1977-10 PRICE: \$842 - \$1083** (DEPENDS ON ACCOMMODATIONS AND SHOW SEATING)

Join us as we go on a Legends of Music tour that will take us through Bakersfield for classic country music and to Las Vegas for new country legends, Reba and Brooks & Dunn at Caesar's Palace! Trip Package includes 10 meals! You'll have one free day to do as you please, and maybe attend a favorite Cirque Du Soleil show, see other favorite performers, shop, or check out downtown and the strip. There will be plenty of rest stops, movies, and games on the bus, so there's never a dull moment!

## Activities News & Happenings

### Expressing Our Gratitude

Lavina Samoy, Lifestyle Manager

Inspirational poet and author William Arthur Ward once said, "Gratitude can transform common days into Thanksgiv-ing." With our beautiful landscape, active lifestyle, and exceptional volunteers and residents who care about the community, every day is Thanksgiving in Lincoln Hills.

I have been remiss in expressing gratitude to all residents who take the time to provide us feedback, good and bad. Your feedback challenges us to do better and rethink our processes to better serve you.

Do you know that Assisted Listening Devices (ALD) are available to audiences during most of our shows and presentations in both OC Ballroom and the Presentation Hall (KS)? However, there may be shows where ALD will not work because of show requirements and/or performer sound preference. Based on resident



feedback, we are identifying all shows in the COMPASS where an ALD is available for audience use.

We received comments regarding my August COMPASS article about the "no-refund" policy on events, trips, and classes. I failed to include that refunds are given when the Association cancels the activ-

"Based on resident feedback, we are identifying all shows in the COMPASS where an ALD [Assisted Living Device] is available for audience use."



ity and if your refund request is received within 24 hours of purchase.

Thank you also to the Board of Directors and to residents who attended the October Board Meeting. The Board approved our requests to extend current class registration policy to include all Activities classes to guests of residents, SCLHCA employees, and the public aged 45 and older. This policy extension will

allow our classes to flourish, succeed, enhance residents' experience with friends and family, keep quality instructors, and help with the Association bottom line. Residents have priority registration, at least 10 days to a month prior to outside registration depending on when classes are advertised. For complete details of the policy, please refer to the BOD October 27 meeting minutes. The new policy will take effect next year.

Here are some activities you would not want to miss: Our **New Year's Eve Party Cirque Du New Year on December 31 (page 47)** will have you excited to welcome 2017; Yale Movie Professor Marc Lapadula returns to discuss **Five Greatest Films in American Cinema on January 11 (page 48)**. Learn more about local art and our state with two trips to local museums: **Crocker Art Museum on January 12 (page 51)** and the **Leland Stanford Mansion and California Museum on January 30 (page 51)**. We value your continued support of our programs.

Happy Thanksgiving, everyone!

## Turf Wars

### Fight the Battle and Win!

Melinda Rogers

Community Standards Manager

Sometimes, life just happens. Was your lawn once green but now it's brown due to mandated watering restrictions, broken sprinklers, or extreme summer heat?

Well, there is a solution. Actually, several solutions. You could re-sod, re-seed, or replace the lawn with drought tolerant plants or artificial turf. If you choose the first three, the birds, butterflies, and bees will thank you. If you choose the latter, you'll never mow again.

Design Guideline 6.13 states that all landscaped plantings shall be maintained by a fully automatic underground watering system. Take advantage of this time to upgrade your landscape irrigation with the

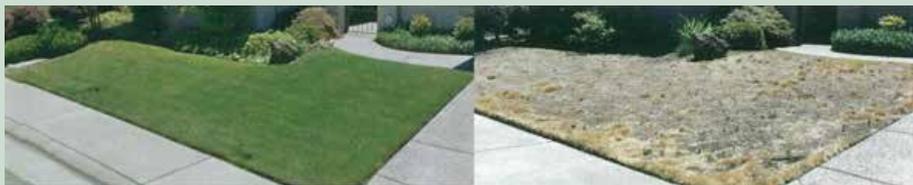
latest water and energy saving products. Since you'll be digging up the lawn anyway, it's a good time to replace that depleted soil/hardpan with nutrient rich topsoil. If you choose natural lawn, Design Guideline 6.15 and 6.15.1 state that Bermuda grass of any type is prohibited, and that the natural turf be a blend of three or more Fescues. If it's drought tolerant plantings that you want, then be sure to remove that mow curb (if you have one) and create a design that blends with the existing landscape.

Design Guidelines Section 6 covers all the Landscape Requirements. Here are a few highlights:

- **Artificial Turf**—Artificial turf or synthetic grass may be installed as a substitute for natural turf lawns in all yards. The installation of artificial turf on hardscape or over existing grass is prohibited.

- **Bark**—Bark shall be in neutral earth tone colors, such as Redwood, Cedar Brown or Black. Shredded, gorilla hair, red or other primary color bark is prohibited.
- **Rock**—The area of decorative rock in the front yard, corner lot street side yard, open space and golf course rear yard cannot exceed 25% of the plantable area. Lava rock of any color or artificially colored rock is prohibited. Crushed rock such as California or Sonoma Gold is prohibited.

Just following these Guidelines does not eliminate the need for the submission of plans for approval by the ARC. Even if your proposed landscape improvement is identical or very similar to another one that has already been approved, it must be submitted for ARC approval. Required ARC forms are available in the Business Office at Orchard Creek Lodge, or on the Resident website under Community Standards. *Fall is the best time to plant!*



Was your lawn once green but now it's brown?

**WellFit News**

**Living Through Transitions**

**Interview with Carol and Dan Larsen**

*Carol Zortman, Wellness Supervisor*

**H**ere at WellFit, we are *wellness* and *fitness* combined in a twofold mission. Fitness includes cardio, strength, and flexibility while wellness is



“a conscious decision to make a change in lifestyle resulting in a quality state of mental and physical health.” We do our best to choose a variety of classes and programs that reflect

our mission and are proud to again offer our exclusive **Living Through Transitions** program next January.

Aging here at Sun City Lincoln Hills is about being prepared for the changes in our lives, health, and environment that occur as we grow older. Plan now to enroll and get your keys to unlock the six secrets to identifying the challenges ahead. Those six keys that support your planning include

personal finances, legal protection, dealing with loss, navigating the healthcare system, housing options, driving, and end of life choices. Let’s hear what Carol and Dan Larsen, alumni of this program, had to say:

***Why did you enroll in the Living Through Transitions (LTT) program?***

We consider ourselves financially organized and are always checking to be sure

“Plan now to enroll and get your keys to unlock the six secrets to identifying the challenges ahead. Those six keys... include personal finances, legal protection, dealing with loss, navigating the healthcare system, housing options, driving, and end of life choices.”

we are up to date. LTT helped us make changes and ask questions in areas we weren’t aware of.

***What specifically did you learn?***

We learned about choices that would keep us independent and in our home,

which was really important to us. Armed with this knowledge, we considered our finances in a different light. We learned about healthcare options as we age, and are not only asking more questions of our personal physician but were also reminded that we need to be stronger self-advocates. We’re still active and healthy! This kind of information takes time to absorb but we’ve started to make some changes and doing it in small steps is making it easier.

***Would you recommend LTT to another resident?***

We would definitely recommend it! We both think one of the greatest gifts you can give your spouse and family is the peace of mind that things are in place and your wishes are executed the way you want with no stress. The information that we have incorporated makes us feel much more in control and complete.

How about following Carol and Dan’s recommendation? See **page 72 for LTT enrollment information.**

~Please see our ad on page 18.~

**The Road to Aging Well**

**Health Literacy**

**What is your proficiency level?**

*Shirley Schultz, Health Reporter*

Many of us suffer from some degree of illiteracy when it comes to having a grasp of issues impacting our health. According to the Office of Disease Prevention and Health Promotion, only 12% of adults in the U.S. are proficient in health literacy. They define health literacy as “the ability to obtain, process, and understand health information and to make health decisions...” The statistics, based on data from the National Assessment of Adult Literacy (NAAL), are rather dismal in terms of getting one’s needs met in a health care system that is very complex and evolving away from a focus on illness-care to wellness and self-care.

Health literacy is essential in order to be able to make health decisions for ourselves. However, most of us, even those of us like me with a health care background, are confronted with literacy challenges in many health care situations:

- Not being familiar with the medical terms being used or not knowing how

the body works

- Having to interpret numbers or risks in order to make a health care decision which may be life-changing
- Being confused or scared when diagnosed with a serious illness
- Having complex conditions that require complicated self-care

“Our Association-sponsored ‘**Living Through Transitions**’ program is an excellent way to obtain knowledge needed to improve health literacy (see page 72).’ Because this course may be offered only once a year, the train to proficient health literacy is leaving the station, and you do not want to be left behind.”

Taken from the NAAL report, examples describing levels of health literacy are: Below Basic (14%): can read and follow a set of brief instructions;

- Basic (22%): can read and understand a pamphlet on disease symptoms and treatments;
- Intermediate (53%): can read and follow instructions on a prescription label;
- Proficient (12%): using a table, can cal-

culate one’s employee share of health insurance costs for a year.

In the complex health issues we face in aging, it is easy to see why adults over 65 might lack health literacy skills, which involve:

- correctly taking medications.
- seeking and paying for home health care, when needed
- managing transportation when no longer able to drive
- understanding and accessing end-of-life options

These are examples of some of the difficult situations that most of us could face or already have experienced. Our Association-sponsored “**Living Through Transitions**” program is an excellent way to obtain the knowledge needed to improve health literacy (see page 72). Because this course may be offered only once a year, the train to proficient health literacy is leaving the station, and you do not want to be left behind.



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## More on Investment Returns

Mike Creasy, Finance Committee Chair

*Correction: Last month's COMPASS article on Reserves Investments was incorrectly attributed. The author was Mike Creasy who remains Chair of the Finance Committee.*

Last month we talked about investment of our Reserve account and how the return has substantially improved following the most recent Board approved changes in Investment Policy.



One thing we didn't have space to discuss is the investment return we get on Capital expenditures that generate income or savings for the Association. Think LED street lighting, Orchard Creek solar array, Sports Bar shade structure. They all have a "payback" in terms of earning or saving money that would have otherwise been charged to our dues.

That payback over time is what gives us a Return on Investment, or ROI, in that the investment is earning a return. It is similar to receiving interest on an investment in a bond or CD. But, that's about the only similarity. Our Capital investments so far are paying a far higher "yield" than anything else we could invest in and, importantly, they are safe. Once installed, the returns are virtually insulated from swings in the markets.

Here are the calculated ROI's on some of the recent projects:

- **OC solar:** First-year ROI of 13.2%.
- **LED street lighting:** Average ROI of 12.3% per year for the four years after conversion.
- **Sports Bar shade structure:** With even the most conservative income estimate, the project generates an annual ROI of 8% over five years, 11.39% over 10 years.

We can't see earning that kind of return anywhere else, so we hope staff and the Properties Committee send us more projects for our consideration.

For the month of September, all departments were firing on all cylinders. Catering had a fantastic month with two weddings, contributing almost \$200,000 to revenue, bringing F&B revenue over expense to \$81,582, which is \$82,112 positive to budget. Spa continues to improve, while Fitness and Activities are well ahead of budget for the year. Expenses for maintenance and landscape are well under control with those departments showing large positive variances for the first three quarters.

The CEF fund is starting to grow with \$57,000 in the kitty so far. The Operations account had \$801,689 on the books and the Reserves balance at month end was \$7,590,064.

Heading into the last quarter of the year, we are looking good.

If you have questions or an interest in serving on the Finance Committee, please get in touch with us at [finance.committee@sclhca.com](mailto:finance.committee@sclhca.com).

## Chain of Command: Make the Right Contact

Bill Attwater, Properties Committee Chair

Recently it has become apparent that when there is an issue regarding our common areas, our residents do not know whom to contact for information. Some seem to enjoy posting comments on the Yahoo site, but that site is not operated by the Homeowners Association. It is a site operated by one of our residents and only homeowners have access to the site, not employees of the Association who can knowledgeably respond to our residents.



Every month our COMPASS magazine publishes the phone numbers and email contacts of our Executive Director and the person in charge of our facilities and maintenance. These are the persons that our residents need to contact for information regarding our common areas. The Executive Director's phone number is 625-4062 and his email is [chris.okeefe@sclhca.com](mailto:chris.okeefe@sclhca.com). The phone number for the Facilities and Maintenance Manager is 645-4500 and his email is [cesar.orozco@sclhca.com](mailto:cesar.orozco@sclhca.com). These Association employees will either respond directly to you or will direct the appropriate employee to do so. Our employees are here to assist you.

The common areas include virtually every property or facility except the golf courses (which are not owned by the Association) and the private homeowner residents. That means any issue regarding our parking lots, buildings (and tangible items within the buildings), swimming pools, landscaping, sports complex, and the solar array at OC Lodge are the responsibility of the Executive Director and his staff. As of this time, the best way to be informed about an issue regarding the common areas is to contact the above named individuals by phone or email. A direct link to all staff email addresses is available on the resident website home page. Click the SCLH contacts link on the top header.

## Statement of Operations YTD September 2016

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$5,838,271	\$5,835,840	\$2,431	\$7,787,494
Administration (Expense)	(1,411,493)	(1,303,225)	(108,268)	(1,699,540)
The Spa at Kilaga Springs	(17,602)	35,495	(53,097)	47,290
Fitness	(311,551)	(368,065)	56,514	(481,430)
Activities	(292,318)	(386,878)	94,560	(540,030)
Rec. Center / Maintenance	(1,829,597)	(1,869,915)	40,318	(2,507,150)
Landscape Maintenance	(1,953,011)	(2,069,251)	116,240	(2,675,444)
Food & Beverage	(46,712)	(75,590)	28,878	(65,510)
Capital Asset	22,500	22,500	-	30,000
Net Revenues (Expense)	(\$1,513)	(\$179,089)	\$177,576	(\$104,320)
CEF	57,000	-	57,000	-



### 2016 Crab Feed

Tables shown with diners wearing the festive hats are winners of the Crab Feed Dress Contest



## The Spa at Kilaga Springs

### Give Thanks This Holiday Season

Stacey Z. Diemer, Manager, The Spa at Kilaga Springs

[www.facebook.com/SpaAtKilagaSprings](http://www.facebook.com/SpaAtKilagaSprings) [www.twitter.com/KilagaSpa](http://www.twitter.com/KilagaSpa)

The holiday season has arrived! But along with the hustle and bustle of creating holiday menus, buying gifts, holiday parties, decorating, and all the preparation that goes into the holiday season, take a moment to be thankful. Be thankful for your health, your home, your friends and most importantly your family. Thanksgiving is a time to reflect upon that for which we are thankful.

As Spa Manager, I have taken a moment to stop and reflect on what I am thankful for. I am thankful for the staff here at the Spa, who each and every day bring a smile, professionalism, and teamwork attitude. I am thankful for the clients who come to the Spa to relax, share stories, and bring us a smile. But most of all I am thankful and blessed to be a mom to three amazing teenagers who bring me joy, motivation,

and pride every day. So as you prepare for this eventful time of year, take a moment and see what all you have to be thankful for.

In honor of this giving time of year, the Spa will be saying thank you to those enrolled in the Spa membership program with a special upgrade on December service. So book your December service!

We would like to make your holiday shopping easy with special Spa packages to make gift giving easier. The holiday Spa packages are a great gift to give those who like to... "Look good. Feel better. Live happier." Remember the Spa is open to the public so the Spa packages and gift cards is a great gift for anyone on your holiday gift giving list. The Spa boutique offers great hostess gifts, stocking stuffers, gift

baskets, handmade items, and gift cards. Stop in and see what you can find!



The nail team will be showcasing special holiday nail designs and a peppermint pedicure to get you ready to sparkle this holiday season. Enjoy the HydroPeptide pumpkin facial and the new HydroPeptide body treatment and you will be glowing and relaxed this holiday season.

Be grateful for all that you and your loved ones have. The holiday season is an exciting time of year. Take time out to enjoy it and give thanks for those with whom you'll be celebrating the season.

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## Happy Thanksgiving from Meridians!

Kristy Woodin, Director of Food & Beverage

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Thanksgiving is almost here and Meridians would love to share the holiday with your family and friends. If you haven't made your reservations yet for our Thanksgiving Day feast, please do before we are sold out!

"Ye Olde Pie Shoppe" will be back in business selling your traditional holiday pies for only \$8.50. Your choice of apple or pumpkin. We will be selling the pies from November 19 to 25 and then again from December 17 to 24. Please call Meridians at 625-4040 to order, and at least 24 hours prior to picking up.

Christmas is just around the corner. If you haven't booked your holiday party, see our Banquet Sales Manager Kathy Cameron so we can make your get together special. If you have parties that are 20 people or less, contact Meridians at 625-4040 to

celebrate in the dining room.

Meridians is proud to release a loyalty club just for you! Come in and dine with us starting December 1, and receive a Loyalty Card. For every \$15 you spend, you will

"Meridians is proud to release a loyalty club just for you! Come in and dine with us starting December 1, and receive a Loyalty Card. For every \$15 you spend, you will get a signature on your card. Fill your card with 10 signatures, and receive up to \$20 off your next bill."

get a signature on your card. Fill your card with 10 signatures, and receive up to \$20 off your next bill. We want to reward our residents and guests alike for choosing to dine with us when there are so many other options.

This year has gone by so fast, and the

Food & Beverage Department has some exciting events lined up for you going into 2017. Stay tuned for some unique and interactive fun!

~Please see our ad on page 12.~



## Committee Openings

There are ongoing openings to the seven standing committees of the Board of Directors; a committee with openings is shown below. Details and contact information can be found on the resident website under HOME on the menu bar. Your interest and participation is paramount to the successful governance of your Association. Committee applications at Activities Desks, or from the Association Resident Form folder in the Document Library on the resident website. Questions? Please email the committee chair, address on page 98.

- ARC/Architectural Review Committee
- CCRC/Communications and Community Relations Committee
- Properties Committee

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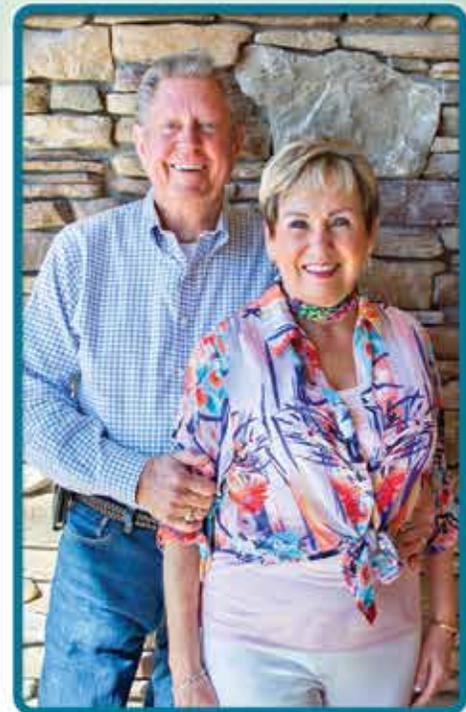
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**Behind the Scenes****Catering and Banquet Sales Management  
Meet Kathy Cameron and Don Giles***Doug Brown, Resident Editor*

Lincoln Hills is well-known as a vibrant community of energetic residents, a beehive of activity, and attractive landscaping. We also boast a highly appealing site for conferences, banquets, weddings, and parties—for residents and nonresidents alike.

What lies *behind the scenes* of this thriving enterprise? The *COMPASS* caught up with newly appointed Banquet Sales Manager Kathy Cameron (who is now filling the shoes of Meghan Louder) to chat about first impressions. We came away with insightful comments about what we commonly refer to as our Meridians catering services.

Some key elements combine to offer superb facilities, expert leadership, efficient staff, and an overall enviably pleasing ambience. "I always felt that Lincoln Hills is the most beautiful venue in our area," said Kathy, "with an amazing team of professionals that I feel so fortunate to work with!"

Consider this a compliment, given Kathy Cameron's 33 years' experience working in food and beverage management in hotels

and clubs from the Sheraton Waikiki to Arden Hills Country Club to several hotels in the Sacramento area. Kathy's experience is evident as she masterminds the steps from her first interview with a client, to choosing date and venue, pricing, selecting menu items, determining tech needs and entertainment—the list goes on.

What does Kathy like most about Lincoln Hills? The residents! And she wasn't just being politically correct. She said about 85% of her services involve resident events and parties. Hats off to us!

Kathy gives credit to an intricate network of staff who account for Lincoln Hills' success in hosting events. Enter (literally, as we were talking) Kathy's teammate, Banquet Manager Don Giles. We've all seen him over his six years in Meridians, the friendly guy whose presence in our dining experiences and catered events makes us feel supremely comfortable and happy. Don and Kathy's

*Don Giles and Kathy Cameron*

roles mesh perfectly—from early planning to a personal presence at events.

Don takes each event and sees it through to the very end. This of course involves Chef Ian, setup and takedown teams, waitpersons, and *timing*. Imagine serving 200+ hot meals in the Ballroom within a few minutes' span of time!

Want to book a holiday gathering here for family and friends? Hurry, hurry! Call Kathy at 625-4043.

And the next time you attend a special food service event, look for Kathy and Don's professional work interwoven, *behind the scenes*, into the details. Thank you, Kathy & Don!

**Delivering Holiday Season Joy  
Teamwork by Charitable Organizations***Al Roten, Roving Reporter*

Now is the time we see the large collection boxes in our Lodges and around town inviting us to deposit staple

food items or unwrapped toys. One might think that these are mysteriously left behind by Santa's elves! Not quite!

Several groups are working diligently during the year to carry out successful cam-

paigns to feed families in need and make Christmas a time of joy for many in need.

Under Kris Knutson's leadership, the **Lincoln Lions** Host Club will distribute Christmas food boxes and toys to more than 500 local families, working with the Salt Mine's Christmas Food Program. Plans begin early each year with fund-raising and benefit events. Later, the school district and senior support organizations identify those who are in need of help.

**Food collection boxes are placed in our Lodges until December 8** and throughout Lincoln for you to fill with non-perishable food items. Later, vegetables, hams, and turkeys are added to complete food boxes.

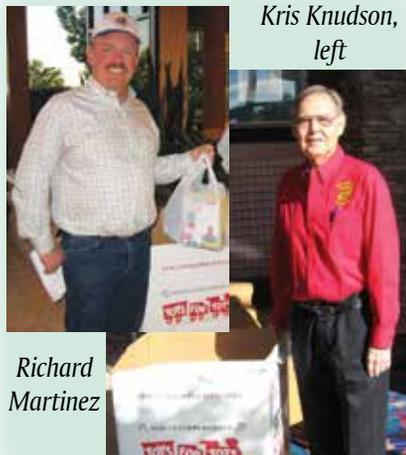
The **Semper Fi Association**, led by Richard Martinez, recently became a part of Toys for Tots locally, a program that has been ongoing since 1947. The local unit handles over 100 toy collection boxes (30 in Lincoln) at businesses, civic, and govern-

ment buildings throughout southern Placer County. **Collection boxes are already in our Lodges and will be there until December 14.** Over 15,000 toys are expected to be collected locally. Many national donors contribute, including Walgreens, Disney, UPS, Toys R Us, Duracell, and Big Lots.

Semper Fi and Lions manage storage of collected groceries and toys, then, a week before Christmas is distribution day, when food and toys to match family needs are delivered with enjoyment, thanks, and grateful smiles.

Each of us can take part in these wonderful efforts to help needy families this holiday season!

**Lincoln Hills Senior Softball League** is again collecting toys for Beale Air Force Base children. You may bring an unwrapped toy, cash, or check to Del Webb Field Monday, November 21, 8:30 AM to 2:00 PM. If it should rain, the date moves to Wednesday November 23, same times. If you cannot make it to the field, please call Jeff Greenberg 343-1126 for pickup.

*Richard Martinez**Kris Knutson, left*



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Kim's Country Kitchen



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EMMADA Upstairs businesses

## The EMMADA Building in Downtown Lincoln

*Al Roten, Roving Reporter*

Walking or driving north through downtown Lincoln between Fifth and Sixth Streets, the most prominent building is the EMMADA Building. A large section of this building dates back to 1863, when a two-story brick building housing the Good Templar's Hall upstairs was erected. The Independent Order of Good Templars promoted the ideas of temperance, peace, and brotherhood. Over the years, the upstairs hall found several other uses, including meetings and social affairs. Lincoln's first grammar school was in this building in 1864. The ground floor still houses stores and small businesses. In 1892, the building became the "True Blue Store," a general store. Lincoln's first telephone service was in this building in 1893.



In 1913, the building, then owned by George Williamson and William Ingram, was expanded and named after their wives, Emma and Ada, hence, the EMMADA Building. Since that time, it has been a hardware store, butcher shop, grocery, pool hall, and general store. The upstairs hall was converted to offices.

Currently, "EMMADA BLDG" is emblazoned in the sidewalk, and the outside of the building looks much as it did at the 1913 update. However, there are now three vibrant businesses in the downstairs suites and several at the top of the long staircase. Actually, this building had the first elevator in Lincoln, but it is long gone.



EMMADA Building circa 1913

Anna's Boutique, owned by Anna and Bill Woods offers an eclectic collection of vintage and upscale fashions with a new look and feel of haute couture that comes with a gentle price tag. A great place for holiday duds or thoughtful gifts.

Sierra Hills Framing, owned by Tom Jones, is where your treasured print or art may be framed with care and individuality. Check out the displays and wall hangings for unique decorative items for the home.

Kim's Country Kitchen is a warm and friendly restaurant serving delicious breakfast and lunch items from 5:30 AM daily. Daily specials will keep you coming back for more. Kim's is a great place to start your day or stop to rest weary feet after strolling around downtown.

Upstairs are several businesses serving a variety of needs. The hallways and office doors give one the feel of business as it was in 1913 when the building was remodeled.

Come downtown and enjoy the charm of the past revisited.



EMMADA Building Today

**Cover Story****The Lincoln Hills Veterans Group  
Serving many in the community***Nina Mazzo, Roving Reporter*

In November we remember. As I enter the main entrance to OC Lodge, there is a plaque honoring all Lincoln Hills military veterans and I remember its dedication in 2006. I also remember fellow students in college who anxiously waited to learn their selective service number during the Vietnam War. Fortunately, we have the LH Veterans Group whose purpose since 2001 is to remember those who have served as well as offering camaraderie and promoting duty to country.

I met with Veterans Group President Bob Ringo and Public Relations Officer Steve Witmer to learn more.

**Who is eligible to join the group?**

Resident veterans who have served for any length of time in any uniformed service of the United States or its allies during times

of war or peace. They also welcome widows and widowers whose spouses served.

**Did you know?**

- There is a County Veterans Service office in Rocklin? They offer client services specialists who promote the interests and welfare of veterans. A LH Veterans Group volunteer will accompany a veteran who is unable to drive to their office.

- The club has volunteers who will check on veterans and bring them to group meetings and social events.

- You should dispose of a tattered or worn flag properly. There is a box in the Business Office (next to the Activities Desk) in OC Lodge for drop off and on the 15<sup>th</sup> of each month you can purchase a new flag at cost from the LH Veterans.

- Each holiday season Veterans Group members volunteer in conjunction with the Kiwanis Club to solicit donations from

our residents and send nearly a ton of candy to our troops on active duty.

- The LH Veterans Group has participated in the oral history project sponsored by the Library of Congress.

- They have lots of fun with a variety of activities from themed luncheons to ice cream socials and holiday parties along with interesting speakers.

- They were recognized by our Lincoln City Council for their 15 years of service to the community.

Wow—what a group! Dues are only \$15 per year and they meet the third Thursday of each month at 1:00 PM in the P-Hall (KS). Further details and contacts are available at our community website and flyers are located in the information racks in OC Lodge.

**Orienteering****Del Webb Trail  
A Sidewalk Sail***Dee Hynes, Roving Reporter*

Fall breezes have blown our way.

Milk shake thick, leaf laden tree branches undulate as the breeze huffs and puffs, mimicking a child's nursery rhyme. The rustle of leaves is a soft seasonal symphony, a long awaited rhapsody.

Our fall color fashion show has begun. Leaves of brilliant bursts of orange are ringed with ragged rust lines. Bold, bright reds create trees of giant strawberries. As the breeze surfs the tree lines,

hundreds of leaves flee their once secure homes.

Polished avocado Magnolia leaves sit securely on their wooden posts. They smugly view their brethren who have dropped beneath them. As the Magnolia leaves will not offer their leaves to the season, little do they know of the of the magic carpet ride of the leaves who skim the air while zipping, swirling and looping to the ground below.

Their breezy ride is a sidewalk sail.

Enjoy fall walks on the Del Webb sidewalk trail loop. Select this trail for the beauty of the details. Moderate and long grade changes and friendly trail users will enhance your journey of almost four miles.

Directions: From OC, right on Del Webb, right on East Joiner Pkwy, right on Del Webb.



*Our fall color fashion show has begun*

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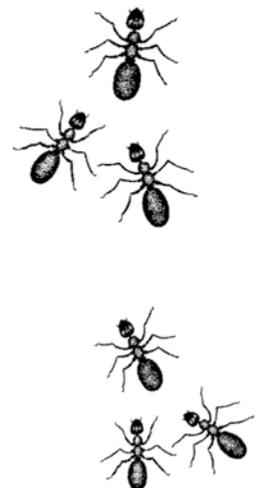


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## Neighborhood Watch

### Volunteers Honored for 15 Years of Service

#### A Challenging Road!

Patricia Evans, Neighborhood Watch Reporter



“Spread good cheer” is the message from 17 Neighborhood Watch volunteers with 15 years of service honored at the Annual Meeting. Five of the 15-year honorees are from Village 9, three from 16A, three from 19A, five from 19B, and one from 30B. All together, they have contributed over 270 years of service.

These honorees were recruited by Rich McKone and a small group of associates starting in 2000. According to Larry Wilson and Marcia VanWagner, one of the early so-called “recruiting techniques” was, “The mailbox is on the corner of your property, so you’re the mail box captain!”

The honorees have stayed with Neighborhood Watch through thick and thin. Early volunteers worked hard to include each added Village, but by 2007 there was no viable organization. Up stepped a new Executive Director, Ken Sheehan, determined to recruit help and get organized—simple

words but a great challenge. Ken envisioned building “a vibrant spirit of pride where volunteers enjoy participating with a positive ‘yes, we can’ attitude.”

By 2009 we had grown from a struggling organization to one able to accomplish a difficult challenge with pride. The 2009 Lincoln Hills Anniversary Celebration asked Neighborhood Watch to deliver the celebration gift bags to each resident. A giant step forward!

In addition to our 15-year honorees, we honored 42 five-year volunteers. A total of 650 volunteers make Lincoln Hills

safer and more secure through residents who take pride in looking out for each other.

Please turn to page 34 for important information about our new Personal Medication Cards.



Neighborhood Watch honors 15-year volunteers—top: (clockwise)

Bud Conner, Joyce Bauer, Judy Stoddard, Ed McMurray, Larry Wilson, Marcia VanWagner, Mary Powers,

Patricia Evans; (clockwise) Chuck Robinson, Penne Cosgrove, Joanie West, Jeanie Robinson (not shown: George & Merete McDonald, Don Cosgrove, Susan Jewell, Joy Meininger)



**Contacts:** Larry Wilson, 408-0667, lgwlincoln@gmail.com; Pauline Watson, 543-8436, frpawatson@sbcglobal.net; website: www.SCLHWatch.org.



## Some Tips from Neighbors InDeed

### Will Your House Be Warm and Dry This Winter?

Doug Brown, Resident Editor

We can't complain about our California winters, can we? An occasional nip in the air, a little rain here and there.

But despite our meek and mild winters, a broken furnace could put a “damper” on things, right? And a leaky roof could throw a “wet blanket” on your holiday activities, eh?

Neighbors InDeed can help you with a number of “winterizing” precautions as we enter cool and (hopefully) rainy weather.

**Furnace.** To keep your heating system at tiptop efficiency, NID suggests changing or cleaning your HVAC filter twice a year. Clogged filters are a drag on your home's air circulation. Call 223-2763 for assistance from a Handy Helper.

Annual (or at least biennial) inspections of your furnace are a must. Neighbors InDeed suggests contacting a reputable Heating and Air Conditioning service to schedule an inspection. Need a referral?

Call Neighbors InDeed (223-2763) for a list of licensed businesses that your neighbors have used and found to be reputable and honest.

If an inspector recommends repairs or a complete replacement of your furnace, before making a commitment, get at least two other assessments by independent contractors. *Caveat emptor.*

**Thermostat.** Your programmable thermostat is a key to energy efficiency. Most thermostats have multiple settings and functions to maximize heating efficiency for areas of your house and times of day and night. Need help? Call NID and a Handy Helper will help program your thermostat for optimal winter settings.

**Roof.** How often should you have your roof inspected? Recommendations vary, but

consumer advocate groups generally agree on three-to-five years for the tile roofs we have in Lincoln Hills.

What could go wrong with our “50-year” roofs, you ask? Tiles can crack and slip, and over time, rainwater can seep through the underlayment. Pigeons, thankfully, no longer present the widespread hazard (with their toxic poop) they once did a number of years ago! Call NID for some resident-referred roofing contractors.

**Irrigation timer.** Finally, if we get reasonably consistent rainfall, it's time to turn your irrigation timer *off* (or least dial it *down*). Just because we may be blessed with some rain, please continue to conserve this precious resource! NID Handy Helpers will assist you resetting your timer.

Now's the time to put in these ounces of prevention. They could save pounds (and dollars) of care later on! Further questions? Call Neighbors InDeed at 223-2763.



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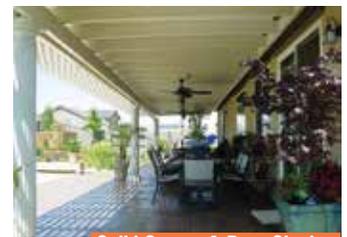


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## Club News

### Alzheimer's/Dementia

#### Caregivers Support

November is National Caregivers Recognition month and hats off to all of you who offer yourselves to this push me-pull you avocation, if not full time engagement. Pushing with the attempt to understand the unintelligible, pulling with the rich satisfaction of a good guess. Alzheimer's caregivers are the focus of our group, but so many others do this task of caregiving for the frail. Art imitates life, it is said, and it should be said also that the art of caregiving sustains the imitated lives. We normally meet each fourth Wednesday of the month at 1:00 PM in the Multipurpose Room (OC); however, this month we meet on the 16th because of Thanksgiving. We will not be meeting in the month of December. Our next meeting after November 16 will be on January 25 and will feature our in-the-round discussion led by Del Oro's Stefani Wilson.

**Contacts:** *Judy Payne, 434-7864; Maria Stahl, 409-0349; Cathy VanVelzen, 409-9332; Al Roten, 408-3155*



### Amateur Radio

The Lincoln Hills Amateur Radio Group is amateur radio enthusiasts who operate the W6LHR repeater for Lincoln Hills residents with an amateur radio license. The group conducts a weekly radio network at 7:00 PM every Monday evening on the W6LHR Repeater at 443.2250 MHz. The LHARG Group meets at 6:30 PM every Monday at the South Lincoln Hills Entry Facility to share amateur radio information and discuss upcoming local events.

In October, LHARG members provided communications support for the Tour de Rocklin, a bicycle tour to raise money to help families with premature babies.

In December members will be supporting the Annual Food Drive. Details will be posted on the group's webpage, <http://lharg.us>.

**Contacts:** *Jim Darby 408-8599; Clare Schloenvogt 253-9155*  
**Website:** *www.lharg.us*



### Antiques Appreciation

On November 7, Judi Fibush, a resident of Rocklin, presented a program on Tobacco Premium Memorabilia (1910-1914) and FDR New Deal (1933-35) Items. She gave a brief history of both parts, which made the items more meaningful. The first part consisted of items and quilts from tobacco premiums made from flannels, silks and satins given in cigarettes and cigars in the early 20th century before WWI. The second part had many smaller items and quilts referencing FDR's New Deal from 1933-1935. It was a very interesting morning!

The December 5 meeting will be a Christmas Luncheon to be held in the Ballroom at 11:30 AM. We always look forward to this event (bringing our Toys for Tots) and have such a good time, thanks to our wonderful Social Director!

**Contacts:** *Rose Marie Wildsmith 409-0644; Barbara Engquist 434-1415*



### Astronomy

On Thursday, November 10, LHAG members joined the Telescope Interest Group (TIG) to view the Moon at the Sports Pavilion.

Monday, November 21, the Cosmology Interest Group (CIG) continues the DVD series "Black Holes Explained," by U.C Berkeley professor Alex Filippenko. This month's lectures will repeat Lecture Four "Searching for Stellar-Mass Black Holes," and Lecture Five "Monster of the Milky Way, and Other Galaxies" in the Fine Arts Room (OC) at 6:45 PM.

In December we will have our Christmas Party on Sunday, December 11 at 1:00 PM. For \$10 you can enjoy an Astronomy display, a buffet dinner, drawing prizes, and an Astronomy quiz with prizes.

**Contacts:** *Morey Lewis 408-4469, [eamor@pobox.com](mailto:eamor@pobox.com); Cindy Van Buren 253-7865, [rvbcvb@att.net](mailto:rvbcvb@att.net)*  
**Website:** *www.lhag.org*



### Ballroom Dance

The Holiday Season is almost here! Everyone has learned many new dance steps this year, and had fun at all our dance events. In November, we are learning the smooth and elegant Foxtrot.

*Ed Harnett  
& Dee Cole  
Harnett*



We meet on Tuesdays at KS. No classes are offered in December. All classes are taught in a group format by patient and personable instructors. Beginner's class starts at 2:00 PM, and lasts for one hour. It is followed by open dance hour at 3:00 PM. Then, a one hour intermediate lesson begins at 4:00 PM. Dues are only \$7 per year. And that includes all lessons! Our Christmas potluck will be held in the Multipurpose Room (KS) on December 6 from 5:00 to 9:00 PM. It is a really fun event, not to be missed. This year's theme will be "The Night Before Christmas." A sign-up sheet will be available at the weekly lessons.

**Contacts:** *Sal Algeri 408-4752; Chris Geist 543-0176*



### 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 meetings will be December 14 and January 11. 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 Orchid Thai on Monday, November 28. Meet in front of Orchard Creek Lodge at 11:15 AM to carpool or meet us at the restaurant about 11:40 AM. For more information or to put a Memoriam in the COMPASS, contact Joan.

**Contact:** *Joan Logue, [joanlogue@sbcglobal.net](mailto:joanlogue@sbcglobal.net)*



### Billiards

Women's Billiard Tournaments will be every Tuesday 12:45 to 3:00 PM. The Billiards Group is offering free lessons at KS for all residents on Tuesdays



Winners were Bob Frederick six/ six games, Karen Harlander four/six, Jane Murphy three/six, shown here with others; Co-ed winners six/six Sandy Pavlovich, Irani Peshu; Challengers winners five/ seven Remy Giannini, Ziggy Brien

from 9:00 to 10:00 AM. This is for new and returning players (men and women). You do not need anything to start other than the desire to play. Just show up and see what we have to offer. Remember it's free.

**Contacts:** Dan Oden 408-2687;

Tony Felice 955-0501, [afelice@wavecable.com](mailto:afelice@wavecable.com)



### Bird

At our December 12 meeting, Truman Holtzclaw will present a program on the many birds that inhabit our area during the winter. I know you will enjoy his fun presentation on bird identification. Join us on the second Monday of December at 1:30 PM in the P-Hall (KS).

We have two wonderful field trips coming up. On November 25 we head to Gray Lodge Wildlife Area, a 9,100-acre preserve managed by the California Department of Fish and Wildlife. Then on December 9 we visit the Sacramento National Wildlife Refuge which supports 250 species of birds in its wetlands and riparian habitat. It is amazing to see the thousands of migratory waterfowl that find food and shelter in these preserves.

Reminder: The Christmas Bird Count is December 28.

**Contact:** Kathi Ridley 253-7086,

[kathiridley@yahoo.com](mailto:kathiridley@yahoo.com)

[Lh\\_bird\\_group@yahoo.com](mailto:Lh_bird_group@yahoo.com)

**Website:** [www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents)



During our October field trip to Cosumnes River Preserve we saw 50 species of birds, a record height for us. Among them were: Greater White-fronted Geese; Black-necked Stilts; Sandhill Cranes



### Bocce Ball, Mad Hatters

The folks from the Bocce Group in Sun City Roseville called us last month and asked if they could come up and take a close look at our Bocce Courts. Sun City Roseville is planning on refurbishing their courts and their group has been looking around for better ways to do things. Their courts are built up from a concrete slab with wooden walls around the court whereas our courts are sunken into a concrete slab. They actually liked our arrangement better as it appeared to be less of a tripping hazard which is important for seniors, but we actually like their above ground arrangement because the playing surface is on top of concrete and plays flatter than our courts. In any case it would be a major re-do of their Bocce area to convert to our type of court so that's not likely to happen. The grass is always greener...

**Contacts:** Paul Mac Garvey 543-2067,

[pmac1411@aol.com](mailto:pmac1411@aol.com);

Bob Vincent, 543-0543



### Book, OC

"Outside of a dog,  
a book is a man's best friend.  
Inside of a dog it's too dark to read."

—Groucho Marx

Our final book discussion for 2016 is November 17, when we address, "Wish You Well," by David Baldacci. The author is best known for his suspense novels. However, this selection is different from Baldacci's other books. A story of hope and wonder set in the 1940s, it follows two children who, after tragedy strikes, relocate from New York City to the mountains of Virginia.

At the November meeting members will also vote for next year's selections. Details about the annual holiday luncheon set for December 15 will be coming soon.

We meet for discussions on the third Thursday of the month at 1:00 PM in the Multipurpose Room (OC). Newcomers are always welcome.

**Contacts:** Darlis Beale 408-0269;

Penny Pearl 409-0510; Dale Nater 543-8755

**Website:** <http://LHocbookgroup.blogspot.com/>

**Wiki:** <http://ocbookgroup.pbwiki.com/>



### Bosom Buddies

With our bright pink tent and signature shirts, no one could miss us at the Association's October breast cancer fundraiser. Approximately 20 members supported the event, participating in chair exercises and even shaking a few legs to



The heat didn't keep us from participating in the chair exercises; members gather under the Bosom Buddies' tent

the music of the Lincoln Highway Band.

November's meeting featured a dietician from the Sutter Health Group who talked about the importance of healthy eating when dealing with cancer and its treatments. We often think of "healthy foods" as bland and uninteresting, but she shared several recipes that contradicted that belief.

The holidays are upon us, and one highlight of the season is our annual party planned for December 8. This celebration always is packed with good friends, delicious food and great entertainment. As if that's not enough, there usually is a surprise for the guests, too.

Our meetings are held the second Thursday of the month, and members and guests who wish to meet for lunch at Meridian's beforehand can make reservations by calling Val Singer at 645-8553.

**Contacts: Marianne Smith 408-1818;**

**Val Singer 645-8553**

**Website: [www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents)**



### Bridge, Duplicate

The final club Board of Directors meeting of this year will be held on Wednesday, November 16, at 9:30 AM in the P-Hall (KS). Of course, everyone is invited to attend. Issues and suggestions relevant to the club rules and operations are solicited by the Board from all of the club members.

Duplicate games are played in the KS Lodge on Wednesdays at 12:30 PM (includes a 199er section), Fridays at 5:00 PM, and Saturdays at 12:30 PM (includes a 299er section). Game fees are \$2 per person for club members and for the first three games of non-member SCLH residents. The fee is \$5 for non-resident visitors. If you need a bridge partner for any of the open games, call Barbara Dorf (434-8234), Squeak Conner (645-9085) or Lynne White (253-9882). For a partner in one of the limited games call Sheila Ross (434-6165) or Lynne White (253-9882).

**Contact: Sharon Neff 543-8897**

**Website: [www.bridgewebs.com/lincolnhills](http://www.bridgewebs.com/lincolnhills)**



### Bridge, Partners

Call for early sign-up, or just show up with your favorite partner in the

Sierra Room (KS). You play if we have even pairs up to 28. We must be seated by 5:50 PM, including standbys, and we must finish by 8:30 PM. Winners: September 22—First: Stan Mutnick/Harry Collings; second: Kay/Ben Newton with the high round of 1740; third: Hilla/Bob Fawcett; fourth: Barbara Bryan/Reta Blanchard. October 6—First: John Butler/Byron Hansen with the high round of 1900; second: Janet Pinnell/Linda Theodore; third: Bruce Fink/Stan Mutnick; fourth: Warren Sonnenburg/Larry Mowrer. October 13—First: Edith Kesting/Erica Wolf with the high round of 1420; second: Linda Theodore/Janet Pinnell; third: Chet Winton/Ralph Madsen; fourth: Larry Mowrer/Warren Sonnenburg tied with Kay/Ben Newton. October 20—First: Stan Mutnick/Bruce Fink with the high round of 2110; second: Pat/Frank Kamienski; third: Byron Hansen/John Butler; fourth: new residents Janet/Wayne Pittenger.

**Contacts: First & Third Thursdays:**

**Kay & Ben Newton 408-1819;**

**Second & Fourth Thursdays: Dolores**

**Marchand 408-0147; Carol Mayeur 408-4022**



### Bridge, Social

September and October Winners—First place: Kurt Wolff, Dick Lund, Flo Hunt, and Bob Free; second: Harry Collings, Dee Williams (twice!), and Kurt Wolff; third: Byron Hansen, Ann Willson, Chet Winton, and Kurt Wolff; fourth: Dolores Marchand, Lois Burke, Ralph Madsen, and Alan Haselwood.

On October 14—Ann Willson and Dick Lund had a Grand Slam!

Join us on Fridays for singles' rotation bridge in the Sierra Room (KS). Arrive 12:30 PM. For reservations in November and December contact Joanna Haselwood, 209-3392, [ajhaselwood@yahoo.com](mailto:ajhaselwood@yahoo.com).

The "Free" Continuous Bridge Class will start over again in January using the book, *Bridge for Everyone* by D.W. Crisfield, Wednesdays, 10:00 AM to 12:00 PM in Card Room (OC).



*Happy Thanksgiving!*

We had a lot of fun at our Halloween Party on October 28. We look forward to the holidays and wish you all a Happy Thanksgiving.

**Contact: Jodi Deeley 208-4086,**

**[jodideeley2@gmail.com](mailto:jodideeley2@gmail.com)**



### Bunco

In October, the Bunco Group welcomed a new player, Kathy Chandler. After chatting with Kathy we discovered I went to high school with her husband's family. What's with this—Shirley won two months in a row? Marsha got most Buncos again!

The Bunco Group would like to change it up and encourage men to join us. It has been a couple of years since a man has been a part of the group. There are several couples bunco groups in the community. The Bunco Group plays 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. Consider joining us for a morning of laughter and fun!

October Winners: Most Buncos Marsha Pimentel; Most Wins Shirley Mohler; Most Losses Sharon Chipman; Traveler Lee Bravo.

Next Bunco is Thursday, November 17

**Contact: Kathy Sasabuchi 209-3089,**

**[ksasabu@icloud.com](mailto:ksasabu@icloud.com)**



### Ceramic Arts

There are *elephants* everywhere!!

There is a new feature in the ceramics studio (OC)—a Student Gallery featuring a variety of student art. Come visit us to see the work of our talented artists.

Friday afternoons are open studio time at OC—come try your hand playing with clay. Our members will be there to help you with your first foray into the fun of ceramic arts.

Mark your calendars: All American Craft Fair—November 12 at Mc Bean Pavilion. Many CAG members will display their art for your enjoyment and purchase. Come see us.

CAG workshops at OC Saturdays 9:00 AM to 3:00 PM, Sundays 12:00 to 4:00 PM. KS workshops Monday 1:00 to 4:00

PM Earthenware, Sundays 1:00 to 4:00 PM Spanish Oils. Open studio available to all residents: OC Fridays 12:00 to 4:00 PM; KS Sundays 1:00 to 4:00 PM. Please check bulletin boards and studio windows for changes or closures.

**Contacts:** Janet Roberts 543-6015;

OC Pottery Mike Daley 474-0910;

KS Earthenware Marty Berntsen 408-2110;

KS Spanish Oils Margot Bruestle 434-9575

**Website:** [www.suncity-lincoln hills.org/residents, Groups, Ceramic Arts](http://www.suncity-lincoln hills.org/residents, Groups, Ceramic Arts)

Lincoln Hills Community Chorus



## Chorus

"Holiday Joy!" is fast approaching. That's what we're calling our mostly Christmas concert on December 11-13, and you're sure to experience it when you hear us.

You'll love our renditions of traditional carols like "All Through the Night," "Angels from the Realms of Glory," and "The First Noel," plus spirituals like "African Alleluia" and "Goin' Now to See the Baby." We'll excerpt some timeless classics from Bach, Handel, and Vivaldi. And for a touch of comic relief, we'll take "fa-la-la" from "Deck the Hall" to favorite themes by Beethoven, Strauss, and Tchaikovsky.

Lincoln Hills Community Chorus  
presents

# HOLIDAY JOY!



2016 Holiday Concert in  
the OC Ballroom

There's plenty more to launch our community's holiday season, from John Rutter's "I Wish You Christmas" to "The Sabbath Prayer" from "Fiddler on the Roof." This annual choral celebration always fills the Ballroom, so see page 47 for concert details and get your tickets now!

**Contacts:** Suzanne Rosevold 587-3035,

Bill Sveglini 899-8383, [sveglini@gmail.com](mailto:sveglini@gmail.com)

**Website:** [www.lincolnhillschorus.org](http://www.lincolnhillschorus.org)

**Email:** [lhchorus@yahoo.com](mailto:lhchorus@yahoo.com)

## Computer



Lincoln Hills  
Apple User Group

### Apple Users Group-LHAUG

MacOS Sierra Update: *Do not install* this update. Recently Apple started pushing this update to all users (who have "Install macOS updates" checked in the App Store System Preferences). While the update will automatically download, it will *not* install without your permission. Please do not install this update until we have a chance to review all the new features and issues this new system brings to your Macintosh.



macOS Sierra

Note: the downloaded installer will be in your Applications folder (called Install macOS Sierra), just leave it there until we give the OK. With all the changes in macOS Sierra, we expect to see an update next month, and we expect to give the OK after the first of the year.

If you have already installed macOS Sierra, be aware that we may not be able to assist you with issues in the short term.

**Contact:** Vicki White, [vickiawhite@me.com](mailto:vickiawhite@me.com)

**Website:** [lhaug.org](http://lhaug.org)



## PC

There will be no formal meetings or clinics by the Lincoln Hills Computer Club for the month of December. However, our Walk-In-Workshop will be open and *staffed by a few* volunteers to aid with *limited* last minute issues. Merry Christmas and Happy New Year from us to you. See you in January!

Walk-In-Workshop: December 20, 1:00-3:00 PM in the Computer Lab (OC). Our more experienced computer members will provide assistance to any of our club members who would like hands-on help in utilizing computer hardware components, the Windows operating systems, or application programs.

**Contact:** Karl Schoenstein, [sclhcc@gmail.com](mailto:sclhcc@gmail.com)

**Website:** [www.sclhcc.org](http://www.sclhcc.org)



## Country Couples

Halloween arrived a few days early for our dancers when we came together for an evening of fun October 29 at Sun City Roseville. Dinner was turkey with all the fixin's followed by dancing to music provided by Jim Keener. The costumes were creative and there was much laughter and good fun. Thanks to the Keeners for hosting this bewitching evening.

In class this November we are practicing dances learned throughout the year in preparation for our Christmas party to be held December 8 from 5:00-9:00 PM in the Ballroom (OC). Tickets on sale now.

We hope you plan to bring in the New Year with your Country Couples friends. We will be holding a New Year's Eve dance in downtown Lincoln at the Veterans Memorial Hall. For party details, contact members listed below.

**Contacts:** Marsha Brigleb 434-5460,

Laura Wermuth 253-7092



## Cribbage

We welcome you to come join the fun at OC 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.



Randy English and  
Sandy Manildi;  
April Cederburg  
and Lauri English;  
Lynda Wilson and  
Diane Carney

The weekly winners for the month of September were Joyce Lund, week one, Richard Lund, week two, Bob Frank, week three, and Hugh Duberley, week four.

New players are always welcome!  
**Contact Larry O'Donnell 406-672-6493;**  
**Ken VonDeyler 916-599-6530.**



### Cyclists

We are very lucky to have all the scenic country roads to ride our bikes on but they can be more dangerous than busy city streets. Drivers on country roads are also enjoying the scenery and can be surprised by a cyclist when driving over a hill or around a shady corner. Many times, faster than the situation allows. Using front and rear blinking lights is the safest way to bike on country roads. City street drivers are more attentive and do not have the hills, corners and shady spots to deal with. Use a rear view mirror and keep looking behind for inattentive drivers. Try not to ride into the sun as this makes you almost invisible to drivers. Many drivers cannot judge distance well and may cut you off trying to get back into their lane after passing a car. Don't rest stop near blind corners or hills.

**Contact: Steve Valeriote 408-5506,**  
**lhcyclist.com**  
**Website: www.LHcyclist.com**



### Eye Contact

#### Low Vision Support

Eye Contact generally holds two monthly meetings: a Living Skills meeting and a General Meeting. However, due to the holiday season, please note the following:

Living Skills meetings will *not* be held in November or December. Living Skills meetings resume on January 26. Details will be posted in the next COMPASS.

*Annual Eye Contact Holiday Luncheon:* In lieu of a December general meeting, we will celebrate the season with a festive luncheon on Friday, December 9 from 12:00-2:00 PM in the Solarium (OC). Contact Cathy McGriff at 408-1069 or June Meredith at 253-7574 for details.

*General Meeting, Fine Arts Room, OC, Tuesday, January 3, 2:00-3:30 PM.* Sun City Lincoln Hills Neighborhood Watch will be our presenter.

Eye Contact meetings are open to all SCLH residents and can be especially helpful to those with low vision or those supporting loved ones with low vision.

**Contact: Cathy McGriff 408-0169,**  
**cathy.mcgriff@yahoo.com**



### Fishing

It's almost the end of the year, what have you accomplished in fishing for 2016?

I learned about Kokanee fishing and fishing wild trout on a real Montana river both from a boat, it was fun.

Many of you are still heading for Pyramid and some going to Whiskey Town, soon you will be cleaning your gear, and stowing stuff away for the season. I hope you had a great season.



*The ladder is the clue;  
 fish this river for Browns;  
 seventeen-plus pounds for this guy*

Our guest speaker in September was Jeff Goodwin of Goodwin's Guide Service, great insights from Jeff. Norm Hagerty and Bob Shopshire won a guided trip. We hope to have more guest speakers next year and prizes.

The club gets together on the second Monday, 7:00 PM, P-Hall (KS), to discuss the latest hot spots, equipment or changes in the fishing world which might interest our members.

If you wish to join our outstanding group, contact Jim, jmalcolm2@aol.com.  
**Contact: Henry Sandigo (415) 716-0666,**  
**hsandigo@icloud.com**



### Garden

Happy Thanksgiving to the Community! We are blessed with volunteers who have donated many hours to continue our group for over 15 years—thanks to the level of volunteers who have donated many hours and talents to make this work. We are an active club that promotes monthly programs with expert speakers on gardening topics.

There are no General Meetings in November or December due to Thanksgiving and the Christmas Brunch on those months, respectively.



*Happy Thanksgiving;  
 Christmas Brunch*

Tickets are on sale for the Christmas Brunch, Friday, December 16, OC, 10:00 AM to 12:00 PM for members only. Brunch, Open Bar, and Entertainment—\$20! Contact Judie Leimer, 408-4308.

Members attending the Christmas Brunch may renew their 2017 Membership at this time (\$20) to avoid lines at the January General Meeting. Otherwise, all new and renewal memberships will begin in January. Contact Marjie Anderson, 408-7685.

Our website lists all features of the Garden Group ([www.lhgardengroup.org](http://www.lhgardengroup.org)).  
**Contacts: Lorraine Immel 434-2918,**  
**limmel@ssctv.net; Larry Clark 409-5214**  
**lkclark@surewest.net**  
**Website: www.lhgardengroup.org**



## Genealogy

November 21 is the day to learn more about finding and using Probate records to assist in your search for and about ancestors. Our speaker is Glenda Lloyd who has taught genealogy classes for 25 years and will bring her passion and hobby to share with us. Probate searches can uncover new relatives and relationships.



Glenda Lloyd

Members sign in a bit earlier than 6:30 PM to get a drawing ticket for the door prize which will be a Samsung Chrome-book. The social across the hall after

the meeting has refreshments and a chance to network with others.

Check out our revamped website. The books we have in our library are now listed on the website.

The Irish and DNA special interest groups have been meeting and provide resources in these specialty areas.

There will be no meetings of the club or the special interests groups in December.  
**Contact: Maureen Sausen 543-8594;**  
**Arlene Rond 408-3641.**  
**Website: lincolnhillsgenealogy.com**



## Golf, Ladies

### Ladies XVIII

Our Club Championship had a dramatic finish. A sudden death playoff among Herrerias, Koropp, Loyd and McCoy took place on hole 17 of the Orchard after a two-week event. Loyd played to a par to be declared the champion for 2016. The Low Net overall was Robinson and the first low gross went to Herrerias in a card off with Koropp.

In the third week of October, Par-Tee for the Cure dotted the Hills with pink. This charitable event for breast cancer is an exchange with the Niners. The winners dominated except in the third flight. Cannon, Devers, Gladden and Pharis, secured the win by only one stroke. Flight two was led by Bedford, D'Andre, Dong and Grimes, three strokes ahead of the competition; and in flight one, Atkinson, Dodd, Loyd,

and Storer bested the other teams by nine strokes. Gayle Petersen did a wonderful job chairing this well-attended event.

**Contact: Donna Sosko 434-5527**

**Website: lhlxviii.com**

## Lincsters

The Lincsters are looking forward to their annual festive holiday luncheon, which will be held on December 7 in OC Ballroom. At that time the new board for 2017 will be introduced. Numerous yearly awards will be presented to Lincsters who have played in at least half of the Wednesday playdays during the year. These awards include: most improved golfer, hole in one, captain's points, most dedicated Lincster, golden putter, and for the most part, birdies, and chip-ins in each flight.

Play during the month of October was at 8:30 AM. Winter rules were started during October, and will continue until the spring. Play in November will be in the afternoon; there is no play during December. The Lincsters also enjoyed playing in the annual breast cancer tournament, Par-Tee for the Cure, which was hosted by the LHLGXVIII, and was held on October 20.

**Contact: Pat Shafer, gdskd70@aol.com**

**Website: lincsters.com**



## Golf, Men's

Early Registration has begun for the 2017 golf season. For renewing members the dues from now to December 31, 2016 will be \$85. Renewing members' dues will increase to \$95 from now to December 31.

The recent Member, Member, Guest Memorial Tournament had several winners. At the awards dinner in the Ballroom our sponsors were recognized and thanked for their support of the Men's Club. Net score winners Flight one: Tony Dipaulo and Bob Williams; two: Tom Gorley and Russ Lynch; three: Warren Mercer and Dan Kramer; four Al Martig and Simon Palaroan. Gross score winners; Flight one; Rodger Oswald and Tony Marino; two: Tom Horan and Mark Adams; three: Roger Val and Bruce Lyau; four: Vance Sharp and Don Baldwin. Longest Drives were won by Doug Swanson, Chris Carolyn, Brian Wanzer and Simon Palaroan.



Bob Williams had a Hole in One at the tournament; A full Ballroom at the Member/Member/Guest, Memorial Tournament



The Horse Race winners were Tony Dipaulo and Bob Williams. There were 111 rounds in the putting tournament. First place went to Joe Angel, second John Michel, third Lou Lovotti, Steve Grudman.

The fun Monster tournament was just played and coming December 13 is our Pinehurst tournament, sign up by December 6. The Board members wish everyone a Happy Thanksgiving!

**Contacts: Rodger Oswald,**  
**rodgeroswald@gmail.com; Roger Cummings,**  
**cummingspct@sbcglobal.net**  
**Website: www.lhmgc.org**



## Healthy Eating

At the Healthy Eating Club's annual Potluck Supper at the Sports Pavilion, we enjoyed many healthy and interesting dishes prepared by club members. The evening's entertainment consisted of a game of our own invention, "Name That Food," in which each attendee was asked to identify all four foods displayed in four different food categories (Apples, Dry Pastas, Herbs and Peppers). Impressively there were multiple winners in all categories. Ultimately four winners were determined and awarded beautiful cheese cutting board sets made by master craftsman and club member Tom Bloom.

At October's General Meeting, club member Greg Lieb made an excellent presentation "Mindfulness In Healthy Eating." Greg is a retired chef and restaurant owner with many years experience in food services. Members also viewed a video



*Club Potluck*

by author Michael Pollan, whose similar philosophy is not to concentrate primarily on the nutrients in foods but rather on the whole foods you like.

**Contact: Don Rickgauer 253-3984, sclh13HealthyEating@gmail.com**



### Hiking & Walking

Join us for two easy hikes in Roseville. December 1, Dry Creek Bike Trail and December 6, Pleasant Grove Trail (optional lunch at La Provence). We will continue our holiday events with the Fab 40's Christmas Walk in Sacramento on December 15. Stop shopping and come out for some fresh air and friendship. Remember; always check the website on the day of the hike in case there are changes.

Hikes were planned for the first four months of 2017 at the November 3 Hike Leaders meeting. Check the website for the dates and plan your appointments around them. It's much more fun to go on a hike than a doctor or dentist appointment.

Our walkers continue to enjoy the Wednesday morning get together. They begin at 8:00 AM. Debbie Schryver has volunteered to assist Louis Bobrowsky with the Walking group. Meeting locations can be found on the website. Happy Thanksgiving!



*Millertown Road to Mt. Vernon Winery; the Fishers, Ada Squire and Gary Adams enjoying*

*lunch at Mount Vernon Winery; Karin Parish and Susan Mulloy*

**Contact: Hiking—Phil Huntingdale 408-1747, smccoubrey@sbcglobal.net;**

**Walking—Louis Bobrowsky 434-5932, louisbobrowsky@yahoo.com**

**Website: www.lincolnhillshikers.org**



### Investors' Study

The year has been quite full and, for many of us, has gone by too fast. Our speakers this year have remained an impressive list of capable and experienced guests from all over the



*Speakers from Wellington Financial with Matt Bopp, consultant to ISG*

country: New York, Chicago, Boston and San Francisco. Our consultants continue to keep us up-to-date each month and the membership has grown. I especially want to thank our committee for contributing their efforts and interests in continuing to make the Investors' Study Group a special asset to the community. I especially want to thank Doug Roach for two years of service and his willingness to make the refreshments fun and welcoming. We also look forward to our December 1 Christmas Holiday Party. Have a wonderful November and December; I'm sure they will be busy with friends and family.

Don't forget our active Investor subgroup which meets on the second Monday of the month at 3:00 PM in the Multimedia Room (OC). Bill Ness, 434-6564. And don't forget the coming year: we meet the first Thursday of each month at 2:30 PM in the P-Hall (KS). Have a Happy Thanksgiving.

**Contact: John Noon 645-5600**



### Lavender Friends

The Lavender Friends Club is a social organization serving the LGBT Community and those in friendship in Sun City Lincoln Hills.

Upcoming activities include Dog Walkers and Friends on Saturdays at 9:00 AM (weather permitting). After the walk, the group meets at Kilaga Springs Café for coffee. Breakfast at the Thunder Valley Buffet is scheduled for December 7 at 9:30 AM. The Christmas Dance is taking place at Turkey Creek Country Club on December 10. December 20 is Movie Date (at Blue Oaks Cinema) with Happy Hour following the movie. Additional events in the planning stages will be announced through email.

Community Activities: Greater Placer PFLAG meets on the second Monday of the month from 7:00 to 9:00 PM at Sutter Faith Hospital, 11815 Education Street, Auburn. Please check their website for updated information on guest speakers.

For more information contact Sheila, Carol, or our website.

**Contacts: Sheila 408-2802; Carol 295-0610**

**Website: www.lavenderfriends.com**

## Lincoln Hills

## Line Dance

Several Lincoln Hills line dancers attended the Ira Weisburd Workshop in Roseville last month. He is the choreographer of such dances as *Seduced*, *Caballero*, and *Mama Maria*. This was one of the many opportunities for workshops that come up throughout the year, so that dancers can take what they learn in classes here and perform them in a more social setting.



LD1 class ready to dance Mamita!

Our Holiday Party is less than a month away, and if you don't already have a ticket to it, please contact me or one of the Steering Committee to see if you can still purchase one. Your ticket will show what you are assigned to bring for our potluck. The party is usually a sellout. At the event we will be electing our new Steering Committee for 2017-18. We have four volunteers for these positions, but if anyone else wants to be considered, please let me know.

Contact: **Sheridan Brown 408-5674**, [shrdnbrwn@yahoo.com](mailto:shrdnbrwn@yahoo.com)

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## Mah Jongg, Chinese

Greetings! Please plan to join us on Monday mornings in the Card Room (OC). Play starts at 9:00 AM, with arrival time being five-to-ten minutes before 9:00 AM. Play continues until 12:00 PM, with an optional extension to 12:30 PM (which is decided at the table where you play).

Chinese Mah Jongg is a game of strategy and, sometimes, luck. It is played with tiles and is similar to playing rummy. If you are curious about learning this game, please plan to join us. We will welcome the opportunity to teach you. Even if you already know how to play this game, we welcome your attendance.



## Mah Jongg, National

"Mah Jongg, an ancient game from China that you play using tiles, gained popularity in the United States in the 1920's. This game of intelligence requires concentration. Mah Jongg is a difficult game to learn and master, but once you do, your ability to excel in the game is limitless." This quote sums up the fun and excitement of the game.

We invite you to join us every Tuesday in the Card Room (OC) from 12:30-4:00 PM. If you don't know how to play, please contact Fran Rivera at 434-7061. Fran offers free lessons in her home. Please call her to arrange a time and when you can begin. Within a couple of months you will be ready to show off your new skills.

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



## Mixed Media Collage Arts

Here are some of the many terms and materials we explore in our field of art. Adhesives—media used to attach the collage materials to a support. Brayer paper—tissue paper coated with gesso and paint. Bricolage—odds and ends used in collage (sounds better than "stuff"). Faux texture—impressions made in paint or a medium on a flat surface. Found papers—miscellaneous collected papers (old stamps, book papers, maps, etc). Textured support—surface prepared by imprinting textures in gel. Finally, mixed media collage—any combination of art media with collage.

We meet on the third Wednesday of each month in the Ceramics Room (OC) from 1:00-5:00 PM.

Contact: **Frima Stewart 253-7659** [frimastewart@gmail.com](mailto:frimastewart@gmail.com); **Patricia Branham 408-5057**, [pbranham56@aol.com](mailto:pbranham56@aol.com)



## Motorcycle

## RoadRunners

October 1 proved to be the perfect day to hold the club's annual Barbecue and Bocce Ball tournament. The



The RoadRunners 2016 Barbecue and Bocce Ball Tournament

weather could not have been better and the food and games were great!

A special thanks to John & Ulla Marin for cooking up some tasty barbecue, along with Doug & Patti Sterne for organizing the Bocce Ball tournament and prizes!

On October 8, the RoadRunners went on a nice backroad trip through the Pope Valley led by Road Captain Dan Harlander. After a hearty lunch in Middletown the ride continued through Capay Valley before heading for home.

Don't forget to mark December 8 on the calendar for the annual Christmas Party to be held at Tahoe Joe's in Roseville.

If you like motorcycle touring and have a roadworthy motorcycle or trike, check us out! The RoadRunners meet on the fourth Thursday of the month at 6:00 PM, Multimedia Room (OC).

"Ride Safe—Ride With Friends."

Contact: **Patrick Chaves 408-1223**, [patmcspeed@gmail.com](mailto:patmcspeed@gmail.com)



## Music

Calling all SCLH residents and their guests. We play and sing next on Wednesday, January 25, 6:30 to 8:30 PM, Fine Arts Room (OC). Come join the fun and connect. Interested in a guitar jam or other special interest group?

Open Mic occurs next on Friday, February 24, 6:00 to 8:30 PM, P-Hall (KS). Performance sign-ups start at 5:30 PM Open to SCLH musicians, guests and audience. No karaoke is permitted.

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

By Jay Stryker.

Contact: **Jay Stryker jaycstryk@yahoo.com; Steve Beede, sjbeede@att.net**  
Website: [LincolnHillsMusicGroup.org](http://LincolnHillsMusicGroup.org)



## Needle Arts

### Threads of Friendship

With a chill in the air, the knitters are wearing their handcrafted sweaters and scarves. The crocheters are wrapping up in their lap throws as they work on another throw. Quilters have put winter quilts on the beds and placed new table runners in preparation for Thanksgiving. The beaders are accessorizing their wardrobes with jewelry and earrings. And the wearable arts members have put on their jazzy jackets and vests. Community Service members are preparing to distribute quilts and hats to those in need.



*A Winning Quilt*

The final meeting of Needle Arts is the Holiday Tea on Tuesday, December 6, to be held at Catta Verdera Country Club. We will celebrate another year of community service and friendship.

We give thanks to all the residents of Lincoln Hills who have donated yarn, fabric, and time to Needle Arts. Please visit our website [www.sclhna.com](http://www.sclhna.com) for more information. Join us in 2017!

**Contact:** *Marsha Ross 253-9551, [marshaross1123@gmail.com](mailto:marshaross1123@gmail.com)*

**Website:** [www.sclhna.com](http://www.sclhna.com)



### Neighborhood Watch

Good news! Neighborhood Watch will soon have a new supply of our billfold-size Personal Medication Record cards available from your Mailbox Captain or Village Coordinator. It's already available on our website, [www.SCLHWatch.org](http://www.SCLHWatch.org). Whip it out to provide your prescriptions at your doctor's or in emergencies.

No more searching through the contents of your billfold to find your medical information.

The challenge is to keep this little jewel current. "An ounce of prevention is worth a pound of cure." That ounce of prevention could be as easy as writing at the top of each monthly calendar, "Update Personal Medication Record card." Time is of the essence when a critical illness or accident strikes!

The lottery of life brings the fire engine and ambulance to Lincoln Hills an average of three or four times a day. Do yourself a favor and bring your Personal Medication Record up-to-date *now!*

**Contacts:** *Larry Wilson 408-0667,*

*[lgwlincoln@gmail.com](mailto:lgwlincoln@gmail.com); Pauline Watson*

*543-8436, [frpawatson@sbcglobal.net](mailto:frpawatson@sbcglobal.net);*

**Website:** [www.SCLHWatch.org](http://www.SCLHWatch.org)



## Painters

I hope you had an opportunity to stop by the Artisans in the Lodge in October—25 artists and crafters provided a variety of popular creative goods! If you missed it, watch for next year!

In October we reviewed the slate of officers for the next term (vote in November), and members participated in a competition of painted birdhouses. See photo below.



*Bird Houses painted by Club members*

The November meeting, November 21, 2:00 PM, P-Hall (KS), will be another great member challenge—this time it will be paintings with figures. Our many talented members will present some great work! It's also time to elect a new slate of officers. We are still looking for members willing to lend a hand, so please contact the club to see what you can do.

Our annual December luncheon will complete a great year for the club. See the next *COMPASS* for luncheon details.

**Contact:** *Joyce Bisbee 672-7252,*

**Website:** <http://lhpainters.org/index.html>



## Paper Arts

Thank you Claudia Santos of *Stampin' Up!* for the creative October project, a Halloween treat holder and several holiday cards.



*October's happy stampers—  
Reg, Char, Claudia and Sue*

President Shirley Rainman led our November project, snowmen table favors for our Christmas Luncheon. For the Sleep Train Foster Kids program we collected donations for youngsters and teens. Thanks to Donna Tewart for organizing our charitable efforts.

The annual Christmas Luncheon for members is December 1 at 12:00 PM in the Multipurpose Room (KS). We will collect non-perishable food items for the Salt Mine. If you want to participate in the gift exchange for members, please bring a new item suitable for paper crafters, valued at \$20.

We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS). New members are always welcome. Come for the paper crafting and enjoy the camaraderie.

**Contacts:** *Shirley Rainman 253-9534;*

*Pat DeChristofaro 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 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.

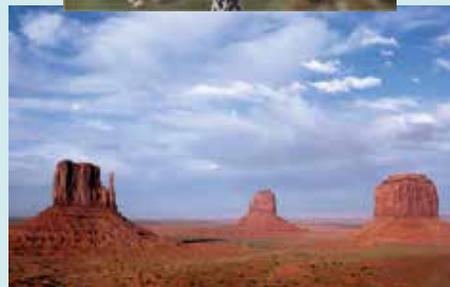
**Contacts:** *Denise Jones 543-3317,*

*[djonesea@att.net](mailto:djonesea@att.net); Doris DeRoss  
253-7164, [dorisdoross@gmail.com](mailto:dorisdoross@gmail.com)*



## Photography

We have made fall field trips to the Eastern Sierras for the last few years but this year was special. Our goal, aside from capturing fall colors, was to capture moonscapes in at least two primary locations; Mono Lake and the Alabama Hills. The timing was perfect as a Super Moon was scheduled for October 16. The increased brightness of this moon allowed photography buffs to capture moonscapes that were brighter, showed more detail and had more definitive shadows. Mono Lake provided



F. Buhler; M. Buhler; R. Davis

a wonderful setting with the lake in the foreground for reflections, tufa towers protruding from the lake and the Sierra Nevada Mountains in the background. The Alabama Hills was a wonderful setting as the granite outcroppings and beautiful granite arches, that were numerous in the area, provided interesting shapes. Many of us were lucky and got an image of Mt. Whitney through Mobius Arch.

**Contact:** Brad Senn, (530) 409-2499,  
LHPPhotoClub\_President@mail.com  
**Website:** www.lhphotoclub.com



## Pickleball

Longtime Pickleball Club tournament director Rein Lemberg has stepped aside after staging a string of successful events. Many thanks to Rein for his hard work.

In October, players brought home an impressive medal haul at the Huntsman World Senior Games in St. George, Utah. A week earlier, many earned podium finishes at the "Fall Brawl," also in St. George. Medals at the two events went to: Sharon Klotz, Didi Martin, Ron Greeno, Carol Nakao, Mike Luevano, Susan Peterson, Jim Kiley, Susan Whalen, Mike McElroy and Charles Hooper.



*George Yamamoto/Pat Furr, undefeated in rookie tournament, won the East bracket. Cindy/Terry MacDonald (not pictured) took second; St. George medal winners Carol Nakao/Didi Martin/Ron Greeno/Susan Peterson/Jim Kiley/Sharon Klotz*

At home, the October 22 Rookie Invitational results—East: George Yamamoto and Pat Furr, first. Cindy and Terry MacDonald, second. West: Harold Herbert and Emily Madrid-Koszalka, first. Judi Schane and Ken Giebel, second. Northwest: Bob Putz and Molly Morris first. Marcia and Bill Hughes, second. Northeast, Cindy Taylor and Dan Willequer, first. Barbara and Dennis Minucciani second.

**Contact:** Mike Gardner 834-6549,  
pickleballmike1@gmail.com  
**Website:** www.lhpickleball.com



## Players

November already, Thanksgiving is just around the corner. We all want to wish you a Happy Holiday season. We hope you have your tickets to our last show of the year "Happy Holidays: A Tribute to Movie Musicals." The play is directed by Julie Africa, produced by Paul Krow and Ron Hanson, written by Ken Reiss, Paul Krow and Julie Africa.

This has been a concerted effort by several of the entertainment groups in Lincoln Hills to bring you the music, dancing and dialogue of the holiday musicals that have become a traditional part of your holiday season. Come let us entertain you!!!

Show times November 17, 18, 7:00 PM—November 19, 2:00 PM and 7:00 PM in OC Ballroom. We hope you have your tickets, but if you don't, there still may be some available at the Activities Desks (OC/KS), or online at [www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents).

If you would like to perform or work backstage, we hope you will come to our next meeting on December 12 at 4:00 PM. For more information about these events, call Kevin Smith.

**Contact:** Kevin Smith 408-1818,  
kbsmith17@yahoo.com

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



## RV

Now that the 2016 rally schedule has been completed, the 2017 schedule has been set. Trips will include rallies to Chula Vista, Calistoga, San Juan Bautista, Lake Almanor, Jackson Rancheria, and two rallies to the Albuquerque Balloon Festival. This past year sent the group to Angel's Camp, the wine country of Paso Robles, and the sands of Pismo Beach. We traveled to Yosemite, Lake Tahoe, Clio, and Bodega Bay enjoying all the spectacular scenery California has to offer.

New officers will be installed at the annual holiday party held at Turkey Creek on December 9. The new board consists of Marlowe Skar, president; Barbara Miller and Marsha Richardson, co-vice presidents; Bill Bisson and Rosie Eads, treasurers. Linda Dern will continue as club secretary. The club meets the second Thursday of each month at 4:00 PM at KS. All people

interested in RVing are invited to attend. Meetings are followed by a potluck.

**Contact:** David Africa 708-0009, [lhrvg.com](mailto:lhrvg.com)

**Website:** [www.lhrvg.com](http://www.lhrvg.com)



### S.C.H.O.O.L.S.

There is so much rhetoric today about our schools and the need to keep them strong. Fortunately in Lincoln Hills, we have many dedicated residents volunteering in classrooms, mentoring, enhancing, enriching and encouraging students learning and achievement. Our local school district, teachers and parents are very thankful and appreciative of these talented and committed men and women.

We still have teachers begging for more Lincoln Hills people. Volunteers are the heart of every community and why not consider going back to school on your own terms. You choose the day and time that suits your schedule, the grade level that appeals to you, and the subject matter of interest and still continue to travel. The only two requirements are a TB test and live scan fingerprinting. An educational background is not required just the desire to support kids on their academic journey. For questions and details about S.C.H.O.O.L.S. contact:

**Contacts:** Sandy Frame 408-1453, [ssframe1963@gmail.com](mailto:ssframe1963@gmail.com); Cindy Moore 408-1452, [cindymoore@me.com](mailto:cindymoore@me.com)



### SCOOP

At our October SCOOP meeting Dr. Lori Siemens was the speaker. Dr. Siemens is a heart specialist for pets. We learned that dogs do not have many of the heart diseases that humans have and became more well informed about our dogs' hearts. We also enjoyed seeing many of our dogs dressed in Halloween costumes at the Sports Pavilion on Friday, October 28 at our Halloween Social. Their owners enjoyed socializing and refreshments at this last event of the year.

Our next regular meeting will be on Tuesday, February 7. The speaker is still to be determined. If you have any ideas for a speaker at our meetings, please give us their name. We are currently taking membership dues for 2017. Please download the application on our website and mail it

in with your check. All dues received will count for membership thru 2017. See you next year!

**Contact:** [scoop@sclh-scoop.com](mailto:scoop@sclh-scoop.com)

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



### Scrabble

Scrabble players meet in the Card Room (OC) on Mondays at 1:00 PM. Play one, two, or more games. Late arrivals are always welcome too. No reservations needed!

All materials are provided including dictionaries. We are still using the Scrabble sets which were purchased about 12 years ago when the group started here. A few of the original players are still participating also.

Come try it out and increase your vocabulary!

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



### Singles

#### Dynamic Singles

Our Halloween Mad Hatter's Ball Dinner/Dance in the Ballroom (OC) was spooky fun for all with members in great costumes, lovely carved pumpkins, many prizes given out and then danced the night away.

On November 5, we took a bus to the Breeders' Cup in Berkeley, and enjoyed the great Buffet in the Turf Club. On November 10 we held our Turkey Bingo Games following our General Meeting and gave out many food gift cards. Wow, we sure know how to keep busy!

*Upcoming events are:* November 17 Dining Out at Beerman's, Lincoln at 4:30 PM; December 1 Cocktail Time TBD; December 4 at 4:00 PM Birthday Celebration at Sports Bar (OC); December 10 at 11:00 AM Holiday Luncheon in Ballroom (OC)

*Weekly Activities:* Tuesdays—Let's Dance at Meridians (OC) at 5:00 PM; Wednesdays—Bocce Ball at Sports Park at 3:00 PM; Fridays—Golf at various courses.

Pick up the *Dynamic Singles Flyer* in the Lobby (OC) for contact person for each event. Better yet join our club for \$15 a year and get ready to hang out with some great people!

**Contacts:** Kathy Shaddox 209-3307

### Ski



We had a good October meeting turnout, including several new members, as we stretched, balanced, jumped and muscled up in the Aerobics Room at the OC Fitness Center. Fitness trainer Danielle Lawlor led us through a number of ski conditioning exercises, with all attendees getting a handout of the exercise program. She also provided the club with videos of her demonstrating the exercises. Contact us for a copy of this useful handout.



*Stretch those Hammies;  
Bunny Hop down the slopes*

For those who wish to take full advantage of SCLH resources to physically prepare for the winter season, we highly recommend the Winter Sports Conditioning small group training class, offered at the KS Fitness Center from November 28 to December 21. Many of us have taken this eight-session class in past years, and it really works.

Club dues of \$10 are now due. Benefits include emails about club events and outings, including our ride-sharing ski day trips.

**Contacts:** Bill Smith or Mike Hilton 258-2150 [lhskiclub@gmail.com](mailto:lhskiclub@gmail.com)



### Softball

The 2016 Fall League is in full swing with games scheduled Monday, Wednesday and Friday, 9:00 AM, 10:30 AM and 12:00 PM through November 23. Recycling to support our college scholarship program will continue on these

days and Sundays through November 23.

LHSSL Board elections concluded on October 4 and the new board consists of Wendy Green, Tom Brown, Jeff Greenberg, Bruce Briggs, Mike Caporale, Ron Sato, and Vince Del Pozzo. Board positions will be confirmed before the December 1 General Membership meeting held at 2:00 PM in the P-Hall (KS).

**Contact:** *George Sylvia 295-1957,*  
*lh.geo2softball@gmail.com,*  
**Website:** *LHSSL.net*

### Coyotes

Sierra League games continue on Thursdays at varying venues. There will be games at DWF on November 17 and December 1 beginning at 10:30 AM. The Coyote Breakfast will be held at OC Ballroom at 8:00 AM on December 6. Contact your manager for further details. Anyone not currently involved with the Coyote program who wishes to participate with next year's teams should contact Bec Cannistraci who will refer you to the appropriate parties.

**Contact:** *Bec Cannistraci,*  
*beccannistraci@sbcglobal.net*  
**Website** *LHSSL.net*



*Preparing to hit the road to Mendocino; Tony & Kathy Mason Crown Chuck & Suzanne Schmidt on their Anniversary; A rest stop at Granzella's*

**Contact:** *Tom Breckon 434-6989,*  
*Tom.Breckon@sbcglobal.net*  
**Website:** *Lhsportscars.com*



### Table Tennis

A table tennis world record was set in 1993 when Jackie Bellinger and Lisa Lomas hit the ball 173 times in 60 seconds. Go to you tube to see this and other exciting and educational table tennis games.

In upcoming articles you will discover how some of our club members view the game and how it has helped them. My story is simple. After having two new titanium knees installed in 2010 I began to play with zero pain and much fun. We have players with shoulder parts, knees and hips replaced. Table tennis will help you increase your brain power, overall body balance and give you more body mobility.

Play times at KS are Fridays 8:00-11:00 AM, Sundays 12:00-5:00 PM and Tuesdays 6:00-9:00 PM. Come and play in a healthy

activity that can raise your spirits while having fun. We also have social activities like our annual potluck and a dinner at Skippolini's. Most play is doubles, but there is some time for singles. Questions? Contact Warren Akey (below).

**Contact:** *Warren Akey 916-408-1658*  
*akeywarren@att.net*



### Tap Company

What fun we are having learning our new dances for our April Tap Company Show. We will be holding auditions on December 6 and 7 from 6:00-8:45 PM in the Fine Arts Room (OC). We would love to have all of you come try out for some of the skits, comedy acts, magic acts, singing or anything else you can come up with that might be on someone's "Bucket List." We are looking for solos, duets, and groups of all sizes. Please contact Elle Hoekenga, 474-1930 or pihocky@sbcglobal.net, if you have any questions or suggestions.

While you're at it make sure to mark your calendar for our annual Holiday Luncheon on Wednesday, December 14. Look for more information from your class reps.

The schedule for classes is as follows: Performance Tap Classes, Mondays, 11:00 AM and 12:00 PM, and Thursdays at 12:00 PM. Tech Tap Classes, Mondays 10:00 AM, Tuesdays, 10:00 AM and Thursdays, 11:00 AM. Anyone interested in participating in the April Tap Company Show (either on stage or behind stage) should get in touch with Natalie Grossner or Jennifer Lauchner (see below).

**Contacts:** *Natalie Grossner 209-3804,*  
*natalie\_g@msn.com;*  
*Jennifer Lauchner*  
*543-2858, jenniferlauchner@yahoo.com*



### Sports Car

The LHSCG took their last Tour of 2016 on October 17-19 to the scenic Sonoma Coast with a two-night stay at the historic *Little River Inn* in Mendocino. Chuck & Suzanne Schmidt celebrated their Anniversary during this trip so the club got to celebrate with them at dinner. November 7 was Election Day for the club and the Officers for 2017 will be sworn in at the December Meeting, which will coincide with the Club's Holiday Dinner Dance on December 8 at Catta Verdera.

A number of members are planning to participate in *KCRA 3's Annual Turkey Drive* on Friday, November 18. During this food drive, KCRA, My 58 and Estrella TV collect donations at the Sacramento Food Bank for families in need this holiday season. The club is happy to assist with this endeavor. The LHSCG wishes all a Happy Holiday Season.

*By Rob Phillips.*



## Tennis

LHTG's tournaments are finished for 2016. Thanks to Tournament Director David Mateer and his crew for a great job. Many participated and were complimentary of tournament play format and efficiency. Also, thanks, to Social Directors, Pam Geernaert and Polly Smith for all their hard work in providing food and prizes for the tournaments.



*The new LHTG wall space*

Our annual dinner/dance was held at Beerman's on November 10. All attendees reported having a fun time dining and dancing to DJ Tom Fretty's music selections.

Time to mark your calendars for the Ladies' Christmas luncheon at Catta Verdera and Men's at Thunder Valley. Both are on Thursday, December 8. LHTG's annual meeting is scheduled for December 9, 2:00 PM, in the P-Hall (KS). Be there to hear a recap of 2016 LHTG activities and to meet new LHTG 2017 officers.

Go to [sclhtg.com](http://sclhtg.com) for flyers and other information on the above events.

**Contact: Bob White 543-1350, [bobwhite@gmail.com](mailto:bobwhite@gmail.com) or [bjwhiteca1@gmail.com](mailto:bjwhiteca1@gmail.com)**



## Vaudeville Troupe

Our first annual Potluck was held earlier this month to kick off the holiday season. Thanks to everyone who attended. We had a lot of fun. A big thanks goes to Pat Howle who put this event together with her wonderful decorations and organizational skills.

There's not much other news for Vaudeville this time of year since our show is not until July. However, auditions will be held several months before the show and announcements will go out to all homeowners. We are always looking for any kind of talent for this great variety show.

**Contact: Yvonne Krause-Schenk 408-2040, [ykrause@yahoo.com](mailto:ykrause@yahoo.com)**



## Veterans

Silvi Kiisk Steigerwald, one of the earliest women to graduate from the U.S. Air Force Academy, will be the featured speaker at the November 17 meeting at 1:00 PM in the P-Hall (KS).

After serving eight years on active duty and two years as a reservist, she completed a career at Hewlett-Packard and was the founder or cofounder of seven companies and served on the board of three non-profits.

Almost 40 years ago, Silvi entered the U.S. Air Force Academy with 1,502 appointees, including 153 women. Four years later she was among 876 graduates, including 62 women.

She will share some of her personal stories with us and provide an update on some of the women who also went through the adventure of "reshaping" the cadet wing. She will also answer questions about how the Air Force Academy made that transition work.

**Contact: Bob Ringo 543-5310, [bobringo@starstream.net](mailto:bobringo@starstream.net)**



## Videography

The next meeting of the Lincoln Hills Videography will be held at 9:00 AM on November 15 in the Multipurpose Room (OC). A discussion will be held on programs and activities for 2017.

If you have any questions regarding this meeting, please contact Jeff Hanner (below).

**Contact: Jeff Hanner 769-2871, [jeffhanner8@gmail.com](mailto:jeffhanner8@gmail.com)**



## Water Volleyball

The William Jessup rematch is tomorrow night, Wednesday, November 16 at 6:00 PM. It will again be played in the KS pool. First, the WJ ladies will play the Water Volleyball ladies—recreational and competitive combined. Followed by a rematch with the coed competitive players. Hopefully we will soon receive the footage from Peter Beckett, with the Lifestyles Photography Group, of tomorrow's match.

Reminder: Our annual holiday party will be Saturday, December 3. Social hour begins at 5:30 PM in the OC Ballroom. Wine, dine, and dancing will be available



*We warmly welcome these superior athletes back tomorrow night; Rhonda George is fully extended setting to Kathy Adams-Parke; Gary Rogers serves to the Lady Warriors*

to all. Jim Baughman, our local DJ from the Sterling Café, does a great job providing a vast array of tunes for everyone to enjoy. Please pay Claudia, \$35 per person, for a nice buffet dinner.

If you have not already done so, please pay Claudia for the 2017 annual club dues, in the amount of \$20.

Happy Holidays, and we miss you Manny.

**Contact: Jim Puthuff, 768-3936**

**Website: [www.lhwatervolleyball.com](http://www.lhwatervolleyball.com)**



## Woodcarvers

Everybody knows that woodcarving is easy. Take a big piece of wood or log, visualize the shape you want. Then just chip away all the excess wood. The art of carving is knowing how to remove only the unwanted wood and not more as once it is gone you can't glue it back. Throughout a carver's experience there will be a time when too much wood was carved away or the shape or detail

isn't quite right. Various wood repair items are available and as long as the item will be painted it would be hard to tell where a mistake was made. In some cases the design may have to be modified as a repair isn't practical or possible.

Woodcarvers Club has a very large library of magazines and books. Also tools are available.

Woodcarvers meet every Wednesday from 1:00-4:00 PM in the Sierra Room (KS).

**Contact: Dick Skelton, 626-0895**



### Writers

It's never too late to be a writer! The whole world is eager for your writings. And do you know you can share your poems and stories right here in the SCLH Writers Group???

Your friends and neighbors are writing and sharing great poems, adventure stories, biographies, even nature stories. We inspire each other's creativity and are sure you can inspire us too!

*Clockwise: Nature stories from nature's point of view; poems with a twist; adventure stories*



Please come share an evening to get to know us. There are no dues or hidden fees, just the fun of meeting with others who like to write as much as you do. We encourage you to bring 15 to 18 copies of your story or poem to share with the group. Just please keep it to under 1,500 words so everyone will be able to present their stories also.

Please come join us every second, fourth and fifth Monday in the Ceramics Room (OC) at 6:30 PM.

**Contacts: Bruce Robinson,**

**bbrob1281@gmail.com;**

**Mike Hensley, mike.1943.ok@gmail.com;**

**Susan Gust, srg2266@gmail.com**

## In Memoriam

### Tsuneko "Mary" Pockrus

Mary Pockrus passed away on October 13. She was born August 28, 1928 on the island of Kyushu, Japan. She was a military wife for most of her adult life. Moving from Marina, California to Lincoln Hills in 2002 with her late husband, Lee Pockrus, she really enjoyed this active community. Mary was a talented artist who created many paintings in her middle years. Her recent interests included hula dancing, travel, and playing cards with friends. Mary is survived by two sons, two stepchildren, seven grandchildren and four great-grandchildren. She will be greatly missed.

### Manuel Pick

Manny came to this country at age nine on a ship from the Philippines. He grew up in Pacifica, California, where he was a football and basketball hero. Manny married Sue and they raised their son Jeff in the Bay Area. Sue and Manny operated 7-Eleven stores in Daly City. They moved to Loomis on four acres to semi-retire and try "digging in the dirt." Too much work, so they moved here 11 years ago and found their utopia. Tennis, pickleball, water volleyball, cycling and working as a monitor at the Fitness Center, where he spent hours exercising, made Manny very happy. He will be especially missed by his wife, Sue and many others!

### Lu Fox

Lu Fox, a resident of Sun City Lincoln Hills since 2001, passed away peacefully at home on September 30. Born in Idaho, she moved to San Francisco in the 1950s, and raised a family in San Mateo, CA. She ran a successful gift shop near

the San Francisco Airport until her retirement and moved to Lincoln Hills. Lu loved her friends and neighbors in SCLH, and participated in many of the community trips. She enjoyed playing Hand and Foot, the Antique Club and handing out the *COMPASS* Magazine. Lu is remembered for her kindness, generosity, vivaciousness and friendship.

### Robert Remensberger

A San Francisco native, Bob went to Lowell High School and on to University of California. He spent time in the Army Air Corps and then met his wife, Betty. Bob was the national importer for Vespa Scooters and served as president of the World Trade Club from 1990-1992. He enjoyed golf, singing and traveling. Bob had a great sense of humor and will be missed by Betty, four sons, eleven grandchildren, and four great-grandchildren. A Celebration of Life will take place on what would have been his 93rd birthday, Sunday, November 20, 1:00 PM at Orchard Creek Lodge.

### Don Sanovich

Born in Chicago, but growing up in Michigan, Don married Elaine and spent two years in the Army in Germany. Don obtained an accounting degree and then moved to California where he worked as a CFO at TRW Microwave. The family lived in Palos Verdes and Cupertino. After retirement, they found Lincoln Hills where Don enjoyed retro cars and they both enjoyed cruising. Don loved working out at the Fitness Center nearly every day. He died of a massive heart attack suddenly and will be missed by his dear wife Elaine, three children, two grandchildren, and many friends.

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

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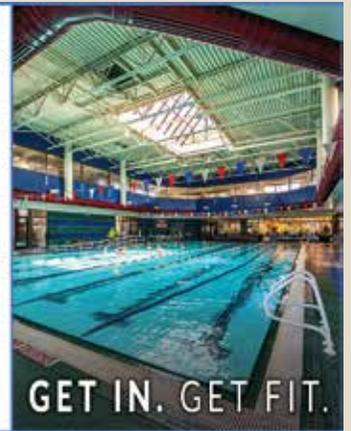
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## Bulletin Board

Please email your bulletin board articles to [shelvie.smith@schca.com](mailto:shelvie.smith@schca.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.

### Caregiver Support Group

The Caregiver Support Group meets at the 12 Bridges Library on the third Thursday of each month. This group is open to all persons caring for loved ones with any ailment. Our next meeting is on November 17. Please come in through the back employee entrance and we meet from 9:00-11:00 AM. We will not be meeting in December. Contact Brenda Cathey at 253-7537 for more information.

### Glaucoma Support Group

The Glaucoma group will meet on December 14 for our annual Holiday Luncheon. All members and their guests are invited to attend. More info: Bonnie Dale: [Bjdale@aol.com](mailto:Bjdale@aol.com) or 543-2133.

### Lincoln Democratic Club

On November 17, our featured guests will be *The Sacramento Bee* reporter, Stephen Magagnini, and photographer, Renee C. Byer. Their exclusive, "No Safe Place," focused on the difficult lives of Afghans who supported US troops and came to America as refugees with special visas. Please join us at 6:30 PM. The meeting starts at 6:45 PM in the P-Hall (KS). Donations of cash or canned food for the Salt Mine and Placer Food Bank will be accepted. For questions, see our club website, [www.democraticclublincolnca.org/](http://www.democraticclublincolnca.org/), or email Al Witten c/o [lincolndems@gmail.com](mailto:lincolndems@gmail.com).

## You are invited to attend...

These vendor presentations are open to residents and people from outside the community. Products or services presented are not sponsored or supported by SCLHCA.

• Monday, December 5 • 10:00 AM Nautilus Society, Oaks (OC)

### Lincoln Hills Foundation

Back by popular demand, Heart Healthy Extra Virgin Olive Oil is being sold again by the Foundation. This Olive Oil is from the most recent pressing and is from a local Lincoln Company, Ternero Farms. The olives are a mix from Spain and California. You can taste the oil when we are selling at the Lodges, or buy from any member of the Foundation. The price is \$17 per bottle and they are great hostess gifts or holiday gifts; we will even deliver to you. More info: 434-0749.

### LH Travel Group [www.lh-travelgroup.com](http://www.lh-travelgroup.com)

At the Travel Group meeting on November 1, our speaker, Collette's Jay Fehan, provided information and visuals about the following trips: Ireland; South Africa w/London; Croatia; New England; Canada and Glacier National Park; Niagara Falls to NYC; and New Orleans/Memphis/Nashville. The Travel Group Committee provided information about cruises from New Orleans-Miami, Melbourne-Sydney and Amsterdam-Basel. See our website for details about all our trips. Committee Member Contacts: Teena Fowler 543-3349, [sfowler@starstream.net](mailto:sfowler@starstream.net); Linda Frazier 434-8266, [fraz1774@sbcglobal.net](mailto:fraz1774@sbcglobal.net); Sheron Watkins 434-9504, [sheron55@att.net](mailto:sheron55@att.net); Louise Kuret 408-0554, [lkuret@sbcglobal.net](mailto:lkuret@sbcglobal.net); Judy Peck 543-0990, [judyvolk@outlook.com](mailto:judyvolk@outlook.com).

### Lincoln Multiple Sclerosis Group

On Wednesday, December 7, at 12:00 PM, in the Solarium (OC), the Multiple Sclerosis

Group is pleased that Neurologist, Dr. Schafer and a fellow Neurologist, Dr. LuLu, will speak to us on Immunotherapy and MS and also progress on Stem Cell Research and MS. Ordering your dining preference is needed. Members, please call Gene Goslin for meal choices and payment mailing instructions. More info: Gene Goslin 408-5978 or Jeri Di Fiore.

### Open Play Games

Interested in playing card, tile and board games? Opportunities are available for Open Play at both Lodges. Come to the Card Room (OC) on Sundays from 12:00 to 4:30 PM, Wednesdays from 12:30 to 4:30 PM, and the Sierra Room (KS) on Fridays between 8:30 and 11:30 AM. Bring your own resources and meet your friends and neighbors to play. All SCLH residents are welcome. Tables are first-come, first-served.

### Parkinson Support Group

Our next Parkinson's Support Group will be on November 17, 10:00 to 11:30 AM, at Granite Springs Community Church on East Joiner Parkway. Kimberly Lanni, Neuropsychologist will be our speaker. More info: Brenda Cathey, 253-7537.

### Racquetball Group

We play on Mondays and Thursdays at California Family Fitness Club in Roseville (781-2323). Membership to the club 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 cutthroat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711 or [amoon38@sbcglobal.net](mailto:amoon38@sbcglobal.net).

### Shalom Group

As the High Holidays have recently concluded, wishing our friends a happy, healthy New Year. The Shalom Social Group meets monthly offering a variety of activities: discussion groups, current

*Continued on page 43*



## Bingo in the Ballroom

Wednesday, November 30 • Ballroom (OC)

Doors open at 12:30 PM • Bingo Games begin at 1:00 PM



The Lincoln Hills Foundation brings Bingo to the OC Ballroom on Wednesday, November 30. Doors open at 12:30 PM; games begin at 1:00 PM and end about 3:00 PM. Enjoy a pregame lunch special in the Meridians.

Cost: \$20 for 12 games. Daubers: \$1.50 each. Prizes include drawing prizes;

winnings up to \$100 per game and \$250 for final blackout game. No alcohol permitted. Cold bottled water available: \$1. For groups of seven or more, call Klara to reserve a table: 408-4496.

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[www.LincolnHillsFoundation.org](http://www.LincolnHillsFoundation.org).

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event speakers, sports (miniature golf, bocce tournaments, bowling, hiking). Join us for an evening at the Kings Basketball and RiverCats Baseball. Planned activities include game night, ice cream social, and trip to the races. Get together for Friday evening Sabbath dinners, and holiday celebrations. Men's Club breakfasts and Women's Group activities provide camaraderie and develop friendships. Shalom

Social Group is open to everyone at SCLH. Contact: Vida Morrison, vidamorrison@yahoo.com or 984-1043.

### Shooting Group

Our purpose is to make friends among residents who are interested in shooting. If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All people interested

in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. For shooting schedule hours and trap or skeet shooting, please contact John Kightlinger at 408-3928 or johnnpat@sbcglobal.net. Residents interested in rifle or pistol shooting can contact Jim Trifilo at 434-6341 or trifilo@sbcglobal.net.

## ~ Community Perks ~

### "We Are Thankful For You" WellFit Appreciation Week November 21-25 — Free

Kicks off on Monday with our Free Mind & Body Master Class in the Ballroom (OC) special Free classes all week plus the chance to win a Grand Prize Holiday Gift Basket!



### KS at the Movies: White Christmas Monday, December 5 — Free

1:30 PM, P-Hall (KS). Not Rated, 120 minutes—Comedy/Musical/Romance. Starring Bing Crosby, Danny Kaye, Rosemary Clooney, and Vera-Ellen. A successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general.



### Annual Community-wide Holiday Open House Monday, December 12, 1:30-3:30 PM

Enjoy a cup of cheer & sweet treat and visit with staff and residents while admiring the creative work of volunteers who decorated our Lodges. Marvel at the details of the Christmas villages in the Community Living Room (OC). We look forward to seeing you!



### KS at the Movies: The Big Short Monday, January 2 — Free

1:30 PM, P-Hall (KS). Rated R, 130 minutes—Biography/Comedy/

Drama. Starring Christian Bale, Steve Carell, and Ryan Gosling. Four denizens in the world of high-finance predict the credit and housing bubble collapse of the mid-2000s, and decide to take on the big banks for their greed and lack of foresight.



### KS Classic Movies on Saturday: Same Time Next Year Saturday, January 21 — Free

1:30 PM, P-Hall (KS). Rated PG, 119 minutes—Comedy/Drama/Romance. Starring Alan Alda and Ellen Burstyn. When Doris, a young housewife from Oakland, and George, an accountant from New Jersey, meet by chance at a rural California inn in 1951, they embark on an affair that brings them together on the same weekend, in the same place, for the next 26 years. As time passes, events in their personal lives impact their special once-a-year romance in this heartwarming comedy.



### Document Destruction Monday, January 23

10:00 AM-12:00 PM, Fitness Center Parking Lot (OC). Shred-It offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files are okay, but no plastics or cardboard. \$10 cash or check per average file box payable to SCLHCA. Just look for the big Shred-It truck in the parking lot!



## Library News

Sandy Melnick, Library Volunteer

Rain is on the way! Please return all borrowed books and donations in some kind of protective covering, a plastic bag, paper bag or cloth bag (whichever works best for you). A waterlogged book is worthless as the pages are unreadable. Please help us by protecting all books.

We know that some authors are very popular, but remember to take a maximum of three books from one au-

thor. Other people want to read the same books and appreciate a timely return.

The Library staff is reminding everyone that we only accept donations of books published 2009 and later. We have limited shelf space and cannot use any book published before 2009. We know that you have many wonderful books in good condition—we just cannot find space for them.

Have you been to Oak Ridge, Tennessee? There was a city there during WWII

that housed 75,000 workers. All were working on a secret project for the government. If you like history, you will be fascinated by *The Girls of Atomic City* by Denise Kiernan. It's in the History/Politics section.

Contacts: Sandy Melnick (408-1035) for donations, Cleon Johnson (408-5648) for investment materials and Nina Mazzo (408-7620) for the Community Living Room (OC).





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DECEMBER 31**

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Meridians: 5231-17M • Entertainment Only: 5231-17E**

Come One! Come All! Join the celebration with your friends at the **Lincoln Hills New Year's Eve Party!** Select your favorite party room and entrees from a delicious **three-course menu** specially prepared by Chef Ian. Enjoy **free-flowing champagne** to toast the New Year and witness **spectacular fireworks** on this magical evening.

**DJ Tom** is back in the Ballroom to play your favorite dance music while the **Ron Davis Trio** will play Dance Band Memories, a live, interactive music entertainment concept with live performances of popular Dance Band songs through the years, including a Tribute to the Rat Pack Era. Join us under the Big Top and **try your luck at the tables** to win fun prizes, taste the goodies at the **candy bar**, and other surprises that will add to your merriment!

*Tailored Dinner Package options start at \$100 per person. Purchase the Dinner Package prior to November 14 and be entered in a chance to win two 2017 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 \$60. Open seating in designated areas for Entertainment Only ticket patrons are available throughout the Lodge.*

**DOORS OPEN 7:00 PM • DINNER SERVED 7:30-8:00 PM  
DANCING AND ENTERTAINMENT 9:00 PM-MIDNIGHT  
CHAMPAGNE TOAST AND FIREWORKS DISPLAY AT MIDNIGHT**

Guests may select their tables during registration on a first-come, first-served basis. If purchasing a table for your group, provide seating location with entrée selections at time of registration.

*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 Desks and Lifestyle Online.*





**Deborah Meyer**  
Lifestyle Entertainment Coordinator  
deborah.meyer@sclhca.com

## Entertainment

### —Club Performance—

#### The Lincoln Hills Players Group presents “Happy Holidays—A Tribute to Movie Musicals”

Thursday, November 17 • 7:00 PM show — 5417-09A

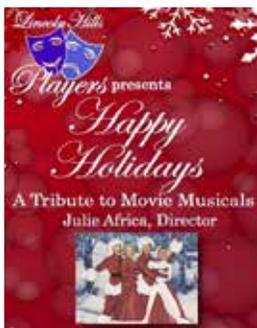
Friday, November 18 • 7:00 PM show — 5417-09B

Saturday, November 19 • 2:00 PM show — 5417-09C

Saturday, November 19 • 7:00 PM show — 5417-09D



What better way to celebrate the holidays than by seeing the Player's Christmas show “Happy Holidays—A Tribute to Movie Musicals.” The original script was written by Ken Reiss, Julie Africa and Paul Krow and features excerpts from famous movies that feature Christmas music and dialog, including “Miracle on 34th Street” and “White Christmas.” Musical numbers include: “It's The Most Wonderful Time of the Year,” “We Need A Little Christmas,” “It's Beginning to Look A Lot Like Christmas,” “A Hard Candy Christmas,” “Happy Holidays,” “Play A Simple Melody,” “Sisters,” “Gee, I Wish I Was Back In The Army,” “We'll Follow The Old Man,” and “White Christmas.” Enjoy some wonderful memories as you reminisce through famous Christmas movies of the past. You'll probably remember some of the musical numbers and dialog since these movies live on year after year. Performances are November 17 and 18 at 7:00 PM, November 19 at 2:00 and 7:00 PM. Ballroom (OC). **Premium Reserved section Seating, \$19.** General Admission, \$14.



#### SCLH Community Chorus presents Holiday Joy

Sunday, December 11; 2:00 PM Matinee — 5411-10A

Monday, December 12; 7:00 PM — 5411-10B

Tuesday, December 13; 7:00 PM — 5411-10C



Come start your holiday season with the Lincoln Hills Community Chorus Concert. Again this year we will sing new songs and some old favorites. You will hear “Themes on Fa-La-La,” “Sabbath Prayer,” and “The Bells of Christmas Medley.” We appreciate your support and look forward to singing for you. Performances are December 11 at 2:00 PM, December 12 and 13 at 7:00 PM. Ballroom (OC). **Premium Reserved section Seating, \$18.** General Admission, \$13.

### HOLIDAY JOY!



### —Comedy—

#### KS Comedy Night

#### An Evening with Sandy & Richard Riccardi

Tuesday, January 17

6:00 PM Show — 5517-11A

8:00 PM Show — 5517-11B



“You could almost call it a musical version of Saturday Night Live. Sandy & Richard Riccardi's show was a fun-filled hour of lampoons, jabs, and jibes on a host of topical subjects.” —Peter Leavy, New York. Sandy and Richard are here to make you scream with laughter and tap your toes to their all-original, all-comedy cabaret, describing their cracked and bushwhacked road to marital bliss, social consciousness, and menopause. With well over five million views on YouTube, their unique juxtaposition of modern, socio-relevant lyrics, and tune-smithy jazz piano/vocal arrangements will charm your socks off. Richard has accompanied such entertainers as Joel Grey, Tom Jones, Martha Raye, Mel Torme, Robert Goulet, and Wesla Whitfield. Sandy Riccardi spent 11 years on the NYC musical theater circuit, performing with the New York Gilbert and Sullivan Players, Playwright Preview Productions, and Westchester Broadway Theater. A night of fun and music! Save \$1 off \$4 or more at KS Café on show night. 6:00 PM and 8:00 PM performances. P-Hall (KS). **Reserved seating, \$16.**

### —Concerts—

#### KS Music Night Presents

#### Fall Classical Series

#### Joyous Brass:

#### Christmas in Brass



— Tuesday, November 22 — 5416-06C

#### Classical Guitarist Matt Bacon

— Tuesday, December 20 — 5416-06D



**Joyous Brass**, Northern California's only British Style Brass Band, featuring 30 musicians will perform Holiday themed music, including original compositions, jazz, classical and traditional carols. Rounding out our series is **Classical Guitarist Matt Bacon** from San Francisco. He is an international artist and Top Prize winner at the Texas National Music Festival's “Classical Minds” competition. He is a highly sought after performer and composer. **Single tickets are now on sale.** Save \$1 off \$4 or more at KS Café on show night. All shows 7:00 PM, P-Hall (KS). **Reserved Seating, \$15.**

#### Two Performances!

#### Jim Curry's “A Rocky Mountain Christmas” The Music of John Denver and Holiday Favorites

Thursday, December 1

2:00 PM Show — 5401-10A 7:00 PM Show — 5401-10B

A family holiday tradition comes to life in “A Rocky Mountain

*Continued on page 48*

**Yellow highlighted events are shown on the Calendar of Events list on page 3.**

Christmas” as Jim Curry performs the music from John Denver’s many Christmas Television specials and Christmas Music collections. Memorable melodies that speak to the heart of the holidays like “Silver Bells,” “Silent Night,” and “O Holy Night,” along with John’s own “Christmas for Cowboys,” “Noel, Christmas Eve,” “Aspenglow,” and “The Peace Carol.” Enjoy these songs along with John’s all-time hits like “Rocky Mountain High,” “Sunshine On My Shoulders,” and “Back Home Again,” as Jim Curry and his band “fill up your senses” in this heart-felt seasonal show. 2:00 PM and 7:00 PM performances Ballroom (OC). **Premium Reserved Section Seating, \$23.** General admission, \$20.



### California Cowboys Friday, January 6 — 5506-11

R.W. Smith and the California Cowboys deliver a powerful sound, with the clear punch of tight three-part harmonies and such rowdy, foot stompin’ original songs as “We Ride’ em We Rope’ em” and “Double Shot of Hank.” Lead singer and songwriter, R.W., with drummer Hal Atkinson (CCMA’s Drummer of the year, 1994), guitar player Gary Potterton (producer of “Grandma Got Run Over by a Reindeer”), bass player, Cary Atkinson and legendary Steel Guitarist, Bobby Black form one of California’s most successful country-western bands. They will perform your favorite country hits, such as, “The Devil Went Down to Georgia,” “Boot Scootin’ Boogie,” “Delta Dawn,” and “By the Time I get to Phoenix,” as well as “Sons of the Pioneers” songs like “Water” and “Tumbling Tumbleweeds.” The band has appeared with such country favorites as Alabama, Dwight Yoakam, Clint Black, Willie Nelson, and Toby Keith, to name a few. Concert 7:00 PM. Ballroom (OC). Premium Reserved Section Seating, \$21. General admission, \$18.



### The Music of Simon & Garfunkel Performed by AJ Swearingen and Jayne Kelli Tuesday, January 24 — 5524-11

AJ Swearingen and Jayne Kelli recreate the music, memories, and magic of the most famous folk-rock duo of our time, Simon and Garfunkel. Swearingen has been performing this music for 20 years with mastery of Paul Simon’s intricate guitar playing. His deep baritone blends perfectly against Kelli’s angelic vocals, which invoke a true sound in the spirit of Art Garfunkel. The duo has been performing music together since 2010. Together and separately, they have shared the stage with Kenny Rogers, Crystal Gayle, Livingston Taylor, John McCutcheon, and many more. Two voices in perfect harmony balanced against one acoustic guitar delivers a true tribute to the sound of the 1960’s Greenwich Village, NY coffeehouse performances. Enjoy such hits as, “Homeward



Bound,” “Mrs. Robinson,” “Bridge Over Troubled Waters,” and “Sounds of Silence.” Concert 7:00 PM. Ballroom (OC). Premium Reserved Section Seating, \$23. General admission, \$20.

### —Grandkids Event—

### Santa Adventure Saturday, December 17 — 5417-10

Santa, Mrs. Claus and the Elves will be coming to Lincoln Hills for a special visit! Share holiday memories and magical activities with your grandchildren at “Santa Adventure.” Your grandchildren will be greeted by Santa’s Elves and enjoy interactive activity stations offering treats, glitter tattoos, and lots of fun! Start the morning off taking photos of the grandkids with Santa. We will be showing “The Peanuts Movie (2015)” at 11:30. 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.**



### —Presentation—

### Marc Lapadula The Five Greatest Films in American Cinema Wednesday, January 11 — 5511-11

Marc Lapadula, Senior Lecturer in the Film Studies Program at Yale University, is returning to the Presentation Hall (KS) to discuss the Five Greatest Films in American Cinema. “*Citizen Kane*,” “*Some Like It Hot*,” “*Psycho*,” “*The Godfather*,” “*2001: A Space Odyssey*.” Could these be the five greatest American movies ever made? Orson Welles, Billy Wilder, Alfred Hitchcock, Francis Ford Coppola and Stanley Kubrick were all operating at the pinnacles of their respective talents when they created what many movie scholars and critics consider the greatest masterworks in the history of American Cinema. Beyond revolutionary, these films not only defined the turbulent social and cultural eras in which they were made but successfully transcended those eras by casting a giant, awe-inspiring shadow of influence across the entire film industry that is still being reflected on movie screens to this very day. Each film is beyond noteworthy for its virtuoso directorial style, shrewd presentation of complex narrative structure, trail-blazing technical innovations, mesmerizing editing sequences, painstaking attention to period detail, intentional shattering of classical genre conventions, bold depictions of taboo sexual subject matter and deft handling of controversial political themes. If you are a movie fan, this is not to be missed. Save \$1 off \$4 or more at KS Café on lecture day. 1:00 PM. P-Hall (KS). **Reserved seating, \$16.**



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katrina.ferland@sclhca.com

## Day Trips

### —Casino/Races—

#### Cache Creek Casino

Wednesday, January 11 — 1772-11



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 you bring along an accepted form of Military, guard, reserve, dependent, veteran, retired veteran or retired veteran dependent ID'S 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. Leave OC at 9:30 AM, return ~ 4:30 PM. \$26.

### —Museum—

#### San Francisco Museum of Modern Art (SFMOMA)

Tuesday, November 29 — 1751-09

The San Francisco Museum of Modern Art is now open after a three-year expansion and transformation to showcase the museum's celebrated collection. The museum has over ten breathtaking floors and with nearly three times more gallery space than before. The exhibits include a curated selection from the distinguished Doris & Donald Fisher Collection, cherished favorites from SFMOMA's permanent collection, and works specially commissioned for the new museum. See [www.sfmoma.org](http://www.sfmoma.org) for more information on exhibits and food and beverage options. Located across from Yerba Buena Gardens, trip includes admission with lunch on your own at the museum café or bring your own. Depart 8:15 AM, return ~ 5:30 PM. \$69.



#### Crocker Art Museum

Thursday, January 12 — 1765-11

View several interesting exhibitions at the gorgeous Crocker Art Museum in downtown Sacramento. Japan America: Points of Contact, 1876–1970, more than 100 works examines the influence of Japanese aesthetics on painting and printmaking, ceramics and metalwork, and graphic design, advertising, bookbinding, and illustration. Reuniting the Masters: European Drawings from West Coast Collections. This innovative exhibition reunites European drawings that have traveled across centuries and continents to different modern collections on the West

Coast. By coincidence or by design, drawings by the same artist, for the same project, and even from the same sketchbook, have made their way separately to the West Coast. Bringing these long-estranged drawings together again both illuminates the work and process of specific artists in the rich history of European draughtsmanship. Also enjoy Highest Heaven: Spanish and Portuguese Colonial Art from the Roberta and Richard Huber Collection and the Crocker's permanent collection of more than 15,000 works of art. Includes museum admission. Lunch is on your own at the Crocker Café. Depart OC 9:00 AM, return ~3:00 PM. \$32.



#### Leland Stanford Mansion & California Museum

Monday, January 30 — 1700-11

Join Katrina, your Trip Coordinator, on a docent led tour of the Leland Stanford Mansion State Historic Park in downtown Sacramento. Leland Stanford was a former California Governor, railroad baron & co-founder with his wife of Stanford University. After a 14 year, \$22 million restoration, the mansion is now open to the public. It is a stunning example of the splendor and elegance of the Victorian era in California. We continue learning about the history and people past and present of California as we head over to the California Museum for another docent led tour. Trip includes a deluxe box lunch at the museum with choice of: Mediterranean Vegetarian Feta Wrap, Ham and Swiss on Wheat, Cobb Salad or Chicken Caesar Salad including a fruit, cookie and beverage. Complete menu at Activities Desks. Depart OC 9:00 AM, return ~4:00 PM. \$59.



### —Performances—

#### "Hamilton an American Musical"

Group tickets have not been released for sale. Watch for an announcement in a future issue of the *COMPASS*.

#### Sleeping Beauty—Russian National Ballet Theater Harris Center

Wednesday, February 8 — 1701-11

In the great tradition of Russian ballet, this accomplished company performs the classic Fairy Tale Sleeping Beauty set to Tchaikovsky's magnificent



score. Founded in Moscow in the late 1980s, the Russian National Ballet Theatre is committed to both preserving the timeless tradition of classical Russian ballet and features more than 50

*Continued on page 52*

dancers. Join us for an afternoon matinee performance with middle-orchestra seating at the Harris Center for the Arts in Folsom (formerly Three Stages). Leave OC at 12:15 PM, return ~5:45 PM. \$98.

### The Five Irish Tenors-Harris Center in Folsom

**Tuesday, February 28 — 1786-10**

Following in the footsteps of the great John McCormack, these five exquisitely trained singers—David Martin, Morgan Crowley, Ciarán Kelly, George Hutton, and Alan Leech—have amassed more awards and prestigious performances than can be mentioned: from the London Critics Choice Awards to a Grammy; from the Royal Albert Hall to the White House, the Academy Awards, and the Olympics. We'll be seeing the Salute to Ireland where the Tenors present a sensational program of the most famously beloved Irish Songs, fusing Irish wit and boisterous charm with lyricism, dramatic flair and operatic style. Program includes "Toora-Loora-Looral," "My Wild Irish Rose," "When Irish Eyes Are Smiling," "As She Moved Through the Fair," and the glorious "Danny Boy." Center orchestra seating. Leave OC at 6:00 PM, return ~ 10:30 PM. \$85



### Music from Downton Abbey

**Saturday, March 18 — 1794-11**

Do you love Downton Abbey? The Sacramento Choral Society and Orchestra are presenting music from the popular TV Series by Emmy Award-winning composer John Lunn. There will be narrations about memorable Downton Abbey events with audience member participation. They will also be performing British chorus and orchestra gems from the era by Vaughan Williams, Stanford, Parry, Elgar and Holst. To add to the experience, attendees are welcome to attend in post-Edwardian England dress. Sacramento Community Center front orchestra seating. Depart OC 6:45 PM, return ~11:00 PM. \$69.



### Broadway Sacramento 2016-2017

The Broadway Sacramento series, the region's largest live performing arts event, features national touring productions of some of the most popular Broadway shows. All performances held at the Sacramento Community Theatre at 8:00 PM. Reserved Mid-Orchestra seating. Enjoy the convenience of being dropped at the front entrance to the theater and not having to worry about driving and parking in downtown Sacramento. Leave OC at 6:45 PM, return ~ 11:30 PM. All shows \$97 each.



### Kinky Boots

**Tuesday, January 31 — 1793-06BB — Sold Out**

Both busses Sold Out! Unable to add a third bus due to vendor ticket limitation.

## Important Information: Entertainment, Trips, Classes

- **Registration:** Required for all activities unless otherwise noted. Resident finger vein or I.D. is required for registration at the 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.
- **Want to Sell?** Contact the Activities Desk (OC/KS) if unable to attend an event, trip or Activities Department class.
- **Weather:** Association trips and events are held regardless of inclement weather.
- **Scents:** When attending any activity, class, or meeting at OC or KS Lodges, or going on trips, 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. We will work with vendors for your dietary accommodations.
- **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. ALD 
- **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 stated on these pages. As a courtesy to all, we leave on time. Buses are air conditioned, please dress accordingly.
- **Parking:** For all trips, 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:** Are handed to guests when boarding.
- **Travel Insurance:** 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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**A Gentleman's Guide to Love & Murder****Tuesday, March 7 — 1793-06C**

Getting away with murder can be so much fun... and there's no better proof than the knock-'em-dead hit show that's earned unanimous raves and won the 2014 Tony Award® for Best Musical—A Gentleman's Guide to Love & Murder! Gentleman's Guide tells the uproarious story of Monty Navarro, a distant heir to a family fortune who sets out to jump the line of succession by—you guessed it—eliminating the eight pesky relatives (all played by one fearless man) who stand in his way. All the while, Monty has to juggle his mistress (she's after more than just love), his fiancée (she's his cousin but who's keeping track?), and the constant threat of landing behind bars! Of course, it will all be worth it if he can slay his way to his inheritance... and be done in time for tea. \$97.

**The Bodyguard****Tuesday, April 18 — 1793-06D**

Based on the smash hit film, the award-winning musical will star Grammy® Award-nominee and R&B superstar Deborah Cox! Former Secret Service agent turned bodyguard, Frank Farmer, is hired to protect superstar Rachel Marron from an unknown stalker. Each expects to be in charge; what they don't expect is to fall in love. A breathtakingly romantic thriller, The Bodyguard features a host of irresistible classics including "Queen of the Night," "So Emotional," "One Moment in Time," "Saving All My Love," "Run to You," "I Have Nothing," "I Wanna Dance with Somebody" and one of the biggest selling songs of all time – "I Will Always Love You." \$97.

**The Phantom of the Opera****Tuesday, May 23 — 1793-06E — Sold Out**

No charge to add yourself to waitlist for possible second bus.

**Sacramento Philharmonic — Pops Pet Sounds Live: A Beach Boys Celebration****Saturday, April 8 — 1702-09B**

The sun-melt harmonies and all the good vibrations! Conductor Jeff Reed recreates the music of The Beach Boys. Every endless summer smash hit, and wouldn't it be nice to hear those path-breaking "Pet Sounds" in a 50th anniversary tribute? Middle-orchestra seating, Sacramento Community Center Theater. Leave OC at 6:45 PM, return ~ 11:30 PM. \$80. **Vendor deadline to purchase is November 21 at 12:00 PM.**

**—Sports—****Sacramento Kings**

Watch the Sacramento Kings in their brand new home, Golden One Arena in downtown Sacramento without dealing with

parking issues! Enjoy lower level seating for the new season. Seats located in the baseline area Section 114. Arrive in time to enjoy pre-game activities and purchase from various food and beverage concession. Depart OC at 5:30 PM, return ~ 11:30 PM.

**Sacramento Kings vs. New Jersey Nets "Salute to First Responders Night"****Wednesday, March 1 — 1800-09B**

\$96.

**—Tours/Leisure—****Victorian Christmas****Sunday, December 18 — 1857-10**

The enticing aromas of roasted chestnuts and hearty holiday foods fill the air, along with cries of street vendors hawking their wares and lamp-lit streets filled to overflowing with authentic Christmas treasures. Now in its 39th year, enjoy our annual visit to the historic and picturesque downtown Nevada City, a quaint, Gold Rush town nestled in the foothills of the snow-capped Sierra. It's a magical setting of hilly streets outlined with twinkling white lights and authentic gas lamps, wandering minstrels and carolers dressed in Victorian attire, and myriad visitors sharing holiday cheer and good tidings. It's the one and only Victorian Christmas—full of new shows, sights, sounds and attractions and a perfect way to get your holiday spirits up! Depart OC 12:30 PM, return ~ 7:30 PM. \$28.

**San Francisco Holiday Shopping****Monday, December 19 — 1841-10**

Enjoy a lovely holiday trip to the city by the bay and don't worry about the traffic, the bridge, parking, etc. Relax and let our comfortable coach take you to the heart of San Francisco (Union Square) for a day of shopping, lunching and people watching. Includes a 10% off Macy's Certificate. To make your shopping more comfortable, we have made arrangements with the bus company to meet you at 2:15 PM at the side of the St. Francis Hotel (Post & Powell) to load all the packages from your morning shopping so you can do more shopping. Lunch on your own. Departure from SF will be 6:00 PM to allow you more dining and shopping time and less traffic on the way home. Leave OC at 8:30 AM, return ~ 8:30 PM. \$44.

**—Overnight/Extended Travel—****Five days, Four nights!****Musical Legends-Road trip to Vegas****Tuesday, February 21 to Saturday,****February 25, 2017 — 1977-10**

Join Katrina, your Trip Coordinator, as we go on a Legends of Music tour that will take us through Bakersfield for classic country music and to Las Vegas for new country legends Reba

*Continued on page 58*

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- Ten meals (three breakfasts, four lunches, three dinners)
  - Lunch at Black Bear Diner
  - Overnight stay at Red Lion Bakersfield—next to the Crystal Palace with hot breakfast
  - Welcome dinner at Buck Owens Crystal Palace with live music and dancing
  - Entrance to Buck Owens Museum at the Crystal Palace
  - Buffet Brunch/Lunch at The Flamingo Las Vegas which includes a "make your own Bloody Mary" or Mimosa Bar!
  - Two-night stay at Harrah's Las Vegas in the center of the strip with included luggage service
  - One Buffet Breakfast at Harrah's—check out the omelet station!
  - Dinner Buffet at your choice of several Vegas strip casinos (see list at Activities Desks)
  - Reserved ticket to the Reba McIntire-Brooks & Dunn show at Caesar's Palace (two price options for seating)
  - Wayne Newton's Casa de Shenandoah Estate Platinum Tour
  - Buffet Lunch at Paris Las Vegas—enjoy a sampling of fare from five French regions
  - Stop at Borax Museum and Mine
  - Woolgrowers Basque style dinner in Bakersfield
  - Return overnight stay at Red Lion Bakersfield with hot breakfast
  - Free time for dancing and music on your own at Crystal Palace
  - Lunch at Hilmar Cheese Factory
- Gratuities included for Black Bear Diner, Welcome dinner, Woolgrowers dinner, and luggage service at Harrah's and bus driver.

Leave OC at 8:45 AM, Tuesday, February 21, return Saturday, February 25 ~ 4:30 PM. A signed liability waiver is required for each participant. Two price options based on seating for the Reba/Brooks & Dunn show. Second Mezzanine Rows H-K \$842 per person double occupancy, \$1037 single. First Mezzanine seating \$888 per person double occupancy, \$1083 single. Pick up detailed trip itinerary, seating chart, menus, show listings for free time in Vegas. All registrations are final, no refund policy applies (unless trip cancelled by Association). Trip insurance highly recommended. Trip insurance providers list from the US State Department is available at Activities Desks or view online. Trip limited to one bus with the possibility of adding future dates. Don't miss this one!



## Five days, four nights!

### Palm Springs Polo Matches & More!

Saturday, January 21 to Wednesday, January 25 — 1970-11

This special excursion is perfect for all horse lovers! We are heading back to Palm Springs to see the much requested Polo Matches. Our group will witness the exciting games from a VIP area plus enjoy an exclusive and specially prepared Sunday Brunch at the Empire Polo Club in Indio. To break up the trip, we will be staying the first night in Ontario at Ayres Hotel right next to the Ontario Mills Outlets. It'll be a nice relaxed trip into Palm Springs the next day.

While you're enjoying the Polo matches, your luggage will be dropped at our hotel, the Palm Mountain Resort in downtown Palm Springs so you'll be ready to hit downtown Palm Springs or the pool after the matches for some shopping and dinner on your own! Experience a Safari Tour with included lunch when we visit the Living Desert Zoo & Gardens followed by a docent led tour of the Palm Springs Art Museum on the following day. On the return, we'll be staying at Harris Ranch Inn and visiting the Harris Farms Horse Division to check out the thoroughbreds. We cap our trip with a stop in Lodi to marvel at the magnificent Clydesdales and other sporting horses at the Sargent Equestrian Center and enjoy lunch and free time on your own in quaint downtown Lodi.

Trip Package includes:

- Eight meals: three breakfast, one brunch and four lunches)
- Lodging for four nights: Ayres Hotel-Ontario Mills (one night); Palm Mountain Resort—downtown Palm Springs (two nights) and Harris Ranch Inn (one night)
- VIP Admission to Empire Polo Club to watch the exciting Polo matches
- Safari Tour at The Living Desert Zoo & Gardens; docent led tour at Palm Springs Art Museum featuring a special visiting exhibition "Go West—Art of the American Frontier" from the Buffalo Bill Center of the West and tour at Sargent Equestrian Center and Loralvale Clydesdales
- All gratuities for included meals and bus driver

For everyone's comfort and convenience, there will be rest stops along the way. Leave OC at 8:00 AM, Saturday, January 21, return Wednesday, January 25 ~ 4:00 PM. \$1104 single; \$798 per person double occupancy. A signed liability waiver is required for each participant. Pick up detailed trip itinerary, menus and trip insurance providers list from the US State Department at Activities Desk or view online.



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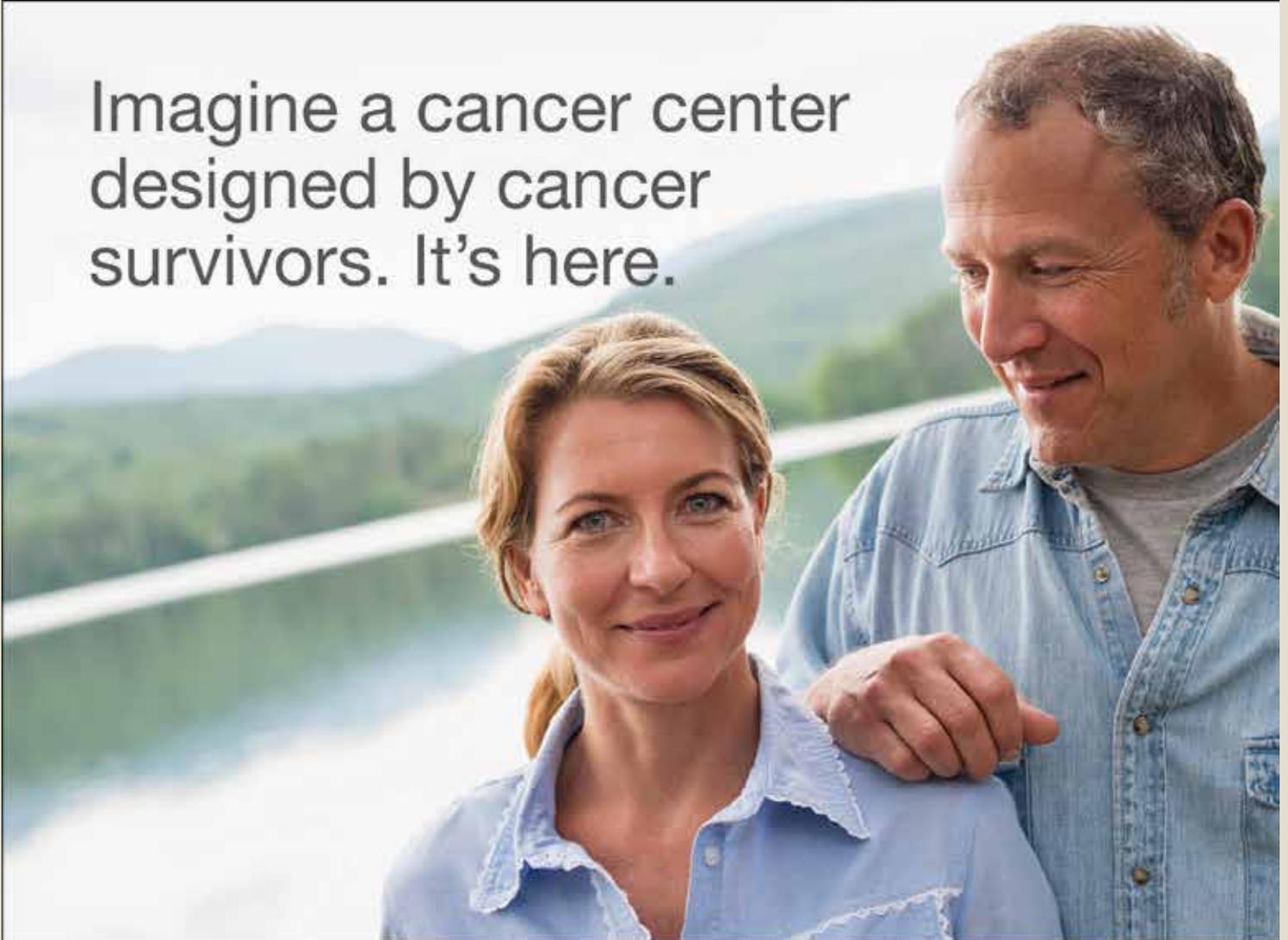
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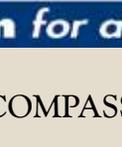
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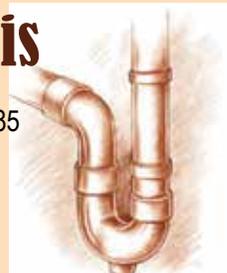
 

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## Sold Out Trips

### Trip • Date • Departure Time

- **Cirque du Soleil—Toruk**  
Wednesday, November 30 • 6:00 PM — 1718-09A&B  
Friday, December 2 • 2:00 and 6:00 PM — 1718-09C-F  
Sunday, December 4 • 3:00 PM — 1718-09G&H
- **McHenry Mansion Dickens Faire & Duarte's Poinsettia Farm**  
Saturday, December 3 • 9:00 AM — 1858-10
- **Sun City Sierra Winter Holiday Train Roundup—Reno**  
Monday, December 5 — Wednesday, December 7  
10:30 AM — 1982-09

- **White Christmas — Golden Gate Theater—San Francisco**  
Wednesday, December 14 • 10:45 AM — 1774-05
- **Beach Blanket Babylon**  
Thursday, December 15 • 11:45 AM — 1915-09  
Wednesday, December 21 • 11:45 AM — 1921-09
- **Sacramento Kings vs. Miami Heat**  
Wednesday, January 4 • 5:30 PM — 1800-09A
- **Kinky Boots**  
Tuesday, January 31 • 6:45 PM — 1793-06B & BB

## Activities Department Classes



**Betty Maxie**  
Lifestyle Class Coordinator  
betty.maxie@sclhca.com

### Classes

#### Vacation Drop-In

In response to students' request, a number of classes are now offering drop-in sessions to accommodate your vacation plans! Drop-in sessions will allow current students who are able to work independently on their projects but are not available to attend class full time due to vacation plans, to register one session at a time. Sessions are held in conjunction with ongoing regular classes. Class space is on a first-come, first-served basis. Students must check with the instructor prior to registration each time 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 in the past. Some classes may require longer class experience. Drop-in sessions are not for first time students/beginners and offers limited guidance from moderator/instructor.

### Art

#### —Announcement—

**Fine Arts Class Gallery**  
Featuring the Art of Barry Jamison  
and Lincoln Hills Students  
Friday, December 16

5:30-7:30 PM, 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 Barry Jamison and community art students. Focus is on Pastels and Oils. Pieces will remain on display and can be viewed anytime an art class is being held.



www.suncity-lincolnhills.org/residents

#### —Drawing—

#### New Time! Beginner Drawing

Thursdays, December 1-29 — 132216-11

6:00-8:00 PM (OC). \$65 (five sessions). Instructor: Michael Mikolon. The artistic journey starts with basics of drawing. Drawing is about observing. We will focus on materials and techniques and developing your sense of design. Learn to look at shapes that make up your subject and translate what you see into an accurate depiction with the understanding of measurement and proportions, use of line and shadow and developing good daily drawing habits. Live demos will be performed weekly showing how to use materials with one-on-one instruction. Supply list available at Activities Desks and online.



#### Mixed Media

#### Art Journaling

Tuesdays, December 13 & 27 — 143116-11

9:00 AM-12:00 PM (OC). \$35 (two sessions). Supply fee paid to instructor, \$5. Instructor: Kerry Dahlin. 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, Aaron Brothers), glue stick, scissors, small paint brush, Sharpie pen, white gesso, plus any favorite mixed media supplies you have.



#### —Oils, Pastels & Acrylics—

#### Paint Your Vision in Oils or Acrylics

Wednesdays, December 7-28

9:00-11:30 AM Class — 113116-11

Or 1:30-4:00 PM Class — 113216-11

AM and PM sessions are not interchangeable. (OC). \$52 (four sessions)  
*Continued on page 65*

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sessions). Instructor: Marilyn Rose. Students receive expert guidance in creating original paintings of their chosen subjects, whether landscape, still life, portrait or a clothed figure.



Those with little or no art training can gain a solid grounding in the basic principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples, and individual instruction 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, with hundreds of works in private collections across the U.S. More info: [www.artistmarilynrose.com](http://www.artistmarilynrose.com). Questions? Call Marilyn at 409-0397. Supply list available at the Activities Desks and online. Please request supply list at the Activities Desks and online

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

**Painting Pastels Or Oils with Barry Mondays, December 5-19 — 105116-11**

9:00-11:30 AM (OC). \$39 (three sessions);

Instructor: Barry Jamison. Let out your creative soul and have fun doing it! Learn pastelling and oil painting with Barry



Jamison. Start to finish, beginners through advanced, Barry will guide you through an enjoyable process of creating attention-getting works. About the Instructor: Barry is an award-winning artist, most recently a first place in the 2016 Plein Air Competition in Shelter Cove CA held in September. He has vast experience with over 50 years of painting explorations in various media. Barry owns a studio in Folsom (follow him on Facebook at Sutter Street Pastels), and his paintings are sought by collectors and clients worldwide. He has over 15 years experience teaching and encouraging artistic expression to many ages. Supply list available at Activities Desks, online, or on instructor's website, [www.pastelpainter.com](http://www.pastelpainter.com).

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

**Sip and Paint**

**“Tree of Gold” Friday, December 2 — 122116-10**

**“Waterfall in Winter” Friday, December 23 — 122216-11**

5:00-8:00 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 profes-



sional artist, who will teach you how to mix colors, use media, brush stroke techniques, use of pallet knife, and offer students 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, 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 over 30 years and has been a member of the High Hand Gallery for four years. More info: [www.unniart.com](http://www.unniart.com).



**—Watercolor—**

**Beginning Watercolor Painting**

**Thursdays, December 1-29 — 131116-11**

1:00-4:00 PM. (OC). \$75 (five sessions). Instructor: Michael Mikolon. Learn the basics of painting with watercolors. This beginner class will focus on: materials



and painting techniques; developing your sense of color; looking into basics of color theory; how to use the color wheel; and mixing fresh and vibrant color with the use of a well organized palette. Learn to create your own voice in art by discussing design, composition, and value controlling the focal point. We will also discuss master colorists: Dutch, English, and Impressionists, Post Impressionists and late 19th and early 20th century painters. Live demos performed weekly showing how to use the medium first-hand with one-on-one instruction provided by the instructor during class. About the Instructor: Artist Michael Mikolon is an accomplished watercolorist and owner of 12th & S Art, in Downtown Sacramento. Supply list available at the Activities Desks and online.

**Ceramics**

**—Lladro—**

**Spanish Oil Painting**

**Wednesdays, December 7-21 — 206116-11**

1:00-4:00 PM (KS). \$30 (three sessions ). Instructor: Barbara Bartling. Prerequisite: Lladro requires a steady hand and concentration.



A beginning and continuing class on how to paint porcelain figurines. Learn basics painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order.

**Vacation drop-in: LADD — \$12 per session.**

**—Pottery—**

**Beginning/Intermediate Ceramics**

**Tuesdays, December 6-20 — 212116-11**

1:00-4:00 PM (OC). \$41 (three sessions). Instructor: Jim Alvis. Introductory class for residents who have never worked with clay, and continuing students who want to further develop skills. Course covers basic hand building and wheel throwing tech-

*Continued on page 68*

niques, 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 meeting for future classes.

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



### Advanced Ceramics

**Tuesdays, December 6-20 — 212216-11**

9:00 AM-12:30 PM (OC). \$41 (three 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 instructor. Course includes demonstrations, assignments, group discussion and constructive critique.



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

### Ceramics: Beginners Intermediate and Advanced Thursdays, December 1-22 — 221116-11

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Terry Accomando. Open to all skill levels. The class teaches hand-building techniques and working on the potter's wheel. Students are encouraged to work at their own pace receiving individual instruction to achieve goals on any project they choose. Frequent demonstrations and techniques are given to introduce new and exciting projects. About the Instructor: Terry brings 34 years experience teaching ceramics, drawing and painting to help you work independently on any project. Supply list available at the Activities Desks and online.



**Vacation drop-in: CERD2 — \$17 per session.**

### Crafts

#### —Card Making—

*Card making classes will be on hiatus for the months of December and January and will return February 2017*

#### —Flower Arranging—

### Christmas Centerpiece

**Tuesday, December 13 — 301016-11**

10:00 AM-12:00 PM (KS) \$30 plus \$16 supply fee. Instructors: Selia Yrlas and Jennifer Steel will be going step by step in making a long lasting Christmas centerpiece complete with ornaments, evergreens, and fresh flowers in holiday colors. Please bring candles if you would like that in your personal arrangement. Shears not included.



### New! Christmas Terrarium and Wine

**Thursday, December 15 — 301216-10**

2:00-4:00 PM (OC). \$45 plus \$20 supply fee. Instructors Jen Steele and Sally Hernandez will be showing the class how to make an eye catching plant terrarium with wintery Christmas accents and mini lights to showcase your creation during this holiday season. As you make your one of a kind design you'll also enjoy your fellow classmates with wine, snacks, and creativity flowing. This is sure to be a fun class and we hope to see you there.



### Dance

*All dance classes will be on hiatus for the month of December and will return January 2017*

### Glass Art

### Fused Glass and Stained Glass Workshop

**Monday, December 5 — GLASS**

4:30-6:30 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 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 before workshop.



### Stained Glass

**Mondays, December 5-12 — 494116-11**

1:00-4:00 PM (KS). \$29 (two sessions). Supply fee: \$5 payable to instructor. Instructor: Jim Fernandez. Requirements: No open toe shoes or short pants. 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 26 years of stained glass experience.



### Fused Glass Jewelry/Christmas Ornaments

**Monday, November 21 — 495116-10**

**Monday, December 12 — 495116-11**

9:00 AM-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. Beginners & experienced artists are welcome. The fused glass class is designed to teach the fundamentals of Dichroic glass jewelry designing. We will go over designs, finishing schedules and cold working techniques. The \$10 supply fee



*Continued on page 68*

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### Money Matters

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### Love & Investing

**Tuesday, December 6 — 871000-12**

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Some couples handle financial matters on their own, even having separate meetings with the same or their own advisors. On the other hand, other couples do it together, making it an important part of their marriage. However, what happens when one is more aggressive or conservative than the other, how is a plan established. What if it's a second marriage and the children have concerns how their deceased parent's funds are invested with their living parent's new partner. How does illness or marriage come into play. Or maybe the couple just has problems talking about money. Come learn how to deal with these sensitive, yet important topics.

### Music

#### —Guitar—

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

### Guitar 1A—Beginner Level

**Wednesdays, December 7-28 — 535116-11**

8:00-10:00 AM (KS). \$44 (four sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. Class is designed for the person who has not played before or hasn't played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory. Recommendations: Nylon string guitars are 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, 899-8383.



### Guitar 1B—Continuing Beginner Level

**Mondays, December 5-26 — 535716-11**

8:00-10:00 AM (OC). \$44 (four sessions). Instructor: Bill Sveglini. Advisory: 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, strum-

ming, for many types of music, basic finger picking in simple and compound meters, 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, 899-8383.

### Guitar 2B—Entry to Intermediate Level

**Wednesdays, December 7-28 — 535216-11**

10:15 AM-12:15 PM (KS). \$44 (four 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. 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, 899-8383.

### Guitar 3—Intermediate

**Thursdays, December 1-29 — 535316-11**

8:00-10:00 AM (OC). \$55 (five sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. Prerequisite: Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. Continue to study more advanced styles of guitar music plus more advanced versions of ensemble playing, duets, trios, quartets. Questions? Call Bill, 899-8383.



### Guitar 4 — Advanced

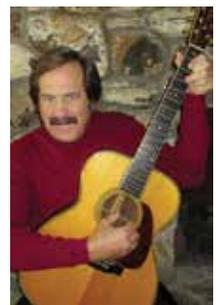
**Thursdays, December 1-29 — 535416-11**

10:00 AM-12:00 PM (OC). \$55 (five sessions). Instructor: Bill Sveglini. Advisory: Class is currently closed to new students. Prerequisite: Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. Continue to study more advanced styles of guitar music plus more advanced versions of ensemble playing, duets, trios, quartets. Questions? Call Bill, 899-8383.

### Folk Guitar for Fun Folks 101 Beginner Class

**Tuesdays, December 6-27 — 536216-11**

1:00-2:00 PM (KS). \$36 (four sessions). Instructor: Darrell Effinger. No prior music knowledge necessary for these classes; a good singing voice is not a prerequisite! Emphasis on playing chords on the guitar 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, others. Various strumming styles will be shown, and at the intermediate level, finger picking will be taught. Basic music theory (notes) will be shown but not emphasized. Information



*Continued on page 70*

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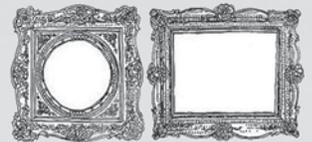
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on how to choose and purchase a guitar for personal use as a beginner through an advanced player will be available. Guitar aides such as capos and tuners will be discussed at first meeting. Learn, sing, enjoy, have fun and join the Hootenanny! About the Instructor: Darrell is a long-time teacher, musician, story teller and folk singer who was a member of the New Christy Minstrels, appeared on the PBS Folk Music Special "This Land Is Your Land," has toured with Glenn Yarbrough, opened for the Kingston Trio, played with Peter, of Peter, Paul and Mary, and has appeared solo, or with various groups. Questions: Call Darrell at 989-8532.

**Folk Guitar for Fun Folks 102 Intermediate Class**

**Tuesdays, December 6-27 — 536316-11**

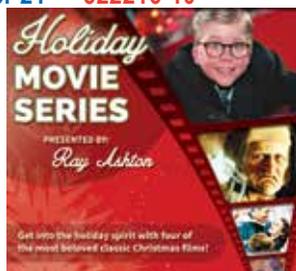
2:00-3:00 PM (KS). \$36 (four sessions). Instructor: Darrell Effinger. Prerequisite: Knowledge of playing guitar using basic chords while doing a simple strum and singing (no vocal training required). This class is an intermediate class with emphasis on harder chord fingerings; more transitions of chords in songs; different strumming patterns; and various finger picking styles used by folk artists. Class can be taken in conjunction with the 1:00 PM Beginning class, as long as student feels comfortable they have met this prerequisite and their fingers can withstand the pain! The more, the merrier! Questions: Call Darrell at 989-8532.

**—Presentation—**

**Holiday Movie Series**

**Wednesdays, November 30-December 21 — 522216-10**

1:00-4:00 PM (KS). \$30 (four sessions). Instructor: Ray Ashton. Let's get into the holiday spirit with four of our most beloved classic Christmas stories. Together, we will journey to discover: "Christmas Vacation" (November 30) The modern American family as they try to cope with a traditional family holiday celebration in the hilarious Chevy Chase 1989 movie—"A Christmas Carol" (December 7)—we look at Dickens' own book and watch scenes from five different movies to tell this great story. "A Christmas Story" (December 14)—based on students' request, look at the back story of Ralphie and his desire for the Red Ryder BB rifle. Discover the warmth, the heart, and a time before television in Jean Shepherd's favorite Christmas tale. And last, "It's a Wonderful Life" (December 21)—learn the story behind the making of Frank Capra's Classic starring Jimmy Stewart and Donna Reed... "what could have been" had our hero not been born. Find out how this wonderful movie came to be.



**—Voice—**

**Singer Vocal Boot Camp Continuation**

**Fridays, December 2-30 — 537216-11**

10:30 AM-12:30 PM (KS). \$55 (five sessions). Instructor: Bill

Sveglini. We will continue to sing special SAT and SATB arrangements that have been written by the teacher. We will also be working on vocal exercises to increase range and tone quality as well as the warm up exercises and sight singing exercises specifically written for this class by the instructor.



**Personal Improvement**

**Two-day class! AARP Driver Safety Training Tuesday & Wednesday, November 15 & 16 — 481016-09**

9:00 AM-1:30 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.



**New! The Magic of Color Analysis Tuesday, December 6 — 123116-10**

9:30 AM-1:30 PM (KS). Fee \$35 + \$25 supply fee. Instructor: Nancy Matlin. Have you ever considered changing your makeup, style of dress and/or hair color to get that special look? If you answer yes to any of the above you need the Magic of Color Analysis. At this fun-filled class you will learn why there are outfits in your closet you've never worn, what colors, makeup, and styles look best on you and discover the real Magic of Color Analysis.



**The Sudoku Series — Level 4 Tuesday, December 6 — 870000-12**

9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. Come learn how to play the Expert Level of Sudoku, one of the most popular puzzles in the world today. Instructor Russ Abbott will teach how the puzzle is played and incorporate his own Box Rule of Two Strategy. This is the fourth of a four-session class increasing in difficulty throughout the year. Only attend this class if you are already an Expert Sudoku Player or attended the Level 1, 2, and 3 Classes in August, September, and October. Come and enjoy the wonderful world of Sudoku.



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## Brain Gain Part 2

**Mondays, January 9-30 — 877200-01**

1:00-3:00 PM, Fine Arts (OC). \$40. Instructor: Dr. Alice Jacobs. This class provides a continuation of interactive brain exercises that are done individually and in small groups. Preserve your memory, prevent dementia and join the fun while giving your brain a good “neurobic” workout. Learn about current scientific information about memory, changes with age and tips and techniques for improving memory. Completion of Brain Gain I is recommended, but not mandatory. Repeaters welcome.



## Living Through Transitions

**Saturdays, January 7-February 25 — 823500-A1**

9:00 AM-12:00 PM. P-Hall (KS). Resident \$135 (six sessions); or separate session registration opens five days prior to session date—support person only \$35 per session. Your future in Sun



City Lincoln Hills is about being prepared for the changes in your life, health, and environment that occur as you grow older. Get your keys to unlock the six secrets to meeting the predictable challenges ahead. The Six Keys support your planning: personal finances, legal protection, dealing with loss, navigating the healthcare system, housing options and driving and end of life choices. If you have questions or need help enrolling please email [carol.zortman@scfhca.com](mailto:carol.zortman@scfhca.com) or call 625-4032. Dates include: January 7, 14, 28, February 4, 11, 25. Residents Register: Fitness/Activities Desks or online.

## Sewing

—Certification—

### Bernina Serger Certification

**Monday, December 12 — 591116-11**

1:00-2:00 PM (OC). \$15. Instructor: Sylvia Feldman. All supplies provided except, bring scissors and tweezers. Class limit three.

### Bernina Sewing Machine Certification

**Monday, December 12 — 592116-11**

2:00-3:00 PM (OC). \$15. Instructor: Sylvia Feldman. Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class.



### Janome Sewing Machine Certification

**Monday, December 12 — 593116-11**

3:00-4:00 PM (OC). \$15. Instructor: Sylvia Feldman. Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class.

## Technology

PC

### Windows 10 Basics

**Wednesday & Thursday, November 16 & 17 — 295116-10**

9:30 AM-12:00 PM. (OC). \$45 (two sessions). \$7 class material fee. Instructor: Rita Wronkiewicz. Windows 10 is more user-friendly than Windows 8.1 and offers features unavailable in Windows 7. Class starts at novice level and shows how to utilize both its desktop and tablet features. Rita will help you transition from Win 7 or 8.1. You will learn to use the most common “apps.” Bring your Win 10 device with you if you have one. Handout reinforces class work. Questions? Call Rita at 543-6962.



—Smart Phones and Tablets/Mac—

### Introduction to Android Smart Phones

**Thursday, November 17 — 256216-10**

**Thursday, December 8 — 256216-11**

9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato. **Prerequisite:** Gmail account. Bring your Android phone fully charged. If you just bought an Android SmartPhone from Verizon, AT&T, TMobile, etc., (or a tablet) you could be feeling that it’s too complicated to operate. In this basic seminar you will learn that SmartPhones are actually very easy to use and you will probably be able to master yours very quickly. On our large screen display we will explain how to navigate screens, manage calls, contacts, text messages, use email, the internet, photos, and more. Even if you haven’t quite got the hang of your home PC, this seminar will get you off to a great SmartPhone start. Note: This class is not for iPhone users.



### Getting More from Your Android Phone & Tablet

**Tuesday, December 13 — 255416-11**

9:00 AM-12:00 PM (OC). \$45. Instructor: Len Carniato. Your Android Phone or Tablet can do much more than make phone calls. In class, on our big screen, you’ll see many useful accessories that can help and make it fun to travel with your device. Learn how to use the Voice Controls, to get driving directions, walking tools and the Internet. We will go beyond the basics and explore helpful Control Settings. You’ll learn how to manage your “Apps,” Texting, Video Calls, Calendaring, and Syncing. Organize your Photos, backup and sync to your home computer and more. You will leave this fun class with many great ideas!

### iPhone Basics

**Tuesday, December 6 — 262816-11**

9:00 AM-12:00 PM (OC). \$30 + \$5 class material fee paid to instructor. Instructor: Andy Petro. **Prerequisite:** You must have an iPhone 6 or newer and you must be on iOS 10.0 or higher. Bring your iPhone to the Workshop. Do you want to learn how to get the most out



*Continued on page 77*

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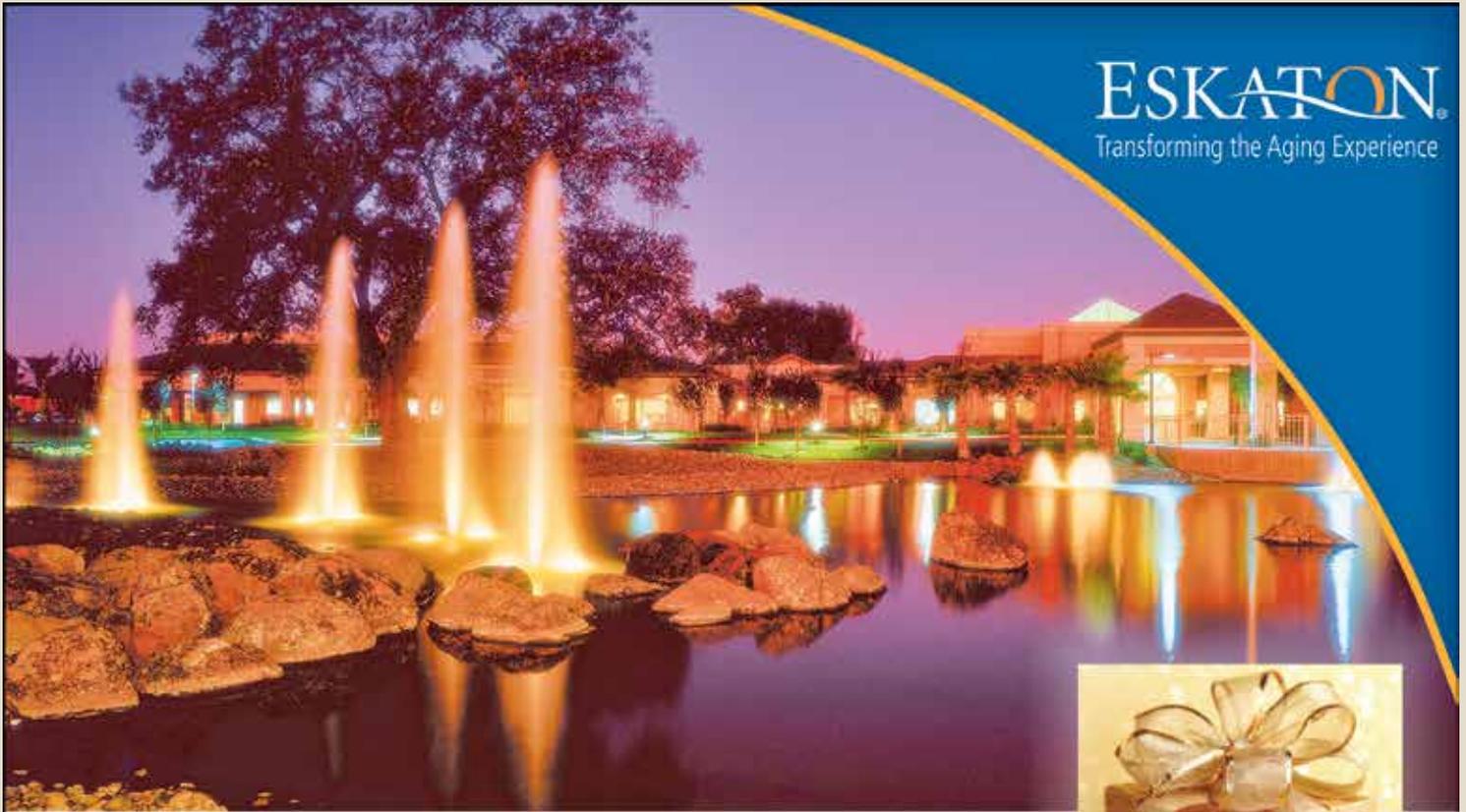
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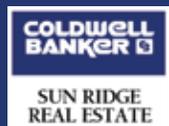
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of your iPhone? Do you want to learn how to use the Settings App to personalize your iPhone. Do you want to learn some tips and tricks that will make your iPhone one of your most prized possessions? Then this class is for you. If you have any other specific questions about the class call Andy Petro at 474-1544.

### Photo Editing on the iPhone and iPad Wednesday, December 14 — 265116-11

9:00 AM – 12:00 PM (OC). \$30 + \$5 class material fee paid to instructor. Instructor: Andy Petro. Prerequisite: You must have an iPhone 6 or newer and you must be on iOS 10.0 or higher. Bring your iPhone to the Workshop. Do you want to learn how to use your camera better? Improve your photo editing and sharing capabilities on your iPhone camera? Then this workshop is for you. You will also be shown how to integrate camera and photo apps, into your photo taking and editing experience. If you have any other specific questions about the class call Andy Petro at 474-1544.



## —Social Media—

### Facebook 101

Saturdays, December 10 & 17 — 272116-11

9:00-11:00 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. Videos for setting up a Facebook account, understanding privacy in Facebook, setting your privacy on Facebook, creating a profile and much more hands-on practice. Class size is limited so sign up early.



## WellFit Classes

### 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 starting November 17 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, November 22 — 700100-OB**  
4:00-5:00 PM, Fitness Floor (OC)
- **Thursday, December 8 — 700100-O4**  
4:00-5:00 PM, Fitness Floor (OC)
- **Tuesday, December 20 — 700100-KD**  
11:30-12:30 PM, Fitness Floor (KS)
- **Thursday, December 22 — 700100-KE**  
1:00-2:00 PM, Fitness Floor (KS)
- **Wednesday, December 28 — 700100-KF**  
2:00-3:00 PM, Fitness Floor (KS)

### Dance Classes

*All dance classes will be on hiatus for the month of December and will return January 2017*

### Disease Prevention & Management Session-Based Classes

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

#### Arthritis Class L1/L2

**Tuesdays, December 6-20 — 801100-DA**  
**Wednesdays, December 7-21 — 801100-DB**  
**Thursdays, December 1-22 — 801100-DC**  
**Fridays, December 2-23 — 801100-DD**

Wednesday & Friday 12:00-1:00 PM, Aerobics Room (OC). Tuesday & Thursday 11:00 AM-12:00 PM, Aerobics Room (OC). Tuesday, Wednesday \$26.25 (three sessions) Thursday and Friday \$35 (four sessions). Instructor: Linda Hunter. This class is designed for those with Arthritis and other diseases 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. As we age it becomes important physically and emotionally to train the body to react to unexpected daily events. 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 and find companionship." Linda Hunter is a certified Arthritis Foundation instructor with many years of experience.



**Spotlight On...****Healthy Living with Exercise****Monday, January 4 — Free**

3:00-4:00 PM, Aerobics Room (OC). Instructor: Annamarie Estevez. Have you recently been diagnosed with Diabetes, Cardiac/Pulmonary Disease, or Parkinson's? Are you unsure where to start with your exercise program? Come join us for a free informational session regarding our Healthy Living with Exercise Program. This program will assist in maintaining normal range for glucose levels and blood pressure while providing a regular routine for exercise. Learn about common health problems encountered as well as diet and medications. Take control over your health issues with exercise.

**Pre-Enrollment Assessment****Healthy Living with Exercise****Continuous Dates — 881000-11**

Fitness Center (OC). \$30 (one session, one-hour long). This session is a pre-requisite for enrollment in our Healthy Living with Exercise program. Our exercise specialist will work with you one-on-one to assess your current condition, identify your needs and make recommendations for your exercise program.

**Healthy Living with Exercise — 878000-01****Mondays and Wednesdays, January 9-30**

3:00-4:00 PM, Aerobics Room (OC). \$70 (seven sessions). Instructor: Annamarie Estevez. This one-hour session class is designed for those coming back to, or starting, a new exercise program. Exercise is one of the best activities for disease management; it can assist in the reduction of body weight and blood pressure, LDL cholesterol (bad cholesterol) and increased HDL (good cholesterol). Additionally, exercise will naturally lower your blood glucose levels. The class will include nutrition counseling, lifestyle coaching and an introduction to all aspects of movement (cardio, strength, the mind/body connection and relaxation). Topics will range from exercise safety through nutrition to quality of life issues. The goal of the class is for residents to have the confidence to move on to the next level of exercise by the end of the session—Healthy Living with Exercise L2. Note: Class requires completion of Healthy Living Assessment.

**Exercise and Weight Management Program - Sampler****Tuesdays & Thursdays, December 6-15 — 865000-12**

1:00-2:00 PM, Indoor Track (KS). \$40 (four session). Instructor Marilyn Harder. This session-based class will help you increase your activity through exercise while learning strategies to manage your food intake. Come learn new exercises and activities to boost your metabolism and increase your energy. This supportive environment will help you manage challenging issues surrounding food and lifestyle in a positive manner. Proper use of cardio and



strength equipment will be included. An individual exercise and health assessment is included in the session.

**Events**

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Mind & Body Master Class 835000-11  
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10:30 am at KS**FRIDAY - FREE** Water Classes (TBA)

Enter all week to win a Grand Prize  
Holiday Gift Basket!

**Nordic Pole Walking****Tuesday & Wednesday, December 6 & 7 — 750000-12**

9:00-10:30 AM, meet in the OC Fitness Center. \$45 (two outdoor sessions or indoor track; weather dependent). Dr. Richard Del Balso. Are you willing to add a new form of walking to your

*Continued on page 80*

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July 30 - August 2 ~ 3 nights Dublin, O'Callaghan Stephens Green (4 stars) with sightseeing to Guinness Storehouse, Trinity College-Book of Kells & St. Patrick's Cathedral.

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\*Fares are per person, based on double occupancy and apply to the first two passengers. Please call for singles or third/forth-birth passengers. Please call Club Cruise for special discounted prices for Single, Triple and Quad Occupancy. This offer is capacity controlled and may not be combinable with any other public, group or past passenger discount. Some restrictions apply. Fares quoted in U.S. dollars. Deposit of \$1200 per room. Final payment 90 days prior to departure.

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### **Martial Arts & Mindful Movement**

*Experiences 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.*

#### **Tai Chi Qigong L1**

**Tuesdays, December 6-13 — 730100-12**

**Saturdays, December 3-17 — 730100-DA**

Saturdays 11:00 AM-12:00 PM, Aerobics Room (OC). \$26.25 (three sessions). Tuesdays 2:30-3:30 PM, Aerobics Room (OC—December only). \$17.50 (two 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, December 6-13 — 730300-DA**

**Saturdays, December 3-17— 730300-12**

Saturday, 10:00-11:00 AM, Aerobics Room (OC). \$26.25 (three sessions). Tuesdays, 3:30-4:30 PM, Aerobics Room (OC—December only). \$17.50 (two 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.

### **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**

**Tuesday, November 15-December 13 — 862000-11**

1:00-2:30 PM, Multipurpose Room (OC), December 6—Fine Arts (OC). \$129 (five 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.

#### **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 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 cancellation of membership prior to the next billing cycle. Reformer classes must be used within 45 days of issue. To enroll in Reformer

*Continued on page 82*

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Membership, contact Carol Zortman at 625-4032 or carol.zortman@schca.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 — 835110-12**

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.

### 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 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, 408-4825, or inquire at either Fitness Center.

## 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. Register online or at either Fitness Center.*

**New!** 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. Your first pass must be purchased at either Fitness Center front desk. Sign-ups for SGT Drop in passes vary by SGT class start date. Please note not all classes are eligible for drop-ins. Resident must sign up for classes at the Kilaga Springs Fitness Center front desk. Please see descriptions for each class.

### SGT—Winter Sports Conditioning

**Mondays & Wednesdays,**

**November 28-December 21 — 835131-11**

3:30-4:30 PM, Aerobics Room (KS). \$135 (eight sessions) Instructor: Julia Roper. Looking to jump start the winter season? Join

*Continued on page 84*

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this fun class and learn to use different pieces of equipment to increase your endurance, strength, and agility. **This class is available for the SGT Drop-in Pass.**

**Back in January! SGT—TRX Express L2**  
**Tuesdays & Thursdays,**

5:30-6:00 PM, Aerobics Room (KS). Instructor: Julia Roper. This is the 30-minute intermediate progression from TRX Express L1 workout. You will develop strength and stability needed in the core, hips and throughout the body. **This class is available for the SGT Drop-in Pass.**



**SGT—TRX Interval Training L3**

**Mondays & Wednesdays,**

**November 28-30 — 835800-12**

2:30-3:30 PM, Aerobics Room (KS). \$35 (two sessions). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that builds power, strength, flexibility, balance, mobility, and prevents injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX! **This class is available for the SGT Drop-in Pass.**

**SGT—Fit 101 L1**

**Mondays & Wednesdays, December 5-28 — 835500-12**

**Tuesdays & Thursdays, December 6-29 — 835500-D1**

Tuesdays & Thursdays 12:00-1:00 PM, Fitness floor (OC) (eight sessions). Instructor: Marilyn Harder. Mondays & Wednesdays 10:30-11:30 AM, Fitness floor (OC). \$135 (eight sessions). Instructor: Danielle Lawlor. 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. It will give you a chance to learn the proper form for many of the weight machines on the floor, 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—“Fun”ctional Fitness L3**

**Tuesdays & Thursdays,**

**November 22-December 20 — 835600-12**

12:00-1:00 PM, Aerobics Room (KS) AND Fitness Floor (OC). \$135 (eight sessions; no class November 24). 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.**



**SGT—Bootcamp L3**

**Mondays & Wednesdays,**

**November 16-December 12 — 835400-12**

**December 14-28 — 835400-D1**

4:30-5:30 PM, Aerobics Room (KS). November 16 sessions \$135 (eight sessions); December 14 sessions \$85 (five sessions). Instructor: Mike Yamamoto. Take your workout to the next level! L3 Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness. **This class is available for the SGT Drop-in Pass.**



**SGT— Morning Burst Group Training L2**

**Mondays & Wednesdays,**

**November 16-December 12 — 835310-12**

**December 14-28 — 835310-D1**

7:15-8:15 AM, Aerobics Room (KS). November 16 sessions \$135 (eight sessions); December 14 classes \$85 (five sessions). 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.**

**Back in January! SGT—TRX L1**

1:30-2:30 PM, Aerobics Room (KS). Instructor: Milly Nuñez. Curious about the TRX? This class will teach you the basics about the TRX in a non-intimidating atmosphere. Join this class and learn the basics about the TRX and “bootcamps” so that you can feel comfortable taking any small group training class.



**SGT—TGIF TRX & More L2**

**Fridays, December 2-30 — 835200-12**

7:15-8:15 AM, Aerobics Room (KS). \$70 (four sessions; no class 12/23). Instructor: Danielle Lawlor. Let's kick off the weekend right with a great total



*Continued on page 85*

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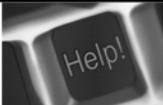
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body workout. Use this class to enhance your current workout routine or to learn the basics of the TRX. Other pieces of equipment may also be used. *This class is available for the SGT Drop-in Pass.*

**SGT—Healthy Back L1**  
**Mondays and Wednesdays,**  
**December 19-28 — 835700-12**

11:30-12:30 PM, Aerobics Room (KS). \$70 (four sessions). 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,**  
**December 5-28 — 835710-12**

2:00-3:00 PM, Aerobics Room (OC). \$135 (eight sessions). 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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### Punch Pass Class Descriptions

*Please see the colored grids on pages 92-95 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.*

*Each class is \$3.50; purchase your first pass at either Fitness Center front desk. Passes can be renewed online.*

• **20/20/20 L3:** Enjoy a class that offers a little bit of everything; 20 minutes each of fun cardio segments, strength exercises and stretches. A variety of cardio drills will be followed by strength exercises that cover all the muscle groups followed by a series of stretches to lengthen all of those muscles groups worked.

• **Aqua Pilates L1:** The pool has become the new destination for mind-body classes and is a wonderful medium for performing Pilates techniques that gently improve alignment, posture, and balance. This practice gains additional benefits with water resistance to improve core strength and stabilization, muscle tone and coordination. Exercises are done in different positions—standing, floating and using the wall for assistance. Noodles, water weights, balls and belts are used. This non-impact setting is suitable for most levels and beneficial for people with arthritis, osteoporosis and other conditions that can limit traditional exercises or those with balance challenges on land. Relaxation and rhythmic breathing techniques are incorporated to increase mind/body awareness and reduce stress.

• **Aqua Fitness L2/3:** Enjoy the buoyancy effect of water by lessening the impact on your joints while getting a great workout. The intensity level is up to you, but you will be challenged in this class with high intensity intervals for your heart as well as exercises to strengthen your muscles.

• **Arthritis Foundation (AF) Aqua Class L1-L2:**

This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or those wanting to prevent arthritis. This class uses range of motion and endurance and resistance exercise to improve balance, increase flexibility and strengthen the body. Participants are encouraged to work at their own pace. Come prepared to improve your body, balance and to have fun!

• **Athletic Stretch L1/2:** Are you looking for an opportunity to stretch in between rounds of golf, tennis or softball? This is your class. We will be stretching common tight areas that occur from these types of activities. Unwind before your day begins!

• **Basic Chair L1:** Beginner level chair class designed to improve function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio, endurance & brain exercise.

• **Cardio Strength L3:** This class combines short cardio drills between strength sets. Working the whole body through the use of hand-held weights, Body Bars, disks, and more! Become stronger for your everyday activities.

• **Chair with Flair L1:** Have fun & move to the music! Work at your own level. Class is designed for individuals to have the option to sit or stand during class. Use of hand weights, bands, and small stability balls. A low-impact cardio workout with motivating music you can enjoy!

*Continued on page 89*

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- **Chair Yoga L1:** Experience a unique yoga style that adapts yoga positions and poses through the use of a chair. The chair offers support in seated, standing and reclined positions that allows students to safely perform yoga poses with more stability. Chair Yoga is suitable for all ages, fitness levels and physical conditions.
- **Core-N-More L3:** Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while increasing resistance. Interval class combines exercises that can improve your core, strength and cardiovascular endurance.
- **Core-N-Strength L2:** A class combining strength training with core work for a full body workout! Works the core muscles to increase stability and improve posture. A full body strengthening class!
- **Everybody Can Aerobics L2:** This class is perfect for those wishing to start a cardiovascular program. The easy to follow moves will be low impact and simple, no “fancy dance” moves. Light hand weights, and other strength training “toys” will be used to increase your total body strength. Come enjoy the benefits of a workout designed just for you!
- **Healthy Living with Exercise L2:** This class is designed especially for those with diabetes, heart conditions or nervous system disorders (Parkinson’s, ALS) who have completed the Healthy Living with Exercise session. This program is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio.
- **Hi-NRG Cycle L3:** This cycle class will take you through many techniques unique to indoor cycling that will strengthen your legs, lungs, and heart. A fun and challenging cycle workout!
- **iRest—Meditation for Yoga:** This class is a guided meditation. It’s a process that is designed to help people relax and resolve symptoms, such as insomnia, anxiety, fear, depression, chronic pain, post-traumatic stress. As we learn and strengthen the skills in deep relaxation, we will learn how to stay relaxed even during an intense experience. No experience needed, all you need to do is come with an open mind and follow directions. You cannot do this incorrectly. This is a guided practice which consists of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. Wear comfortable clothing. You can experience this class sitting down on a chair or bring a pillow if you chose to practice the class lying down on a yoga mat on the floor.
- **Low Impact Sculpt Interval L2:** Participants in this class will reap cardiovascular and strength training benefits in one fun class. The low impact moves will be easy to follow and will be done in interval fashion with the strength exercises. We will utilize free weights, tubing, bands, balls and more! Come change up your workout and get fit while having fun!
- **Mat Pilates L2:** Mat Pilates is the art of controlled movements, which should look and feel like a workout (not a therapy) when properly manifested. If practiced with consistency, Pilates improves flexibility, builds strength and develops control and endurance in the whole human body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.
- **Mixed Level Indoor Cycling L2:** A low-impact workout on the bike that is easy on joints while improving cardiovascular endurance. A great group cycle workout for both beginner and experienced class members. A fun and effective way to get fit!
- **Mixed Levels Yoga:** Whether you are unwinding from your day or preparing your body for a night’s sleep this class has something for you. Class will begin with a slow warm-up, some gentle flow and one balance pose. We will then conclude the restore/yin for the last 20 minutes. Take 60 minutes for yourself and join class, you deserve it!
- **Pilates Fusion L1/2:** Enjoy a Pilates based core strength work out with a mix of other disciplines. This class is designed to strengthen and tone the total body, ending with stretching and relaxation. A variety of equipment may be used.
- **Piloga L2:** Piloga blends Pilates and yoga. For residents seeking to strengthen core-back and belly muscles—using the well-known work of Joseph Pilates. This mixes seamlessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders, and weights.
- **Piloga Flow L2:** Piloga Flow is a unique non-impact class which combines Pilates and yoga. This class is designed to develop the strength, toning and body alignment of Pilates with the balance, flexibility, inner focus and calmness of yoga. Imagine this combination of yoga postures and core Pilates exercises set to beautiful world music and ending with meditation to relieve stress and connect mind and body.
- **Power Vinyasa L3:** Vinyasa yoga is a challenging, dynamic, flow-based yoga which links movement with breath. Each class is different from the last providing variety and helps you find your edge. When linking breath with movement, the practice becomes like a moving meditation, alternating between stillness and motion. Strength, flexibility and cardio come into harmony. Some experience in yoga is recommended, but all levels of experience can practice together, because each practice is your own, honoring your practice and your body.

*Continued on page 91*

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- **Slow Flow Yoga L1/2:** Join mind and body as we move through a yoga sequence designed to deepen your understanding of anatomy & alignment within your yoga practice! Longer holds in standing poses build stronger muscles, and longer holds in seated/supine poses access the ligaments and fascia in a truly restorative way. This is a class to not just “go through the motions,” but to strengthen your yoga foundation—at an easygoing pace that is accessible for all.
- **Splash Dance L2:** This class emphasizes cardio endurance, toning, and balance. Buoys and noodles add to the fun! Come join the fun and enjoy upbeat music you can really move to.
- **Step It Up L3:** Step up and be challenged! Enjoy a dance based choreographed workout on the step. This class will keep your mind busy and your heart pumping. Choreography includes faster transitions, more movements, and a higher intensity. This class is designed for individuals with intermediate to advanced stepping skills. A great challenge... a great workout!
- **Strength and Flexibility L2:** Add a new dimension to your strength routine. Develop strength in your core and more while stretching in every class to increase your flexibility. Stretching increases blood flow to the muscle and better flexibility lowers your risk of injury. Enjoy a well rounded workout that will benefit your daily activities!
- **Strictly Strength L2:** A class set to fun energetic music to motivate and inspire you through a full body strength workout. The focus will be on proper form and technique to strengthen and tone the major muscle groups of the body.
- **Wai Dan Gong L1:** Wai Dun Kun is an ancient Chinese exercise. It promotes your blood circulation, activating your organs, soothing your joints, energizing your body, and making you feel great. It generates energy but does not use your energy. Practicing Wai Dan Gong 30-45 minutes every day, you will feel healthier, happier, and much stronger. Your body will tell you the difference after you practice a few times.
- **Water (H2O) Bootcamp L3:** This high intensity bootcamp style class includes a variety of exercises to increase cardiovascular and muscular strength. This class provides variety, intensity and fun! Mondays and Wednesday PM class will be held outside while the outdoor pool is open. Enjoy the sun and fresh air while getting an outstanding workout!
- **Water Works L2/3:** Includes a variety of exercises to increase cardiovascular and muscular strength. Noodles and hand buoys may be used. Designed for an intermediate/advanced aqua fitness class member.
- **Yin Yoga L1-L3:** When starting your day with this early morning yoga class, you will find yourself moving from activity to activity in a peaceful, refreshed and revitalized way. Based on the principles of Yin yoga, done on the floor, poses will be held longer to moderately stretch the deep connective tissues—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility and range of motion for daily living. The pose sequences are also designed to improve the flow of qi, the subtle energy said in Chinese medicine to run through the meridian pathways of the body. Improved qi flow is hypothesized to improve organ health, immunity, and emotional well-being. This class is for all fitness and flexibility levels, and modifications will be offered throughout each session.
- **Yoga L2:** This class builds on Beginning Yoga by focusing on movement through the postures rather than the teaching of the postures. This class will challenge you while improving balance, flexibility and reducing stress. All levels are welcome to this fun class.
- **Yoga Basics L1:** Come learn the fundamentals of yoga. This class is designed for those with little or no yoga experience and will help you improve balance, flexibility and stress reduction.
- **Yoga for Osteoporosis L1:** This class is designed to help maintain bone strength, balance and flexibility. We lift small hand weights, sitting in chairs, to strengthen the upper arms. Then, we do standing poses at the wall that are weight-bearing, to strengthen the bones of the hips and legs and maintain balance. We end the class on the floor, where we stretch to bring flexibility and agility to the joints. We do deep breathing exercises, and finish with a restorative deep relaxation.
- **Yoga Flow L2:** Yoga Flow is a challenging, dynamic, movement-based yoga which links movement with breath. Residents will flow through the asanas connecting each sequence with a vinyasa. This is beautiful, dynamic style of flow Yoga that maintains a playful and dance-like quality. There is no set sequence; the teacher brings her own style.
- **Yoga Stretch L1 & L2:** This class incorporates Mind/Body awareness to achieve your optimal stretch. We use a series of yoga poses designed to gently stretch the body while focusing the mind & breath to allow the body to completely relax before flowing into next pose. Yoga stretch is ideal for all levels to improve flexibility & range of motion to maintain a healthy FUNCTIONAL lifestyle.
- **Zumba L3:** This class fuses Latin rhythms and easy-to-follow moves to create a high energy, calorie burning and total body dance based workout. Let the party begin!
- **Zumba Gold L1/2:** This easy-to-follow program lets you move to the beat at your own speed. An invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.

## OC Aqua WellFit Class Schedule December 1-31, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
	Water Works L2/3- Theresa		Water Works L2/3- Jeannette		Water Works L2/3- Theresa		
8:30	Aqua Fitness L2- Theresa		Aqua Fitness L2- Theresa		Aqua Fitness L3 - Kirsti		
9:30	Core n More L3- Danielle	Water Works L2/3 -Deanne	Core n More L3- Annette	Water Works L2/3 - Deanne	Core n More L3- Marilyn		
10:30	H2O Bootcamp L3- Annamarie	Water Works L2/3 -Deanne	Splash Dance L2- Annette	Water Works L2/3 - Deanne	H2O Bootcamp L3- Annamarie		
11:30	(11:30am-12:15pm) AF Aqua L1- Annette		(11:30am-12:15pm) AF Aqua L1- Annette		(11:30am-12:15pm) AF Aqua L1- Annette		
12:30	(12:35pm-1:30pm) Aqua Pilates L1- Marilyn		(12:35pm-1:30pm) Aqua Pilates L1- Marilyn		(12:35pm-1:30pm) Aqua Pilates L1- Marilyn		
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	H2O Bootcamp L3 Annamarie		H2O Bootcamp L3- Annamarie				
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

## WellFit Pilates Reformer Class Schedule December 1-31, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
	Mixed Equipment L1- L2 - Kirsti				Mixed Equipment L1- L2 - Kirsti		
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 Carol	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	Mixed Equipment L1-L2- Valerie		
12:00			Cardio Jump & Core L2 - Gretchen				
	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625-4034			
5:30	Mixed Equipment L1-L2 - Marilyn	Ref Basic+ L1-L2 - Lori		Mixed Equipment L1-L2 - Lori			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

OC WellFit Class Schedule December 1-31, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:15					Athletic Stretch L1/3 - 7:15-8:00am Marilyn		
8:00	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Yin Yoga L1-3 - Marilyn	Low Impact L3- Jeri	
9:00	Zumba L3 - Annamarie	Core & Strength L2 - Kim	Zumba L3- Summer	Core & Strength L2- Kim	20/20/20 L3- Gretchen	Yoga Basics L1- Sarah	Cardio Strength L3- Kim
10:00	Slow Flow Yoga L2/3- Sarah	Yoga Flow L2 - Ashley	Everybody Can L2- Linda	Yoga Flow L2- Sarah	Strictly Strength L2 - Valerie	Tai Chi Qigong L2- Peli	Zumba L3- Carrie
11:00	Piloga L2 - Lola	Arthritis L2- Linda	Piloga L2 -Lola	Arthritis L2- Linda	Piloga L2-Lola	Tai Chi Qigong L1 -Peli	
12:00	Yoga Stretch L1- Julie	12:15-1:15pm iRest Meditaton and Yoga L1 - Iram	Arthritis L1/2 -Linda	Yoga Stretch L1- Julie	Arthritis L1/2 - Linda		
1:00	Chair with Flair L1 -Julie		Chair with Flair L1- Julie		Basic Chair L1-Julie		
2:00	SGT- Balance & Fall Prevention L1- Danielle	1:30-2:30pm Chair Yoga L1 - Ashley	SGT- Balance & Fall Prevention L1- Danielle				Yoga Flow L2- Ashley
3:00	Healthy Living With Exercise L1 - Annamarie	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)	Healthy Living with Exercise L1- Annamarie	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)	Activities	SCLH Booking	
4:00	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)	Activities		Activities			
5:00	Zumba L3 - Summer			Activities			
6:00		6:00-7:30pm Self Defense - Paul	Mixed Levels Yoga L1-3- Jennifer				
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 December 1-31, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	KS	KS	KS	KS	KS	KS	KS
7:30	7:15-8:15am SGT- Morning Bootcamp L2- Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT- Morning Bootcamp L2- Milly	Mixed Level Cycle L2- Deanne	7:15-8:15am SGT- TGIF TRX L2- Danielle/JJ		
8:30	Low Impact/Sculpt Interval L2 - Jeannette	Zumba Gold L2 - Joanie	Power Vinyasa L3- Deanne	Low Impact/Sculpt Interval L2 - Annamarie	Zumba Gold L2 - Joanie	8:00am Hi NRG Cycle L3- Paige	
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3- Annamarie	Strictly Strength L2- Linda	Cardio Strength L3- Annamarie	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 - Functional Fit L2- Deanne	SGT - Healthy Back L1- Marilyn	12:00pm SGT- Functional Fit L2- Deanne	WaiDan Gong L1- Joan		
1:00		1:00-1:30pm Exercise & Weight Mgmt L1 - Marilyn (Moved to OC during KS Closure)		1:00-1:30pm Exercise & Weight Mgmt L1 - Marilyn (Moved to OC during KS closure)			
1:30	Yoga Basics L1- Ursula	Tai Chi Qigong L1- Peli (Moved to OC during KS closure)		SGT- TRX L1- Milly			
2:30	SGT- TRX Interval L3- Julia	(2:45-3:45) Tai Chi Qigong L2 - Peli (Moved to OC during KS closure)	SGT - TRX Interval L3- Julia		SCLH Booking		
3:30	SGT-TRX Express L1- Julia	Yoga for Osteo L1 - Julie	SGT-TRX Exp. L1- Julia	Yoga for Osteo L1 - Julie			
4:30	SGT- Bootcamp L3- Mike	SGT - TRX Exp. L2 - Julia	SGT- Bootcamp L3- Mike	SGT-TRX Exp. L2- Julia			
5:30		Water Volleyball PreMeeting					
6:00							
	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.						

**Community Forums, Date, Time, Location**

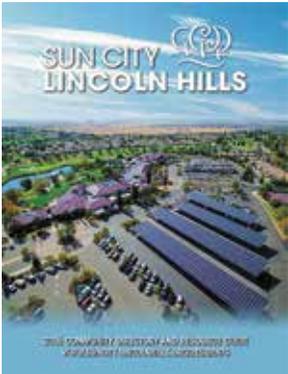
**Heart to Heart: Gender Differences in Cardiac Care**  
 Wednesday, January 25, 7:00 PM, Ballroom (OC)

**Healthy Aging in the Digital World**  
 Wednesday, February 22, 7:00 PM, Ballroom (OC)

*Watch for more Community Forums in upcoming issues of the COMPASS, on our website and eNews.*

**Directory Process Begins  
 All Changes Due by January 15**

*Jeannine Balcombe, Senior Director of Lifestyle & Communication*



Staff is in the process of updating our SCLHCA Community Directory and Resource Guide for 2017. Any changes to the name or telephone listings need to be received at the Membership Desk by January 16, 2017. Change of information forms are available at the Membership Desk, or on the resident website under Library>Forms>Resident Directory Forms (be sure to login to see the forms). Please bring your completed forms, along with a form of ID to the Membership Desk. If you have questions or need assistance, please call 625-4000.

Depending on the situation, there are three forms to choose from to update your information.

- **Request to Change Directory Listing:** If you are residing in the same home with different last names, you may request individual listings in the directory by completing this form.
- **Resident Directory Listing Assignment:** Renters can be listed in the Directory upon completion of this form by the *owner of the property*. The property needs a minimum 90 day lease with the renters name on file. (This is in compliance with CC&R's Section 2.06b.)
- **Resident Change of Information:** Use this form for all other changes to your listing.

If your information is not currently listed in the Directory and you want to be included in the 2017 publication, please check with Membership staff to ensure you checked "yes" on your initial

membership paperwork. Several folks who had inadvertently checked "no" were unhappy they were not in the Directory.

The deadline for all forms to be received by Membership staff is January 15. We cannot guarantee inclusion of any information in the 2017 Community Directory and Resource Guide after that date. We anticipate the 2017 Directory to arrive in early July.

Thank you for updating your information so that our entries are as up-to-date as possible. Please remember staff and the Association does not release personal information beyond publication in the Directory, which is limited to distribution to our members.

**Connections**

*Continued from page 3*

tions collecting food, toys, and money to be delivered to the Salt Mine and needy families and seniors throughout our community. Many of your neighborhood and club gatherings provide these welcome gifts as well. Thank you all for your generosity of spirit and gifts. Remember that time is a precious gift. Reach out to those around you, pick up the telephone and make a call, or simply share a smile. Every day can be a day of Thanksgiving.

**Holiday decorations** are going up in both our Lodges. Thanks to Candy Koropp and her team of volunteers for creating beautiful displays throughout. Mark your calendar to stop by the Community Living Room (OC) from 1:30-3:30 PM on **Tuesday, December 12** to enjoy a cup of cheer and sweet treat during our **Annual Community-wide Holiday Social**.

Happy Thanksgiving!

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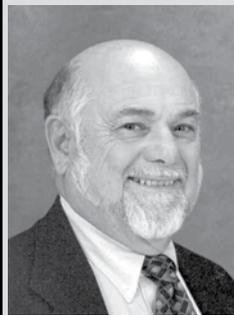
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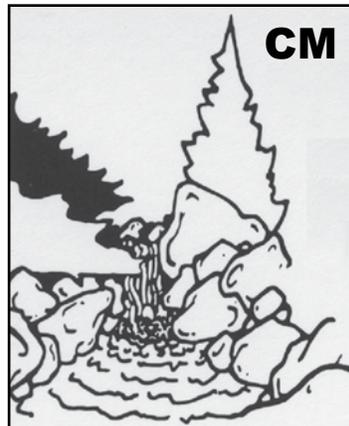
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Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

[www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents)

Public Website:

[www.suncity-lincolnhills.org](http://www.suncity-lincolnhills.org)

### •Administration•

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[membership@slhca.com](mailto:membership@slhca.com)

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### •Lifestyle•

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Orchard Creek 625-4022

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### Activities

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Lily Ross 408-4609 [lily.ross@slhca.com](mailto:lily.ross@slhca.com)

Lifestyle Class Coordinator

Betty Maxie 408-7859 [betty.maxie@slhca.com](mailto:betty.maxie@slhca.com)

Lifestyle Entertainment Coordinator

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Director of WellFit and The Spa at Kilaga Springs

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Fitness Supervisor Jeannette Mortensen 408-4825

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Wellness Supervisor Carol Zortman 625-4032

[carol.zortman@slhca.com](mailto:carol.zortman@slhca.com)

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### •The Spa at Kilaga Springs•

408-4290

Spa Manager

Stacey Diemer 408-4071 [stacey.diemer@slhca.com](mailto:stacey.diemer@slhca.com)

## 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 8:00 AM-5:30 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 10:30 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 3

## General Numbers

Broken Water Line on Association

Community Property

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 543-9200, ext. 4

Lincoln Police & Fire 645-4040

Neighborhood Watch

Larry Wilson 408-0667

Pauline Watson 543-8436

Neighbors InDeed 223-2763

Pulte Homes Customer Care

[Norcal@delwebb.com](mailto:Norcal@delwebb.com)

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Clubs & Community Organizations Committee

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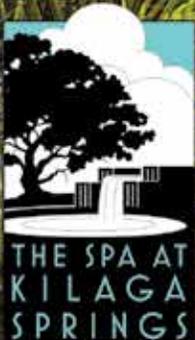
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